



Celebrating the Aging Journey
Our Beauty | Our Wisdom | Our Legacy

EVALUATION SUMMARY

A Message From Your Hosts

Sistahs Aging with Grace & Elegance, California Black Women's Health Project and Century City Alumnae Chapter of Delta Sigma Theta Sorority, Incorporated extend a heartfelt thank-you to our Sage Sistahs from near and far who showed up and showed out for the Los Angeles debut of Celebrating the Aging Journey.

Oh, what a day!!! Together we laughed, learned, moved, grooved, and grubbed. We celebrated birthdays and we celebrated each other — just because.

Though some time has passed, we hope that the messages and spirit of the day are still resonating with you somehow, someday.

We are grateful to you for lifting up our work on behalf of California's 1.2 million Black women and girls and we look forward to staying on the aging journey with you.

*Sage Sistahs in La
Celebrating the Aging Journey*



Our Beauty | Our Wisdom | Our Legacy

SATURDAY - SEPTEMBER 29, 2018

Veteran's Memorial Center
4117 Overland Drive | Culver City, CA 90232

PRESENTED BY



Thank-You To Our Partners & Sponsors



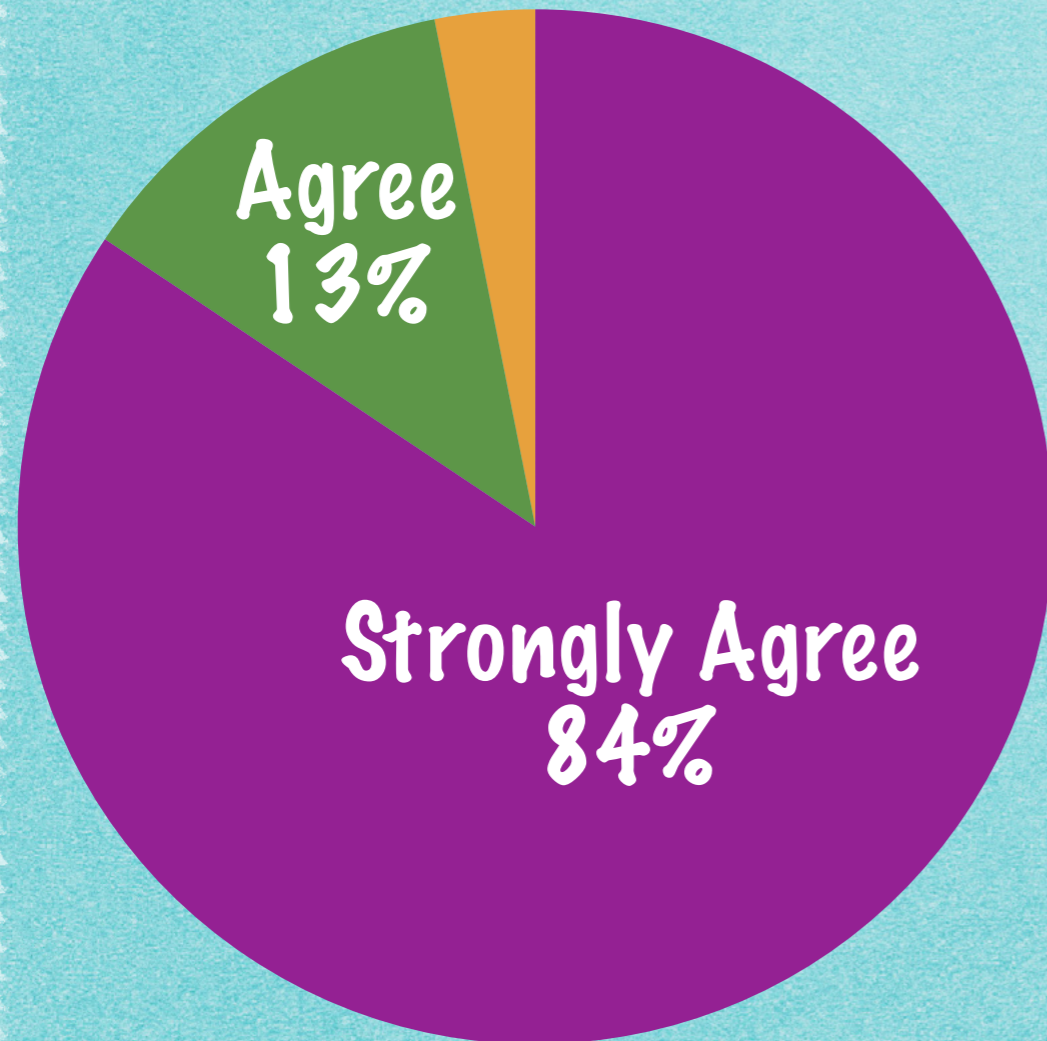
Your Reflections



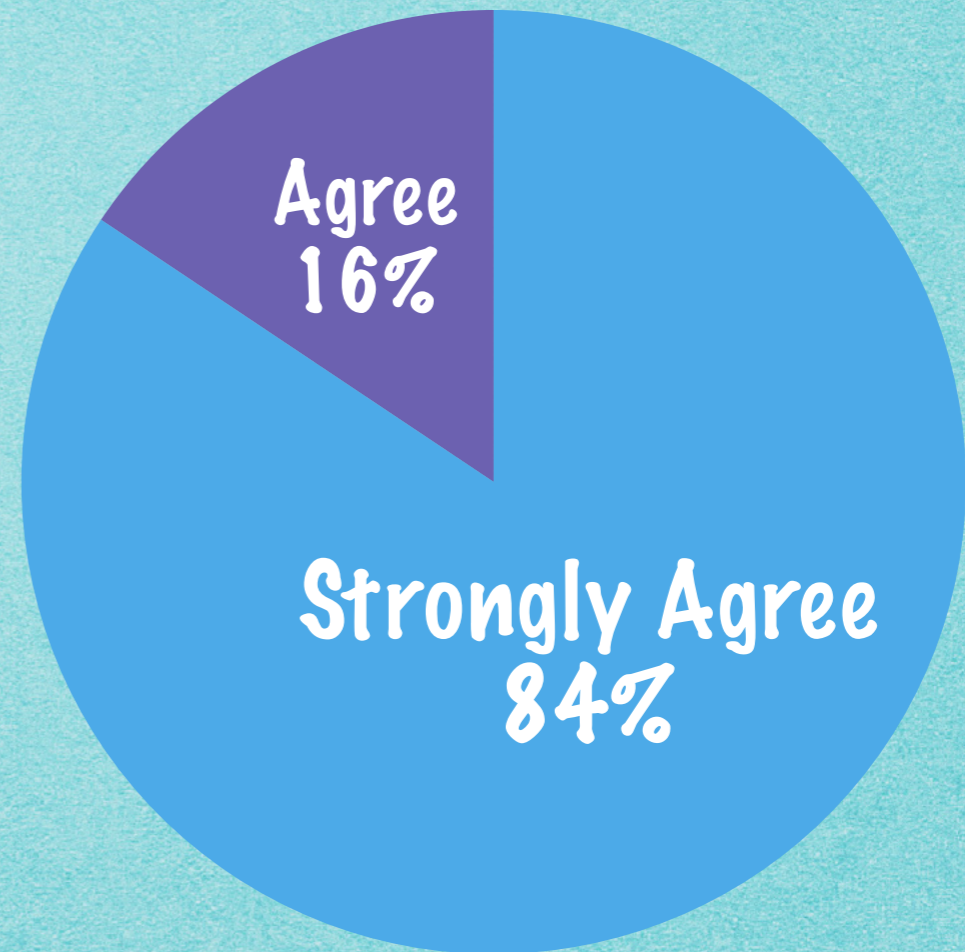


Participating in the gathering was a good use of your time.

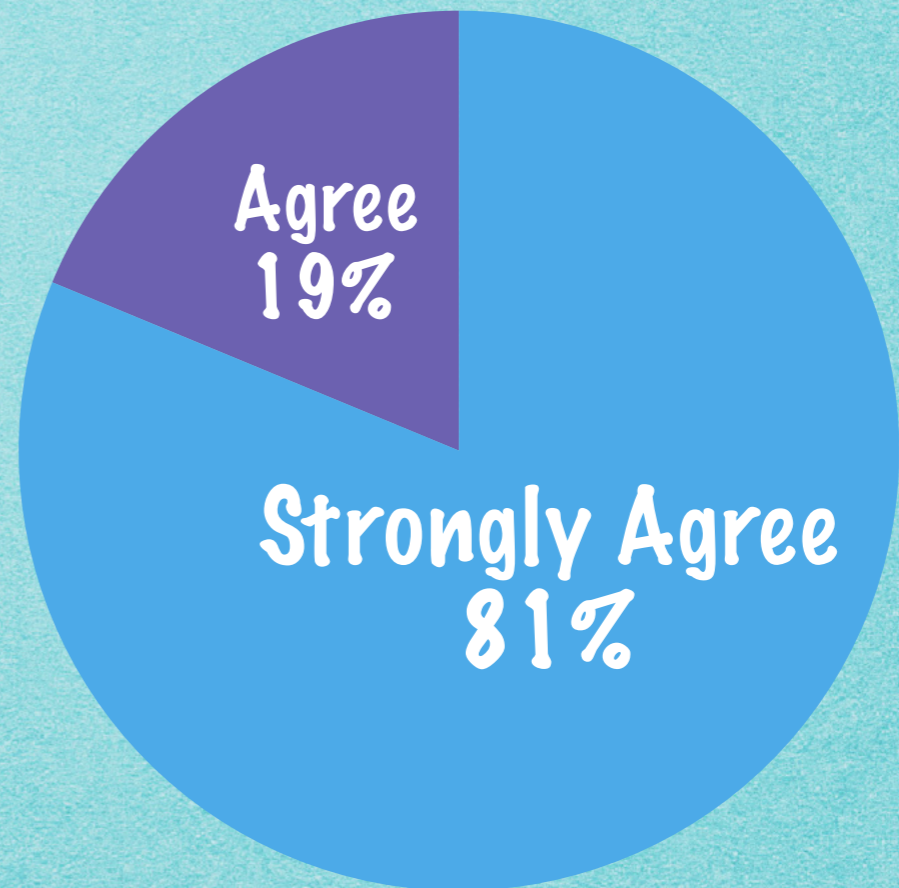
Somewhat Agree
3%



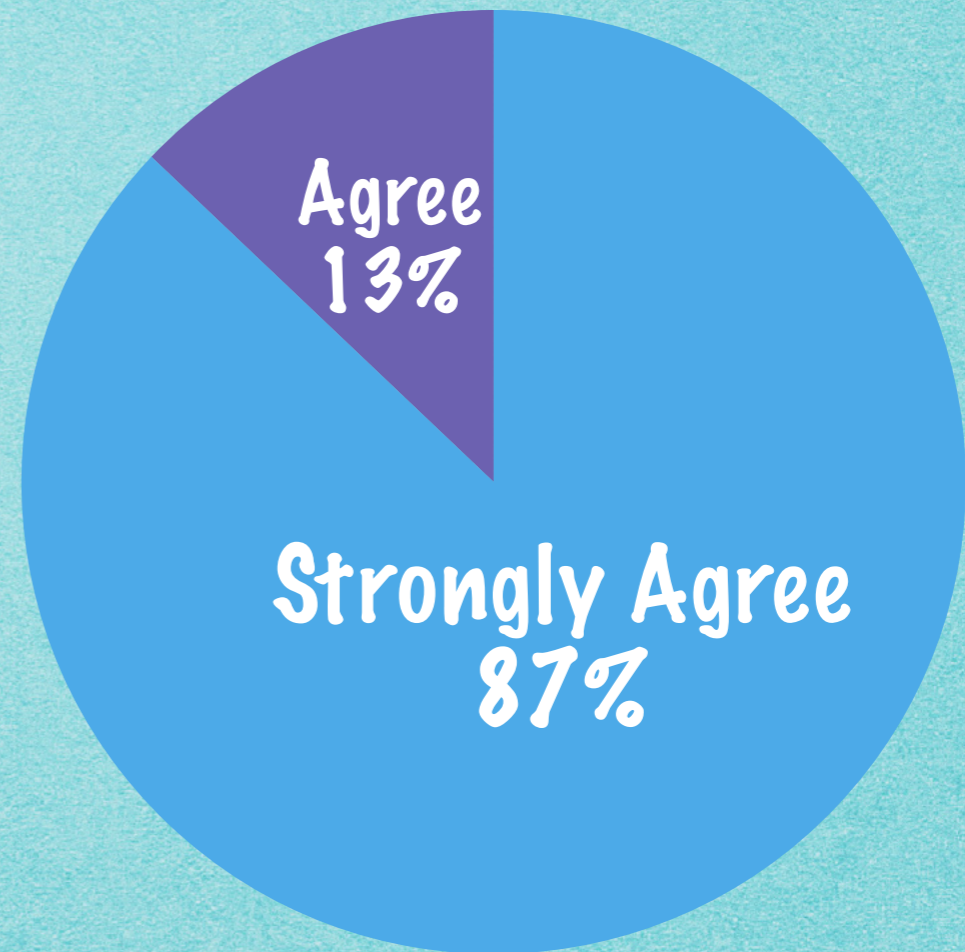
The atmosphere in today's gathering was engaging and inviting.



Today's gathering addressed important issues to you.



You gained valuable information and resources

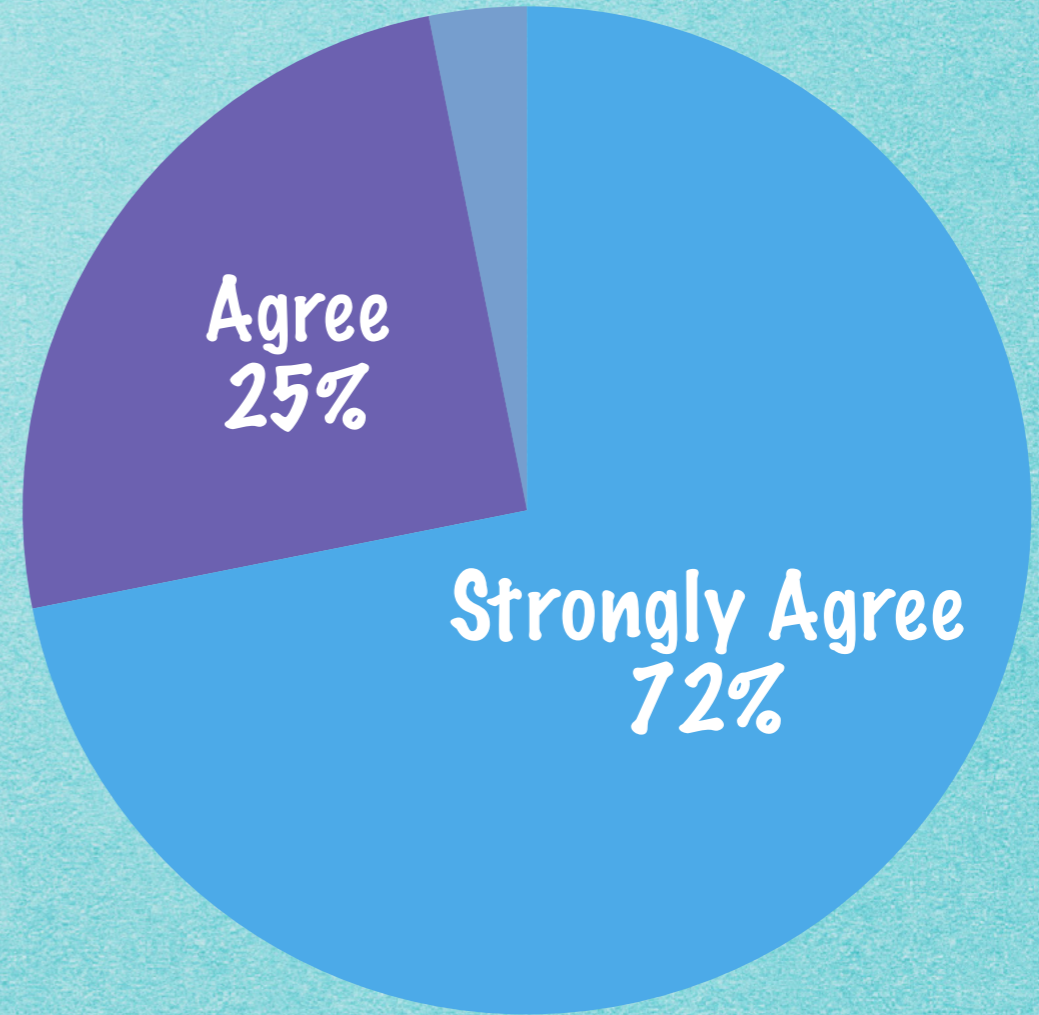


Today's gathering helped you feel more open to discuss aging related issues.

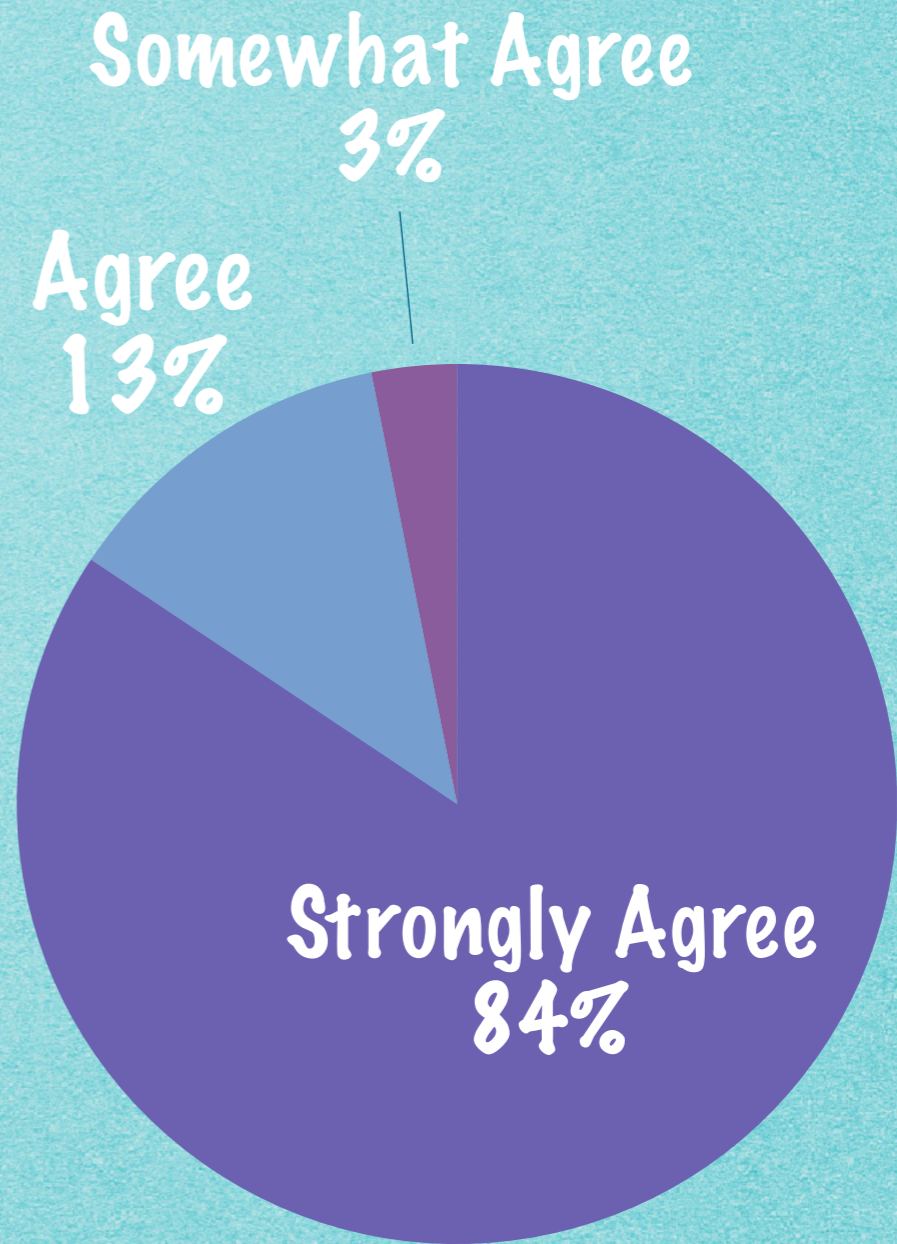


Championship
Photography ©

Somewhat Agree
3%



Based on your experience today, you would like to attend future Celebrating the Aging Journey events.







*Celebrating the Aging Journey
Education & Empowerment*

Dr. Tracy
Sylvester



Reverend Freda



Tatiana Zamir



Miriam Hall
Affordable Living for the Aging



Diane Manuel
Urban Wealth Management



Dr. Velma Union
One Light International



Verleana Green, Esq
Verleana Green & Associates



Charlotte Dickson
Village Movement California



Pamela White
Pacific Playa
Realty



Dr. Cheryl Grills
Loyola Marymount University



Jo Yeargin
Pasadena Village



Joi
Madison-
Clarity
Coach

manifestACTION;
(verb) the act of participating
in the creation of your life
experiences.

Dr. Gloria Morrow
GM Psychological Services



Diane Henry | Global Social Justice Advocate



Dr. Donna Benton
University of Southern California
Family Caregiver Resource Center



The Pearls of Wisdom

Feedback on Discussion Topics

	Extremely Valuable	Valuable	Somewhat Valuable	Not Valuable
Savvy Financial Strategies	71%	23%	6%	
Making a House a Home	61%	36%	3%	
Movement for the Soul	80%	20%		
Mental Health Moment	81%	16%	3%	
Embracing Our Sensual Healing	83%	17%		



Championship
Photography©

What Inspired You To Attend Today's Gathering?

- ▶ *I'm a new volunteer*
- ▶ *The subject matter*
- ▶ *A friend*
- ▶ *Need direction*
- ▶ *Work related*
- ▶ *Sage member is a friend and soror*
- ▶ *Sonya Aadam invited me*
- ▶ *Variety and depth of information*



Volunteers: Ashely, Shanice, Christine, and Megan

What Inspired You To Attend Today's Gathering?

- ▶ *My mother was speaking on the panel*
- ▶ *As I age I need to keep information about resources and tools available*
- ▶ *Sage's mission of supporting Black women through the aging process; to gain information on relevant topics; to fellowship with other women who share the same concerns*



What Inspired You To Attend Today's Gathering?

- ▶ *Interesting topics*
- ▶ *Inspired by:*
 - ▶ *Black women specifically*
 - ▶ *People who look like me*
 - ▶ *Information, information*
- ▶ *Invited by a friend*
- ▶ *A need for this at this time in my life!*
- ▶ *The title of the program, "Celebrating the Aging Journey)*
- ▶ *Your organization. The conversation. The topics. Being in a room with Beautiful Black Women!*



What Did You Enjoy The Most About Today's Gathering?

- ▶ *Everything! The conversations, the sisterhood, the environment, the dancing....everything.*
- ▶ *"Fellowshipping" with my sistahs*
- ▶ *Stress management*
- ▶ *Fellowship and information on housing. Great job!*
- ▶ *Health & wellness; stress management*
- ▶ *The food from lunch was exemplary; presenters were very personable and knowledgeable*
- ▶ *The conversations among the attendees and speakers; structure of the conference; the Panel of Wisdom*



What Did You Enjoy The Most About Today's Gathering?

- ▶ *Sexual you; Ob-Gyn; stress & distress*
- ▶ *Everything about the convening today is information I can apply to my personal life as well as those I serve*
- ▶ *Self-care; Ob-Gyn; Estate Planning; Tatiana*
- ▶ *Taking Care of Ma'Dear*
- ▶ *Real talk about caregiving and embracing our sensual health*
- ▶ *Great line up*



What Did You Enjoy The Most About Today's Gathering?

- ▶ *I enjoyed everything*
- ▶ *Food; spiritual movement for the soul with Tatiana; the BINGO game; the morning rose presentation; the location; Dr. Morrow's words; Dr. Cheryl Grills*
- ▶ *Being connected with other women and learning from their journeys*
- ▶ *Connecting with knowledgeable women who look like I do*
- ▶ *The love and spirit*
- ▶ *Being with so many amazing, sensitive, educated, and committed women*



What Suggestions Do You Have For Improving Today's Gathering?

- ▶ *More time for conversations amongst table participants, networking, etc...*
- ▶ *Reduce the time, a little long. I stayed for the full session because it was so interesting, engaging, and informative*
- ▶ *As wonderful as it was, should shorten it by at least an hour*
- ▶ *Volume: The volume was low and many of the speakers were not good with managing the microphone, making it difficult for me to follow/catch everything being said*
- ▶ *There were a LOT of speakers. I recommend that participants be given a choice of which presentations to attend. It was a lot to digest in one setting*



What Suggestions Do You Have For Improving Today's Gathering?

- ▶ *Some of the music sounded like funeral music; need more lifting up music*
- ▶ *Condense format due to time constraints for some of the speakers; or add a couple of breaks in the afternoon session*
- ▶ *Nothing, nice space, atmosphere, good food and temperature perfect*
- ▶ *Make it 2 days*



What Do You Feel Motivated To Do As A Result of Today's Gathering?

- ▶ *Put my affairs in order*
- ▶ *Write down financial goals*
- ▶ *Getting my living trust and life affairs together*
- ▶ *Work on forgiving; work part-time as a caregiver*
- ▶ *Continue to live a full, productive life; not be overly concerned about friends who do not want interference*
- ▶ *Take better care of my finances and health info*
- ▶ *Put my affairs in order*
- ▶ *Estate planning*
- ▶ *Continue to do the work discussed today with young adults and adult Black women*
- ▶ *Do what the poem said at the beginning of the session, "Let it go"*

What Do You Feel Motivated To Do As A Result of Today's Gathering (cont'd)?

- ▶ *Take care of myself physically and spiritually*
- ▶ *Trust, estate planning*
- ▶ *To complete my estate planning and health directive. To find additional information about local "villages"*
- ▶ *Financial fitness*
- ▶ *Update my financial info*
- ▶ *Self-love and educate myself*
- ▶ *Reflect over my messages about sex_how it's come across in my relationships; and how to stay fit sexually and vaginally!*
- ▶ *Raise my own self-consciousness*
- ▶ *Establishing a stronger financial and legal foundation for myself*





Sage **Sistahs**
AGING WITH GRACE & ELEGANCE



**CALIFORNIA BLACK WOMEN'S
HEALTH PROJECT**



WWW.CABWHP.ORG