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, someway.

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.
Thank-You To Our Partners & Sponsors
Your Reflections
Participating in the gathering was a good use of your time.

- Somewhat Agree: 3%
- Agree: 13%
- Strongly Agree: 84%
The atmosphere in today's gathering was engaging and inviting.
Today’s gathering addressed important issues to you.
You gained valuable information and resources

Agree
13%

Strongly Agree
87%
Today’s gathering helped you feel more open to discuss aging related issues.

- Somewhat Agree: 3%
- Agree: 25%
- Strongly Agree: 72%
Based on your experience today, you would like to attend future Celebrating the Aging Journey events.

- Somewhat Agree: 3%
- Agree: 13%
- Strongly Agree: 84%
Celebrating the Aging Journey
Education & Empowerment
Miriam Hall
Affordable Living for the Aging

Diane Manuel
Urban Wealth Management

Dr. Velma Union
One Light International
Dr. Gloria Morrow
GM Psychological Services

Diane Henry | Global Social Justice Advocate

Dr. Donna Benton
University of Southern California
Family Caregiver Resource Center
# Feedback on Discussion Topics

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<thead>
<tr>
<th></th>
<th>Extremely Valuable</th>
<th>Valuable</th>
<th>Somewhat Valuable</th>
<th>Not Valuable</th>
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<tbody>
<tr>
<td>Savvy Financial Strategies</td>
<td>71%</td>
<td>23%</td>
<td>6%</td>
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<td>Making a House a Home</td>
<td>61%</td>
<td>36%</td>
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<td>Movement for the Soul</td>
<td>80%</td>
<td>20%</td>
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<td>Mental Health Moment</td>
<td>81%</td>
<td>16%</td>
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<td>Embracing Our Sensual Healing</td>
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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 & destress
- 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