

Seniors in Transition – Chrislyn Carson

Seniors in Transition

The Seniors in Transition workshop is designed to help older adults maximize their independence by looking ahead to a time when they may no longer be able to live safely in complete independence, in a compassionate and supportive environment, and putting plans in place.

Objectives:

- * Explore stereotypes of aging
- * Understand challenges as well as explore hopes and dreams as we age
- * Exploration of aging and spirituality
- * Increase knowledge of available resources, care levels, and local senior communities
- * Develop personalized transition plans
- * Enable better communication of one's wishes to family and loved ones

During this workshop we will provide an overview of the program, some hands on exercises to allow participants to actually experience elements of the program, and guidelines for implementation of a similar program within their own faith communities.

Goal - Participants will leave empowered with the tools necessary to implement a similar program in their communities.

Chrislyn Carson was born in Yokohama, Japan during the Korean War years. An Army brat, she moved frequently until 5th grade, when her dad retired and they settled in Concord, CA. She attended UC Davis for undergrad and UC Berkeley for grad school. Chrislyn enjoyed a career with Dow AgroSciences for 37 years working in R&D for Ag Chemicals. She is retired and living in Windsor, CA. She enjoys travel, hiking, golf, music and is active in Faith Lutheran Church in Santa Rosa.

Chrislyn has been working on the Seniors in Transition program with Health Ministries of Sonoma County for the past five years as the Program Coordinator. While living in Indiana she chaired the Global Mission Committee of the Synod 2000-2006 and visited their Companion Synod, the HKBP in Indonesia twice. Chrislyn is the board chair of Lutheran Social Services (LSS) Nor-Cal and representing LSS she serves as the chair of the Emotional, Spiritual, Physical Care Committee of ROC (Rebuilding Our Community) Sonoma County, the long term recovery group from the 2017 wildfires. Her son, Jared is an ELCA Pastor in Las Cruces, NM and he and his wife Laura have blessed her with two grandsons, Andrew and Aaron.