

## Monthly meetings with “ANA ASLAN INTERNATIONAL” Foundation’s seniors community

At the beginning of 2022, the Ana Aslan International Foundation began to organize, monthly, alongside local institutions, meetings with the Senior Community. These are mostly for informational purposes, taking place as relaxed conversations. The second purpose of these meetings is to encourage socialization among older adults, considering its notorious lack among the majority of the elderly in Romania and the social effects of the COVID-19 pandemic.

What the Ana Aslan International Foundation has set out to do by holding monthly meetings with the Senior Community is to provide a comfortable place for members to feel free to ask questions and clarify their concerns. That's why, at every meeting, we have special guests, experts in various branches of health, ranging from pulmonology to family medicine.



Also during these events, we showcase the European projects taken over by the Ana Aslan International Foundation; projects that incorporate technological advancement in preventive medicine and longevity medicine. We invite project coordinators to explain in detail what they involve and, for those interested, how they can become volunteer participants. Projects featured include SMART BEAR, FrAAgile, or ReMember-Me. These projects facilitate the relationship between the elderly adult and the health resources he needs: by using technology, the home becomes a hospital.



Partnerships with local institutions are a key factor in promoting active and independent aging. Through partnerships with DGASPC SECTOR 4 and DGASPC SECTOR 5, we had the necessary

resources to conduct meetings with seniors. Recently, the partnership with DGASPC SECTOR 3 was signed, and shortly, a meeting will be held in the third sector of the capital. But these institutions do not only play the role of a venue: they share the vision of the Ana Aslan International Foundation and play an active position in fulfilling the mission we have had for 20 years.



These events remind us of the power and importance of the connection we have with the Senior Community of the Ana Aslan International Foundation. We are incredibly happy to see the members smiling, to notice their curiosity, and to hear their questions. More than anything, we are glad that they are truly interested and involved in achieving active and independent aging.

The Ana Aslan International Foundation will continue to do its utmost to incorporate the latest technological innovations into transforming brain aging into active and independent aging at home.

