



Community Forum

Happiness Is a Choice You Make

In 2015, John Leland, the award-winning journalist for the New York Times, set out to interview members of America's fastest growing age group – those age 85 and above. Mr. Leland spent one year interviewing six New York City residents who came from different backgrounds and diverse cultures. What Mr. Leland learned was that despite their challenges as they aged, they lived a content and rich life. The discussions offered a kaleidoscope of experiences, alternately hopeful and frustrating, inspiring and unnerving, sometimes funny. All of these seniors found a level of happiness not in their external circumstances, but within themselves. Mr. Leland turned the series of articles into a book, **Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old**.

Albany Guardian Society, in partnership with the **New York State Writers Institute**, invites you to a community forum "Happiness is a Choice You Make".

The forum will provide lessons Mr. Leland learned from his interviews, as well as, research findings, interviews with aging service providers, and insights from his own struggles relating to an aging mother. "If you want to be happy, learn to think like an old person." Mr. Leland writes that "older people, knowing they face a limited time in front of them, focus their energies on things that give them pleasure in the moment," not on a future that may never be.

Book Signing

The book **Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old** will be available at the event for the discounted fee of \$10.00 (cash only please) on a first-come, first-serve basis.

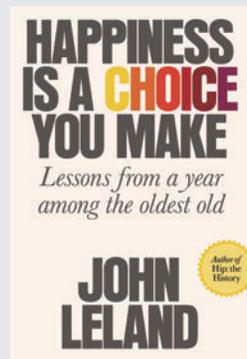
While there is no cost to attend, registration is required by **September 4, 2018**. You may register in one of **three ways**:

- Email Albany Guardian Society at ags@albanyguardiansociety.org. Please note "September 13 Forum" in the subject line.
- Call Albany Guardian Society at 518-434-2140.
- Online at www.albanyguardiansociety.org.

Date: Thursday, September 13, 2018

Time: 9:00 a.m. to 12:00 p.m.
Registration and Continental breakfast begins at 8:30 a.m.

Location: Carondelet Hospitality Center
385 Watervliet-Shaker Road
Latham, New York



John Leland is a reporter at *The New York Times* where he wrote a yearlong series that became the basis of the book, **Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old**. Before joining the *Times*, John was a senior editor-in-chief of *Details*, a reporter at *Newsday*, and a writer and editor at *Spin* magazine.

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AGS ALBANY GUARDIAN SOCIETY®

The **New York State Writers Institute** is a literary organization based at the University at Albany. The Institute sponsors a summer writer's conference, visiting writers' series, a classic film series, and awards. It was founded by novelist William Kennedy in 1983.

Founded in 1852, **Albany Guardian Society (AGS)** is a not-for-profit charitable foundation with a mission to engage in a wide range of endeavors including education, research, information and community engagement that will improve the quality of life for seniors, their family members, and caregivers of seniors.