

Westminster Events

hosts a thought-provoking discussion

Breaking the Myths of Growing Older: A Conversation with Local Aging Experts

Sunday, April 27, 2025

Sonya Dolan, Co-Founder of Mettle Health



Sonya is the co-founder of Mettle Health, a platform that offers personalized support for individuals and families facing serious illness, grief, and caregiving challenges. Her work in hospice and palliative care began after the loss of her mother and her own caregiving experience. Sonya transitioned from event management to hospice administration, where she developed patient-centered support services. A breast cancer survivor, she brings empathy, insight, and a deep commitment to improving care. Sonya continues to advocate for compassionate, honest conversations around health and loss.

mettlehealth.com

Joe O'Hehir, Interim CEO, Vivalon



Joe brings more than 40 years of executive leadership in healthcare and nonprofit organizations, with a focus on aging and community services. He currently serves as Interim CEO of Vivalon, having previously held the role from 2008 to 2021. Under his leadership, Vivalon launched its Healthy Aging Campus, an innovative model of senior care. Joe has held founding leadership roles in several start-up organizations and received the prestigious Heart of Marin award in 2006. He continues to serve on various boards, including Eden Housing and the San Rafael Public Library Foundation.

vivalon.org

Moderated by Teri Dowling, Council Member, Town of Ross



Teri brings decades of experience in public health and community service. She holds master's degrees in education and public health and began her career as a Peace Corps volunteer in Ghana, where she trained teachers. Teri spent much of her career with the San Francisco Department of Public Health, leading programs in HIV services, health education, and emergency preparedness. From 2011 to 2024, she represented Ross on the Marin County Commission on Aging, serving two years as Chair. In 2018, she founded the Age Friendly Ross Taskforce. Teri currently serves on the Ross Town Council.

townofrossca.gov

Information Fair Action Partners



Mettle Health



Speaker Recommendations



LEARN CONNECT GROW

Books

Legacy by Linda Spence

A step-by-step guide to writing your personal history.

The Four Things That Matter Most by Dr. Ira Byock

A guide to healing and peace through four powerful phrases that strengthen relationships.

Who Gets Grandma's Yellow Pie Plate? by Marlene S. Stum

A practical guide to passing down family keepsakes to avoid conflict and preserve relationships.

Videos

Mettle Health Webinars

youtube.com/c/mettlehealth

Videos on intimacy, grief, caregiving, and planning for illness or end of life.

Websites

Advance Care Planning

prepareforyourcare.org

A program empowering individuals and families to make informed medical decisions.

Aging Action Initiative

agingactioninitiative.org/resources/ Click on “**The Integrated Aging Services Study**”

A deep study on Marin’s capacity to support the well-being of its growing older adult population.

BJ Miller's TED Talk

ted.com/speakers/bj_miller

A talk exploring the overlooked side of healthcare: preparing for death with dignity.

EngAGING Conversations Podcast

engagingconversations.libsyn.com/

Honest discussions about end-of-life planning in a society that doesn't talk about death.

Vivalon

vivalon.org/programs/

Healthy aging programs that promote wellness, community, and active living for a happier life.

Westminster Events provides respectful forums of diverse and informed points of view for those seeking to better understand important issues of interest to Marin County, thereby helping people to learn, connect and grow.



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