



Kristi Denton Cohen

Stay Put or Move On: Time to Give Up Keys

By Val Bowman

Kristi Denton Cohen of Mill Valley has been making films for years, but at 65 found herself most concerned about where and how we'll live as we grow older – especially those of us who may not have family to care for us.

She created a web series called "Staying Put or Moving On," which features short films and other information about the issues. "So, I'm learning a little about a lot of different topics," she said. "I'm on a deadline to prepare four of the films for the Legacy Film Festival on Aging." (The film festival happened in San Francisco in September. Filmmakers portrayed some of the many facets of this ever-changing experience with compassion for their subjects.) Kristi's offering included films about Affordable Housing, Multi-generational living and the Village Movement, and can be

seen at www.stayormove.org.

Another decision seniors face is when it is no longer safe for them to drive. Kristi addresses the topic in her film "Staying Independent After Giving up the Car Keys." Joe O'Hehir, Whistlestop CEO, was interviewed about the importance of dealing with this decision compassionately because transportation is a benchmark of independence. "We have to be empathetic at that stage and offer alternatives that leave them with the dignity, independence and grace they need at this age," he said.

Travel Navigators at Whistlestop work with older adults or their families to find the best options available to keep them connected to the community. CarePool volunteer drivers can help if people don't have family living here because of the high cost of living.