



# Special Event "Ageing is Fun" E-Seniors' 10th anniversary



Date: **15th of October 2015**

Time: **14:00 - 18:00**

Place: **Salle des Fêtes, Mairie du 4<sup>ème</sup> arrondissement (City Hall)**, 2 place Baudoyer, Paris.

Our association focuses on promoting the digital inclusion of seniors. This year is an important one for us as it marks a major anniversary: 10 years of E-Seniors!

On this occasion, we organize an international event promoting "aging well" and presenting innovative solutions (robots, serious games, 3D printers.). Furthermore, our international speakers from 13 countries will address main issues concerning the challenges related to ageing.

**Pre-registration:** [www.e-seniors.asso.fr/inscription.php](http://www.e-seniors.asso.fr/inscription.php)

## Program

*All presentations are simultaneously translated from French into English and vice-versa*

13:30 - 14:00      **Registration of participants**

14:00 - 14:15      **Welcome speech**

**Ariel WEIL**, Municipal Advisor of the 4th district, responsible for innovation and digital services (etc.)

**Monique EPSTEIN**, Executive Director of E-Seniors Association

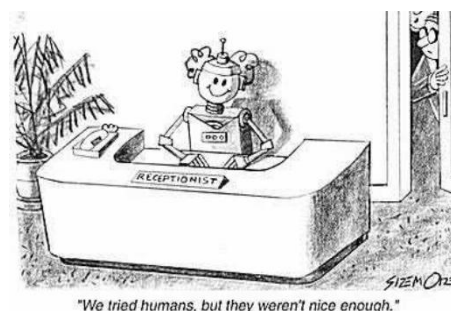
**Dirk JARRÉ**, President of the EURAG

**Marie CHATARDOVA**, Ambassador of the Czech Republic in France

14:15 - 15:15      **Discussion: "Ageing well" – round table and exchanges with the audience**

- "Gaming" life after work
- Robots: pros and cons
- Games, laugh and humour : a healthy lifestyle

Moderator : **Léopold BRAUNSTEIN**,  
President of the MEDEM Centre



## Speakers:

**Thérèse CLERC** Pioneer of the feminism (86 years old) and founder of "Maison des Babayagas", a retirement home in Montreuil aiming at changing the way we look and the attitude we have towards ageing: "To die old is good, but to age well is better".



**Michael STORA** Psychologist and psychoanalyst, pioneer of using video games in therapy, he is specialized in video games addictions and also works with children suffering from behavioural disorders.



15:15 - 15:45 **Presentation: "Sharing and caring - building real human blocks through ICT and Internet"- Aging well in Taiwan!**

**TH SCHEE** Mayoral advisor to the Mayor of Taipei and member of Smart City Committee. Co-founder of the Association of Digital Cultures Taiwan, founder of the "Puncar", the largest digital inclusion project at the local level. All these initiatives aim to strengthen the philosophy of "caring and sharing" through the use of ICT and Internet.



15:45 - 16:30 **Break - we will blow out the candles on the birthday cake with live music! Don't forget your "gateau/cake" voucher!**



16 :30 - 18:00

## Demonstrations, workshops and exhibitions

in “salle des fêtes” on the 2<sup>nd</sup> floor

### Serious games

#### Dance with ALFRED

ALFRED is a personal interactive assistant for independent living and active aging that aims to stimulate seniors in the everyday life. "Dance with ALFRED" is a serious game encouraging players to move and to have fun together.

Contact : **E-Seniors**



#### ACTIVA (Aiju)

This serious game aims to improve the quality of life of people suffering from the Parkinson disease.

Contact : **Cesar Carrion** and **Rocio Zaragoza**



### Robots

#### Robot Kompai (Robosoft)

Kompai, is an assistive robot for vulnerable people, representing the KEPA consortium, received a Worldwide Innovation Challenge. Kompai improves the level of comfort and independence of frail or vulnerable people at home or in institutions.

Contact : **Patricia Commarieu**



#### 3D Printer (Le Tarmack)

With the increasing popularity of collaborative economy, the 3D printing is developing with giant steps. Discover design and printing in 3D with Le Tarmack experts.

Contact : **Sarah Braunstein**



#### 3D Chocolate printer (WiShape!)

Discover the 3D printing in a fun way with chocolate: decorations et personalisation of the pastries.

Contact : **Bertrand Busson** and **Simon Herin**



### Online Platforms



### Mamie Cooks

Platform for the dishes cooked by grannies.  
Contact: **Mehdi Baghdadli**



### Cardboard (Google)

An experience of the virtual reality in a simple, fun and affordable way thanks to the combination of the smart phone and a Cardboard.  
Contact: **David Metge** et **Hanane Belarbi**



### Ayni

Ayni is a network for exchange between students and seniors around the world, corresponding together to learn one another's language and to discover new cultures.  
Contact : **Kévin Allec**



### Hakisa

With its social Hub, Hakisa simplifies the everyday life and connect family and friends online by easing the access to the digital services and giving the human dimension to new technologies.  
Contact : **Olivier Audouze**



### Chauffe Citron

A new fun and cultural meeting, the source of pleasure and vitamins for all the ages. Each Tuesday, this weekly online paper stimulates the curiosity, memory and social link.  
Contact : **Sophie Banon**



### Ice Geo Alert

A free mobile application for sending and receiving in 2 clicks the geo located alerts to your family. It also helps to follow up the health data in a digital health record.  
Contact : **Lisa Chanssard**



**Workshop "memory training"** in the "**salle Calmont**" on the 4<sup>th</sup> floor

### Dana Steinova

Responsible for an intergenerational life learning center, which is attached to the Experimental University of grandparents and grandchildren in Prague.  
Director of the Czech society "Memory Training and Brain Jogging".  
Member of the Council of Seniors of the city of Prague.  
General Secretary of the EURAG organization.



**Workshop LAUHTER YOGA** in the **salle des banquettes** (ground floor)



### Sylvie Larvor



Teacher of the Laughter Yoga in Kajyn, facilitator of the Laughter Club - Laughter Yoga which is based on the thesis: "The action brings the emotion" and the idea that it will increase the production of the **endorphins** in the brain, known as the hormone of happiness. In laughter yoga people laugh intentionally - without receiving humour, jokes or comedy. Laughter is practiced in groups and quickly becomes natural and contagious.

**Exhibitions** in **hallway** leading to the "salle des fêtes"

### GeoSesame

"Memory wall" is a project which aims to integrate new residents in nursing homes with the ambition to reduce the risk of age-related depression associated with these places. This is a project of social innovation (approach that is close to the "care philosophy") and technological innovation.  
Contact : **François Bonnard**



### SML show

Retro and vintage photography  
Contact : **Sarah-lou Marty**



18:00

**End of event and closing remarks**

**Participants** : members of the EURAG network's (coming from Austria, Croatia, Czech republic, Estonia, Great Britain, Iceland, Israel, Lithuania, Netherlands, Ukraine), members of the AG2R La Mondiale, members of E-Seniors Association, local stakeholders in the field of aging (social insurance organizations, private and public structures, etc.) and our international partners (from Spain and Taiwan).



**For more information:**

[www.e-seniors.asso.fr](http://www.e-seniors.asso.fr)



**Websites of the speakers and participants:**

<b>EURAG</b>	<a href="http://www.eurag-europe.net">www.eurag-europe.net</a>
<b>Aiju</b>	<a href="http://activa.aiju.info">http://activa.aiju.info</a>
<b>ALFRED</b>	<a href="http://alfred.eu">http://alfred.eu</a>
<b>Robosoft</b>	<a href="http://www.robosoftin.com">www.robosoftin.com</a>
<b>Impression 3D Le Tarmac</b>	<a href="http://www.le-tarmac.com">www.le-tarmac.com</a>
<b>Impression 3D WiShape !</b>	<a href="http://www.wishape3d.fr">www.wishape3d.fr</a>
<b>Mamie Cooks</b>	<a href="http://www.mamiecooks.com">www.mamiecooks.com</a>
<b>Google Institute</b>	<a href="http://www.google.com/culturalinstitute">www.google.com/culturalinstitute</a>
<b>Ayni</b>	<a href="https://ayni.in/">https://ayni.in/</a>
<b>Hakisa</b>	<a href="http://www.hakisa.com">www.hakisa.com</a>
<b>Chauffe Citron</b>	<a href="http://www.chauffecitron.com">www.chauffecitron.com</a>
<b>Ice Géo Alert</b>	<a href="http://www.icegeoadert.com">www.icegeoadert.com</a>
<b>GeoSesame</b>	<a href="http://www.geosesame.com">www.geosesame.com</a>
<b>Photographe Sarah lou Marty</b>	<a href="http://slmshow.com">http://slmshow.com</a>



**AG2R LA MONDIALE**

