



26th Annual Colloquium on Aging

Tuesday
Sept. 30, 2014

at Monona Terrace
1 John Nolen Dr.
Madison, WI 53703

Free & Open to the Public
Pre-Registration Required



UW-Madison Institute on Aging

2245 MSC, 1300 University Ave
Madison, WI 53706-1532

ADDRESS SERVICE REQUESTED

26th Annual Colloquium on Aging



Schedule • Tuesday, Sept. 30, 2014

- 8:30 am Registration (Level 4, Ballroom B)
Health & Resource Fair / Posters
- 9:00 am **Welcome by IOA Director Carol Ryff, PhD**
**Aging Parents as Caregivers to Adult Children
with Serious Mental Illness: Patterns of
Vulnerability & Resiliency**
Jan Steven Greenberg, PhD
- 9:45 am **The March of Longevity: the Role of Genes,
Behavior, Environment, and the Microbiome**
Alberto Palloni, PhD
- 10:30 am Health & Resource Fair / Posters
- 11:15 am **The Caloric Restriction Paradigm:
Implications for Healthy Human Aging**
Rozalyn Anderson, PhD
- Noon Box lunch passed out, return to seats for:
New Investigator Award Presentations
- 12:30 pm **The Day-to-Day Management of Chronic Illness:
How Family Members Help and (Sometimes) Hinder**
Keynote Speaker: Karen D. Rook, PhD
- 1:30 pm Adjourn

Health and Resource Fair

Resources to Improve Quality of Life:

- Senior Living Options • Social & Educational Programs
- Volunteer Opportunities • Legal & Legislative Advocacy
- Support for Independent Living • Sleep Disorders
- Learning in Retirement • Alternative Healing
- Fitness & Nutrition • Hearing & Vision Loss Resources
- Osteoporosis Screening • Blood Pressure Testing
- Alzheimer's Resources • Hospice • and more

Poster Session

Meet with UW-Madison faculty, students
& advanced trainees presenting
their recent aging research.

New Investigator Awards

Given to new UW-Madison researchers to
recognize outstanding achievement in biomedical,
psychosocial, or clinical/applied aging research.

Who Should Attend?

Anyone interested in positive aging,
including the general public and
professionals working with older people.

Thanks to Our Sponsors

- BrightStar • Capitol Lakes
- CapTel- Captioned Telephone • Comfort Keepers
- Coventry Village Retirement Community • Navigating the Journey of Aging Guide
- Midwest Home Care • Oak Park Place • Oakwood Lutheran Senior Ministries
- Senior Helpers • St. Mary's Hospital • Wisconsin Talking Book & Braille Library
- William S. Middleton Memorial Veterans Hospital Geriatric Research, Education, and Clinical Center (GRECC)





Keynote Address: The Day-to-Day Management of Chronic Illness: How Family Members Help and (Sometimes) Hinder

Karen D. Rook, PhD *Professor, Psychology and Social Behavior, University of California- Irvine*

Managing a chronic illness often requires people to initiate and maintain changes in their health behaviors for extended periods of time, and adherence can be difficult. Not surprisingly, family members frequently seek to participate in patients' day-to-day illness management, but such involvement can have mixed effects. Some forms of family involvement may benefit patients' adherence and, in turn, their health outcomes. Other forms of family involvement may be ineffective or may succeed, but with unwanted side effects. This talk will discuss, and offer practical suggestions from, recent studies about helpful and unhelpful aspects of family members' involvement in patients' chronic illness management.

Prof. Rook's research over the past 30 years has sought to understand how social relationships influence health and well-being, especially in later life. She has investigated both the positive and negative aspects of social relationships using a variety of methods, including large survey studies of nationally representative samples and smaller, intensive studies of patient samples. Her research, which has resulted in over 125 scientific publications and has won several awards, has been funded by the National Institute on Aging and the National Institute of Mental Health, as well as private foundations.

Comments from Past Participants

- Another outstanding program!
- Informational and enjoyable.
- Absolutely incredible! (from a first timer)
- The whole event is worthwhile & we thank you for hosting it.
 - Very useful & practical information.
- Keep up this good, important work.
- Thank you for a wonderful day!



Aging Parents as Caregivers to Adult Children with Serious Mental Illness: Patterns of Vulnerability and Resiliency

Jan Steven Greenberg, PhD *Professor & Director, School of Social Work, UW-Madison*

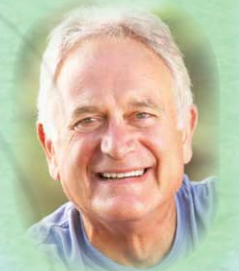
With the aging of the population and the shift to community care for persons with disabilities, an increasing number of parents face their retirement years with the responsibility of caring for an adult child with a major mental illness. While for some parents, this major life challenge takes a toll on their health, others find their lives transformed in positive ways. This presentation will focus on what is known about why caring for a son or daughter with a mental illness has a wear and tear effect on some aging families and for others, it leads to patterns of resiliency. *Dr. Greenberg is a Professor and Director at the School of Social Work and an Investigator at the Waisman Center at the UW-Madison. For the past 25 years, he has been studying families caring for an adult child with a major disability. His research has been funded by the National Institute on Aging and the National Institute of Mental Health.*



The March of Longevity: the Role of Genes, Behavior, Environment, and the Microbiome

Alberto Palloni, PhD *Samuel H. Preston Professor of Population Studies
Department of Sociology, UW-Madison*

Life expectancy has increased steadily over the last one hundred years in most high income countries and is considered one of the most important achievements of *Homo sapiens*. We know quite well the factors that explain this change, but know less about whether or not it will be sustained or for how long. The road ahead is bumpy with potentially serious threats, including hard limits to continued increases in survival; the negative momentum of generations who experience smoking, obesity, and metabolic disorders; and the threat of climate change. This talk will review past achievements in survival, assess future risks, and discuss the possibilities opened by advances in our knowledge of the human genome and microbiome. *Dr. Palloni is currently the Director of the Center for Demography and Health of Aging, affiliated with the Department of Sociology and Population and Health Sciences at the UW-Madison. His areas of research are mortality and health, and the relations between early conditions and adult health and mortality. He has directed and co-directed three very large data collection projects on older people in seven countries in Latin America, Mexico, and Puerto Rico, and is working on a book tracing the history of mortality decline in Latin America from 1850 onward.*



The Caloric Restriction Paradigm: Implications for Healthy Human Aging

Rozalyn Anderson, PhD *Assistant Professor, Department of Medicine, SMPH, UW-Madison
Health Science Officer, GRECC, William S. Middleton Memorial Veterans Hospital*

Aging itself is the most significant risk factor for a range of the most prevalent diseases, including many cancers, cardiovascular disease, diabetes, and neurodegenerative disorders. Accordingly, interventions are sorely needed to help delay or prevent diseases/disorders associated with the aging process and thereby increase the period of time that aging individuals are in good health. Caloric restriction (CR) is widely agreed to be the most potent environmental intervention that delays the onset of aging and extends life span. A better understanding of CR will permit the development of novel treatments and preventive measures for age-associated conditions. *Dr. Anderson began investigating CR and aging in yeast during her first post-doc at Harvard Medical School. She extended her studies into mammalian systems using mice and monkeys, first during her second post-doc at the UW-Institute on Aging, and later in her position as an Assistant Scientist at the Wisconsin National Primate Research Center. She was the recipient of the Nathan Shock New Investigator Award from the Gerontological Society of America in 2013.*

REGISTER EARLY • SPACE IS LIMITED
REGISTER ON-LINE: www.aging.wisc.edu

OR VIA PHONE DURING BUSINESS HOURS:
(608) 262-1818

NO REGISTRATIONS ACCEPTED
VIA EMAIL, POSTAL MAIL,
or VOICE MAIL

PRE-REGISTRATION IS REQUIRED: No walk-in registrations will be accepted at the event, as we will be full and will have a waiting list to replace cancellations.

COST: Registration and lunch are free, but you are responsible for parking fees. Monona Terrace's current parking rate is \$1.50/hr. Arrive early as we cannot guarantee parking availability.

**WHEN REGISTERING,
PLEASE INDICATE YOUR PREFERENCE
FOR THE FOLLOWING:**

FREE BOX LUNCH: Choose turkey or vegetarian. Some special meals can be provided for those with serious dietary restrictions.

CONTINUING EDUCATION UNITS: 0.3 CEUs are available for attending all four lectures (none are available for partial attendance). You must sign in after the last speaker. (CEUs are required in some professions to remain licensed.)

SPECIAL ACCOMMODATIONS: If you need accommodations such as assisted hearing devices or wheelchair seating, please request them when you register. In compliance with the Americans with Disabilities Act, UW-Madison will make every effort to honor requests for reasonable accommodations. *Please make all such requests at least a month in advance.*