



28th Annual Colloquium on Aging

Tuesday
Sept. 27, 2016
in Madison, WI

Free & Open
to the Public
Pre-Registration Required



28th Annual Colloquium on Aging

ADDRESS SERVICE REQUESTED

UW-Madison Institute on Aging
2245 MSC, 1300 University Ave
Madison, WI 53706-1532



Thanks to Our Sponsors

- BrightStar Care • Capitol Lakes • Capri Communities-Hyland Campus • CapTel • Coventry Village by Five Star
- Dean & St. Mary's • Journey of Aging • Midwest Home Care
- Oak Park Place • Oakwood Lutheran Senior Ministries
- Senior Helpers • Wisconsin Talking Book & Braille Library



Last Year's Participants:

- As always, you provided new & enlightening information for all of us.
- Extremely organized & well run!
- Valuable research results are most helpful to me!
- I always enjoy this colloquium because it is very positive, relaxed, & I learn about exciting research.
- Love the new location!

Comments from Last Year's Participants:

- As always, you provided new & enlightening information for all of us.
- Extremely organized & well run!
- Valuable research results are most helpful to me!
- I always enjoy this colloquium because it is very positive, relaxed, & I learn about exciting research.
- Love the new location!

FREE BOX LUNCH INCLUDED: Choose meat 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 or at least a month in advance of the event.

WHEN REGISTERING, INDICATE YOUR PREFERENCE FOR:

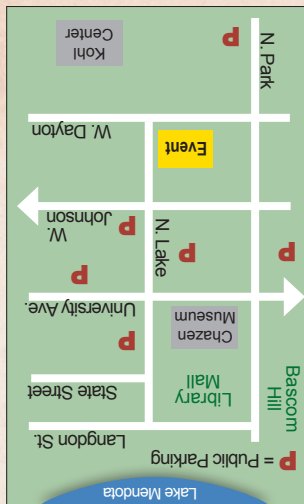
- **PRE-REGISTRATION IS REQUIRED:** No walk-in registrations will be accepted at the event, as we will be full & will have a waiting list to replace cancellations.
- **REGISTER ON-LINE:** www.aging.wisc.edu OR VIA PHONE DURING BUSINESS HOURS: (608) 262-1818
- **REGISTER EARLY • SPACE IS LIMITED**
- **FREE AND OPEN TO THE PUBLIC**

We Recommend Purchasing Campus Parking in Advance:

- Several self-pay public parking lots, both campus & city run, are available within 1-3 blocks of the event.
- To guarantee parking, you can purchase a campus parking permit in advance (by Sept. 9th). An application will be sent with registration confirmation & is available on our website.
- The event is also easily accessible via city buses. See: www.cityofmadison.com/metro/planyourtrip

The Gordon Dining and Event Center
770 W. Dayton St.
on the UW-Madison Campus

- Gordon is located at the corner of W. Dayton & N. Lake.
- The 1st floor of Gordon is a public dining hall. The 2nd floor is the event center, all of which has been reserved for our event.
- See our website for directions & parking information:
aging.wisc.edu/outreach/colloquium.php



Location and Transportation

Registration

Schedule • Tuesday, Sept. 27, 2016

- 8:30 am Registration (2nd Floor) / Health & Resource Fair / Posters
- 9:00 am **Welcome by IOA Director Carol Ryff, PhD**
A Novel Systems Biology Approach to Sarcopenia: New Molecular Insights Enabled by Cutting-Edge Technologies
Ying Ge, PhD
- 10:00 am **Maintenance of Balance with Aging: Choose Your Steps Carefully**
Darryl G. Thelen, PhD
- 10:45 am Health & Resource Fair/Posters
- 11:30 am **Who Cares? The People Who Support Older Adult Health and What They Need**
Barbara Bowers, PhD
- 12:15 pm Box lunch passed out, return to seats for:
New Investigator Award Presentation
- 12:45-1:45 pm **Challenging the Bard: Well-Being and Health into Shakespeare's 7th Age**
Keynote Speaker: Elliot Friedman, PhD



Who Should Attend?

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

Health and Resource Fair

Dozens of local organizations will offer resources to improve quality of life as we age.

Poster Session and Awards

UW-Madison faculty, students & advanced trainees will present research posters & compete for a new investigator award in aging research.

Speakers



Keynote

Challenging the Bard: Well-Being and Health into Shakespeare's 7th Age

Elliot Friedman, PhD William & Sally Berner Hanley Associate Professor of Gerontology, Purdue University

The image of old age that emerges from Shakespeare's writings consists mainly of infirmity, disease, and dementia. These images persist today, in spite of profound improvements in health and longevity since Shakespeare's time. They are also inconsistent with many older adults' more positive experiences of their own aging. Psychological well-being, including engagement with personal and communal priorities, has emerged as a key ingredient in healthy aging. This talk will focus on well-being in later life, its connections with health, and the possibility that it can be promoted to improve quality of life and health among older adults. Dr. Friedman's research draws from diverse fields such as biology, psychology, sociology & epidemiology. His work centers on biological processes, behavior & health outcomes associated with positive psychological functioning in aging adults, with a focus on inflammation as a key pathway linking psychological & social processes to health. His recent collaborative efforts with community partners has led to the development of a promising intervention designed to promote psychological well-being in older adults.



A Novel Systems Biology Approach to Sarcopenia: New Molecular Insights Enabled by Cutting-Edge Technologies

Ying Ge, PhD Associate Professor, Dept. of Cell & Regenerative Biology, University of Wisconsin-Madison

Sarcopenia is the loss of skeletal muscle mass and function with aging. It is highly prevalent in the elderly and is associated with disability, falls, fractures, & loss of independent living, as well as increased morbidity and mortality. Sarcopenia represents a major public health problem and threatens to place an increasingly heavy burden on public health care given the worldwide increase in life expectancy. Herein, we employ a novel systems biology approach that integrates ultra high-resolution mass spectrometry-based proteomics with functional studies to identify new molecular determinants of age-related muscle dysfunction and aid the development of therapeutic strategies to treat sarcopenia. Dr. Ge's research cuts across traditional boundaries of chemistry, biology & medicine. By creatively integrating her expertise in mass spectrometry/proteomics with biology/medicine, she aims to gain new insights into the molecular mechanisms of disease & aging.



Maintenance of Balance with Aging: Choose Your Steps Carefully

Darryl G. Thelen, PhD

Harvey D. Spangler Professor, Mechanical Engineering, Biomedical Engineering, Orthopedics & Rehabilitation University of Wisconsin-Madison

The maintenance of balance is fundamental to walking and independent mobility. We will review both simple and complex models of walking that have provided tremendous insights into how the sensorimotor system controls bipedal balance. We will also consider the effects that age-related physical, sensory, and cognitive changes can have on balance, and thereby contribute to reduced gait speed and fall risk. Finally, we will review some interventions that could mitigate declines in sensorimotor function, and thereby potentially enhance balance and walking ability. Prof. Thelen has been on the faculty of the UW-Madison since 2002. His current research investigates the influence of injury, aging, and treatment on musculoskeletal function and health. His research has been supported by NSF, NIH, and a number of private foundations.



Who Cares? The People Who Support Older Adult Health and What They Need

Barbara Bowers, PhD

Helen Denne Schulte Professor; Associate Dean for Research; Director, Center for Aging Research & Education (CARE) School of Nursing, University of Wisconsin-Madison

Overwhelmingly, older adults want to "age in place," remaining in their home and community, but health conditions and physical limitations can make that difficult. Some 40 million family members and friends regularly help older adults in their homes. Nurses, assistants, and other staff provide care to older adults in various settings. These family and paid caregivers face serious challenges, including insufficient information, skills, and resources. How can we improve older adults' quality of care and quality of life? The UW-Madison School of Nursing is pioneering approaches to better support both family and paid caregivers of older adults. Prof. Bowers is a researcher & educator in the School of Nursing. She is currently funded by the Margaret A. Cargill Foundation to develop educational/support programs for family and paid caregivers.