

Nonprofit Org.
U.S. Postage
PAID
Permit No. 658
Madison, WI

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



RETURN SERVICE REQUESTED

**22ND ANNUAL
COLLOQUIUM ON AGING**

**September 21, 2010
at Monona Terrace
in Madison, WI**

UNIVERSITY OF WISCONSIN'S
INSTITUTE ON AGING

**22ND ANNUAL
COLLOQUIUM
ON AGING**



- ❖ Speakers ❖ Posters
- ❖ Health & Resource Fair
- ❖ Latest Aging Research

**Tuesday
September 21, 2010**

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



**Free and
Open to the Public**
(Pre-Registration Required)

Colloquium Schedule

- 8:30 am Registration (Level 4, Ballroom B)
Refreshments / Health &
Resource Fair / Posters
- 9:00 am **Welcome by IOA Director**
Carol Ryff, PhD
Halting the Aging Process
Craig S. Atwood, PhD
- 9:45 am **Asthma in an Aging Population**
Sameer K. Mathur, MD, PhD
- 10:30 am Health & Resource Fair / Posters
- 11:15 am **Reducing Barriers to Better
Self Care: Changing Stereotypes**
Susan M. Heidrich, PhD, RN
- Noon Box lunch passed out, return to
seats for:
- 12:15 pm New Investigator Awards
Presentation
- 12:30 pm **Keynote Speaker:**
**Finding Happiness & Meaning:
What the Research Tells Us**
Richard M. Ryan, PhD
- 1:30 pm Adjourn



Who
Should
Attend?

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

*In compliance with the Americans with Disabilities Act, the
UW-Madison will make every effort to honor requests for
reasonable accommodations made by individuals w/disabili-
ties. Make requests in advance by calling: (608) 262-1818*

Health and Resource Fair

- Aging Resources to Improve Quality of Life:
- Social & Educational Programs
 - Support for Independent Living
 - Volunteer Opportunities
 - Legal & Legislative Advocacy
 - Retirement Communities
 - Adult Day Health Care
 - Immunization Education
 - Osteoporosis Screening
 - Blood Pressure Testing
 - Alzheimer's Treatment
 - Swallowing Disorders
 - Hospice Care
 - Fitness & Nutrition
& 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, and
clinical/applied aging research.

Thanks to Our Sponsors

- Capitol Lakes
- Comfort Keepers
- Coventry Village
Retirement Community
- Oak Park Place
- Oakwood Village Continuing Care
Retirement Communities
- St. Mary's Hospital
- Veteran's Administration Hospital
Geriatric Research, Education
& Clinical Center

Speakers



Keynote Address Finding Happiness & Meaning: What the Research Tells Us

Richard M. Ryan, PhD
*Professor of Psychology, Psychiatry, & Education
University of Rochester; Rochester, New York*

People search for happiness and meaning, but too often in all the wrong places. Dr. Ryan will review ancient wisdom on happiness and the “good life” and compare that with findings from modern research. He will review national trends in happiness and wellbeing, their relations with economic growth, day of the week patterns in happiness, whether people are happier at home or at work, and retrospective evaluations of life as they relate to happiness in older adults. He will discuss our cultural preoccupations with wealth and fame and how these values affect people’s lifestyles and wellness. Finally, he will shed light on how and why close relationships, giving to others, and community activities enhance both day-to-day happiness and a sense of meaning.

Dr. Ryan is the co-developer (with Edward L. Deci) of Self-Determination Theory, an internationally researched theory of human motivation that has been applied in hundreds of studies in areas such as medicine, physical activity, education, work, relationships, and psychotherapy. He is an award winning educator and researcher, and has given addresses in over 60 universities around the globe. He has over 300 publications to his credit. He is Editor-in-Chief of the journal *Motivation & Emotion* and a recipient of numerous national and international grants and awards.

Comments from Past Participants

❖ A great chance to reflect on aging problems—more folks need this in their agenda!



❖ All of the topics were relevant to our aging population. I learned much that I probably wouldn’t have if I hadn’t attended.
❖ Overall, nice, well run event. Thank you for a great day!



Halting the Aging Process

Craig S. Atwood, PhD
*Research Director, WI Alzheimer’s Institute & WI Comprehensive Memory Program,
Associate Professor of Medicine, UW-Madison*

Nobody escapes aging, a process that inevitably leads to age-related diseases and death. Dr. Atwood will discuss the basis of the “Reproductive Cell Cycle Theory of Aging” that explains why and how we age. The theory proposes that hormones that regulate reproduction act to control aging; promoting growth and development early in life in order to achieve reproduction, but later in life, become dysregulated and drive the aging process. He will also discuss strategies to increase longevity, including the benefits and risks of taking hormone replacement therapies to prevent age-related diseases.

Dr. Atwood received his Ph.D. from the University of Western Australia and completed additional training at the National Institutes of Health (NIH) and Harvard Medical School. In 2000 he joined the faculty of the Dept. of Pathology at Case Western Reserve University before joining the Dept. of Medicine at UW-Madison in 2003. He is Research Director of the Wisconsin Alzheimer Institute and the Wisconsin Comprehensive Memory Program. He has received the Zenith Fellows Award from the Alzheimer’s Association for his research into the hormonal mechanisms underlying Alzheimer’s disease.



Asthma in an Aging Population

Sameer K. Mathur, MD, PhD
Assistant Professor; Allergy, Pulmonary & Critical Care; UW-Madison

Asthma is a chronic disease that is characterized by reversible airway obstruction. Asthma is often overlooked in older people as a cause for breathing difficulties such as shortness of breath, cough, and chest tightness. Therefore, it is often under diagnosed and undertreated. Dr. Mathur is interested in how asthma differs between younger and older patients. He will review our current state of knowledge regarding age effects on asthma and discuss the diagnostic challenges and the lack of evidence based guidance in the management of asthma in an aging population.

Dr. Mathur completed an MD-PhD program at Northwestern University, an Internal Medicine residency at Loyola University Medical Center, and subspecialty training in Allergy/Immunology at UW-Madison. He has received the T. Franklin Williams Geriatric Junior Faculty Development Award from the American Academy of Asthma, Allergy & Immunology and served as the Vice-Chair of the Asthma and Allergic Diseases in their Elderly Task Force. He was also appointed as a Hartford Scholar by UW-Madison Section of Geriatrics & Gerontology.



Reducing Barriers to Better Self Care: Changing Stereotypes

Susan M. Heidrich, PhD, RN
Helen Denne Schulte Professor, School of Nursing, UW-Madison

Common aging symptoms can have a negative impact on quality of life by keeping people from doing or enjoying their everyday activities. Two important factors that influence our self care of these symptoms are stereotypes about aging (both our own and others) and difficulties communicating with health care providers. Dr. Heidrich will discuss her federally-funded research on improving older women’s self care of symptoms by teaching more productive ways to think about and communicate self care needs.

Dr. Heidrich received her BA from Eastern Michigan University, her BS in Nursing from Cornell University, and her MS and PhD in Nursing & Psychology from UW-Madison. Her research has examined the influence of age and chronic conditions on psychological well-being and distress. For the last ten years, she has examined the effectiveness of interventions to improve symptoms and quality of life in older persons with chronic illnesses.

PRE-REGISTRATION IS REQUIRED

by September 13

(Register early to ensure space)

REGISTER ON-LINE: aging.wisc.edu

VIA MAIL: return this form

VIA PHONE: (608) 262-1818

(Mon-Fri, 7:45 am - 4:30 pm)

(Please Print)

Name _____
Affiliation _____
Address _____
City _____
State _____ ZIP _____
Phone _____
E-mail* _____

*Confirmation will only be sent if e-mail is provided

FREE BOX LUNCH (choose one):

_____ Meat _____ Vegetarian _____ None

Special diet request (specify): _____

CONTINUING EDUCATION UNITS:

_____ I would like to receive 0.3 CEUs (3 hours) for *full day* participation. (Pick up attendance certificate at registration after last speaker.)

COST: Event registration & lunch are free, but you are responsible for parking fees. Monona Terrace’s current parking rate is \$1.40/hr. Alternate sites have various fees and time limits. Arrive early as **we cannot guarantee parking availability.**

Mail to: UW Institute on Aging
2245 Medical Sciences Center
1300 University Ave.
Madison, WI 53706-1532