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
9:05 am Anytime Anywhere Any Device: Automatically Changing into a Form I Can Understand & Use—The GPII Gregg C. Vanderheiden, PhD
9:45 am Active Aging: The Benefits of an Active Lifestyle on Health & Wellbeing in Later Life Dorothy Farrar-Edwards, PhD
10:30 am Health & Resource Fair / Posters
11:15 am Meditation & Exercise for Preventing Acute Respiratory Infection Bruce P. Barrett, MD, PhD
Noon Box lunch passed out, return to seats for:
12:15 pm New Investigator Award Presentations
12:30 pm Keynote Speaker: Reducing Your Risk of Alzheimer’s: Building a Better Brain as We Age David A. Bennett, MD
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 differently abled individuals. If you need accommodations such as assisted hearing devices or wheelchair seating, please make requests well in advance to: aging@ssc.wisc.edu • (608) 262-1818

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• Veteran’s Administration Hospital Geriatric Research, Education & Clinical Center (GRECC)
Dr. Bennett will review the demographic changes taking place in the aging population and provide information on trends in numbers of persons with Alzheimer’s. He will then describe the neurobiology of the disease and discuss how genetic factors may lead to the changes in the brain that cause Alzheimer’s. Dr. Bennett’s research is directed toward understanding the mechanisms which support physical, social, and intellectual activities and emotional well-being, even in the oldest old. The effects of activity on longevity will also be discussed.

Dr. Edwards received her PhD in Experimental Psychology with a specialization in Aging and Development from Washington University in St. Louis in 1980. Her research is directed toward understanding the mechanisms which support physical, social, and intellectual activities and emotional well-being, even in the oldest old. The effects of activity on longevity will also be discussed.

Dr. Bennett is a pioneer in the field of Augmentative and Alternative Communication. His work with the computer industry has led to standard access features being built into the Macintosh and Windows operating systems. His work is also found in built-in access features in ATMs, Point of Sale terminals, USPS Automated Postal Stations, and Amtrak ticket machines. Dr. Bennett has worked in technology and disability for 40 years and has over 30 awards for his work.

Dr. Vanderheiden has worked in technology and disability for 40 years and was a pioneer in the field of Augmentative and Alternative Communication. His work with the computer industry has led to standard access features being built into the Macintosh and Windows operating systems. His work is also found in built-in access features in ATMs, Point of Sale terminals, USPS Automated Postal Stations, and Amtrak ticket machines. Dr. Vanderheiden has received over 30 awards for his work.

Active Aging: The Benefits of an Active Lifestyle on Health and Wellbeing in Later Life

Dorothy Farrar-Edwards, PhD
Professor, Kinesiology-Occupational Therapy, Neurology Chair, Department of Kinesiology, UW-Madison

This presentation will review the growing research literature regarding the benefits of activity in later life. Physical, social, and intellectual activities have all been shown to enhance health and emotional well-being, even in the oldest old. The effects of activity on longevity will also be discussed.

Dr. Edwards received her PhD in Experimental Psychology with a specialization in Aging and Development from Washington University in St. Louis in 1980. Her research is directed toward understanding the mechanisms which support independence and quality of life in the community for older adults, including 1) examination of the performance of basic and instrumental activities of daily living in context, 2) describing the environmental factors which support or prevent community participation of older adults with neurological disease, 3) documenting the impact of neurological disease and functional impairment on family caregivers and 4) determinants of quality of life.

Meditation and Exercise for Preventing Acute Respiratory Infection

Bruce P. Barrett, MD, PhD
Associate Professor, Family Medicine, UW-Madison

Acute respiratory infection (ARI), including colds and influenza, is extremely common, often debilitating, and among the most costly of human illnesses. Other than hand washing, general health measures, contact avoidance, and flu shots, there are no proven preventive measures. With funding from the National Center for Complementary and Alternative Medicine, we conducted a randomized controlled trial to assess the potential effects of mindfulness meditation or sustained moderate intensity exercise on the incidence, duration, or severity of ARI. Participants were 50+ years old, and were randomly assigned to 8-weeks of training in meditation or exercise, or to a control group. Findings are very encouraging.

Dr. Barrett received his MD & PhD (in Anthropology) degrees from UW-Madison in 1992, then did an international health fellowship at a World Health Organization research institute in Guatemala. Over the past several years, he has been supported by grants from the National Institutes of Health and the Robert Wood Johnson Foundation. His research has included a qualitative study of complementary and alternative medicine in Madison, and a randomized double-blind placebo-controlled trial of echinacea for upper respiratory infection. He is a steering committee member of the Madison chapter of Physicians for Social Responsibility.