

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



ADDRESS SERVICE REQUESTED

23RD ANNUAL COLLOQUIUM ON AGING

October 11, 2011
at Monona Terrace
in Madison, WI

UNIVERSITY OF WISCONSIN'S INSTITUTE ON AGING 23RD ANNUAL COLLOQUIUM ON AGING

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



**Tuesday
October 11, 2011**

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**
- 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 indi-
viduals. 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*

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, or
clinical/applied aging research.

Thanks to Our Sponsors

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

Speakers



Keynote Address

Reducing Your Risk of Alzheimer's: Building a Better Brain as We Age

David A. Bennett, MD

Robert C. Borwell Professor of Neurological Sciences
Director of the Rush Alzheimer's Disease Center
Rush University Medical Center, Chicago, IL

The prevention of Alzheimer's disease is among the most urgent public health challenges of the 21st century. 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 dementia. By contrast, he will show that a wide range of experiential and psychological factors appear to prevent the disease through the development of brain reserve that reduces the likelihood of Alzheimer's changes in the brain resulting in memory loss.

Internationally known for his research on the causes, treatment, and prevention of Alzheimer's and other common neurologic conditions of aging, Dr. Bennett's primary research interest is understanding the neurobiologic pathways linking genetic, experiential, psychological, and environmental risk factors to age-related loss of cognitive and motor function. He is principal investigator of several studies funded by the National Institute on Aging, including the Religious Orders Study and the Rush Memory and Aging Project. He serves on numerous national and international advisory and editorial boards, and has 400+ publications.

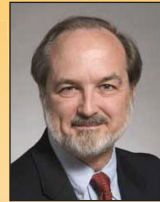
Comments from Past Participants

❖ This was my first Colloquium- wish I had come sooner!



❖ This is a terrific conference- the opportunity to learn is much appreciated.

❖ Everything was well done: good research, presenters, and facility.



Anytime Anywhere Any Device: Automatically Changing into a Form I Can Understand and Use— The GPII

Gregg C. Vanderheiden, PhD

Director, Trace R&D Center
Professor, Industrial & Systems Engineering and Biomedical Engineering, UW-Madison

We are rapidly reaching a point where we all need to access information and communication technologies in our daily lives, yet they are increasingly complicated or sometimes beyond our abilities. Even the interfaces on our ovens and thermostats are looking like computer control panels. What if every device, every thermostat, even computers, were to automatically change into a form that each person is familiar with and can use, whether they prefer a complicated or simple interface? This is the goal of the Global Public Inclusive Infrastructure and the Raising the Floor program. Learn more about how we are working to create a computer that is as easy to use as our TVs used to be.

Dr. Vanderheiden has worked in technology and disability for 40 years and was a pioneer in the field of Augmentative 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 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.

REGISTER EARLY - SPACE IS LIMITED

REGISTER ON-LINE: aging.wisc.edu

VIA MAIL: return this form

VIA PHONE: (608) 262-1818

Pre-registration is required

and will be accepted through

September 30, 2011 if space permits, but

NOTE that a waiting list will likely develop before then.

(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):

_____ Turkey _____ Vegetarian _____ None

Special dietary requirement (specify):

CONTINUING EDUCATION UNITS:

_____ I would like to receive 0.3 CEUs (3 hours) for full day participation. (You must sign in after last speaker as proof of attendance. CEUs are required in some professions to remain licensed.)

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
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