

## Colloquium Schedule

- 8:30 am Registration (Level 4, Ballroom B)  
Health & Resource Fair/Posters
- 9:00 am **Welcome by IOA Director Carol Ryff, PhD**  
**Lessons About the Biology of Aging from Japan Christopher L. Coe, PhD**
- 9:45 am **Aging and Eating Enjoyment: Sustainability and Rehabilitation JoAnne Robbins, PhD**
- 10:30 am Health & Resource Fair / Posters
- 11:15 am **The Importance of Neighborhoods for Health and Wellbeing at Older Ages Stephanie A. Robert, PhD**
- Noon Box lunch passed out, return to seats for:  
**New Investigator Award Presentations**
- 12:30 pm **When We Test, We Do Stress: Effects of Stress on Memory Performance in Aging Keynote Speaker: Sonia Lupien, 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 • Learning in Retirement
- Vision Issues • Sleep Disorders • Fitness & Nutrition
- Alternative Healing • Living with Chronic Conditions
- Osteoporosis Screening • Blood Pressure Testing
- Alzheimer's & Parkinsons Treatment • & 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
- Comfort Keepers • Coventry Village Retirement Community
- Home Instead Senior Care • KindredHearts Senior Living
- Midwest Home Care • Oak Park Place • Oakwood Village
- Senior Helpers • St. Mary's Hospital • Wisconsin Talking Book & Braille Library
- Veteran's Administration Hospital Geriatric Research, Education and Clinical Center (GRECC)



# 24<sup>th</sup> Annual Colloquium on Aging



**Tuesday  
October 2, 2012**

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

**24th Annual  
Colloquium on Aging**





## Speakers



### Keynote Address

#### When We Test, We Do Stress: Effects of Stress on Memory Performance in Aging

Sonia Lupien, PhD

Director, Centre for Studies on Human Stress;  
Scientific Director, Research Centre, Mental Health Institute of University of Montreal

It is widely accepted by scientists, health care professionals, and the general public that memory capacities decline with age. However, studies performed in the last two decades show that exposure to stressful situations can acutely decrease memory performance in older adults. This presentation will summarize studies about stress and memory performance in aging. The implications of these results for clinicians and scientists testing memory performance of older adults will be discussed.

Dr. Lupien is the founder & director of the Centre for Studies on Human Stress ([www.humanstress.ca](http://www.humanstress.ca)). For the last 20 years, she has been studying the effects of stress on the human brain, from infancy to adulthood and old age. Greatly involved in the transfer of scientific knowledge to the public, she has recently published a book entitled *Par amour du stress* (English version: *Well Stressed*) which aims at helping the public better understand stress as it has been studied for the last 50 years by scientists across the world. She also holds a Senior Investigator Chair on Mental Health in Women and Men from the Canadian Institutes of Health Research.



### Lessons About the Biology of Aging from Japan

Christopher L. Coe, PhD

Prof., Dept. of Psychology; Dir., Harlow Center for Biological Psychology; UW-Madison

Cultural and biological aspects of aging vary across countries. Many factors including diet influence age-related aspects of health and longevity. This presentation will focus on findings from a comparison of the biology of aging in American to Japanese adults (the MIDUS & MIDJA projects). Dr. Coe's research spans many topics from behavioral medicine to pediatrics & gerontology, with a primary focus on brain-behavior-immune relationships at the beginning & end of life. His laboratory facilitated the biological assessments for two surveys of health & aging in the US & Japan. He also collaborates on projects investigating interventions such as meditation & exercise.



### Aging and Eating Enjoyment: Sustainability and Rehabilitation

JoAnne Robbins, PhD, CCC-SLP, BRS-S

Professor, Dept. of Medicine, UW-Madison; Associate Director, Geriatric Research Education & Clinical Center (GRECC); Board Recognized Swallowing Specialist

Swallowing changes each decade after 40 years of age in healthy adults. Aging is a major risk factor for swallowing disorders, also known as dysphagia. The insidious neurophysiologic changes underlying presbyphagia (age-related swallowing changes that occur in otherwise healthy older adults) will be demonstrated. 18 million Americans suffer swallowing disorders, due to a variety of diseases and conditions that become more common with increasing age. Innovative, simple methods to compensate for, as well as new device-driven therapies to rehabilitate the swallow and bring enjoyment back to dining, will be presented. Dr. Robbin's research program has been continuously funded by the National Institutes of Health, the Dept. of Veterans Affairs, and private foundations. Her work is published in numerous peer-reviewed journals and she is coauthor of the *Easy to Swallow, Easy to Chew Cookbook*. She currently holds three U.S. patents, was President of the Dysphagia Research Society, is the recipient of the 2012 WSHA Frank R. Kleffner Lifetime Clinical Career Award, and is honored as an ASHA Fellow.



### The Importance of Neighborhoods for Health and Wellbeing at Older Ages

Stephanie A. Robert, PhD

Professor, School of Social Work, UW-Madison

When talking about the factors that impact health at older ages, we often emphasize personal characteristics and behaviors. Yet there are many aspects of the broader social and economic context that can affect health. In particular, characteristics of our neighborhoods— the contexts in which we live, play, and work— can affect our health. This talk will highlight current research on the importance of neighborhood context to the health and wellbeing of older adults. Dr. Robert earned her PhD in both Sociology & Social Work at the University of Michigan and did a postdoctoral fellowship in health policy at the University of California-Berkeley, before joining the UW-Madison faculty in 1998. She is interested in the social and economic factors that affect physical and mental health across the life course, particularly at older ages. Much of her research focuses on the impact of neighborhood social, economic, and racial context on the physical and mental health of older adults.

### Comments from Past Participants

- First time attendee- I look very forward to future years! Very informative!
- I have learned several new ideas I can apply to my life and practice- Thank you!
- We love this- attending for at least 10 years or more. See you next year!
- Outstanding!



**REGISTER EARLY • SPACE IS LIMITED**

**REGISTER ON-LINE: [aging.wisc.edu](http://aging.wisc.edu)**

**OR VIA PHONE: (608) 262-1818**

**NO MAIL IN REGISTRATIONS  
ACCEPTED**

**PRE-REGISTRATION IS REQUIRED** and will be accepted through 9/21/12 if space is available, but **NOTE** that registration is usually full well before then.

**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 diet requirements can be accommodated.
- **CONTINUING EDUCATION UNITS:** 0.3 CEUs (3 hours) are available for attendance at all four lectures. 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 made by differently-abled individuals. Please make all such requests at least a month in advance.*