



27th Annual Colloquium on Aging

Tuesday
September 22, 2015

Gordon Dining & Event Center
770 W. Dayton Ave.
Madison, WI

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

27th Annual Colloquium on Aging



Our New Event Location



The Gordon Dining and Event Center

770 W. Dayton St.
on the UW-Madison Campus

- Recently constructed in 2012, the Gordon Dining & Event Center 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: aging.wisc.edu/outreach/colloquium.php

Nearby Parking:

- Several public parking lots, both campus & city run, are available within 1-3 blocks of the event. Parking is self-pay.
- We recommend purchasing a campus parking permit in advance in order to guarantee parking availability.
- A parking map and an application for campus parking will be sent with registration confirmation, or see our website.

Comments from Past Participants:

- This is a great program! Thank you for making this event available to all.
- I truly enjoyed the stimulating thoughts & new insights into aging.
- First time attending—will definitely attend again!
- I enjoy this event every year & have gleaned some very helpful info.
- Thanks to the IOA for reaching out to the Madison community. I will be sharing what I learned with others.



Registration

FREE AND OPEN TO THE PUBLIC
REGISTER EARLY • SPACE IS LIMITED

REGISTER ON-LINE: www.aging.wisc.edu

OR VIA PHONE DURING BUSINESS HOURS:
(608) 262-1818

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.

**WHEN REGISTERING,
INDICATE YOUR PREFERENCE FOR:**

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.*

Thanks to Our Sponsors

- BrightStar Care • Capitol Lakes • CapTel
- Comfort Keepers • Coventry Village Retirement Center
- Dean & St. Mary's • Senior Helpers • Midwest Home Care
- Oak Park Place • Oakwood Lutheran Senior Ministries
- Wisconsin Talking Book & Braille Library

Schedule • Tuesday, Sept. 22, 2015

- 8:30 am Registration (2nd Floor)/Health & Resource Fair/Posters
- 9:00 am **Welcome by IOA Director Carol Ryff, PhD**
Can I Reduce My Risk for Developing Alzheimer's?
Barbara B. Bendlin, PhD
- 9:45 am **Work and Family Experiences Across the Life Course: Implications for Well-Being at Older Ages**
James M. Raymo, PhD
- 10:30 am Health & Resource Fair/Posters
- 11:15 am **Understanding Pathways to Type 2 Diabetes**
Vera Tsenkova, PhD
- Noon Box lunch passed out, return to seats for:
New Investigator Award Presentations
- 12:30-1:30 pm **Advancing the Science of Population Health and Aging through Interdisciplinary Research**
Keynote Speaker: Parminder Raina, PhD, CRC

Health and Resource Fair

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

Poster Session and Awards

UW-Madison faculty, students & advanced trainees present research posters & compete for awards of excellence in aging research.

Who Should Attend?

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



Speakers



Keynote

Advancing the Science of Population Health and Aging through Interdisciplinary Research

Parminder Raina, PhD, CRC

Raymond & Margaret Labarge Chair in Optimal Aging & Knowledge Application for Optimal Aging; Canada Research Chair in GeroScience; Director, McMaster Institute of GeroScience; Lead Principal Investigator, Canadian Longitudinal Study on Aging

The proportion of older population in Canada and elsewhere in the world is forecast to increase in the next several decades. The economic, medical, and social costs of this change will likely be considerable. Modern medicine and new insights into lifestyle and other environmental influences are allowing more people to remain healthy and socially and emotionally vital into advanced ages. As life expectancy increases, however, physical, social, and psychological deficits that threaten the health of older people remain a concern. Our ability to promote healthy aging and reduce the burden of illness among older adults will depend on increased understanding of the dynamics of aging and how they interact with various environmental and lifestyle factors. There is thus a need to explore “aging” as an intricate web of interdependent genetic, biochemical, physiological, economic, social, and psychological factors. This presentation will provide an overview of such research involving Canadian and international collaborative projects that use interdisciplinary approaches to understand the dynamics of aging. Dr. Raina received the Ontario Premier's Research Excellence award on research in aging to train and mentor new researchers. He has authored over 200 hundred publications, and has held several national and international peer-reviewed grants.



Can I Reduce My Risk for Developing Alzheimer's Disease?

Barbara B. Bendlin, PhD

*Assistant Professor, Dept. of Medicine-Geriatrics, UW-Madison
Principle Investigator, Wisconsin Alzheimer's Disease Research Center*

Recent research findings suggest that certain risk factors for Alzheimer's may be modifiable. Diet, exercise, sleep, and cognitive stimulation are areas of increasing interest, but does the science back them up? This talk will present the latest findings on lifestyle factors that may be linked with healthy brain and cognitive aging. Dr. Bendlin's research group is actively studying how risk factors for Alzheimer's disease contribute to brain changes as early as midlife. Recently funded studies in her lab are examining the effect of cardiovascular risk factors and associated conditions such as diabetes on the brain. She has authored or co-authored over 60 manuscripts and her work is funded by the National Institute on Aging.



Work and Family Experiences Across the Life Course: Implications for Well-Being at Older Ages

James M. Raymo, PhD *Professor, Dept. of Sociology; Director, Center for Demography and Ecology; UW-Madison*

We know that work and family circumstances in mid and later life contribute to differences in health and economic security, but the role of earlier work and family experiences is less clear. Do life histories matter above and beyond current work and family circumstances? In this presentation, I use information collected over a period of fifty years from a large group of Wisconsin high school graduates to describe work and family experiences across the life course and their relationships with financial well-being, physical health, emotional health, and survival. Dr. Raymo is an affiliate of the Center for Demography of Health and Aging and the Institute on Aging at UW-Madison. He conducts research on work, family, and well-being at all stages of the life course in both Japan and the U.S., including research that focuses on well-being at older ages.



Understanding Pathways to Type 2 Diabetes

Vera Tsenkova, PhD *Assistant Scientist, UW-Madison*

Type 2 diabetes is a common chronic disease with well-established risk factors such as obesity, physical inactivity, and having a family history of diabetes. Recent evidence points to powerful roles of the social environment and psychological outlooks in shaping risk and protection from this disease. Considering combinations of these diverse influences on Type 2 diabetes can help us better understand who is at risk and why. Dr. Tsenkova's research examines the influences of social, biological, and psychological factors in Type 2 diabetes. She is the recipient of a Career Development Award from the National Institute on Aging and her research has been supported by the Robert Wood Johnson Foundation.