



**Institute on Aging**  
UNIVERSITY OF WISCONSIN-MADISON  
2245 MSC, 1300 University Ave  
Madison, WI 53706-1532

ADDRESS SERVICE REQUESTED

## 29th Annual Colloquium on Aging

### PRE-REGISTRATION IS REQUIRED

#### FREE AND OPEN TO THE PUBLIC

##### REGISTER EARLY • SPACE IS LIMITED

Registration opens the first Monday in August  
& usually fills up within a week.

Because more people want to attend than can be accommodated, **please register only if you're confident you will attend.** If your plans change unexpectedly, please **cancel at least 2 weeks in advance**, so we have time to register someone from the waiting list. Because we have a waiting list, no walk-ins will be accepted.

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

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

#### 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.*

**Recordings:** By participating in the event, you grant IOA permission to use photos & videos of you taken by event staff, if any, in future promotional materials.

#### Comments from Last Year:

- Great job! Very informative and enjoyable!
- All of these "lessons" have made me age well – so far!
- Overall excellent – you are improving quality of life for all.
- So glad you can continue this annual event!

### Location and Transportation

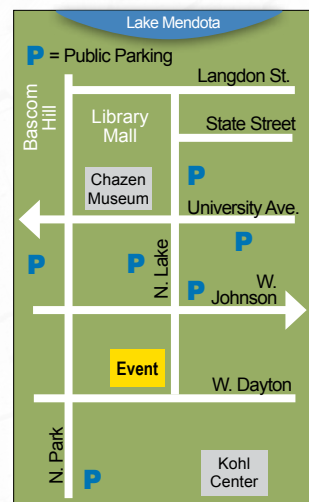
#### The Gordon Dining and Event Center

770 W. Dayton St.  
Madison, WI

The 1<sup>st</sup> floor of Gordon is a public dining hall. The 2<sup>nd</sup> floor event center has been reserved for the Colloquium.

For directions & parking information see:

[aging.wisc.edu/outreach/colloquium.php](http://aging.wisc.edu/outreach/colloquium.php)



#### We Recommend Purchasing Campus Parking in Advance:

- Several self-pay public parking lots, both campus & city run, are available within 1-3 blocks of the event.
- To guarantee parking, you can purchase a campus parking permit in advance (**by Sept. 22**). An application will be sent with registration confirmation & is on our website.
- The event is also easily accessible via city buses. See: [www.cityofmadison.com/metro/planyourtrip](http://www.cityofmadison.com/metro/planyourtrip)

#### Thanks to Our Sponsors

- BrightStar Care • Capitol Lakes • Dean & St. Mary's •
- Coventry Village by Five Star • Journey of Aging •
- Midwest Home Care • Oak Park Place •
- Oakwood Lutheran Senior Ministries • Senior Helpers •
- Wisconsin Talking Book & Braille Library •



## Colloquium Schedule • Thursday, Oct. 12, 2017

- 8:00 am** Registration (2nd Floor)  
Health & Resource Fair / Posters
- 9:00 am** **Welcome by IOA Director** **Carol Ryff, PhD**
- 9:10 am** **Tai Chi: An Ancient Chinese Secret for Optimal Aging and Well-Being**  
**Kristi Hallisy, PT, DSc**
- 10:00 am** **Mechanisms of Successful Cognitive Aging**  
**Corinna Burger, PhD**
- 10:45 am** Health & Resource Fair / Posters
- 11:15 am** **Balancing Vitamin A Intake to Mitigate the Risk of Excessive Stores**  
**Sherry Tanumihardjo, PhD**
- Noon** Box lunch passed out, return to seats for:  
**New Investigator Award Presentation**
- 12:15-1:15 pm** **Caring Makes the World Go 'Round: a Fundamental Human Motivation**  
**Keynote Speaker: Ofra Mayseless, PhD**



### Who Should Attend?

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

### Health and Resource Fair

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

### Poster Session and Awards

UW-Madison faculty, students & advanced trainees will present research posters & compete for a new investigator award in aging research.

## Colloquium on Aging • Speakers

### Keynote Caring Makes the World Go 'Round: a Fundamental Human Motivation

**Ofra Mayseless, PhD** *Professor, Dept. of Counseling and Human Development, University of Haifa, Israel*

Caring as an emotion, a bond, and a behavioral manifestation vibrates all around us. In this lecture I discuss our universal motivation to care, tend, provide, empower, and nurture – our “caring motivation” and demonstrate, based on extant research, that it covers very broad phenomena that share core common processes. I present a comprehensive view on how caring is psychologically activated and sustained as well as underscore the importance of life meaning and purpose in its enactment. I also discuss how caring develops and some intriguing insights such as the importance of proactive caring and the unexpected rewards of caring to the caregiver.

*Dr. Mayseless is a certified clinical psychologist, specializing in the study of parent child relationships, emerging adulthood, caregiving, and spiritual development. Her most recent book, “The Caring Motivation: An Integrated Theory,” published by the Oxford University Press, provides strong evidence to maintain that human nature is innately caring, as opposed to mostly selfish. She is among the founders of an academic consortium dedicated to study and apply contemplation and caring in education. She has taught at universities in the U.S., Canada, Portugal, Taiwan, and China.*



### Tai Chi: An Ancient Chinese Secret for Optimal Aging and Well-Being

**Kristi Hallisy, PT, DSc** *Assistant Professor, Doctor of Physical Therapy Program, School of Medicine & Public Health, Dept. of Family Medicine & Community Health, UW-Madison*

Mobility, strength, and balance, both mental and physical, are essential for optimal aging and well-being. Tai chi is an ancient Chinese martial art based on balancing one's mind and body to create an overall sense of peace and harmony, naturally inspiring long life. By utilizing relaxed, fluid, non-impact, and three-dimensional movement, Tai Chi fosters effective and efficient movement patterns addressing the strength, endurance, mobility and movement coordination impairments frequently seen in the aging population. This lecture will appraise the numerous evidenced-based health and wellness benefits of tai chi for the aging population, and includes an experiential tai chi training session.

*Dr. Hallisy's current research is focused on the use of tai chi for fall prevention among community dwelling older adults. In her clinical physical therapy practice, she uses a wide array of treatments (e.g. manual therapy, exercise, tai chi, qigong, and yoga) to promote optimal aging and wellness in her patients/clients.*

### Mechanisms of Successful Cognitive Aging

**Corinna Burger, PhD** *Associate Professor, Department of Neurology, UW-Madison*

My laboratory is interested in understanding the genetic and environmental factors that lead to differences in memory impairments associated with aging. We use rats as a model of the learning impairments found in aged humans since they display individual variability in memory impairment with age as humans do. This talk will focus on gene therapy and environmental enrichment approaches for successful cognitive aging.

*Dr. Burger has been on the faculty of UW-Madison since 2007. She uses a multidisciplinary approach to understand the molecular, cellular, and behavioral mechanisms of learning and memory in aging and in neurodegenerative diseases.*



### Balancing Vitamin A Intake to Mitigate the Risk of Excessive Stores

**Sherry Tanumihardjo, PhD** *Professor, Department of Nutritional Sciences, UW-Madison*

The long-term impact of vitamin A supplements and fortificants on vitamin A status is currently unknown. Many people in the United States have excessive vitamin A intakes above the recommended dietary allowance, in part through increased supplement usage and fortified food intake. When dietary levels are high, total liver stores will increase over time and this is a concern for hypervitaminosis A and toxicity. We recently analyzed the livers of adult cadavers in the US and found 33% prevalence of hypervitaminotic A reserves. Excessive vitamin A status may in part explain the increasing rates of osteoporosis among the elderly. Dr. Tanumihardjo has three decades of experience with vitamin A and carotenoids. She manages a progressive research team who have conducted studies in the USA, Asia, and Africa. She serves as the director of the Undergraduate Certificate in Global Health and is on the Executive Board for the Global Health Institute.