31st Annual Colloquium on Aging

Friday Sept. 27, 2019
in Madison, WI
Free & Open to the Public

REGISTRATION OPENS AUG. 5TH

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.

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.

Schedule • Friday, Sept. 27, 2019

8:00 am  Registration (2nd Floor) / Health & Resource Fair / Posters
9:00 am  Welcome by IOA Director  Carol Ryff, PhD
9:05 am  Are There Benefits to Standing Up and Moving More?  Kelli F. Koltyn, PhD
9:50 am  Tai Chi Stretch Break  Kristi Hallisy, PT, DSc
10:00 am  Presbyopia and Glaucoma: Two Diseases, One Pathophysiology?  Mary Ann Croft, MS
10:45 am  Health & Resource Fair / Posters
11:15 am  Midlife Adult Health and Well-being: Signs of Despair or Rays of Hope?  Lauren M. Papp, PhD
Noon  Box lunch & New Investigator Award Presentation
12:15–1:15 pm  TimeSlips: Making Meaning and Connection  Keynote Speaker: Anne Basting, PhD

Location and Transportation

The Gordon Dining and Event Center
770 W. Dayton St.
Madison, WI

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

For directions and parking details see: aging.wisc.edu

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 Friday, Sept. 6th). An application will be available on our website.
- The event is also easily accessible via city buses. See: www.cityofmadison.com/metro/how-to-ride/plan-your-trip

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- Waunakee Manor Health Care Center
Glaucoma, a characteristic pressure- and age-dependent degeneration of the optic nerve that conducts visual impulses from the eye to the brain, is the most common cause of irreversible vision loss worldwide. Presbyopia, the age-related loss of accommodation, or the ability to focus on near objects, is the most common ocular affliction worldwide, affecting every individual over the age of 45 years. Their pathophysiologies may be linked. Our laboratory studies the physiology, pharmacology, cell biology, neural control, and aging of primate aqueous humor drainage and the accommodative apparatus, seeking to gain new pathophysiological insights and develop novel pharmacologic therapies for human glaucoma and presbyopia.

Mary Ann Croft received her M.S. in Veterinary Science from the University of Wisconsin-Madison. She has worked in the field of aqueous dynamics, accommodation, and presbyopia since 1988. Her work has contributed significant new information relevant to accommodation and presbyopia pathophysiology. In 2016, Croft was the recipient of the UW-Madison Chancellor’s Award for Excellence in Research in the Independent Investigator category.

Presbyopia and Glaucoma: Two Diseases, One Pathophysiology?

Mary Ann Croft, MS  Distinguished Researcher, Dept. Ophthalmology & Visual Sciences, SMPH, UW-Madison

Older adults spend most of their day in sedentary behavior (i.e., prolonged sitting) increasing their risk for chronic health conditions, functional limitations, and premature death. Despite many efforts to increase physical activity, which can be effective in improving health and function, only a small percentage (8%) of older adults meet national physical activity guidelines. Thus, shifting the focus from increasing physical activity to reducing sedentary behavior is emerging as an innovative new strategy. With community-based funding, we developed a “Stand Up and Move More” intervention, and then with funding from the National Institutes of Health tested the feasibility and effectiveness of the intervention in four counties in Wisconsin. Results from this research will be shared with the audience. Dr. Koltyn received a B.S. in physical education from John F. Kennedy College, a Master’s degree in exercise physiology from Texas Woman’s University, and a Ph.D. in kinesiology from the UW-Madison. She taught at the University of North Texas and the University of Florida before returning to the UW-Madison. Her research focuses on the effects of physical activity on various health outcomes.

Are There Benefits to Standing Up and Moving More?

Kelli F. Koltyn, PhD  Professor, Dept. of Kinesiology, UW-Madison

Recent research has uncovered higher rates of distress and mortality among contemporary US adults approaching and in their midlife years compared to previous cohorts. Other findings have identified benefits that come with aging, including improved emotion management and interpersonal relations during midlife. This talk will review these broad trends and present current evidence on how specific factors—namely, close relationships and substance use—can either intensify or protect against declines in midlife individuals’ health and well-being. Public health implications will also be considered. Since 2006, Dr. Papp has been a faculty member in the Dept. of Human Development & Family Studies and director of the UW Couples Lab. She currently serves as Associate Dean of Research in the School of Human Ecology. Her program of research has focused on the role of intimate and family relationships in shaping development across the lifespan. Her recent studies have capitalized on methods for assessing focal experiences in daily life, such as parents’ reports of marital conflict in the home and college students’ real-time substance use.