

34TH Institute on Aging Annual Colloquium

FREE PUBLIC EVENT

Wednesday
Sept. 18, 2024

in Madison, WI



Schedule • Wed., Sept. 18, 2024

- 8:30 am Registration (2nd Floor) / Health & Resource Fair / Posters
- 9:30 am Welcome by IOA Director Carol Ryff, PhD
- 9:35 am Musculoskeletal Health with Aging Neil Binkley, MD
- 10:10 am Tai Chi Stretch Break Rachel Sandretto, Director of Tai Chi Health, LLC
- 10:20 am Caring for My Abuser Jooyoung Kong, PhD, MSW
- 10:55 am Health & Resource Fair / Posters
- 11:25 am Expansion, Equity, and the Economy of U.S. Higher Education since the 1960s Adam Nelson, PhD
- Noon Box lunch & New Investigator Award Presentation
- 12:20-1:30 pm Health and Psychological Well-Being of Parents of Adults with Developmental Disabilities
Keynote Speaker: Marsha Mailick, PhD



Who Should Attend?

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

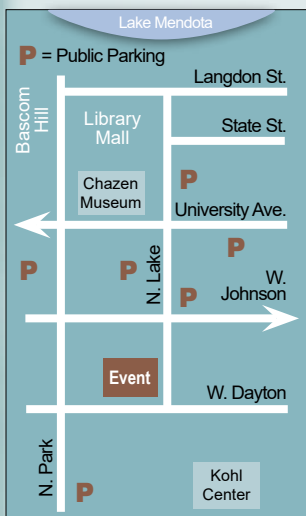
Health and Resource Fair

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.

Location, Transportation, and Details



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 information see: aging.wisc.edu/annual-colloquium

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 Fri., Aug. 23rd](#)). 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

Thanks to Our Sponsors

- Comfort Care 4U, LLC • Community Care, Inc. •
- Oak Park Place • Transformation Center •
- UW Carbone Cancer Center • Visiting Angels •
- Waunakee Valley Senior Living •

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.

Questions?
608-262-1818
aging@ssc.wisc.edu

Keynote



Health and Psychological Well-Being of Parents of Adults with Developmental Disabilities: Impacts of Lifelong Caregiving

Marsha Mailick, PhD *Vice Chancellor for Research and Graduate Education, Emeritus; Vaughan Bascom & Elizabeth M. Boggs Professorships, Waisman Center; UW–Madison*

Recent CDC estimates show that about 17% of US children have developmental disabilities – a group of conditions due to impairments in physical, learning, language, or behavior. Examples include autism, Down syndrome, fragile X, and intellectual disabilities. This talk focuses on their parents, who often experience high levels of stress due to the special needs of their children. Because developmental disabilities are lifelong conditions, these challenges extend across the parents' life course and increase their health risks as they age. Counterbalancing these risks are the specific benefits of social support that uniquely enhance their quality of life. *From 2002-2014, Dr. Mailick served as the Director of the UW Waisman Center, a research center that advances knowledge of developmental disabilities and neurodegenerative diseases, and provides related community services. Her research draws from nationally-representative data, primarily the MIDUS study, as well as a two-decade longitudinal study of autism and a decade-long study of fragile X syndrome, which have been funded by the NIH, the CDC, and Autism Speaks.*

Musculoskeletal Health with Aging: Perspective of an Aging Clinician Researcher

Neil Binkley, MD *Professor, Division of Geriatrics and Gerontology, School of Medicine and Public Health; Director, UW Osteoporosis Clinical Research Program; Associate Director, Institute on Aging; UW–Madison*



Independence is valued by older adults. Loss of bone and muscle strength threaten our independence. The processes leading to weak bones and muscles will be reviewed and approaches to optimize musculoskeletal health considered. *Dr. Binkley has published over 370 peer-reviewed manuscripts, virtually all of which are related to osteoporosis diagnosis/treatment, nutrition, or functional assessment. He is past President of the International Society for Clinical Densitometry, a member of the International Osteoporosis Foundation Committee of Scientific Advisors, and an Associate Editor of Osteoporosis International. His current research involves opportunistic osteoporosis screening, bone health optimization in orthopedic surgery, and the importance of sarcopenia in fracture risk.*



Caring for My Abuser: Adverse Childhood Experiences and Intergenerational Caregiving

Jooyoung Kong, PhD, MSW *Assistant Professor, Sandra Rosenbaum School of Social Work, UW–Madison*

Dr. Kong will share highlights from her research on later-life intergenerational relationships when there is a history of trauma in the family system. The presentation will introduce conceptual and empirical discussions about adult children who survived childhood abuse/neglect at the hands of a parent and now, as adults, provide care to that parent. Recent findings regarding the prevalence and characteristics of such caregivers in national surveys and the negative health effects they experience will be discussed. The presentation will conclude with key takeaways and insights about the potential for resilience and growth in family relationships. *Dr. Kong is a social work researcher and gerontologist who broadly examines the long-term effects of childhood adversity on various outcomes in late adulthood. Guided by the life course and cumulative disadvantage perspectives, her work focuses on uncovering multiple pathways through which childhood adversity accumulates additional disadvantages across the life course. Her current work is supported by NIH/NIA.*

Expansion, Equity, and the Economy of U.S. Higher Education since the 1960s

Adam Nelson, PhD *Senior Associate Dean, School of Education; Vilas Distinguished Achievement Professor, Depts. Educational Policy Studies & History; UW–Madison*



Access to higher education can enhance opportunities across the life course. Such access hinges on a wide range of personal and policy conditions, including public support to manage the costs of college attendance. This talk examines the economy of U.S. higher education since the 1960s. It notes that, as student enrollments grew, public subsidies did not keep pace. Increased participation was accompanied by a shift from public aid to private loans, which burdened an increasingly diverse student body. Put simply, during the 1960s, largely white and male students benefited from publicly supported higher education; thereafter, increasingly non-white and female students bore more privatized costs. These historical trends raise an important question for the future: will a more diverse electorate marshal the political will to revive public aid to higher education? *Dr. Nelson's prominent publications include "Capital of Mind: The Idea of a Modern American University" (2024); "Exchange of Ideas: The Economy of Higher Education in Early America" (2023); "The Elusive Ideal: Equal Educational Opportunity and the Federal Role in Boston's Public Schools" (2005); and "Education and Democracy: The Meaning of Alexander Meiklejohn, 1872-1964" (2001). His research has been funded by grants from the National Endowment for the Humanities/American Antiquarian Society, the National Academy of Education/Spencer Postdoctoral Fellowship Program, the Charles Warren Center for Studies in American History at Harvard, and other funds at Brown and UW–Madison.*