

35TH

Institute on Aging Annual Colloquium



Keynote

Reflecting on 30 Years of Leading the Institute on Aging

Carol Ryff, PhD, UW-Madison

The Institute on Aging exists to advance knowledge of health and well-being as individuals journey across the decades of adult life. A centerpiece of this work has been research from the Midlife in the U.S. (MIDUS) national longitudinal study. Dr. Ryff will highlight findings from this study including her own work on psychological well-being and how it matters for health.



Translational Geroscience: Can Rapamycin Extend Healthy Longevity in Humans?

Adam R. Konopka, PhD, UW-Madison

Dr. Konopka will discuss his team's ongoing human clinical trials at UW-Madison that are testing whether the drug rapamycin can safely improve or extend healthy aging. The presentation will introduce the concept of geroscience, background information on the FDA-approved drug rapamycin, and key research indicating that rapamycin can extend longevity and

delay many age-related pathologies in multiple animal species. The talk will conclude with the rationale and approach for testing whether the benefits of rapamycin observed in animals can be translated to humans.



What Do Older Adults Have in Common? Experiences with Ageism, Which is Harmful for Health

Julie Ober Allen, PhD, MPH, UW-Madison

Ageism (stereotypes, prejudices, and discrimination related to aging, old age, and older adults) may be the most common and socially acceptable form of discrimination. However, ageist beliefs in our own minds and ageist treatment of older adults within society are no joke. Evidence

indicates that ageism may be harmful for health and accelerate aging. Dr. Allen will provide an overview of research on ageism and health, highlighting her interest in everyday ageism. She will share commonplace examples of ageism, U.S. prevalence estimates, group differences, how ageism affects mental and physical health, and recommendations for combatting ageism and promoting health.



Hearing-Related Behavior: Understanding the Connections Between Hearing Loss, Hearing Aid Use, and Social-Emotional Health

Erik Jorgensen, AuD, PhD, UW-Madison

Untreated hearing loss has many negative effects on the lives of older adults, including increased risks of loneliness, isolation, and depression. In this talk, Dr. Jorgensen will share his team's research investigating the relationship between hearing loss, hearing aid use, and social-emotional

health. Their work shows how hearing loss can lead to hearing-related behavior changes over time, including changes in auditory lifestyle and communication, which can in turn place adults at risk for loneliness, isolation, and depression. He will also discuss how hearing aids can reduce the risk of negative social-emotional health outcomes by promoting active auditory lifestyles and supporting communication.



Thursday Oct. 16, 2025

8:30am-1:30pm on the
UW-Madison campus

*Includes speakers, a
Health & Resource Fair
with local aging
organizations, and
a Poster Session
showcasing recent
aging research.*

- **FREE**
- **OPEN to the PUBLIC**

Registration opens the
first Monday in August and
usually fills up quickly.

Sign up to receive
event details at:

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