

31st Annual Colloquium on Aging

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

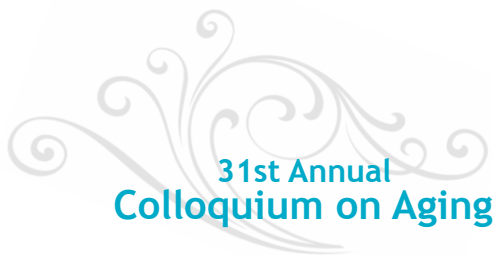
REGISTRATION OPENS AUG. 5th



Institute on Aging
UNIVERSITY OF WISCONSIN-MADISON
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Madison, WI 53706-1532

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REGISTRATION OPENS Monday, AUG. 5th

FREE AND OPEN TO THE PUBLIC

REGISTER EARLY • SPACE IS LIMITED

*Registration opens the first Monday in August (8/5/19)
and usually fills up in less than 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

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

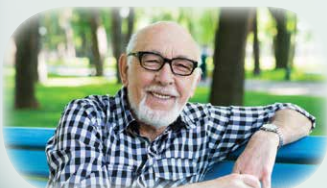
INDICATE YOUR PREFERENCE FOR:

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 (assisted hearing devices, wheelchair seating, etc.), 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.



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 information 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 Fri., Sept. 6th](#)). An application will be sent with registration confirmation & will be 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

- AGE-u-cate • Attic Angel •
- BrightStar Care • Brookdale Senior Living •
- Di Rienzo Memorials • Oak Park Place •
- Oakwood Village • Senior Helpers • Visiting Angels •
- Waunakee Manor Health Care Center •

- 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 Beyond Memory Keynote Speaker: Anne Basting, 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 TimeSlips: Making Meaning and Connection Beyond Memory

Anne Basting, PhD *Founder, TimeSlips; UW-Milwaukee Professor of Theatre; MacArthur Fellow*

Dr. Basting shares stories of how shifting away from the expectation of memory toward the freedom of imagination opens expression and meaningful relationship with people with dementia, their care partners, and care systems themselves. Infusing creativity into care brings hope and meaning back within reach— which is crucial for quality of life for both people living with dementia and for their care partners. *Dr. Basting is Professor of Theatre at the Peck School of the Arts at the University of Wisconsin Milwaukee, and founder and President of TimeSlips. Basting’s innovative work as an artist and scholar has been recognized by a MacArthur “Genius” Fellowship, an Ashoka Fellowship, a Rockefeller Fellowship, and multiple major grants. She is author/editor of multiple books, including the “Penelope Project” (U of Iowa), “Forget Memory” (Johns Hopkins), and the forthcoming “Creative Care” (Harper One). TimeSlips fosters an alliance of artists and caregivers bringing meaning and joy to late life through creativity, and has certified facilitators in 47 states and 18 countries.*

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Are There Benefits to Standing Up and Moving More?

Kelli F. Koltyn, PhD *Professor, Dept. of Kinesiology, 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.*



Presbyopia and Glaucoma: Two Diseases, One Pathophysiology?

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

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 world-wide, affecting every individual over the age of 45 years. Their pathophysiologicals 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.*



Midlife Adult Health and Well-being: Signs of Despair or Rays of Hope?

Lauren M. Papp, PhD *Professor, Human Development & Family Studies, 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.*

