

# 35<sup>TH</sup> Institute on Aging Annual Colloquium



FREE PUBLIC EVENT

Thursday  
Oct. 16, 2025

in Madison, WI



Schedule • Thurs., Oct. 16, 2025

- 8:30 am Registration (2nd Floor) / Health & Resource Fair / Posters
- 9:30 am Welcome by IOA Director Carol Ryff, PhD
- 9:35 am Translational Geroscience Adam R. Konopka, PhD
- 10:10 am Tai Chi Stretch Break  
Rachel Sandretto, Director of Tai Chi Health, LLC
- 10:20 am Ageism and Health  
Julie Ober Allen, PhD, MPH
- 10:55 am Health & Resource Fair / Posters
- 11:25 am Hearing-Related Behavior Erik Jorgensen, AuD, PhD
- Noon Box lunch & New Investigator Award Presentation
- 12:20- Reflecting on 30 Years of Leading the Institute on Aging
- 1:30 pm Keynote Speaker: Carol Ryff, PhD



## Who Should Attend?

Anyone interested in positive aging, including the general public, students interested in aging-related fields, 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, Details

### 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 is reserved for the Colloquium.

For directions and parking information see:

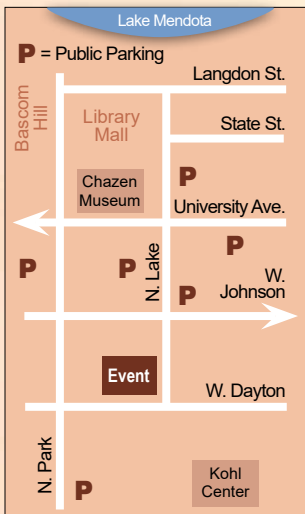
[aging.wisc.edu/annual-colloquium](http://aging.wisc.edu/annual-colloquium)

### 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., Sept. 19<sup>th</sup>](#)). 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](http://www.cityofmadison.com/metro/how-to-ride)

### Thanks to Our Sponsors

Azura Memory Care and Assisted Living of Verona  
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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

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## Keynote

## Reflecting on 30 Years of Leading the Institute on Aging



Carol Ryff, PhD

*Director, Institute on Aging; MIDUS Principal Investigator; Hildale Professor, Dept. of Psychology, 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. *Dr. Ryff is Director of the Institute on Aging. She is also Principal Investigator of MIDUS and the director of MIDJA (Midlife in Japan), for which she received an NIH Merit Award. A major objective of these studies is biopsychosocial integration—i.e., understanding pathways to health or illness via linkage of sociodemographic factors with behavioral, psychological, and social factors. Her own research focused on a model of psychological well-being she developed decades ago, which has been translated to 40 languages and is used across diverse scientific fields. Dr. Ryff studies whether well-being is protective of good physical health and how some are able to maintain, or regain, well-being in the face of adversity. Increasingly, she is interested in how major historical events, such as the Great Recession and the COVID-19 pandemic, are undermining the well-being and health of socioeconomically disadvantaged segments of society.*

## Translational Geroscience: Can Rapamycin Extend Healthy Longevity in Humans?

Adam R. Konopka, PhD

*Assistant Professor of Medicine, Division of Geriatrics & Gerontology, 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. *Dr. Konopka is an Assistant Professor within the Division of Geriatrics and Gerontology. His laboratory takes a translational research approach to broadly study how biological processes are impacted by aging and how leading lifestyle or pharmacological approaches can be leveraged to maintain vigor and quality of life with increasing age. His work is funded by grants from the National Institute on Aging, the American Federation of Aging Research, and other funds at UW-Madison.*



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

Julie Ober Allen, PhD, MPH

*Assistant Professor of Health Promotion & Health Equity, Dept. of Kinesiology, 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. *Dr. Allen is a faculty member in the UW Department of Kinesiology. Her research seeks to better understand and address how chronic sources of stress, such as ageism, get "under the skin" to cause disparities in chronic disease among older U.S. adults. She is the originator of the Everyday Ageism Scale, produced the first U.S. nationally-representative prevalence estimate of ageism, and is a leading researcher on sociodemographic differences related to ageism and health.*

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

Erik Jorgensen, AuD, PhD

*Assistant Professor, Dept. of Communication Sciences & Disorders, 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. *Dr. Jorgensen is an audiologist and assistant professor in the Department of Communication Sciences and Disorders at UW-Madison, where he directs the Soundscape and Audiology Research Lab. His work focuses on understanding the impacts of hearing loss in the daily lives of older adults and looks for ways to improve the effectiveness of audiologic interventions in the real world.*

