

33rd Institute on Aging Annual Colloquium

Wednesday
Sept. 27, 2023
in Madison, WI
Free & Open
to the Public



Schedule • Wed., Sept. 27, 2023

- 8:30 am Registration (2nd Floor) / Health & Resource Fair / Posters
- 9:30 am Welcome by IOA Director **Carol Ryff, PhD**
- 9:35 am Throughout the State and Across the Life Course:
Studies of Health & Aging in Wisconsin **Michal Engelman, PhD, MHS**
- 10:10 am Tai Chi Stretch Break **Rachel Sandretto, Director of Tai Chi Health, LLC**
- 10:20 am Experiences of Discrimination, Feelings of Purpose in Life,
& Brain Health in the MIDUS Affective Neuroscience Project
Stacey M. Schaefer, PhD
- 10:55 am Health & Resource Fair / Posters
- 11:25 am The Power to Change Lives: 20 Years of the
UW Odyssey Project **Emily Auerbach, PhD**
- Noon Box lunch & New Investigator Award Presentation
- 12:20- **Racial Disparities in Health: Challenges & Opportunities**
- 1:30 pm **Keynote Speaker: David R. Williams, PhD, MPH**



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 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:

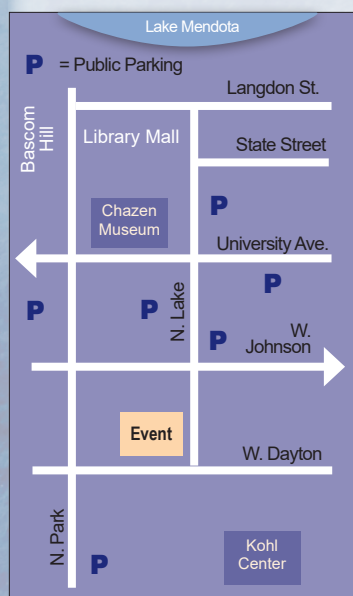
[aging.wisc.edu/
annual-colloquium](http://aging.wisc.edu/annual-colloquium)

We Recommend Purchasing Campus Parking in Advance:

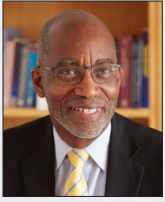
- Several self-pay public parking lots, both campus & city run, are available within 1-3 blocks of the event.
- To guarantee parking, you can purchase a campus parking permit in advance ([by Fri., September 1st](#)). An application will be available on our website.
- The event is also easily accessible via city buses. See: www.cityofmadison.com/metro/how-to-ride/plan-your-trip

Thanks to Our Sponsors

- *Attic Angel Community* •
- *Cairasu Home Care and Comfort Care 4U* •
- *Oak Park Place* • *Oakwood Village* •
- *UW Carbone Cancer Center* • *Visiting Angels*
- *Waunakee Valley Senior Living* •



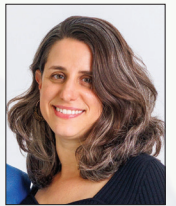
Keynote

Racial Disparities in Health: Challenges and Opportunities**David R. Williams, PhD, MPH***Florence & Laura Norman Professor of Public Health; Chair, Dept. of Social & Behavioral Sciences, Harvard T.H. Chan School of Public Health; Professor of African and African American Studies and of Sociology, Harvard University*

This presentation will provide an overview of large and persistent racial/ethnic disparities in health. It will describe the evidence that reveals there are distinctive social exposures linked to racial status and that race-related policies and social experience create inequities in health and health care quality. It will describe how where one resides dramatically shapes access to opportunities and how the accumulation of acute and chronic psychosocial, economic, physical, and chemical stressors, as well as the stress of discrimination, have long-term negative effects on physical and mental health. It will also describe promising interventions that can eliminate racial/ethnic gaps in health. *Dr. Williams is an internationally recognized authority on social influences on health. He has been ranked as the Most Cited Black Scholar in the Social Sciences and as one of the World's Most Influential Scientific Minds. The Everyday Discrimination Scale that he developed is the most widely used measure of discrimination in health studies. He has been involved in the development of health policy at the national level in the U.S. He was a key scientific advisor to the award-winning PBS film series, "Unnatural Causes: Is inequality Making Us Sick?" He or his research has been featured by some of the nation's top print and television news organizations and in his TED Talk.*

Throughout the State and Across the Life Course: Studies of Health and Aging in Wisconsin**Michal Engelman, PhD, MHS***Professor, Dept. of Sociology; Director, Wisconsin Longitudinal Study; Training Director, Center for Demography of Health & Aging; UW-Madison*

This talk introduces two rich resources for studying the social determinants of health. The Survey of the Health of Wisconsin (SHOW) combines social and health survey measures with residential histories, linked neighborhood conditions, and epigenetic clocks measuring biological aging. The Wisconsin Longitudinal Study (WLS) has followed Wisconsin's 1957 high school graduates for 66 years, linking early and midlife experiences with later-life health. Recently, the WLS engaged Hmong refugees and Latino immigrants to better understand diverse aging experiences in Wisconsin. These studies offer remarkable breadth, depth, and insights into the health consequences of (dis)advantage across cohorts, racial/ethnic groups, and geographic contexts. *Dr. Engelman is a demographer and gerontologist whose research combines perspectives from the social sciences and public health to examine the social determinants of health and longevity. Her current research projects include several NIH-supported studies exploring the impact of neighborhood disadvantage on accelerated epigenetic aging and linkages between early and midlife exposures and cognitive health in later life.*

**Experiences of Discrimination, Feelings of Purpose in Life, and Brain Health in the Midlife in the U.S. (MIDUS) Affective Neuroscience Project****Stacey M. Schaefer, PhD** *Principal Investigator of the MIDUS Affective Neuroscience Project, UW-Madison*

Findings from MIDUS will be shared that describe how adverse experiences (such as daily discrimination) and well-being factors (such as feelings of purpose in life) are associated with brain measures linked to brain health and aging. The brain's hippocampus is critical for learning and memory, but exhibits structural changes and volume reductions with age, with experiences of chronic stress and trauma, and with neurodegenerative diseases like Alzheimer's disease. Experiences of discrimination are also associated with smaller hippocampal volume. However, brain resilience to adverse experiences may be fostered by finding purpose in life, as having purpose is associated with larger hippocampal volumes across adulthood. *Dr. Schaefer's research focuses on identifying the linkages between individual differences in the time course of emotional responses, health, well-being, and brain aging. In addition to working with MIDUS, she is Principal Investigator of a study in collaboration with leaders of the Wisconsin Registry for Alzheimer Prevention examining how emotional processes may differ in preclinical AD, and co-PI of a large R01 study examining how individual differences in the time course of emotional responses are important for mental and physical health.*

**The Power to Change Lives: 20 Years of the UW Odyssey Project****Emily Auerbach, PhD** *Executive Director and Co-Founder, UW Odyssey Project; Professor of English, Departments of Liberal Arts & Applied Studies and English Department; UW-Madison*

Emily Auerbach will share the connection between her parents' background escaping poverty and her founding of the award-winning UW Odyssey Project in 2003. In 20 years, Odyssey has grown from one free humanities class for adults to programming for children, seniors, veterans, and incarcerated learners. Odyssey graduates have moved from homelessness to UW bachelor's and master's degrees, from prison to meaningful work. Hear the voices of Odyssey students and find out how you can help. *Dr. Auerbach is co-host of Wisconsin Public Radio's University of the Air. She is the author of Searching for Jane Austen and Project Director of the "Courage to Write" series of radio programs and written guides about women writers. She coordinated the series "Eloquence and Eminence: Emeritus Faculty Lectures" for over 25 years and has led Tuesday Morning Booktalks at the Madison Public Library since 1990. Emily has won numerous awards for her work with nontraditional students.*

