Health Disparities: How Does Unfair and Unequal Healthcare Hurt Everyone, Especially the Older Adult? FEBRUARY 2022

What are health disparities and how do they affect older adults? How are people treated inequitably in our healthcare system based on age, race, sexuality, gender identity, disability, socioeconomic status, and other differences? How are we addressing these issues so that all people are able to experience long, healthy, and fulfilling lives? Our speakers will dive into these tough questions and help us to understand interventions that may move us toward a more equitable healthcare system.

February 4 11:00am - 12:30pm

Health **Disparities: How Does Unfair and** Unequal Healthcare **Hurt Evervone?**

Sheria Robinson-Lane, PhD, RN, MHA

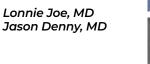
February 11 2:00-3:00pm

LGBT Older Adults: Closina the Gap **On Health Disparities**

Judy Lewis, BA

February 18

Practicing Medicine in an Inequitable **Health Society**





February 25 11:00am - 12:30pm Community

Based **Interventions** to Enhance Lifespan **Equality**

Philip Levy, MD, MPH

Needed Resources and Emergency Preparedness

MARCH 2022

Can I rely on services like Social Security to be there when I need them? How do I prepare for an emergency? What can I do to keep myself and my family safe? These are some of the questions to be explored to help give us the tools to lead a long and healthy life.

March 4 10:00 - 11:30am

Social Security and Well-**Being in** Retirement John Laitner, PhD



March 18 10:00 - 11:30am

Readiness for an Emergency: What do Seniors **Need to Know?**



Sue Anne Bell, PhD, FNP-BO



What Should Be in My **Legal First Aid Kit When** Planning for **Uncertain Times**



Terrence Bertram, MA, JD

Who Will Pav Your Income During Retirement After the **Paychecks** Stop?

Jerry Mangona, BA



March 25 10:00 - 11:30am

Firearm Safety Amona **Older Adults** Patrick Carter, MD



Brain Health

What are the different types of dementia and what is the current science on best practice treatments? Are there ways to prevent, forestall, or minimize the negative effects of aging on cognition? What are the issues that caregivers need to consider when supporting a loved one? These questions will be addressed in our Brain Health series.

April 1 10:00 - 12:00pm

The Phases and Faces of Dementia

April 8

During

COVID-19

10:00 - 12:00pm

Optimizing

Brain Health

Marina Sarafian. MS

Jacob Singer, MSW

Bruno Giordani. PhD Judith Heidebrink. MD



10:00 - 11:30am HealthvAging: **Sleeping Well** From A to Zzz

April 15

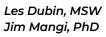
Greta Raalan, PhD, DBSM

The Role of **Exercise in Brain Health**



April 22 10:00 - 12:00pm

Caring for a **Loved One With Dementia**





APRIL 2022



Cultivating Resilience: Strategies for Concurrently Managing the Personal Losses that Accompany Aging While Dealing with a **Scarv World** MAY 2022

How do I grapple with personal losses like illness, loss of loved ones, and identity transitions that are inevitable with aging at the same time I have to face world issues like the pandemic, climate change, and gun violence? What are strategies that have helped others? This series will provide information about how others are coping as well as provide space to explore personal coping strategies.

May 3 10:00 - 11:30am

Coping and Resilience **During the** COVID-19 **Pandemic: Voices from Aging Adults in** the Nationwide COVID-19 **Coping Study**

Jessica Finlay, PhD Lindsay Kobayashi, PhD, MSc

May 13 10:00 - 11:30am

Losing the Illusion of **Control and Predictability of Life: Experiences** of Grief and **Coping Among Aging Adults During COVID-19**

Jessica Finlay, PhD



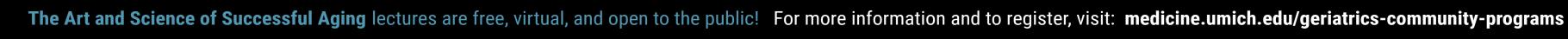
May 20



Coping with Weather and Climate Change: **Vulnerability** and Adaptation for Healthy Aging











INSTITUTE FOR EALTHCARE POLICY & INNOVATION



U-M HEALTHY AGING SERIES: The Art and Science of Successful Aging

January 2022 - May 2022

FREE, VIRTUAL, AND OPEN TO THE PUBLIC

What is the **Art and Science of Aging Well?**

This series will seek to answer this and many other questions about healthy aging. The goal is to explore the latest research and strategies for aging well, and living a long, meaningful life. The series will be offered in the winter/spring term over five months, with each month having its own theme and speakers.

More details on this series will follow on the Michigan Medicine Geriatrics Community Programs website. We hope you will join us for all or a few of these sessions.

The entire series is virtual, free, and open to the public. Pre-registration is required.

SPONSORED BY:

- Institute for Healthcare Policy & Innovation at the University of Michigan



How do we live gracefully and fully at home while we age? What resources are available for support? How do we know when it is time to seek care in another setting? Our speakers will address these questions and provide you with suggestions to make the best decisions.

January 17 10:30 - 12:00pm

Aging in Place: When is it **Realistic? What** Can I Do to **Be Prepared?**



January 21 1:00 - 2:30pm

Technology for Aging in Place

Richard Caro, DPhil

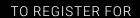


January 28 1:00 - 2:30pm

Maintaining Community Mobility for Seniors

Lisa Molnar, PhD





THE ART AND SCIENCE OF SUCCESSFUL AGING LECTURES:





JANUARY 2022







The National Poll on Healthy Aging

U-M Geriatrics Center and Geriatrics Community Programs:

Osher Lifelong Learning Institute

· Silver Club Memory Programs

· Turner Senior Wellness Program

· Turner African American Services Council