

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
- The National Poll on Healthy Aging
- U-M Geriatrics Center and Geriatrics Community Programs:
 - Osher Lifelong Learning Institute
 - Silver Club Memory Programs
 - Turner African American Services Council
 - Turner Senior Wellness Program



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?**



Beth Spencer, LMSW

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

TO REGISTER FOR
THE ART AND SCIENCE OF SUCCESSFUL AGING LECTURES:

Visit medicine.umich.edu/geriatrics-community-programs or call/email
the Turner Senior Wellness Program at (734) 998-9353 or
nrrevier@med.umich.edu.



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 Everyone?



Sheria Robinson-Lane, PhD, RN, MHA

February 18
TBD

Practicing Medicine in an Inequitable Health Society



*Lonnie Joe, MD
Jason Denny, MD*



February 11
2:00-3:00pm

LGBT Older Adults: Closing the Gap On Health Disparities



Judy Lewis, BA

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-BC



March 11

10:00 – 11:30am

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

Terrence Bertram, MA, JD



March 25

10:00 – 11:30am

Firearm Safety Among Older Adults

Patrick Carter, MD



Who Will Pay Your Income During Retirement After the Paychecks Stop?

Jerry Mangona, BA



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

Bruno Giordani, PhD
Judith Heidebrink, MD



April 15
10:00 – 11:30am

HealthyAging: Sleeping Well From A to Zzz

Greta Raglan, PhD, DBSM



The Role of Exercise in Brain Health

Jacob Haus, PhD



April 8
10:00 – 12:00pm

Optimizing Brain Health During COVID-19

Marina Sarafian, MS
Jacob Singer, MSW



April 22
10:00 – 12:00pm

Caring for a Loved One With Dementia

Les Dubin, MSW
Jim Mangi, PhD



Cultivating Resilience: Strategies for Concurrently Managing the Personal Losses that Accompany Aging While Dealing with a Scary 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 20
10:00 - 11:30am

Grief, Coping, and Resilience in Aging: A Discussion

Tamara Statz, MA



May 27
10:00 - 11:30am

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

Carina Gronlund, PhD, MPH



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



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Turner Senior Wellness Program



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