



You are invited to a presentation by experts in this topic followed by a conversation with community members

WELLNESS CAFE

Growing Old Successfully: The Regeneration of Wellness into Old Age

Saturday, January 18, 2020

Program:	8:30 - 9:30am	Gathering & light breakfast
	9:30 - 10:30am	Presentation by Panelists
	10:30 - 10:45am	Break
	10:45 - 11:45am	Discussion with Guests
	11:45 - 12:45pm	Lunch

Where: St Christophers Episcopal Church
7845 N River Road
River Hills, Wisconsin 53217

Register today at:

<https://wcagingandwellness.eventbrite.com>

Join us and
you will....

Be part of the
discussion

Learn about
research
findings
and how
they relate to
your health

Find answers
to questions
you've always
wanted
to ask

Topic Description

The number of Americans ages 65 and older is projected to nearly double from 52 million in 2018 to 95 million by 2060. By then, the 65-and-older age group's share of the total population will rise from 16 percent to 23 percent. As America's population is aging, many people wonder not only what it means to grow old, but also, how to grow old successfully and live longer. They also might want to know the answer to what exactly constitutes "successful aging?" Is the answer summoned up in the prominent model of successful aging developed in the 1990s which includes freedom from disease, high cognitive and physical ability and active engagement with life? Or are there perhaps other factors that need to be considered when pondering one's passing years?

In order to answer these questions and more, a review of the physical, cognitive and spiritual aspects of aging will be presented.

Our discussion will begin with a review of some basic concepts related to aging such as defining what aging is and differentiating gerontology from geriatrics. The aging process is often associated with declining health, but it doesn't have to be. Thus, it is also important to discuss age related changes and changes that stem from disease; to better understand longevity and be able to distinguish life expectancy from life span. While quantity is important, so is quality and while we know that there is no proverbial fountain of youth, the discussion will touch on quite a few things that can slow down the aging process.

And before we forget... With the aging population, the cognitive aspect of aging has also come in the forefront in recent decades. Every week there is a new strategy such as doing Sudoku puzzles, drinking red wine, and taking dietary supplements is offered by the media on how to preserve one's cognitive abilities into old age. The information can be overwhelming and confusing, creating a cascade of questions on the topic. Consequently, a review and discussion of current and evidence-based information about strategies concerning brain health and aging will also be presented.

Meet The Panel



Dr. Edmund H. Duthie, Jr is currently the Chief of the Division of Geriatrics/Gerontology and a Professor of Medicine at the Medical College of Wisconsin. He also serves as the Associate Chief of Staff and Section Leader of Geriatrics at the Zablocki Veterans Affairs Medical Center in Milwaukee. He received his medical degree from Georgetown University School of Medicine. He completed a residency in Internal Medicine at the Medical College of Wisconsin and a fellowship in Geriatric Medicine at the Jewish Institute for Geriatric Care, State University of New York-Stony Brook. Dr. Duthie is board certified in Internal Medicine and Geriatrics. His career interest has been clinical geriatrics. He has been recognized throughout his career as a “best doctor” and outstanding teacher. With a strong group of MCW medical educators and clinician educators, he has helped MCW attract a series of awards to support innovations in geriatrics medical education.



Dr. Stacy Barnes is an Associate Professor and the College of Nursing and is also the Director of the Wisconsin Geriatric Education Center at Marquette University in Milwaukee, specializing in social gerontology. She earned a Bachelor's of Art degree in Sociology and Gerontology and a Masters degree in Gerontological Studies from Miami University, FL. She received PhD in Social Gerontology from Marquette University. Dr. Barnes is particularly interested in the interactions between older adults with memory impairments, their family caregivers, and their health care providers. More specifically, her interests include Alzheimer's disease and other types of late life dementias; the experiences of family and other unpaid dementia caregivers, interpersonal and health communication related to older adults and/or their caregivers; and the dynamics of multidisciplinary team-based geriatric health care teams. Dr. Barnes is also the Principal Investigator on various projects such as the Geriatrics Workforce Enhancement Program awarded by the U. S. Health Resources & Services Administration.

Meet The Panel



Dr. Paula Papanek is an Associate Professor of Exercise Science and the founding director of the Program of Exercise Science in the Department of Physical Therapy at Marquette University. She has been teaching and training exercise physiologists for over 10 years. Dr. Papanek graduated with B. S. in Nutritional Science at Illinois State University in Normal, IL and with an M.S. in Exercise Physiology at the University of Florida in Gainesville, FL. She earned a PhD at the College of Medicine-Physiology at the University of Florida. Her graduate work and post-doctoral studies were in animal models of hypertension and she has maintained active collaborations with the Cardiovascular Center and the Department of Physiology at MCW with an overall interest in disease prevention and wellness in human populations. Over the last 5 years she has been involved in community initiatives directed at exercise and wellness in both geriatric and youth populations.