

18th ANNUAL ART & SCIENCE OF AGING CONFERENCE

# Fashion A New Image of Aging

Friday, February 24, 2023 | 8:15 am - 3:00 pm



Grand Valley State University | Richard M. DeVos Center | 401 W. Fulton Street | Building E | Grand Rapids, MI 49504  
[www.GVSU.edu/Gerontology](http://www.GVSU.edu/Gerontology) | Facebook | Twitter | #ArtScienceAging | #HealthyAging | #AgeWell



# ABOUT THE ART & SCIENCE OF AGING CONFERENCE

The GVSU Art and Science of Aging Conference is an educational event dedicated to broadening the dialogue on aging in West Michigan. The Conference provides a forum for professionals and community members to gain new knowledge and skills derived from multi-disciplinary research and evidence-based best practices on healthy aging. In addition, it shines attention on important local resources and strategies for optimizing the later life trajectory. We are committed to preparing individuals and professionals in our community for the coming surging growth of older adults. This is a vital need in our society and our community as the entire society seeks to adapt and change to best support the optimal aging of all of us!

## CONFERENCE STRUCTURE

Each year the conference centers on a different theme – a current and timely topic. A nationally recognized expert on this topic is featured as a keynote speaker, providing up-to-date research and best practices on the theme topic. All speakers skillfully translate related research and best practices into personal and professional strategies to enhance the lives of older adults.

This annual event is held on the last Friday in February each year and is now planned for our 18th year. After an opening keynote session, the conference offers as many as twenty (20) 50-minute workshops for attendees, in which knowledgeable and skilled faculty and practitioners provide more specific information on related aging-related topics. Both health professionals, other professionals who interact with older adults in their service role, and older adults themselves can learn and enrich their knowledge and skills from the workshops. Each conference closes with a plenary session that engages all the participants in a lively and experiential learning activity.

In addition, the conference has college students discuss the results of their course-based research on aging topics presented in a poster format with conference attendees. We have sponsor information and resource display tables available to attendees.

This one-day event starts at 8:45 am, includes lunch, and ends at 3:00 pm. Held in the GVSU Richard M. DeVos Center at 401 W. Fulton, with Hager-Lubbers Exhibition Hall, Loosemore Auditorium, and adjacent spaces and classrooms. Participants enjoy a continental breakfast, box lunches, and morning and afternoon refreshments and beverages, coupled with opportunities for networking and learning from sponsor exhibits and resource displays. Senior Neighbors will offer a shuttle bus service from the conference parking in the Fulton lot to the GVSU DeVos Center conference facilities in Building E.



# ACKNOWLEDGMENT

The annual Art & Science of Aging Conference is sponsored by Grand Valley State University in partnership with sponsors from across GVSU and the community. Our lead sponsor this year is Reliance Community Care Partners.

Special thanks go to the following individuals who have actively participated in the Aging Conference Planning Committee:

- Angela Varga – Samaritas Senior Living
- Anna Hammersmith – GVSU – Sociology – Student Research Co-Coordinator
- Ashley McKnight – GVSU – Occupational Therapy
- Brian Hauenstein – Oasis Senior Advocates
- Chad Sutcliffe – GVSU – Allied Health Sciences – Technology and Volunteer Coordinator
- Christopher Dondzila – GVSU – Movement Sciences
- Connie Udell – Retiree, Aquinas College
- Dawn DeVries – GVSU – Therapeutic Recreation
- Heather Wallace – GVSU – Public Health – Conference Co-Coordinator
- Jan Amato – Emmanuel Hospice
- Jane Royer – Age-Friendly Grand Rapids
- Jennifer Feuerstein – AARP
- Jing Chen – GVSU – Psychology – Student Researcher – Co-Coordinator
- John Capidilupo – GVSU – Biomedical Sciences
- John Jawara – GVSU – GA SCLD
- Julie Lake – Senior Neighbors
- Katie Scheuerle – GVSU – Social Work
- Kendrick Heinlein – Area Agency on Aging of Western Michigan
- Laura Armenta – Armentality Movement Arts Center
- Lihua Huang – GVSU – Social Work
- Linda Kirpes – Covenant Living
- Marenta Klinger – Holland Home
- Nicholas Lerma – GVSU – Movement Sciences
- Pranali Sonawane – GVSU – GA SCLD
- Priscilla Kimboko – GVSU – SCLD, Co-Conference Coordinator
- Raymond Higbea – GVSU – SCLD
- Sheri Harris – AAAWM
- Sherry Moyer – GVSU – SCLD
- Steve Velzen-Haner – Reliance Community Care Partners
- Teresa Castelao-Lawless – GVSU – Philosophy

## KEY SPEAKER



**Tracy Gendron**

Dr. Tracy Gendron serves as Chair for the Virginia Commonwealth University Department of Gerontology and as Director for the Virginia Center on Aging. With over 25 years of experience as a grant-funded researcher and nationally recognized speaker, Tracey is dedicated to raising awareness and ending ageism through education. She is the author of the recently released book *Ageism Unmasked: Exploring Age Bias and How to End It*. Tracey has a Master's degree in Gerontology, a Master's degree in Psychology, and Ph.D. in Developmental Psychology.



# CONFERENCE PROGRAM

## **8:15 AM- 8:40 AM**

Check-In  
Lubbers Exhibition Hall  
Registration Tables (pick up name tags)  
Continental Breakfast

## **8:45 AM- 9:00 AM OPENING SESSION**

Welcome by GVSU & Reliance  
Introduction

## **9:00 AM- 10:00 AM**

### **Ageism Unmasked: Exploring Age Bias and How to End it.**

Loosemore Auditorium

Tracy Gendron, Ph.D. - Chair and Associate Professor, Department of Gerontology, Virginia Commonwealth Center on Aging

In this presentation, Dr. Gendron explains the varying factors throughout history that have contributed to our current beliefs and misconceptions about aging. She will explore the deficiency in our understanding and acknowledgment of elderhood as a stage of growth and development.

This presentation translates decades of research about age discrimination into actionable steps toward overcoming ageism within ourselves, our communities, our policies, and our culture. By recognizing and understanding the forces that have created our present, participants can fashion a new image of aging and forge a path toward a better future.

## **10:00 AM - 10:10 AM BREAK**

## **10:10 AM - 11:00 AM MID-MORNING SESSIONS (MM)**

### **(MM-1) Growing Old But Not Growing Up**

213E DEV

Chad Boprie, CRTS, Director- Wyoming Senior Center

In this session, we will explore the importance of shifting how we think about recreation and leisure for older adults. Stereotypes surrounding recreation and leisure in older adults focus on themes of sedentary and passive interests. Many of us look forward to retirement and the "golden years.". In too many instances the mindset is: "I can't do this because I'm too old" or "I've never done this before; why should I change now". We will examine how the mindset of professionals needs to shift from traditional activities to the creation of programming that promotes socialization, maintain/improve physical well-being, and promote cognitive functioning.

### **(MM-2) Mindful Menopause (Part I) (S)**

207E DEV

Sandy Parker, Owner/ Founder- On the Path LLC

Menopause is not a pathology; however, our culture has created a mindset as well as expectations around aging that can lead us to believe it is. This session will cover the basic hormonal physiology of menstrual cycling to full menopause. While Western medicine is based on deviations from norms, such as blood pressure, and temperature; normal menstruation is also a "vital sign" for hormonal balance and health. Research exists that elucidates the effect of stress and poor diet on hormonal regulation, yet too often dysregulation and the symptoms it causes are blamed on menopause itself.

When most of a demographic is suffering from a normal aspect of aging, the pathology is cultural.

### **(MM-3) Building Environments for Wellness Utilizing a Technology Toolbox (S)**

136E DEV

Marenta Klinger, MHA, Director of Resident Life, Holland Home

Alisha VanEpps- Fitness Manager and Personal Trainer at Holland Home

Jessie Riley- Resident Technology Manager at Holland Home

As senior living prepares for the new consumer, what innovative technologies should be in your toolbox to strengthen your wellness environment? This session will explore the evolution and benefits of whole-person wellness programming in an ever-increasing digital world. Pandemic-driven tech adoption has transformed into a vehicle allowing individuals and organizations to diversify their opportunities across all components of wellness. Gain a glimpse of emerging technology that may impact the lives of older adults, along with some of the barriers that might hinder adoption.

### **(MM-4) How Millennials Could be the Anti-Ageism Generation (S)**

138E DEV (Remote Speaker)

Veronica Kirin, B.A., Author, Burnout Coach

Systematic ageism has created an ongoing cycle of loss. As Baby Boomers "age out" (though, in many cases, are pushed out) of their careers, their knowledge, perspective, and understanding of the world as it relates to the past 60-90 years is lost. Elders are repeatedly pressed to the fringes of society, to their detriment and the detriment of society by and large. Millennials are in a unique position to address ageism in a way not seen in the United States. Millennials are currently in their economic and political prime and are currently the largest generation in America. Millennials are living the same experience that Baby Boomers had in the 1960s and are in a unique position to empathize with Boomers as they age – with one difference. They are connected online in a way Boomers never were. According to my research for my books, Millennials can use their power to empathize with older generations and to make real, lasting changes for upcoming generations, and themselves. Now is the moment for Millennials to choose. And I invite all my fellow Millennials to choose change.

### **(MM-5) Roadmap to Future Care Options: Planning for Future Alternative Living Arrangements in Older Age**

Loosemore Auditorium  
Steve Carlson, BBA  
Catherine Jacobs, JD  
Ray Llewellyn, CFP, CFA  
Carol Robinson, RN, CHPN, DNP

Developing a plan for future living arrangements as you age can be overwhelming: Aging in place, continuing care retirement communities, assisted living, skilled nursing, memory care, and everything in between. What are the pros/cons of each option? How do I find a facility? How do I assess their quality of care? How does one plan for and pay for the various options? This presentation will cover the different types of care options available, necessary legal documents and estate planning to best use your resources, how to finance your care and resources available to help navigate these choices.

### **(MM-6) "Accessorize" Your Lifestyle Plan**

209E DEV  
Lisa Orlando, Assistant Director, GVSU Career Center

Engage in reflection, embrace your age, envision your legacy and feel empowered to change! Learn how to "Accessorize" your Lifestyle Plan to accentuate your Career, Financial, Emotional and Physical well-being. Taking a holistic approach to think about what "patterns" you are willing to adjust to "design" and express who you are in this season of your life. Based on the PERMA Model and using SMART Goal Setting, a Joy Journal and Forgiveness List to explore initiatives that can enhance your journey!

### **(MM-7) Emotion in Motion for a Healthy, Happy You**

119E DEV  
Laura Armenta, BA. Owner, Performer Armentality  
Movement Arts Center, Movement Educator,  
Choreographer, Yogini.

In general, we know and understand that physical activity offers many benefits such as maintaining mobility, strength, and balance. Plus, it has a great influence on brain function. Right? However, it is a big step from knowledge and understanding to taking action. We humans have various size gaps and we end up neglecting ourselves, because we fall into depression, and feel unmotivated, stressed, or lonely. Can you relate? In addition, as we age we begin to seriously avoid the concepts of happiness, joy, and pleasure, and, get into autopilot mode. In this session, I want to share how setting our "Emotions in Motion" can keep us healthy and happy! How to diminish depression, stress, and anxiety with somatic movement. As well as, how to create harmony, and cultivate positivity and optimism utilizing breathwork and mindfulness.

**11:00 - 11:10 AM BREAK**



## 11:10 AM - 12:00 PM LATE MORNING (LM) SESSIONS

### **(LM – 1) Mindful Menopause (Part 2) (S)**

207E DEV

Sandy Parker, Owner/ Founder of On the Path LLC

In this session, we look at how Vedic and Indigenous cultures view aging. Through the lens of ancient wisdom traditions, an important shift occurs from seeing aging as a pathology. Such cultures venerated elders for having a mature mind and specific purpose. When menopause is viewed as a rite of passage (along with all of the other stages of the reproductive lifespan) and physiological changes align with cultural expectations, aging becomes both sustainable and empowering.

This presentation includes information regarding the Wisdom Goddesses of the Tantric Yoga tradition and indigenous Medicine Wheel knowledge - as such, the teachings are applicable for people who are past menopause as well as those who are non-binary, gender divergent, or identify as male.

### **(LM-2) Age-Related Transitions: Practical Support (S)**

136E DEV

Sally Pelon, Ph.D., LMSW, Associate Professor GVSU School of Social Work

Older adults are at greater risk of injury or death during and following emergencies. This session will guide participants through the development of a plan to mitigate the effects of disaster and identify those emergencies most likely to occur (flooding, fire, high winds, tornado, blizzard, power outages, pandemic, nuclear accident, chemical spill, and civil unrest). Participants will examine how each type of disaster could affect them and ways they can reduce those risks.

This is intended to be an interactive session with attendees being encouraged to question, respond, and participate in the discussion. Attendees will also participate in an age-related transitions inventory to allow them to recognize these transitions. Finally, participants will leave the session with helpful and practical ideas for how best to support older adults experiencing age-related transitions.

### **(LM-3) Tell It: When and How to Use Stories in Work and Life in General (S)**


119E DEV

Larry Warkoczeski, MHA Program Executive in Residence, GVSU School of Community Leadership and Development, formerly Vice President- Pride Philanthropy, Vice President- St. Elizabeth Healthcare

"When an Elder dies, a library burns to the ground." This old African proverb emphasizes the vast amount of wisdom acquired by individuals during their lives, saved in the form of stories, like many books in a library.

In the past two decades, we have discovered the power of these individuals' stories. We have learned from research (Bruce Rybarczyk and Albert Belg) that sharing life's narratives reduces anxiety and has a positive impact on one's well-being. Chip and Dan





Heath also found how meaningful and important stories are to individuals. Their research shows that stories are recalled more often by individuals (63% of the time) versus facts or statistics (5% of the time recalled). Finally, neuroscience research indicates the brain processes stories as real-life situations, underscoring the relationship between the person telling a story and the person hearing a story.

Due to the growing realization of the power of story, there is a renewed interest in the use of story in work settings and life in general. This session provides a simple model/approach to identify opportunities where stories can be used effectively rather than missing the chance. In addition, older adults, leaders, and employees of older adult services providers will be able to recognize those moments for stories and how to incorporate stories and engage individuals.

#### **(LM-4) Intergenerational Relationships: Empowering Them Both**

213E DEV

Lainie Moore, Early Childhood Wing Director

Megan Jacobs, Senior Wing Director

In our session, we will focus on the empowerment of individuals at every stage of life. We are able to age well when we are valued and engaged at every age. During our session, we hope to provide examples of real interactions and experiences that have come from the intergenerational programming at our center. Our organization's approach to care is person-centered, so one elder's day could look totally different from another's depending on their likes and interests. We like to plan our days according to the participant's interests and comfort level. For a thriving intergenerational community, we promote our adult participants to share their strengths and gifts with the children.

To gain a better understanding of our participants, we have their caretakers reflect on this "Head, Hands, and Heart" questionnaire: (1) Head – What knowledge do you have that you'd like to share with others?, (2) Hands – What special talents or skills do you have that you could share with others?, and (3) Heart -- What special emotional gifts do you have? (i.e. empathy, sense of humor, patience, etc.). This way, we are able to prompt intergenerational connections by understanding each individual's interests and talents. Although depression and isolation is common among older adults we provide a space where older adults know that they still have purpose. They are able to socialize and re-discover their imaginations through connecting with the kids.

#### **(LM-5) Art of Grief (PART 1) (S)**

209E DEV

Gay Walker, Artist, Art Therapist

In the aftermath of the COVID-19 Pandemic, loss and grief have been companions for many people and communities. In this session, we will explore loss and grief through the artwork of a variety of people who used art to deal with grief. Included in these examples are people with cancer, hospice patients and their families, and the art made by the



presenter, in response to her husband of 50 years and her parents' deaths. This presentation will include information about how art therapy facilitates the process of moving through grief and will offer some specific drawing themes that participants may use and explore for working with their own grief.

This is a two-part session. In session 1, participants will observe previously created artwork created out of the emotions of love, loss, and grief. In session 2 (Art of Aging), the journey of aging will be explored.

### **(LM-6) Student Research Presentations**

138E DEV

Student Researchers will present their Research on Aging-related topics:

1. Erin O'Reilly (B-Rec Therapy) -Examining the Cognitive and Psychosocial Impacts of Shared Reading for Older Adults with Dementia
2. Karen Ruedinger (MSW) - Aging and Work: A look at those who choose to work late in life
3. Kara Cousino, Jessica Logenquist, Tiffany Fettig (B - Movement Sciences) - Physical Activity through virtual reality exergaming
4. Zane Walters (B) and Dahlya Kamarudin (M) Cell-Molecular Biology - Effects of micro-RNA miR-7 and sMiR-153 mics on alpha-synuclein gene expression in Parkinson-like neuronal cells
6. Jack Reinwald (B - Psychology) - Student for Aging and Gerontology Enrichment
7. Jenna Andrews (B- Psychology) - Transmission of Wisdom with Intergenerational Programs
8. Allison Klimek (B - Allied Health Sciences) - Connecting Communities through Intergenerational Mentoring Programming

**11:00 AM - 1:00 PM LUNCH, STUDENT RESEARCH POSTERS, SPONSORS**

**1:00 PM - 1:50 PM EARLY AFTERNOON (EA) SESSIONS**

#### **(EA-1) Meditation: It's not what you think (S)**

Fred Stella, Meditation and Yoga Instructor at Muskegon Community College

The physiological and psychological sciences have provided more than enough evidence for the efficacy of meditation as an important component to a fulfilling life. In this session, I will provide participants with key tools to help form a habit of daily meditation. Included in this session students will learn: \* Important elements of posture allowing for comfortable sitting \* Gentle exercises to eliminate tension \* Actual techniques that will help calm the mind \* How to develop the ability to concentrate and lead a more mindful life \* The ability to bring the calmness of meditation into daily life \*Methods for instilling meditation as a daily habit.



### **(EA- 2) Taking Charge: Who Will speak for you if you can't speak for yourself?**

Carol Robinson, DNP, RN, CHPN

Did you know your family cannot necessarily speak for you in the case of a medical emergency? Would you want them to? This session is designed to empower attendees to make a plan for their future health care: how and when to designate a patient advocate, deciding what medical treatments you would/would not want in the case of serious illness, and how to talk with your loved ones about your goals of care. Planning in advance spares "crisis decision-making" in the future.

### **(EA-3) Re-imaging Learning: Opportunities for learning across the life course (S)**

Heather Wallace, Ph.D., Associate Professor

This session will provide an opportunity to explore what makes adult learning unique, how it might fit with individual interests and goals, and an overview of adult learning programs and opportunities designed for and of interest to older adults. The session will include a discussion and live exploration of types of learning formats and how community building, faith based communities, and age friendly designations can facilitate positive transformative learning experiences for individuals and communities.

### **(EA-4) Art of Aging (Part 2) (S)**

Gay Walker, Artist, Art Therapist

This session compliments the Art of Grief, morning session.

Attendees will be guided to use a therapeutic drawing technique to get insights on aging, by identifying the difficulties, obstacles, and picturing a future which includes joy. This process doesn't require any artistic skill, talent, or prior experience, so if you can draw a stick figure, you will find benefit from this project. Materials and supplies will be provided. Note: Participants will be encouraged to attend both sessions for a deeper understanding of the use of art, however, each session can be attended separately.

### **(EA-5) Emergency Preparedness Planning for Older Adults**

Christine Wistrom, Gerontologist, former Long Term Care Ombudsman

This workshop provides guidance and encouragement for the development of a plan for responding to disaster. Older adults traditionally have not fared well during disasters. Learning how to design a plan that specifically addresses functional limitations and health issues can greatly enhance the post-disaster experience as well as improving the odds of survival.

Summary Statement: Emergency Preparedness Planning for Older Adults will identify factors that have a significant impact on elderly adults during disastrous events. Evaluating risk factors and planning on actions that can mitigate those risks by creating a plan for responding to common emergencies can enhance not only survival rates, but also post-disaster life.

Participants will have the opportunity to evaluate disasters most likely to occur where they live, and to develop a plan for responding to sheltering-in-place or evacuate.



## **(EA-6) Activating the Experience of Aging to Combat our Mental Health Crisis (S)**

Brigit Hassig, MPA

There is increasing recognition of non-death-related loss in the context of age-related transitions (Blandin & Pepin 2017; Zizzo et al., 2020). These age-related transitions may include retirement, changes in health, mobility, independence, or privacy, leaving homes and memories to relocate to residential care, and changes in life purpose or meaning. There is also growing awareness that the grief associated with these age-related transitions is often overlooked or misunderstood (Gitterman & Knight, 2019) both by older adults and their family members and caregivers. The purpose of this session is to assist older adults and their loved ones and caregivers to recognize and cope successfully with age-related transitions using practical intervention and support.

Community based conversations can now become recognized, non-clinical models of therapeutic support. Attendees will understand how wisdom, life experience, and intuition can positively influence the mental well-being of a community and its participants. They will participate in elements of an ICT community conversation. Online resources will be shared.

## **(EA-7) Why Engaging in Outdoor Recreation Matters to Older Adults (or Why it Should Matter) (S)**

Patty Janes, Ph.D.

Maia Turek, Engagement & Innovative Specialist, Michigan DNR Parks and Recreation

Amanda Witsaman, GA, Hospitality and Tourism Management

All people deserve to engage with nature in ways that benefit their health and wellness. Older adults find value in outdoor recreation because it allows them to connect with the natural world, build social relationships, reduce stress, develop a feeling of accomplishment, and provide the opportunity to engage in physical activity beneficial to one's wellness (Rasch, 2021) (Zingmark et al., 2021). Physical activity is necessary throughout life and contributes to "healthy aging" (Bammann et al., 2021, p 409). "Active aging" is another term that has become more common, referring to "the process for optimizing

opportunities for health (physical, mental, social), participation, and security" (Zingmark et al., 2021, para 5). People do not just want to live into old age; they want to live as healthy a life as possible.

This presentation will describe the health benefits older adults gain from outdoor recreation and explore barriers to participation. Data will be presented from State Park visita-



tion studies gathered by Michigan's Department of Natural Resources that explore preferences in outdoor recreation among older adults and how participation has changed. The presentation will provide insight into tools and resources older adults can access when engaging in outdoor recreation.

Remaining healthy into older adulthood involves being active and connecting to the outdoors. There is a lack of representation in connection with older adults partaking in activities such as camping, hiking, etc. Minimal information regarding what modifications, equipment, or classes are available for older to feel comfortable engaging in outdoor recreation is shared. The goal of this presentation is to make these types of resources more well-known in parallel to welcoming older adults to take part in outdoor recreation.

### **2:00 PM - 3:00 PM Closing Session**

Heather Wallace  
Gay Walker  
Sandy Parker  
Laura Armenta

Fashioning and re-imagining late life is a journey of creativity, curiosity, determination, and personal reflection. Join us for a closing session with a panel of speakers that reiterates the guidance, wisdom and tools offered throughout the conference. The session will offer real examples of how storytelling, movement, writing, drawing and other arts can be used to help explore identity, purpose, and meaning across the life course, through loss and into joy. Participants will see and hear about how everyday creative arts and personal reflection can shape how we think and feel about ourselves and our lives.



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## How to Commit Crimes Against Reality

A Lecture by Adam Khalil  
Wealthy Street Theatre

**Feb. 20, 2023**  
7 p.m.

Artist and filmmaker Adam Khalil will share his collaborative, multidisciplinary work in the visual arts. A member of the Ojibwe tribe, Khalil creates work rooted in Indigenous narratives that look forward to new and reimagined futures.

[gvsuedu/gvarts](http://gvsuedu/gvarts)

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I call it outliving  
the warranty.**



# BOOKS TO FASHION A NEW IMAGE OF AGING

## 18th ANNUAL ART & SCIENCE OF AGING CONFERENCE

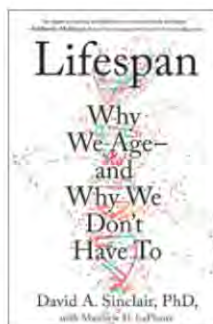
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### ***Ageism Unmasked: Exploring Age Bias and How to End It***

Tracey Gendron, 2022  
ISBN: 1586423223

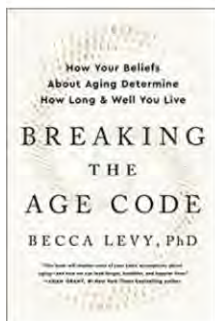
This book reveals how cultural norms and unconscious prejudices impact our treatment of others based on age. Dr. Tracey Gendron shares how to create an anti-ageist society.



### ***Lifespan: Why We Age - and Why We Don't Have To***

David Sinclair &  
Matthew LaPlante, 2019  
ISBN: 1501191977

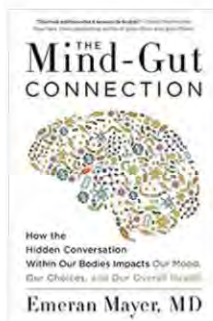
A *New York Times* Bestseller from an acclaimed Harvard Medical School Scientist. This book reveals a bold new theory that “Aging is a disease, and that disease is treatable.”



### ***Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live***

Becca Levy, 2022  
ISBN: 0063053195

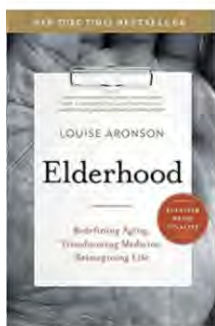
Dr. Levy, an expert on the psychology of successful aging, shares her research on how to improve age beliefs to benefit the aging process through easy-to-follow techniques.



### ***The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health***

Emeran Mayer, 2018  
ISBN: 9780062376589

Dr. Emeran Mayer, Executive Director of the UCLA Center for Neurobiology of Stress, shows us how to harness the power of the mind-gut connection to improve our health.



### ***Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life***

Louise Aronson, 2021  
ISBN: 1620405474

Aronson, a Harvard-trained geriatrician, uses stories from her many years of caring for patients as well as history, science, literature, and popular culture to share a “vision of old age that's neither nightmare nor utopian fantasy.”



### ***This Chair Rocks: A Manifesto Against Ageism***

Ashton Applewhite, 2020  
ISBN: 1250297257

Author, activist, and TED speaker, Ashton Applewhite writes a “rousing manifesto” calling for an end to discrimination and prejudice on the basis of age.





# PERSONAL CONFERENCE PLANNER

TIME	S#	PRESENTER	SESSION TITLE	ROOM	X
8:15 AM - 8:40 AM			Registration Sponsor Displays Continental Breakfast	Hager-Lubbers Exhibition Hall	
8:45 AM - 9:00 AM		GVSU & Reliance	Welcome & Introduction	Loosemore Auditorium	
9:00 AM - 10:00 AM		Tracy Gendron	Ageism Unmasked: Exploring Age Bias & How to End it (S)	Loosemore Auditorium	
10:00 AM - 11:00 AM	MM-1	Chad Boprie	Growing Old But Not Growing Up	213E DEV	
	MM-2	Sandy Parker	Mindful Menopause (Part 1) (S)	207E DEV	
	MM-3	Marenta Klinger Alisha VanEpps Jessis Riley	Building Environment for Wellness Utilizing a Technology Toolbox (S)	136E DEV	
	MM-4	Veronica Kirin	How Millennials Could be the Anti-Ageism Generation (S)	138E DEV	
	MM-5	Steve Carlson Catherine Jacobs Ray Llewellyn Carol Robinson	Roadmap to Future Care Options: Planning for Future Alternative Living Arrangements in Older Age	Loosemore Auditorium	
	MM-6	Lisa Orlanda	"Accessorize" Your Lifestyle Plan	209E DEV	
	MM-7	Laura Armenta	Emotion in Motion for a Healthy, Happy You	119E DEV	
11:10 AM - 12:00 PM	LM-1	Sandy Parker	Mindful Menopause (Part 2) (S)	207E DEV	
	LM-2	Sally Pelon	Age-Related Transition: Practical Support (S)	136E DEV	
	LM-3	Larry Warkoczeski	Tell It: When and How to Use Stories in Work and Life in General (S)	119E DEV	
	LM-4	Lainie Moore Megan Jacobs	Intergenerational Relationships: Empowering them Both	213E DEV	
	LM-5	Gay Walker	Art of Grief (Part 1) (S)	209E DEV	
	LM-6		Student Research Presentations	138E DEV	
12:00 PM - 1:00 PM			Lunch, Student Posters, Sponsor Displays		
1:00 PM - 1:50 PM	EA-1	Fred Stella	Meditation: It's Not What You Think (S)	207E DEV	
	EA-2	Carol Robinson	Taking Charge: Who Will Speak for You if You Can't Speak for Yourself	136E DEV	
	EA-3	Heather Wallace	Re-imagining Learning: Opportunities Across the Life Course (S)	213E DEV	
	EA-4	Gay Walker	Art of Grief (Part 2) (S)	209E DEV	
	EA-5	Christine Wistrom	Emergency Preparedness Planning for Older Adults	119E DEV	
	EA-6	Brigit Hassig	Activating the Experience of Aging to Combat our Mental Health Crisis (S)	138E DEV	
	EA-7	Patty Janes Maia Turek Amanda Witsaman	Why Engaging in Outdoor Recreation Matters to Older Adults (or Why it Should Matter) (S)	Loosemore Auditorium	
2:00 PM - 3:00 PM		Heather Wallace Gay Walker Sandy Parker Laura Armenta	CLOSING SESSION	Loosemore Auditorium	





# RELIANCE

COMMUNITY CARE PARTNERS™

## Services Include:

- Care Management and Home Support to help you remain safely in your home.
- Community Transition Services to return to independent living from a nursing facility.
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# RELIANCE

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## Services Include:

- Individual Therapy
- Group Therapy
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- Medication Management

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**[www.Reliancewellness.org](http://www.Reliancewellness.org)**

