



19th Annual Art & Science of Aging Conference

Claiming the Power of Aging

Friday, February 23, 2024

8:15 am - 3:00 pm



GRAND VALLEY
STATE UNIVERSITY

Grand Valley State University | Richard M. DeVos Center | 401 W. Fulton Street | Building E | Grand Rapids, MI 49504
www.GV68.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 multidisciplinary 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 19th 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:

- Anna Hammersmith – GVSU – Sociology
- Ashley McKnight – GVSU – Occupational Therapy
- Chad Sutliffe – GVSU – Allied Health Sciences
- Christopher Dondzila – GVSU – Movement Sciences
- Dawn DeVries – GVSU – Therapeutic Recreation
- Heather Wallace – Heritage Center – Kalamazoo
- Jan Amato – Emmanuel Hospice
- Jane Royer – Age-Friendly Grand Rapids
- Jean Kubizewski, Forest Hills Senior Services
- Jennifer Feuerstein – AARP
- Jing Chen – GVSU – Psychology
- John Capidilupo – GVSU – Biomedical Sciences
- Julie Lake – Senior Neighbors
- Katie Scheuerle – GVSU – Social Work
- Kendrick Heinlein – Area Agency on Aging of Western Michigan
- Laura Armenta – Armentality Movement Arts Center
- Marenta Klinger – Holland Home
- Nicholas Lerma – GVSU – Movement Sciences
- Priscilla Kimboko – GVSU – SCLD
- Raymond Higbea – GVSU – SCLD
- Ashmita Dhakal – GVSU – GA SCLD
- Sheri Harris – AAAWM
- Sherry Moyer – GVSU – SCLD
- Steve Velzen-Haner – Reliance Community Care Partners



Keynote Speaker

Dr. Abha Gupta Varma

Primary Care Physician / Internist with Cherry Health

Dr. Varma earned her MD at Northwestern University and completed her Internal Medicine Residency at the University of Michigan. She practiced as a Hospitalist for 16 years for Kaiser Permanente in Honolulu Hawaii and Spectrum Health in Grand Rapids Michigan. Since 2017 she has joined Cherry Health, a Federally Qualified Health Center, providing primary care to underserved populations. In addition to her internal medicine practice, she is a clinical educator and Associate Professor at Michigan State University College of Human Medicine.

Dr. Abha notes that her patients are in desperate need of time, mindfulness, and sincerity. She notes that mindfulness encompasses intentionality in everyday life: one breath, one action, one day at a time. She brings her passion for cooking, for people, and medicine into her mindfulness practice, podcast, inspirational speaking, medical practice, and writing.



Conference Program Detail

8:15 AM - 8:40 AM

Lubbers Exhibition Hall

Check-In at Registration Table (pick up name tags and conference packet; Also check in for CEUs, if applicable)

Continental Breakfast and Sponsor Displays

8:45 AM - 9:00 AM

Loosemore Auditorium

OPENING SESSION

WELCOME by GVSU Reliance Community Care Partners

INTRODUCTION – Keynote Speaker, Abha Gupta Varma, M.D.

9:00 AM - 10:00 AM

BELIEVE – There is POWER in Listening and Advocacy

Dr. Varma will address the importance of active listening – hearing the voices of the older adult, the role of advocacy and its connection to active listening, and will outline strategies for effective advocacy, and ways of amplifying the voices of elders in our society. She will present real-world examples that draw on her years of experience as a primary care physician, highlighting the strengths of older adults,

and successes she has experienced in listening and engaging them in their care. She notes that often the voices of older adults are ignored due to ageism, such that the older person is not ‘heard’, despite their years of knowledge and experience. This can lead to social isolation and loneliness, and feelings of being invisible. The challenge to each of us, whether in a professional role, or as a family member or friend, is to LISTEN and BELIEVE in that person’s own narrative and to attend to their story and their strengths. She will also encourage the attendees to use their voices for advocacy on behalf of elders and to encourage elders to speak up and share their wisdom.

10:00 AM – 10:10 AMAM BREAK

10:10 AM - 11:00 AMMID-MORNING SESSIONS (MM)

(MM-1)

Aging in the (Right) Place

Laura Kelso, Associate Real Estate Broker, Certified Senior Housing Specialist

There is much talk today about the concept of “Aging in Place”. This is the idea that seniors should be able to live independently in their current homes indefinitely. While this sounds like the ideal option, older adults should only decide on this option after exploring the multitude of available options and carefully weighing their choices based on a variety of factors.

This talk will center on the important aspects that should be considered by all people facing this decision. The end goal is to have a safe place to call home that meets the physical, emotional, and spiritual needs of the individual regardless of whether they choose to remain in their current home or transition to another place.

(MM-2)

Brain Health - The Connection Between Diet and Cognition

Lisa Kirkman, Owner and Registered Dietitian Nutritionist at Kirkman Nutrition LLC, a virtual private practice providing nutrition consultations to clients

The relationship between nutrition and brain health is a growing area of research, revealing significant implications for cognitive function and overall wellbeing. We will explore the role of diet in shaping brain health and its potential to mitigate the risk of neurodegenerative diseases.

The brain is an energetically demanding organ, requiring a constant supply of nutrients to function optimally. Nutrients such as omega-3 fatty acids, antioxidants, and B-vitamins have emerged as crucial elements that support the maintenance of cognitive function. We will discuss dietary patterns that have been associated with enhanced memory, focus, and mood regulation.

In addition, we will discuss which types of foods may contribute to cognitive decline and increase susceptibility to conditions like Alzheimer’s disease. Chronic inflammation induced by a poor diet can also exacerbate neurological disorders.

Emerging research underscores the significance of the gut-brain connection, revealing how the microbiome and its response to dietary intake can influence mental health. Probiotics and prebiotics play a pivotal role in maintaining a diverse and healthy gut microbiome, potentially impacting cognitive function through the gut-brain axis.

The interplay between nutrition and brain health is undeniable. A balanced and nutrient-rich diet not only supports optimal cognitive function but may also serve as a preventive strategy against neurological disorders. As our understanding of this intricate relationship continues to evolve, there is growing potential for dietary interventions to enhance brain health and overall quality of life.

(MM-3)

Using Technology to support PACE participants in their homes by increasing communication and decreasing hospitalizations

Thomas Muszynski, Chief Operating Officer, Care Resources Program of All-Inclusive Care for the Elderly (PACE)

Garth Falkins, CTRS, Therapeutic Recreation Manager, Care Resources Program of All-Inclusive Care for the Elderly (PACE)

Eric Warden, MS, LPC, Customer Success Executive, care.coach

Recent research shed light on the importance of communication and continuity of outpatient care in reducing avoidable hospitalization for ambulatory care-sensitive conditions (Wong 2022, Hong 2018). They suggest that improving communication between primary care providers and patients could help improve continuity of care and reduce avoidable hospitalizations. This will be a panel presentation of the overview of the Program of All-Inclusive Care for the Elderly, use of technology and care.coach.

(MM-4)

Why leave it to chance? Pre-planning your health care preferences

Carol Robinson, DNP, LLC, Specialized in Palliative Care Education and Navigation

Katie VanRyn, LMSW, APHSW-C, Emmanuel Hospice

Every person should be empowered to advocate for their personal healthcare treatment preferences. Further, those preferences should be honored by their healthcare team. How does one think about and communicate preferences regarding what matters most to them to live life well? How does a person choose a person they trust to share their preferences for care if they are unable to advocate for themselves? Using clinical examples and conversation, Dr. Robinson and Ms. VanRyn will share strategies to help participants clarify “What Matters Most,” how to share your preferences for care with those most important to you, and how to choose a good patient advocate.

(MM-5)

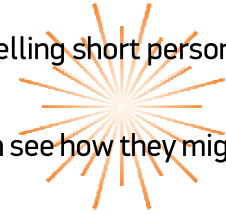
The Connective Power of Intergenerational Story Circles

Barbara Ziemann, M.A. Communications, Volunteer with AARP, and Grand Connections

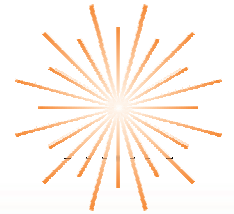
The session will include the following:

- A short PowerPoint presentation about the power of story as an important part of human communication and how story circles have been used throughout human history to aid human empathy and understanding.
- A description of how Grand Connections and SAGE have successfully used story circles to bridge the gaps and create understanding and friendships between older and younger adults.

- A chance for workshop participants to experience the connection of telling short personal stories in small groups
- A discussion of what that experience felt like and how participants can see how they might use the story circles in their jobs and lives
- An assignment that each participant writes one way they hope to use story circles going forward, to be shared with one other participant before the close of the session.



11:00 AM – 11:10 AMBREAK



11:10 AM – 12:00 PMLATE MORNING (LM) SESSIONS

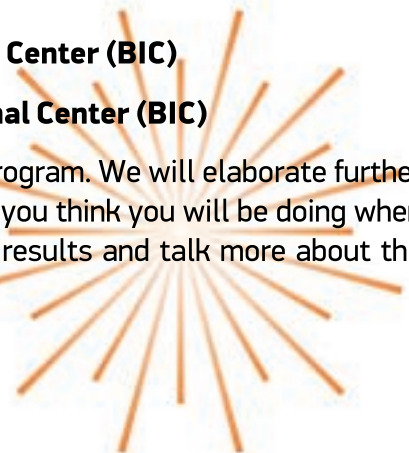
(LM-1)

What will you be doing in 80 years?

Megan Jacobs, Senior Wing Director, Bethlehem Intergenerational Center (BIC)

Lainie Moore, Early Childhood Director, Bethlehem Intergenerational Center (BIC)

Our presentation will be highlighting our unique intergenerational program. We will elaborate further with this proposed question to the children at the center: “What do you think you will be doing when you're [senior participant's] age?” We are planning to share these results and talk more about the relationships and friendships that form between seniors and children.



(LM-2)

Creative problem solving for seniors living with chronic disease

Philip Fennema, Director of Operations for TANDEM365

Anyone living with chronic disease will have challenges to overcome. Chronic disease impacts almost all aspects of life including the home environment, mobility, access to healthcare, navigating the healthcare system, and the general sense of wellbeing. The systems in the United States to address these problems are neither simple to use or sufficient for most people. This lecture will cover the creative problem-solving solutions TANDEM365 has identified to address these issues. This lecture will have some media content as well as a discussion period with attendees.

(LM-3)

For the Rest of Our Lives: Fair Housing Rights & Opportunities

Liz Keegan, B.A. Arts, Director of Education & Outreach, Fair Housing Center of West Michigan

Sarah Brandt, B.A. Arts, Test Coordinator, Fair Housing Center of West Michigan

Housing remains one of the most important decisions an older adult makes. As a result, the ability to obtain equal access to adequate, affordable housing is critical to continued well-being and quality of life for west Michigan older adults. When illegal housing discrimination interferes with housing choice, it not only takes away housing opportunities, but also undermines the respect and dignity that older adults deserve. This session will provide an overview of the unique challenges facing older adults in accessing or maintaining housing that meets their needs, including real case studies of housing discrimination, tools available to uphold housing choice, and how housing discrimination can be recognized and reported. It will not only cover the fair housing rights of older adults but also ways that older adult volunteers can get involved to assist the Fair Housing Center of West Michigan to investigate complaints of or suspected housing discrimination through its testing program (similar to secret shoppers).

(LM-4)

Resilience in Times of Change

Michelle L Steffes, Founder/CEO, IPV Consulting

Resilience is among the most important factors in success, relationships, and challenges. Recent statistics show that 87% of working Americans are stressed, leading to multiple issues and a lower standard of living.

You will be inspired and motivated by this relevant and insightful topic! You will learn how to develop resilience by understanding Neuropsychology and Physiology.

Attendees will feel empowered to defuse stressful situations and feel more equipped to control their own stress response. This interactive presentation will be accompanied by stories, analogies, statistics, and opportunities to engage.

A Few Take-Aways:

Understanding the “Cycle of Change” - Getting Through the Danger Zone

The Physiology Behind Stress: How it Inhibits Our Potential & Performance

How to Reframe & Rewire in the Midst of Uncertainty & Change Equipping Yourself & Influencing Others in Challenging Times Mastering A Powerful State of Mind in all Situations

(LM-5)

Focusing on the Future: Age-related Macular Degeneration (AMD) and Public Health Advocacy

Kerry Mohney, M.A., R.T. (R) (M), Assistant Professor, Allied Health Sciences & Radiologic and Imaging Sciences

Dr. Julia VanderMolen, Ph.D., M.Ed. CHES, Associate Professor, Master of Public Health Program

Age-related macular degeneration (AMD), an eye disease that affects the macula and blurs central vision, is the leading cause of vision loss for older adults. AMD interferes with reading, driving, and recognizing faces (National Eye Institute, 2023). As Baby Boomers age, AMD is an oncoming epidemic for this population. Currently, 11 million Americans have AMD (National Eye Institute, 2023).

The presentation will define AMD and cover the etiology of AMD, risk factors, and methods of diagnosis. In addition, the presentation will highlight prevention measures for AMD, including lifestyle changes and risk reduction strategies. Current treatments for AMD, such as pharmaceuticals, new developments in stem cell research, and brachytherapy, will be discussed.

The focus will be dedicated to public health initiatives to inform the aging populations about AMD, prophylactic measures, slowing mechanisms, and new treatment options for AMD. Notably, attendees will be encouraged to stay informed, adopt preventative measures, and better understand how to seek the most suitable treatments for AMD.

(LM-6)

Student Research Presentations

12:00 PM – 1:00 PM

Hager Lubbers Exhibition Hall

LUNCH – additional seating in Gordon Gallery & Regency Room Box Lunches Provided by MEALS ON WHEELS OF WESTERN MICHIGAN

Student Research Posters West Hallway

Sponsor Displays Exhibition Hall

1:00 - 1:50 PMEARLY AFTERNOON SESSIONS (EA)

(EA-1)

Meditation: It’s Not What You Think

Frederick Stella, B.A. Communications, Instructor OLLI at Aquinas

Here, attendees will learn both the value and the practical techniques of meditation. During class time there will be sufficient opportunities for lecture, meditation practice and dialogue. Instruction will

include time tested methods for enhancing concentration and ways in which habitual practice can be instituted. As always, I make myself available via email to anyone taking this class who may have questions or issues later.

(EA-2)

Health Net of West Michigan Healthy Aging Project: Serving the Aging Population

Elyse Greene, MPH, Project Manager and TIO Coordinator

Health Net of West Michigan began the Healthy Aging Project to improve the health outcomes, quality of life, and housing stability of older adults seen in emergency departments by addressing social determinants of health needs (SDOH). This was done by screening adults 60 years and older for Social Determinants of Health. On a systems level, Health Net created robust partnerships between the formal healthcare delivery system and a network of nonprofit and government agencies that address the needs of older adults. The Project aimed to develop a sustainable, community-based model to solve the “wrong pocket” funding problem while utilizing the Health Net of West Michigan Care Model for those who identified social determinants of health needs. This will be a PowerPoint Presentation.

(EA-3)

Healing through Play; Aging and Play Therapy

Jacqueline Scherer, LMSW, RPT, Executive Director, THE PLAYGROUNDgr

Research continues to show the value of therapeutic play when looking at emotional health and mental health, for all ages. THE PLAYGROUNDgr is a local nonprofit, who is committed to bridging the disparities of the racial, gender, culture, and socioeconomic gaps often found in caregivers/educational institutions and community-based programming around the world of play. Play based support, therapy and awareness continues to be an evident tool that sharpens and supports emotional health, mental health, trauma, grief, and attachment. THE PLAYGROUNDgr is tasked with ensuring all members of our community have access to free or reduced rated play workshops, training, play based groups and play based therapy.

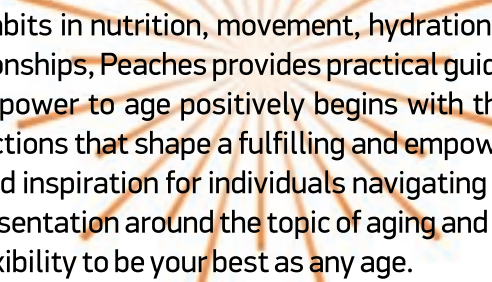
OUR MISSION: To raise awareness around the emotional and mental health benefits of play. At THE PLAYGROUNDgr, we believe play heals.

(EA-4)

Spiral Up - The Power of Choice

Peaches McCahill, Owner/President of Corporate Systems, Inc (d/b/a The McCahill Group or TMG)

Peaches journey through entrepreneurship since childhood and her groundbreaking contributions to health and wellness form a compelling narrative that resonates with audiences. By sharing her experiences, she underscores the message of “spiraling up in life” despite obstacles. The emotional depth of Peaches’ story becomes even more evident as she navigates the challenging terrain of losing her husband to cancer in her 40s and her youngest son in her 60s. Despite these profound losses, Peaches thrived in her professional life, driven by unwavering passion and a commitment to empowering women. Her resilience in the face of adversity serves as an inspiring example of how one can overcome life’s challenges and continue to flourish. In the heart of her presentation is a holistic approach to aging that focuses on self-care and self-love across various dimensions. Peaches delves into the physical, emotional, intellectual, spiritual, and social aspects of well-being. By emphasizing the importance of



healthy habits in nutrition, movement, hydration, sleep, gratitude, organization, mindfulness, humor, and relationships, Peaches provides practical guidance for spiraling up in life at any age. Her message is clear: the power to age positively begins with the thoughts one chooses, leading to intentional and positive actions that shape a fulfilling and empowered later life. Peaches' narrative serves as a beacon of hope and inspiration for individuals navigating the journey of aging. Lastly, Peaches would customize her presentation around the topic of aging and using acceptance, commitment, and positive psychological flexibility to be your best as any age.

(EA-5)

Balancing the Challenges and Joys of Caregiving: Caring for others includes caring for yourself

Katie VanRyn, LMSW, APHSW- C, Emmanuel Hospice

Ashley Huisman, LMSW, CPEC, Bereavement Coordinator, Emmanuel Hospice

Loved ones or professionals caring for older adults are at high risk for emotional, mental, and physical exhaustion. This session will explore and validate the stressors that come with caregiving. We will also explore typical self-care practices that may or may not be meeting your needs as you engage in prolonged caregiving.

Using the ProQOL (Professional Quality of Life) self-care measures and tools, questions, and conversation, Ms. Huisman and Ms. VanRyn will share strategies and information regarding self-care as related to being caregivers.



(EA-6)

Medical Aid in Dying: An Honest Conversation About What It Is and Is Not?

Lisa Perhamus, Director, Center for Civil Discourse & Associate Professor (GVSU)

Dorothy Engleman, MAT, BS, Co-Leader Compassion & Choices MI Action Team

A significant way one can cultivate their agency through the aging process is to stay current about end-of-life options in one’s home state. This interactive session will offer participants an opportunity to learn about various end-of-life care options, with particular focus on (1) understanding Medical Aid in Dying; and (2) planning one’s dementia directives. As an often-misunderstood option, we will discuss what Medical Aid in Dying is and is not; review the current status of Medical Aid in Dying initiatives in Michigan; and devote discussion time to your questions. Through presentation, small group discussion, and hands-on activity, we will address what people can do now to put dementia directives into place and collectively brainstorm ways that both these directives and Medical Aid in Dying can contribute to creating a more accepting culture around issues of death, dying, and end-of-life care options.

As host of this session, Compassion & Choices’ mission is to improve care, expand options and empower everyone to chart their end-of-life journey; and it envisions a society that affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying and empowers everyone to choose end-of-life care that reflects their values, priorities, and beliefs.

With a rich history as a national organization, Compassion & Choices is committed to broadening its network of supporters to foster a diverse, equitable, and inclusive movement with a focus on racial, ethnic, age, gender identity, and faith diversity and those living with disabilities.

2:00 PM - 3:00 PMCLOSING SESSION

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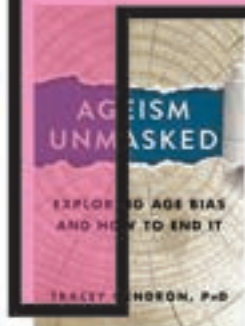
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Aging is an extraordinary process where you become the person you always should've been.
DAVID BOWIE

BOOKS TO FASHION A NEW IMAGE OF AGING

18th ANNUAL ART & SCIENCE OF AGING CONFERENCE

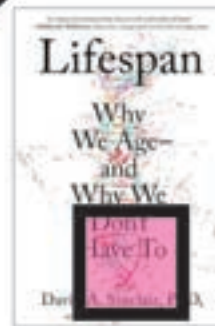
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Ageism Unmasked: Exploring Age Bias and How to End It

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: 1501111977

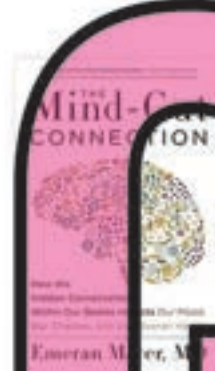
A *New York Times* Bestseller from a acclaimed Harvard Medical School Scientist. This book reveals a bold new theory that "Aging is a disease, and that disease is treatable."



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

Becca Levy, 2022
ISBN: 0063003195

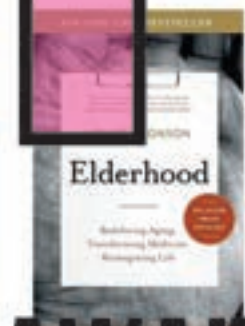
Dr. Levy, an expert on the psychology of successful aging, shares her research on how to improve age beliefs to benefit the aging process through easy-to-follow techniques.



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

Emeran Mayer, 2015
ISBN: 0786062376589

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 raising orphans to show us how to create 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

AWAITING FURTHER INSTRUCTION

F.P.O.

PAGE

AWAITING FURTHER INSTRUCTION

PERSONAL CONFERENCE PLANNER

TIME	S#	PRESENTER	SESSION TITLE	ROOM	X
8:15 AM - 8:40 AM			Registration Sponsor Display Continental Breakfast	Hagler-Lubbers Exhibition Hall	
8:45 AM - 9:00 AM		GVSU & Residence	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 Boppre	Growing Old But Not Growing Up	208E DEV	
	MM-2	Sandy Parker	Mindful Menopause (Part 1) (S)	207E DEV	
	MM-3	Mareisa Kligger Alisha VanEpps Jessi Riley	Building Environment for Wellness Utilizing Technology Tools (S)	138E 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 Orlandi	"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 Parker	Age-Related Transition: Practical Applications (S)	138E DEV	
	LM-3	Larry Markoczes	Tell It: When and How to Use Stories in Work and Life in Generations (S)	119E DEV	
	LM-4	Lainie Moore Meghan 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 - 3:50 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	138E DEV	
	EA-3	Heather Wallace	Re-imagined 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 Aronda W. Beaman	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	208E DEV	Loosemore Auditorium	

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