



Wisconsin Academy of Sciences, Arts and Letters presents

age on!

A free Academy Evenings community series this fall

a series on growing older, better

September 13
October 18
November 8
December 6

Doors open at 6:15 p.m.
All presentations start at 7 p.m.
UW-Fox Valley Communication Arts Center,
James W. Perry Hall, Menasha

Learn the latest from leading experts!



All presentations are FREE and open to the public.

Attend one or more evenings.

Join the Wisconsin Academy this fall for Our FREE Academy Evenings community series

GOOD NIGHT, SLEEP RIGHT
Monday, September 13

PHYSICAL AND FIT FOR LIFE
Monday, October 18

THE BALANCING ACT: MAINTAINING EMOTIONAL HEALTH
Monday, November 8

BRAIN POWER: MAINTAINING COGNITIVE HEALTH
Monday, December 6

In partnership with the University of Wisconsin School of Medicine and Public Health and the University of Wisconsin-Fox Valley

Presented by:



Sponsored by:



For more information on Academy Evenings in Madison and throughout Wisconsin, please visit www.wisconsinacademy.org

With support from:

Valley VNA Senior Services | The Boldt Company | WARF | UW Health UW-Madison | Community Foundation for the Fox Valley Region, Inc. M&I Bank | Willems Marketing | Post-Crescent | News-Talk 1150 WHBY

Space is limited so advance registration is encouraged by calling 920-750-5036 or visiting www.AcademyAgeOnSeries.com

YES! a how-to series on aging

Seating is limited, so pre-registration to reserve a spot is encouraged by calling 920-750-5036 or visiting www.AcademyAgeOnSeries.com

EXPLORING PHYSICAL, EMOTIONAL AND COGNITIVE HEALTH

For too long, our society has perceived the aging process as a negative one. Yet breakthroughs in science and medicine are helping Americans live longer than ever before. Why fixate on the fountain of youth or some miraculous age-defying, anti-wrinkle cream when practical methods for happy, healthy aging are right at our fingertips?

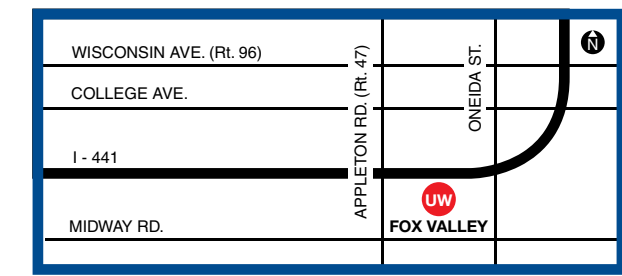
Join the Wisconsin Academy of Sciences, Arts and Letters for a FREE community series on healthy – and happy – aging. This community discussion series features doctors and renowned researchers on aging who will share with attendees ways in which to care for the body, mind and spirit. Presentations focus on how each of these areas plays a unique role in the aging process:

- Physical activity
- Diet and nutrition
- Cognitive skills
- Sleep habits
- Preventive medicine
- Coping skills
- Stress management

AGE ON! SERIES DETAILS

- All presentations held at UW-Fox Valley's James W. Perry Hall in Menasha
- Presentations are FREE and open to the public
- Informational tables with resource materials will be available prior to and after the presentations
- Attend one presentation, two, or all four!

All presentations start at 7 p.m. and will be held at University of Wisconsin - Fox Valley, located at 1478 Midway Road in Menasha.



choose the path to healthy aging

All presentations start at 7 p.m. and will be held in James W. Perry Hall at the University of Wisconsin-Fox Valley, located at 1478 Midway Road in Menasha.

Monday, September 13, 2010, 7 p.m.

GOOD NIGHT, SLEEP RIGHT

Ruth Benca, MD, PhD

Why is it so important to get a good night's rest? Could you be suffering from sleep apnea or another sleep disorder without even knowing it? Dr. Ruth Benca, Director of the University of Wisconsin Center for Sleep Medicine and Sleep Research, explains how sleep is directly related to our physical and emotional health. She also discusses ways to promote quality snooze time and the warning signs of a sleep disorder.

Monday, October 18, 2010, 7 p.m.

PHYSICAL AND FIT FOR LIFE

Jane Mahoney, MD
Richard Weindruch, PhD

While changes in bones and organ and muscle tissue are a natural part of getting older, research shows that there are many ways in which to improve overall physical health and reduce the risk of falls and other injuries. Research also demonstrates how dietary changes like caloric restriction can slow the aging process. In this discussion, Drs. Jane Mahoney and Richard Weindruch from the UW-Madison School of Medicine and Public Health will take a closer look at these studies and outline findings to help maintain our physical health.

Monday, November 8, 2010, 7 p.m.

THE BALANCING ACT: MAINTAINING EMOTIONAL HEALTH

Carol Ryff, PhD

As new concerns often arise in the later stages of life – loss of loved ones, health matters and financial worries – it's important to have the coping skills needed to effectively deal with challenge and change. Drawing upon her research on positive mental health, UW-Madison Institute on Aging Director Dr. Carol Ryff will introduce some of the best psychological resources to help us adapt and prevail in the face of adversity.

Monday, December 6, 2010, 7 p.m.

BRAIN POWER: MAINTAINING COGNITIVE HEALTH

Sanjay Asthana, MD

Did you know that nearly five million Americans suffer from Alzheimer's disease with many more at risk of developing this and related dementias? While changes in memory, reaction time and other aspects of cognition are inevitable with age, Dr. Sanjay Asthana, an expert in geriatrics and gerontology, will discuss how to preserve cognition skills as long as possible. Dr. Asthana will also explain how such preventive measures as eating a healthy diet, continuing physical and cognitive exercise, and taking certain medications can help.



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ABOUT WISCONSIN ACADEMY OF SCIENCES, ARTS AND LETTERS

The Wisconsin Academy of Sciences, Arts and Letters connects people and ideas for a better Wisconsin. Founded in 1870, The Wisconsin Academy provides a place where people who care about culture, nature and the challenges of our times can gather for fruitful discourse and meaningful action. The free lecture series of the Wisconsin Academy, Academy Evenings engage the public in a wide variety of topics of interest and feature Wisconsin's leading thinkers, scholars and artists. These popular forums are intended to encourage public interaction with these leaders in an intimate atmosphere designed to foster discussion and build community. The Wisconsin Academy of Sciences, Arts and Letters sponsors Academy Evenings regularly in Overture Center for the Arts in Madison and at other venues across the state. Since 2008, the Wisconsin Academy has sponsored "Brain to Five," the Appleton Education Foundation and UW-Madison's Waisman Center's free lecture series on early childhood learning and development.

A TEAM EFFORT

In addition to our featured presenters, several UW School of Medicine and Public Health faculty have consulted on this series, including Art Walaszek, Associate Professor of Psychiatry, and Steven R. Barczy, Associate Professor and Director of the Geriatric Medicine Fellowship Program at UW Hospitals and Clinics.



Dr. Benca is Professor in the Departments of Psychiatry and Psychology at the University of Wisconsin-Madison and the Director of the University of Wisconsin Center for Sleep Medicine and Sleep Research. She also serves as the medical director for Wisconsin Sleep, where she treats patients with a broad range of sleep disorders. Dr. Benca received her PhD in pathology and her MD degree from the University of Chicago in Illinois before completing a residency in Psychiatry and a fellowship in Sleep Medicine, also at the University of Chicago.



Dr. Mahoney is Associate Professor in the Department of Medicine, University of Wisconsin-Madison; she is Affiliate Faculty in the University's Institute on Aging, and Executive Director of the Wisconsin Institute for Healthy Aging. She is board certified in internal medicine and geriatrics. Her research focuses on falls prevention for older adults and dissemination of evidence-based prevention programs to community settings. Her degrees are from the University of California, San Francisco (MD) and the University of Virginia, Charlottesville, VA (BA).



Dr. Weindruch is Professor of Medicine at the University of Wisconsin. In 1975, he began his studies of caloric restriction, which slows the aging process in diverse animal models, as a graduate student at UCLA (under Dr. Roy Walford) where he received his PhD in 1978. Dr. Weindruch has authored two books and more than 200 scientific publications. He has received several awards for his work. In 2001, he and Dr. Tomas Prolla founded LifeGen Technologies, LLC, a Madison-based biotechnology company focused on studies of how nutrients and caloric restriction affect the aging process.



Dr. Ryff is Professor in the Department of Psychology, University of Wisconsin-Madison. She is Director of the Institute on Aging. She received her PhD from Pennsylvania State University. Her research addresses aging as a multidisciplinary challenge that requires integration of many levels of analysis: socio-demographic characteristics, psychosocial resources, life stresses, health behaviors and practices, neurobiological risk and protective factors, and health outcomes (mental and physical). She studies the pathways through which these influences come together in longitudinal investigations, involving local, state, and national samples.



Dr. Asthana is Head of the Section of Geriatrics and Gerontology; and Duncan G. and Lottie H. Ballantine Chair in Geriatrics, Department of Medicine, University of Wisconsin School of Medicine. He is Director of the Geriatric Research, Education and Clinical Center (GRECC) at the William S. Middleton Memorial Veterans Hospital; Director of the Wisconsin Alzheimer's Disease Research Center at the University of Wisconsin School of Medicine and Public Health; Associate Director of the Wisconsin Alzheimer's Institute, University of Wisconsin-Madison School of Medicine and Public Health.

