

Let's Support Lifelong Well-being

Please Support AgeAlive with your time, expertise and resources through these convenient options:

Tax-deductible Donations

- Online at <https://givingto.msu.edu>
Click on **Give Now** & type AgeAlive in the search bar.
- Mail check to University Development, Spartan Way, 535 Chestnut Road, Room 300, East Lansing, MI 48824. Payable to "Michigan State University" with AgeAlive on the memo line.
- Call (800) 232-4MSU or (517) 884-1000.
Mention the AgeAlive Fund.
- Limited time: *Gift with donation.*
Visit https://www.agealive.org/butterfly_effect.html for details.

Volunteer Opportunities

Contact agealive@msu.edu to learn about opportunities to support the organization using your valued time and expertise in public relations, marketing, graphic design, education on services related to aging, special event support, etc.

Don't forget to visit the Butterfly Exhibit, check out our website at www.agealive.org, and like us on Facebook!

Special Thanks

Special thanks to the following individuals and organizations who helped make the 2022 MSU AgeAlive Research Forum a success:

2022 Keynote Presenter Paula Cunningham

2022 Presenters & Researchers

Community Agencies/Exhibitors

MSU AgeAlive Leadership Council

MSU AgeAlive Staff

MSU College of Osteopathic Medicine

MSU Federal Credit Union

MSU Alumni Office

Ben Hassenger & the East Lansing Prime Time Strummers



2022 MSU AgeAlive Research Forum

Lifelong Learning: A Key Element of Successful Aging

Thursday, April 21, 2022
9 am - 2 pm

MSU Federal Credit Union
Community Room
Main Headquarters Building 1
3777 West Rd.
East Lansing, MI

MICHIGAN STATE
UNIVERSITY

College of
Osteopathic Medicine



Event Schedule

9:00 am: Doors open, registration, light breakfast
Video of East Lansing Prime Time Strummers

9:30 - 9:45 am: Welcome & Opening Remarks by Clare Luz, PhD, Associate Professor, MSU College of Osteopathic Medicine and Director, AgeAlive/IMPART Alliance

9:45 - 10:15 am: Keynote Address - Aging in an Age-Friendly Michigan by Paula D. Cunningham, State Director, AARP Michigan

10:15 - 10:30 am: How an Age-Friendly University Benefits Everyone by Clare Luz, PhD, Associate Professor, MSU/COM and Director, AgeAlive/IMPART Alliance

10:30 - 10:45 am: Q&A

10:45 - 11:00 am: Break with Snacks

11:00 am - 12:15 pm: MSU Aging Research “Gems” Panel

2022 Research Gem Panelists

MSU and EMU College Student Caregiver Study by Nick Hallenbeck, MSU College of Osteopathic Medicine 3rd year medical student. Sowmyaw Nakkina, MSU College of Osteopathic Medicine 2nd year medical student. Contributing Researcher: Brian Kwon, MSU James Madison College and College of Natural Science senior

A Strength-Based Approach to Community-Based Aging Research by Linda J. Keilman, DNP, RN, GNP-BC, FAANP, Associate Professor, MSU College of Nursing

Brain Sharpness Initiative: Keeping Your Wits in Your Golden Years by Raza Haque, MD, Associate Professor, Associate Chair for Virtual Health and Director Division of Geriatrics, MSU College of Human Medicine

The Health and Well-Being of African-American Older Adults with a History of Incarceration by Rodlescia Sneed, PhD, MPH, Assistant Professor, Division of Public Health, MSU College of Human Medicine

12:00 - 12:15 pm: “Gems” Panel - Q & A

12:15 - 12:30 pm: Break - Box Lunches

12:30 - 12:50 pm: Building Capacity for Lifelong Learning: A 21st Century Imperative by Roger G. Baldwin, PhD, Professor Emeritus of Higher, Adult and Lifelong Education, MSU

12:50 - 1:10 pm: Looking Back, Looking Ahead: The Strategic Plan and Expanding the Idea of Lifelong Learning at MSU by Burton Bargerstock, Executive Director of the MSU Office for Public Engagement and Scholarship and Director of Communication and Information Technology for the Office of University Outreach and Engagement & Special Advisor to the Associate Provost

1:10 - 1:30 pm: Q&A

1:30 - 2:00 pm: “Afterglow & Lunch to Go”

Community Service - An Important Legacy by Gloria Rachelson Kovnot, AgeAlive Leadership Council Member and State of Michigan Senior Citizen of the Year, honored by the MDHHS, Aging and Adult Services Agency

Networking/Agency Displays/Volunteer Opportunities

Conclusion - Video of East Lansing Prime Time Strummers

Keynote Presenter



Aging in an Age-Friendly Michigan

Paula Cunningham, State Director - AARP Michigan

Paula D. Cunningham is the State Director for AARP Michigan which has more than 1.3 million members.

Prior to joining AARP Michigan, Cunningham was the CEO of Capitol National Bank (CNB) during which she was the only African American woman in the country to be president of a majority-owned bank.

Prior to CNB, Cunningham was the first woman to be President of Lansing Community College (LCC) which has more than 30,000 students and is the State's 3rd largest community college. As President, she successfully led a community millage campaign to generate an additional \$9 million for the institution into perpetuity. Under her leadership, the college implemented a strategic planning process that resulted in five new buildings. The main building on the LCC campus was officially named the Paula D. Cunningham Administration Building in 2006. At the time, this was the only building named after a woman in downtown Lansing.

Cunningham has also been a small business owner. She and her husband owned and managed an 18-hole golf course, and she was the founder of an entrepreneurial academy for young people.

Cunningham's dedication to education, small business and community has been recognized by many organizations. She has received numerous awards and recognition throughout her career, including being inducted into the Michigan Women's Hall of Fame, a recipient of the prestigious Athena Award, a 2018 recipient of Crain's Detroit "Notable Women in Business" award, the 2016 Michigan Black Caucus Trailblazer Award, featured in Ebony Magazine as a "Woman on the Move" and featured in Bridge Magazine as a woman who "Breaks Barriers".

Cunningham serves on numerous boards including, but not limited to, Chair-elect for Davenport University, Vice Chair for McLaren Health Systems – Lansing, and she was the first African American female to Chair the Lansing Regional Chamber of Commerce Board.