

“Lifelong Learning; A Key Element of Successful Aging”

Thursday, April 21, 2022, 9 am - 2 pm
MSUFCU Community Room
Main Headquarters Building 1
3777 West Rd. East Lansing, Michigan

Keynote Address - *Aging in an Age-Friendly Michigan* Paula D. Cunningham, State Director, AARP Michigan



In just six short years, for the first time in our history, we will have more people over the age of 65 than we will under the age of 18. What does that mean for transportation, health care, communities, caregivers, education and our economy? Let's talk together about the implications of "Aging in an Age-Friendly Michigan".

Presenter: 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.



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How an Age-Friendly University Benefits Everyone

Clare Luz, PhD, Associate Professor, MSU/COM and Director, AgeAlive and IMPART Alliance



Dr. Luz will briefly describe how AgeAlive's mission is to foster quality of life and well-being for all people regardless of age, and how this goal aligns with MSU's land grant values and Age-Friendly University criteria. She will describe how being "Age-Friendly" is actually "Human-Friendly" as it promotes inclusivity, diversity, and lifelong well-being through research, teaching, education, and community outreach that benefits us all. Participants will learn about a wide range of AgeAlive initiatives and programs that provide opportunities for enriching the lives of youth, students of all ages, older adults and everyone in between.

Presenter: Clare Luz, PhD, Associate Professor, Family and Community Medicine, MSU College of Osteopathic Medicine, and founding director of both MSU AgeAlive and IMPART Alliance, is a gerontologist whose research focuses on long-term care health services, particularly the caregiver workforce shortage, and the intersection of aging, healing and the arts.

AgeAlive is dedicated to elevating aging-related research, teaching, and outreach, in partnership with community, to promote well-being for all people of all ages and abilities. IMPART Alliance is dedicated to helping Michigan build an infrastructure that expands and supports direct care workers (DCW). She co-chairs both the statewide MDHHS DCW Advisory committee and the statewide MI DCW Coalition both of which collaborate with community partners to generate innovative, feasible, affordable strategies to improve DCW's economic well-being. Dr. Luz has served on the Michigan Long-Term Supports and Services Advisory Commission, the Michigan Society of Gerontology Board, and the National Quality Forum's Home and Community-Based Care Committee.

MSU Aging Research "Gems" Panel featuring MSU researchers and their aging related projects and the potential for creative partnerships

MSU and EMU College Student Caregiver Study

Nick Hallenbeck, MSU College of Osteopathic Medicine 3rd year medical student

Sowmyaw Nakkina, MSU College of Osteopathic Medicine 2nd year medical student

Brian Kwon, MSU James Madison College/College of Natural Science senior



The College Student Caregiver Study examines the impact that the dual responsibility of being a college student and a caregiver for an older adult or person living with a disability has on the academic performance, health, finances, and personal lives of students at Michigan State University and Eastern Michigan University. In addition, it explored the students' awareness and utilization of community and university resources, perceptions of the resources' effectiveness, and ideas on other resources they believed might be helpful. Findings will be presented that increase our understanding of the joys and challenges these students face and have implications for policy changes that can identify at-risk students, improvements in current resources, and development of new resources that can help these college student caregivers successfully achieve academic goals and provide care simultaneously.

Panelist: Sowmyaw Nakkina is a second-year medical student attending the Michigan State University College of Osteopathic Medicine. Previously, she graduated from the University of Michigan in Ann Arbor where she studied Neuroscience and Japanese. She is currently interested in several fields of medicine including Ophthalmology, Psychiatry, and Geriatrics.

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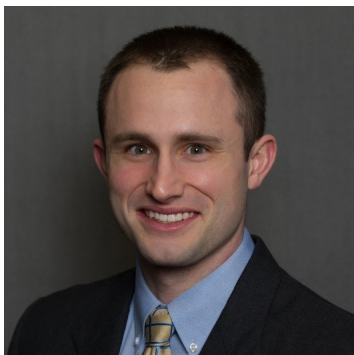
www.agealive.org

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Continued - MSU and EMU College Student Caregiver Study



Panelist: Nick Hallenbeck is a third-year medical student in the MSU College of Osteopathic Medicine. He went to Central Michigan University for his undergraduate education where he studied Kinesiology and Biomedical Sciences. Currently he is undecided on his future field of medicine, but regardless of his field plans to be involved in community health.

Contributing Researcher: Brian Kwon is a senior studying Social Relations and Policy, Statistics, and Data Science at Michigan State University. He is interested in applying data science in a social science field, especially related to policy, and pursuing a data analyst career. (Photo unavailable)

A Strength-Based Approach to Community-Based Aging Research

Linda J. Keilman, DNP, RN, GNP-BC, FAANP, Associate Professor, MSU College of Nursing



Dr. Keilman will briefly describe what her strength-based approach entails for both qualitative and quantitative research. She will point out in three of her recent studies how this approach looks at the older adult and their care partners/care givers in an optimal, holistic manner that sheds light on what can be done to improve care and quality of life. Dr. Keilman will also describe her community-based study partners that she collaborates with across the country.

Panelist: Linda J. Keilman, DNP, RN, GNP-BC, FAANP, Associate Professor, MSU College of Nursing, and a Gerontology population content expert, has been a registered nurse since 1983, and before that, an elementary school educator with degrees in education from Concordia University. Dr. Keilman received her associates degree in nursing from Lansing Community College and her Master of Science in Nursing from Michigan State University in 1989. Her focus of study was gerontology, primary care, and end-of-life. She has been a certified gerontological nurse practitioner since 1989 – always combining practice with teaching, research, and community engagement. Dr. Keilman has taught in the College of Nursing at MSU since 1992. She received her Doctorate in Nursing Practice Leadership in 2010 from Oakland University.

Dr. Keilman is a Fellow in the American Academy of Nurse Practitioners and a Distinguished Gerontological Educator from the National Harford Center of Gerontological Nursing Excellence. She is editor in chief of the Elsevier journal, *Advances in Family Practice Nursing* and was appointed to Forbes Health Care Advisory Board 2021.

Dr. Keilman's current NIH-funded research is reducing particulate matter-associated cardiovascular health effects for older adults in low-income housing. She is also working on a dual non-promotional sponsored grant from both Avanir and ACADIA Pharmaceuticals for studying neuropsychiatric syndromes in dementia with a focus on psychosis and nonpharmacologic interventions.

Dr. Keilman's passion is working with older adults and their families/care partners, helping them to live their best life every day until their last day. She volunteers her time in giving back to the community and educating health care professionals and the lay community on how to optimally age, how to holistically and humanistically provide care for older adults, and how to incorporate the social determinants of health into equitable, accessible, quality health care for all. Dr. Keilman currently practices in the Department of Neurology & Ophthalmology at MSU, specializing in memory loss and dementia.

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The Health and Well-Being of African-American Older Adults with a History of Incarceration

Rodlescia Sneed, PhD, MPH, Assistant Professor, Division of Public Health, MSU



The number of adults age 55+ with criminal justice-system involvement in the United States has increased by more than 300% in the last 3 decades. While a growing body of research has begun to focus on older adults who are currently incarcerated, there has been little work focused on older adults who have returned to community settings after incarceration, many of whom are African-American. In this work, Dr. Sneed uses survey and interview data to discuss the challenges that formerly incarcerated African-American older adults face after they return to community settings.

Panelist: Dr. Sneed is an Assistant Professor in the Division of Public Health of Michigan State University based in Flint, Michigan. She is a social and health psychologist focused on evaluating and improving how older adults age successfully in urban, economically distressed communities. Through her work, she engages with community members, human service providers, and community-based organizations to develop community-partnered strategies for addressing health disparities among older adults. Dr. Sneed is a scientist with the Michigan Center for Urban African-American Aging Research and a fellow with the Robert Wood Johnson Foundation Policies for Action Program.

Building Capacity for Lifelong Learning: A 21st Century Imperative

Roger G. Baldwin, PhD, Professor Emeritus of Higher, Adult and Lifelong Education, MSU



Lifelong learning is an appealing, but abstract concept without a system in place to provide and promote lifelong learning opportunities. This presentation will discuss the need for learning opportunities at all stages of life to keep pace with the learning requirements and learning challenges of the 21st century. The session will consider the structures and strategies that are needed to ensure essential learning continues across the lifespan.

Presenter: Roger G. Baldwin, PhD, is professor emeritus of Higher, Adult and Lifelong Education at Michigan State University. His scholarly interests focus on academic career development, higher education curriculum, organizational change, and lifelong learning. Most recently he has studied retirement issues and productive engagement in the later years of life. His latest publication is *Reinventing Academic Retirement*, an edited volume which brings together the perspectives of thought leaders and practitioners on a host of academic retirement topics. Currently, Dr. Baldwin participates in a grassroots effort to increase lifelong learning opportunities at Michigan State University.

Welcome & Afterglow Videos - East Lansing Prime Time Strummers

Led by Michigan's Ukulele Ambassador Ben Hassenger, the PT Strummers (Prime Time Strummers) is a group of ukulele players who have come together to "share the aloha spirit" of the diminutive, yet dynamic, instrument. From an initial group of 12 uke enthusiasts, the PT Strummers have grown to more than 40 people from the U.S. and Canada through virtual and in-person workshops and performances. The group has played at various Prime Time events, senior living facilities, and Michigan's Mighty Uke Day Festivals. The program has served as a "ukulele incubator" of sorts, with individual strummers forming their own weekly musical gatherings. Individuals interested in learning more should contact East Lansing Prime Time at (517) 337-1113 or go to:

<https://www.cityofeastlansing.com/823/Seniors-Program-Prime-Time>.

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



With an unprecedented number of older adults in the United States, tracking brain health and identifying early decline is critical to optimize brain health since prevention of age-related dementia is the most consistently proven, evidence-based strategy to date. Early signs of declining brain health include occasional forgetfulness, difficulty with attention, and focus required to complete an otherwise normal daily activity. Current evidence shows that little can be done to prevent the decline associated with dementia once the disease process has been established. Therefore, it is important to develop interventions which aid in maintaining brain health and identifying sign of dementia substantially earlier than today's methods allow in order to slow down disease progression.

We propose to use a smart phone application for adults aged 55 and older that will maintain and track brain health and conduct a pilot study. The app will be based on the principles of neuroplasticity and knowledge of neural networking of areas of the brain responsible for memory acquisition, retrieval and adaptation.

Our team will then pilot test the application with 20 individuals from our target population to study their patterns of application use and satisfaction with the application.

Panelist: Raza Haque, MD, is an Associate Professor, the Associate Chair for Virtual Health Programs, Clinical Director Geriatric Services, and the Geriatric Clinical Educator in the Department of Family Medicine, MSU College of Human Medicine. Utilizing his background in geriatrics, Dr. Haque has conducted extensive aging related research to better understand the impact of health setting processes and procedures, addressing deprescribing tools to address polypharmacy, perceptions on technology use in older adults, COVID-19 impact, and rate of psychotropic use with older adults.

His most recent studies include: “Brain Health: Attitudes towards Technology Adoption in Older Adults”, “2020 COVID 19 Mitigation in Community Mental Health Setting”, and “COVID-19 Pandemic Mitigation for High-Risk Patients Served in the Community Mental health System”. Additional studies include “Assessing the IMPACT of IDT approach using ARMOR protocol (Assess, Review, Minimize, Optimize, and Reassess) on the Rate of Psychotropic Medications and Other Quality Indicators in the Long-term Care Setting”.

In addition to his academic and research roles, Dr. Haque has served as Medical Director for various hospitals and clinics and as Consulting Geriatrician for numerous skilled nursing facilities. He is currently serving as Consulting Geriatrician for Ingham County Medical Facility.

Dr. Haque is the recipient of a 2020-2021 MSU AgeAlive Research in Aging Award. He also served on the American Medical Director Association Clinical Practice Committee from 2011-2018.

“Education is not the filling of a pail, but the lighting of a fire.”

- William Butler Yeats -



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Looking Back, Looking Ahead:

The Strategic Plan and Expanding the Idea of Lifelong Learning at MSU

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



This session will revisit the recent history of lifelong education at Michigan State University, review the national conversation about university support for learning across the lifespan, and explore new prospects for lifelong learning occasioned by the MSU 2030 Strategic Plan.

Presenter: Burton Bargerstock's work focuses on institutional culture, research, communication, and technologies related to community-engaged scholarship and university outreach. He leads MSU's Outreach and Engagement Measurement Instrument project, teaches in the MSU Graduate Certification in Community Engagement and Summer Intensive on Community-Engaged Scholarship, and presents/publishes on themes related to public scholarship and community engagement in higher education.

Bargerstock serves as an Associate Editor of the Journal of Higher Education Outreach and Engagement; a member of the editorial board of UNBOUND: Reinventing Higher Education; and senior series Editor of the Transformations in Higher Education: The Scholarship of Engagement book series (MSU Press). He also recently completed many years of service as a section Co-editor of the International Journal of Research on Service-learning and Community Engagement. In 2017, he was inducted into the Academy of Community Engagement Scholarship (ACES) and elected its president. Bargerstock served as a member and former Chairperson of the Board of Directors of the International Association for Research on Service-Learning and Community Engagement. He also previously served on the board of directors of the University Professional and Continuing Education Association, the executive committee of the Association of Public and Land-grant Universities Council on Engagement and Outreach and has also been a long-time member of EDUCAUSE. Bargerstock has supported the leadership and managed communications of the Engagement Scholarship Consortium; he also organized the ESC's 2011 conference and is chairing its upcoming 2023 conference. On campus, he is President of the MSU chapter of the Honor Society of Phi Kappa Phi.

Community Service - An Important Legacy

Gloria Rachelson Kovnot, AgeAlive Leadership Council Member and State of Michigan Senior Citizen of the Year



Gloria Kovnot is an active member of the MSU AgeAlive Leadership Council where she helps coordinate and advise on aging-related projects. In 2021, she was recognized by the Michigan Department of Health and Human Services' Aging & Adult Services Agency as Senior Citizen of the Year. Kovnot founded the Delta Township Senior Council and worked on the Silver Key Coalition for non-Medicaid in-home services. She also lends her time to the Tri-County Office on Aging, the Michigan State University AgeAlive program and the local AARP Age-Friendly Task Force. Prior to her retirement, Kovnot was a research assistant at the University of Maryland's Center on Aging - Legacy Leadership Institute in Public Policy, LLI for Environment and LLI for Fund Raising for Non-Profits, where she helped to develop volunteer service programs for newly retired residents wanting to give back to their communities in a significant way.