

# Living Well in Retirement

*Presented by the UC Berkeley Retirement Center*

Tuesday, May 22, 2018

## Conference Schedule:

- 8:00 am    Registration (Lobby)  
              Resource Exhibits & Continental Breakfast (Ballroom)
- 9:00 am    Welcome & Opening Presentation (Ballroom)
- 9:30 am    Resource Exhibits (Ballroom)
- 10:00 am   Concurrent Workshops #1  
              Choosing Housing in Retirement: Stories from Retirees (Windsor)  
              Latest in Hearing Loss Care for Older Adults (Forge)  
              Resilient Aging (Ballroom)
- 11:15 am   Resource Exhibits (Ballroom)
- 11:45 am   Lunch & Keynote Address (Ballroom)  
              Long Life in the 21st Century by Laura Carstensen
- 1:30 pm    Concurrent Workshops #2  
              Alzheimer's and Dementia Research (Windsor)  
              Caregiving Journey: Perspectives from Retirees (Forge)  
              What's Age Got to Do with It? Staying Fit as You Age (Ballroom)
- 2:45 pm    Afternoon Coffee Break & Resource Exhibits
- 3:15 pm    Concurrent Workshops #3  
              Go Wish: A Fun Conversation Starter on End-of-Life (Tartan)  
              Health After 50 (Ballroom)  
              Retirement & Philosophy (Windsor)
- 4:00 pm    Conference Wrap Up and Conclusion (Ballroom)

[retirement.berkeley.edu](http://retirement.berkeley.edu)

# EXHIBITING ORGANIZATIONS

We are grateful to the organizations that are exhibiting at the conference! Be sure to stop by and learn more about their programs and resources during the designated exhibit periods.

Ashby Village  
Alzheimer's Association of the East Bay  
Belmont Village Senior Living  
Berkeley ADU Task Force  
Berkeley Health and Wellness Publications, SPH  
CAL Discoveries Travel - Cal Alumni Association  
Clayton Valley Village  
Family Caregiver Alliance  
Health Care Facilitators from UCB and LBNL  
Jewish Family & Community Services East Bay  
Lamorinda Village  
Lawrence Berkeley National Lab Retirees Association - EX-Ls  
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Osher Lifelong Learning Institute: OLLI @Berkeley  
PREPARE Project at UCSF  
President's and Regents' Retiree Association  
Road Scholar  
Stagebridge  
The Center for Independent Living  
Tideswell at UCSF's Optimizing Aging Registry  
UC Berkeley Emeriti Association  
UC Berkeley Retirement Center  
UC Retirees' Association at Berkeley  
Walnut Creek Village

We are grateful to the Conference Committee members who have been working diligently for the past year providing their time, talent, creativity, leadership and inspiration to present the Living Well in Retirement Conference.

~

Patrick Cullinane, Marian Gade, Jeanene Greer, Pat Hom, Caroline Kane,  
Thomas Leonard, Guy Micco, Patti Owen, Cary Sweeney, and Kris Thornton.

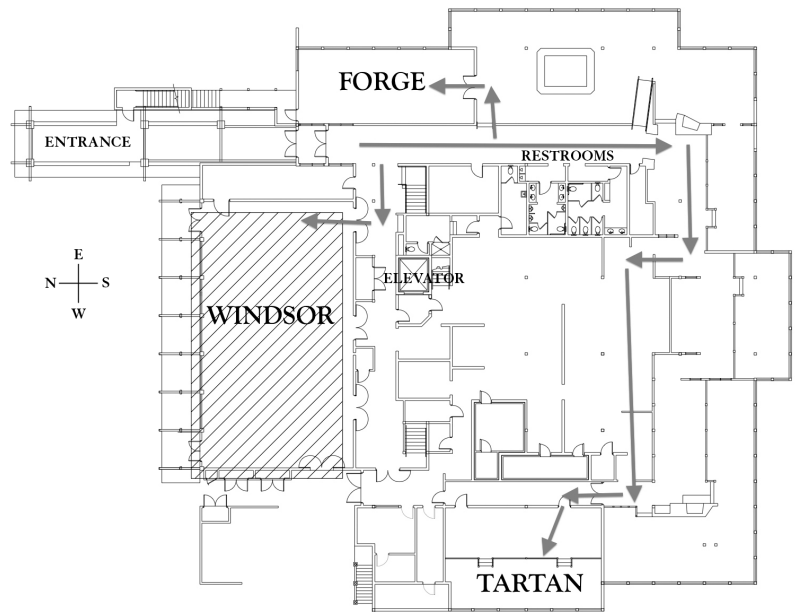
# DETAILED CONFERENCE SCHEDULE

Ballroom	Forge	Windsor	Tartan
8:00 am Breakfast & Exhibitors			
9:00 am Welcome			
9:30 am Exhibitors			
10:00 am Resilient Aging Workshop	10:00 am Hearing Loss Workshop	10:00 am Housing Workshop	
11:15 am Exhibitors			
11:45 am Keynote & Luncheon			
1:30 pm Staying Fit Workshop	1:30 pm Caregiving Workshop	1:30 pm Alzheimer's Workshop	
2:45 pm Refreshments & Exhibitors			
3:15 pm 50+ Wellness Workshop		3:15 pm Philosophy Workshop	3:15 pm Go Wish Workshop
4:15 pm Wrap Up			

## Where do I go?

The **Georgian Ballroom** is located on the upper floor of Hs. Lordships. An elevator is located in the hallway on the ground floor, past registration and across from the Windsor Room. Meals, exhibits, keynote address and some workshops will be held in the ballroom.

Additional workshop spaces are located on the ground floor. **Windsor** is on the right as you enter the building. **Forge** is on the left, just slightly down the hall. **Tartan** is on the far side of the restaurant; go right at the end of the entrance hall, and make several additional turns to go around to the back.



# WELCOME AND OPENING PRESENTATION

9:00 am, Ballroom

Angelica Stacy, Associate Vice Provost for the Faculty

Cary Sweeney, Director, UCB Retirement Center

*Everyone has a story to tell. ~ Stagebridge*

## KEYNOTE ADDRESS

### *Long Life in the 21st Century*

11:45 am, Ballroom

Laura L. Carstensen, Founding Director, Stanford Center on Longevity

Professor of Psychology and Fairleigh S. Dickinson Jr. Professor in Public Policy

We are approaching a watershed moment in human history. The number of people over 65 will soon surpass the number of children under 5; and by the time our children reach old age, living to 100 will be commonplace. Mostly, discussions about aging at the individual and societal levels are fraught with concern. Yet we should not lose sight of the fact that long life presents unprecedented opportunities. Demographic changes will influence virtually all aspects of life - education, families, financial markets and politics. If we apply science and technology to the problems of aging and join forces with policy makers and leaders in business and communities, we can use added years of life to improve quality of life at all ages.

Laura L. Carstensen, PhD, is best known in academia for socioemotional selectivity theory, a life-span theory of motivation, and with her students and colleagues, has published more than 150 articles on life-span development. Her research has been supported continuously by the National Institute on Aging for more than 25 years and is currently supported through a prestigious MERIT Award. Dr. Carstensen has served on the National Advisory Council on Aging and the MacArthur Foundation's Research Network on an Aging Society. In 2016, she was inducted into the National Academy of Medicine. Dr. Carstensen has won numerous awards, including the Kleemeier Award from the Gerontological Society of America, a Guggenheim fellowship, and the Master Mentor Award from the American Psychological Association. Her book, *A Long Bright Future: Happiness, Health, and Financial Security in an Age of Increased Longevity*, debunks the myths and misconceptions about aging that stop us from adequately preparing for the future both as individuals and as a society, and guides us into the new possibilities offered by a longer life.



## WORKSHOPS

### Concurrent Session 1

#### *Choosing Housing in Retirement: Stories from Retirees*

10:00 am to 11:15 am, Windsor

Participants will learn first-hand about the various reasons that prompt one to consider senior housing, the ultimate factors that lead to choosing a specific senior housing option and advice for a more successful change. A brief overview of the types of senior housing will be provided, accompanied by a handout describing the various types and range of costs. Time will be available for questions from the audience. Housing options discussed include Assisted Living (Belmont Village), Village (Ashby Village), Co-housing (Phoenix Housing), and Continuing Care Retirement Community (Piedmont Gardens); Moderated by Barbara Byrd Cullinane, LCSW. Barbara has spent her 35 year career directing social services in not-for-profit, multi-level, rental-based retirement communities.

## ***Latest in Hearing Loss Care for Older Adults***

**10:00 am to 11:15 am, Forge**

A brief review of hearing loss, how this affects communication, resources available to deal with hearing loss, and recent changes in policies around hearing aids that are designed to decrease cost.

Margaret Wallhagen is a Professor of Gerontological Nursing and a Geriatric Nurse Practitioner in the School of Nursing at UCSF, Director of the UCSF John A. Hartford Center of Geriatric Nursing Excellence, and Chair of the Board of Trustees of the Hearing Loss Association of America. Dr. Wallhagen has conducted a number of research projects in gerontology and chronic care management; however, her more recent emphasis has been on the impact of hearing loss on older adults.

## ***What is Resilient Aging and How Do We Cultivate and Maintain It***

**10:00 am to 11:15 am, Ballroom**

In this highly interactive and practical session, participants will be guided through exercises and tools that reveal the presence of resilience in various sectors of our lives and the areas where some attention may be required. The objective is for participants to come away with a clear idea of the importance of resilience throughout our lives, and some pointers to action.

Michael Pearn, PhD, Co-Founder of Resilient Aging Lab LLC, has worked as an organizational psychologist for most of his career, consulting and teaching in many parts of the world. The last twenty years his work has focused on building resilience and well-being in individuals, teams, and whole organizations. He is the author or editor of eight books, the most recent being *Building Resilience for Success: A Practical Guide for Managers*. Currently, he is a Consulting Expert to the UCB Interdisciplinary Center for Healthy Workplaces.

## **Concurrent Session 2**

### ***Alzheimer's and Dementia Research: Where We Are and Where We're Going in Brain Health***

**1:30 pm to 2:45 pm, Windsor**

In this presentation, participants will learn about Alzheimer's disease and support services available. This includes the latest trends in research, including pharmacological and non-pharmacological interventions to improve care and reduce risks.

Claire Day is a Clinical Social Worker and Chief Program Officer at the Northern California and Northern Nevada Chapter of the Alzheimer's Association. As such, she oversees all clinical operations and service delivery throughout the Chapter's territory and all research initiatives. Prior to joining the Alzheimer's Association, she worked in the long-term care field as a patient and family advocate.

### ***Caregiving Journey: Perspectives from Retirees***

**1:30 pm to 2:45 pm, Forge**

Each caregiver has a journey. We have invited two caregivers to share their personal stories about the challenges and joys of caring for their loved one. Moderated by Linda Fodrini-Johnson, Licensed Family Therapist and Professional Certified Care Manager since 1984, founder of Eldercare Services, an elder care service provider serving the East Bay.

### ***What's Age Got to Do With It? Staying Fit as You Age***

**1:30 pm to 2:45 pm, Ballroom**

Come hear about what research says about the benefits of physical activity while you age. Learn about the World Health Organization guidelines for exercise and activity specific to aging, while discussing how you can fit these into your lifestyle to improve your health. Practice some simple yet effective balance and flexibility exercises you can take with you to build a more fit you.

Sharon L. Gorman, PT, DPTSc, is Professor of Physical Therapy at Samuel Merritt University. She is board certified by the American Board of Physical Therapy Specialties as a Geriatric Clinical Specialist and is a Distinguished Practitioner and Fellow of the National Academies of Practice. Dr. Gorman is also Chief Financial Officer of Hands for Global Health, a non-governmental charitable organization committed to empowering health professions students to take leadership roles in global health. She also serves as the President of the Academy of Acute Care Physical Therapy.

## Concurrent Session 3

### ***Go Wish: A Fun Conversation Starter on End-of-Life***

**3:15 pm to 4:00 pm, Tartan**

When we begin to talk about what matters at the end of life, what we soon discover is that we are actually talking about what matters most in life. Participate in this non-threatening, entertaining and interactive session, where you're invited to learn how to play the simple card game, Go Wish, which will leave you empowered and inspired to have meaningful conversations with the people you love. If you're on the competitive side, we guarantee the only way to lose the game is not to play!

Dawn M. Gross, MD, PhD, is an Associate Clinical Professor, UCSF Palliative Care Service, and Radio Host of Dying to Talk on KALW. Dr. Gross is dedicated to transforming the taboo around talking about death. Dr. Gross began practicing hospice after her father's death and subsequently joined the palliative care service at UCSF. Dr. Gross aims to inspire each of us to stay in a constant state of discovery about what is uniquely essential to us, to talk about it with the people we love, and to relentlessly pursue a healthcare system that is equally interested and curious to discover what these things are—to ensure that care that matters is the only thing delivered.

### ***Health After 50***

**3:15 pm to 4:00 pm, Ballroom**

Learn about the latest thinking on how to maintain your health as you age. This talk will present the science underpinning healthy living strategies and how you can work best with your physician.

John Swartzberg, MD, FACP is a Clinical Professor Emeritus of Medicine in the School of Public Health at UC Berkeley and UCSF School of Medicine. Dr. Swartzberg is also the Chair of the Editorial Board of *UC Berkeley Wellness Letter*, which, since 1984, reviews the latest research and clarifies the often conflicting and superficial health information presented by the popular media to put health news into perspective.

### ***Retirement & Philosophy***

**3:15 pm to 4:00 pm, Windsor**

Ever considered retirement from a philosophical (and a retired) point of view? Questions abound! Is one entitled or obliged to retire? Is it irrational to work harder in retirement than one did while employed? Is retirement the time to find meaning in human existence, or quit trying? Is there something wrong with you if you don't want to sit on the beach or go fishing? Consider these questions and more.

John Perry is the Henry Waldgrave Stuart Professor of Philosophy Emeritus at Stanford University. During his nearly forty-year career, Dr. Perry taught at UCLA, Stanford, UC Riverside and UC Berkeley, and retired from Stanford in 2008. He's written books on personal identity, the problem of evil, the philosophy of language and the philosophy of mind and, the most popular one, *The Art of Procrastination*. Professor Perry is also the co-creator and for thirteen years was the co-host, with Ken Taylor, of the public radio program *Philosophy Talk*.

## Conference Wrap Up

**4:00 pm to 4:15 pm, Ballroom**

# CONFERENCE SPONSORS\*

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For more information on our Retiree Associations visit [retirement.berkeley.edu/join](http://retirement.berkeley.edu/join)

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Tideswell at UCSF's Optimizing Aging Registry

Walnut Creek Village

## **CONTRIBUTING SUPPORTERS**

Aging in Community, Lynn Bailiff, Stan Boghosian, Dianne Crosby, Robert Davis, Darril Dela Torre, David Farrell, Mary Graham, John Gurule, Howard Hatayama, Janet Kodish, Robert Lane, Kevin Mann, Booker McClain, Guy Micco, P. David Pearson, David Patterson, Siv Sandler, and Gordon Wozniak.

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Voices of Belmont Village

*"The staff was able to see through Dad's dementia to recognize and appreciate his real personality."*

When the symptoms of dementia affect a loved one, it can be confusing and heartbreaking. Created in partnership with leading universities, Belmont Village memory programs help residents and family members focus on what is there — not what is lost. Through uniquely personalized care and research-based exercises and activities, our specially trained staff provides the structure and support you both need.

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