

September 10, 2022 • 10:00 am – 3:00 pm • University of Arizona HSIB

Talks at the Feast for Your Brain - Healthy Aging Community Engagement

10:30 am

Title: Precision Aging Network: Building Healthy Minds in Arizona.

Presenter: Carol Barnes, PhD

Regents' Professor, Psychology, Neurology and Neuroscience
Evelyn F. McKnight Chair for Learning and Memory in Aging
Director, Evelyn F. McKnight Brain Institute
Director, Division of Neural Systems, Memory and Aging
University of Arizona

In this talk, Dr. Barnes will describe the Precision Aging Network grant that is centered in Arizona. This will include: 1) explaining the overall goal of the grant - to understand how to optimize brain function to improve life quality at older ages; 2) how our studies can lead to customized solutions for achieving the goal of healthy minds for individuals; and 3) how the aging brain has tremendous potential to adapt in positive ways.

11:15 am

Title: Caring for Family, Friends, Neighbors, and You

Presenter: David Coon, PhD

Professor and Associate Dean of Research Initiatives, support and engagement, Edson College of Nursing and Health Innovation
Arizona State University

Come hear Dr. Coon's presentation on evidence-based strategies that you can tailor to help you and others work together to manage stress, reduce isolation, and enhance quality of life—all of which have linkages to key health outcomes including healthy minds for life.

12:00 noon

Title: Balance matters --- Tai Chi for Your Physical and Mental health

Presenter: Zhao Chen, PhD, MPH

Professor and Associate Dean for Research

Department Chair, Epidemiology and Biostatistics
Mel and Enid Zuckerman College of Public Health
University of Arizona

Join Dr. Chen to learn about research findings on the benefits of Tai Chi to your health; find out local Tai Chi classes and get a taste of Tai Chi following a Tai Chi instructor. Discover how you can engage in mind-body exercises at home, your backyard, at work and everywhere else for better health and wellbeing.

12:20 pm

Title: What is MindCrowd? What Has It Taught Us about the Aging Brain?

Presenter: Matt Huentelman, PhD

Professor, Neurogenomics Division
Scientific Director, Center for Rare Childhood Disorders
Head, Neurobehavioral Research Unit
The Translational Genomics Research Institute (TGen)

During Dr. Huentelman's presentation, he will share results from the MindCrowd project. Attendees will learn about the brain and the health, medical, and lifestyle factors that are linked with memory performance. Dr. Huentelman will also talk about how MindCrowd is helping to power the activities of the Precision Aging Network and how the entire team will help usher in the new era of studying the aging brain in a fully personalized manner.

1:10 pm

Title: Healthy Eating and Healthy Aging

Presenter: Tomas Nuno, PhD

Assistant Professor, Department of Epidemiology and Biostatistics
Mel and Enid Zuckerman College of Public Health
University of Arizona

In this talk, Dr. Tomas will provide tips for healthy eating across the lifespan. Following a nutritious diet is one of the best things you can do for your health as you age. He will discuss what is a nutritious diet, as sometimes dietary advice can be confusing or overwhelming. These tips may help you evaluate your eating in personal and social situations and find healthy changes to make.

1:40 pm

Title: We Want YOU! The Student Ambassador Program and PAN

Presenter: Amanda Sokan, PhD, MHA, LL. B

Assistant Professor, Department of Public Health Practice and
Translational Research
Mel and Enid Zuckerman College of Public Health
University of Arizona

This is a recruitment focused talk. Dr. Sokan will a) introduce the SAP to student members of the audience, b) explain its purpose and importance, and c) share the value - added for volunteers, both in contributing to the success of PAN mission, as well as to their own growth and development – both professionally and personally.

2:10 pm

Title: Healthy Aging and COVID-19: Lessons Learned from the Pandemic

Presenter: Kate Ellingson, PhD

Associate Professor, Department of Epidemiology and Biostatistics
Mel and Enid Zuckerman College of Public Health
University of Arizona

In this talk, Dr. Ellingson will summarize the latest trends in the pandemic and key issues that COVID-19 has presented for aging and caretaking. This will include: 1) a brief discussion epidemiologic trends and hybrid immunity at the population level; 2) dilemmas faced when weighing isolation and infection risk in the context of healthy aging; and 3) steps everyone can take to protect our communities moving forward.