

About the Videos

SAGE, by Nicole W. Brodsky, Ph.D. (Fanlight Productions)
This video was produced by a young woman filmmaker who has a deep respect and interest in learning more about the wisdom, experience, and creativity of some of our elders. She interviews and presents portraits of eight older adults who are active, engaged, and from diverse social and cultural backgrounds. Each continues to pursue lifetime interests, as well as some new ones. Brodsky also showcases some programs that foster creativity and engagement for older adults. Through her carefully crafted film she demonstrates a deep appreciation of the gifts of age. Using their own words and voices as they reflect on wisdom, creativity, meaning in life, these elders demonstrate that later life is still a time of creativity and contribution.

Comments from reviewers:
“The best film I have seen! Shows the valuable contributions seniors have to give and the critical impact that sharing their experience and wisdom can have on their lives and the lives of others.” Maria Henley, Director of Foster Grand-parents program, Catholic Charities.

“Nicole Brodsky portrays a deep understanding of what it is that is so fulfilling to both sides when younger folks remember the wisdom of our elder folks” Linda Emanuel, MD, Ph.D., Director of the Buehler Center on Aging, Northwestern University.

“Sage will spark discussion between the generations and will act as a catalyst for elder imagination and action” (Fanlight Productions)

The Open Road: America Looks at Aging, by Nina Gilden Seavey (PBS).
This film premiered on PBS in July 2005. It is intended to be a wake-up call to Baby Boomers and the rest of society regarding the personal and social issues and challenges that the 'impending retirement' of the many millions of Baby Boomers brings with it. It uses stories of individuals confronting various obstacles and pursuing different opportunities that arise from this stage of life to illustrate that the road is 'indeed wide open'. If the Boomers don't want to fall into their parents' retirement pattern, then they will have to create new ones. Society, too, needs to reframe its thinking about later life and retirement. All sectors of society... 'will have to change how they function to accommodate the healthiest, wealthiest, best-educated and most active generation of retirees in American history”. This film features a number of national leaders such as Marc Freedman, President of Civic Ventures and James Firman, President and CEO of the National Council on the Aging. The film is intended to be part of a call to a meaningful dialogue that needs to occur nationally and locally on the aging population. Locally we hope to engage a wider range of community members in that dialogue, and to contribute to thinking about ways to prepare and shape the changes that are sure to occur.

SECOND ANNUAL GERONTOLOGY CONFERENCE

“Creativity, Growth, And Social Transformation 20/20”

PERSONAL CONFERENCE PLANNER

TIME	SESSION	ROOM
9:00 am	Keynote: The Mature Mind	Loosemore Auditorium
10:45 am		
12:00 pm Noon	Lunch-Student Posters	Hager-Lubbers Hall
1:15 pm		
2:45 pm		
4:00 pm	Plenary: How To Know An Elder Friendly Community When You See It.	Loosemore Auditorium

SECOND ANNUAL GERONTOLOGY CONFERENCE

The Art And Science Of Aging:

“Creativity, Growth, And Social Transformation 20/20”

February 16, 2007 8:30 am until 5:00 pm

Sponsored By Grand Valley State University
Offices Of Grants & Administration
And GVSU Bookstore



LOOSEMORE AUDITORIUM & HAGER-LUBBERS EXHIBITION HALL

Richard M. DeVos Center
Grand Rapids Pew Campus
401 W. Fulton Avenue
Grand Rapids, Michigan 49504

Register online at www.gvsu.edu/gsga or call 616.331.7123

Attendees are welcome to participate in events throughout the day, or to come just for the event(s) of particular interest to them. Registration will be open prior to the opening session and at each break.

8:30 Registration/ Continental Breakfast/Coffee

9:00 Welcome and Opening (Loosemore Auditorium)
Priscilla Kimboko, Dean
Patricia Clark, GVSU Poet-in-Residence

Keynote: *The Mature Mind: The Positive Power & Creative Potential of the Aging Brain*

Dr. Gene Cohen, Ph.D., M.D., Author: *The Mature Mind* (2006) and *The Creative Age* (2001)

As noted by Donna Chavez, American Library Association on reviewing this new book, “Dr. Cohen has good news for the over-40 set: older brains can learn new things, and they are actually better than younger brains at many types of intellectual tasks. Recent studies show that the brain and mental capacity continue to grow throughout life. This development takes advantage of a lifetime of experiences as well as the emotional mellowing that occurs with advancing age and eventuates in the older brain processing information in a manner quite different from and in no way inferior to the way a young brain performs. He says that growing new brain cells is a lifelong phenomenon. He identifies four developmental phases of the mature brain—midlife reevaluation, liberation, summing up, and encore; cannily supplements his data with anecdotes; and all-in-all offers a shot in the arm to the hopes of millions who wish to remain vital to the end”.

Book Signing follows the keynote address and the audience questions & answers (GVSU University Bookstores co-sponsors this event), Hager-Lubber Exhibition Hall

Dr. Cohen's books, *The Mature Mind* and *The Creative Age*, will be available through the GVSU University Bookstore prior to the conference, for those who would like to purchase a copy and get it signed. The bookstore will also have books available for purchase in the bookstore prior to the event, to speed up the on-site book signing.

10:30 Break (Signing continues until 11:00)

10:45 Sessions

- 1) *Wisdom & Creativity in the Aging Populations*
“Wisdom What Makes Old Age Culturally Young”
Jing Chen, Ph.D. (Psychology)
Abstract:
Discussion of how the philosophical and cultural anthropological conceptualization of wisdom is placed in the context of psychological theory and methods, what has been learned from these psychological studies, and the socio-cultural implications of the acquisition and expression of human wisdom.

Kristen Jack

Kristen Jack, M.Ed., CHA, is an assistant professor for the Hospitality and Tourism Management program at Grand Valley State University. Prior to teaching, she had her own business for 2 years, developing training materials of a hotel company. Kristen was the General Manager of a downtown Grand Rapids hotel property. She graduate from GVSU with a degree in HTM and has held positions in the industry. She served as president of the Kent County Lodging Association and on the board of directors for the Grand Rapids/Kent County Convention and Visitors Bureau. She is currently seeking a Ph.D. in Education.

Kari Kensinger

Kari Kensinger, Ph.D., CTRS is an assistant professor of Therapeutic Recreation in the College of Health Professions at Grand Valley State University. Dr. Kensinger is a past president of the Michigan Therapeutic Recreation Association and has held numerous leadership roles within the American Therapeutic Recreation Association. She is interested in leisure behavior and the life course.

Paul McConaughy

Paul McConaughy, MA, is a program leader for the Michigan Nutrition Network within the Family and Consumer Sciences at Michigan State University Extension. He is also the co-chair of the Michigan Vital Aging Think Tank (MVATT), a broad, collaborative partnership working to help Michigan communities become more 'elder friendly', The MVATT, with support from MSU Extension, the State Advisory Council on Aging, the Office of Services to the Aging, the Michigan Department of Community Health and other partners from around the state, has helped develop an action plan to achieve the SAC's goals of becoming more involved in the Michigan Cool Cities Initiative, disseminating information on 'elder friendly' community initiatives in Michigan, creating a toolkit to share with local communities to help them implement local projects, developing new partnership to promote the report's objectives, and initiating a statewide recognition/award program to support the creation of elder friendly communities across the state.

Korrie Ottenwess

Korrie Ottenwess, MPA, is the Research Manager for the Community Research Institute, an arm of the Dorothy Johnson Center for Philanthropy and Non-Profit Leadership at Grand Valley State University, where she play an active role in conducting original research studies, as well as secondary analysis of existing data sets and program evaluation activities. She played a key role in the conduct and analysis of the Creating a Community for a Lifetime survey data, using the standardized AdvantAge survey. This initiative was under the sponsorship of the Grand Rapids Community Foundation and the Area Agency on Aging of Western Michigan. These data served as the basis for further analysis and development of recommendations for further action to make the Kent County region into an 'elder friendly' community.

Jan Roy

Jan Roy, MSHR, CMP, is a visiting assistant professor in Hospitality and Tourism Management, with over 25 years experience at Chicago hospitality organizations: 5-star Hotel Sofitel, Sheraton International Hotel O-Hare, Chicago Convention & Tourism Bureau, and Metropolitan Pier & Exposition Authority. She is active in national hospitality associations and serves on committees for Society of Government Meeting Professionals, the national Coalition of Black Meeting Planners, and is a past board member of the Meeting Professionals International Chicago Chapter. Roy's interest is in leadership styles in lodging, tourism and destination management organizations. She holds a BS in Hospitality Management, and MS in Human Resource Management & Development, and is currently completing a Ph.D. in Organizational Leadership.

Paul Stansbie

Paul Stansbie, MBA, holds his undergraduate degree in Hospitality Management from Southern New Hampshire University and his MBA from University of Nottingham, England. He currently serves an as assistant professor of Hospitality and Tourism Management, joining GVSU after 9 years as a senior lecturer in Operations Management at the Birmingham (England) College of Food, Tourism & Creative Studies. He has experience teaching at both undergraduate and graduate levels in England, Hong Kong, and the Maldiv Islands. Prior to his academic career, Paul worked for many years for Marriott Hotels and Six Continents in both the US and UK, holding a variety of managerial positions. His experiences have ranged from opening and re-branding hotel restaurants to the recruitment, training and implementation of systems at Jacobs Field, the home of the Cleveland Indians baseball franchise.

Gene Cohen

Gene D. Cohen, M.D., Ph.D. is the first Director of the *Center on Aging, Health & Humanities* (established 1994) at George Washington University (GW), where he also holds the positions of Professor of Health Care Sciences and Professor of Psychiatry and Behavioral Sciences. In addition, he is the founding Director of a think tank on aging-the *Washington, DC Center On Aging* (established 1994). He is also Past-President (1996-1997) of the Gerontological Society of America. During 1991-1993, he served as Acting Director of the National Institute on Aging (NIA) at the National Institutes of Health (NIH). Before coming to NIA, Dr. Cohen served as the first Chief of the Center on Aging of the National Institute of Mental Health-the first federal center on mental health and aging established in any country. In addition, he also coordinated the Department of Health and Human Services' planning and programs on Alzheimer's disease, through the efforts of the Department's Council and Panel on Alzheimer's Disease. During his tenure with the federal government, he received the Public Health Service (PHS) Distinguished Service Medal (the highest honor of the PHS). Dr. Cohen is a graduate of Harvard College (with Honors) and the Georgetown University School of Medicine and has a doctorate in Gerontology from The Union Institute. He is also the author of more than 150 publications in the field of aging, including several edited text books and his individually authored book *The Brain In Human Aging*. He completed a major new book on creativity and aging written for the general public, published in 2000 by Harper Collins/ Avon Books (*The Creative Age: Awakening Human Potential in the Second Half of Life*); the paperback version and Japanese translation were released in 2001. His new book, *The Mature Mind: The Positive Power of the Aging Brain*, was released by Basic Books in January 2006.



Patricia Clark

Patricia Clark is Professor and Poet-in-Residence at Grand Valley State University, author of *My Father on a Bicycle* and *North of Wondering*, and her poems have appeared in places such as The Atlantic Monthly, Poetry Magazine, Slate, New England Review, Stand, and Arts & Letters. Clark was the 2nd prize winner in the 2005 *Pablo Neruda Prize* from Nimrod International Journal, was one of seven national winners of the *Fine Lines Poetry Contest*, and is a 2003 recipient of a Creative Artist Grant from ArtServe Michigan. As the poet laureate of Grand Rapids, she leads workshops and gives readings, most recently at the Library of Congress in its noon reading series. Her books will be available for the book signing as well.

Mihaela Friedlmeier

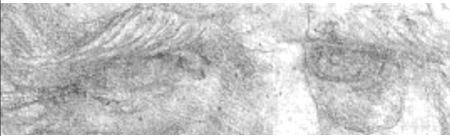
Mihaela Friedlmeier, Ph.D., is Visiting professor of Psychology at Grand Valley State University and Research Project Coordinators for an international study on the Value of Children and Intergenerational Relationships. In her recently completed doctoral dissertation she studied *Intergenerational Relations in Times of Social Change*. She earned her master's degree from Al.-I. Cuza University (Romania) and her doctoral degree from University of Konstanz (Germany).

Wolfgang Friedlmeier

Wolfgang Friedlmeier, Ph.D., brings a long record of international, intercultural research to his role as Assistant Professor of Psychology at Grand Valley State University. He is also the Principal Investigator on the German-funded research project, *Value of Children and Intergenerational Relationships*, currently underway in Grand Rapids. His work includes research on the *Adolescents value of children and its relation with their future family planning*, as well as comparative work on caregivers and development. He is also co-author of two recently published books: *Development of Emotions and Emotion Regulation* (Springer, 2006), and *Culture and Human Development: The importance of cross-cultural research for social sciences* (Hove, UK: Psychology Press, 2005)

Heather Gibson

Heather Gibson, Ph.D. is an associate professor in the department of Tourism, Recreation and Sport Management at the University of Florida. Her areas of expertise include sociology of sport and leisure, sport tourism, and leisure and aging.



Jann-Huei Jinn

Jann-Huei Jinn, Ph.D., is a Professor of Statistics at Grand Valley State University. He is also an active member of the Board of The Asian Center and has been instrumental in efforts to assess the needs of this growing community in West Michigan. Dr. Jinn earned his BS degree from National Chengchi University (China).

Creativity at any Age (Addressed to all audiences)

Patricia Clark, Ph.D. (Writing)

Abstract:

Find joy in learning how to see in a fresh way and then put your experiences & memories into words. We'll discuss the elements of writing poetry to mine memories and current experiences. The focus is on seeing, and then writing with sensory details and specific details. The session will look at some poetry models, and participants will do a free write in practice for their OWN writing of poetry. Participants could take ideas from this session to conduct workshops of their own OR to continue writing on their own. Handouts will include lists of books about writing and creativity as well as some poetry handouts.

2) *Supporting Elders*

Acquiescence as a Form of Social Support Among Frail Elders

Cynthia Beel-Bates, Ph.D. (Nursing)

Abstract:

As people age, the opportunity to provide support to others becomes increasingly limited. The purpose of this study was to explore the perceptions of social support of the oldest-old who live in assisted living, and examine patterns of social support provided by them n relation to family and professional caregivers. Participants will learn/understand/be able to: 1) define acquiescence/deference and explore the contributions of social relationships to psychosocial well-being; 2) describe how the oldest old in assisted living use four forms of deference to provide support to families and staff.

Healing Bittersweet Legacies During Treatment of Grandparenting Families

Marcia D. Brown-Standridge, MSW, Ph.D., Adjunct Professor, Aquinas College

Abstract:

An aging population of Grandparenting families is burgeoning, trying to compensate for a missing parent generation either because of adult children's drug or alcohol dependence, incarceration or abandonment. These families embed bittersweet legacies too burdensome for raising children that must be healed. This session will discuss treatment issues the immediate crisis in historical context.

3) **Video Screening: SAGE**

In their own words and voices, thoughtful elders reflect on the process of growing older, the meaning of wisdom, and the importance of making a contribution...a tribute to the gifts of age and a demonstration that later life can and should be a time of burgeoning creative freedom and possibility. ...” (Fanlight Productions)

12:00 **Noon Lunch Break** (Box Lunches) (Hager-Lubbers Exhibition Hall)

Viewing Student Posters

Students Papers from Nursing, Psychology, Sociology, Therapeutic Recreation

See Program Insert

1:15 **Sessions**

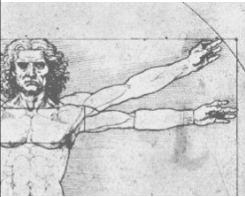
1) *Intergenerational Family Supports & the Elderly*

“Reciprocal Perception of Adult Daughter-Mother Relationships and its Effects on Support”

Mihaela Friedlmeier, Ph.D. (Psychology)

Abstract:

Presents the results of research that reveals the lack of congruence between adult daughters and their mothers regarding their relationship and the effect on reciprocal support. Mid-aged adult women living in the Grand Rapids area and their mothers were interviewed as part of a cross-cultural project.



Adult Daughters’ Readiness to Support their Elderly Parents

Wolfgang Friedlmeier, Ph.D. (Psychology)

Abstract:

Presents research results that tested whether: 1) the exchange of support depends on the quality of relationship between parents and adult children and 2) perceived reciprocity increases the quality of their relationship, based on interviews with mid-aged adult women living in the Grand Rapids area.

2) Leisure for the Elderly

Leisure and Sport for Older Adults: Implications for the New Millennium

Kari Kensinger, Ph.D., CTRS (Therapeutic Recreation) and **Heather Gibson** (Department of Tourism, Recreation and Sport Management, University of Florida)

Abstract:

It has long been acknowledged that there is a relationship between life satisfaction and leisure participation. This presentation will address recent trends associated with the leisure lifestyles of older adults. Specific Trends associated with involvement in sports organizations and social clubs (e.g. Red Hat Society) will be emphasized.

Sustaining and Developing an Aging Hospitality and Tourism Workforce while Accommodating Guests in the Pursuit of Activity-Based Tourism Experiences

Kristen Jack, M.Ed., Paul Stansbie, MBA, and Jan Roy, M.S. H.R. (Hospitality/Tourism)

Abstract:

Hospitality and tourism graduates require special skills and competencies to lead the multi-million dollar organizations of the future, while facing challenges associated with sustaining and developing an aging workforce. Additionally, on the demand side, baby boomers are savvy consumer who have benefitted from advancements in healthcare, increasingly more leisure time and discretionary funds, and have higher expectations from their tourism experiences. These characteristics are fueling growth in niche sectors that cater to activity-based tourism experiences.

3) Video Screening: The Open Road: America Looks at Aging

'a film to help people start thinking, talking, and planning [about what lies ahead], help Boomers challenge our parents' paradigm of retirement, and shift how society thinks about retirement and aging...a catalyst for a meaningful dialogue about aging within our community...

2:30 Break (Refreshments)

2:45 Sessions

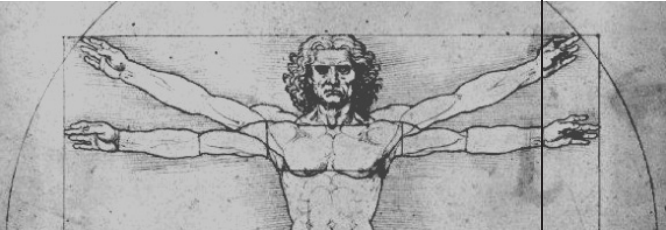
1) Creating Community for The Aging Demographic Realities

Creating Community for a Lifetime: What do we know about the perspectives of elders in Kent County?

Korrie Ottenwess, MPA; Dorothy Johnson Center for Philanthropy & Nonprofit Leadership Community Research Institute (GRCF/AAAWM initiative)

Abstract:

In support of the Grand Rapids Creating a Community for a Lifetime project, co-sponsored by the Grand Rapids Community Foundation and the Area Agency on Aging of Western Michigan, the Community Research Institute undertook an assessment, called the AdvantAge Initiative, to assess aging in Kent County. In this session we will present highlights from that 'asset-based' survey of seniors in Kent County, to describe areas of strength and areas for improvement in our local community.



Statistics and Concerns of Asian Aged People

Douglas Chung (Social Work) and **Jann-Huei Jinn** (Statistics)

Abstract:

Focus is on the needs of Asian elders living in the greater Grand Rapids area, as found in a recent survey.

2) Video Screening: SAGE (Repeat Session)

4:00 Closing Plenary: Open to the Public (Loosemore Auditorium)

Paul McConaughy, Co-Chair, Michigan Vital Aging Think Tank

How to Know an Elderly Friendly Community When You See It?

Being 'elder friendly' means a community has a set of assets in place that have been shown to improve the lives of seniors. Michigan's State Advisory Council on Aging concluded in 2004 that there are six interdependent factors that make a community 'elder friendly': 'walkability', supportive community systems, access to health care, safety and security, housing and transportation. They also emphasized the importance of a wellness rather than an illness perspective. This session will describe how the Michigan Vital Aging Think Tank has taken these concepts and developed a program to assist communities throughout Michigan in achieving an 'elder friendly' designation.

About Our Presenters

Cynthia Beel-Bates

Cynthia Beel-Bates, Ph.D., has 25 years experience as a nurse administrator and researcher. Her research has focused on Alzheimer's Disease and its implications for the care of the cognitively-impaired in nursing homes and community care settings. Joining GVSU in 2004 as an associate professor, she helped implement the Longitudinal Elder Initiative (LEI) in which bachelor-level nursing students are paired with community-residing elders as one part of their clinical rotations throughout their nursing program.

Marcia D. Brown-Standridge

Marcia Brown-Standridge, Ph.D., has applied her cross-disciplinary expertise in social work and marriage and family therapy in academic and community practice settings. Her award winning work on brief marital therapy interventions and 'task intervention' has been widely published and recognized. She served as program director of two marriage and family therapy programs, first at Texas Tech, then more recently at Indiana State. Currently she is teaching as an adjunct professor of social work at Aquinas College and pursuing a practice at St. John's United Church of Christ, to form the first Relationship Center and Family Institute in Grand Rapids. Her recent publications focus on alternative treatment strategies for grandparents involved in raising children.

Jing Chen

Jing Chen, Ph.D., is an associate professor of Psychology at Grand Valley State University, specializing in the study of memory in its many forms. She has studied the effects of development on processing speed and working memory in verbal and visio-spatial domains and has published and presented widely on these topics. More recently she has begun to focus on the constructive nature of memory and the influence of culture and experience on autobiographical memories across the life span. She earned a BA/BS degree from Beijing Normal University (China) and her Ph.D. from Washing University (MO).

Douglas Chung

Douglas Chung, MPA, MSW, Ph.D., is a professor of Social Work at Grand Valley State University. He earned his BA from Soochow University (China). His work on Chi Gong and its value in social work practice has been widely published and presented. As the founding member of The Asian Center, he has been active in reaching out to older Asian adults and assessing their concerns and needs.