

20TH ANNIVERSARY



20TH ANNUAL ART & SCIENCE OF AGING CONFERENCE HEALTHY AGING THROUGH EDUCATION & TECHNOLOGY

FRIDAY, FEBRUARY 28, 2025 | 8:15 AM - 3:30 PM



GRAND VALLEY
STATE UNIVERSITY



Grand Valley State University | Richard M. DeVos Center
401 W. Fulton Street | Building E | Grand Rapids, MI 49504
www.GVSU.edu/AgingConference | Facebook | Twitter



About the Art & Science of Aging Conference

The GVSU Art and Science of Aging Conference is an educational event dedicated to broadening the dialogue on aging in West Michigan. The Conference provides a forum for professionals and community members to gain new knowledge and skills derived from multidisciplinary research and evidence-based best practices on healthy aging. In addition, it shines attention on important local resources and strategies for optimizing the later life trajectory. We are committed to preparing individuals and professionals in our community for the surging growth of older adults. This is a vital need in our society and our community as the entire society seeks to adapt and change to best support the optimal aging of all of us!

CONFERENCE STRUCTURE:

Each year the conference centers on a different theme - a current and timely topic. A nationally recognized expert on this topic is featured as a keynote speaker, providing up-to-date research and best practices on the theme topic. All speakers skillfully translate related research and best practices into personal and professional strategies to enhance the lives of older adults.

This annual event is held on the last Friday in February each year and is now planned for our 20th year. After an opening keynote session, the conference offers many 1-hour long workshops for attendees, in which knowledgeable and skilled faculty and practitioners provide more specific information on aging-related topics. Both health professionals, other professionals who interact with older adults in their service role, and older adults themselves can learn and enrich their knowledge and skills from the workshops. Each conference closes with a plenary session that engages all the participants in a lively and experiential learning activity.

In addition, the conference has college students discuss the results of their research on aging topics presented both in a brief oral presentation and in a poster format with conference attendees. We have sponsor information and resource display tables available to attendees.

This one-day event starts at 8:45 am, includes lunch, and ends at 3:10 pm. Held in the GVSU Richard M. DeVos Center at 401 W. Fulton, with Hager-Lubbers Exhibition Hall, Loosemore Auditorium, and adjacent spaces and classrooms. Participants enjoy a continental breakfast, box lunches, and morning and afternoon refreshments and beverages, coupled with opportunities for networking and learning from sponsor exhibits and resource displays. Senior Neighbors will offer a shuttle bus service from the conference parking in the Fulton lot to the GVSU DeVos Center conference facilities in Building E. This year Meals on Wheels of Western Michigan will provide box lunches and salads for the attendees.

ACKNOWLEDGMENT

The annual Art & Science of Aging Conference is sponsored by Grand Valley State University in partnership with sponsors from across GVSU and the community. Our lead sponsor this year is Reliance Community Care Partners.

Special thanks go to the following individuals who have actively participated in the Aging Conference Planning Committee:

- Anna Hammersmith – GVSU - Sociology
- Ashley McKnight – GVSU - Occupational Therapy
- Chad Sutcliffe – GVSU - Allied Health Sciences
- Dawn DeVries – GVSU - Therapeutic Recreation
- Jan Amato – Emmanuel Hospice
- Jane Royer – Age-Friendly Grand Rapids
- Jean Kubizewski – Forest Hills Senior Services
- Jennifer Feuerstein – AARP
- Jing Chen – GVSU - Psychology
- John Capidilupo – GVSU - Biomedical Sciences
- Julie Lake – Senior Neighbors
- Julie Bekius – GVSU - KCON
- Katie Scheuerle – GVSU - Social Work
- Kendrick Heinlein – Area Agency on Aging of Western Michigan
- Kurt Boeve, CFO – Meals on Wheels of Western Michigan
- Laura Armenta – Armentality Movement Arts Center
- Priscilla Kimboko – GVSU - SCLD
- Raymond Higbea – GVSU - SCLD
- Ashmita Dhaka – GVSU - GA SCLD
- Protiva Talukdah – GVSU - GA SCLD
- Sarah Joseph – GVSU - Libraries
- Sherry Moyer – GVSU - SCLD
- Steve Velzen-Haner – Reliance Community Care Partners
- Tom Muszynski – Care Resources PACE

KEYNOTE SPEAKER

Hahn Brown, CEO AI50

Hanh Brown graduated from Michigan State University with a degree in mechanical engineering. She also completed the “AI Fundamentals for Non-Data Scientists” course at the Wharton School of Business. She worked at GM for a long time in the Corvette Mechanical Engineering department. Currently, she is the CEO of AI50, in partnership with Azure AI and OpenAI Enterprise.

At AI50, Hanh Brown’s unique combination of performance integration experience and AI specialization drives the development of practical, accessible solutions for the 50+ demographic through AI50’s AgeUp platform. Informed by personal experience caring for family members with Parkinson’s and dementia, she translates complex AI capabilities into tangible tools that address real-world aging challenges, focusing on enhanced independence and quality of life.



CONFERENCE PROGRAM DETAIL

8:15 AM - 8:40 AM **Lubbers Exhibition Hall**

Check-in at Registration Table (pick up name tags and conference packet)
Check in for CEUs (if applicable)
Continental Breakfast
Sponsor Displays

8:45 AM - 9:00 AM **Loosemore Auditorium**

OPENING SESSION:

WELCOME by

Priscilla Kimboko, GVSU

Steve Velzen-Haner, CEO, RELIANCE COMMUNITY CARE PARTNERS

INTRODUCTION to program details

INTRODUCTION to Keynote Speaker

9:00 AM - 10:00 AMLoosemore Auditorium

KEYNOTE SPEAKER:

Hahn Brown, CEO AI50



Embracing AI: A Fresh Approach to Healthy Aging

Ms. Brown will highlight the significant impact that AI technologies have on enhancing daily care for individuals over 50, showcasing how elderly care can be transformed through applications like AI Agents for routine activities, Agentic AI for health tracking, Multimodal AI for communication assistance, and Generative AI for internet-related tasks. Leveraged by engineering knowledge and caregiving insights, key issues such as privacy, ease of use, and accessibility are addressed, complemented by live demonstrations that illustrate how complex tasks are simplified and care delivery is enhanced by these tools. She will conclude with actionable steps for integrating AI into care environments, featuring a 30-day implementation guide and a checklist to ensure these technologies uphold dignity while fostering independence.

10:00 - 10:10 AM

BREAK

10:10 - 11:10 AM

MORNING BREAKOUTS (M)

M1DEV 136E

Presenter:

Tom Alaimo, MBA, Founder, LifeStory Connection and Consultant, Senior Living Industry

Starting as an HR professional at Atria Senior Living, Tom Alaimo transitioned to Quality Assurance, conducting mock surveys and ensuring compliance. Later, as VP of Memory Care Operations, he developed impactful training for dementia care, including a “Virtual Dining Experience” for Culinary Directors. He co-authored a dementia music program that received the “Elevate Award” from the California Assisted Living Association. In 2018, as VP of Life Enrichment & Memory Care at Trilogy Health Services, he contributed to the design and launch of the BFF Memory Care Program. In 2022, he became an independent consultant and founded LifeStory Connection™, a software application focused on supporting person-centered dementia care



Session Title:

The Benefits of Knowing a Person’s Life Story in a Dementia Care Setting

Knowing and using a person’s Life Story is a key element of quality dementia care programs and helps to facilitate person-centered care. This presentation will highlight those benefits and guide dementia care professionals through the life story development process. It’ll emphasize the importance of working closely with families and remaining transparent. The presentation will be informative and offer insight from

creating a life story outline to utilizing life stories to improve relationships, build trust, foster cooperation, and improve success with engagement and personal care.

M2Loosemore Auditorium

Presenters:

Liz Barnett, BSW: Outreach Specialist w/Area Agency on Aging of Western Michigan For three years, Liz has served as Outreach Specialist with the Area Agency on Aging of Western Michigan, promoting senior services and advocating for aging in place with dignity. Her role includes presentations, media appearances, and facility visits to connect with those invested in senior care.

Veronica Horsley-Pettigrew, MSW: Outreach Marketing Specialist, Care Resources PACE

Veronica has worked in the senior care community for many years and brings both experience and wisdom to this conversation, both professionally and personally Emily Armstrong, AAAM, Director of Communications Emily brings a unique history of marketing and public relations and is now using those skills to inform and educate older adults and the community about services and programs.

Lindsay Mohr, MSW: Community Liaison, Reliance Community Care Partners

Lindsay has been working in the senior care community with a very large agency and brings both experience and wisdom to this conversation both professionally and personally.



Session Title:

There's No Place Like Home: Understanding Long Term Care - the Big Picture

Aging in place and long-term care are hot topics! Conversations swirl around the aging “boomer” generation, funding for care, dignity in aging, and a pressing need to understand what is available to help. federal and state tax dollars have been set aside to assist with long-term care, but understanding HOW it all works, WHO provides services, and how it all works together can be very challenging. Three big agencies in the area will present on long-term care options. Join the Area Agency on Aging of Western Michigan, Reliance Community Care Partners, and Care Resources PACE to understand how cooperation, rather than competition, can make “aging in place” more than just a catchphrase.

M3DEV 119E

Presenter:

Susie Marsh, LBSW: Professional Organizer/Social Worker

Susie, the owner of Susie's Organization Solutions LLC in Wayland, MI, is a licensed social worker specializing in

**Aging is not lost youth but a
new stage of opportunity.**





Don't be afraid to start over again. This time, you're not starting from scratch, you're starting from experience.

chronic disorganization with over 17 years in the organizing industry. She holds certifications in Aging, ADHD, Hoarding, and Life Transitions and has been a NAPO National member since 2008. She is actively involved in her community and professional networks, supports older adults, serves on local committees, and has been featured in multiple media outlets, including Hoarders: Family Secrets



Session Title:

Organizing for Older Adults: Tips & Strategies

Organizing challenges and needs specific to older adults will be presented, emphasizing disorganization types, chronic disorganization challenges, and strategies and tips for organizing, including using technology and tools of trade.

M4DEV 138E

Student Research Presentations (oral)

Niam Abooalsaman, Ethan Fulton; Sydnie Greene; & Jack Miller, Biomedical Sciences

Communication Strategies and Health Literacy for Patients Diagnosed with Age-Related Macular Degeneration (AMD): A Scoping Review

Katherine Brennen, Nursing, Sophomore

Impact of the Intergenerational Co-mentoring Program at GVSU on Older Adults

Khoudia Fall, Public Administration, Graduate

Dieticians' Reliance on Artificial Intelligence to Deliver Personalized Meal and Dining Experiences in Senior Living Communities

Sam Brundin & Miles Lou, East Grand Rapids High School, Junior

Capturing the Life Stories of Older Adults

Thomas Johnstone, Social Work and Legal Studies, Senior

Aging, HIV, and Mental Health

Aeryn Kesting, Psychology, Senior

The Benefits of Intergenerational Interaction

**11:10 - 11:20 AM
BREAK**

11:20 AM - 12:20 PM.....Loosemore Auditorium



Presenter:

Priscilla J Kimboko, PhD Urban Studies, **BS** Anthropology, Portland State University,

Professor, Public, Nonprofit & Health Administration & Coordinator, Art & Science of Aging Conference.

Priscilla Kimboko has more than 40 years experience working in the aging field, as a researcher, consultant, educator, administrator in university and community settings and as an administrator in higher education. Her work spans four universities and three states with the longer stints being in Colorado and Michigan. Throughout her career she has partnered with local community, state and national

organizations in the aging network to carry out research, provide professional development education, and to serve as a board member in a wide range of organizations - from local community college gerontology programs, area agencies on aging, residential care facilities and retirement communities, to the National Council on Aging's prior National Institute on Community-Based Long Term Care. Together with partners within GVSU and across the west Michigan aging services system she was instrumental in developing and growing the annual Art & Science of Aging Conference. More recently she has partnered with a colleague and AARP to initiate the intergenerational program, Grand Connections.



Session Title:

Celebrating HEALTHY AGING Education: 20 Years & Counting!

This session will review the mission and vision for the Art & Science of Aging Conference. For example, the need to combat ageism and promote positive steps that can be taken to enhance the health span and quality of later life. Focus on a proactive, self-aware, and empowering view of aging; Draw on evidence-based approaches to address issues that older adults encounter. It will draw on the themes for the Conference for the past 20 years to illustrate the wide range of topics that have been covered - including physical, cognitive, mental, emotional, social, financial, legal, and other dimensions of later life. It will highlight the high caliber of experts featured from across the country such as Dr. Gene Cohen, Molly Mettler, Ashton Applewhite, Dr. Tom Perls, Dr. Leslie Martin, Dr. Tracey Gendron, Dr. It will summarize critical lessons learned about healthy aging: expanding the healthspan and quality of life of older adults, and promoting the positive roles that can be played by older adults in our communities and society at large.

12:20 - 1:00 PMHager Lubbers Exhibition Hall

LUNCH - additional seating in Gordon Gallery & Regency Room

Box lunches Provided by **MEALS ON WHEELS OF WESTERN MICHIGAN**

Student Research PostersWest Hallway

Sponsor DisplaysExhibition Hall

**SHARE YOUR EXPERIENCE AT THIS YEAR'S CONFERENCE VIA YOUR SOCIAL MEDIA
AND BE SURE TO JOIN US ON OUR SOCIAL MEDIA LING**

★Gift Certificates for the First 5 Social Media Posts!

1:00 - 2:00 PM

AFTERNOON SESSIONS (A)

A1Loosemore Auditorium

Presenters:

Chris Simons, BS, CTRS

Chris is an experienced professional with a strong background in dementia care and life enrichment services. She is the Former Director of Dementia and Life Enrichment Services at Clark Retirement Community.; co-owner of an adult foster care home specializing in care for individuals living with dementia; and a dedicated educator and facilitator, leading support groups and dementia education initiatives.

Joy Spahn, MPA

Joy is an experienced and dedicated healthcare leader with over 14 years of service as the Regional Director at the Alzheimer's Association Michigan Chapter, leading initiatives to improve the quality of care and support for individuals with Alzheimer's and other dementias. She has a proven track record in program development, team leadership, and community outreach. She is skilled in behavioral science, healthcare administration, and gerontology, with a deep passion for improving the lives of older adults.



Session Title:

A Call to Action: Transforming Life with Dementia

Join the National Council of Dementia Minds, the first national nonprofit organization founded and governed by persons living with dementia, for an engaging session that unveils groundbreaking insights from our latest report, "Transforming Life with Dementia"; This report, developed by individuals living with dementia, serves as a powerful call to action, highlighting our lived experiences and needs. In this session, we will explore pivotal findings that address the journey from diagnosis through the critical first year of living with dementia. Participants will gain a deeper understanding of the essential supports and services required to enhance quality of life, promote well-being, and optimize health outcomes. This is not just a discussion; it is a call to action for everyone involved in dementia care. Together, we can redefine the landscape of support for individuals living with

A little gray hair is a small price to pay for all this accumulated wisdom.

dementia. Don't miss this opportunity to contribute to a transformative initiative. Join us as we work to revolutionize life with dementia! Teaching Methods: Video presentation featuring persons living with dementia, panel discussion (panel will be persons living with dementia), questions and answer.



A2DEV 119E

Emily J. Lenneman, BBA: Staff Operations Specialist, Federal Bureau of Investigation

Emily J. Lenneman, a Michigan native and Baker College graduate, is a Staff Operations Specialist for the FBI in Lansing. With 25 years in the Department of Justice, she supports FBI investigations through tactical analysis and strategy development and aids community outreach efforts focused on career education and fraud prevention.



Session Title

FBI: Fighting Fraud Together

Learn about fighting fraud through prevention and awareness. Fraud affects people of all ages, from 9 to 99. Join FBI Staff Operation Specialist Emily J. Lenneman for a rundown on the latest dangers and fraud schemes and how to

keep yourself and your finances safe from harm. After the presentation, the floor will be open for a Q&A session.

A3DEV 136E

Presenters:

Jing Chen, PhD: Professor of Psychology, GVSU

Dr. Chen is a psychology professor who has been teaching developmental courses at GVSU since 1999. Her recent research involves in studying predictors of early developmental outcomes and impacts of intergenerational interactions. She is the faculty coordinator of an intergenerational mentoring program - Grand Connections (<https://www.gvsu.edu/grandconnections/>), and the faculty advisor for a student club on aging (SAGE - Students for Aging and Gerontology Enrichment).

Barbara Ziemann, MA : Retired, Grand Connections Coordinator, AARP volunteer

After a long career in communications, Barbara Ziemann found her perfect retirement job as an adjunct professor at Grand Valley State University. Though she quit teaching when pandemic hit, she has maintained her relationship with GVSU through the Grand Connections program that her late husband, John, helped begin in 2021 as a partnership between AARP and the University. Barb has been an active participant in this program working with SAGE

(Students for Aging and Gerontology Enrichment) and serving three times as a mentor for students in Dr. Jing Chen's Perspectives on Aging class.

Paul Valva, MBA, MS Environmental Science

Realtor since 1986 with the Valva Realty Company, Oakland, CA. Currently a Realtor with Valva Realty in Oakland and a self-employed Realtor in Grand Rapids

Paul has a deep interest in climate change, environmental issues, human psychology, and mental health, focusing on the challenges of changing entrenched beliefs and values. An active mentor with the Grand Connections program, he guides GVSU students in critically evaluating information and preparing for the future impacts of climate change. With training from Al Gore, Paul served as District Manager of The Climate Reality Project on the West Coast from 2006 to 2010, delivering over 100 presentations on climate change to thousands of people. Through mentoring, he reassures students that previous generations have faced significant challenges, imparting resilience and wisdom for future generations.

Paul Buth, BBA: Retired, volunteer at schools, and member of Grand Connections

Paul is retired after a 50-year career at United Parcel Service. He has been an active member of the Grand Connections program and an active participant with SAGE (Students for Aging and Gerontology Enrichment Club) for the past three years. Paul has also been mentoring students from classes such as Perspectives on Aging and Lifespan Development. He values interactions with students as it helps him to have a pulse on life challenges for students and can offer his experiences, which might be helpful to the students.



Session Title:

Staying Engaged and Finding Purpose through Mentoring and Interacting with College Students

Age-related segregation limits the sharing of knowledge and wisdom between generations, perpetuating ageism and negatively impacting the health of older adults. However, intergenerational programs have shown promise in reducing negative stereotypes and enhancing well-being for both young and old. The Grand Connections program, for instance, has successfully linked older adults with GVSU students, fostering mutual benefits through mentoring and joint activities with the SAGE student club. In an upcoming panel discussion, three active members of Grand Connections will share their experiences and discuss the positive impacts of these intergenerational engagements, encouraging more people to help bridge the generational divide.

A4DEV 138E

Presenter:

Sabrina Minarik, MPA: Contract Administrator and DEI Advisor at AAAWM

Sabrina Minarik is a passionate nonprofit professional who earned her undergraduate degree in interdisciplinary studies and psychology from Michigan State University and a master's degree in public administration from Grand Valley State University. She worked in child welfare for seven years before transitioning to the opposite end of the spectrum, where her

focus is now on serving older adults as a Contract Administrator and DEI Advisor for the Area Agency on Aging of Western Michigan. Throughout her career, the one thing that remains consistent is her passion for advocacy and empowerment for individuals in underserved and marginalized communities. In her free time you will find her in East Lansing cheering on the Spartans with her kids, grooving to music, and getting involved in ways to make the world a better place.



Session Title:

Putting the Pride in Aging - Understanding Disparities and Building an Inclusive Community for LGBTQ+ Seniors

LGBTQ+ seniors represent a marginalized yet growing demographic with unique needs and experiences shaped by a lifetime of societal discrimination and systemic inequities. This session will explore the disparities impacting LGBTQ+ seniors, including access to healthcare, financial insecurity and housing discrimination among others. Participants will gain insights into the barriers faced by LGBTQ+ seniors and explore strategies to foster an inclusive and affirming community. Key topics include building supportive networks, promoting access to LGBTQ+-friendly resources, and advocating for policy changes that address inequities in care and services. Through a mix of media, data analysis, and interactive discussion, attendees will learn how to create an environment that uplifts and honors the diversity and dignity of LGBTQ+ older adults. By understanding the unique experiences of this population, we can collectively work toward eliminating disparities and fostering a future where every senior is supported in aging with pride, resilience, and community. This session is ideal for anyone seeking to deepen their understanding of LGBTQ+ aging and champion inclusivity in practice and policy.

**2:00 - 2:10 PM
BREAK**

**2:10 - 3:10 PM
CLOSING SESSION.....LOOSEMORE**

Presenter/Facilitator:

Priscilla Kimboko, PhD: Professor, Public, Nonprofit, Health Administration & Coordinator, Art & Science of Aging Conference.

Priscilla Kimboko has more than 40 years' experience working in the aging field, as a researcher, consultant, educator, administrator in university and community settings and as an administrator in higher education. Her work spans four universities and three states with the longer stints being in Colorado and Michigan. Throughout her career she has partnered with community, state and national organizations in the aging network to carry out research, provide professional development education, and to serve as a board member in a wide range of organizations - from local community college gerontology programs, area agencies on aging, residential care facilities and retirement communities, to the National Council on Aging's prior National Institute on Community-Based Long Term Care. Together with partners

within GVSU and across the west Michigan aging services system she was instrumental in developing and growing the annual Art & Science of Aging Conference. More recently she has partnered with a colleague and AARP to initiate the intergenerational program, Grand Connections



Session Title:

Imagining Education and Technology in the FUTURE of Healthy Aging

This session will explore some of the emerging developments that will impact aging in the future and provide support for the importance of 'long life learning' about the world of aging and technologies that support healthy/smart aging. There will be cognitive, physical, social, mental, as well as financial, technological, medical dimensions explored. No one knows what the future holds but there are emerging realities to consider. Underlying the session is a commitment to continuing the learning required to be a resilient, proactive, empowered aging adult.



**It's never too late to be what
you want to be...
unless you want to be
younger, then you're screwed.**

STUDENT RESEARCHERS

**SCHEDULED TO TAKE PLACE IN DEV 136E AT 11:10 AM
POSTERS DISPLAYED IN WEST HALLWAY AT 11:20 AM – 1:00 PM.**

Presenters: Niam Abooalsaman, Ethan Fulton; Sydnie Greene; & Jack Miller, Biomedical Sciences, Freshman

Faculty Advisor: Dr. Julia VanderMolen

Communication Strategies and Health Literacy for patients diagnosed with Age-related macular degeneration (AMD): A Scoping Review

This scoping review aims to analyze health literacy resources for individuals diagnosed with Age-related macular degeneration (AMD). The review also aims to address communication

strategies with primary care physicians (PCPs). Five researchers used the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) Group as a guideline for developing, reporting, and replicability of systematic review methodology. Three databases were used for the review PubMed, (2) CINAHL, (3) ProQuest Med. The search strategy retrieved 201,331 records regarding AMD and health literacy. Thirteen studies met eligibility criteria and were included in the review. Based on the limited research findings, the main conclusion from the review revealed a lack of health literacy education for individuals diagnosed with AMD and the communication resources provided by their PCP.

Presenter: Katherine Brennen, Nursing, Sophomore

Faculty Advisor: Dr. Jing Chen

Impact of the Intergenerational Co-mentoring Program at GVSU on Older Adults

Recent research has shown that intergenerational programs positively impact older adults by fostering social connections, enhancing their sense of purpose and engagement, and leading to improved cognitive and mental function as well as overall well-being (e.g., Martins et al., 2019; Gualano et al., 2018). The current project investigates the impact of a one-on-one co-mentoring and intergenerational program on older adults through semi-structured interviews. Older adults are surveyed about their experiences working with college students as mentors. Specific perceived changes in their sense of purpose, community, and point of view are examined. The patterns and themes reflected in the responses as well as suggestions for more effective intergenerational integration programs will be discussed in this presentation.

Presenters: Sam Brundin & Miles Lou, East Grand Rapids High School, Junior

Faculty Advisor: Dr. Jing Chen

Capturing the Life Stories of Older Adults

Storytelling is one of humanity's oldest traditions and has long been crucial to preserve lessons of the past. Recent research shows that storytelling carries several previously unknown social and psychological benefits and can even be used as a therapeutic tool (e.g., Subramaniam, et al., 2023; Wills & Day, 2008). The purpose of our project is to learn and preserve the stories of the older generation. We conducted interviews with a variety of older adults from our community. We allowed the older adults to guide the conversation by asking them to tell us a story from their lives, however we also asked several prepared questions in order to address issues the younger generation would find interest in. In this presentation we will summarize what we learned from our set of interviews, including themes reflected in the life stories and lessons provided by older adults.

Presenter: Khoudia Fall, Public Administration, Graduate

Faculty Advisor: Dr. Mohammed Lefrid

Dieticians' Reliance on Artificial Intelligence to Deliver Personalized Meal and Dining Experiences in Senior Living Communities

This study investigates how dieticians leverage artificial intelligence (AI) to enhance nutritional knowledge and deliver personalized meal plans in senior living communities. The research focuses on the extent to which AI tools, such as ChatGPT, contribute to meal customization, the establishment of dietary standards, and improved resident satisfaction and engagement. This study will be conducted online utilizing a questionnaire based on scales from the existing literature. Participants in this study are current dieticians as well as students in clinical dietetic programs. This study predicts that the use of AI by dieticians enhances their knowledge, enabling the preparation, promotion, and personalization of healthy meal options for senior clients. In addition, this study expects that the use of AI in menu development would improve overall satisfaction with dining experiences and foster greater social interactions among residents. This study will also have various theoretical and practical implications which will enhance the practitioner's understanding of senior living needs, adding to the existing body of knowledge.

Presenter: Thomas Johnstone, Social Work and Legal Studies, Senior
Faculty Advisor: Dr. Emily Nichols

Aging, HIV, and Mental Health

The study aims to explore the evolution of mental health problems among the aging population of people living with HIV and the various obstacles that these people encounter in their lifetime. With the improvement of antiretroviral therapy, the life expectancy of patients with HIV has increased, and more and more patients with HIV will enter older age, at which they face not only physical issues but also mental health issues, including depression, anxiety, and cognitive impairment. Furthermore, the study explains how society and the medical community can better assist the aging population. In conclusion, this research concludes that there is a great need to design efficient and caring systems to enhance the ability of older people living with HIV to cope and have a better quality of life.

Presenter: Aeryn Kesting, Psychology, Senior
Faculty Advisor: Dr. Jing Chen

The Benefits of Intergenerational Interaction

The social separation of and lack of understanding between young and old individuals can have negative implications on the biopsychosocial aspects of older adults' lives. This presentation of research will highlight the importance and benefits of purposeful collaboration, engagement, and interaction between young and old individuals. There have been studies published in which intervention programs are implemented to encourage intergenerational collaboration and engagement in activities, which have resulted in an increase in older adults' health across many different health domains. Through a literature review I will present empirical evidence from these studies of the biopsychosocial benefits that intergenerational interactions have on older adults.



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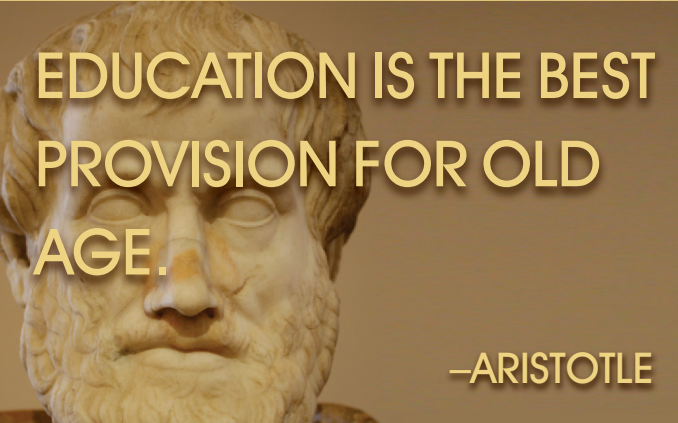


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AGE.**

—ARISTOTLE



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of thought often leaves the
station without me.**

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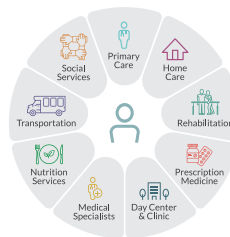
Helping Seniors Age at Home

 care resources PACE

Eligibility:

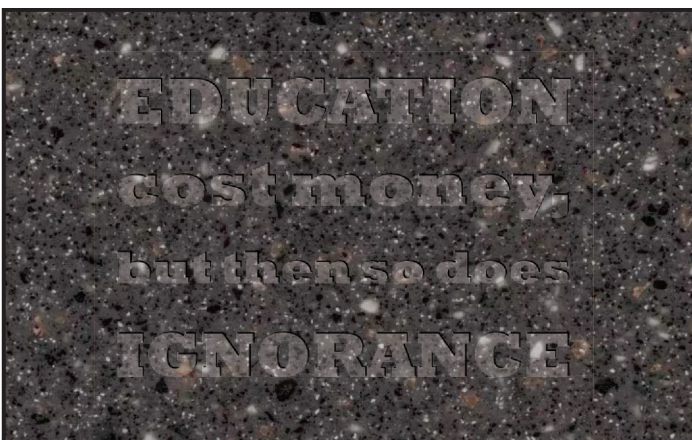
- 55 years or older.
- Resident of Kent County or these select zip codes in Allegan, Barry, Ionia, and Ottawa Counties: 48809, 48815, 48846, 48849, 48865, 48881, 48897, 49058, 49302, 49315, 49316, 49323, 49325, 49328, 49331, 49333, 49344, 49348, 49418, 49428, 49435, 49534, 49544
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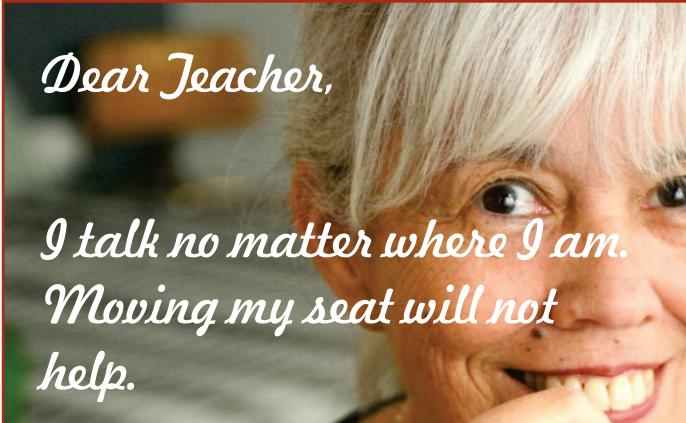
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FRIENDS OF THE ART & SCIENCE OF AGING CONFERENCE

GR AGE-FRIENDLY 1/8 PG AD FRIENDS
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**AGE-FRIENDLY
GRAND RAPIDS**



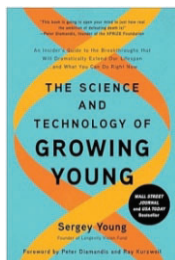
Dear Teacher,

*I talk no matter where I am.
Moving my seat will not
help.*

THE 20TH ANNUAL ART AND SCIENCE OF AGING CONFERENCE

BOOKS ON HEALTHY AGING THROUGH EDUCATION & TECHNOLOGY

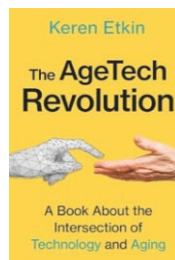
COMPILED BY SARAH JOSEPH, GVSU LIAISON LIBRARIAN



The Science and Technology of Growing Young

Sergey Young, 2021
ISBN: 1950665879

Sergey gathers insights from world-leading health entrepreneurs, scientists, doctors, and inventors, providing a comprehensive look into the future of longevity.



The AgeTech Revolution

Keren Etkin, 2022
ISBN: 1637307063

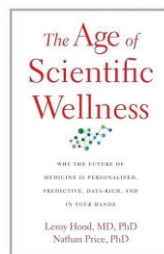
This book explores the changing face of aging in the 21st century, through the lens of the fast-paced digital transformation of contemporary society. It uses real-life stories of tech entrepreneurs and older adults.



Care Across Distance

Azra Hromadžić, Monika Palmerger, Editors, 2022
ISBN: 1800734395

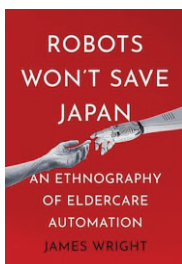
World-wide migration has an unsettling effect on social structures, especially on aging populations and eldercare. This book investigates how taken-for-granted roles are challenged and how technological innovations are utilized.



The Age of Scientific Wellness

Leroy Hood & Nathan Price
ISBN: 0674245946

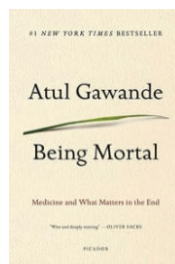
The premise of this book is to advocate for preventing or even reversing a disease process before it becomes a chronic or terminal illness.



Robots Won't Save Japan

James Adrian Wright, 2023
ISBN: 1501768042

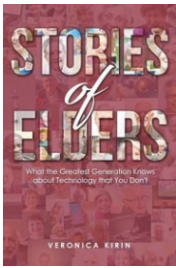
Drawing on ethnographic research at key sites of Japanese robot development and implementation, James Wright reveals how such devices are likely to transform the practices, organization, meanings, and ethics of caregiving if implemented at scale.



Being Mortal

Atul Gawande, 2017
ISBN: 1250076226

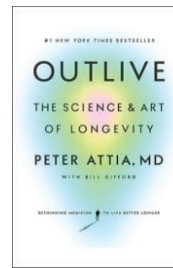
Atul Gawande, a practicing surgeon, has fearlessly revealed the struggles of his profession. Here he examines its ultimate limitations and failures in his own practices as well as others' - as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life - all the way to the very end.



Stories of Elders

Veronica Kirin, 2018
ISBN: 9781945884603

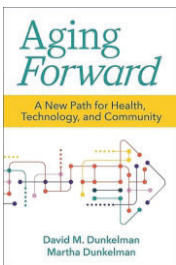
By chronicling more than 8,000 years of life lived during the most transitional time in American history, *Stories of Elders* offers old fashioned wisdom and insight for America's future generations.



Outlive: The Science and Art of Longevity

Peter Attia, 2023
ISBN: 0593236599

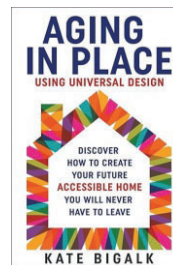
In this operating manual for longevity, Dr. Peter Attia draws on the latest science to deliver innovative nutritional interventions, techniques for optimizing exercise and sleep, and tools for addressing.



Aging Forward

David M. Dunkelman,
Martha Dunkelman, 2023
ISBN: 1956801030

This book delves into the economic, political, and cultural forces that created America's aging services model and suggests improvements.



Aging In Place: Using Universal Design

Kate Bigalk, 2023
ISBN: 979-8223209775

Practical recommendations and considerations for using universal design principals to design your home to live the rest of your life. Includes tips on current technology options.

PERSONAL CONFERENCE PLANNER

ALL SESSIONS APPROVED FOR SW CEUs. IF INTERESTED IN OT OR RECREATIONAL THERAPY. CEUs, LOG YOUR PARTICIPATION.



TIME	S#	PRESENTER	SESSION TITLE	ROOM	X
8:15 AM - 8:45 AM			Registration Sponsor Displays Continental Breakfast	Hager-Lubbers Exhibition Hall	
8:45 AM - 9:00 AM		Reliance: Steve Velzen-Haner GVSU: Priscilla Kimboko	Welcome	Loosemore Auditorium	
9:00 AM - 10:00 AM		Hanh Brown	KEYNOTE: Embracing AI, A Fresh Approach to Healthy Aging	Loosemore Auditorium	
10:00 AM - 10:10 AM	BREAK				
10:10 AM - 11:10 AM MORNING BREAKOUTS	M1	Tom Alaimo	The Benefits of Knowing a Person's Life Story in Dementia Care Settings	136E DEV	
	M2	Liz Barnett Emily Armstrong Lindsay Mohr Veronica Horsley-Pettigrew	There's No Place Like Home: Understanding Long Term Care - The Big Picture	Loosemore Auditorium	
	M3	Susie Marsh	Organizing for Older Adults: Tips and Strategies	119E DEV	
	M4	Student Researchers Oral Presentations	See descriptions following CLOSING	138E DEV	
11:10 AM - 11:20 AM	BREAK				
11:20 AM - 12:20 PM		Priscilla Kimboko	CELEBRATION: Celebrating Healthy Aging Education: 20 Years and Counting	Loosemore Auditorium	
12:20 PM - 1:00 PM	LUNCH Sponsor Displays - Social Media Posting Student Research Posters			Hager-Lubbers Exhibition Hall West Hallway (E)	
1:00 PM - 2:00 PM AFTERNOON BREAKOUTS	A1	Chris Simons Joy Spahn	A Call to Action: Transforming Life with Dementia	Loosemore Auditorium	
	A2	Emily J. Lenneman	FBI: Fighting Fraud Together	119E DEV	
	A3	Jing Chen Barbara Ziemann Paul Valva Paul Buth	Staying Engaged and Finding Purpose Through Mentoring and Interacting with College Students	136E DEV	
	A4	Sabrina Minarik	Putting the Pride in Aging - Understanding Disparities and Building an Inclusive Community for LGBTQ+ Seniors	138E DEV	
2:00 PM - 2:10 PM	BREAK				
2:10 PM - 3:10 PM		Priscilla Kimboko	Imagining Education and Technology in the Future of Healthy Aging	Loosemore Auditorium	

DIAMOND



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