



John A. Burns School of Medicine Mini-Medical School on Healthy Aging

2015 FALL
October 3–November 7



Aloha! Welcome to this all new Mini-Medical School on Healthy Aging! Are you interested in learning more about healthy aging and gaining accurate, reliable information from aging experts? Hearing what our current medical students are learning about aging? Here is your opportunity to do all of that – and more – by enrolling in our *Mini-Medical School on Healthy Aging sponsored by the John A. Burns School of Medicine (JABSOM) and the University of Hawai'i (UH) Foundation.*

The topics in this Fall 2015 course curriculum are all new and were suggested by previous class participants. Join us and become a “mini-medical student.”

This course is being offered free to UH donors, UH alumni and community members. Space is limited and pre-enrollment is required.

All New Topics (Updated) – Fall 2015!

Fall 2015 Schedule

Oct. 3–Nov. 7

Six Saturday mornings

9–11:30 a.m. (two topics)

***Interactive option from 11:30 a.m.–12:20 p.m.*

Course Location

Sullivan Conference Center

UH Cancer Center, Kaka'ako Campus

651 Ilalo Street, Honolulu, HI

Map: www.jabsom.hawaii.edu/minimedschool/map.pdf

Parking will be provided.

Course Curriculum

Subject to schedule changes – continued on back

Oct. 3: Session 1

8:15 a.m. Handouts, binders and nametags available at Sullivan Conference Center

8:45 a.m. **Oli Aloha** – Dr. Cedric Akau, Straub Hospital Sports Medicine

Welcome – Dr. Jerris Hedges, Dean, JABSOM, and Ms. Donna Vuchinich, President, UH Foundation

9 a.m. **Preventing Injuries While Getting into Shape**

Dr. Cedric Akau, Straub Hospital Sports Medicine

10:30 a.m. **Resistance Training Is Good For You!**

Mr. Brian Copeland, Personal Trainer, BFit



Course Curriculum, continued

Oct. 10: Session 2

- 9 a.m. **Changes in Hearing and Speech and Strategies for Improvement**
Hearing– Dr. Mohsin Shaikh, Asst. Professor, Communication Sciences and Disorders and
Dr. Henry Lew, Professor and Chair, Communication Sciences and Disorders, JABSOM
- 10:30 a.m. *Speech* – Ms. Amy Lower, Jr. Specialist, Communication Sciences and Disorders, JABSOM

Oct. 17: Session 3

- 9 a.m. **Healthy Teeth ... Heathy Smiles**
Dr. Armand Chong, Kaimukī Dental Clinic
- 10:30 a.m. **The Use and Value of Integrative Medicine**
Dr. Elizabeth Chen Christenson, Director, CHI (Comprehensive Health Innovations) Medical Center,
Assoc. Clinical Professor, Dept. of Complementary & Alternative Medicine, JABSOM
- 11:30 a.m. **Interactive Option** – Tai Chi & Qigong: Life-Force Healing Movements**
Dr. Elizabeth Chen Christenson

Oct. 24: Session 4

- 9 a.m. **The Path to Healthy Brain Aging**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine, JABSOM
- 10:30 a.m. **Caregiving: A Legacy of Dignity and Compassion**
Ms. Frances H. Kakugawa, Author, Columnist (*Hawai'i Herald*), Talks with Frances (*iAGE Oceanic Channel*)

Oct. 31: Session 5

- 9 a.m. **Cancer Screening Works!**
Dr. Ryon Nakasone, Hematology/Oncology, OnCare Hawai'i Incorporated
- 10:30 a.m. **Taking Care of Your Largest Organ – Your Skin**
Dr. Carla Nip-Sakamoto, Dermatologist

Nov. 7: Session 6

- 9 a.m. **Defining Genetic and Environmental Factors in Specific Cancers**
Dr. Michele Carbone, Professor, UH Cancer Center, UH Mānoa
- 10:30 a.m. **Pearls of Wisdom: Humor Can Increase Your Resilience!**
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM
- 11 a.m.– **Special Celebration/Graduation/Lunch****
- 1 p.m. **Graduation Speaker Ms. Alice Inoue**, Expert Life Guide and Chief Happiness Officer of Happiness U
Music by **Mr. Larry Paxton**, Chair/Professor, and **Mr. Ian O'Sullivan**, Dept. of Music, UH Mānoa

Mahalo for the gracious support provided by the following sponsors:

Presenting Sponsor – HMSA Foundation

Session Sponsor – Elahé Omidyar Mir-Djalali, Brigitte and Robert Campbell

Course Materials Sponsor – Claire S. Durham, Harold and Susan Jensen, Bill and Virginia Hinshaw

MMS Supporters/Contributors – 62 Class Members



For more information please contact the Mini-Medical School

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