



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

2016
October 1 - November 5
FALL



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 course curriculum are all new in 2016 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 – Spring/Fall 2016!

Fall 2016 Schedule

October 1 – November 5

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

Course Curriculum

Subject to schedule changes – continued on back

Oct. 1: Session 1

- 8:15 a.m.** Handouts, binders and nametags available at Sullivan Conference Center
- 8:45 a.m.** **Oli** – Dr. Kalani Brady, Assoc. Professor, Native Hawaiian Health, JABSOM
Welcome – Dr. Jerris Hedges, Dean, JABSOM, and Ms. Donna Vuchinich, President, UH Foundation
- 9 a.m.** **Using Medications the Right Way**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine, JABSOM
- 10:30 a.m.** **Breath of Life: Keiki to Kupuna**
Dr. Elizabeth Tam, Professor and Chair, Dept. of Medicine, JABSOM, Staff Physician, The Queen’s Medical Center



Enroll online: www.uhfoundation.org/MMS-Fall16



Course Curriculum, continued

Oct. 8: Session 2

- 9 a.m. **Aging well....even when your joints don't!**
Dr. Cass Nakasone, Orthopedic Surgeon, Straub Clinic and Hospital
- 10:30 a.m. **Turning Back Time with Body Wisdom**
Dr. Chad Sato, Chiropractor/Aloha Chiropractic, Author, Life Facilitator

Oct. 15: Session 3

- 9 a.m. **Living Longer and Better: The Secret of Palliative Care**
Dr. Daniel Fischberg, Professor/Chief, Division of Palliative Medicine, Dept. of Geriatric Medicine, JABSOM, Medical Director, Pain & Palliative Care Department, The Queen's Medical Center
- 10:30 a.m. **No One Has to Die Alone: How to Help A Loved One at the End of Life**
Dr. Lani Leary, End of life/bereavement Psychotherapist and Author

Oct. 22: Session 4

- 9 a.m. **Creating a Healthy Diet for Aging**
Dr. Joannie Dobbs, Asst. Specialist,
Dept. of Human Nutrition, Food and Animal Sciences, CTAHR, UH Mānoa
- 10:30 a.m. **Pros and Cons of Dietary Supplements**
Dr. Alan Titchenal, Assoc. Professor,
Dept. of Human Nutrition, Food and Animal Sciences, CTAHR, UH Mānoa

Oct. 29: Session 5

- 9 a.m. **Strategies for Fall Prevention**
Ms. Billie Tang, Physical Therapist, Straub Clinic and Hospital
- 10:30 a.m. **Tai Chi for Health**
Ms. Ileina Ferrier, Tai Chi for Health Institute

Nov. 5: Session 4

- 9 a.m. **Sleeping Through the Ages**
Dr. Bruce Soll, Clinical Professor of Medicine, JABSOM, Research Director of the Queen's Sleep Center
- 10:30 a.m. **Maneuvering Through Major Life Transitions**
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM
- 11 a.m.–
1 p.m. **Special Celebration/Graduation/Lunch****
Graduation Speaker Dr. Maenette Benham, Dean, Hawai'i inuiākea School of Hawaiian Knowledge, UH Mānoa
Music by the Tuahine Serenaders, Mele Institute of Kawaihuelani Center for Hawaiian Language,
Hawai'i inuiākea School of Hawaiian Knowledge

Mahalo for the gracious support provided by the following sponsors for 2015

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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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