

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2017
FALL
 Oct 7 – Nov 4



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 *Dr. Rosita Leong Mini-Medical School on Healthy Aging* sponsored by the *John A. Burns School of Medicine (JABSOM)*, the *University of Hawai'i Cancer Center (UHCC)* and the *University of Hawai'i Foundation (UHF)*.

The topics in this Fall 2017 course curriculum are new this year (repeated from Spring 2017) 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 2017!

Fall 2017 Schedule

Oct 7 – Nov 4

Five 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. 7: Session 1

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

8:45 a.m. **Oli** – Mr. Kamuela Werner, Research Associate, JABSOM

Welcome – Dr. Jerris Hedges, Dean, JABSOM, Ms. Donna Vuchinich, President, UH Foundation, and Dr. Randall Holcombe, Director, UH Cancer Center

9 a.m. **Dealing with those Unwanted Leaks (Urinary Incontinence)**
 Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine, JABSOM

10:30 a.m. **Vertigo, anyone?**
 Dr. Lawrence Burgess, Professor of Surgery and Director, Office of Student Affairs, JABSOM

Enroll online: www.uhfoundation.org/MMS-Fall17



Course Curriculum, continued

Oct. 14: Session 2

- 9 a.m. **Life Forward - Clarifying your Purpose and Calling in your Pro-tirement**
Mr. Craig Chong, President, Fresh Leadership; Executive & Life Planning Coach, “The Cycle of Renewal”
- 10:30 a.m. **Staying in Your Home Safely**
Mr. Michael Dowell, Chairman of Fall Prevention Consortium State of Hawai‘i;
ECHM (Executive Certification in Home Modifications), CAPS (Certified Age in Place Specialist)
- 11:30 a.m.** **Tapping Into Your Creativity at Any Age ****
Dr. Lori Phillips, Director of the Pacific Center for Arts and Humanities in Education at Pacific Resources for Education and Learning (PREL)

Oct. 21: Session 3

- 9 a.m. **Healthy Traveling**
Dr. Michael Kusaka, Straub Travel Medicine Clinic
- 10:30 a.m. **To Drive or Not to Drive —That is the Question**
Ms. Cora Speck, MS, Coordinator of Trauma Injury Prevention & Outreach at Queen’s Medical Center

Oct. 28: Session 4

- 9 a.m. **Exciting Advances in Dental Care**
Dr. Rohinton J. Patel, Director, Hawai‘i Pacific Dental Group, Inc.;
Adjunct Clinical Professor, Boston University, Goldman School of Dental Medicine
- 10:30 a.m. **Where did all my hormones go?**
Dr. Sophia Hox, Endocrinologist, VA Pacific Islands Health Care System;
Investigator at Pacific Health Research and Education Institute
- 11:30 a.m.** **Zumba for Seniors ****
Yolanda Spencer, Certified Zumba Instructor

Nov 4: Session 5

- 9 a.m. **Caring for the Caregiver**
Ms. Emme Tomimbang, Television Host and Producer
- 10:30 a.m. **Introduction to Music Therapy**
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM
- Graduation and Music Therapy with The Silver Foxes**
- 11:30 a.m.– **Graduation Lunch****
- 1 p.m.**

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**
and to our many generous donors:*

Session Sponsors: Elahé Omidyar Mir-Djalali, Brigitte and Robert Campbell,
Oceanic Time Warner iAGE (342/1342), and Anonymous Donor

Course Materials Sponsors: Claire S. Dunham, Harold and Susan Jensen,
Bill and Virginia Hinshaw, Denise and Randal Yoshida

MMS Friends/Class Participants

