

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2018
Oct 6 - Nov 3
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 *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 2018 course curriculum are new this year (repeated from Spring 2018) 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 2018!

Fall 2018 Schedule

Oct 6 – Nov 3

Five Saturday mornings

9–11:30 a.m. (two topics)

**Interactive options 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. 6: Session 1

- 8:15 a.m.** Handouts, binders and nametags available at Sullivan Conference Center
- 8:45 a.m.** **Oli** – Dr. Malia Lee, Director, Native Hawaiian Center of Excellence, Assistant Professor, Department of Native Hawaiian Health, JABSOM
Welcome – Dr. Jerris Hedges, Dean, JABSOM, Ms. Donna Vuchinich, President, UH Foundation, and Dr. Randall Holcombe, Director, UH Cancer Center
- 9 a.m.** **Conquering depression**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine, JABSOM
- 10:30 a.m.** **Achieving Value-based Cancer Care**
Dr. Randall Holcombe, Director, UH Cancer
- 11:30 a.m.**** **Finding Accurate Information about Medical Issues ****
Ms. Kristen Anderson, Director, JABSOM Health Sciences Library, and Ms. Melissa Kahili-Heede, Librarian, JABSOM Health Sciences Library

Enroll online: www.uhfoundation.org/MMS-Fall18



Course Curriculum, continued

Oct. 13: Session 2

- 9 a.m. **Image guided tumor ablation: A less invasive cancer treatment**
Dr. Louis Hinshaw, Professor of Radiology and Urology & Chief, Abdominal Imaging & Intervention, University of Wisconsin School of Medicine and Public Health
- 10:30 a.m. **Innovative Cancer Therapeutics (Targeted Therapies and Immunotherapy)**
Mr. William Hinshaw, Jr., President and CEO, Axcella
- 11:30 a.m.** **Tour of JABSOM or UHCC ****
Ms. Elaine Evans, Director of Development & Alumni Engagement at JABSOM, UH Foundation, and Mr. Todd Cullison, Associate Director of Development, UH Cancer Center,

Oct. 20: Session 3

- 9 a.m. **Be Fit in a Bit**
Ms. R. Makana Risser Chai, Well-being author and speaker; Certified stress and wellness consultant; forgiveness facilitator; teacher of yoga, meditation and Pilates
- 10:30 a.m. **Long term care options—Plan ahead!**
Ms. Norine Wong, VP, Operations & Business Development, FirstVitals Health & Wellness, Inc
- 11:30 a.m.** **Impact and Opportunities of New Tax Reform ****
Mr. Mike Coppes, Director of Office of Estate and Gift Planning, UH Foundation

Oct. 27: Session 4

- 9 a.m. **Can you hear me now? Yes indeed!**
Dr. Lisa Taniguchi, Assistant Professor, Dept. of Communication Sciences and Disorders, JABSOM
- 10:30 a.m. **Grief: The Journey of Courage & Hope**
Ms. Felicia Marquez-Wong, Bereavement Services Manager, St. Francis Hospice
- 11:30 a.m.** **Exploring Intimacy and Sexuality ****
Dr. Patricia Nishimoto, Oncology Clinical Nurse Specialist, Tripler Army Medical Center; Associate Professor, School of Nursing, UH Mānoa

Nov. 3: Session 5

- 9 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
- 10:30 a.m. **Pearls of Wisdom – “How is your microbiome doing?”**
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM
- 10:50 a.m. **Graduation and Music**
Music – Dr. Maya Hoover, Professor, and Dr. Jonathan Korth, Assoc. Professor, Dept. of Music, UH Mānoa
- 11:30 a.m.–
1 p.m.** **Celebration Lunch****

*Mahalo nui loa to our endowment sponsor Dr. Rosita Leong
and to our many generous donors (2014—2018):*

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

Course Materials Sponsors: Claire S. Dunham, Bill and Virginia Hinshaw, Noreen and Melvin Inamasu, Harold and Susan Jensen, Judy Pyle and Wayne Pitluck, Julia Wo and Brian Soma, Denise and Randal Yoshida, and Anonymous Donor

MMS Friends/Class Participants



For more information please contact the Mini-Medical School

Email: mmsaging@hawaii.edu | Phone: (808) 692-1215 | www.jabsom.hawaii.edu/minimedschool

