

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2020
Feb 8 - Mar 7 **SPRING**



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 Spring 2020 course curriculum are new this year 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 2020!

Spring 2020 Schedule

Feb. 8 – Mar. 7

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

Feb. 8: 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, Dr. Randall Holcombe, Director, UH Cancer Center, and Mr. Tim Dolan, CEO, UH Foundation
- 9 a.m. **The Eye of the Artist**
Dr. Tyrie Jenkins, Jenkins Eye Care
- 10:30 a.m. **Restoring Health through Chiropractic Care**
Dr. Timothy Luke, Ho'ōla Chiropractic
- 11:35 a.m.** **Option: Tour of JABSOM ****
Ms. Julie Inouye Director of Development for JABSOM
- Option: Tour of UH Cancer Center ****
Ms. Sharon Shigemasa, Public Information Officer UHCC

Enroll online: www.uhfoundation.org/MMS-Spring20



Course Curriculum, continued

Feb. 15: Session 2

- 9 a.m. **Cardiovascular Care**
Dr. Todd Seto, Queen's Medical Center and Assoc. Prof. JABSOM
- 10:30 a.m. **Technology Pointers for Seniors**
Dr. Kathleen Connolly, Associate Faculty Specialist, JABSOM, and
Mr. Michael Connolly, IT Architect, General Dynamics Information Technology
- 11:35 a.m.** **Option: Luk Tung Kuen (LTK), 36 Movements for Health ****
Mr. Don and Ms. Pua Orton, Certified LTK Instructors

Feb. 22: Session 3

- 9 a.m. **Maintaining Strength and Avoiding Frailty**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine JABSOM
- 10:30 a.m. **Consider Different Options for End-of-Life Care**
Ms. Jeannette Koijane, Executive Director of Kōkua Mau
- 11:35 a.m.** **Option: Why Polio and Measles Should be Eradicated ****
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM

Feb. 29: Session 4

- 9 a.m. **Stroke Treatment and Prevention**
Dr. Kaz Nakagawa, Medical Director, Stroke Center, Queen's Health Center
- 10:30 a.m. **Improving Cancer Care Through Clinical Trials**
Dr. Jessica Rhee, Medical Director of the Clinical Trials Office, UHCC
- 11:35 a.m.** **Walk with a Future Doc ****
JABSOM medical students and Dr. Theresa Wee, Wee Wellness Center

Mar. 7: Session 5

- 9 a.m. **How to Combine the Best of Eastern & Western Health Care**
Dr. Catherine Kurosu, Kailua Family Doctors
- 10:30 a.m. **Graduation Speaker - "Ageism in 2020"**
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM
- 10:50 a.m. **Graduation and Music**
Raiatea Helm
- 11:35 a.m.–
1 p.m.** **Celebration Lunch****

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**
and to our many generous donors (2014—2019):*

Presenting Sponsors: Virginia and Barry Weinman

Session Sponsors: Brigitte and Robert Campbell, Virginia and Bill Hinshaw, Elahé Omidyar Mir-Djalali, iAGE Channel (Core Group One and Spectrum/Oceanic 342/1342), and Anonymous Donor

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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

