

# Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2022  
Feb 12 - Mar 12  
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 2022 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 2022

### Spring 2022 Schedule

**Feb. 12 – Mar. 12**

**Five Saturday mornings**

**9–11:30 a.m. (two topics)**

### Course Location

Due to the COVID-19 pandemic and our concern for your safety, the Spring 2022 MMS course will be online sessions using the Zoom Platform.

## Course Curriculum

*Subject to schedule changes – continued on back*

### Feb. 12: Session 1

**8:45 a.m. Oli** – Dr. Kalani Brady, Associate Professor, Department of Native Hawaiian Health, JABSOM  
**Welcome** – Dr. Jerris Hedges, Dean, JABSOM and Mr. Tim Dolan, CEO, UH Foundation

**9 a.m. Long-Term Effects of COVID-19**  
Dr. Dominic Chow, Professor, Department of Medicine, JABSOM;  
Medical Director, Clint Spencer Immunology Clinic, University Health Partners of Hawai'i

**10:30 a.m. Common Kidney Diseases in Older People**  
Dr. Kunal Parekh, Nephrologist, O'ahu Kidney Care

Enroll online: <https://mms-spring22.eventbrite.com>



## Feb. 19: Session 2

### 9 a.m. Hospice Care: What Does It Mean?

**Dr. Daniel Fischberg**, Professor and Chief, Division of Palliative Medicine, Department of Geriatric Medicine, JABSOM; Medical Director, Pain and Palliative Care Department, The Queen's Medical Center

### 10:30 a.m. Exercise and Aging: Practical Ways to Test Your Fitness at Home

**Mr. Kevin Lockette**, Physical Therapist and Owner/Founder, 'Ohana Pacific Rehab Services; President Emeritus, Hawai'i Parkinson Association

### 11:30 a.m. Tai Chi for Arthritis & Fall Prevention Health

**Mr. Randal Lau**, Tai Chi, Qi Gong, Kung Fu, Massage Therapy, Licensed Massage Therapist, Fall Prevention Certified, Tai Chi for Health Institute

## Feb. 26: Session 3

### 9 a.m. Age-Friendly Honolulu: Creating Meaningful Roles for Older Adults

**Dr. Christy Nishita**, Gerontologist, Office of Public Health Studies, UH Mānoa; Coordinator, Age-Friendly Honolulu

### 10:30 a.m. Colorectal Cancer Updates

**Dr. Ryon Nakasone**, Associate Clinical Professor, Department of Medicine, JABSOM; Hematologist Oncologist, Kuakini Medical Center and The Queen's Medical Center

## Mar. 5: Session 4

### 9 a.m. Updates on Congestive Heart Failure

**Dr. Corey Lum**, Advanced Heart Failure & Transplant Cardiology, Queen's Heart Physician Practice (QHPP)

### 10:30 a.m. Gout and Pseudogout: What Are The Differences?

**Dr. Mary Ann Antonelli**, Clinical Professor, Department of Medicine, JABSOM; Associate Chief of Staff for Education & Chief of Rheumatology, VA Pacific Islands Healthcare System

### 11:30 a.m. Practical Self Defense for Seniors

**Mr. Randal Lau**, Tai Chi, Qi Gong, Kung Fu, Massage Therapy, Licensed Massage Therapist, Fall Prevention Certified, LauShen Kung Fu

## Mar. 12: Session 5

### 9 a.m. Age-Friendly Health Systems and the 4 Ms

**Dr. Kamal Masaki**, Professor and Chair of Geriatric Medicine, JABSOM

### 10:30 a.m. Graduation Speaker - Communicating with Patients with Dementia

**Ms. Dorothy Colby**, Certified Positive Approach to Care™ Trainer and Mentor; Memory Care Navigator, Hawaii Alzheimer's Disease Initiative; Dealing with Dementia Trainer, Rosslyn Carter Institute; Dementia Friends Master Trainer and Champion

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**  
and to our many generous donors (2014—2021)*

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**MMS Friends/Class Participants**

For more information please contact the Mini-Medical School

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