



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

**2016** **SPRING**  
January 30 - March 5



**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 Spring 2016 course curriculum are all new 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 2016!**

## Spring 2016 Schedule

**January 30 – March 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](http://www.jabsom.hawaii.edu/minimedschool/map.pdf)

## Course Curriculum

*Subject to schedule changes – continued on back*

### Jan. 30: Session 1

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

**8:45 a.m.** **Oli** – Ms. Lauleipuaokalani Coen, Grants & Project Manager, JABSOM

**Welcome** – Dr. Jerris Hedges, Dean, JABSOM, and Ms. Donna Vuchinich, President, UH Foundation

**9 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

**10:30 a.m.** **Using Medications the Right Way**

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



**Enroll online: [www.uhfoundation.org/MMS-Spring16](http://www.uhfoundation.org/MMS-Spring16)**



# Course Curriculum, continued

## Feb. 6: Session 2

- 9 a.m. **Strategies for Fall Prevention**  
Ms. Billie Tang, Physical Therapist, Straub Clinic and Hospital
- 10:30 a.m. **Being a Cancer Survivor and Thriving; Update on Virus Diseases in the News**  
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM

## Feb. 13: Session 3

- 9 a.m. **Creating a Healthy Diet for Aging**  
Dr. Joannie Dobbs, Asst. Specialist, and Dr. Alan Titchenal, Assoc. Professor,  
Dept. of Human Nutrition, Food and Animal Sciences, CTAHR, UH Mānoa
- 10:30 a.m. **Pros and Cons of Dietary Supplements**  
Drs. Joannie Dobbs and Alan Titchenal
- 11:30 a.m. **Interactive Option\*\* – Exercise Program**  
Tai Chi for Health Institute

## Feb. 20: Session 4

- 9 a.m. **Aging well....even when your joints don't!**  
Dr. Cass Nakasone, Orthopedic Surgeon, Straub Clinic and Hospital
- 10:30 a.m. **Sleeping through the Ages**  
Dr. Bruce Soll, Clinical Professor of Medicine, JABSOM, Research Director of the Queen's Sleep Center

## Feb. 27: Session 5

- 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

## Mar. 5: Session 6

- 9 a.m. **Turning Back Time with Body Wisdom**  
Dr. Chad Sato, Chiropractor/Aloha Chiropractic, Author, Life Facilitator
- 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

**Presenting Sponsor – HMSA Foundation**

**Session Sponsor – Elahé Omidyar Mir-Djalali, Brigitte and Robert Campbell**

**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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