



AIMING HIGHER
AFTER 50

DISCOVER YOUR FUTURE

Money, Health, Housing, and Joy

Stanford University
October 18-20, 2016



CONFERENCE PROGRAM



Tuesday, October 18

Bechtel International Center

| Time | Event |
|-------------------|---|
| 3:00 PM – 4:00 PM | Conference Registration (Bechtel courtyard) |
| 4:00 PM – 5:30 PM | Keynote 1, presented by Herant Katchdourian, MD Aiming Higher After 50 <i>Dr. Katchadourian will help us understand how does one aim higher? What does it mean for relationships, vulnerabilities to grasp the beauty of a meaningful life after 50?</i> |
| 5:30 PM – 6:00 PM | Break / Mingle |
| 6:00 PM – 8:00 PM | Dinner (Provided at the Bechtel Center Patio) Entertainment provided by the Stanford Acapella Singers |



CONFERENCE PROGRAM

Wednesday, October 19

Bechtel International Center

| Time | Event |
|---------------------|--|
| 9:00 AM – 10:00 AM | Keynote 2, presented by David Sobel, MD, MPH Healthy Pleasures: Why Everything that Feels Good is Not Bad for You <i>Dr. Sobel will offer a pleasure prescription based on scientific studies of sensual delights, selfless pleasures, and optimism that contribute to better health.</i> |
| 10:15 AM – 12:30 PM | Healthy Living Workshops <i>(Please choose two of the three workshops below)</i> |
| | Physical Fitness Workshop, presented by Karl Knopf, PhD Aiming Higher Physically <i>Dr. Knopf will provide helpful techniques to adapt physical fitness to stay healthy beyond age 50 and have fun as we do so.</i> |
| | Nutrition Workshop, presented by Christopher Gardner, PhD Eating for the Long Run <i>Dr. Gardner will combine his nutrition science research and humor to help us navigate through our daily dietary conundrums we face of "what to eat".</i> |
| | Cognitive Workshop, presented by Mickey Trockel, MD, PhD Aiming Higher for Cognitive Health <i>Dr. Trockel will help us review evidence based strategies and develop skills to promote emotional wellness and cognitive performance.</i> |
| 12:30 PM – 1:30 PM | Lunch (Provided) |

Designing Your Health



CONFERENCE PROGRAM

Wednesday, October 19 (continued)

Bechtel International Center

| Time | Event |
|-------------------|--|
| 1:30 PM – 2:30 PM | <p>Keynote 3, presented by Anabel Pelham, PhD</p> <p>Creating Age Friendly Communities</p> <p><i>Dr. Pelham, based on cutting edge research and recent program developments, will highlight how vibrant age friendly initiatives ensure that older adults can be better understood, participate and contribute to a higher quality of life for all generations.</i></p> |
| 2:45 PM – 5:00 PM | <p>Money, Housing, and Mobility Workshops <i>(Please choose two of the three workshops below)</i></p> <p>Financial Workshop, presented by K. Esther Szabo, CFP</p> <p>Rethinking Money</p> <p><i>Esther's 5-step process gets to the heart of your critical financial needs. She will help you contextualize and design your unique path to flourishing and prosperous living.</i></p> <p>Housing Workshop, presented by Jim McCabe, PhD</p> <p>Designing Housing Choices</p> <p><i>Dr. McCabe will help us explore our affordable housing options, what factors to consider and the resources that help in making this decision as life advances.</i></p> <p>Mobility Workshop, presented by Sean Mackey, MD, PhD</p> <p>Mobility, Pain, Medicine, and Brain</p> <p><i>Dr. Mackey will use the power of mind-body, movement, medicine and sleep to aim higher in our ability towards increased mobility by supportive team-managing our pain.</i></p> |
| 5:00 PM – 6:00 PM | <p>Explore the Stanford Campus</p> <p><i>Visit the sculpture garden / Windhover / labyrinth contemplation</i></p> |
| 6:00 PM – 7:00 PM | <p>Dinner (Provided at the Center Patio)</p> |

Designing Your Life



CONFERENCE PROGRAM



Thursday, October 20

Tresidder Oak Lounge

| Time | Event |
|---------------------|---|
| 9:00 AM – 10:00 AM | Keynote 4, presented by Linda H. Clever, MD Stacking the Deck While Playing the Hand That's Dealt You <i>Dr. Clever will offer practical ways to address attitudes, health, relationships, surprises, and help plan for your adventures ahead.</i> |
| 10:00 AM – 10:15 AM | Break |
| 10:15 AM – 11:15 AM | Panel Discussion Designing a Meaningful Life of Joy <i>Moderated by Wes Alles, PhD</i> <i>Panelists: Richard Adler, MA, MBA; Bruce Feldstein, MD; Joyce Hanna, MA, MS; Manjula Waldron, PhD</i> |
| 11:15 AM – 12:15 PM | Closing |

A Joyful Meaningful Life



SPONSORS & ACKNOWLEDGEMENTS



- HIP / Be Well / SPRC
- Stanford Patient Education Research Center
- Kedar Designs
- Stanford Alumni Association
- Community Center for International Students
- Bechtel International Center
- Stanford Center for Professional Development
- Active Over 50
- Renew
- Avenidas
- Center on Longevity
- Culture Connect

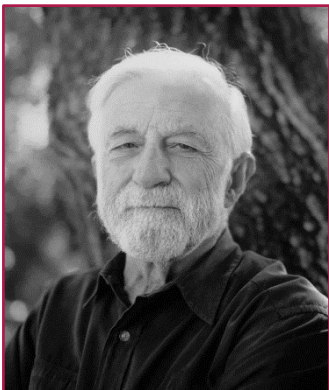


Keynote Speakers



Linda H. Clever, MD

Internist and occupational health specialist, Linda Hawes Clever, MD, member of the National Academy of Medicine, twice a Stanford graduate and former Associate Dean of its School of Medicine, founded the not-for-profit RENEW twenty years ago, to help capable people live whole, healthy, fulfilling lives. She likes good walks, good conversations, and good cookies.



Herant Katchdourian, MD

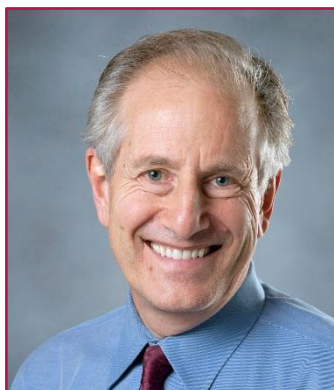
Herant Katchadourian MD, emeritus professor of psychiatry and human biology at Stanford and former president of the Flora Family Foundation, was born in Turkey to Armenian parents. He received his undergraduate and medical degrees from the American University, Beirut and his psychiatric training at the University of Rochester. Since joining the Stanford faculty in 1966, he has served as dean of undergraduate studies and vice provost of undergraduate education. He is famous for his lectures in human sexuality to undergraduates. He has received numerous awards, including the university's Dinkelspiel Award and the Lyman Award from the Stanford Alumni Association. Since his retirement he teaches for Stanford continuing studies a course on guilt and has a book by the same title. He leads the travel study trip to the Middle East, including Moslem art, architecture, culture and history.



Anabel Pelham, PhD

Anabel Pelham, PhD, is Professor Emeritus, Gerontology, San Francisco State University; Founding Director, Center for Age-Friendly Excellence; President, National Association for Professional Gerontologists. Dr. Pelham is Founding Director of the Center for Age-Friendly Excellence (CAFÉ) www.cfafe.org a project of the Los Altos Community Foundation and a member of the Foundation's Board of Directors. She is an expert in global issues in aging and gerontology, Age-Friendly Cities and community development, community-based health and human services, qualitative research methods, graduate gerontology curriculum development, geriatric care management, life-long learning, and credentialing and accreditation in the field of gerontology.

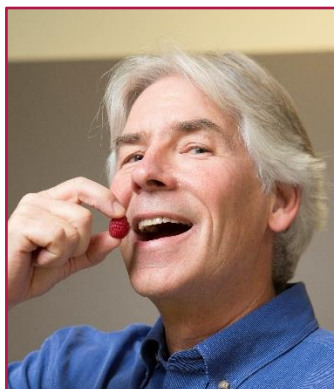
SPEAKER AND PANELIST BIOGRAPHIES



David Sobel, MD, MPH

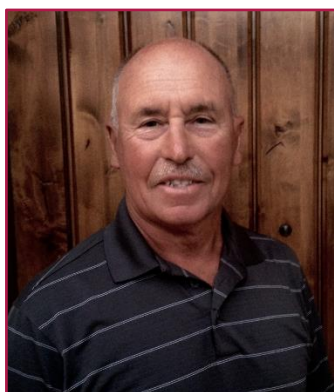
David S. Sobel, MD, MPH, is Consulting Professor, Department of Medicine, Stanford University School of Medicine. He served as Medical Director of Patient Education for The Permanente Medical Group and Kaiser Permanente Northern California. He has written ten books including *Living a Healthy Life with Chronic Conditions*, *The Healing Brain*, *Healthy Pleasures*, *The Mind & Body Health Handbook*. He has made over 200 television appearances and provided over 500 invited keynote lectures. His healthiest pleasures include adventure travel with his wife and filmmaking with his writer/director son.

Workshop Speakers



Christopher Gardner, PhD

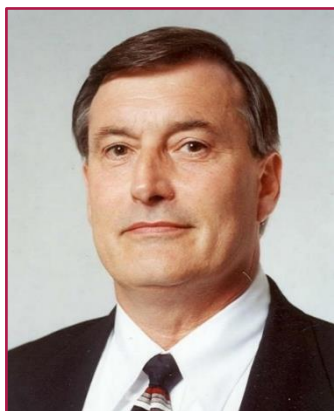
Christopher Gardner, PhD holds a PhD in Nutrition Science and is a Professor of Medicine at Stanford. For 20 years his research has examined potential health benefits of dietary components such as soy, garlic, antioxidants, omega-3 fats, vegetarian diets, and weight loss diets in the general population. More recently his interests have expanded to two new areas. One he calls "stealth nutrition" - which he describes as connecting food choices to social issues such as animal rights and welfare and climate change for the purpose of promoting healthful behavior changes in food habits. The second new area involves looking at "systems approaches" to eating behaviors, such as focusing on the complex web of factors required to acquire, prepare, and present food in university, worksite and hospital settings.



Karl Knopf, PhD

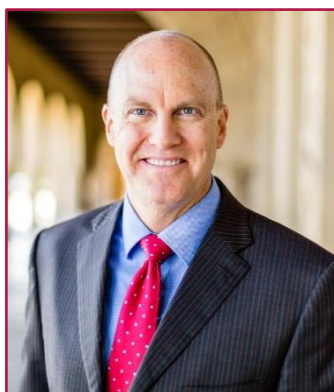
Dr. Karl Knopf, PhD, taught corrective exercise to the disabled and older adults for over 40 years at Foothill College where he was the Coordinator of the Adaptive Fitness Therapy AA Degree Program at the college. Dr. Karl has literally written the book on boomer and senior fitness as he has authored over 15 books, and numerous articles. He has also been quoted and interviewed on numerous radio, TV and other media.

SPEAKER AND PANELIST BIOGRAPHIES



Jim McCabe, DSW, MSW, MPH

Jim McCabe is the President of Eldercare Resources. He has more than 25 years of experience in health care and long term care planning. Dr. McCabe has twice served on the Board of the American Society on Aging and is a member of the National Financial Planning Association. He is the author of the book *Solving the Housing Retirement Puzzle: 20 Tips to Help You Make the Right Decision*, and is a frequent contributor to journals and newsletters.



Sean Mackey, MD, PhD

Sean Mackey, MD, PhD, is Chief of the Division of Pain Medicine and Redlich Professor of Anesthesiology, Perioperative and Pain Medicine, Neurosciences and Neurology at Stanford University. Chronic pain is a persistent problem that affects our mobility. Dr. Mackey specializes in getting to the root of chronic pain and specializes in specific brain and spinal cord regions that perceive and process pain leading to holistic innovative therapies to provide more personalized treatments. He has published over 200 journal articles, book chapters, abstracts, and popular press pieces in addition to numerous national and international lectures addressing chronic pain.



Mickey Trockel, MD, PhD

Clinical assistant professor, psychiatry and behavioral sciences in Stanford School of medicine in charge of health promotion. He equips healthcare providers with individually tailored strategies to optimize their wellness and performance. He directs the Wellness Center affiliated "Health for Healers" research group. In addition to his psychiatrist practice and Feeling Good Institute, he enjoys riding his bicycle in the Santa Cruz mountains.

SPEAKER AND PANELIST BIOGRAPHIES



Ester Szabo, PhD

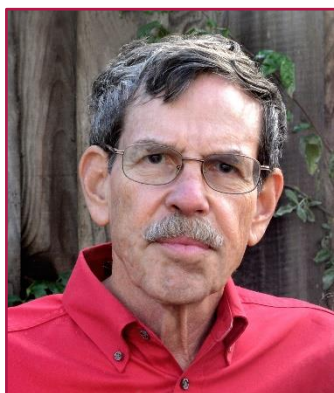
Esther is the CEO of Gates Pass Advisors, LLC, a fee only financial advisory practice focused on the needs of women and couples in transition.

Esther's counseling and teaching background allows her to help her clients go beyond headline anxiety to articulate their personal life goals, and then helps them develop, implement, and maintain a clear and stable financial strategy that aligns with them.

Esther is a respected leader in her field and has over two decades of personal financial planning and portfolio management through both good and challenging market environments.

A past president of the Financial Planning Association of Silicon Valley, Esther has been quoted in US News and World Report, Investment Advisor, the San Jose Mercury News and the Wall Street Journal.

Panelists



Richard Adler, MBA

Richard is a Distinguished Fellow at the Institute for the Future (ITF) in Palo Alto. Richard has worked in the field of aging for more than two decades, focused on the link between aging and technology. When he first started working in aging, it was "about them," but now he finds that "it's about himself." At ITF, Richard has directed research on the aging of the baby boomers and the future of caregiving. He is currently leading an effort at Avenidas, the Palo Alto Senior Center, to create a Generations Lab where older adults can explore the new world of personal digital technologies.



Wes Alles, PhD

Wes is the Director of the Health Improvement Program, Stanford Prevention, Research Center (SPRC) Stanford School of Medicine. A true health advocate and researcher, he and his team disseminate SPRC research, conduct outreach, and facilitate the adoption and implementation of health promotion programs on the local and national level. Under his leadership, the Health Improvement Program has provided education to over 2 million individuals. Wes was a group facilitator for the Meyer Friedman Institute of UCSF, an organization that conducted research on providing behavior modification programs for people with Type A behavior patterns. Wes likes to listen to KDFC, learning about classical music and interesting stories about the composers. He enjoys traveling, Greta America, cooking Italian food, and

watching NCIS because he used to watch it with his mom while drinking hot chocolate.



Bruce Feldstein, MD

Chaplain Feldstein is founder and director of The Jewish Chaplaincy at Stanford and an Adjunct Clinical Professor at Stanford School of Medicine, Division of General Medical Disciplines.

While he was specializing in emergency medicine for 19 years, an injury led him to a deeper sense of his life's work as a chaplain. He has navigated the journey from action-oriented emergency physician to reflective chaplain, shifting his focus from "curing" or "fixing" to bringing comfort and healing, to becoming someone capable of being fully present, bringing all of himself to the bedside: body, intellect, heart, and soul, as well as his training and life experience.



Joyce Hanna, MA, MS

Joyce is Associate Director of Health Improvement Program, Stanford School of Medicine. Joyce has developed and conducted health education seminars and conferences, with a focus on behavior change, healthy aging, weight management, exercise physiology, and nutrition. She is a former consultant to the Governor's Council on Physical Fitness, and past president of Lifelong Fitness Alliance, an organization that promoted physical activity throughout the lifespan. Joyce is the founder and co-director of Living Strong, Living Well, a strength/fitness program for cancer patients and survivors. She is also the program Director of the popular Stanford Alumni Annual Healthy Living Retreat for Women. She likes to spend time with her five grandchildren, family and friends. She enjoys mountain hiking, reading biographies, going to good movies and chocolate.



Manjula Waldron, PhD

Manjula is a consulting professor in Stanford Prevention Research Center, Stanford School of Medicine. She retired as a professor of Bioengineering and spent her life researching deafness and design process. She is a certified healing touch practitioner and a holistic life coach. Since 1998 she has focused on the upside of aging and developed her REWARDS© program. Manjula has taught Science and Spirituality and Designing Resilient aging for Stanford Continuing Studies and Designing life for meaning and purpose and Reboot your life for Stanford Health Improvement Program. She is deeply committed to inclusivity. In addition to her technical writing she just completed her first historical novel: Love Partitioned and Love Redeemed, to explore women's transformation when faced with extreme hardships as in partition of India during its independence. She is an expert in smart robotics and enjoys creative cooking.

ORGANIZER BIOGRAPHIES



Linda H. Clever, MD

Internist and occupational health specialist, Linda Hawes Clever, MD, member of the National Academy of Medicine, twice a Stanford graduate and former Associate Dean of its School of Medicine, founded the not-for-profit RENEW twenty years ago, to help capable people live whole, healthy, fulfilling lives. She likes good walks, good conversations, and good cookies.



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Judith Takasa Webb, MA, CPG

Judith Takasa Webb, MA, CPG and retired Avenidas Manager of Lifelong Learning & Wellness, holds a MA Degree in Gerontology from San Francisco State University with a focus on fitness and aging, as well as Personal Fitness Trainer and Adaptive Fitness certifications. She is a credentialed professional gerontologist.

Judith is founder and director of Vintage Athletic Association, a non-profit organization dedicated to the encouragement and promotion of fitness/athletic activities for older adults. She taught Lifelong Fitness exercise classes at Canada College and instructed adaptive exercise for the Cardiac Therapy Foundation of the Mid-Peninsula. Judith practices what she preaches – a chronic exerciser, she is particularly fond of marathon running, and good food and wine.



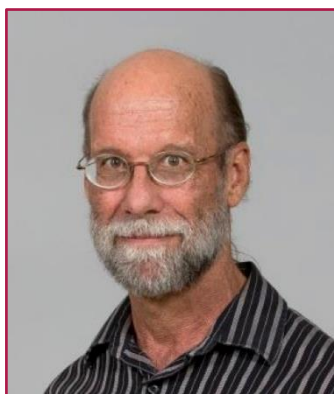
Kate Lorig, PhD

Kate Lorig, PhD, is the Director of the Stanford Patient Education Research Center and Professor of Medicine in the Stanford School of Medicine. She earned her bachelor's degree in nursing at Boston University, and her masters and doctorate of public health (Dr.P.H.) in health education at the University of California, Berkeley. She came to Stanford in 1979 while a graduate student at Cal to develop and research an educational program that emphasized self-help skills for people with arthritis. This program became the Arthritis Self-Help Course and was the prototype for the Chronic Disease Self-Management Program, The Diabetes Self-Management Program, the Positive Self-Management Program for HIV/AIDS, the Cancer: Thriving and Surviving Program, the Building Better Caregiver's Program, Self-Management Program, and others. She has authored several books and many articles about arthritis, chronic disease in general, health education and behavioral science. She enjoys travels and is fluent in Spanish.



Bob Spears

Bob Spears is the marketing guy, retired, who dealt with Silicon Valley startups. Currently he uses "The Culture Connection", a group he founded in the 1990's to help companies hiring H1 visa holders adapt to American life & Silicon Valley business life, to teach classes under the umbrella, "Window on the West" to help students adapt to American life & American academic life through The Bechtel International Center, Stanford & The Leadership School, Tbilisi, Republic of Georgia. He was past chair of the board of the Samaritan Counseling Center of the Mid-Peninsula Palo Alto. He chaired the San Mateo Country Committee of Leave-a-Legacy, a program to develop the community's awareness of the importance of including non-profit organizations in estate planning. Active in Commonwealth club of California and for the past several years he has spent time looking into living and financial issues for seniors.

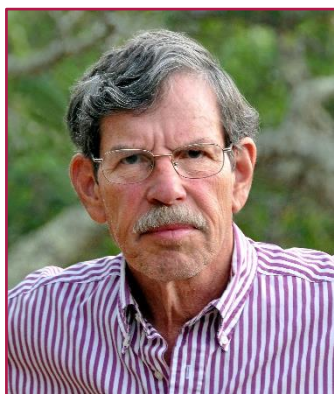


Randall Stafford, MD, PhD

Randall S. Stafford, MD, PhD, is a Professor of Medicine at the Stanford School of Medicine and the Director of the Program on Prevention Outcomes and Practices (PPOP). Dr. Stafford is a primary care physician in the Stanford Internal Medicine Clinic where he focuses on chronic disease prevention and treatment. He serves on expert committees advising a diverse range of organizations, including the California Medicaid program, the National Committee on Quality Assurance, the American Heart Association, and the American Journal of Preventive Medicine. His research focuses on development and dissemination of effective team based self-

care to improve health outcomes and diminish the burden of obesity, diabetes, and heart disease while reducing health disparities and decreasing health care costs.

Professor Stafford now leads the WELL-China initiative, that focuses on western and Chinese medicine to promote well-being, human function, chronic disease risk factors, environmental indicators, and biomarkers in a sample of 10,000 citizen scientists recruited from the Xihu (Westlake) District of Hangzhou. This project is part of Stanford WELL project.



Richard Adler, MA, MB

Richard is a Distinguished Fellow at the Institute for the Future (ITFF) in Palo Alto. Richard has worked in the field of aging for more than two decades, focused on the link between aging and technology. When he first started working in aging, it was “about them,” but now he finds that “it’s about himself.” At ITFF, Richard has directed research on the aging of the baby boomers and the future of caregiving. He is currently leading an effort at Avenidas, the Palo Alto Senior Center, to create a Generations Lab where older adults can explore the new world of personal digital technologies.



Ken Waldron, PhD

Ken Waldron, PhD, is Professor of Mechanical and Mechatronic Engineering at UTS. He is also Professor Emeritus from the Design Group in the Department of Mechanical Engineering of Stanford University. He holds bachelors and master’s degrees from the University of Sydney, and PhD in design from Stanford. He works in machine design, and design methodology with a particular focus on robotic and mechatronic systems for elder care and augmentation of human functioning and mobility.



Manjula Waldron, PhD

Manjula is a consulting professor in Stanford Prevention Research Center, Stanford School of Medicine. She retired as a professor of Bioengineering and spent her life researching deafness and design process. She is a certified healing touch practitioner and a holistic life coach. Since 1998 she has focused on the upside of aging and developed her REWARDS© program. Manjula has taught Science and Spirituality and Designing Resilient aging for Stanford Continuing Studies and Designing life for meaning and purpose and Reboot your life for Stanford Health Improvement Program. She is deeply committed to inclusivity. In addition to her technical writing she just

completed her first historical novel: *Love Partitioned and Love Redeemed*, to explore women's transformation when faced with extreme hardships as in partition of India during its independence. She is an expert in smart robotics and enjoys creative cooking.



Ruth Kedar

Ruth Kedar is the President of Kedar Designs, a design firm specializing in branding and visual communications. For the past 30 years Ruth has been sought after as an ideator, mentor and speaker both in the United States and abroad, and her work has been recognized worldwide. She is perhaps best known for designing the Google logo. In addition to tending to her design practice, Ruth enjoys practicing aikido, a Japanese martial art.

RECOMMENDED READINGS



Book 3

Ester Szabo, PhD

Book 1

Book 2

Book 3

Richard Adler, MBA

Book 1

Book 2

Book 3

Wes Alles, PhD

Book 1

Book 2

Book 3

Bruce Feldstein, MD

Book 1

Book 2

Book 3

Joyce Hanna, MA, MS

Book 1

Book 2

Book 3

Manjula Waldron, PhD

Book 1

Book 2

Book 3

PROGRAM AT A GLANCE

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