Brown Bag Series: Aging Well—Aging with Others

Overview: This four part series is open to campus and community members who are interested in learning more about personal aging pathways and ways that aging concerns and processes may be enhanced in families.

Sponsors: Gerontology Department (WOU), Politics, Policy, and Administration Department (WOU); Human Resources; Monmouth Senior Center.

Schedule of Events:

I. Brown Bag #1: Noon-1:00 pm, Wednesday, April 27th, Willamette Room, Negotiating the Adult Child and Older Parent Relationship as Parents Age: Setting the Context--Margaret Manoogian, PhD Associate Professor/Gerontology Head, WOU

A family gerontologist, Dr. Manoogian will provide an overview of empirical research that focuses on the family context when adult children and older parents are navigating the aging process together. Understanding family relationships has implications for well-being in mid to later life as strong ties especially are needed when health constraints emerge for either the adult child or the older parent.

II. Brown Bag #2: Noon-1:00 pm Wednesday, May 4th Willamette Room, Understanding Policy: Implications for Aging Adults--Mark Henkels, PhD, Professor, Politics, Policy, and Administration.

As the Baby Boomers move into retirement, Social Security, Medicare and other government programs face daunting fiscal and service challenges. This talk will look at the demographics of our aging population, their link to these crucial public programs, and where things might go. Dr. Henkels will consider whether current political debate is honest and realistic, and whether it considers the deepest policy challenges posed by our aging society.

III. Brown Bag #3: Noon-1:00 pm, Wednesday, May 11th, Columbia Room, Health Promotion and Aging: Best Practices--David Haber, PhD, Gerontology Instructor, WOU/Gerontology Society of America Fellow.

A nationally recognized gerontologist with years of experience teaching students and training professionals for work with older adults, Dr. Haber is the author of Health Promotion and Aging (7th edition). His presentation will help all of us understand healthy aging by how we can prevent disease and make changes to our daily living in order to enhance wellness.

IV. Brown Bag #4: noon-1:00 pm, Wednesday, May 25th Columbia Room, Talking about End-of-Life Issues for Aging Adults and Their Family Members--Tamina Toray, PhD, Professor/Psychology and David Grube, MD/retired Family Practice Physician/Current Oregon and National Medical Director, Compassion & Choices.
Historically, in the U.S., the dying process of individuals occurred quickly from catastrophic illness. Today, with advanced medical interventions, medicine has become extremely successful in staving off death with aggressive treatments. However the unintended consequence of living longer often comes without reasonable quality of life. Dr. Toray and Dr. Grube will guide us in how we can better understand our personal expectations and decisions as well as discuss end-of-life choices with others.