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MONDAY, OCT. 11: 300 SENIOR ADULTS TO GATHER AT UD SYMPOSIUM

The Baby Boomers are aging, people are living longer, healthier lives and the issues adults are facing as they grow older have changed since the days when grandma and grandpa spent their evenings in their rocking chairs, knitting and whittling.

More than 300 senior adults from the Miami Valley will learn about “Optimal Health: Issues and Alternatives for Successful Aging” at the Duane W. Chapman Senior Symposium to be held from 9 a.m. to 5 p.m. Monday, Oct. 11, in Kennedy Union at the University of Dayton. The symposium is sponsored by UD’s Institute for Learning in Retirement program and Miami Valley Hospital. The morning schedule includes:

9 a.m. Kennedy Union Ballroom Welcome and Introductions
9:30 a.m. Kennedy Union Ballroom “Attitudes on Aging and Memory Fitness” by Kate Hamilton of Canyon Ranch Health Resort
10:45 a.m. Kennedy Union Ballroom “Movement and Exercise” by Mike Siemens of Canyon Ranch Health Resort
Noon Kennedy Union Ballroom Lunch
12:45 p.m. Kennedy Union Ballroom “Prescription for Longevity” by Robert Butler, chair of the International Longevity Center in New York.

At 1:45 p.m. and again at 3 p.m., participants will attend hourlong workshop sessions to be held in various rooms in Kennedy Union. Locations will be posted. Sessions will include:

- “Aging with Spirit” by Sherry Wheaton, M.D., Miami Valley Hospital, and Judy Pistilli, clinical psychologist.
- “Reflections on Spirituality” by the Rev. James L. Heft, chancellor and professor of faith and culture, University of Dayton.
- “Laughing Your Way to Stress Management” by Steven D. Mueller, director of counseling and health services, University of Dayton. (No 3 p.m. session)
- “Out of the Blue: Preventing and Recognizing Depression in Later Life” by David Bienenfeld, M.D., Wright State University.
- “Sexuality Ripens, But It Doesn’t Spoil” by Roslyn Klein, chaplain and counselor, Good Samaritan Hospital.
- “The Arts As Life’s Essential” by Burt Saidel, arts connoisseur, columnist and editor.
- “Alternative and Complementary Medicine” by Richard J. Wyderski, M.D., Miami Valley Hospital.
- “Nutrition and Aging” by Dee Schrimpf of Franciscan Medical Center and the Dayton Heart Center.