

AGEING WELL

A PUBLIC EDUCATION DAY
TO SUPPORT HEALTHY AGEING

PRESENTED BY:



IN PARTNERSHIP WITH:



Sinai Health System

HEALTHY AGEING AND GERIATRICS



LIFE Institute



**The Chang School
of Continuing
Education**



AGEING WELL: A PUBLIC EDUCATION DAY TO SUPPORT HEALTHY AGEING

Ageing Well: A Public Education Day to Support Healthy Ageing is proudly presented by The Walnut Foundation in partnership with Sinai Health System's Healthy Ageing and Geriatrics Program, the LIFE Institute, Programs for 50+ and Community Engagement at Ryerson University's G. Raymond Chang School of Continuing Education, and the National Institute on Ageing (NIA) at Ryerson University.

Our full-day event will feature six lectures from health professionals and subject matter experts. Ageing Well will focus on providing useful information we can use to stay healthy and add more life to our later years!

AGENDA

8:00 a.m. – 9:00 a.m.

REGISTRATION AND BREAKFAST

9:00 a.m. – 9:15 a.m.

OPENING REMARKS

Dr. Winston Isaac, President of the Walnut Foundation, Certified Health Executive, Associate Professor Emeritus - Health Services Management, Ryerson University

9:15 a.m. – 10:00 a.m.

HOW DO I KNOW AND WHAT DO I DO IF I HAVE DEMENTIA?

Dr. Adrian Grek, Geriatric Psychiatrist, Sinai Health System

10:00 a.m. – 10:45 a.m.

HAVING THE HARD CONVERSATIONS: ADVANCE CARE PLANNING AND END-OF-LIFE DISCUSSIONS

Dr. Leah Steinberg, Palliative Care Physician, Temmy Latner Centre For Palliative Care, Sinai Health System

10:45 a.m. – 11:15 a.m.

BREAK

11:15 a.m. – 12:00 p.m.

SHOULD I BE TAKING THIS? SAFE MEDICATION USE AND STRATEGIES FOR OLDER ADULTS

Chris Fan-Lun, Geriatric Medicine Pharmacist, Sinai Health System

12:00 p.m. – 1:15 p.m.

LUNCH

1:15 p.m. – 2:00 p.m.

THERE'S NO PLACE LIKE HOME: UNDERSTANDING OUR HOME AND COMMUNITY CARE OPTIONS TO AGE IN PLACE

Revital Shuster, Social Work Care Navigator and Anna Siciliano, Social Worker, Circle Of Care

2:00 p.m. – 2:45 p.m.

MOVE IT OR LOSE IT: PHYSICAL ACTIVITY GUIDELINES AND RECOMMENDATIONS FOR OLDER ADULTS

Dr. Jane Thornton, Resident Physician, Western University and Fellow, Action Canada

2:45 p.m. – 3:00 p.m.

BREAK

3:00 p.m. – 3:45 p.m.

AN OVERALL APPROACH TO LIVING LONGER, LIVING WELL

Dr. Samir Sinha, Director of Geriatrics, Sinai Health System and University Health Network

3:45 p.m. – 4:00 p.m.

CLOSING REMARKS

Dr. Winston Isaac, President of the Walnut Foundation, Certified Health Executive, Associate Professor Emeritus - Health Services Management, Ryerson University

Presentation descriptions available at www.sinaigeriatrics.ca/events-and-education/ageing-well



EVENT DETAILS:

TIME: 8:00 a.m. - 4:00 p.m.

DATE: Saturday, February 11, 2017

LOCATION: George Vari Engineering and Computing Centre, Room Eng103, Ryerson University, 245 Church Street, Toronto



REGISTRATION:

COST: \$40.00


REGISTER ONLINE AT:

 www.sinaigeriatrics.ca/ageing-well



EVENT CONTACT:

Dr. Winston Isaac, Event Organizer,
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