

**OSHER LIFELONG LEARNING INSTITUTE AT TOWSON UNIVERSITY
WINTER 2018**

All Lectures to be held at 7400 York Road, Room 101
10:30 a.m.-noon, unless otherwise specified

Monday, January 8, 2018

A JAGGED PILL: DIETARY SUPPLEMENT REGULATION IN THE U.S.

Robin Minor, PhD

While many Americans use dietary supplements, the highest rate (about 63%) is in individuals over 60 years of age and the rates are rising. Older adults also have the highest rates of polypharmacy (the use of multiple prescription medications) and it is estimated that 15% of older adults are at risk of adverse supplement-drug interactions. Understanding the current regulatory environment set by the Food and Drug Administration is necessary for U.S. consumers because the brunt of the responsibility for safety regarding dietary supplements is shouldered by consumers due to the Dietary Supplement Health and Safety Act. Attendees will gain an understanding of the role of the FDA in the dietary supplement market as well as the nature of some supplement companies and will be empowered with insights about making safe choices regarding dietary supplements.

Robin Minor is an assistant professor of biology at the Community College of Baltimore County with a PhD in Human Nutrition from the University of Florida. Consumers are presented with a lot of information about the promises of dietary supplements, some of which need to be understood in the light of the FDA's policy towards regulating supplements. It is her goal to give attendees the knowledge they need to make informed choices with their wellbeing and safety first in mind.

Tuesday, January 23, 2018 from 2 - 3p.m., Room 301 of 7400 York Road

EXERCISE: THE GOLDEN TICKET TO LIVING WELL

Christine V. Woods, MEd

Join Towson University's Wellness Center own fitness expert and educator, Christine V. Woods, MEd, as she leads an exercise class aimed at providing important strength training concepts for all ability levels. The music will be playing and the muscles will be working!

Fitness expert, Christine V. Woods, MEd, ACSM-CCEP, CSCS, is a 25-year industry veteran, serving as a clinical exercise physiologist, lifestyle coach, university educator, and fitness educator for the Athletic and Fitness Association of America (AFAA). www.ChristineWoodsFitness.com

Tuesday, February 6, 2018

HEARING LOSS: THE IMPACT ON YOUR HEALTH AND QUALITY OF LIFE

Julie Norin, AuD

Many health conditions prevalent in baby boomers and seniors have a strong link to hearing loss, so early diagnosis of hearing loss is important. For example, recent studies show that nearly 80% of people with cardiovascular disease also have hearing loss.¹ Untreated hearing loss can significantly impact our health and overall quality of life. When left untreated, hearing loss can lead to communication difficulties with family and friends, which often result in irritability, stress, isolation, and even cognitive decline. Seminar attendees will learn how our hearing works and what it means to have hearing loss, as well as what to expect when visiting an audiologist. Dr. Julie Norin will be able to answer questions regarding hearing loss, new hearing aid technologies, accessories, and assistive devices and the wide range of hearing health treatment options that are available today.

¹*American Journal of Audiology June 2010, Better vHearing Institute, May 2011*

Julie Norin, AuD, CCC-A, ABA, FAAA, is an audiologist with The Hearing and Speech Agency (HASA). Her expertise includes diagnostics of hearing loss and hearing related disorders, programming and dispensing of hearing aids and assistive listening devices, aural rehabilitation, and hearing conservation. Dr. Norin also enjoys supervising and

mentoring audiology doctoral students. Dr. Norin has been featured on local radio and TV news segments, discussing the importance of hearing health and the treatment of hearing loss. Her doctoral research, "Speech Intelligibility and Passive, Level-Dependent Earplugs," was published in *Ear & Hearing* (2011), the official journal of the American Auditory Society. Dr. Norin is licensed by the State of Maryland, and certified by the American Speech-Language-Hearing Association (ASHA) and the American Board of Audiology (ABA). She is a fellow of the American Academy of Audiology (AAA), the Maryland Academy of Audiology (MAA), and a member of the Academy of Doctors of Audiology (ADA).

Tuesday, February 13, 2018

MAKING LIFESTYLE CHANGES THAT LAST

Christine V. Woods, MEd

Small changes can yield big results. Living a healthy lifestyle begins with small changes that over time become habit. When we think "lifestyle change" it can sound intimidating and overwhelming. Many people don't know where to start and talk themselves out of wanting to take action. Others, jump in full throttle only to crash and burn because the overly ambitious behaviors are not sustainable. New, healthier habits can become integrated into your lifestyle when you learn how to approach the process. We live in a fast-paced society and we are inundated with lots of health information. In this presentation, we will discuss how to successfully introduce new healthy behaviors into your life and that of your family. Let's discuss exercise, nutrition and mindset. Understand WHY these components are critical to your health and happiness and HOW they can become a part of your life.

Fitness expert, Christine V. Woods, MEd, ACSM-CCEP, CSCS, is a 25-year industry veteran, serving as a clinical exercise physiologist, lifestyle coach, university educator, and fitness educator for the Athletic and Fitness Association of America (AFAA). www.ChristineWoodsFitness.com

Thursday, February 15, 2018

MISPLACED KEYS OR MORE? AN OVERVIEW OF ALZHEIMER'S DISEASE AND OTHER DEMENTIAS AND RELATED SYMPTOMS

Stacey E. Young, MA

According to the Alzheimer's Association, "dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Memory loss is an example. Alzheimer's is the most common type of dementia." In this lecture, participants will receive an overview of the diagnosis of Alzheimer's disease and other prominent forms of dementia as well as learn more about the symptoms associated with each type. In addition, they will gain a better understanding of approaches and interventions that are most successful when caring for a person with dementia.

Stacey E. Young, MA, ACC/MCRe received her Bachelor's Degree in Psychology from the University of Maryland Baltimore County and earned her Master's Degree in Applied Sociology, Aging Studies from UMBC. Stacey has spent her career since 2000 serving residents in nursing home, assisted living and retirement communities with a primary focus on lifestyle programming and dementia care. She has given lectures all over the country on a variety of topics surrounding the support of seniors including topics: technology and seniors, dementia and provision of services and care techniques, lifestyle programming both in communities and at home, humor and aging, and more. Currently, Stacey serves as the Director of Lifestyle and Dementia Programs at Broadmead, a life plan community in Cockeysville, MD. Stacey has also served for many years on the board for the Maryland Activity Coordinators Society.

Free and Open to Osher Members

Please RSVP by emailing Shelby Jones at sjones@towson.edu or calling 410-704-3688

