

Aging with Faith and Grace

FathTalk series, October and November 2017

This series is directed to all parishioners, and more specifically to older adults and their caregivers. We will cover topics on the life-course of aging and specific recommendations to improve and maintain physical and mental health. We'll discuss prescription medication management as part of a health care team, and end-of-life spiritual considerations and guidance from our rector, Rev. Meredith T. Heffner.

We've invited health care professionals and researchers from the National Institute of Health (NIH); family physicians and researchers from the Centers for Disease Control (CDC).

October 15: Life-course perspective on aging; how to maintain independence

This presentation will present the World Health Organization (WHO) research on the life-course of aging. It will discuss the process of progressive change in the biological, psychological and social structure of individuals. It will discuss how the functional capacity of our biological systems (eg. muscular strength, cardiovascular performance, respiratory capacity etc.) increases during the first years of life, reaches its peak in early adulthood and naturally declines thereafter.

Speaker: Dr. Maria Isabel Roldós-Prosser is a doctor in public health and professor on topics of global health, reproductive health and injury prevention. She also served as a former research fellow at the Centers for Disease Control.

October 22: Healthy behaviors that promote good mental and physical health

We all know about the importance about taking care of our health—eating right, getting enough sleep, exercising—to maintain quality of life as we get older. Healthy habits positively influence how a person feels and how their body functions. But good health involves not only caring for our body, but also our mind. In this talk you will learn what we can do to protect our mental health while aging, and also how to improve our mental well-being throughout our lives. These include building social support, eating and moving with mental health in mind, recognizing the signs of stress, and knowing when to reach out for help. We also will consider the role of the church community in navigating the spiritual terrain of aging and promoting mental health as we care for others.

Speaker: Dr. Sarah Hnatov has an MA and PhD in psychology with extensive experience in mental and behavioral health and practice experience working in school, hospital and community setting. Currently serves as a researcher and clinical psychologist at the Department of Education.

October 29: Spiritual and practical guides for the end of life

In this presentation, we will examine our response to aging, and how we can honor our spirituality as we age. We'll also discuss our response to "death," and how we might plan for the inevitable. *Speaker:* The Rev. Meredith T. Heffner, St. James' Rector.

November 5: The role of a multidisciplinary health care team to be and stay healthy

Healthcare is a team effort. Each healthcare provider is a member of the team with a special role. The team approach to caring for patients includes many professionals performing a variety of specialized functions designed to meet the physical, emotional and psychological needs of the patient. This talk will address the roles of physicians, pharmacists, dietitians and others, and will discuss how can we improve the coordination of health care services and improve our health.

Speaker: Dr. Anne Zajicek is medical doctor and a PhD in pharmacology. Dr. Zajicek currently serves as the Deputy Director, Office of Clinical Research at the National Institute of Health- NIH. Her teaching experience is in clinical pharmacology and mentors pharmacy graduate students on prescription guidelines and social behavioral considerations to prescription management.