

31st Anniversary
Stratton Lecture on
Aging Successfully
Thursday, May 3, 2018
4:30 pm – 6:30 pm



All welcome

This program is free
and open to the public.

Wong Auditorium

The Tang Center
Building E51
70 Memorial Drive and
Wadsworth Street
Cambridge, MA



A source and resource for MIT women

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Adapting to Aging with Confidence and Connection

MIT Aging Specialists Offer Matters to Consider Wherever We Live



Maureen Johnston



Carley Ward



Samantha Brady



Chaiwoo Lee

A collaborative project of MIT's Medical Department, AgeLab and Women's League, the 2018 Catherine N. Stratton Aging Successfully Lecture brings together panelists from MIT's Medical Department and AgeLab whose work addresses fundamental issues facing older adults. This lecture will highlight three of these issues: household management, loneliness and isolation, as well as new and assistive technologies.

Though we are living longer, advancing years still mandate certain adjustments to changes affecting our daily lives. Housing options, economic situation, health, physical mobility, family, outside work and interests—all are determiners in our ability to adapt to these changes.

Moderator

Maureen Johnston, NP, MSN, Chief of Nursing and Adult Gerontology NP at MIT Medical, experienced in responding to the physical, mental and psycho-social challenges that come with aging, will outline our topic and introduce our panelists.

Panelists

Carley Ward, MA, a Research Associate at MIT's AgeLab will focus on the sharing economy, creative housing, managing household chores and on-demand services that may enable older adults to continue to age in place and maintain their independence as their needs change.

Samantha Brady MPA, a Research Specialist at MIT's AgeLab, will share her findings regarding the impacts of physical fitness and exercise on the well being of older adults, including the positive effects of reducing social isolation and loneliness through participation in group fitness programs and increased physical activity.

Chaiwoo Lee, PhD, a Research Scientist at MIT's AgeLab will present her experience with generational interactions to new technologies such as vehicle automation, virtual reality and robotics, as well as in-home assistive tools for care-giving as they enable staying connected and are supportive to independent living.

After the presentations and a short discussion among the panelists, Maureen Johnston will serve as moderator for audience questions to be answered by the panelists as time allows.

Adapting to Aging with Confidence and Connection *continues the Catherine N. Stratton Lectures on Aging Successfully to honor Kay Stratton whose energy, grace and intelligence enriched the MIT community for more than seventy-five years. These lectures are designed to encourage attendees to become well-informed health advocates for themselves and their families.*



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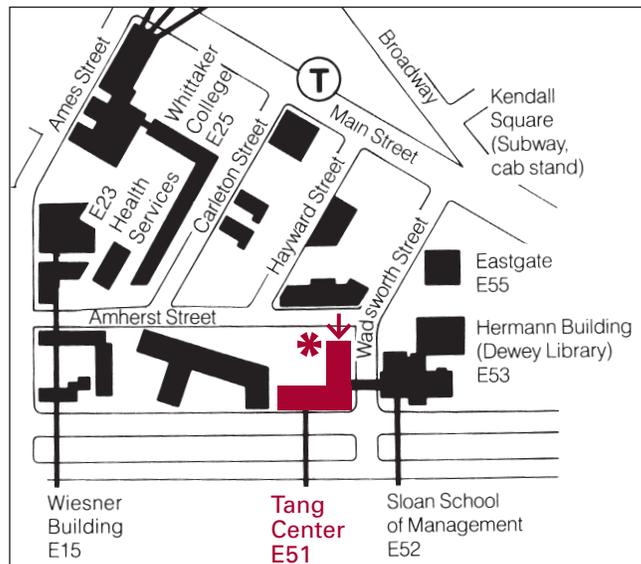
Chaiwoo Lee

Wong Auditorium, The Tang Center Building E51

The Tang Center can be reached by subway at the Kendall/MIT MBTA T-stop on the Red Line or by car.

Entering

The entrance to the Tang Center is on the corner of Wadsworth and Amherst Streets. Wong Auditorium is on the mezzanine level.



All welcome

This program is free and open to the public.

Parking

Garage parking is available on Ames Street behind Legal Sea Foods.