

Aging Education Series

Spring 2020 Sessions

We're in this together! Understanding and Addressing Ageism

Presenter: Jenny Sasser, PhD

Friday, April 24, 2020 (2:00-4:00pm) | PCC Newberg Center, 135 Werth Blvd., Rm 115 & 116

What do you like most about the age you are right now? What do you wish your younger self knew about growing older that you are discovering now?

Exploring these (and other!) questions can help us gain a greater appreciation for all ages and stages of life. Developing a deeper understanding of the life-long aging journey, as well as how and why members of different generations think and behave the way they do, goes a long way to addressing ageism.



Jenny Sasser has worked in the field of gerontology for more than half her life, from nursing assistant and aging advocate to researcher, writer and teacher. Jenny served as Founding Director of Gerontology at Marylhurst University from 1999 to 2015. She has had a long connection with the gerontology program at Portland Community College, teaching Psychology of Adult Development and Aging, Supporting End-of-Life, and Understanding and Ending Ageism. In June 2018, she joined the Human Development and Family Sciences faculty at Oregon State University, serving as lead instructor for a new program in Portland. Jenny serves as co-author of *Aging: Concepts and controversies* and as first author of *Gerontology: The basics*.

Strong Brains, Sharp Minds: Aging with Confidence

Presenter: Roger Anunsen

Friday, May 1, 2020 (2:00-4:00pm) | PCC Newberg Center, 135 Werth Blvd., Rm 115 & 116

Evidence-based Good News: Cognitive decline is NOT inevitable. The brain is plastic. Our brain changes—for the better or not—every day of our lives. Learn how to intentionally guide these changes and how to strengthen, protect, and even improve both the structure and function of the brain as it ages.

Explore the eight essential and interdependent elements for every brain wellness plan, and leave with at least eight brain-healthy takeaways that you can apply before you wake up the next day.



Roger Anunsen is a brain health educator, cognitive intervention designer, author, program consultant and personal cognitive intervention coach based in Oregon where he teaches gerontology courses in Portland, including *The Aging Mind*, *Applied Legal & Policy Issues in Aging*, and *Cognitive Activity Design*.

A pioneer in the field of memory and aging since 2001, Roger's educational methods were developed through hands-on experience teaching students, older adults, and health care professionals how to apply the latest breakthroughs from neuroscience to real-life challenges. Roger and his MINDRAMP partner, Michael Patterson, co-authored eBooks including *Strong Brains, Sharp Minds* (2017) and *Cognitive Activity Design* (2015), and most recently, *Cognitive Wellness Playbook* (2018).

Death, Dying, and Bereavement

Presenter: Michael A. Faber

Friday, May 8, 2020 (2:00-4:00pm) | PCC Newberg Center, 135 Werth Blvd., Rm 115 & 116

As the saying goes, "There are only two things that are certain in life...Death and Taxes." So why is it that we can all openly discuss and deal with taxes, yet, for most, in our death-denying culture the subject of death and dying are taboo? This is perhaps because we lack proper knowledge of this important subject matter. Therefore, this session will openly discuss death, dying, grief, and bereavement, as well as examine some of the key issues related to end-of-life decision-making.



Mike Faber holds a Bachelor of Science Degree in Gerontology, an undergraduate Mental Health and Aging Certificate, and a Master of Arts Degree in Sociology specializing in Aging and the Life Course. Mike has worked in a wide variety of roles within the field of Gerontology for the past 30 years with a focus in higher education for the last 20 years. Mike is one of the co-authors of a bestselling textbook, *Introduction to Aging: A Positive Interdisciplinary Approach*, published by Springer Publishing Company in 2014. Mike is a full-time Gerontology instructor at Portland Community College.