

UVic Retirees Association Elder Academy Report for the 2016 AGM

Introduction:

The UVic Retirees Association Elder Academy was launched in September 2014 to provide ongoing learning experiences for the 55+ demographic. Topics are chosen on their relevance primarily for this demographic, and have generally been offered in a series of four related presentations. The intent is to provide some relatively in-depth information,

UVic Retirees Association Elder Academy Report for the 2016 AGM

body weight, to offset some of the effects of getting older. The role of physical activity in the control and treatment of age-related medical conditions, such as Type 2 Diabetes, Parkinson's, and dementia, will also be included. The presentations will be based on the latest research findings and ***provide practical recommendations*** to meet our physical activity needs as we grow older. Time will be allocated for questions and dealing with individual concerns.

5. Horticultural Series

This series examines the science and art of organic farming.

- Tour of Haliburton Farm: "The Hidden Jewel in Saanich"
- "Chocolate Cheesecake, Soil Microbes, and How You Can Grow Healthy Dirt"

UVic Retirees Association Elder Academy Report for the 2016 AGM

UVic Retirees Association Elder Academy Report for the 2016 AGM

- November 6th (2.30-4.00pm) Capabilities: Expanding one's awareness of resources. Strategies and state of mind.
- November 13th (2.30-4.00) Beliefs and values: Permission and motivation. What makes me think this way?

During this series, you will be challenged to examine much about yourself that may lead to transformative changes or confirm you are doing well.

11. The Body Works? Function and Dysfunction

The series will cover how four body systems work, what happens to them as we age, what we can do about it, and the medical interventions that are possible. The intent of the series is to provide information that will be helpful to you when communicating with medical personnel as well as understanding what is happening to your own body. The series will be presented by an anatomist in conjunction with a medical practitioner.

- The heart and cardiovascular system
- Joints or articulations (the hip and knee)
- The digestive system
- The back and neck, how to protect it, and what can be done when things go really wrong

12. 55+ Strength, Stretch & Stamina

New to fitness or returning after some time off? Want to feel more comfortable using the equipment in a safe and effective manner? This 7-week course will teach you the basics of exercise under the guidance of a certified personal trainer in the new CARSA facility. You will gain experience and learn how to use the strength and cardio machines, have an introduction to free weights and resistance bands, learn about flexibility and stretching, participate in a low impact cardiovascular class and receive theoretical information about exercise and the body so you can be successful in incorporating more activity into your life.

13. Genetics: Can We Really Blame it all on Our Genes?

Genetics is a key element in health and propensity for age-related disease. This series will explain the basics of genetics and how the human genome project has enhanced our understanding of disease and disorders. In addition an understanding of genetics can have profound implications on how treatment and medications are individualized for optimal effects.

- An Introduction to Genetics
- How is Genetics Important for your Health?

UVic Retirees Association Elder Academy Report for the 2016 AGM