



*Pennsylvania Geriatrics Society - Western Division*  
PRESENTS THE

# Fall Program

***Living a Good Life – Not Just a Long One***

*Presented by*



**Karen Wolk Feinstein, PhD**

*President and Chief Executive Officer of the Jewish Healthcare Foundation (JHF) and its three operating arms, The Pittsburgh Regional Health Initiative (PRHI), Health Careers Futures (HCF), and the Women's Health Activist Movement Global (WHAMglobal)*

As we age, we're challenged to find new meaning and purpose in life. The roles that defined our adult years—doting parent, accomplished professional, weekend warrior athlete—start to fade. In a society that glamorizes youth and novelty over experience and wisdom, older adults can feel marginalized. A growing body of research suggests that finding renewed purpose later in life can, quite literally, be a life-saver. Seniors who have a clear sense of purpose in their lives tend to have better physical, mental, and even spiritual health compared to those who don't. Thankfully, a life without purpose is a preventable, and modifiable, condition. All of us—from health providers and policy-makers to next-door neighbors—have a role to play in ensuring that older adults remain active, engaged community members who derive meaning from their Golden Years.

The program is **COMPLIMENTARY** for members - **REGISTRATION IS REQUIRED**

**Register online no later than October 25<sup>th</sup>  
at [www.pagswd.org](http://www.pagswd.org)**

Guests are welcome at a fee of \$50.00  
*(this includes program, dinner and one year of membership in the  
Pennsylvania Geriatrics Society - Western Division)*

*We gratefully acknowledge exhibitor support for this activity from*

**Aspire Healthcare**

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**Valeritas**

**NOVEMBER**

**1**

**The  
University  
Club**

123 University Place,  
Pittsburgh PA 15260

**6:00 p.m. Registration,  
Networking, Visit with  
Exhibitors**

**6:50 p.m. PAGES-WD  
Business Meeting**

**7:05 p.m. Dinner &  
Program**

**8:30 p.m. Conclusion**

**REGISTER ONLINE AT**

**[www.pagswd.org](http://www.pagswd.org)**

This program is sponsored by  
The Pennsylvania Geriatrics Society  
– Western Division and University of  
Pittsburgh School of Medicine  
Center for Continuing Education in  
the Health Sciences

# INTRODUCTION

This program is designed to be beneficial for internists, family practitioners, geriatricians, geriatric psychiatrists, pharmacists, nurses, nursing home administrators, social workers and other health care professionals who provide care to older adults.

As we age, we're challenged to find new meaning and purpose in life. The roles that defined our adult years—doting parent, accomplished professional, weekend warrior athlete—start to fade. In a society that glamorizes youth and novelty over experience and wisdom, older adults can feel marginalized. A growing body of research suggests that finding renewed purpose later in life can, quite literally, be a life-saver.



Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling Nadine Popovich at (412) 321-5030.

## LEARNING OBJECTIVES

At the end of this course, participants should be able to:

- Explore findings on research of renewed purpose in life of senior population
- Identify habits for improving quality of life
- Discuss the role health providers play to ensure older adults remain active and engaged

## CME

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of University of Pittsburgh School of Medicine and the Pennsylvania Geriatrics Society - Western Division. The University of Pittsburgh School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded .15 continuing education units (CEU's) which are equal to 1.5 contact hours.

## PROGRAM FACULTY

**Karen Wolk Feinstein, PhD** - President and Chief Executive Officer of the Jewish Healthcare Foundation (JHF) and its three operating arms: the Pittsburgh Regional Health Initiative (PRHI), Health Careers Futures (HCF), and the Women's Health Activist Movement Global (WHAMglobal).

**Fred Rubin, MD** - Chair, Department of Medicine, Division of Medicine UPMC Shadyside; Professor of Medicine, University of Pittsburgh School of Medicine, Pittsburgh, PA.

**Rollin Wright, MD** - Assistant Professor of Medicine, Division of Geriatric Medicine, University of Pittsburgh School of Medicine; Geriatric Track Program Director UPMC Internal Medicine Residency Training Program

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