



# 2025 HEALTHY AGING SUMMIT

# AGING IS LIVING

Thursday, May 15, 2025 | SentryWorld | Stevens Point, WI

The Healthy Aging Summit aims to bring together professionals, community leaders, older adults, and advocates to explore innovative strategies for highlighting the idea that aging is not just about getting older—it's about continuing to grow, thrive, and fully engage in life. *Aging is Living* emphasizes that every stage of life offers opportunities for connection, purpose, and well-being.

Join us to learn from experts and advocates as we learn, collaborate, and celebrate advances in healthy aging.

Hosted by:

**wiha**  
Wisconsin Institute  
for Healthy Aging



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## Thanks to Our Sponsors

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### Corporate



# Agenda

8:00-8:45am	Registration & light breakfast (exhibit hall open)
9:00-9:15am	WIHA Welcome: Jill Renken
9:15-10:30am	Keynote Speaker: John McGivern
10:30-11:00am	Break: Poster presentations, exhibit hall, networking
11:00-12:15pm	Keynote Speaker: Trish D'Antonio
12:15-1:15pm	Lunch, wellness time, photo booth, & games
1:15-2:45pm	Panel: Expanding Community Access
2:45-3:00pm	Break: Networking & exhibit hall
3:00-3:30pm	Legislative Update: Federal & state landscape, budget process, & advocacy opportunities
3:30-4:00pm	Closing Remarks: What's ahead & partner spotlights
4:00-5:00pm	Networking (PJs dining, outdoor driving range, green circle trail)

Dear Summit Attendees,

Welcome to the 2025 Healthy Aging Summit! We are delighted to gather with so many dedicated individuals who are passionate about redefining what it means to grow older with purpose, strength, and joy.

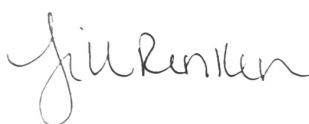
This year's theme, *Aging is Living*, reflects a powerful truth: that aging is something to embrace. Growing older allows for continued opportunities to explore, to connect, and to thrive. Every moment brings new chances to live fully, to care for ourselves and one another, and to build communities where everyone can age well.

Today you'll hear from leading experts, connect with colleagues, advocates, and innovators, and gain insights into how we can all grow in our health journey with resilience and joy. Whether you're here to learn, to share, or to be inspired, we hope this summit fills you with renewed energy and purpose.

Let us celebrate the wisdom, strength, and beauty that come with age. Together, we can create a future where healthy aging is not just a goal—it's a shared experience of living fully.

Thank you for being here, and thank you for being part of this vibrant, growing healthy aging community!

With heartfelt appreciation,



Jill Renken  
Executive Director  
Wisconsin Institute for Healthy Aging

# Presentations

## JOHN MCGIVERN



### Failing Retirement

We've all had jobs that are now in the rear view mirror, and John McGivern has had more than his fair share. Laugh along as he recounts fond memories of good jobs and embarrassing confessions of bad ones. And hear about his current job and why he's not retired when he should be!

*John McGivern is a six-time Emmy Award-winning performer best known for his work on PBS. He spent nine seasons hosting Around the Corner with John McGivern and now leads John McGivern's Main Streets, airing nationwide on PBS. A gifted storyteller, his one-man shows—The Early Stories of John McGivern, Midsummer Night McGivern, and John McGivern's Home for the Holidays—reflect his upbringing in a working-class Irish Catholic family in Milwaukee. His career spans comedy and television, with appearances on HBO's We're Funny That Way and Comedy Central's Out There II.*

## TRISH D'ANTONIO



### Generations Work: Introduction to Reframing Aging

Americans are living longer, working longer, and reshaping what it means to contribute to society—but the way our culture thinks and talks about aging hasn't kept pace. Outdated narratives continue to shape policies, practices, and systems of care that no longer reflect today's realities or tomorrow's possibilities. The National Center to Reframe Aging is leading a movement to change this by advancing evidence-based communication strategies that promote a more accurate story of aging. In this presentation, we'll explore how reframing tools are already driving change across sectors and why changing how we talk about aging benefits everyone.

*Patricia M. "Trish" D'Antonio, BSP Pharm, MS, MBA, BCGP is the Vice President of Policy and Professional Affairs for The Gerontological Society of America and a board-certified geriatric pharmacist. She is the Executive Director for the National Center to Reframe Aging.*

## PANEL DISCUSSION

### Expanding Community Access

Join us for a compelling panel discussion on the vital impact of evidence-based programs in promoting healthy aging and adapting delivery to meet the needs and experiences of multiple communities. Our expert panelists will explore effective strategies for increasing access to proven interventions, share practical tools for broadening program reach, and spotlight creative solutions tailored to the varied experiences of older adults. Attendees will come away with actionable insights on creating welcoming environments, strengthening local partnerships, and improving health outcomes across different populations. Don't miss this opportunity to engage in a powerful conversation that inspires progress and supports healthy aging.

*Panelists: Paula Tran, MPH (Moderator), State Health Officer and Administrator of the Division of Public Health, Wisconsin Department of Health Services; Mary Wolf, Director, LCO Tribal Aging & Disability Programs; Sheng Khang, H2N Hmong Team Coordinator, Milwaukee AHEC Certified Community Health Worker; Dr. Dessie Levy, PhD, RN, APNP, Co-Principal Investigator/WI State Director, Health Outreach and Prevention Education, General Baptist State Convention of WI, National Baptist Convention, USA, Inc.; Shary Perez, MPH, Health Research Program Coordinator, United Community Center; and Dr. Olayinka Shiyabola, PhD, BPharm, Charles R. Walgreen Jr. Professor, Department of Clinical Pharmacy, University of Michigan College of Pharmacy.*

## LEGISLATIVE UPDATE

### Federal & State Landscape, Budget Process, & Advocacy

This presentation will provide a legislative update covering the current federal and state policy landscape, with a focus on key issues affecting our community. Attendees will gain insights into the state budget process—how it works, who's involved, and what's at stake. We'll also explore practical ways you can engage with lawmakers and advocate for meaningful change. Whether you're new to advocacy or a seasoned voice, you'll leave with tools to make an impact.

# Poster Presentations

1. **8 Dimensions of Wellness: Addressing Isolation, Loneliness, and Chronic Conditions in Diverse Communities** Aging & Disability Resource Center of Brown County
2. **Bringing Generations Together in Care Benefits All** St. Ann Center for Intergenerational Care
3. **CARE U: Supporting Training Needs of Staff Caring for Older Adults in Wisconsin** University of Wisconsin–Madison School of Nursing, Center for Aging Research & Education
4. **CHW Sustainability to Strengthen Fall Prevention Initiatives** SSM Health of Wisconsin
5. **Free Balance Screens at an Outpatient Clinic** Orthopedic & Spine Therapy
6. **Holistic Approach to Improving Brain Health** Franklin Health Department
7. **How Music From the Perspective of a Younger Generation Improves Community Health Among Older Adults** Keys to Connection
8. **Leverage Your Health as Your Greatest Wealth** Fortress Forensic Investigations
9. **Living Well with Chronic Conditions in Milwaukee’s African American/Black Faith Communities** True Love Regional Community Development Corporation
10. **Peer-concordant Leaders Enhance Acceptability of Inclusive Tai Chi in Latinx & African American/Black Communities** University of WI–Madison
11. **Planning and Hosting a Falls Prevention Fair; A Research Based Approach** Ascension Elmbrook Memorial Hospital
12. **Portage County Annual Falls Prevention Screening and Resource Event** Aging and Disability Resource Center of Portage County
13. **Re-framing and Addressing Conflicts Between Older and Younger Workplace Team Members** Marshfield Clinic Health System
14. **Rural Community Connections Project: Portage County** Aging & Disability Resource Center of Portage County
15. **Supporting Assistive Technology Research for Safe and Healthy Aging** UW–Madison, Community–Academic Aging Research Network
16. **Virtual Med Wise Rx: Engaging Trainers and Participants** School of Pharmacy, University of WI–Madison



# Exhibitor List

- 1.AARP
- 2.Aspirus
- 3.Community–Academic Aging Research Network (CAARN)
- 4.CaptionCall by Sorenson
- 5.Connect America
- 6.DigiCopy
- 7.Elli Q (Intuition Robotics)
- 8.Falls Prevention Alliance of Northeast Wisconsin/NEW Rescue
- 9.iCare Humana
- 10.Lakeland Care Plus
- 11.Legacy Home Health and Respite Care Foundation
- 12.LifeStation
- 13.Midstate Independent Living Choices
- 14.Mom’s Meals
- 15.My Choice Family Care
- 16.Numbers4Nonprofits (N4N)
- 17.Noble Community Clinic
- 18.Novo Nordisk
- 19.Security Health Plan/Marshfield Clinic
- 20.Senior Medical Patrol
- 21.State of WI Board of Aging & Long Term Care
- 22.TMG/Molina
- 23.True Love Regional Community Development Co
- 24.UW Extension
- 25.UW Stevens Point Continuing Ed and LIFE Program
- 26.UW Stevens Point School of Health Sciences & Wellness
- 27.Visuality
- 28.WI Association of Senior Centers (WASC)
- 29.WI Department of Health Services
- 30.WI Council of the Blind & Visually Impaired
- 31.Wispact

# By-The-Numbers

**Thank You!** The spread of evidence-based programs is due to the hard work and dedication of the program facilitators, program provider organizations, and partners who recognize and are committed to healthy aging in Wisconsin.

2024	Total # Workshops	# Current Facilitators	Total # Participants
Healthy Living with Chronic Pain	11	29	85
Healthy Living with Diabetes	24	63	223
Living Well with Chronic Conditions	17	30	137
Mind Over Matter: Healthy Bowels, Healthy Bladder	52	45	445
Physical Activity for Lifelong Success (PALS)	5	6	45
Stand Up for Your Health	12	7	82
Stepping On & Pisando Fuerte	125	194	1416
Walk with Ease	24	26	231
<b>TOTALS</b>	<b>274</b>	<b>310</b>	<b>2698</b>

Numbers as of 04/10/2025

## Join Us

### **Become a WIHA program provider, facilitator, or volunteer**

Program provider organizations deliver WIHA evidence-based programs locally by employing (or supporting volunteer) program facilitators. To learn more about becoming a program provider organization, visit:

<https://wihealthyaging.org/program-providers>



Want to facilitate local healthy aging programs in your community? Both professionals and volunteers are invited to become trained facilitators! Visit:

<https://wihealthyaging.org/become-a-facilitator>



### **Join a healthy aging coalition**

We invite you to participate in the Falls Free® Wisconsin coalition to help prevent and reduce older adult falls across Wisconsin, or the Wisconsin Coalition for Social Connection to address loneliness and isolation and improve social connection. To learn more, visit

<https://fallsfreewi.org/falls-free-wi-coalition> or  
<https://connectwi.org/coalition-resources/>



### **Sponsor WIHA**

Corporate sponsors are valued partners in helping WIHA achieve its mission to improve the health and well-being of people as they age. Learn more at

<https://wihealthyaging.org/sponsor/>



### **Donate Today**

Donations directly fund evidence-based programs, resources, and initiatives that promote healthy aging. By contributing, you are helping to empower older adults with the tools and support they need to stay active, engaged, and independent. Join us in making a meaningful difference in the lives of aging individuals and communities. Donate now at

<https://wihealthyaging.org/give/>





## About WIHA

The Wisconsin Institute for Healthy Aging is a 501(c)(3) non-profit organization based in Madison, Wisconsin. WIHA's mission is to improve the health and well-being of all people as we age. We do this by disseminating evidence-based programs and practices and by engaging in collaborative public health strategies in Wisconsin and beyond.

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