

Be Well.



6TH VIRTUAL COMMUNITY FORUM ON **HEALTHY AGING**

NOV. 14 & 15, 2022

5 - 7PM EST

**RSVP VIA
EVENTBRITE**

QR code to register
using your phone



BUILDING STRENGTH AND RESILIENCE
PART 1: Monday, November 14, 2022, 5:00 PM – 7:00 PM ET
Opening Session, Zoom Main Room

Hosts:

- *Panagis Galiatsatos, MD, MHS*, Assistant Professor, Division of Pulmonary and Critical Care Medicine, Johns Hopkins University School of Medicine
- *Crystal Evans, MS*, Community Relations Coordinator Community and Collaboration Core Johns Hopkins Institute for Clinical and Translational Research (Johns Hopkins ICTR)

5:00 pm Welcome and Opening Remarks

- *Daniel Ford, MD, MPH*,
- *Cheryl Dennison Himmelfarb, PhD, RN*
- *Roger Clark, MBA*, Community Co-Chair, Community Research Advisory Council (C-RAC)
- *Pamela Ouyang, MBBS*, Academic Co-Chair, C-RAC, Johns Hopkins ICTR
- *Janet Johnson*, Healthy Aging Forum, Chair, C-RAC Community Representative

5:10 pm Mental Health

- *Tamar Rodney PhD, RN, PMHNP-BC, CNE*, Assistant Professor, Post-Master's Psychiatric Mental Health Nurse Practitioner Certificate, Johns Hopkins School of Nursing
- *Clarrissa Taylor Jackson*, Director of Programs and Outreach, NAMI Metropolitan Baltimore

5:35 pm In Gratitude: A Mindfulness Moment

- *Jennifer Ayanna Harrison*, Health & Wellness Coach, Community Educator, Ayanna Wellness Center, C-RAC Community Representative

5:40 pm Take Charge of Your Health: A panel of experts discusses strategies to enhance health and quality of life as we age.

- On Health and Aging: *Thomas Laskow, MD*, Assistant Professor, Division of Geriatric Medicine and Gerontology, Johns Hopkins Medicine
- On Cardiovascular Health: *Yvonne Commodore-Mensah, PhD, MHS, RN*, Associate Professor, Johns Hopkins University SON

6:05 pm Tai Chi: Building Strength and Maintaining Balance

Pamela Ouyang, MBBS

6:15 pm Public Health Crises: Where Are We with COVID and Monkeypox

- *Panagis Galiatsatos, MD, MPH*

6:40 pm Community and Collaboration Core: Building Bridges and Trust

Moderator, Cyd Lacanienta, MSW, Associate Director of Stakeholder Engagement, Johns Hopkins ICTR; *Roger Clark, MBA* Community Engagement Alliance Against COVID-19 Disparities; *Michael Thompson, C-RAC*; *Barbara Bates-Hopkins*, Day at the Market Health Education Program; *Cassie Lewis-Land, MS*, Hope Registry; *Daniel Ford, MD, MPH*, Clinical Research; *Cheryl Dennison Himmelfarb, PhD, RN* Diversity in Research

6:55 pm Closing Remarks

- *Cheryl Dennison Himmelfarb, PhD RN*

STAYING STRONG AND AUTHENTIC
PART 2: Tuesday, November 15, 2022, 5 PM -7 PM
Opening Session: Virtual Main Room

Host

- *Crystal Evans, MS*
- *Barbara Bates-Hopkins*, Community Outreach Coordinator, Environmental Health and Engineering, Johns Hopkins School of Public Health, Johns Hopkins ICTR

5:00 pm Welcome and Opening Remarks

- *Daniel Ford, MD, MPH*
- *Cheryl Dennison Himmelfarb, PhD, RN*
- *Roger Clark, MBA*, Community Co-Chair, C-RAC
- *Pamela Ouyang, MBBS*, Academic Co-Chair, C-RAC

5:05 pm In Gratitude: A Mindfulness Moment

- *Dr. L.A. McCrae*, LGADC, CPRS, RPS, RCP, CCTP, CCTSA, C-RAC Community Representative

5:10 pm Brain Health and Wellness

- *Crystal Evans*, Moderator
- *Marilyn Albert, PhD* Director, Division of Cognitive Neuroscience, Department of Neurology, Johns Hopkins University, School of Medicine, Director, Alzheimer's Disease Research Center
- *Jacquelyn Seth, MS*, Founder and Director of Curing Alzheimer's Dream Now (CAN Dream), Chair, Memory and Aging Community Advisory Board

5:35 pm Yoga

- *Michele Blu*, Instructor and Owner, Michele Blu Yoga and Art Studio

5:45 pm Break-out sessions: Time for "Real Talk" (no recording during sessions)

Club House Session Host (Room 1): LGBTQIA and the Non-Binary Community

- *Donald Young, Jr.*, Community Engagement Specialist, Community and Collaboration Core Johns Hopkins ICTR; *Dr. L.A. McCrae, LGADC, CPRS, RPS, RCP, CCTP, CCTSA*

Man Cave Session Host (Room 2): Men's Health Class

- *Michael Thompson, C-RAC*, Governance, Membership, and Council Development Subcommittee Chair

Sister's Circle Session Hosts (Room 3): Women's Health Class

- *Crystal Evans, MS, Barbara Bates-Hopkins*

6:55 pm Closing Remarks

Cheryl Dennison-Himmelfarb, PhD