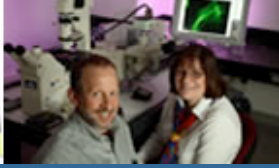


Lifelines

Institute on Aging at the University of Virginia



March 2010

Welcome to *Lifelines*, the e-newsletter from the Institute on Aging. *Lifelines* features the latest research, programs and events on aging from the University of Virginia. Please be sure to [visit our website](#) to learn more about how the University fosters innovative research and discovery to promote healthy aging throughout the human lifespan!

Tip: if you wish to increase the text size of this newsletter, please press "Ctrl" and "+" simultaneously on your keyboard.

In this Issue

Avoiding Diabetes and its Complications

Dr. Eugene Barrett, Director of the UVa Diabetes Center, outlines free or almost-free recommendations for preventing diabetes and its complications. Among the good news he offers: these changes are especially effective for seniors. [READ MORE](#)



Eugene Barrett, MD, PhD

Your Right to Decide: Recent Changes to Virginia Law on Advance Directives in Health Care

Moving healthcare decisions "to the bedside instead of the courtroom" is one goal of work chaired by UVa law professor Richard Bonnie. He and other drafters of this legislation presented its revisions to healthcare administrators and practitioners at a recent conference. [READ MORE](#)



Prof. Richard Bonnie

Upcoming Events

March 18, 4:00 PM – How Boomers Created a Better World

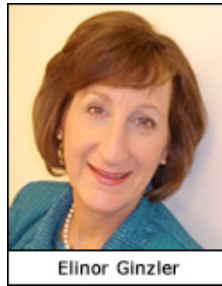
(Senior Center, 1180 Pepsi Place). Leonard Steinhorn, author of *The Greater Generation: In Defense of the Baby Boom Legacy*, discusses how Boomers created equality and freedom for minorities and women, and dignity for all. He will also highlight how Boomers will continue to contribute to society during their retirement. The Institute on Aging is cosponsoring this program.

March 19, 2:00 PM – Our Parents, Our Selves: The Later Years

Virginia Festival of the Book, Culbreth Theater, 109 Culbreth Road. Virginia Morris, a nationally recognized authority on eldercare and author of *How to Care for Aging Parents*, will review her work and lead a discussion about how families can effectively engage in the difficult but necessary conversations about legal, financial, and medical plans for aging parents and spouses. The event is hosted by the Institute on Aging and the Senior Center, and sponsored by Genworth Financial.

Living Better While Living Longer

Making communities more livable for senior citizens improves the quality of life for all residents. Elinor Ginzler, a national expert on livable communities, discusses their characteristics during her "Distinguished Lecturer" appearance. [READ MORE](#)



Elinor Ginzler

Support the Institute

Please join in our mission to enhance the aging process. Your gift will bring you public education programs, featuring the latest knowledge to benefit your medical, psychological, social, and fiscal health. And you will advance critical research in issues ranging from prevention of chronic illness to driving safety, financial planning for longer retirements, and community design for independent living.

Your support will allow us to tackle the critical problems and develop comprehensive solutions for the challenges of aging in the 21st century. For more information about giving opportunities, please see our [Support Page](#). To make a secure, tax-deductable gift, go to our [online giving form](#) or please contact Regina Carlson at (434) 243-5695, rcarlson@virginia.edu.

News

Technology developed by UVa psychology professor Steven Boker makes videoconferencing readily available to almost anyone with a cell phone or computer. The Institute on Aging and Boker are exploring its application to telehealth for the elderly. It can be used to facilitate both phone consultations and at-home medical visits. More information, as well as a live demonstration, is available at [NBC 29](#) and on [UVa Today](#).

If you know others who would be interested in this newsletter, please let them know they may subscribe at <http://hoosonline.virginia.edu/lifelines>.

April 12, 1:00 p.m. - Computer Users Group Topic: Telemedicine

(Senior Center, 1180 Pepsi Place). Telemedicine is the use of computers and broadband communications to bring quality health care to remote locations. Eugene Sullivan, Director of the Office of Telemedicine, UVa, will tell us how these technologies and the specialists at UVa can meet remotely with patients anywhere in Virginia. Learn more about this service and how it might help you or your loved ones. This meeting is co-sponsored by the UVa Institute on Aging. Refreshments will be available after the meeting.

April 20, 3:00 PM, Aging 101 – Improving Your Fiscal Health, Doubletree

Hotel, 990 Hilton Heights Road. Karin Bonding, Finance Professor in the U.Va. McIntire School of Commerce, will discuss personal finance strategies and advance planning. Please register online or by contacting the Institute at uvaging@virginia.edu or (434) 243-5695.