

Walking Alongside: A Seminar Series on the Culture of Aging

Saturday, April 1

Transitioning Your Aging Parent or Spouse: Professional & Personal Experience

1:00 – 3:00 p.m.

Notre Dame Center for Arts and Culture
1045 W. Washington St., South Bend, IN 46601

Speaker: Dale C. Carter, HFA, MBA, Certified Dementia Care Specialist, on “Transitioning your Aging Parent and Spouse: Professional & Personal Experience”

- Dale C. Carter, a nationally recognized dementia care expert, author and founder of Transition Aging Parents will address challenges of supporting a loved one along the journey of aging, will share from her own experiences as a professional and family caregiver, and provide guidance for the changes elders face.

Saturday, May 13

The Importance of Environmental, Social, and Physical Wellbeing during Aging

1:00 – 3:00 p.m.

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1045 W. Washington St., South Bend, IN 46601

Panelist Presentation & Discussion: Importance of Environmental, Social, and Physical Wellbeing during Aging

- The environment in which we live has a direct impact on our physical, mental, and social wellbeing. Design aspects within living structures, the built environment of public spaces, and even the layout of our urban communities affect how we live, what we eat, and how we connect with each other. Join us for an expert panel discussion.

Panel Presenters:

Robin Vida, MPH, CHES, Director of Health Education, St. Joseph County Health Department

Kim Rollings, Ph.D., Assistant Professor, School of Architecture, University of Notre Dame

Aaron Perri, Executive Director of South Bend Venues Parks and Arts

Saturday, July 15

“Thriving in the Third Act”: Facing New Challenges in Life Head-On

1:00 – 3:00 p.m.

Indiana University School of Medicine-South Bend
1234 Notre Dame Avenue, South Bend, IN 46617

Speaker: Mickey Hay, Ph.D., a respected coach, retreat and workshop facilitator, and public speaker, spent 25 years in higher education. In 2012, she left academia when she discovered she had entered what has been termed “the third act.” Mickey created the process she shares in her “Thriving in the Third Act” presentation of how we can continue to thrive as we age and take on new responsibilities for ourselves and loved ones.

Saturday, September 16

Caregiver Navigation Conference

8:30 a.m. – 3:00 p.m.

Saint Joseph PACE
250 E Day Rd, Mishawaka, IN 46544

“Walking Alongside: a Navigation Conference for Family Caregivers on the Culture of Aging” day of conversation, education, resource-sharing, and support for family members who are caring for an older loved one.

Register At:

artsandculture.nd.edu/community-relations



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