



Interactive Public Discussion Panel on:

Navigating the Challenges of Aging

Webinar
Mon, 11/14/22,
3 to 4:30pm

[Registration](#)
[Link](#)

In contrast with many presentations on the negative changes to be expected in aging, the panelists will focus on take-home messages about what can be done to meet the challenges associated with aging. This panel features experts in Geriatric Medicine, Social Work, Physical Therapy, and Pharmacy.

Speakers:

- **Keynote by John Newman, MD, PhD**, Professor, University of California, San Francisco
- **Clinical Services Director Christina Irving, LCSW**, Family Caregiver Alliance
- **Physical Therapist Wendy Katzman, PT, DPTSc, OCS**, Professor Emeritus, University of California, San Francisco
- **Pharmacist Marilyn Stebbins, PharmD**, Professor Emeritus, University of California, San Francisco
- **Moderated by Cary Sweeney, MS**, Director, University of California, Berkeley, Retirement Center

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Speakers' Bio:

John Newman, MD, PhD, is a geriatrician, basic science researcher, and educator at the Buck Institute for Research on Aging and in the Division of Geriatrics at University of California, San Francisco. As a physician-scientist, Dr. Newman hopes to translate what we are learning of the pathways that control fundamental mechanisms of aging into therapies that will improve the health and preserve the independence of older adults.

Christina Irving, LCSW, is the Director of Client Services at Family Caregiver Alliance. She oversees the staff of the Bay Area Caregiver Resource Center who provide direct services to family caregivers, including assessment, counseling, education, and support. She has been with FCA for over 16 years, first as a Family Consultant and then as Clinical Supervisor. She received a Master's degree in Social Work from San Jose State University and is a Licensed Clinical Social Worker.

Wendy Katzman, PT, DPTSc, OCS, is a physical therapist and clinical research Professor Emeritus in the UCSF Department of Physical Therapy and Rehabilitation Science. After a long career as a physical therapy clinician, Dr. Katzman received a post-professional doctoral degree in Physical Therapy Science, completed the UCSF Advanced Training in Clinical Research program, and received a NIH/UCSF K12 career development award to study age-related hyperkyphosis. Dr. Katzman continues to mentor junior faculty and collaborate on ongoing musculoskeletal research.

Marilyn Stebbins, PharmD, is Professor Emeritus, School of Pharmacy, University of California, San Francisco. Her clinical work has focused on developing innovative pharmacy practice models in the physician group practice setting, primarily for underserved populations. Her teaching has been in the areas of Medicare Part D, innovative practice models, health policy, managed care and leadership development. Currently she serves as the Pharmacy Director of Riva Health, a Cardiovascular healthcare startup building the next generation of cardiovascular disease management.

Moderator:

Cary Sweeney, MS, is the Director of the University of California, Berkeley, Retirement Center. She holds a Master's of Gerontology from Virginia Commonwealth University and has 20+ years of experience in developing and managing programs in geriatrics and gerontology aimed at improving the well-being of older adults.

Emeriti Academy Panel Organizing Committee:

Professors Philip Cowan, Michael Harris, Kenneth Polse, Steven Segal, & Stephen Shortell