

8th Edition



Aging & Gerontology

Oct 21-22, 2024

PROCEEDING BOOK

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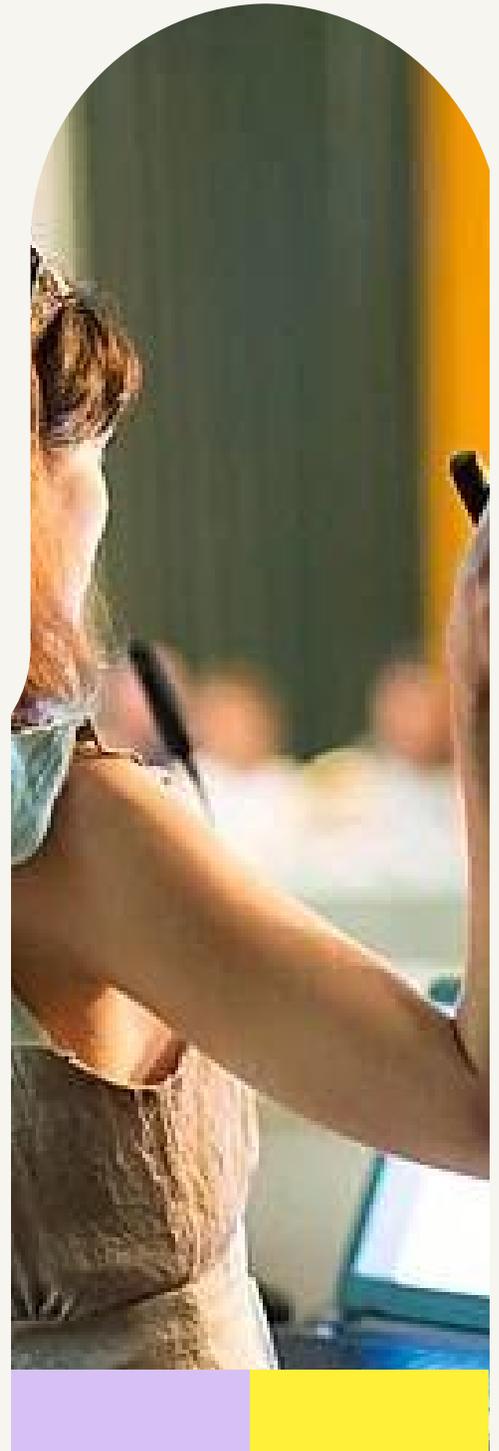




Introduction

The 8th Edition of the Aging & Gerontology Conference, held on October 21-22, 2024, was a landmark event that brought together professionals, researchers, and thought leaders from around the world to discuss and explore the latest advancements in aging and gerontology. Organized by the Sciinov Group, the conference provided a unique platform for attendees to share research, develop collaborations, and engage in thought-provoking discussions on the pressing challenges and emerging trends in the field of aging.

Keynote Presentations



Openly Aging: The 4 Pillars to Keep Control of Your Aging Journey

Allison O'Shea

Openly Aging, United States



Abstract:

Aging is an inevitable part of life, yet everyone's journey through it is entirely unique. While we often adopt a reactive stance towards aging, embracing a proactive approach is crucial to sidestep potential crises. After 20 years as an executive in senior living and witnessing thousands of aging journey's Allison is an expert Aging Advisor. This presentation delves into the concept of the "Four Pillars," key components that enable individuals to maintain control over their aging process.

Pillar 1 focuses on identifying and nurturing one's support system, recognizing the invaluable role it plays in navigating the challenges of aging. Pillar 2 emphasizes the importance of evaluating the suitability of one's current living situation from financial, physical, and emotional standpoints, ensuring alignment with evolving needs. Pillar 3 delves into the necessity of acquiring knowledge about available supportive services and mastering their utilization, thereby enhancing independence and quality of life. Finally, Pillar 4 underscores the significance of social engagement in promoting well-being and combating isolation.

Through a thoughtful and strategic approach to these pillars, individuals can empower themselves to take charge of their aging journey. Attendees will gain a comprehensive understanding of each pillar and learn practical strategies for their implementation, whether in professional settings or within personal circles. The goal of openly aging is to foster an environment where individuals can embrace their aging journey with confidence, prolonging independence and enhancing overall well-being.

Biography:

Join us for an insightful presentation by Allison O'Shea, speaker, author, and founder of Openly Aging, tailored specifically for professionals dedicated to assisting aging individuals and their allies. With over 20 years of direct, hands-on experience as an Executive Director in senior living, Allison O'Shea brings a wealth of knowledge to help you guide others in taking a proactive approach to aging.

Aging is a universal experience, yet each person's journey is unique. Allison will share her extensive expertise to help you ensure that the aging process for those you serve aligns with their values and priorities. In this session, she will introduce the "4 Pillars to Keep Control of Your Aging Journey," providing you with valuable tools and insights to support successful aging.

Let's address the challenges head-on and learn how to help aging individuals maintain their independence longer while ensuring a fulfilling and meaningful aging experience.

Longevity Medicine: Establishing Best Practices for a Healthier Future

David Barzilai

Concierge Personal Longevity Coach and Health Consultant, USA



Biography:

Through Barzilai Consulting (Health span Coaching LLC), David incorporates the latest data and scientific and technology breakthroughs, providing state-of-the-art longevity and healthy lifestyle coaching and consultations one-on-one with his clients. Quality of life, physical and mental vigor, and healthier lifespan are at the centre of Barzilai Consulting's mission.

Known as Agingdoc on the social platform X, David actively engages with a community of scholars interested in geoscience, longevity medicine, and lifestyle medicine. His posts highlight the latest research in aging biology, healthy aging, lifestyle medicine, and longevity practices.

David is a Diplomat of the American Board of Lifestyle Medicine (DipABLM), certifying proficiency in essential aspects of lifestyle medicine such as nutrition, physical activity, sleep, and general health and wellness.

David has authored educational materials

David earned his Bachelor's Degrees of Arts in Cell and Developmental Biology and in Health and Society at the University of Rochester, both in 1998, where he also graduated Phi Beta Kappa and Summa Cum Laude. He earned his MBA from Isenberg School of Management, UMass Amherst in 2015 and his Master's Degree of Science in Psychology from Capella University in 2018.

David earned his Ph.D. in Health Services Research, which included training in evidence-based medicine in 2003 and his MD in 2005, both from Case Western Reserve University. Between 2006 and 2009, David did his Residency at The Warren Alpert Medical School of Brown University.

David is a highly sought-after speaker, having been invited to present at scientific and clinical conferences such as the Longevity Docs Mastermind 2024 (New York), Longevity Summit Dublin 2024 (Dublin), Longevity Med Summit (LMS) 2024 (Lisbon), the 8th Edition of Global Congress on Aging and Gerontology (Aging & Gerontology, 2024 (London)), ARDD 2024(Copenhagen), and the Hevolution Foundation Global Health span Summit 2025. He is keynote speaker for the 3rd Edition Global Longevity Federation (Rome).

Oral Presentations



Reflections of an 88-year-old

John Seidler

Non-Profit work for Orbis International, United Nations Association of the U.S.A. and AARP as U.N. representative, USA

Biography:

Mr. John Seidler is currently the United Nations Representative for the AARP Office of International Affairs. Over a distinguished career he has worked in senior management and executive roles for a range of organisations including The Gillette Company and its Braun Electric subsidiary, Johnson & Johnson and its Janssen Pharmaceutica division, and Pfizer Pharmaceuticals.

He was COO of Orbis International, an eye care not-for-profit focused on teaching surgery to ophthalmologists in developing countries, and was later Director of Professional Relations for Alere Healthcare, a company providing smoking cessation and weight management services to companies and government entities. John has lived and worked in ten countries and speaks several languages. John holds a BA from Leeds University and an MBA from the University of Western Ontario.

The Eight Sacred Truths to Healthy Aging plus 3

Eric Shapira

Aging Specialists, USA

Abstract:

The largest cohort of individuals approaching or achieving the age of 65 years are the “Baby Boomer” Generation. 10,000 people turn 65 in the United States every day! It is an evolution called the “Silver Tsunami.” The number of older adults in the United States is expected to more than double in the coming decades, reaching over 88 million people representing more than 20% of the population by the year 2050. According to the 2021 Census, there were over 11 million people aged 65 and over in Wales and England. The number of people aged 65 years and over has increased from 9.2 million since 2021 to 11 million and rising exponentially over time in the UK.

Knowing that women statistically live longer than men in both Societies, it is incumbent upon us to try and live a healthy life and lifestyle to balance out this population into Centenarianism and surpass the Boomer Generation into the Golden age of life.

“The Eight Sacred Truths to Healthy Aging plus 3” is a discussion of Wellness, which is a necessary part of maintaining one’s overall health and well-being. These tenets aspire to educate our aging populus about what they must consider activating in their lives to stay physically, mentally, and emotionally healthy. These mantra’s, if you will, can add years to our lives, bring inner peace to our soul’s, keep us physically fit, nurture our sense of self, keep us physically fit, assist us in healthy diets, getting us the rest we need, allowing us to connect to others, and bring peace to ourselves in the midst of a hectic and fearful world as we know it.

Biography:

Native of California. Went to Bethany College in West Virginia for a BS in Chemistry and Biology; University of Pittsburgh School of Medicine for masters in Biochemistry, University of So California School of Pharmacy for master's credits in Radio pharmacy (Nuclear Medicine); Temple University School of Dentistry for a Doctorate in Dental Surgery; Notre Dame de Namur University for a master's degree in clinical Gerontology; University of Phoenix for a master's in health administration. Published a book on healthy aging: *A New Wrinkle: What I Learned from Older People Who Never Acted Their Age*. Published by iUniverse, 2009 and second edition in 2011. Recently published a textbook: *Geriatric Dentistry: Gateway to Longevity and Life-Long Health*, January 1, 2024; and a 60- year retrospective of my artwork, self-published 2024-*The Artwork of Eric Z Shapira*. I have published over 100 professional articles and papers and have won many awards for my writing.

I teach Dentistry and Clinical Geriatrics in my business: *Aging Specialists, Inc. dba, Aging Mentor Service's* for over 20 years.

Bioreactor-Grown Mitochondrial Transplant Aiming for 130-Year Human Lifespans

Tom Benson

Mitrix.Bio, United States

Abstract:

Mitochondrial transplantation from an exogenous source has emerged in the past few years as a promising new regenerative therapy, addressing age-related diseases such as Alzheimer's, AMD, sarcopenia, emergency injuries and wound healing, and infectious disease, and finally, potentially slowing or reversing the aging process itself. Top research teams all over the world are publishing papers describing positive results. Our team at Mitrix Bio have partnering with Stanford, UCLA, University of Connecticut, and Univ Laval in Quebec, to test this process for the most advanced use - to reverse age. This has been tested extensively in laboratory animals. In the next year, we aim to start human safety Phase 1 trials in Japan, using large volumes of autologous mitochondria, grown in a custom bioreactor, to aim towards safe age-reversal in a group of human volunteers. In this presentation we'll talk about this project and the science of mitochondrial regenerative medicine.

Biography:

Tom Benson is the CEO and Founder of Mitrix Bio Inc. He is a serial entrepreneur and scientist who founded four successful software, hardware, and science startups, including Timepoint Corporation and Readybot Systems. He was also a manager at Stanford Linear Accelerator National Laboratory (SLAC), where he gained interest in the recent fundamental advancements in mitochondrial research.

Nursing Home Quality Measures: Do volunteers make a difference

Paul Falkowski

National Association of Long-Term Care Volunteers, USA

Abstract:

Volunteers are a crucial element in nursing homes (NHs), significantly influencing quality measures (QMs) as defined by the Centers for Medicare and Medicaid Services (CMS). This study explores the relationship between NH volunteer activities and QMs by analyzing survey data from 51 Midwest NHs and their existing QMs. Regression analyses revealed that volunteer activities reduced the use of hypnotic drugs ($\beta = -.31, p < .05$) and the incident rate for residents reporting severe pain ($\beta = -.32, p < .05$). These findings suggest that volunteers can enhance care quality by mitigating the need for psychotropic medications and alleviating pain among residents. The results align with previous research indicating that nonpharmacological interventions, such as empathetic listening and personalized activities, improve health and psychosocial outcomes in NH residents. Given the positive impact of volunteer activities, this study recommends that long-term care communities recruit volunteers specifically trained to nurture meaningful relationships with residents.

Additionally, the CMS should incorporate minimum qualification requirements for volunteer managers and set expectations for the number of volunteer hours per week based on the census. This exploratory study highlights the potential of volunteers to improve NH quality of care and suggests that further, more extensive studies are needed to fully understand the impact of volunteer programming on QMs, particularly those activities that reduce the use of psychotropic medications. By integrating trained volunteers into NHs, facilities can address social isolation and loneliness, ultimately improving residents' quality of life and care.

Biography:

Dr. Paul Falkowski's devotion to serving the people who live and work in long-term care communities is unwavering. Paul has a bachelor's degree from Duquesne University, Pittsburgh, Pennsylvania, in Music, a master's degree in Gerontology from the University of Nebraska at Omaha (UNO), and a doctorate in Gerontology from the University of Nebraska. His dissertation: "Volunteer Programming Impact on Long-Term Care Facilities," links volunteer programming and quality of care and was most recently cited in the National Academy of Sciences, Engineering and Medicine report: "The National Imperative to Improve Nursing Home Quality of Care." Falkowski teaches online gerontology and volunteer management courses for the Department of Gerontology at the University of Nebraska at Omaha. He authored "Creating the Volun-Cheer Force: Rethinking how we use volunteers in nursing homes." His passion for volunteerism and improving the care of older adults is unwavering. Dr. Falkowski has won numerous awards. He was named "Distinguished Alumni – 2021" by the University of Nebraska at Omaha, College of Public Affairs and Community Service. Most recently, he formed the National Association of Long-Term Care Volunteers (NALTCV), drawing on his experience, research, and support from professionals in the field of aging. The NALTCV's mission is to 1) educate a volunteer workforce that makes a positive and measurable impact on the quality of care and quality of life of the people living in long-term care communities, 2) coordinate with existing volunteer efforts that are serving in long-term care communities, 3) spotlight the value of long-term care volunteers, 4) research the efficacy of volunteers to impact both the quality of care and quality of life of the people living and working in long-term care communities.

Ozone in the adjunct medical treatment

Georgios Mitrou

*AIMIS HealthCare Group - GEORGIOS MITROU DLC Longevity Bio
Wellness LAB, Greece*

Biography:

Internal Medicine Consultant-Diabetologist-Gerontologist, Expert in Diabetes, Hypertension, Thrombosis, Geriatrics and Gerontology, MD, MPhD, Msc Experienced Managing Director Phd with a demonstrated history of working in the hospital, health care industry, healthy longevity and rehabilitative medicine. Skilled in Diabetes, Clinical Research, Medical Education, Hypertension and Medicine. Strong research professional focused in Gerontology from University of Southampton.

Chairman of the ESAAM Medical Committee, Scientific Collaborator-Instructor European University of Cyprus
Member and Research Fellow of International Medical Society of Longevity Medicine and of the Centre for Healthy Longevity, Yong Loo Lin School of Medicine, National University of Singapore.

The Effects of Reiki, Music Therapy, and Aroma Therapy, a Complementary Alternative Medicine, on Depression and Anxiety in the Alzheimer's and Dementia Population

Deborah Salach Schmidt

Aging with Harmony, USA

Abstract:

The Effects of Reiki, Music Therapy, and Aroma Therapy, a Complementary Alternative Medicine, on Depression and Anxiety in the Alzheimer's and Dementia Population.

This study explores the phenomenon of Reiki as a healing modality, a life force energy known as "chi", on older adults with Alzheimer's disease or dementia who experience depression and/or anxiety. Reiki is practiced in over 800 hospitals in the United States and offered in the UK in Palliative Care and Hospice.

Eight older adults who experience Alzheimer's Disease or dementia with depression and/or anxiety (1 male and 7 females) ages 58-89 were selected from the Institute on Aging (IOA) Adult Day Health Center (ADHC) in San Francisco, CA, serving dementia and Alzheimer participants. Four participants received Reiki sessions and four participants received mock Reiki of 30 minutes per session, once a week for eight weeks by a trained Reiki practitioner.

Quantitative measures from similar studies were used. Positive results were found and evaluated by correlation of physiological response (blood pressure, heart rate) with standard pre-tests for depression and anxiety with the Geriatric Depression Scale (GDS) and Spielberger's State-Trait Anxiety Inventory for Children.

Results: In summary, this quasi-experimental study demonstrates the stated hypothesis that Reiki has positive effects on depression and anxiety in this population diagnosed with dementia and Alzheimer's disease.

Conclusion: This study indicates that Reiki had relaxing effects on each participant and had lasting effects.

Another implication of this study is that if Reiki had positive effects on this sample of dementia and Alzheimer's population, then it is likely that Reiki may have a significant effect in depression and anxiety in the greater population of dementia and Alzheimer's.

In addition, this Geriatric Case Manager combines Reiki with music therapy, an evidence-based therapeutic tool, along with aroma therapy to restore mental, physical and emotional well-being as in all dementia cases for nearly 20 years. This has shown an increase in quality of life among the elderly by reducing chronic illness complaints by a significant decline of depression and anxiety.

Biography:

In 2005, I was awarded a scholarship from San Francisco State University in the Master of Arts Gerontology program for Geriatric Care Management, which gave me a fruitful career over the next 19 years as a Geriatric Care Manager. I started employment at the prestigious Institute on Aging in San Francisco, CA. My educational background with a master's degree in gerontology and a bachelor's degree in nursing provides knowledge for an all-inclusive medical and psycho-social assessment to dispense enhanced care for our ailing elderly and mostly for those having dementia.

After many years of experience in Care Management (CM), in 2018, I founded Care Aging with Harmony, a Care Management organization, continuing with comprehensive care plans to counsel and collaborate with families and advocate for older adults in mid to advanced stages of Alzheimer's disease, other forms of dementia, Parkinson's disease, and mental health. Care/Case Managers identify(s), assess, and resolve problems through administering short medical assessments and detailed psycho-social assessments including the Geriatric Depression Scale and the Mini Mental Status Exam. Case Managers also supervised clients' continuum of care in their homes or facilities.

Additionally, my background experience provides family counseling, crises counseling, expertise utilizing resources in the community, collaborating with families, and medical advocacy with healthcare providers for ill-health older adult clients.

In 2006, I completed my master's thesis on The Effects of Reiki, a Complementary and Alternative Medicine, on Depression and Anxiety in the Alzheimer's and Dementia Population.

Since results from the study, I completed in 2006 were notably significant, I employed certified Reiki Masters to administer Reiki to all my patients with mid to late-stage dementia weekly, with doctor and family approval. For 18 years the results for these patients have been impressive by integrating Reiki, calming flute music therapy and diffused lavender aroma therapy with patients including Lewy Body, Vascular Dementia, Frontotemporal, Parkinson's, and Alzheimer's disease. Not only did Reiki, and the combination of therapies, eliminate anxiety and depression, Reiki also halted frightful hallucinations during the first Reiki session for a patient with Lewy Body's dementia, who was previously institutionalized in a lockdown facility.

Reiki with aroma therapy and music therapy, ceased wandering, sundowners, psychotropic medications, and insomnia, for my Alzheimer patients. A late-stage Alzheimer's patient on hospice, had reversed speech with partial speech after two years of absent speech. Furthermore, this 100-year-old patient had recognition of family members from photos and zoom on-line video calls. Reiki treatments were administered twice a week, along with continuous aroma therapy, music therapy and reversed hospice to palliative care three times for this Alzheimer's patient.

In short, the significant results of the master's thesis study I completed in 2006, suggests that Geriatric Care Management can provide an integrated approach, with allopathic and Complementary Alternative Medicine, for the well-being of our elders with dementia and an increase of peace of mind for both the patient and the family members.

Epigenetics, Aging, and Cellular Reprogramming: Shaping the Future of Longevity

Marcos Arrut

RenovaCode Therapeutics, Argentina

Abstract:

1.Introduction to Epigenetics:

Objective: Provide a non-technical overview of the epigenome and its relevance.

Content: Basic explanation of the epigenome and its components (DNA, histones, chemical modifications).

Role of the epigenome in regulating gene expression and cell behaviour.

Importance of the epigenome in biological processes, distinct from the genome.

2.Epigenetics and Aging:

Objective: Delve into the role of the epigenome in the aging process.

Content: How epigenetic marks change as we age and their impact on cellular function.

Key examples of these changes and their link to age-related diseases.

Influence of epigenetic alterations on longevity and current efforts to reverse or slow down these changes.

3.Cell Development and Cellular Reprogramming:

Objective: Transition into cellular reprogramming by explaining cell development.

Content: A parallel story of cellular development: from undifferentiated (stem cells) to differentiated states.

How the epigenome directs and controls this developmental process.

Introduction to cellular reprogramming and its relationship to aging.

4.Current Techniques and Challenges in Cellular Reprogramming:

Objective: Introduce current cellular reprogramming techniques and discuss key challenges.

Content: Explanation of reprogramming techniques (Yamanaka Factors, partial reprogramming, etc.).

Current challenges: safety, precision, and technical obstacles.

Biography:

Marcos Arrut is a researcher in the field of aging and CEO of RenovaCode Therapeutics. He has been recognized for his contributions to the development of anti-aging treatments. In particular, he has led pioneering research that culminated in the development of ICER, a cutting-edge technology capable of reversing the effects of aging in human cells. In addition, Marcos Arrut is a referent of Effective Accelerationism, a philosophical current that advocates an explicitly protechnological stance. In his words, "Aging is not an inexorable phenomenon, but a flaw in biology that we can fix. Marcos Arrut is a researcher in the field of aging and CEO of RenovaCode Therapeutics. He has been recognized for his contributions to the development of anti-aging treatments. In particular, he has led pioneering research that culminated in the development of ICER, a cutting-edge technology capable of reversing the effects of aging in human cells. In addition, Marcos Arrut is a referent of Effective Accelerationism, a philosophical current that advocates an explicitly protechnological stance. In his words, "Aging is not an inexorable phenomenon, but a flaw in biology that we can fix.

Ketones, Coconut Oil & MCT oil for Alzheimer's and Other Memory Impairments: History, rationale, and 288 caregiver case reports

Mary T. Newport

Author, physician, United States

Biography:

Mary Newport, M.D. graduated from Xavier University and University of Cincinnati College of Medicine. She trained in paediatrics at Children's Hospital Medical Center in Cincinnati, Ohio, and in neonatology at the Medical University Hospital in Charleston, South Carolina. She practiced neonatology, the care of sick and premature newborns, for thirty years and was founding medical director for two newborn intensive care units in the Tampa Bay area of Florida. More recently, she practiced at the opposite end of the spectrum, providing home hospice care and health risk assessments. In 2008, a ketogenic nutritional intervention with coconut and medium-chain triglyceride oil dramatically helped her husband Steve Newport, who had early-onset Alzheimer's disease, resulting in nearly four better quality years. Her husband lost his battle in 2016 and Dr. Newport carries on his legacy as an author of four books and international speaker on ketones as an alternative fuel for the brain. Her fourth book *Clearly Keto for Healthy Brain Aging and Alzheimer's Prevention* focuses on a whole food ketogenic Mediterranean-style diet and other lifestyle modifications to help maintain brain health and prevent Alzheimer's and other dementias.

Innovative Trends in Dementia Care: Emerging Research, Diagnosis, and Treatment

Michael Pessman

Agernation LLC, United States

Abstract:

Join us for an insightful presentation by Michael Pessman, a seasoned gerontologist, as he explores the latest trends in dementia. This comprehensive session will cover the epidemiology of dementia, new terminologies, and the profound impacts of a dementia diagnosis on individuals, families, and society. Michael will share cutting-edge research, innovative diagnostic tools, and the newest medications approved for treating dementia, including insights into biomarkers, advanced brain scans, and the promising role of artificial intelligence in early detection and treatment planning.

Attendees will gain valuable knowledge about contemporary treatments, both pharmacological and non-pharmacological, as well as strategies for management and support of dementia patients and their caregivers. The presentation will also highlight future research directions, including disease-modifying therapies, precision medicine, and preventive approaches. With a focus on improving patient outcomes and enhancing quality of life, this webinar is a must-attend for professionals in the aging field looking to stay informed about the advancements and challenges in dementia care.

Biography:

Michael Pessman holds a Master of Arts degree in Gerontology from Concordia University Chicago and is a distinguished gerontologist with extensive experience in dementia and memory care. At the Alzheimer's Association corporate office, he provided essential care consultations to families of individuals with Alzheimer's. Michael also contributed significantly at one of America's 32 designated Alzheimer's Disease Research Centers, where he recruited research participants and delivered educational programs to the community. He is dedicated to advancing research and implementing innovative approaches to improve the lives of individuals affected by cognitive decline. A passionate advocate for patients and their families, Michael frequently shares his expertise through educational webinars and presentations. As a Fellow with The Op-Ed Project, his deeply impactful work has been featured in The Hill, Next Avenue, and KevinMD.

Harnessing the Hallmarks of Aging for Gero protection

Greg Macpherson

SRW Laboratories, New Zealand

Biography:

Greg Macpherson is Chief Executive Officer of MitoQ Ltd. He completed a Bachelor of Pharmacy at University of Otago School of Medicine in 1992. Subsequently he has been owner and director of a number of startup businesses that include New Zealand's largest residential care services pharmacy, NZ's first robotic dispensing laboratory, a pharmaceutical wholesaling company, and a software development company. He has been a partner and board member of a pharmacy chain associated with one of NZ's leading retailers.

Applying a classic short story parable for stimulating discussion in nutrition science about diet and healthy aging

Celia M. Ross

Delaware Gerontology Institute, LLC, USA

Abstract:

An Indian Proverb states “Tell me a fact, and I’ll learn. Tell me a truth, and I’ll believe. But tell me a story and it will live in my heart forever” (Schultz, 2013). This concept – utilizing novels, medical memoirs, and analogies – has been used a tool in health education (Metcalf, 2006; Masters, 2012; Ross, 2018). How might one apply this concept to stimulating discussion during topic reviews regarding possible health implications from the trend towards ultra-processed foods? The classic short story, “A grain as big as a hen’s egg” by Leo Tolstoy, provides a parable that can be reinterpreted today and applied as an allegory concerning ultra-processed foods and aging (Ross, in press).

Biography:

Dr. Celia Ross’ interests include: gerontology, wellness, nutrition, molecular health, and sharing what she has learned over the years. She is the Founder of the Delaware Gerontology Institute, LLC After listening to elders who greatly missed reading due to very low vision, she began a line of extra-large print books, such as classic poetry books, to empower elders to enjoy reading again.

Examining Functional Factors for Promoting Health among Older Adults during COVID-19

Sara Rosenblum

University of Haifa, Israel

Abstract:

Background: The COVID-19 pandemic poses significant challenges for the older adult population, exacerbating physical and mental health issues. Although our past functioning may intertwine with our present abilities and health, the relationship between past and present functional factors and their impact on older adults' health during crisis periods like COVID-19 remains underexplored.

Objective: This study aimed to explore the relationships between past and present functional factors and older adults' physical and mental health.

Methodology: Data were collected from 204 adults ages 60 -90 years using an online platform (Qualtrics). Participants completed questionnaires assessing past functional factors (negative life events, childhood daily functional self-actualization) and present functional factors (adulthood daily functional self-actualization, sleep quality, daily living activities). They also reported their current physical health symptoms and anxiety levels during the COVID-19 crisis.

Results: Structural equation modelling revealed that both past and present functional factors were significantly related to participants' physical health and anxiety levels, $\chi^2(5, N = 189) = 11.72, p = .04$, normed fit index = .97, comparative fit index = .98, root mean square error of approximation = .08.

Conclusion: The findings provide insights into how past and present functional characteristics influence older adults' daily lives and health outcomes. This knowledge can inform the development of targeted interventions to promote physical and mental health among older individuals during the COVID-19 pandemic and beyond.

Biography:

Sara Rosenblum received the Ph.D. degree in occupational therapy from the Hebrew University of Jerusalem, Jerusalem, Israel, in 2002. Currently, she is an Associate Professor in occupational therapy and Head of the Laboratory for Complex Human Activity and Participation, University of Haifa, Haifa, Israel, with special interest in the characteristics of human daily function. She aims to gain better insight into interactions between varied body functions (e. g., cognitive, motor, sensory), activity performance, and participation abilities of people faced with functional deficits in everyday life. A main focus is placed on trying to understand the relationships between brain mechanisms and actual daily functions among varied populations along the life cycle.



Next Editions

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