



FREE SEMINAR SERIES SPRING 2021

Quality of Life in the Third Age



Crossroads Church
220 Church Street, Palmerston North
Wednesdays 2.15 – 4.00pm

This seminar series, organised by U3A Manawatu, is funded by Eastern & Central Community Trust, and is open to the public. U3A is also sponsored by Inspire.net

How to make the most of our later years? This series explores some of the significant issues relating to housing, diet, robotic assistance and end of life.

November 3rd: Why housing and neighbourhoods are important

Prof Christine Stephens, Professor in the School of Psychology, Massey University

Housing and neighbourhoods are important aspects of the environmental support for the wellbeing of older people. This presentation will summarise work by the Health and Ageing Research Team (HART) at Massey University to show that housing tenure, and housing and neighbourhood qualities are related to mental and physical health, loneliness, and quality of life among people aged 55 to 90.

November 10th: Healthy Ageing and Nutrition

Jane Coad, former Professor in Nutrition, Massey University

Nutrition plays an important role in healthy ageing. However older people can be at increased risk of malnutrition. This presentation will examine recent research findings related to changing nutritional requirements with age, focussing on protein and micronutrients such as iron, calcium, vitamin D and vitamin B12

November 17th: Robotics for geriatrics: The Robots are coming

Prof Johan Potgieter, Professor of Robotics at MAF Digital Lab and Director, Massey University Centre for Additive Manufacturing

A rapid increase in the number of elderly with chronic conditions has stressed the crumbling healthcare system worldwide. Accordingly, there is an urgent need for innovations to cater for the reduced workforce in this sector. Over a decade ago robots were introduced in health care to overcome these problems. Robots have numerous applications in healthcare ranging from initial diagnostics to surgeries, patient monitoring, social assistance and disability limitation. When using assistance robots in geriatrics to assist elderly patients, special attention should be paid to the human-robot interaction.

November 24th: Healthy aging, and what really matters in the end... thinking about prolonging quality of life

Kirsten Holst, geriatrician working at MidCentral DHB

Life and death, loss and grief, benefits of health literacy and advance care planning, and how we can actually 'age better'.

“I have lived in the area for over 30 years. I chose to be a geriatrician because I loved the stories I was told about people's lives. I am aging, and have had personal experiences of family using health services, which has sharpened my focus on adding life to years.”

Admission Free: Due to Covid restrictions, we will be socially distancing in the 650 seat auditorium. There is an attendance limit of 100, people should be double-vaccinated (unless unable for health reasons) and masks will be worn. Tea/coffee will not be available.

The sessions will be live-streamed to YouTube. Queries to Stuart Birks, kstuartbirks@gmail.com

Crossroads Church is situated opposite the Railway Land close to the Church Street-Cook Street corner. There are car parks with entrances from Church Street and Cook Street.