

# AgeAlive: Promoting Lifelong Wellbeing



**AgeAlive** is a recently established program within the MSU College of Osteopathic Medicine. Clare Luz, PhD, was appointed Director in December, 2017. She is a nationally recognized gerontologist with extensive clinical and research experience in the aging field, particularly related to the eldercare workforce and the intersection of the arts, humanities, and health. The AgeAlive Advisory Board is comprised of MSU faculty, staff, retirees, alumni, and community members. For more information, contact Dr. Luz at [clare.luz@hc.msu.edu](mailto:clare.luz@hc.msu.edu) or 517-353-3814.

**VISION:** Leverage and expand MSU's assets related to aging, including research, education, training, service, and outreach spanning all disciplines across all MSU units that are addressing major aging issues. AgeAlive will establish, coordinate, and showcase a cohesive aging network that benefits all affiliates including students and community engaged partners, promotes holistic well-being throughout the lifespan, and is widely known and respected.

## **MISSION Objectives:**

- ✓ Join all other Big 10 and the majority of AAU Universities by establishing a cohesive, respected initiative focused on major aging issues through research, education, training, service and outreach.
- ✓ Establish a strong network of Affiliates that cross all status and sector boundaries to promote maximum inclusivity, diversity, and interdisciplinary/intergenerational aging-related research, service and educational opportunities.
- ✓ Enhance faculty and partner portfolios through identifying and affiliating with a clearly defined aging entity with access to a network of leaders, scholars, potential collaborators in all fields, and community members.
- ✓ Engage in active university-community partnerships to create environments that recognize and support a rich quality of life throughout the lifespan.
- ✓ Promote a holistic view of health, well-being, and quality of life that recognizes and supports the value of meaning, purpose, and the arts and humanities.
- ✓ Be a force for changing an anti-aging culture and promoting a positive "agescape" that values and respects persons *of all ages*.

## **SIGNIFICANCE:**

- ✧ Age Alive will directly impact MSU's local, national, and global influence and reputation, particularly for eldercare workforce and healthcare quality, outcomes, policy and cost issues and the socio-cultural agescape.
- ✧ Age Alive is consistent with MSU's land grant mission, values, Bolder by Design approach, the 60/50 Elder Rights Committee goals, and Healthy Campus and Work Life programs.
- ✧ MSU will know what its aging profile and portfolio is and be able to market it worldwide due to tracking aging activity/research and metrics at MSU and its strengths and niche in the field.
- ✧ Return on Investment: Such a program will lead to new collaborations that will ultimately increase external research funding and position MSU for NIH Center funding. It will also attract major donors and foundation funding in support of a wide array of programming. Fiscal sustainability is an immediate and ongoing priority.

## **Immediate Goals**

- a. Establish a database of MSU research and programming related to aging.
- b. Establish communication venues for relationship building and information exchange across boundaries such as a listserv, web presence, newsletter, seminars, gatherings and events.
- c. Expand branding and outreach across MSU and the surrounding community regarding AgeAlive.
- d. Establish a positive aging campaign.

## **Select Longer Term Goals**

- a. Real-world training labs for medical students, social workers, personal care aides, etc.
- b. K-12 outreach such as high school tech training and positive aging programs for pre-school and children
- c. Quality of Life resources and programming for both active and frail older adults, and caregivers.

**Background: Why is this important? Why now?** The U.S. population is rapidly aging which has wide-ranging impacts on all of us including MSU faculty, staff, alumni, retirees, and students. It provides an opportunity to engage in making a positive difference at individual, community, and global levels. Universities worldwide are adopting 10 principles of an Age-Friendly University. See <http://dcu.ie/agefriendly/principles.shtml>