



HIGH TIMES: MARIJUANA, MEDICATIONS, ALCOHOL & OLDER ADULTS

Deborah Finch and Patrick Chaulk

Session I

Tuesdays, 1:00 p.m. (begins March 4)

Fee: \$70

Marijuana sales now outpace alcohol sales. This course discusses the impact of this trend and trends in other substances on aging adults. Related topics include medication prescribing patterns, physical and neurocognitive shifts, social and cultural adjustments, stigma, and treatment. Students in this course will learn how the brain changes as we age and the impact of polypharmacy on older adults. We will discuss factors that affect wellness in aging including alcohol and marijuana use, drug interactions, mental health issues, and resulting stigmas. We will identify best practices for optimal wellness as we get older and discuss ways to get help and support when needed.

C. Patrick Chaulk, MD, MPH, is a physician with PCARE, a Baltimore nonprofit community-based program treating people with opioid use disorder. He previously was assistant commissioner with the Baltimore City Health Department. He has broad policy and community service, having worked as the senior associate for health at the Annie E. Casey Foundation. He serves on the Maryland State Harm Reduction Advisory Committee, the Baltimore City Health Department Syringe Exchange Oversight Committee, and the Greater Baltimore HIV Health Services Planning Council. He received his MD and completed a pediatric residency at the University of Nebraska College of Medicine and a preventive medicine residency at Johns Hopkins.

Deborah Finch is the founder and leader of the Prevention & Recovery Think Tank in Carroll County, MD. She also currently serves on the CC Opioid Prevention Coalition, the CC Senior Opioid Policy Group, the CC Healthy Aging Leadership Team and Board of Directors of On Our Own of Carroll County. She previously was a health educator with Carroll County Public Schools and most recently a prevention coordinator for the Carroll County Health Department, managing the Opioid Misuse Prevention Program. She is an advocate for substance use prevention and recovery, an educator, event planner, community organizer and public speaker. She is a graduate of Towson University (B.A. health education) and Ball State University (M.A. health science).

ONLINE COURSE**IT'S ABOUT TIME**

Jim O'Leary

Session II**Mondays, 9:30 a.m. (begins April 7)****Fee: \$70**

What is time? How would you define it? We will explore the earliest attempts to track time to methods used throughout the ages. See ingenious ways—sundials, water clocks, gears, pendulums, and crystals—we have employed to track time to ever tinier divisions, important today for the operation of everything from our daily schedules and global finance to GPS satellites. We will explore the evolution of the calendar, world time zones, circadian rhythms, and how people's perception of time have changed over "time."

Jim O'Leary served as chief space and Earth science specialist for Baltimore's Maryland Science Center, developing planetarium programs, IMAX films, science exhibits and educator workshops, and appeared many times as a science expert on TV and radio. He oversaw renovation of MSC's rooftop observatory and its 1927-era telescope and received the Excellence in Outreach Award from NASA and, for 12 years, hosted "Skywatch" on WYPR.

Thank you for being part of the Osher community!