



Lithuanian Active Longevity Academy,  
Lithuanian Scientists Union,  
Klaipėda University,  
Vilnius University  
South Lithuanian Business Cooperation Center

## INVITES

To the international scientific-practical conference

### **SILVER EXPERIENCE FOR THE FUTURE OF THE NATION:**

How to preserve good health, effective working capacity and social activity  
for as long as possible

During the event, representatives of the domestic and foreign academic community,  
business and government will share their knowledge, solid experience and scientific research.

Event date: 2023 12th of May Start at 9.30

Venue: "Aula magna" (Studland) of Klaipėda University,

H. Manto str. 84, Klaipėda.

## **EVENT PROGRAM**

**Registration of participants (9:30 - 10:00)**

**Plenary session (10:00 - 10:30)**

**Word of the event organizers and guests:**

- prof. Dr. Artūras Razbadauskas, Rector of Klaipėda University,
- prof. Dr. Algimantas Kirkutis, President of the ALAL
- Dalia Matukienė, Chairman of the Board of the Lithuanian Small and Medium Business Council
- prof. Dr. Dalius Serafinas, Chairman of the Union of Lithuanian Scientists, Chairman of the Quality Management Master's Study Program of Vilnius University,
- President of the American College of Lifestyle Medicine, SPH professor at Harvard University, Dr. Beth Frates (USA ) (*short welcome video*)

## Parallel sessions A

10:30 – 13:00

### I. PRESERVATION OF HEALTH AND LONGEVITY.

Chairman - prof. Algimantas Kirkutis

1. Aging and cardiovascular pathology. KU professor, LVIA president Algimantas Kirkutis

2. Chronic cerebrovascular insufficiency. The old and eternally relevant problem of longevity.. , neurologist MD PhD. Jakūbas Fish.

3. YOU CAN'T GET OLD TO LOVE (Where to put the comma?) . Dr. Rima Balanaškienė CEO / General Director, presenter of the LRT TV program "Healt ABC".

4 Epigenetice, Disease and LM. LM Drives Gene Expression. .Prof. J. Kelly. Medical Director, START ANEW Grand Rapids, Adjunct Faculty, Preventive Medicine, Loma Linda University (LLU.edu) (USA)

5. Life style medicine and longevity // Life style medicine and longevity. Dr. José Luis Palma/MD, Phd, FESC. President. Spanish Institute of Lifestyle Medicine. Head Service of Cardiology. Blue Healthcare Medical Center. (Spain)

6. The role of lifestyle medicine specialist in treating chronic diseases and increasing the working capacity of seniors. MSc Aistė Kučinskienė, President of the Lithuanian Lifestyle Medicine Association

7. How lifestyle medicine can extend the quality of life. LSMU Assoc. Prof. Tomas Vaičiūnas PhD. MD

### II. LIFELONG SOCIAL, CULTURAL INCLUSION AND WORK ACTIVITY.

Chairman - prof. Dalius Serafin

1. The vision of the Ministry of Social Security and Labor regarding employment opportunities for the elderly and persons with disabilities.

2. Formation of a healthy lifestyle - one of the most important directions of the state strategy, Prof. Dr. Jonas Jasaitis, editor-in-chief of "Mokslo Lietuvos", member of the Council of the Lithuanian Union of Scientists.

3. Public health and active longevity. EU perspectives. Prof. V. Novosadas

4. A sharp mind is a healthy body. Reflections on ageless people. Insights and recommendations for seniors. Neurologist MD.PhD Jakūbas Fish.

5. Spiritual knowledge in the name of human power. Soc. m.d. Egidija Laumeckaitė

6. Culture is a source of health and active longevity. Deputy Chairman of the Culture Committee of the Seimas (Parlament) of the Republic of Lithuania, Robertas Šarknickas.

7. Cultural long-term employment in Klaipėda. in the "Rūta" club for socially disadvantaged residents. club manager Zita Čekanauskienė; Erika Ostenkova;

Concert program. Director of the "Rūta" choir, Erika Ostrenkova

**Luch 13:00-14:00**

**Parallel sessions B**  
**14:00 – 16:00**

**III. SENIOR SOCIETY MEMBERS  
EDUCATIONAL ACTIVITIES IN  
ACTIVE LONGEVITY**

Chairman - prof. Artūras Razbadauskas

1. Education in Active Longevity // Education In Active Longevity. Dr. David L. Katz (USA) - MPH, FACPM, FACP, FACLM (USA)

2. Community Education in Healthy Lifestyle // Community Education in Healthy Lifestyle. Dr. Loma Linda University Prof. Hans Deal. (USA)

3. Adult education and professional development. The experience of Klaipeda University. Ilona Zubrickene. Director of KU Continues Education Institute

4. History of activities of the Lithuanian Academy of Active Longevity, activity goals and set tasks. Kęstutis Balčiūnas - Chancellor of LVIA

**V. PROBLEMS OF INCLUSION OF  
PERSONS WITH DISABILITIES AND  
THEIR LONGEVITY.**

The chairman is Dalia Matukienė

1. Greeting the participants of the session - Monika Ošmenskienė, members of the Seimas of the Republic of Lithuania;

2. The vision of the Ministry of Social Security and Labor regarding employment opportunities for the elderly and persons with disabilities.

3. Possibilities of the employment service for the inclusion of persons with disabilities in the labor market. Inga Balnanosienė, director of the Employment Service at the SADM of the Republic of Lithuania

4. How employers evaluate the employment conditions of persons with disabilities. Vaclovas Marčiulynas - director of UAB "Inčas" and Vladas Latvėnas - director of UAB "Lithema".

5. How do persons with disabilities evaluate the employment conditions of persons with disabilities. Kristina Dūdonytė - Chairperson of the Commission for Monitoring the Rights of People with Disabilities at the Office of the Equal Opportunities Controller,

6. The role and significance of mediators between employers and persons with disabilities. Jurgita Kuprytė - head of SOPA.

7. Good examples of service persons with disabilities. VŠĮ Social TAXI. Manager Liutauras Vičkačka and Rita Juškytė - Manager of the "Unique Life" Project

**Summary of the conference, discussions**  
**16:00-17:00**

**The following will take place during the conference:**

- during the event, an exhibition will be opened to remember the journey of Lithuanian MA academician, Minister of Health, Ambassador to the Czech People's Republic, cardiac surgeon Jurgis Bredikis.
- Fair of books and healthy lifestyle and longevity tools;
- Exhibition / fair of disabled works.

**Event organizing committee:**

LVIA President , Prof. A. Kirkutis [algimantas.kirkutis@gmail.com](mailto:algimantas.kirkutis@gmail.com)

Chair of LSVVT Dalia Matukienė [mbvvpd@gmail.com](mailto:mbvvpd@gmail.com)

LMS President prof. D. Serafinas [dalius.serafinas@evaf.vu.lt](mailto:dalius.serafinas@evaf.vu.lt)

KU Rector prof. A. Razbadauskas [rektorius@ku.lt](mailto:rektorius@ku.lt)

**We are waiting for your offers and requests by phone:**

8 686 06 154 Algimantas Kirkutis

8 687 76 262 Dalius Serafin

8,699 29,669 Kęstutis Balčiūnas;

8 612 96 079 Zofija Tikuišienė;