

2nd Joint Meeting University of Palermo-University of Vermont

Nursing Care & Aging Well

Approach to Longevity: The role of Mediterranean Style



Aula Magna M. Maneschi, Palermo, 10 March, 2025

Course Director: Anna Licata

Chairs: Anna Licata & Mario Barbagallo

10.30: Welcome to Participants, Marcello Ciaccio, Antonio Carroccio, Simona De Grazia, Stefania Grimaudo

10.45: Introduction to the Meeting: Anna Licata

10.50: Successful Aging: Key Strategies from Centenarians", Giuseppina Candore & Giulia Accardi

11.20: Diet and Lifestyle of Centenarians living in the Madonie's district, Silvio Buscemi, Anna Barile

11.40: Endothelial function of Centenarians living in the Madonie's district, Carola Buscemi,

12.00: Older Adults in Vermont and the resources to support them. Janelle Sarnevit

12.20: The Prizzi experience in 2024, Mary Val Palumbo,

12.40: Discussion Forum, Ligia J Dominguez, Mario Giuffrè, Maurizio Soresi,

13.00: Satisfaction Survey

Università degli Studi di Palermo – Scuola di Medicina e Chirurgia

**Dipartimento di Promozione della Salute, Materno-Infantile, di Medicina Interna e Specialistica di
Eccellenza, “G. D’Alessandro”**

Corso di Laurea in Nursing, UNIPA

Corso di Laurea in Infermieristica, UNIPA

Corso di Laurea Magistrale in Scienze Infermieristiche, UNIPA

Scientific & Organizing Committee

Anna Licata, Mary Val Palumbo, Mario Barbagallo, Janelle Sarnevit

Aging Well– Mediterranean Style

Experiencing the Mediterranean culture and food pattern and study how it contributes to longevity and healthy aging. The project will include students with an interest in healthy aging and Seniors level standing in College of Nursing and Health Sciences (CNHS) from University of Vermont.

To better understand the Aging Well-Mediterranean Style program, the nursing students and resident in geriatrics of the University of Palermo will be coordinated in their activities by the President of Nursing Degree and the Professor of Gerontology and Geriatrics.

Course Goal: Gain an understanding of the connections between the Mediterranean culture and food pattern on health and longevity, using Sicily as the model for exploration and immersion.

Faculty

Marcello Ciaccio, MD, PhD
Professor of Clinical Biochemistry and Molecular Clinical Biology
President of University of Medical School
BIND, University of Palermo, Italy

Antonio Carroccio, MD
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Director of PROMISE,
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Anna Licata, MD
Professor of Internal Medicine,
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Deputy of the Department for Equal Opportunities,
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Holly D. and Robert E. Miller Green and Gold Professor of Nursing Workforce Research
AHEC Nursing Workforce and Interprofessional Education Initiatives Director
College of Nursing and Health Sciences, Burlington, University of Vermont, USA

Janelle Sarnevitz, MSN, RN, MEDSURG BC (SHE/HE)
Clinical Assistant Professor & Doctor of Nursing Practice Student
College of Nursing and Health Sciences, Burlington, University of Vermont, USA

Simona De Grazia, Ph.D
Professor of Clinical Microbiology
Deputy of Department for Internationalization Activities
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Silvio Buscemi, M.D. Ph.D
Professor of Clinical Nutrition,
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Giuseppina Candore, Ph.D
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Head of Immunopathology and Immuno-senescence Laboratory
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