

KSEA Senior Forum Series

Welcome to our KSEA Senior Forum Series! Our goal is to provide KSEA seniors with a safe and supportive space to come together, learn from each other, and share experiences. We will be hosting monthly forums focusing on topics relevant to seniors. Our forums are open to the public, and we invite KSEA seniors of all ages and backgrounds to join us.

Thursday, Mar 28th, 2024 (virtual)

8:00 - 10:00 PM ET

[Zoom Link](#)

Topics

- **Finances:** We will discuss how to manage money, budgeting, and retirement planning.
- **Sharing:** We will discuss how and where to share our wealth, talents, and time.
- **Health and Wellness:** We will discuss topics such as exercise and nutrition, healthy aging, and mental health.
- **Technology:** We will discuss how to use technology to stay connected, stay informed, and access services.
- **Education:** We will discuss ways to continue learning and growing, as well as ways to take advantage of educational opportunities.
- **Social Activities:** We will explore ways to stay connected with friends and family, as well as ways to find and participate in community activities.
- **Self-Care:** We will explore ways to practice self-care, including relaxation techniques and stress management.

Stem Cell Therapy

Traumatic spinal cord injury causes complex direct and indirect damage to neural tissues. Damaged sensory neuron cells lose motor and sensory function and muscle reflex, causing poor quality of life for patients. Losing these delicate neural cells and time-sensitive regeneration causes recovery to be a difficult task, and there are currently no effective regenerative treatments except for some promising stem cell therapies. The recent and continuous improvements in exoskeleton-supporting robotics and gears enhance patient mobility and quality of life. The presentation will educate the general public on technological advancement in stem cell therapies for spinal injuries and exoskeleton mobility support systems.

Dr. K. Stephen Suh's area of expertise encompasses a wide range of fields within the scientific and healthcare industry. With over 25 years of experience in academia, government, and the hospital and healthcare sector, Suh has demonstrated proficiency in various areas such as genomics, cancer research, biomarkers, molecular biology, biobanking and genetics. He has held leadership positions in academic research, advisory boards, and healthcare settings. Suh is known for his roles in precision medicine topics, personalized medicine, and biomarker-based population screening. Additionally, he has been actively involved in community services and country-to-country science and technology cooperation initiatives.

Speaker



K. Stephen Suh

Moderator



Sung-Kwon Kang

Any questions can be sent to

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