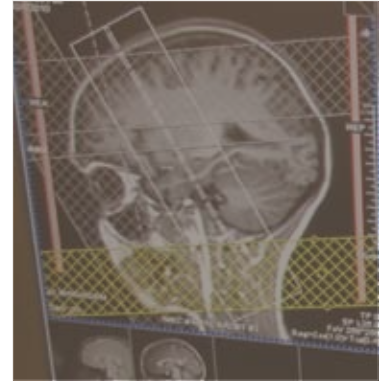




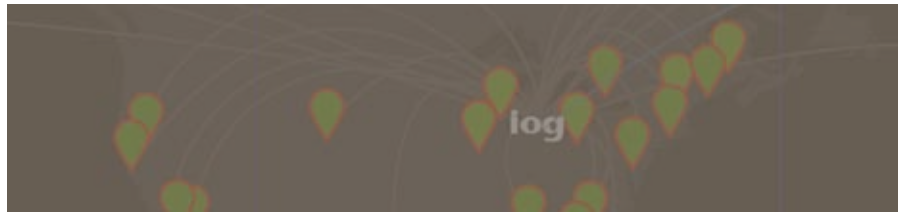
Institute of Gerontology Report 2012 & 2013



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... / Stress, the Impact
... / Falls



WAYNE STATE UNIVERSITY



Reaching Out . . . Near



Love of Seniors Underscores Trainings

The 2013 DeVito Memorial Award, in honor of outstanding service, dedication and commitment to excellence in geriatrics education, went to the IOG's own director of community outreach and professional development, Donna MacDonald. In six short years, Donna increased attendance at the IOG's Issues in Aging CE conference by 50%, and built an entire program of site-based CE trainings totaling more than 80 classes a year and educating more than 3,500 professionals. The programs she organizes consistently receive excellence ratings in the 90–100%. "I love working with seniors," Donna said in her acceptance speech at the University of Michigan. "My mother worked in nursing homes and when I was little I begged her to take me along. I've always felt most comfortable around older adults." As Dr. Lichtenberg wrote in his nomination, "Donna is creative, energetic and intelligent. And her obvious love for older adults is the key to her success."



James Bridgforth talks with fishermen along the Detroit River about the *Eat Safe Fish* project.

'Ability is Ageless' for Award Winner

Odessa Jackson won a Most ABLE award from Operation ABLE of Michigan for her positive work ethic, special contributions to her employer and ability to overcome difficulties in order to achieve success. For almost a decade, Odessa has been the IOG's receptionist and fund development assistant. She was recognized at a formal "Ability is Ageless" luncheon, where WDIV news anchor Carmen Harlan presented her with a certificate and engraved crystal plaque.

Odessa was nominated by Dr. Lichtenberg, who cited her radiant attitude, deep respect for others, energy and high quality work as traits that make her a special employee. Her nomination described her as "a morning cup of sunshine for all. Odessa represents the Institute of Gerontology with warmth and fidelity. Her social skills and work abilities are more than 'ageless,' they are 'age-enhanced.'"

In her speech to the crowd of more than 100, Odessa thanked her daughter Yvonne and her "family" at the IOG. "I congratulate all the nominees of the award," she said. "You are all so deserving. And I am especially grateful to Operation ABLE for their mature worker training programs and their philosophy that ability *is* ageless."



Teaming to Teach Detroit Anglers Safe Fish Consumption

Although Michigan environmental programs are slowly reducing toxins in lakes and rivers, the consumption of contaminated fish continues. The problem is especially significant in distressed urban environments, where efforts to change behaviors often confront deep-seated cultural preferences and individual interpretations of risk.

Dr. Mark Luborsky, IOG director of aging and health disparities research, and professor of anthropology and gerontology, partnered with Dr. Donna Kashian, a professor of biological sciences, and the Michigan Department of Community Health to "Improve Community Awareness for Detroit River Fish Consumption Advisories." The research team (including professor of anthropology Dr. Andrea Sankar) hired several River Walkers from the local community to educate people on the three C's of fishing: choosing fish with lower chemicals, cleaning fish to remove chemicals, and cooking fish to reduce chemicals. The program was funded by a \$99,600 grant from the Erb Family Foundation.

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Editor: Cheryl Deep / Design: Catherine Blasio / Photography: Rick Bielaczyc

Mission Statement

The Institute of Gerontology at Wayne State University conducts research in the social and behavioral sciences and cognitive neuroscience on issues of aging and urban health.

RESEARCH: Improving our community's health through research

EDUCATION: Preparing tomorrow's leaders in aging research

OUTREACH: Connecting seniors and their families to current knowledge

PARTNERSHIP: Building programs that stand the test of time



Dr. Luborsky (2nd from left) poses with the Rwandan students he trained to become professional research interviewers.

Luborsky Appointed to Nobel Prize Granting Institute

Dr. Luborsky was appointed adjunct foreign professor at the prestigious Nobel Prize granting Karolinska Institute in Stockholm.

The six-year appointment recognizes Dr. Luborsky for his many scientific achievements and extensive research on life reorganization, meaning and function. During more than 15 years at WSU, he has made significant research contributions toward reintegrating injured people into meaningful and active lives. His NIH-funded study, Hip Fracture: Cultural Loss and Long-term Reintegration, assessed ways to reduce health disparities among survivors of hip fracture, which has a 45% fatality rate within one year. His current research looks at the factors shaping long-term, post-rehabilitation outcomes in active-duty and veteran service members who have suffered spinal cord and mild brain injury.

"Dr. Luborsky is most deserving of this recognition," said Hilary Ratner, Ph.D., vice president for research at WSU. "His research targets ways to help people in the United States and all over the world." For several years, he worked with the Rwandan Health Ministry to lower the country's HIV transmissions. In June he was invited to Yunnan University, China, to conduct research training on the environment and health. "This collaboration with the Karolinska Institute will allow his research to have an even greater impact around the globe," she said.

Connecting through Research



NOA OFEN

Research Collaborations:
Max Planck Institute, Berlin, Germany
Massachusetts Institute of Technology, Boston, MA

Presentations:
University of Texas, TX
University of California at San Francisco, CA
University of Michigan, MI



JESSICA DAMOISEAUX

Research Collaborations:
Leiden University and Leiden Institute for Brain and Cognition, Netherlands
Stanford University, CA
University of California at San Francisco, CA

Presentations:
Brain Functional Organization, Connectivity and Behavior, Whistler, Canada
Martinos Center for Biomedical Imaging, Massachusetts General Hospital, Boston, MA



NAFTALI RAZ

Research Collaborations & Consulting
Max Planck Institute for Human Development, Berlin, Germany
Karolinska Institute, Stockholm, Sweden

Joint Publications:
University of Maastricht, Holland
University of Stockholm, Germany
University of Oslo, Norway
Kent State University, Kent, OH



PETER LICHTENBERG

Research Collaborations:
Research Centers for Minority Aging Research at:
University of Alabama, Birmingham, AL
University of California, Los Angeles, CA
University of California at San Francisco, CA
University of California at Davis, CA
University of Colorado, Denver, CO
University of Michigan, Ann Arbor, MI
University of Southern California, CA

Presentations
Financial Decisions Rating Scale Expert Panelists:
Alzheimer's Disease Center, University of Alabama, Birmingham, AL
VA Medical Center and Stanford University Medical School, Palo Alto, CA
Brain Injury & Sports Concussion Institute at University of Virginia, Charlottesville, VA
VA Medical Center & Baylor School of Medicine, Houston, TX
Geropsychology Research Program, Harvard University Medical School, Boston, MA
Dept. of Psychological and Brain Sciences, University of Louisville, KY
Presbyterian Villages of Michigan, Detroit, MI
Michigan Office of Services to the Aging, Lansing, MI

Joint Publications:
Louisville, KY
St. Louis, MO
San Diego, CA



MARK LUBORSKY

Research Collaborations:
Chulalongkorn University, Bangkok, Thailand
University of Maryland, Baltimore, MD

Translational Projects & Interventions:
HIV/AIDS prevention and illness management, Rwanda Ministry of Health, Kigali, Rwanda
Basic research and interventions on aging and health, Dept. of Neurobiology, Karolinska Institute, Stockholm Sweden
Biomonitoring toxins in river fish and human consumption, Centers for Disease Control & MI Dept. of Community Health, Detroit and Saginaw, MI

Scientific Training:
Academia Sinica, Taipei, Taiwan



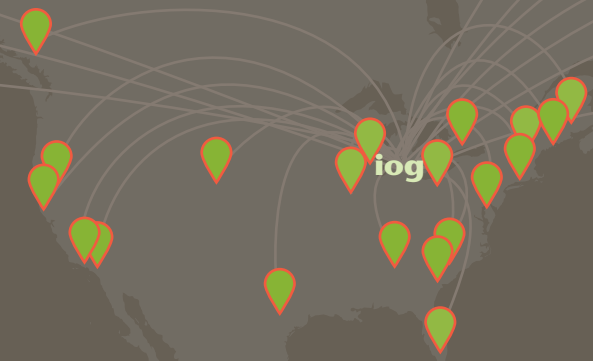
WASSIM TARRAF

Research Collaborations:
Hispanic Community Health Study, Study of Latinos at Michigan State University, E. Lansing, MI
University of North Carolina, Charlotte, NC
Yeshiva University, New York, NY
University of Miami, FL
Northwestern University, Chicago, IL



GAIL JENSEN SUMMERS

Research Collaborations:
Yale University, New Haven, CT
University of South Carolina, Columbia, SC
Georgia Southern University, Statesboro, GA
University of Michigan, Ann Arbor, MI





STEWART NEUFELD

Joint Publications:

Prague, Czech Republic
Husson University, Bangor, ME

Presentations:

Retirement Research Consortium, Washington, DC



CATHY LYSACK

Grant Reviewer:

Research Grants Council, Hong Kong, China
Ontario Neurotrauma Foundation, Toronto, Ontario, Canada

Research Consulting:

University of New Hampshire, Durham, NH



THOMAS B. JANKOWSKI

Research Collaborations:

Michigan State Housing Development Authority, Lansing, MI
Calhoun County Office of Senior Services, MI
Southeast Michigan Senior Regional Collaborative, Detroit, MI?

Presentations:

Kellogg Center, Michigan State University, East Lansing, MI
Marygrove College Institute for Detroit Studies, Detroit, MI
State Bar of Michigan Conference, Plymouth, MI
AARP of MI Annual Volunteer Conference, Detroit, MI
YMCA Annual Branch Summit, Boll Family YMCA Center, Detroit, MI
Aging Services Consortium, Hannan House, Detroit, MI
Book Talk Series, Montague Public Library, Montague, MI
Birmingham Area Senior Coordinating Council, Birmingham, MI
National Chrysler Retirement Organization, San Marino Club, Troy, MI
Canton Democratic Club, Canton, MI
Kiwanis Club of Garden City, MI
The Coordinating Council and Project 20/20, Battle Creek, MI



From the Director

Tackling the Toughest Questions Together

The aging issues we study at the Institute of Gerontology are increasingly complex. Finances, wellness, disability, minority health, fraud, preserving cognition, health insurance, frailty, and brain aging are central pieces in that great mosaic we call aging. We create assessments to determine fraud risk. We analyze large amounts of data to uncover insights. We conduct brain MRIs on children, adolescents, young adults and older adults to chart the trajectory of normal aging. We study the shifting response of society and the individual to the process of growing older. IOG faculty members devote their careers to learning how aging affects us and to sharing what they know with professionals, caregivers and the general public.

It is not enough.

Not only are the numbers of adults older than 65 rocketing, but the global numbers of our oldest old – those 85 and up – are projected to rise more than 100% by 2030. The oldest old have the highest levels of disability that require long-term care. An estimated 25% of this group will have some form of cognitive decline. Yet alongside these statistics sits the shrinking availability of health care providers, especially geriatricians. How can our work keep pace with the urgent needs of a population weighted toward its oldest members? How do we fill these needs as societal and research resources dwindle?

Partnerships and connections.

This year's report highlights those connections. Our faculty's colleagues across the university, and the world, amplify the impact of every research project. We publish our results in internationally recognized journals. National media quote our expertise. We present at conferences throughout the United States and in many corners of the world. Our educational trainings connect us with leaders at the forefront of new issues impacting older adults; then our attendees connect with each other to deepen and spread their knowledge. Without the intricate and expansive web or our strong partnerships and connections we could never keep pace with the critical needs of today's aging population.

Last, but not least, we connect with you, the reader. Take a minute to browse our 2013 report and see how we connect our regional, national and international "dots" to create a brighter picture of aging in America.

We couldn't do it without you.

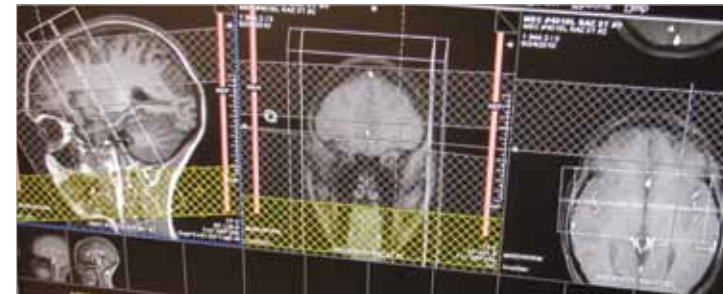
Your Partner in Aging,

Peter Lichtenberg, PhD, ABPP, Director

Lifespan Cognitive Neuroscience

The brain is a dynamic, ever-changing system. At each moment, its state and shape are determined by multiple influences, some programmed, some generated by environment and some purely random. Understanding brain development throughout the lifespan is the ultimate goal of researchers in the Lifespan Cognitive Neuroscience program.

In this collective pursuit, the members of the program focus on various periods of human development. By clustering cognitive neuroscience research from pre-birth to age 90 under one umbrella, this collaborative program, housed in the IOG and Merrill Palmer Skillman Institute, is poised to yield rare insights into how the human brain evolves from birth to late life.



From left: Drs. Naftali Raz, Jessica Damoiseaux, Moriah Thomason, and Noa Ofen.



Aging and the Brain

Dr. Moriah Thomason studies the earliest stages of the developmental continuum, from the fetus in the mother's womb to the high-school aged adolescent. She examines brain activity and connection patterns with magnetic resonance imaging (MRI) techniques. Dr. Noa Ofen searches for brain mechanisms of memory formation, maintenance and retrieval in children and young adults (age 5 to 30). Dr. Jessica Damoiseaux examines the earliest predictors of the transition between normal aging and cognitive decline. In her research, she focuses on patterns of brain connectivity and self-assessment of memory in 55 to 75 year olds. Dr. Naftali Raz investigates changes in

“ Being part of the Ofen Lab has allowed me to join the Michigan Chapter of Neuroscience, attend neuroscience conferences, and also introduced me to different career paths in the field of neurology. The best part is the chance to work with and under the direction of people like Dr. Ofen, who are very respected and influential members of the neuroscience community.”

– Robert Flinn, pre-med biology major and aspiring neurologist

the regional brain anatomy and microstructural properties of the white matter, as well as deregulation of brain iron content in normal, healthy adults age 18 to 90. His team is especially interested in learning how individual predispositions to vascular disease affect age-related changes in the brain and cognition.

Cognitive Neuroscience of Aging Lab

Dr. Raz, with doctoral trainees Andrew Bender, Ana Daugherty, Yiqin Yang and Peng Yuan, studies how the brain changes with age and how these changes are related to changes in memory and problem-solving skills in healthy adults. Since 2001, his lab has been conducting a long-term longitudinal investigation into normal brain aging. Using MRI, his team analyzes changes in brain structure in healthy adult volunteers age 18 to 90. They also study age-related differences in cognitive abilities such as memory, problem solving and spatial navigation. Since 2005, a large portion of Dr. Raz' work has been funded through a multi-million dollar MERIT (Method to Extend Research in Time) award from the National Institute on Aging.

The award, given only to researchers with consistently high research achievement, allowed Dr. Raz to

“ Studying neuroscience was an interest I had as a senior in high school. However, Wayne State did not offer a specific neuroscience program. Being involved in the IOG’s cognitive neuroscience research has given me the opportunity to explore that interest. I have been here a little less than a year, but have learned a great deal about the way neuroscience research is carried out and the various methods used in the field today.”

– Ishan Patel, WSU sophomore

concentrate on his Neural Correlates and Modifiers of Cognitive Aging project for 10 years without the need to continue to apply for funding. Dozens of research papers have resulted from this investigation, which continues to track the effects of vascular risk factors like hypertension, and genetic modifiers like the ApoE E4 gene variant on changes in the brain and cognition among healthy adults.

Ofen Lab for Cognitive & Brain Development

Dr. Ofen studies the neural underpinnings of learning and memory in children, adolescents and adults. She works with doctoral trainees Lingfei Tang, Qijing Yu and Dana Anderson, and postdoctoral fellows Mayu Tanaka and Rebecca Schwarzlose. Research in her lab combines tests of cognitive abilities with neuroimaging techniques to probe how brain structure and function shape human cognitive functioning across development. In particular, she has worked to explore the structure and function of a small but powerful sliver of brain tissue crucial to memory: the hippocampus. Recent work from the Ofen Lab identified robust differences in the structure of the hippocam-

pus from childhood to adulthood.

Her work to-date, and as a post-doctoral associate at MIT, investigated structural and functional brain development in a wide age range of typically developing children and young adults. At WSU her research is expanding to include the study of atypical brain development which underlies the emergence of many psychiatric disorders. The structure and function of the hippocampus, for instance, is altered in a number of psychiatric disorders with a developmental course, making Dr. Ofen’s research well positioned to address clinically significant questions. She recently received honors from the Society of Biological Psychiatry where she chaired and presented a symposium highlighting the importance of her work to the study of schizophrenia.

Social Cognitive Affective Neurodevelopment Laboratory (SCANlab)

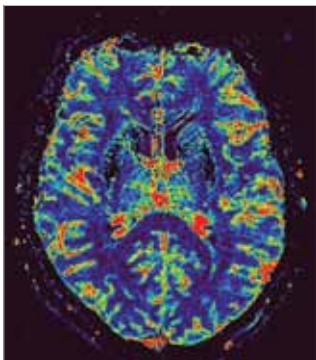
Dr. Thomason, with doctoral trainees Hilary Marusak, Ingrid Haugen, and Matt Carroll, examines genetic, biological, and environmental influences on, and consequences of, early emotional development. She searches

for brain mechanisms of emotional development and anxiety disorders. To better understand the interplay of factors related to healthy emotional development, Dr. Thomason’s lab attempts to integrate across biological measures (such as stress hormones, the brain, and the immune system). They examine activity and patterns of connections in the brain with MRI techniques and combine these with cortisol measures; they use genetic and epigenetic approaches to test specific hypotheses about how altered function in neurotransmitter systems influences brain development.

Dr. Thomason is particularly focused on consequences of trauma and early life stress. By understanding early emotional development in children who experience trauma, she plans to develop methods for ameliorating the negative consequences of trauma.

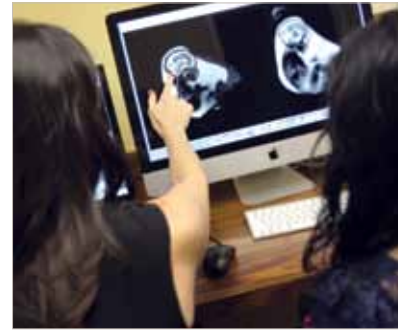
Connect Lab: Brain Connectivity & Aging

Dr. Damoiseaux, the program’s newest researcher, came to WSU from Stanford University in April. She arrived with a grant from the Netherlands Organization for Scientific Research to conduct a four-year study into functional and structural brain connectivity changes in healthy older adults (age 55 to 75), some who are complaining of memory problems and some who are not. People who report cognitive problems – despite tests that do not show an obvious cause – are five to six times more likely to develop dementia than people who report no problems. Dr. Damoiseaux wants to understand the correlation. “That initial subjective awareness of cognitive impairment might be our earliest indicator,” she said. If imaging can uncover these precursors, early interventions to slow or stop the dementia might be possible.



From left: Undergrads teach children about the wonders of the human brain at the annual Brain Day event; SCANlab students study an MRI of the brain of a human fetus; children get comfortable prior to an MRI by exploring the mock MRI machine at the Ofen Lab.

“Participating in the IOG’s research labs has not only taught me valuable lessons in critical thinking and discipline, but has increased my appreciation and understanding of the field of cognitive neuroscience.”
 – Nikhil Adapa, WSU sophomore



Undergraduate Volunteers Enrich Neuroscience Labs

The four laboratories that make up the Lifespan Cognitive Neuroscience program offer a trove of opportunities to WSU undergraduates. About 30 undergraduates volunteer each year to help Drs. Raz, Ofen, Thomason and Damoiseaux in their research into brain structure and function. The work is challenging, but undergrads willing to commit sufficient time and effort are rewarded with cognitive neuroscience research skills, mentoring, recommendations, and in some cases the chance to conduct their own, university-funded research project.

The Ofen Lab accommodated 10 undergraduate volunteers last year and has accepted seven this year. Training undergraduates is a major time investment, but results in students who make significant contributions to the lab. “We train them in specific tasks important to the daily operation of the lab,” Dr. Ofen said. “Undergrads administer tests, organize data collection, and analyze behavioral and neuroimaging data. This is a wonderful opportunity to get a first ‘toe in the water’ experience of research.”

In Dr. Thomason’s SCANlab, trained undergrads have access to every aspect of data collection, participant interaction and experimental organization. They are involved in cataloging and organizing biological materials, quality checking data, tracing brain image data, and helping the young children who are having MRIs to feel comfortable and informed about the process. “Undergraduates are key contributors to the total lab operations,” Dr. Thomason

said. “At the same time, they are learning through total immersion in the steady rigor of scientific inquiry.”

Undergraduate volunteers hail from psychology, biology, pre-medicine and occasionally engineering majors. Others are undeclared and appreciate the chance to gain “hands-on” research experience to explore neuroscience as a possible career. Lab faculty heads interview interested undergraduates to explain the position’s duties, expectations and opportunities. Seasoned graduate students, often working in the labs for years, also benefit from the chance to mentor the undergrads while honing their own teaching and management skills. Undergrads are not paid, but some receive course credit as determined by their home department.

This fall, three Lifespan Cognitive Neuroscience undergraduates will present research based on studies conducted in the Ofen Lab at the university-wide Undergraduate Research and Creative Projects conference. One of these students gave an oral presentation at WSU’s Summer Research Mini Symposium in 2013, a significant and valuable experience for an undergraduate. The Lifespan faculty encourages presentations so students learn how to communicate their science.

“The more time they commit to the lab, the more they get out of the experience,” said Dr. Ofen, “even to the extent of developing their own research project.” Her lab has helped a few undergrads submit projects for fund-

ing through a university mechanism, so they can pursue their own research. “This is a rare opportunity to train people in the early stages of their education for a successful career in research,” she said. “Everyone benefits.”

Ofen Lab Welcomes Two Postdoctoral Fellows



Dr. Mayu Tanaka (left) comes to WSU from a postdoctoral position at Carnegie Mellon University in Pittsburgh, PA. Her research interests include the development of face and object perception and memory. Dr. Tanaka received her doctorate in psychology from McMaster University in Canada.

Dr. Rebecca Schwarzlose earned her doctorate in neuroscience from the Massachusetts Institute of Technology and conducted postdoctoral research at the University of California-Los Angeles. She now divides her time between science writing (www.gardenofthemind.com) and research on the interplay between vision and memory.



Life Decisions and Meaning

How do we age and how well do we age?

Gerontologists are teaching us new facts about how actions in the social and physical worlds shape the aging experience in health and sickness. Increasingly questions about the environment, community and society, genes, physical activity, stress, access to health care, attitude and luck are being shown to directly pattern the course of successful aging. Some factors are within our control, others are not. In the quest to understand aging in all its complexity, IOG researchers seek to learn how large and small decisions, and the individuals' own meaning-making, are powerful determinants of outcomes. This year's report features our work on the frontiers of decision making and critical life transitions.

Above: A hand-painted watercolor by one of the many artists who display at our annual Art of Aging Successfully conference.

Social & Environmental Determinants of Health and Aging

Returning Veterans to Meaningful Lives

Record numbers of soldiers now return from Iraq and Afghanistan with spinal cord injuries. Medical advances can heal their physical breaks, but little is known about how these veterans effectively reconnect with their communities and rebuild their lives. Drs. Mark Luborsky and Cathy Lysack received a three-year grant from the Department of Defense to interview veterans at three stages of recovery to learn their long-term goals, values and expectations for successful social participation. "How do they transition back to family and community life? How do they reconfigure their homes, work and lives?" asked Dr. Lysack. Failure to ensure long-term social integration is newly acknowledged to cause serious health harms, not just for veterans but for all.

Their findings will refine theories about how effective integration is facilitated. "After medical issues are stabilized," Dr. Luborsky said, "the key to long-term success for patients is how to establish one's cultural identity and create meaningful connections to communities. This project will move the science and research forward toward interventions to promote that."

Decisions to Downsize Possessions

Drs. Lysack and Luborsky continued their mission to understand how people find meaning in major life transitions in their recently completed downsizing study. The team headed the Detroit portion of a two-site investigation into how older adults handle moving to smaller quarters. In-depth interviews asked how people disbursed possessions and made decisions about selling, tossing or giving them away. The three-year study was done in collaboration with Dr. David Ekerdt at the University of Kansas.

The study answered some practical concerns and key scientific debates about how older adults adapt to life changes. Results showed that regardless of the circum-

stances prompting the move, most older adults were satisfied with their downsizing and how their possessions were ultimately allocated. Participants did stress that objects trigger memories and hold strong meanings. Possessions can be significant props in our life stories; older adults work to find these objects a new purpose with others when possible. Adult children and friends helping a person to downsize must be gentle and empathetic. "We may fear that letting go of our objects means losing a part of ourselves," Dr. Lysack said. "We may need to be reminded that our true legacy lies in our relationships, actions, and character."

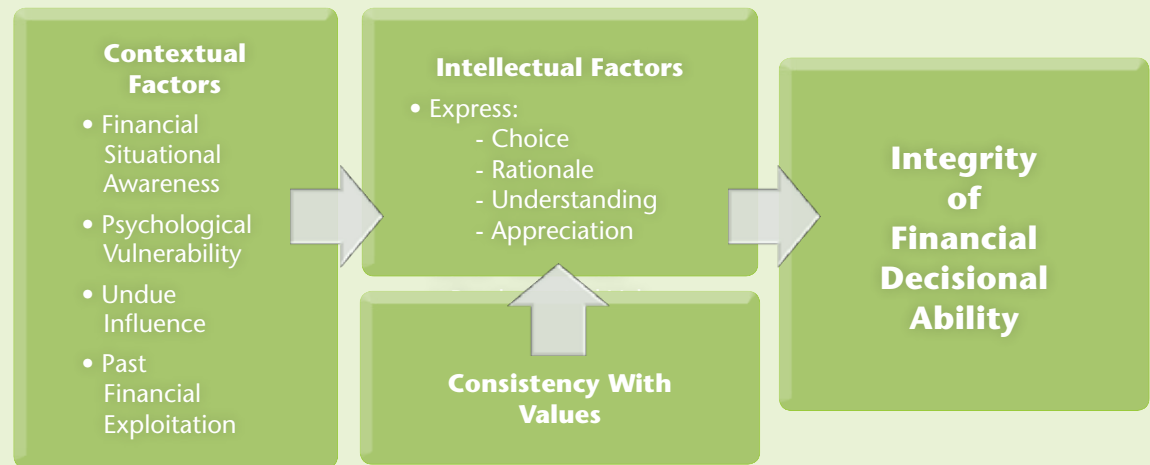
Understanding Migration & Aging

Dr. Luborsky joined an international team to examine how people who immigrate in late life forge viable connections in their new communities. The two-year *Photovoice* study encourages migrants 60 years or older to photograph personally relevant events or objects from their daily life that mirror their socio-political realities and serve as a catalyst for further exploration through interviews and time spent together. Details of the project, funded by the Toyota Foundation, can be found at www.photovoice-research.com.

Under Use of Health Care Could be Costly

By 2050, one in five people in the U.S. will be foreign born, with as many as 1/3 a first or second generation resident. Though the immigrant population is rising, little is known about the health, and health care use, of this group. "There is a vacuum of knowledge and a lot of misperceptions," said Dr. Wassim Tarraf. "Minorities and immigrants are thought to be a burden on the U.S. economy, especially the health care system." Last year, he and Dr. Hector González analyzed medical expenditures among immigrant and non-immigrant groups in the U.S. "We found that is not the case," he said.

Conceptual Model for the Lichtenberg Financial Decision-Making Rating Scale



Immigrants spend less on health care and use fewer health care resources than non-immigrants. Though many have no medical insurance, they do not use emergency room services more often. Why do they make these decisions? They may be healthier – at the moment – but without physical examinations or preventative care, chronic health problems could emerge later, creating a large societal burden. “Now that we know immigrants underutilize health care, the challenge is how to reverse the trend to insure long-term wellness,” Dr. Tarraf said.

Financial Decisions Dull Shine of Golden Years

Stress can accelerate aging and promote diseases like hypertension, heart disease and stroke. Wise decisions about medical insurance, long-term care insurance, legal guardianship if we become incapacitated, and who to trust with access to our accounts, can lessen our stress as we transition through life. Poor decisions that make us vulnerable to fraud or financial exploitation can cause our life savings to vanish and our stress to explode.

Dr. Gail Jensen, a professor of economics and ger-

ontology, studies how the cost of health care services influences personal health care-related decisions, and the effects of those decisions on subsequent health. When the price of health care rises, or the ability to access health care becomes more difficult, do disease and disability increase? Our health care system is undergoing enormous change right now. What are the possible unintended consequences? “If raising the out-of-pocket cost of a prescription drug means that patients cut their dosage and must be hospitalized, no money has been saved and a life has been put at risk,” said Dr. Jensen. “This is not a smart trade-off.”

Two recent papers, written with former IOG trainee Christopher Brunt, looked at how Medicare payments to physicians affect patients’ perceptions of the quality of care they receive, and patients’ ability to access physician services when they need them. They found that when physicians receive lower payment rates from Medicare, patients rate their access to care and quality of care more poorly than when Medicare payment rates are more generous. “If the goal is keeping older adults healthy and helping them avoid costly medical interventions, then re-

ducing Medicare payments to providers is not the answer,” Dr. Jensen said.

The well-being of older adults is also seriously threatened by the rising specter of financial fraud. One out of 20 older adults will be a victim of financial fraud or exploitation this year, with an average loss of \$186,000 when the thief is a relative or caregiver. Prevention is the best defense, but first we need a way to identify those at risk. Dr. Lichtenberg recently created the *Lichtenberg Financial Decision-Making Rating Scale* to determine older adults’ vulnerability to fraud and their capacity to manage money. The question-and-answer interview assesses whether a person might be under undue influence, psychologically susceptible, or unable to make sound, rational financial decisions.

“We aren’t trying to take away a person’s independence,” Dr. Lichtenberg said. “We want to balance autonomy with protection and to educate and support those most at risk.” The scale, which is currently being piloted, can be administered by trained health professionals such as psychologists and psychiatrists. A shorter-version screening for professionals such as attorneys, bankers, and financial planners will also be tested.

Postdoctoral OT Joins IOG



Dr. Heather Fritz, OTR/L, works with Dr. Lysack as a postdoctoral research fellow focusing on health behavior change and building skills for self-managing illness. Her current research translates insights from her dissertation on diabetes self-management by low income women into an occupation-based intervention to change the dietary habits of older adults with diabetes. Dr. Fritz’ two-year fellowship is funded through a Faculty Competition for Postdoctoral Fellows Award from the Office of the Vice President for Research.

Assessing Community Needs

What Do Seniors Need?

Helping Calhoun County Find Answers to Better Service their Aging Population

Calhoun County, Michigan, has seniors. The current senior population of 28,000 will grow to over 34,000 over the next 10 years, making one of every four residents age 60 or older.

Calhoun County has resources. Unlike many Michigan counties, a dedicated senior millage provides a dependable financial platform for programs and services.

What Calhoun County didn't have, until recently, was a clear understanding of senior needs and preferences. What are the main issues facing older residents? What do they need to feel safe, happy and healthy as they age? So the Calhoun County Office of Senior Services and Region 3B Area Agency on Aging engaged the IOG research team of Dr. Thomas Jankowski and Carrie Leach, MPA, to help them gather the information they needed to make wise programming decisions now and for the future.

The task presented challenges. "The first thing we did is make a strong effort to erase any preconceived ideas about the unique needs of these older adults," Dr. Jankowski said. "We want to uncover what they really need – not what we think they need." The team created careful instruments to gather unbiased data from key stakeholder agencies in aging, opinion leaders, older adults, family caregivers and other community members. One hundred fifty stakeholders were surveyed about unmet needs for seniors and barriers to providing service. Six focus groups were held throughout the county that produced hours of fruitful discussion and prioritized lists of core issues. A population survey was sent to 6,000 older adults with a very high response rate of 36%. The team reviewed and analyzed all the qualitative and quantitative data to create a 169-page report on what Calhoun County older adults need most to live well.

"This document had to be clear, easy to understand

and action-oriented. Most importantly, the data and resulting conclusions had to be accurate," Dr. Jankowski said. "These findings will drive senior services for the next decade." Dr. Jankowski is an expert on analyzing data on older adults for policy and planning. In 2009, he led the team creating *Seniors Count!* a web-based, in-depth analysis and interpretation of secondary demographic, economic and social data in Southeast Michigan.

What were the main findings? The range of health, wealth and engagement within Calhoun County seniors is wide, so no one answer fits all. The major needs emerging from all groups, though, were better communication (and coordination between agencies) of services available, help with minor home repairs and basic chores so older adults can stay in their homes longer, medical services not covered under Medicare such as dental and vision care, and affordable and convenient transportation options.

"On the plus side, we found no major crises, distress or calls for a dramatic overhaul," Dr. Jankowski said. "A shift in emphasis, along with incremental adjustments in budgets and programs, should align Calhoun's needs and services well over the next few years." The report has already been used to guide strategic planning, enhance needed services, and develop new programs to better support the health and independence of Calhoun County's older adults.

The team is currently in talks with other Michigan counties about analyzing the needs of their senior populations. They recently began a project using *Seniors Count!* data to produce a series of infographic posters for the Southeast Michigan Senior Regional Collaborative. The posters will be part of a public education and awareness campaign highlighting issues affecting older adults in Oakland, Wayne and Macomb counties.

"This document had to be clear, easy to understand and action-oriented. Most importantly, the data and resulting conclusions had to be accurate."

– Thomas Jankowski, PhD



Integrating Physical & Mental Health

Over the past decade, the U.S. has seen a slow but steady movement toward collaborative care for patients of all ages. The arbitrary and potentially damaging wall between providers of physical and mental healthcare is tumbling. The growing whole-patient approach acknowledges that physical health is in constant interplay with mental health and both must be treated in conjunction for true wellness.

The Affordable Care Act will break down barriers even further as mental health benefits are made available to an additional 62 million Americans. Primary care physicians will need to treat mental health issues – with oversight from psychiatrists – if all eligible patients are to receive quality care.

Helping Seniors at High Risk of Depression

U.S. Surgeon General Reports

Depression may affect as many as **1 out of 3** geriatric rehabilitation patients.

The consequences of untreated depression include increased risk of disability, hospitalization and even death.

The IOG has been a leader in this effort to “cross-train” health professionals for several years. In 2009, Drs. Lichtenberg and Lysack created an in-depth video training program to teach occupational therapists how to identify mental health problems, such as dementia and depression, in their older patients. The second highest rate of suicide in the country is in persons 85 or older.

“Rehab therapists, nurses, and home health aides could all benefit from basic training in the major mental health problems of older adults,” Dr. Lichtenberg said. “We must put the knowledge in the hands of the people who interact with seniors daily, so they get the help they need quickly.”

Making all health professionals more aware of both mental and physical issues becomes especially critical in the area of depression. Two of Dr. Lichtenberg’s recent research projects establish vascular depression as a pathway to frailty in older women. Frail individuals suffer from unintentional weight loss and exhaustion and are at high risk of disability and death. Vascular depression is a particular type of depression resulting from poor blood flow to the brain, often from diabetes, hypertension or

How can you resist? Seniors learn simple exercises with resistance bands at the 2013 Healthier Black Elders event.



heart disease. The studies, with co-author Daniel Paulson (then a pre-doctoral trainee at the IOG), found that about half of the non-frail women who had vascular depression, became frail within four years. Treating vascular depression early might reduce frailty, leading to a healthier, more independent life for thousands of women in their 80s.

Understanding the impact of depression on the overall health of minorities, especially Latinos, has underscored much of the work of Dr. Hector González. “Depression is the most disabling disorder in the world,” he said, “so everyone should have equal access to treatment.” But they don’t.

His 3-year \$1.2 million National Institute of Mental Health study found that some ethnic groups, especially Mexican Americans, are not diagnosed or adequately treated for their depression. Dr. González’ follow-on work with the Hispanic Community Health Study / Study of Latinos is a cognitive assessment of more than 10,000 Latinos age 45 and up. The study will try to identify their major risks for cognitive decline and dementia, such as untreated depression, to find better ways to prevent them.

Study Shows Training in Mental Health Symptoms Highly Effective

Hundreds of occupational therapists have received the IOG's specialized DVD training in how to identify mental health issues in older patients. Does the training work? Drs. Lysack and Lichtenberg conducted a two-year randomized, wait-list control study of 75 OTs to learn whether training caused them to include more mental health screenings in their clinical practice. The OTs were tested on knowledge and confidence before and after training. Their patients' charts were reviewed for mental health and other training-related assessments.

The OTs trained with our DVD modules significantly increased their clinical actions to identify and intervene in mental health problems, such as cognitive

impairment, balance confidence, and especially depression. "Putting training into action is the critical piece," said Dr. Lichtenberg. "If an OT receives training, but doesn't put that knowledge to use in clinical practice, no one is helped."

The success of the training was particularly satisfying to Dr. Lysack, who has an undergraduate degree in occupational therapy and a master's degree in rehabilitation therapy. "OTs who work closely with older patients know these problems also pose significant challenges to physical functioning and overall well-being," Dr. Lysack said. Mental health problems, and successful treatments, ripple far beyond mood.

Results of the study, titled *DVD Training for Depres-*



sion Identification and Treatment in Older Adults, were published by Drs. Lysack, Lichtenberg and Daniel Paulson with Carrie Leach and Theresa Russo, in the September/October 2013 issue of the *American Journal of Occupational Therapy*.

Dr. Lichtenberg One of Country's First Diplomates in Clinical Geropsychology

In July 2013, Dr. Lichtenberg became one of the nation's first applicants to earn the Diplomate in Clinical Geropsychology – the highest level of certification within the specialty – from the American Board of Professional Psychology (ABPP). The Board provides the oversight necessary to certify a psychologist as highly competent to deliver quality services in a specialty area of psychology. Recently ABPP recognized Clinical Geropsychology as a specialty and allowed qualified applicants to pursue the rigorous testing and interview process required to attain Diplomate status, a prestigious designation based on measurable skills, knowledge, experience, education and training. "Earning the Diplomate in Clinical Geropsychology has been a goal of mine since I entered the profession," Dr. Lichtenberg said. "This is truly a proud moment."



Dr. Lichtenberg was also selected to serve on the American Board of Clinical Geropsychology, which will evaluate new applicants for the Diplomate. This examining board is national in scope and reflects the current development of the specialty including requirements for education, training, experience, practice guidelines, and research.

Helping Detroit's Elders: The Michigan Center for Urban African American Aging Research

What is MCUAAAR?

MCUAAAR is the acronym for the Michigan Center for Urban African American Aging Research. The name may be hard to pronounce but its importance is easy to understand. Older African Americans, especially in urban settings, are especially vulnerable to health problems like diabetes, stroke, heart disease, breast and colon cancers, and hypertension. Not only are they more likely than Caucasians to suffer from these ailments, but they are more likely to die as a result of them than any other ethnic group.



Left to right: Kristie Lipford, Lauren Hamel, Candace Brown, Sheria Grice Robinson, H. Shellae Versey, Rodlescia Sneed

MCUAAAR, a joint program between the IOG and the University of Michigan, wants to know why older African Americans are at higher risk. The Michigan Center is one of only six centers across the country established to improve the health of older minorities through education, scholarship and research. For 17 years, the National Institute on Aging has funded MCUAAAR's good works and three-pronged approach. The latest 5-year grant renewal of \$2.7 million will continue the Center's work through 2017.

"Our goal is to eliminate these health disparities between African Americans and other groups," said Dr. James Jackson, director of U-M's Institute for Social Research and principal investigator on the MCUAAAR grant. "We have made major strides toward accomplishing that goal."

Strong Scholarship

Research is critical to understanding the disparate health trajectory of African Americans. MCUAAAR identifies and encourages minority junior faculty to conduct significant research into aging, ethnicity and health. Interested junior faculty from the U-M and Wayne State compete to become one of only three Pilot Scholar Investigators chosen each year.

The scholars receive funding and intensive mentoring to conduct pilot studies, present research findings and publish journal articles. Each summer they attend a conference on research methods and grant writing. To date, 50 scholars have completed the program, many later becoming tenured faculty pursuing research in minority aging at universities around the country (see Scholar Spotlight). "More than two-thirds of these scholars have received funding, many of them as principal investigators on NIH grants," said Dr. Lichtenberg, co-director of MCUAAAR's administrative core. "They will make a difference that lasts."



A guest at our Healthier Black Elders event joins the Participant Resource Pool to be considered as a volunteer for research into aging.

Recruiting to Research Health Disparities

Older African Americans have been under-represented in health research, which has slowed our understanding of why they are at higher risk for certain chronic diseases. To fill this gap, MCUAAAR created the Healthier Black Elders Center at the IOG to build a database of African Americans aged 55 and up who were willing to participate in non-invasive research. Around 1,200 persons are currently on the list, known as the Participant Resource Pool (PRP), which has been tapped for nine research studies over the past two years. Projects have ranged from work force ageism to the benefits of daily aspirin. Sonya Miller, M.D., a 2012 MCUAAAR pilot scholar, used the pool to recruit for her current study of older black women and disability.

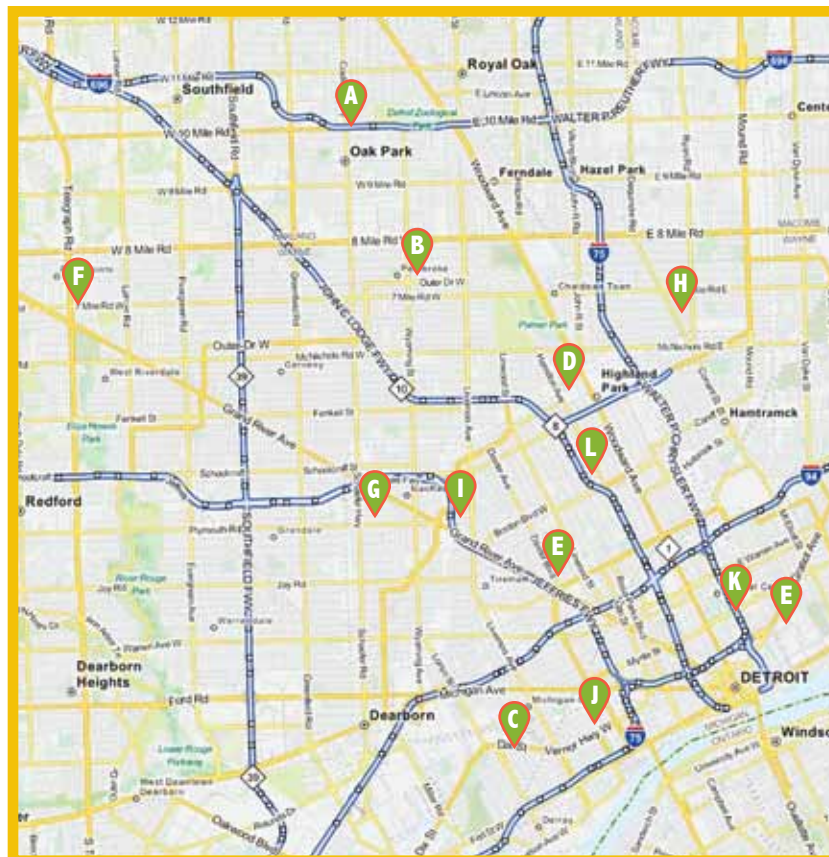
"We seem to have turned the corner in our ability to convince African Americans to volunteer for research," said Patricia Rencher, coordinator of Healthier Black Elder education events and the PRP. "More and more people trust that the research projects we represent will be safe and have substantive oversight." In 2012, Patricia was

appointed by Gov. Rick Snyder to the Commission on Services to the Aging for a three-year term, a testament to her passion for helping older adults and commitment to improving their health.

Educate, Educate, Educate

The third prong of MCUAAAR’s strategy is public education, including seven free Learning Series that reach nearly 400 people a year and dovetail with the Center’s research recruitment effort. Attendees hear the latest on subjects like diabetes care or stroke prevention, get free health screenings, and learn how crucial the volunteers are to advancing research on health disparities. With this approach, the size and reliability of the Participant Resource Pool database increases every year.

The biggest event for recruiting and celebrating research volunteers is the annual health reception hosted by the Healthier Black Elders Center. Upwards of 600 older African Americans attend this all-day conference to have health screenings, meet service providers, listen to informative and inspirational speeches, exercise and enjoy a nutritious lunch. “This is how we thank all the folks willing to help with research while encouraging others to join,” said Patricia.



Learning Series Reaches Underserved Detroiters



Attendee at our Learning Series receives a free health screening.

2011 & 2012 LOCATIONS

- A) Oak Park Senior Center
- B) Oak Grove AME
- C) LaSed Senior Center
- D) Gabrielle Senior Apartments
- E) Chene Park Commons
- F) Ellis Manor Apartments of Greater Grace
- G) 3rd New Hope Baptist Church
- H) Blessed Trinity Missionary Baptist Church
- I) St. Cecilia Catholic Church Senior Group
- J) Sacred Heart Golden Circle Activity Center
- K) Tabernacle Missionary Baptist Church
- L) Catholic Social Services of Wayne County

2013 MCUAAAR Scholar Spotlight

Mark Manning, PhD

Dr. Manning is a postdoctoral fellow in the WSU Department of Oncology and a scientist in the Population Studies and Disparities Program at the Karmanos Cancer Institute. He is interested in finding why some African Americans get screened for various cancers while others don't. His study *The Influence of Screening Failure Reasons on Subsequent Screening Behaviors in an Urban African-American Population* explores how individuals' medical, demographic and personal attributes are related to non-screening behaviors. "I would like to design evidenced-based interventions that get people to their health screenings," said Dr. Manning.



Jamie Mitchell, PhD

Dr. Jamie Mitchell is an assistant professor at the WSU School of Social Work, and an interdisciplinary applied researcher examining unmet health needs and preventive health behaviors of African American men and other underserved individuals. She has surveyed over 1,400 African American men about their health status, health needs, and healthcare access in recent years to build a conceptual model of how social-ecological factors predict preventive health behaviors toward cancer and other chronic diseases. She is currently probing the relationship between patient navigation, interpersonal support, and cancer screening in African American men.



Hands Across the Globe depicts unity across colors, races and ages in this creation from an Art of Aging Successfully artist.



Perceived Cognitive Impairment among African American Elders

This study using the LIFHE database is the first to measure Perceived Cognitive Impairment (PCI) as an aid in understanding older urban African American health and quality of life. Nearly 30% of the 501 LIFHE interviewees reported that their memory, thinking skills, or ability to reason was worse than a year earlier. This rate was much higher than the overall Michigan level of 14.9% and worrisome because only 16% of those reporting PCI sought medical evaluation for their problems. The study's simple 3-question measure also linked PCI to broader health, mental health and functional abilities than previously reported. Depression, increased pain, decreased mobility, decreased social well-being, and cardiovascular risk factors were closely associated with PCI.

The results indicate that routine clinical screening for PCI may be justified for *all* older African Americans, particularly those with low education and multiple health problems who are at higher risk of cognitive complaints. The brief screening could open discussion into cognitive health, risk factors for dementia such as heart disease and a sedentary lifestyle, and interventions toward prevention. (Article accepted for publication by *Aging and Mental Health*, Ficker, Lysack, Lichtenberg, and Mena Hanna, 2013).

LIFHE Goes On

Research into the lifestyles of older urban African Americans is rare, often because it can be difficult to access significant numbers of willing participants. The IOG's Participant Resource Pool, a decade-long recruitment of older African Americans willing to be considered for research projects, offered a unique opportunity to add to this knowledge base. The Lifespan Investigation of Family, Health and Environment (LIFHE) team, led by principal investigators Drs. Lichtenberg and Lysack, interviewed 501 African Americans, age 55 to 97, to understand activities, family relationships, attitudes, finances and health. This data is now available to outside researchers studying older African Americans. For information contact Project Director Dr. Ficker at lficker@wayne.edu or 313-664-2530.

Engagement Improves Attitude toward Neighborhood

Active engagement in life is a critical factor for successful aging and is strongly associated with health and well-being in late life. Less is understood about the influence of neighborhood conditions on health and well-being, particularly in older African American adults. This study (based on LIFHE data) compared the perceptions of neighborhood and engagement of 501 older African Americans in Detroit with their ratings of health and well-being.

Survey findings revealed a sample of highly engaged older African Americans in reasonable health who perceived their neighborhoods favorably. The study found a close association between frequent community engagement, well-being, and positive perceptions of one's neighborhood, strengthening the importance of keeping seniors socially involved. [*Community Engagement: An essential component of well-being in older African American adults*, by Lysack, Neufeld, Lichtenberg and Tiernan, in the *International Journal of Aging and Human Development* (2013).]

Balance Confidence Correlated to Self-Rated Health

A person's degree of confidence in their physical mobility is an important indicator of the likelihood

that they will fall. Low confidence greatly increases the risk of falling. What determines this level of confidence? Conventional wisdom tells us that a previous fall would undermine balance confidence, but other factors may come into play. The latest LIFHE research showed that self-rated health had an even greater effect on confidence than a history of falling.

Fear of falling and mobility restrictions have a significant negative impact on the quality of life of older adults. Because older African American are at higher risk for various modifiable health problems, understanding potential constraints on their overall health and mobility is critical. This study investigated the relationship between falls, falls efficacy, mobility, self-rated health, depression, and well-being. The higher the self-rated health, the higher the person's balance confidence, regardless of whether they had fallen within the past year. This suggests that improving a person's balance confidence could improve mobility, health and well-being.

Researchers also identified a single self-rated health question to quickly identify (and thus help) older African Americans with low balance confidence and a high risk of falling. [*Falls efficacy and self-rated health in older African American adults*, by Neufeld, Lysack, Lichtenberg, Goldberg and Tiernan, in the *Archives of Gerontology and Geriatrics* (2013).]

Grants

Michigan Center for Urban African American Aging Research (MCUAAAR)

Drs. Peter Lichtenberg and James Jackson of the University of Michigan, Co-Principal Investigators (Co-PIs)

A \$2.7 million 5-year extension to the nearly \$9 million previously granted from the NIH to reduce the health disparities that exist between older African Americans and other ethnic groups through research, faculty mentoring and education.

Southeast Michigan Partners Against Cancer (SEMPAC)

Dr. Teri Albrecht, Associate Center Director, Population Sciences, Karmanos Cancer Center, PI; Dr. Lichtenberg, Head of the Investigator Training Core.

This \$4 million grant (\$327,000 to the Training Core) from the National Cancer Institute renews the original Detroit Community Network Program for an additional five years. SEMPAC's goal is to reduce cancer rates among Detroit's older, African American population through scholar training and networking with community organizations.

Neural Correlates and Modifiers of Cognitive Aging MERIT Award

Dr. Naftali Raz, PI. The NIH awarded this \$3 million, five-year grant to research the modifiers of normal cognitive aging from a neuroscience perspective. MERIT (Method to Extend Research in Time) awards give select researchers long-term support, without the burden of constantly applying for new grant funding. The MERIT award is granted to investigators whose research skills and productivity are "distinctly superior" and who are likely to continue to perform in an outstanding manner. Fewer than 5% of NIH-funded investigators are selected to receive MERIT awards.

Using a System-Wide Database to Reduce Workplace Violence in Hospitals

Dr. Mark Luborsky, Co-PI. The Centers for Disease Control and Prevention are providing \$1.6 million over 4 years to

develop a standardized surveillance and risk assessment reporting system at several Detroit-area hospitals. The data from this system will evaluate the effectiveness of two interventions to curb workplace violence in hospitals.

Epidemiology of Late-Life Depression and Ethnicity Research Study (ELLDERS)

Dr. Hector González, PI. A three-year, \$1.2 million dollar study funded by the National Institute of Mental Health to extrapolate the rates and types of depression among different ethnic groups, such as Mexican Americans, Puerto Ricans, Cubans, Asians, African Americans and non-Hispanic Whites living in the United States.

Center for Urban Responses to Environmental Stressors

Dr. Lichtenberg, Director, Community Outreach and Education Core; Melissa Runge-Morris, MD, PI. A research award from WSU of \$900,000 over three years to develop environmental health leadership and train upcoming environmental health scientists to identify, evaluate and mitigate environmental health challenges.

Developing a Meaningful Life: Social Reintegration of Service Members and Veterans with Spinal Cord Injury

Drs. Luborsky and Cathy Lysack, Co-PIs. A 3-year, dual-site grant of \$456,000 from the Department of Defense to study the social reintegration of American service members and veterans who suffered spinal cord injuries in Iraq and Afghanistan.

Subjective Cognitive Impairment: A Sign of Incipient Alzheimer's Disease?

Dr. Jessica Damoiseaux, PI. Dr. Damoiseaux is conducting a longitudinal study of functional and structural brain changes in healthy older adults with and without cognitive complaints, funded by a 4-year grant of \$345,000 from the Netherlands Organization for Scientific Research.

University of Michigan Pepper Center

Dr. Lichtenberg, WSU PI. This 4-year grant of \$123,000 supports the *Claude Pepper Older American Independence Center* by helping to recruit older African Americans into research studies.

The Hispanic Community Health Study / Study of Latinos

Dr. González, PI of the Neurocognitive Reading Center. This large, longitudinal study of 16,000 Latinos aged 18-74 is funded by the National Heart, Lung and Blood Institute and the National Institute of Neurological Disease and Stroke. Dr. González received \$84,000 over two years to oversee the cognitive assessment of over 10,000 Latinos aged 45 and older.

IOG Community Engagement Program

A \$50,000 five-year grant from the Mary Thompson Foundation to support the IOG's educational outreach including its Research Colloquium and Professional Development Series for faculty, graduate students, professionals and community members. The series brings experts from around the country to lecture weekly throughout the school year on aging-related topics.

Calhoun County Senior Needs Assessment

Dr. Thomas Jankowski, PI
A grant of \$48,000 from the Calhoun County Office of Senior Services and Region 3B Area Agency on Aging to conduct extensive focus groups, stakeholder surveys and a population survey to learn what older adults in the county need and want for good quality of life, what needs are currently unmet and any barriers to providing service. The resulting 169-page report analyzed data from 2,160 surveys and transcripts of interviews with 150 stakeholders

Geriatrics Education Center of Michigan

A \$15,000 commitment over three years to help fund the IOG's annual Issues in Aging professional development conference which each year educates approximately 200 social workers, nurses, physicians and therapists who work with older adults.

“ An exciting part of the IOG cognitive neuroscience program is the focus on age-related factors that may influence cognitive decline. Normative brain aging doesn’t get as much attention as neurodegenerative diseases, but it is important for early detection of pathological cognitive decline (dementia).”

Muzamil Arshad
MD & PhD Program, WSU School of Medicine
Translational Neuroscience Program

Our pre-doctoral training program provides intensive research mentorship by experienced faculty, exposure to interdisciplinary perspectives, and conference participation. Trainees interact with national and international visitors to the IOG, as well as a strong cohort of students and faculty dedicated to improving the lives of older adults through research and education. Congratulations to Dr. Daniel Paulson who completed his dissertation and was named assistant professor of psychology at the University of Central Florida this fall. We also congratulate Dr. Yiqin Yang who successfully defended her dissertation this October.



Pre-Doctoral Trainees 2012-2014

- Muzamil Arshad – Cognitive Neuroscience, MD/PhD Program
- Wendy Bartlo – Anthropology
- Andrew Bender – Behavioral & Cognitive Neuroscience, Psychology
- Cohen Carlisle – Behavioral & Cognitive Neuroscience, Psychology
- Ana Daugherty – Behavioral & Cognitive Neuroscience, Psychology
- John Dillon – Psychology
- Wei Lu – Economics
- Elham Mahmoudi – Economics
- Pamela May – Clinical Psychology
- Andria Norman – Clinical Psychology
- Daniel Paulson – Clinical Psychology
- Annalise Rahman-Filipiak – Clinical Psychology
- Beth Simmert – Sociology
- Michael Sugarman – Clinical Psychology
- Yiqin Yang – Behavioral & Cognitive Neuroscience, Psychology
- Peng Yuan – Behavioral & Cognitive Neuroscience, Psychology

Alumni Highlights



Dr. Waverly Duck (2004) is under contract with Paradigm Press to complete his second book, *Ethnographies* (with Charles Lemert). His first book, *Precarious Living: The Orderliness of African American Poverty*, will be published by the University of Chicago Press later this year. Dr. Duck is an assistant professor in sociology at the University of Pittsburgh.

Drs. Benjamin Mast (2002) and **Jennifer Margrett (1999)** were recently inducted as fellows into the Gerontological Society of America. Dr. Margrett is an assistant professor in Human Development & Family Studies at Iowa State University. Dr. Mast, author of the 2011 book, *Whole Person Dementia Assessment*, is an associate professor in psychological and brain sciences at the University of Louisville.

At the University of Michigan Flint, **Dr. Heather Seipke (2002)** just completed a three-year term as chair of the department of communication where she is an associate professor. Dr. Seipke was a pre- and a post-doctoral trainee at the IOG, earning her doctorate in communication and her graduate certificate in gerontology. Her publications have explored how older adults, especially grandparents and women, communicate about themselves and their health. Dr. Seipke also earns consistently high ratings in the classroom and has won several awards for excellence in teaching.

Graduate Trainee Awards

NATIONAL

The IOG was recognized by the Gerontological Society of America, the Association for Gerontology in Higher Education, and the Geriatric Social Work Initiative as one of 26 institutions nationwide to receive grant funding for their 2012 Careers in Aging event organized by trainees **Ana Daugherty** and **Pamela May**. About 120 students and professionals interested in a career change attended.



REGIONAL

Blue Cross Blue Shield of Michigan Dissertation Grant (2013) – **Ana Daugherty**
1st Place Excellence in Research Award, Blue Cross Blue Shield of Michigan (2012) – **Elham Mahmoudi**

WAYNE STATE UNIVERSITY

Graduate Student President, IOG – **Annalise Rahman-Filipiak** (2012)
Graduate Student Vice-President, IOG – **Annalise Rahman-Filipiak** (2013)
Graduate Professional Tuition Scholarship for (2013-2014) – **Pamela May**
Steven A. Lewis Memorial Award for excellence in research (2013) – **Ana Daugherty**
Leonard Moss Award for Graduate Teaching Excellence, Anthropology Department (2013) - **Wendy Bartlo**
Elizabeth Olson Award for best written paper in gerontology – **Andrew Bender** (2012), **Ana Daugherty** (2013)
Gerald Rosenbaum Clinical Psychology Award (2013) – **Michael Sugarman**
Rumble Fellowship Award for outstanding academic ability – **Andrew Bender** (2012), **Ana Daugherty** (2013)
Rumble Fellowship Award for the Development of Research and Scholarship (2013) - **Michael Sugarman**
Rumble Fellowship Award (2012) – **Beth Simmert**
John Teahan Memorial Award (2013) – **Annalise Rahman-Filipiak**
Julie A Thomas Memorial Scholarship Award (2013) – **Ana Daugherty**

POSTER SESSION JURIED AWARDS

First Place Prize at the Graduate Poster Session, Department of Psychology (2012) – **Andrew Bender**

WAYNE STATE UNIVERSITY GRADUATE RESEARCH EXHIBITION POSTER DAY (2013)

First Place - **Wei Lu** for *Effects of Common Policy Restrictions in Long Term Care Insurance on the Likelihood of Ever Qualifying for Benefits*
Third Place – **Ana Daugherty** for *Human Navigation Deficit is Associated with Hippocampal Subfield Volume*

IOG FALL POSTER SESSION WINNERS (2012)

First Place – **Andrew Bender** for *Prefrontal white matter volume and systolic blood pressure mediate age-related differences in processing speed and working memory in ApoE E4 carriers*
Second Place – **Annalise Rahman-Filipiak** for *Physical health variables predict additional variance in late-life cognitive, memory, mood and functional outcomes beyond demographics*
Third Place – **Ana Daugherty** for *Age-related differences in spatial navigation are mediated by increased iron presence in the basal ganglia*



IOG TRAVEL AWARDS to Present Research at:

The American Academy of Clinical Neuropsychology, Chicago (2013) – **Annalise Rahman-Filipiak**
The American Public Health Association Conference (2012) – **Elham Mahmoudi**
The International Neuropsychological Society, Montreal, Canada (2012) – **Pamela May**
The Society for Neuroscience, Washington, D.C. (2012) – **Andrew Bender, Ana Daugherty, Yiqin Yang**
The Society for Neuroscience, New Orleans (2013) – **Andrew Bender, Ana Daugherty**

Dr. Lysack (left) presents the Elizabeth Olson Award for best gerontology writing to Ana Daugherty.

LAW SCHOOL

Susan Cancelosi, JD
Assistant Professor, Law School

Faculty Associates

The work of the IOG has implications across many disciplines. Nursing, social work, medicine, physical therapy and psychology are just a few of the areas in which aging issues often drive research and clinical practice. Our faculty associates connect us to like-minded professors and researchers across the university to strengthen our impact through collaboration.

COLLEGE OF NURSING

Nancy T. Artinian, Ph.D., RN, BC, FAHA
Professor, Nursing

Kay Klymko, PhD, APRN, BC
Assistant Professor (Clinical), Nursing

Stephanie Myers Schim, PhD, RN, CNAA/APRN, BC
Associate Professor, Nursing

Debra Schutte, PhD, RN
Associate Professor, Nursing

April Vallerand, PhD, RN
Associate Professor, Nursing

Linda S. Weglicki, PhD, RN
Assistant Professor, Nursing

Feleta Wilson, PhD, RN
Associate Professor, Urban Environment / Nursing

COLLEGE OF EDUCATION

James L. Moseley, EdD, LPC, CHES, CPT
Associate Professor, Education

NON-WSU MEDICAL CENTERS

Anne Baird, PhD, ABPP, CN
Adjunct Assistant Professor, Psychology
Associate Professor, Psychology, University of Windsor
Attending Staff, Neuropsychology, Henry Ford Health System

Doree Ann Espiritu, MD
Psychiatrist, Henry Ford Health System

EUGENE APPLEBAUM COLLEGE OF PHARMACY & HEALTH SCIENCES

Diane Adamo, PhD
Assistant Professor, Physical Therapy

Gerry Conti, PhD
Assistant Professor, Occupational Therapy

Malcolm Cutchin, PhD
Department Chair, Pharmacy & Health Sciences

Heather Fritz, PhD, OT
Post Doctoral Trainee, IOG

Allon Goldberg, PhD
Associate Professor, Physical Therapy

Neha Gothe, PhD
Assistant Professor, Health & Physical Education

Bonita J. Leavell, PhD
Research Associate
Nutrition and Food Sciences

Mary Beth O'Connell, PharmD, BCPS, FSHP, FCCP
Associate Professor, Pharmacy Practice

Susan Talley, PT, DPT
Assistant Professor – Clinical, Pharmacy & Health Sciences

Nancy Vandewiele-Milligan
Clinical Fieldwork Coordinator & Assistant Professor,
Occupational Therapy

COLLEGE OF ENGINEERING

R. Darin Ellis, PhD
Associate Professor, Engineering

Robert Erlandson, PhD
Professor, Engineering

David Sengstock, MD, MS
Program Director, Geriatric Medicine Fellowship
Oakwood Hospital and Medical Center

Rhonna Shatz, DO
Neurologist, Henry Ford Health System

SCHOOL OF MEDICINE

Terrance Albrecht, PhD
Professor, Family Medicine

Joshua Adler, PhD
Associate Professor, Neurology

Bengt Arnetz, MD
Professor, Family Medicine

Judy Arnetz, PhD
Associate Professor, Family Medicine

Kimberly Campbell-Voytal, PhD
Assistant Professor, Family Medicine

Lavoisier Cardozo, MD
Professor, Internal Medicine
Director, Academic and Clinical Geriatric Medicine

E. Mark Haacke, PhD
Professor, Radiology

Keith Kaye, MD
Professor-Clinical, Internal Medicine

Michael Maddens, MD
Clinical Associate Professor, School of Medicine
Chief of Medicine, William Beaumont Hospital

Anne Victoria Neale, PhD, MPH
Professor, Family Medicine

Louis Allen Penner, PhD
Professor, Family Medicine and Public Health Science

Kendra Schwartz, MD
Assistant Dean, Family Medicine

Mark Speece, PhD
Assistant Professor, School of Medicine

Joel Steinberg, MD
Clinical Assistant Professor, Internal Medicine

Jinping Xu, MD
Assistant Professor, Family Medicine

Robert Zalenski, MD
Professor, Emergency Medicine

Ozlem Tulunay, MD
Assistant Professor, Otolaryngology

SCHOOL OF SOCIAL WORK

Faith Hopp, PhD
Associate Professor, Social Work

Fay Martin, PhD
Assistant Professor, Social Work

Tam Perry, PhD
Assistant Professor, Social Work

Joanne Sobeck, PhD
Associate Professor, Social Work

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Our Board of Visitors is comprised of dynamic, engaged members of the Detroit-area community who are committed to improving the process of aging from diverse perspectives. Board members act as our ambassadors beyond the walls of the university and help us raise funds to support our research and educational initiatives.

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Community Outreach & Professional Development

Educating Older Adults and the Professionals Who Help Them

Of the many excellent programs offered by the IOG, our educational outreach has grown furthest and fastest. Created in response to professionals who complained of a void in useful, relevant training on aging, the IOG's numbers of classes and students has quadrupled in the past five years. Social workers, nurses, occupational and physical therapists, and nursinghome administrations are the largest groups served, but public workshops geared to caregivers and seniors also reach nearly 2,000 people a year.

The two secrets to our success are our partners and our quality. Many of our programs take place on-site at the many home health care agencies, senior living communities, and service agencies we partner with. This gives us access to various audiences throughout southeast Michigan.

"Convenience matters to busy professionals," said Donna MacDonald, the IOG's director of outreach and professional development. "We bring the continuing education credits to them." Trainings average 50-90 participants, with some drawing more than 1,000. More than half the attendees are repeat customers (see chart of 2013 survey) giving us on average a 92% quality rating or higher for each program.

Donna picks content that professionals care about and then carefully vets her presenters and the materials distributed. "Reputation is everything," she said. "The IOG's reputation for quality trainers, relevance, convenience, and good value are how we increase our numbers by about 25% a year." Why does that matter? "Many of our attendees tell us they implement the techniques learned at these train-

2013 Evaluation Stats: **66%** are repeat attendees / **53%** are attendees with more than 20 years experience / **96%** say their professional expertise is enhanced / **95%** say the information can be applied to practice / **97%** are highly satisfied with speakers.

Outreach captures new audiences with timely topics



From left: Art of Aging guests learn stretching and balance techniques; professionals confer at the Issues in Aging conference; free health screenings identify dozens of unknown issues at the recent Healthier Black Elders event; driving simulation training is offered at a 2013 Learning Series; older adults learn Brain Neurobics tips, like sculpting with their non-dominant hand, at the popular, interactive program.

ings to provide better care for the older adults in their charge,” said Donna. “This is what really matters, translating the education into better practice.”

In addition to on-site trainings, the IOG continues to offer its annual signature professional two-day event: Issues in Aging. For 26 years, it has stood at the forefront of information about Alzheimer’s and other dementias and brought speakers from around the country to educate Detroit-area physicians, nurses, social workers, therapists, and administrators on evidence-based best practices. Topics like pharmacological interventions for frailty, and sexuality in cognitively impaired older adults continue to break new ground in our ever-evolving understanding of aging.

Educational workshops for older adults and caregivers also receive high ratings. Topics like fraud prevention, falls and balance issues, breaking the cycle of chronic pain, a person-centered approach to care for Alzheimer’s, and brain neurobics speak to the needs of today’s seniors and their families. “Our mission is to make life better for older adults,” Donna said. “By expanding and deepening knowledge, we impact thousands.”



Art of Aging Celebrates Michigan

Master storyteller and lifelong Detroit resident Ivory Williams kicked-off the 14th Art of Aging Successfully conference spotlighting 60 local artists and offering six interactive workshops on *Made in Michigan* products. About 500 seniors attended the event which pays tribute to the power of creativity. “For many older adults, art is the perfect form of self-expression, a way to rediscover their voice,” said Outreach Director Donna. “We connect hundreds of vibrant and engaged seniors who write, paint, photograph, sculpt, dance, sew and play music. They make retirement a time to shine.” Williams’ keynote was further encouragement. “Twenty four hours will pass whether you do anything or not,” he said. “And you can’t get it back.”

Issues in Aging receives high marks from professionals for quality, relevance and highly knowledgeable speakers.

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& Corporate Partnerships

Each year dozens of local and national corporations partner with the IOG in service to older adults. These committed sponsors provide financial support and connect us with employees and clients who benefit from our work. Our shared mission – to help older adults – strengthens as we collaborate on events, health screenings, research projects and professional trainings. We highlight two of our long-term sponsors here whose partnerships with the IOG created unique and effective programming.

Protecting the People Who Protected Us – American House Senior Living Communities

For 30 years, American House has welcomed military veterans and their families with special recognition and care tailored to their unique needs. American House communities help veterans secure benefits, encourage veteran gatherings, and support projects to increase appreciation of their sacrifice. As an active IOG partner, American House wanted to do more. In 2013, American House launched a series of continuing education trainings to teach health care professionals and older adults about the problems veterans can face as they age. Experts speak on topics such as post-traumatic stress syndrome and later-life loss of mobility from military injury. “By empowering health care professionals through veteran-themed courses, we help insure our country’s veterans receive the best care possible when they need it most,” said American House Chief Operating Officer Robert Gillette.

“Older & Wiser” Boosts Brain Health – Waltonwood / Singh Senior Living

Waltonwood Senior Living Communities strives to continuously improve the lives of the hundreds of older adults in their care. In partnership with the IOG, their on-site continuing education programs have trained more than 500 nurses, socials workers and other health professional who work with older adults. Waltonwood wanted to bring fresh educational opportunities to residents, too, so when Director of Sales and Marketing Linda Rose learned about the IOG’s popular brain neurobics workshops, we teamed up to teach Waltonwood seniors how to keep their brains healthy and their memories sharp. The IOG created a train-the-trainer curriculum of 12 extensive, PowerPoint-based lesson plans complete with hands-on activities, to engage and educate seniors. The “Older & Wiser” program was well received by the 30 Michigan and North Carolina managers who participated in the day-long training. Classes will launch this winter.

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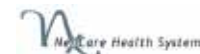


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IOG Experts on Aging

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Peter Lichtenberg, PhD, ABPP

Director, Institute of Gerontology and Merrill Palmer Skillman

- Alzheimer's disease, dementias and depression
- Financial capacity, financial exploitation and older adults
- Training home health professionals to identify mental health problems in older adults
- Aging and health disparities (particularly among minorities living with chronic disease)

LIFESPAN COGNITIVE NEUROSCIENCE

Naftali Raz, PhD

Director of Lifespan Cognitive Neuroscience

- Age-related changes in the brain's structure and function
- The impact of aging on learning, memory and reasoning skills

Jessica Damoiseaux, PhD

- Structural and functional brain changes in healthy older adults
- Early detection of Alzheimer's Disease

Noa Ofen, PhD

- Changes in brain structure and function between childhood and young adulthood
- The development of basic cognitive abilities, learning and memory

MATHEMATICS & SOCIAL SCIENCE

Stewart Neufeld, PhD

- Retirement security, risk and financial decision making
- Structural and personal impediments to a secure retirement



POLITICS & POLICY OF AGING

Thomas B. Jankowski, PhD, Associate Director of Research

- The aging of the population and the demography of older adults
- The politics, economics, and history of growing old in the U.S.
- Social Security, Medicare, and public policies related to aging

Wassim Tarraf, MBA, PhD

- Health care services, expenditures, use and quality
- Minority health and aging

HEALTH ECONOMICS

Gail Jensen Summers, PhD

- Health insurance, Medicare, long-term care, health care reform
- Links between medication non-adherence, health outcomes, and well-being

OCCUPATIONAL THERAPY

Cathy Lysack, PhD, OT(C), Deputy Director

- Training health professionals to improve rehabilitation outcomes with older adults
- Spinal cord injury
- Successful community integration for persons living with chronic health conditions and disabilities

MEDICAL ANTHROPOLOGY

Mark Luborsky, PhD

Director of Aging and Health Disparities Research

- Success at reorganizing life after adverse health events or normal life transitions
- Preventing and managing infectious disease (HIV, polio) and physical disability