



WAYNE STATE  
UNIVERSITY  
Institute of Gerontology



*Promoting Successful Aging in Detroit and Beyond*



## Learning for Life

Michelangelo, one of the world's greatest creative geniuses, never let age define his ability. At 14 he became a paid artist's apprentice. By 24 he had sculpted the tragic *Pieta*. He finished his famous statue of *David* by age 30, then spent four years in his mid-30s painting the Sistine Chapel. At 59 he designed the Medici Chapel and filled it with his sculptures. At 65 he designed the Laurentian Library and, at 74, he was named architect of St. Peter's Basilica. Until his death at age 88, he continued to design, sketch and write hundreds of sonnets.

What drove Michelangelo to continuously achieve? The answer may lie in the margin of one of his last sketches done at age 87. He wrote "*ancora imparo*" translated as, "Still, I am learning." These words are a testament both to his genius and to his attitude toward education. At the Institute of Gerontology we agree wholeheartedly that learning should be broad, deep and lifelong. One of the four pillars of our mission is education.

But learning cannot be done in isolation. Real learning requires trained and talented teachers. This is

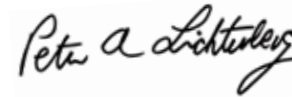
where the IOG puts philosophy into action. We train college students, physicians, therapists, urban elders, nurses, caregivers, nursing home managers, grandparents and nearly anyone seeking to understand the social and behavioral side of aging. Some of our major educational programs this year are:

- **Continuing education** classes on legal, financial, medical and psychological issues faced by older adults, plus our 24-year-old Issues in Aging CE conference for physicians, nurses and social workers
- **Training and mentoring** of 12 pre-doctoral students with research interests in aging who join the over 50 pre-doctoral students who graduated before them and received mentoring in interdisciplinary aging research from our faculty
- **Computer-based materials** to teach health care professionals about mental health problems in older adults, now being developed into an evidence-based train-the-trainer and educational program
- **Speakers bureau** presentations by IOG faculty at churches, service organizations and community centers

• **Learning Series** "Lunch and Learn" workshops throughout Detroit and the inner suburbs.

Our country has only 7,000 geriatricians yet more than 20,000 will be needed in the next 10 years. Health care providers and other professionals working with older adults would like to fill this knowledge gap by learning more about gerontology – but they need credentialed teachers. IOG staff, faculty and fellows are well-positioned to teach them, so we have elevated this pillar of our mission to the highest priority.

Please take a moment to peek inside at this year's achievements, new programs, major events and research projects. As part of one of the country's top urban research universities, we continue to devote our work to the critical needs of our community. And, as always, your support makes that work possible.



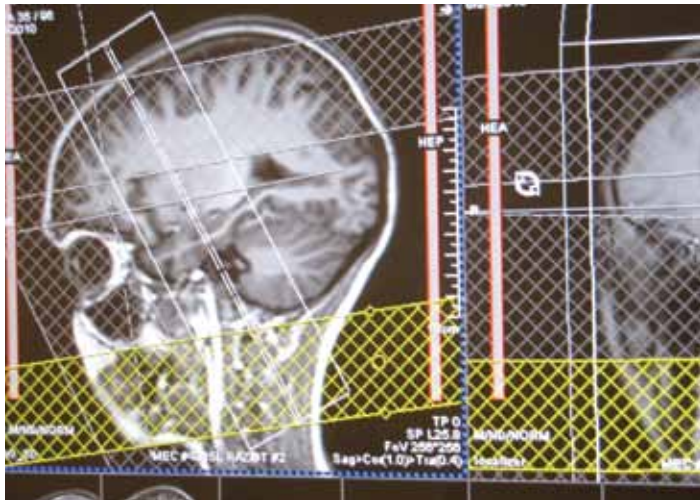
Peter Lichtenberg, Ph.D., ABPP  
Director

*Our country has only 7,000 geriatricians yet more than 20,000 will be needed in the next 10 years.*

Dr. Lichtenberg headlined at an IOG Learning Series in Temple of Faith Church to celebrate Older Americans Month. Ninety-two Older Americans attended the session on *Maintaining a Healthy Brain as We Age*.



IOG LEARNING SERIES presentations reached about 1400 seniors throughout Detroit last year with free expert workshops on aging and health.



## TABLE OF CONTENTS

### Faculty Research 2 - 5

Health Disparities & Disabilities  
Social Sciences  
Behavioral Sciences  
Cognitive Neuroscience

### Outreach 6 - 11

Healthier Black Elders Senior Reception  
Issues In Aging Professional Conference  
Art of Aging Successfully Conference

### MISSION

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

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

### Education 12 - 16

Pre-doctoral Trainees & Graduate Awards  
Faculty Fellows  
Faculty Associates  
Outstanding Trainees  
Research Grants

### Partnership 17 - 20

Professional Support  
Corporate & Community Sponsors  
Benefactors

## IOG FAST FACTS

2,590 older adults attended IOG events last year

2 major senior conferences: Art of Aging Successfully and the Healthier Black Elders Reception

81 artists and writers on display at Art of Aging

742 free health screenings at Healthier Black Elders Reception

12 Legacy Writing Seminars for 40 attendees each

1,540 health professionals educated through IOG continuing education programs

15 professional conferences including record-breaking attendance at Issues in Aging

56 television, radio, print and webcast interviews by IOG faculty and staff

29 faculty and student presentations to the community

## Faculty Research

**Peter Lichtenberg, Ph.D., ABPP, Director**

**FOCUS: Late life depression, minority health and age-related dementias; training home health professionals to identify mental health problems in older patients; and a lifespan study of the health and environment of urban children, parents and grandparents.**

*"I always wanted to work with older adults.*

*I learned about aging from my family, first my grandparents, great aunts and uncles, now my parents. I want society to understand the huge contributions of older adults and to be more respectful and responsive to their needs."*

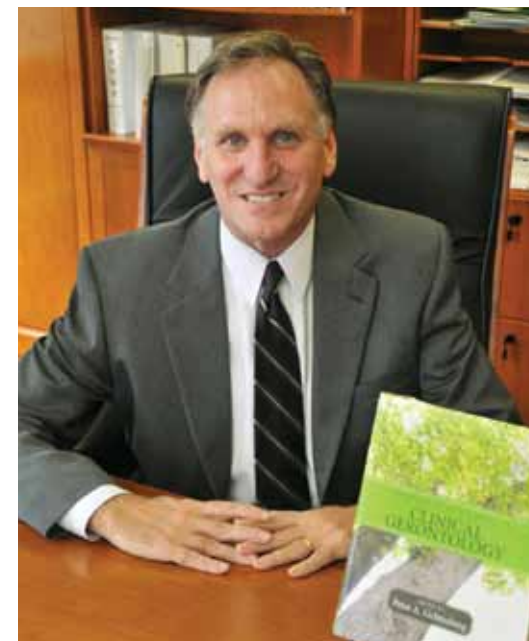
Dr. Lichtenberg is director of the IOG and its neighbor the Merrill Palmer Skillman Institute for Child & Family Development. Due to his unique position leading one institute on aging and another on children, Dr. Lichtenberg is also founding director of the Lifespan Alliance committed to fostering research that spans birth to old age. He also provides leadership to the American Psychological Association as president of Adult Development and Aging (Division 20).

The past year has been especially productive. Dr. Lichtenberg worked with Dr. Teri Albrecht of Karmanos Cancer Center to win a 5-year, \$4 million renewal of the Community Network Program (now called Southeast Michigan Partners Against Cancer) grant from the National Cancer Institute. Dr. Lichtenberg heads the program's Investigator Training Core. The grant's goal is to train scholars and network with community organizations to reduce cancer in Detroit's older African Americans. In addition to SEMPAC, he continues as principal investigator on three grants totaling \$2.06 million and as an investigator or co-director on three others totaling \$6.75 million.

The need to assess the capacity of older adults to handle financial and legal affairs grows as seniors increase in number and lifespan. Dr. Lichtenberg's expertise in aging has led to numerous consultations and expert witness testimony in legal cases involving capacity and competency. He trained trainers at the Geriatric Education Center of Michigan in capacity assessment, and spoke on *Competency and the Elderly* at the Institute for Continuing Legal Education.

Dr. Lichtenberg's publishing projects included a new edition of his popular *Handbook of Assessment in Clinical Gerontology* (first published in 1999), two book chapters and co-authorship of two more. He also co-authored eight peer-reviewed journal articles on topics including treatment for depressed mood in assisted living, dementia education for primary care physicians, and successful aging in urban African Americans.

In recent years, Dr. Lichtenberg has worked to ease the U.S. shortage of geriatricians and gerontologists by providing quality training on aging issues to persons working with an older population. In 2009 he created the SAGE DVD training series to help occupational therapists identify mental health issues in older patients. The seven-disc series has sold more than 300 sets so far and led to a new grant to expand the training to all home health care workers. He also focused the IOG's development efforts on providing continuing education programs on aging to dozens of Detroit's non-profit and for-profit organizations. Launched in September 2010, the EZ CE program has already scheduled 13 presentations, clearly indicating a strong need from professionals for more information on aging. Dr. Lichtenberg will personally present at nearly half of these.



Dr. Lichtenberg displays the latest edition of his *Handbook of Assessment in Clinical Gerontology*, a valuable resource for professionals working with older adults.

**Cathy Lysack, Ph.D., O.T.(C)**

**FOCUS: Understanding mobility loss and its long-term consequences; training occupational therapists to strengthen depression assessment and treatment in their elderly clients.**

As the IOG's deputy director, Dr. Lysack divides her time between administrative, research and teaching duties. She is the main point-of-contact for all IOG pre-doctoral students, heading recruitment and supporting their academic progress. Dr. Lysack helps to organize IOG involvement in the annual Gerontological Society of America conference where students and faculty present their latest research. She also organizes an annual research poster day at the IOG and encourages student participation in other scientific conferences and professional meetings.

Her major research projects, funded by the National Institutes of Health, are *Downsizing Households in Late Life* and *Hip Fracture: Cultural Loss and Long-term Reintegration*. She also received funding from the Blue Cross Blue Shield of Michigan Foundation to strengthen home health workers' mental health skills. Dr. Lysack's recent scholarly achievements include the publication of two peer-reviewed papers, two invited papers and one book chapter. Service activities and outreach to the community (five presentations in 2010) are high priorities for Dr. Lysack. She sits on eight Wayne State councils and committees, edits and reviews for six journals and is a grant reviewer for the Ontario Neurotrauma Foundation.



*"My goal as co-director of pre-doctoral training is to support student learning. Graduate students need opportunities to develop research skills, learn from topnotch scientists, and explore their fit in gerontology."*

**Thomas B. Jankowski, Ph.D.**

**FOCUS: The politics and policy of aging, both now and through history, including older adult demography, delivery of aging services, and the political participation of older adults.**

Dr. Jankowski is the associate director for research at the IOG and the adjacent Merrill Palmer Skillman Institute for Child & Family Development. In that capacity, he insures that faculty and staff have the hardware, software, security and network access needed to work effectively and efficiently. He assists in developing the architecture of complex research design and data collection, while streamlining the research grant application process.

As principal investigator on *Seniors Count!*, Dr. Jankowski leads the effort to compile statistics on seniors into one, easy-to-use database of senior demographics in southeastern Michigan (see back page). He recently finished the book project *Nobody's Burden* with several colleagues from WSU and other universities about the struggles faced by older people in Detroit during the Great Depression, before the advent of Social Security and Medicare. He is active in community service, including executive leadership at The Senior Alliance and the board of directors of the Michigan Society of Gerontology. Dr. Jankowski's recent honors include receipt of the McNamara Award for the pursuit of excellence in aging services two years in a row, the only person in the alliance's 30-year-history to do so.



*"Our population is aging rapidly. To support and realize the benefits of a growing population of older adults, we need to know where we're going and also where we've been. Seniors Count! will tell us where we're going. My research in Nobody's Burden examined the past so we could avoid repeating our mistakes."*

**Naftali Raz, Ph.D.**

**FOCUS: Changes in the brain's structure and function as we age.**

Dr. Raz is one of the world's foremost researchers in cognitive neuroscience. His career has been devoted to learning how and why the brain changes, and how those changes affect the way we think and behave. In the past year, he has co-authored 21 papers and one book chapter, most of them exploring how the process of brain aging is modified by genetic and physiological risk factors that predispose us to vascular disease. He regularly consults with the Max Planck Institute for Human Development in Berlin and was instrumental in bringing the Baltes International Neuroscience Conference to the IOG in 2011, the first time Wayne State University will have hosted a conference of this kind.

The \$3 million MERIT award Dr. Raz received from the National Institute on Aging in 2005 has been recently extended through 2015. MERIT (Method to Extend Research in Time) grants are highly competitive and reserved for investigators with a history of exceptional talent, imagination and preeminent scientific achievements. They offer up to 10 years of research support without the administrative burdens of preparing a competing renewal application at the five-year mark. Dr. Raz' MERIT grant is investigating how the brain is affected by vascular changes as we age.



*"It is truly humbling to realize how little we know about the effects of brain cognition and aging on the brain's response to age-related disease. Finding it all in a lifetime is impossible, so our work is about incremental progress and enjoying the process of discovery."*

**Gail Jensen Summers, Ph.D.**

**FOCUS: Health insurance and well-being, especially how coverage, including long-term care and prescription medications, affects the health of older adults.**

Dr. Summers deftly combines a talent for teaching – she consistently ranks as one of the best economics teachers at Wayne State University – with an instinct for important research projects. She is the principal investigator of two grants. The first is looking at how having prescription drug insurance affects whether a person takes their medicine and how taking their medicine affects their subsequent health and healthcare spending. The second analyzes whether persons with chronic disease in their 50s, too young to qualify for Medicare, take their medications, and what happens to their health and personal finances when they do not. Dr. Summers also mentored three students to receive their doctorates this year, and is working with an additional three students to finish their dissertations. She co-authored a paper on the effects of Medicare payments on the perceived quality of physician care, and has four others under review.



*“Little is known about whether seniors skip doses of medication when their insurance is limited. I want to conduct studies that can inform future government policy and also keep older adults healthy.”*

**Mark Luborsky, Ph.D.**

**FOCUS: Racial disparities in health as people age; successful reintegration after hip fracture; downsizing in later life; and preventing the spread of HIV in Rwanda.**

As a professor of anthropology and gerontology, Dr. Luborsky studies cultural responses to changes that commonly occur as we age. He is the IOG’s director of aging and health disparities research, working closely with the Michigan Center for Urban African American Aging Research to help scholars as they research and design interventions to promote health in older minority populations. Since 2006, Dr. Luborsky has worked with Rwanda’s National Ministries of Health and the National University of Rwanda to develop interventions for the prevention of HIV transmission and to expand the country’s capacity to conduct social science research.

He is principal investigator on two National Institute on Aging grants totaling more than \$2.1 million, teaches in the anthropology department, and is a dissertation advisor to eight students. In the past year, Dr. Luborsky was also an invited presenter in Chile, Sweden, Mexico and Greece, as well as giving multiple presentations in Atlanta and San Francisco.



*“As far back as I can remember, my academic pursuits have gone hand-in-hand with the Jewish tradition of tikkun olam or world repair. A scholar’s work should make the world a better place for himself and future generations.”*

**Kay Cresci, Ph.D., R.N.**

**FOCUS: Older adult use of computers and the internet to manage health.**

Dr. Cresci is passionate about helping older adults gain proficiency with computers. Though primarily interested in how they access medical information to stay healthy, Dr. Cresci knows computers do more than provide information. Older adults use computers to stay connected with friends and family, learn new skills, play games, and combat loneliness and boredom. She has worked extensively with inner-city seniors, teaching computer classes and surveying their needs and usage patterns. Principal investigator on the two-year grant, *Older Adults’ Use of Computers and the Internet, and Interest in Internet Health Management Tools*, Dr. Cresci shares her research in outside presentations, such as to George Mason University in Virginia, and in the six journal publications she co-authored in 2010. Online magazine *NurseZone* also interviewed her for a recent article on *The Growing Need for Geriatric Nurses and Aging Expertise across Specialties*.

In addition to teaching graduate and undergraduate level classes in the College of Nursing, Dr. Cresci serves as faculty advisor for the IOG’s Art of Aging Conference, and is an active member of the Serving Adults Who are Vulnerable and/or Elderly (SAVE) Task Force.



*“The most successful programs for improving the health and well-being of older adults should be developed **with** them – not **for** them. We partner with older adults to develop trust, respect, communication and mutual understanding. Our goal is to work together on programs they consider relevant, usable, accessible, convenient and beneficial.”*

### Hector González, Ph.D.

**FOCUS: Minority health and aging especially in Latino and Mexican American populations. Recent studies examined the prevalence and treatment of depression, risk factors for disease, and the effect of stress on health behaviors.**

The past year ushered in major academic achievement as well as widespread public attention for Dr. González. He is the principal investigator on three multi-year National Institutes of Health grants and contracts. The *Archives of General Psychiatry* and other leading medical journals have published his work on depression diagnosis and treatment in the United States and among ethnic and racial minorities. Widespread media coverage followed. Interviews with Dr. González appeared in the *New York Times*, the *Wall Street Journal*, National Public Radio and ABC National News among dozens of others. He co-authored seven papers this past year, including those cited above.

Dr. González takes his role as educator seriously. Jointly appointed at the IOG and the School of Medicine's Department of Family Medicine and Public Health Sciences, he teaches a Health and Aging class in the Master's in Public Health program that is consistently well-received by students. He currently mentors two dissertation students and a former post-doctoral fellow, and accepts at least six invitations a year to speak at community groups and host urban learning series.



*"Much of my research supports the need for a shift in the U.S. toward more preventative medicine. If we focus on giving low-income families the social resources, nutrition and education they need to stay healthy, we will see significantly less disability as they age."*

### Stewart Neufeld, Ph.D.

**FOCUS: Retirement security, risk, and financial decision making.**

Dr. Neufeld is an IOG assistant professor, jointly appointed with the department of anthropology. He has a doctorate in mathematics and, for the past three years, has taught a statistics course to anthropology graduate students.

Dr. Neufeld is currently working on several projects related to retirement security, examining both structural impediments to a secure retirement (e.g., variability in asset returns over time, influence of fees on American's retirement accounts), and person-level barriers such as poor decision-making. Recent conference papers on these topics include *The Tyranny of Compounding Expenses: Are Mutual Fund Fees Bleeding Retirement Accounts Dry?* presented at the 2009 Gerontological Society of America meeting, and *How Late in Life will the Baby Boomers Continue to Work?* presented at the International Workshop on the Socio-Economics of Aging in Lisbon, Portugal, last October.



*"I analyze data related to baby boomers' retirement readiness and financial decisions. It is essential, at the level of the person and at the level of society, to understand what resources can be counted on in later life."*

### Scott Moffat, Ph.D.

**FOCUS: The effects of hormones, such as testosterone and cortisol, on brain function and aging.**


As principal investigator of a \$1.8 million grant from the National Institute on Aging, Dr. Moffat must carefully balance his time between research, writing, teaching and mentorship. His grant, *Cognitive and Neural Consequences of Long-Term Cortisol Exposure in Human Aging* requires managing a lab that will analyze more than 6000 urine samples for cortisol, a hormone naturally produced in response to stress. Researchers know cortisol can cause brain atrophy and loss of function, but not when or how: Could cortisol levels correlate to memory loss or even Alzheimer's disease?

In the publishing arena, Dr. Moffat authored an article and a book chapter this past year and co-authored three additional articles. He is also a highly ranked professor, teaching three different psychology courses. Despite his busy schedule, mentoring students remains one of Dr. Moffat's top priorities. He advised two students toward completion of their master's theses, one graduate student working toward her doctorate, and one post-doctoral student who has since been made an assistant professor at Wayne State University.



*"If we can determine that the brain's exposure to a certain hormone is harmful, we might be able to block that hormone's influence and preserve brain function as we age."*



**HBEC**  
  
**HEALTH  
RECEPTION**

HUNDREDS OF SENIORS attended the 2010 HBEC event to receive free health screenings and learn how to stay healthy. Here they approach panelist Renard Murray, D.M., with questions about Medicare.



## Outreach

### HBEC Health Reception: *Live, Laugh, Learn*

Health and happiness filled the day at the 8th annual Healthier Black Elders event in June. A new venue and a renewed mission combined to deliver strong messages about health and aging to the audience of about 965 urban elders and their guests. Two panels of medical and research experts encouraged questions from the audience. Dozens of guests lined up to ask about diabetes medications, diet recommendations, exercising with heart disease, and the best way to talk to their doctor. Other speakers discussed upcoming Medicare changes and the current state of research into minority health.

Guests ranged in age from 55 to 97 and took full advantage of the eight different free health screenings provided by vendors who partner with the Healthier

Black Elders Center. The 742 screenings are an important part of the day. They identified 52 abnormal blood pressures, 7 abnormal prostate exams, 2 severe whiplash injuries, and 37 abnormal glucose levels – all sent on for immediate follow-up. Carmen R. Green, M.D., the HBEC director and a professor and physician at the University of Michigan (U-M), worked hard to emphasize prevention, research and well-being at this year's event. "I'm so pleased that guests enjoyed themselves and went home with important messages about how to stay healthy as they get older. The Michigan Center for Urban African American Aging Research and HBEC are at the forefront of research and education on minority aging," Dr. Green said. "We are in

the perfect position to pass on accurate and up-to-date information about the health needs of African Americans." This includes the 10 to 15 free, public Learning Series programs in churches and community centers throughout the city.

The HBEC recognizes the importance of play and laughter, too. The program included chair exercises with the ever-energetic former Detroit Lion Ernie Clark, and a stand-up comedy routine by Horace Sanders. Horace is a U-M grad and winner of the CBS Star Search Comedy competition. "I laughed so hard my stomach hurts," said Patricia, 74, who has attended three times. "Or maybe it was those chair exercises."

#### COMMUNITY ADVISORY BOARD

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Clockwise from left: Guests complete a survey to volunteer for the HBEC research pool. Panelists discuss diabetes and heart disease. A new Resource Center full of quality literature on dozens of topics proved popular with seniors.



*Issues  
in Aging*

*Issues  
in Aging*

 ISSUES IN AGING moved to the Dearborn Inn and increased attendance by 20%. Physicians, nurses, therapists, social workers, and nursing home administrators come year after year for the latest information on dementia.

## Classic Conference Makes Bold Move

The Issues in Aging Conference moved to a new location in May of this year and attracted dozens of new guests to the two-day workshop. Presented courtesy of Oakwood Hospital Geriatric Fellowship Program and the Geriatric Education Center of Michigan, Issues in Aging provides continuing education credits for nurses, physicians, social workers, occupational and physical therapists, and nursing home administrators. The 23-year-old conference's reputation for quality and professionalism has made it a yearly must-attend for hundreds of southeast Michigan's health care professionals who work with older adults.

Ten medical and psychological experts from across the country delivered the various plenaries themed around improving function and easing complications

in persons with dementia (day one), and new methods to enhance the health of older adults (day two). Larry Lawhorne, M.D., a professor at the Boonshaft School of Medicine-Geriatrics at Wright State University, kicked off the conference with an overview of delirium followed by several case studies on assessment and treatment. Other presenters covered recent advancements in pain assessment, medications for Alzheimer's disease, caring for frail elders, and evidence-based interventions for behavioral disturbances and for mental health.

The new location at the Dearborn Inn, close to the heart of Detroit's health care community, proved convenient and comfortable as nearly 300 persons attended daily. The conference will return to the Dearborn Inn next year on May 9-10.

### Day 1:

*Maximizing Function and Quality of Life while Minimizing Complications in Dementia*

### Day 2:

*New Methods to Enhance the Physical and Mental Health of Older Adults*



*For more than two decades, Issues in Aging has provided multi-disciplinary education and training in geriatrics and gerontology for health and human service professionals.*

Larry Lawhorne, M.D., reviews case studies on delirium to a rapt audience. Delirium in older adults is often mistaken for dementia.

*by Catherine Blasig*



by Catherine Blasio



by Catherine Blasio



by Catherine Blasio



Julia Lestrade  
Oak Park, MI



by Catherine Blasio



**Art of Aging**  
Successfully

THOUSANDS OF AREA SENIORS have attended the annual Art of Aging Successfully Conference. A recent off-shoot – the Legacy Writing Workshop held at the IOG – can barely keep pace with demand, much like the Art of Aging itself.

by Catherine Blasio

## Art of Aging Successfully: *Engaged, Energized, Enlightened*

Artists arrive at 7:00 a.m. with canvasses, quilts, sculptures and mosaics. Tables fill with colorful creations. Easels hold hand-made greeting cards, watercolors, oils, and pen and ink drawings. Large quilts in blues, greens and reds drape over tall stands while delicately embroidered pillows adorn a nearby table. Within an hour, the wide hallways of Greater Grace Conference Center are transformed into an eclectic art gallery filled with hundreds of older adults who've come to admire the creations of their peers.

This is the start of another busy day at the IOG's annual Art of Aging Successfully Conference. Every year a keynote speaker, an array of interactive workshops, and a sit-down lunch fill the program from 8:30 a.m. till 2:00 p.m. Bill Bonds, former channel 7 news anchor, spoke of his 40-year journalism career driven by insatiable curiosity and a dogged pursuit of the truth. He interviewed leaders such as John F. Kennedy, Ronald Reagan and Gerald Ford. His curiosity continues in semi-retirement as he blogs, does TV com-

mercials and even appeared in an Eminem music video. "We want seniors to see opportunities, not limits, as they age," said IOG Outreach Director Donna MacDonald who helps to organize the conference. "Bill Bonds is an excellent example of saying yes to life."

After the morning's keynote, the 280 guests visit their chosen workshops and get busy with chair exercises, a sing-a-long, Zumba dancing, genealogy research, protecting against identity theft, or exploring Pure Michigan. Joanne Roose, 76, and Sally Kusic, 86, are return attendees active with the Harper Woods Senior Action Group. "We come here to find good speakers for our group," Joanne confessed. "And I really like the whole program. I wish I could attend every workshop." Her friend Sally is a retired professor of sociology who always "tries to learn something" when she comes.

Artists of all types like the chance to showcase their creations to a like-minded crowd. Poems, short stories and memoirs are published in a booklet distributed to every guest. Creativity is an integral part of older adult life – finally there is time to spare – and a central component of healthy aging. Donald Rohrbach and his wife Aura May are both 81, live in Farmington and have been married for 52 years. Donald started painting a few years ago and now their home is filled with his oils and watercolors. He has a few on display at the Art of Aging, one a riveting portrait of a fisherman. "I never thought I'd have original art in my house," Aura May said. "They're so beautiful, I wish we had more walls."

The next Art of Aging Successfully Conference will be held on March 24, 2011, in Greater Grace Conference Center in Detroit. Call Donna MacDonald (313-577-2297) for more information.



Clockwise from upper left: The fun way to exercise – Zumba Dancing; hundreds stroll the large art gallery; keynote Bill Bonds meets and greets.



by Cheryl Deep

Above: Emmylou Garza-Prisby explains her research at the Fall Poster Session. Top row; Andrew Bender, Jean Burton, Ana Daugherty, John Dillon, Jane Huang, Elham Mahmoudi, Bottom row; Pamela May, Daniel Paulson, Annalise Rahman, Kirk Rodgers, Yiqin Yang, Peng Yuan. Below: IOG poster winners Kirk Rodgers, Emily Briceno and Stacey Schepens, Ph.D. with Dr. Lysack.



by Cheryl Deep

## Education

### PRE-DOCTORAL TRAINEES

Trainees are Wayne State students who work toward their doctoral degrees under the guidance and mentorship of IOG faculty. Congratulations to former pre-doctoral trainees Drs. Mary Byrnes, Cheryl Dahle, Nayoung Kim and Stacey Schepens who successfully defended their dissertations this year. Former pre-doc trainee, Wassim Tarraf received his doctorate in political science last year and is now an IOG research faculty member.

**Andrew Bender** – Experimental Psychology  
**Jean Burton** – Anthropology  
**Ana Daugherty** – Cognitive Psychology  
**John Dillon** – Psychology  
**Jinghua (Jane) Huang** – Economics  
**Elham Mahmoudi** – Economics

**Pamela May** – Clinical Psychology  
**Daniel Paulson** – Clinical Psychology  
**Annalise Rahman** – Clinical Psychology  
**Kirk Rodgers** – Cognitive Psychology  
**Yiqin Yang** – Cognitive Psychology  
**Peng Yuan** – Behavioral and Cognitive Psychology

### GRADUATE STUDENT TRAINEE AWARDS

#### NATIONAL

Carroll L. Estes prize from the Gerontological Society of America (GSA) – **Nayoung Kim**  
 Emerging Scholar and Professional Organization Poster Award from the GSA – **Nayoung Kim**  
 Graduate Student Representative to American Psychological Association Division 20

(Adult Development and Aging) – **Andrew Bender**  
 IOG Student Representative at the Association for Gerontology in Higher Education – **Ana Daugherty**  
 Michigan Center for Urban African American Aging Research (MCUAAAR) Diversity Supplement Grant – **Jean Burton**  
 National Institute on Disability and Rehabilitation Research Stipend Award – **Stacey Schepens**

#### REGIONAL

Blue Cross Blue Shield of Michigan (BCBSM) Foundation Dissertation Grant – **Daniel Paulson**  
 Excellence in Research Award for Students, BCBSM Foundation – **Jinghua Huang, Elham Mahmoudi**  
 WSU Student Ambassador at 2010 Michigan Graduate Education Day in Lansing – **Jinghua Huang**

#### WAYNE STATE UNIVERSITY

Graduate Student Instruction of a Lecture Section Award, Psychology Department – **Daniel Paulson**  
 Graduate Student Research Day Poster Award, School of Medicine, 2nd Place for  
*Diverging Racial and Ethnic Disparities in Access to Physician Care (2000-2007)* – **Elham Mahmoudi**  
 Heberlein Excellence in Teaching Award, Psychology Department graduate school – **Daniel Paulson**  
 President, IOG Graduate Student Organization – **Andrew Bender**  
 Research Assistant Scholarship – **Jinghua Huang**  
 Vice President, Student Society for Neuroscience – **Kirk Rodgers**

#### POSTER SESSION JURIED AWARDS

Institute of Gerontology Fall Poster Session Winners  
 1<sup>st</sup> *Effectiveness of Tailoring Falls Prevention* – **Stacey Schepens**  
 2<sup>nd</sup> *Effects of Path Characteristics and Cognitive Resources on Age-related Differences in Visual Path Integration* – **Emily Briceno**  
 3<sup>rd</sup> *Effects of Age and Navigation Strategy Preference on Virtual Morris Water Maze Performance* – **Kirk Rodgers**

#### TRAVEL AWARDS

Pre-doctoral Trainee Award to attend the Society for Neuroscience meeting, Chicago – **Andrew Bender, Yiqin Yang**  
 Pre-doctoral Trainee Award to attend the Cognitive Aging Conference, Atlanta – **Andrew Bender, Daniel Paulson**  
 Wayne State University Dean of Students Award to attend the Cognitive Aging Conference, Atlanta – **Andrew Bender**



Jennifer Ward-Batts and Allon Goldberg

*“The fellowship stimulated new ideas  
and will likely foster future collaborations.”*

– John Woodard, Ph.D.

## Faculty Fellows Investigate Falls and Finances

The IOG sponsored two fellowships this year to allow select Wayne State faculty the chance to reduce their teaching load and spend half of their time at the Institute conducting research on aging issues of their choice.

Fellow **Allon Goldberg, Ph.D.**, is an assistant professor of healthcare science in the physical therapy program. Dr. Goldberg studies ways to detect small changes in balance and gait in older adults so they can receive preventative therapies before suffering a major fall.

“Falling is a very, very serious problem,” said Dr. Goldberg. “Of people over age 65 living in the community – not in residential care – 30 to 40 percent will fall at least once every year.” Falls-related injuries accounted for about 6% (or \$19 billion) of all medical expenses in the US in 2000, and this amount is projected to rise to \$44 billion by 2020. The consequences of even a minor fall can be a loss of confidence with such fear of falling that the person restricts their activity. “This leads to isolation, a drop in fitness levels, depression, anxiety and increased falls risk,” Dr. Goldberg said. He conducts his studies at Wayne’s Mobility Research Laboratory which he established in 2005.

Fellow **Jennifer Ward-Batts, Ph.D.**, is an assistant professor of economics. She is interested in how older adults spend their time and also how changes in health as people age affect their wealth. She analyzes large databases of information to correlate events such as a “health shock” (a husband or wife experiences an unexpected illness) with the family’s household wealth.

Her research looks for factors that might offset the financial impact of health on wealth, such as extended family ties and social networks. Working with secondary databases is time consuming, so Dr. Ward-Batts is grateful for the fellowship’s reduced teaching load with more time for data work. “Being around colleagues who are all working on aging issues also motivates me,” Dr. Ward-Batts said. “They help me think about my work in different ways and generate new ideas to extend my work.”



Last year’s faculty fellow, **John Woodard, Ph.D.**, had an incredibly productive year at the IOG researching memory changes in aging and Alzheimer’s disease. He wrote a book chapter on *Geriatric Neuropsychology*, published nine peer-reviewed papers and five abstracts, and made seven research presentations around the country. His research appeared in *Time Magazine*, and he was interviewed on Detroit’s Fox 2 News and the *Aging Well* radio show. Dr. Woodard was also pleased to have time to mentor four graduate students, an undergraduate McNair scholar and to direct an undergraduate honors thesis in psychology. “The fellowship has been a wonderful experience,” Dr. Woodard said. “It allowed me to interact with faculty members who are doing complementary research.”

## IOG FACULTY ASSOCIATES

Faculty associates help the IOG build strong relationships across many disciplines, throughout the university and in the community, that often lead to research collaborations and sharing of best practices in teaching and outreach.

**Antonia Abbey, Ph.D.**  
Professor, Psychology

**Diane Adamo, Ph.D.**  
Assistant Professor, Physical Therapy

**Joshua Adler, Ph.D.**  
Associate Professor, Neurology

**Terrance L. Albrecht, Ph.D.**  
Associate Center Director, Population Sciences  
Leader, Population Studies and Disparities Research Program  
Karmanos Cancer Institute  
Professor and Division Chief, Population Sciences  
Dept. of Oncology, WSU School of Medicine

**Robert Arking, Ph.D.**  
Professor, Biological Sciences

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

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

**Sherylyn Briller, Ph.D.**  
Assistant Professor, Anthropology

**Kimberly Campbell-Voytal, Ph.D.**  
Assistant Professor, Family Medicine

**Annmarie Cano, Ph.D.**  
Associate Professor, Psychology

**Lavoisier Cardozo, M.D.**  
Professor, Internal Medicine  
Director, Academic and Clinical Geriatric Medicine

**Jesus Casida, Ph.D., R.N., CCRN-CSC, APN-C**  
Assistant Professor, Nursing

**Gerry Conti, Ph.D.**  
Assistant Professor, Occupational Therapy

**Heather Dillaway, Ph.D.**  
Associate Professor, Sociology

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Adjunct Assistant Professor,  
Rehabilitation Institute of Michigan

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Psychiatrist, Henry Ford Health System

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Professor, Psychology

**Robert Frank, M.D.**  
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School of Medicine

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Assistant Professor, Physical Therapy

**Randall Gretebeck, Ph.D.**  
Associate Professor, Health and Physical Education

**E. Mark Haacke, Ph.D.**  
Professor, Radiology

**Janet Hankin, Ph.D.**  
Professor, Sociology

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Assistant Professor, Social Work

**Suzanne L. Keller, Ph.D.**  
Clinical Assistant Professor, Psychiatry

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Research Career Scientist, Detroit VA Medical Center

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Research Associate  
Nutrition and Food Sciences

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Professor, Psychology

**Susan MacNeill, Ph.D., ABPP-CN**  
Senior Neuropsychologist, William Beaumont Hospital

**Michael Maddens, M.D.**  
Clinical Associate Professor, School of Medicine  
Chief of Medicine, William Beaumont Hospital

**Fay Martin, Ph.D.**  
Assistant Professor, Social Work

**James L. Moseley, Ed.D., LPC, CHES, CPT**  
Associate Professor, Education

**Anne Victoria Neale, Ph.D., MPH**  
Professor, Family Medicine

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Professor, Karmanos Cancer Institute

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Director, Medical Anthropology

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Associate Professor, Urban Environment / Nursing

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Assistant Professor, Family Medicine

**Rosalie F. Young, Ph.D.**  
Associate Professor, Community Medicine

**Robert Zalenski, M.D.**  
Professor, Emergency Medicine  
Director, Center to Advance Palliative Care Excellence (CAPEWAYNE)



## OUTSTANDING TRAINEES



Heather Orom

Fundamental to the mission of the IOG is providing advanced training in gerontology to Wayne State University graduate students. These trainees are carefully selected for their scholarly achievements, as well as their commitment to include aging and health issues in their research. IOG faculty members act as mentors, guiding the research and advising on the thesis. Of the dozens of trainees who have benefitted from their affiliation with the IOG, the following scholars are highlighted in 2010 as making extraordinary progress toward their academic and research goals.

### **Heather Orom, Ph.D.**

- Post-doctoral trainee 2005-2008, doctorate in psychology
- Assistant Professor, State University of New York at Buffalo, School of Public Health and Health Behaviors
- Adjunct Professor, Roswell Park Cancer Institute, Department of Urology
- Five peer-reviewed journal articles and two book chapters published in 2009-2010
- \$2.45 million five-year grant to study *Race, Prostate Cancer Treatment, and Treatment Decision Difficulty and Regret*. Dr. Orom is co-principle investigator with Dr. Willie Underwood.

Dr. Orom studies differences in how cancer in African Americans is controlled and treated. African

American men are more than twice as likely to die of prostate cancer as Caucasian men; Dr. Orom's new research will study whether difficulty in making decisions about treatment contributes to this disparity. She hypothesizes that racial dynamics in the health care system result in African American men being less likely to receive definitive treatment and more likely to have distress and difficulty in making treatment decisions, including later regret.

"This study is the first to test whether racial dynamics contribute to racial differences in receiving therapy and making decisions," Dr. Orom said. Racial dynamics include past racial discrimination in a health care setting, distrust of physicians, and racial differences in involvement in treatment decision-making and in satisfaction with health care.



### **Wassim Tarraf, Ph.D.**

- Pre-doctoral trainee 2007-2010, doctorate in political science
- Assistant Professor (Research), Wayne State University, Institute of Gerontology
- Seven peer-reviewed publications in 2009-2010
- Fluent in English, French and Arabic

Dr. Tarraf has worked closely with IOG faculty member Dr. Hector Gonzalez to study the rates of depression diagnosis and treatment within various ethnic groups, especially Latinos. He co-authored *Depression Care in the United State: Too little for too few*, in a 2010 issue of the *Archives of General Psychiatry*, which showed significant differences in depression care between ethnic groups. Dr. Tarraf's work has also helped to update 30-year-old estimates of the prevalence of depression in various races and ethnicities, including Puerto Ricans and Mexican Americans. In addition to research, Dr. Tarraf has taught classes on statistics, research methods, and political science.



### **Xiao Xu, Ph.D.**

- Pre-doctoral trainee 2000-2004, doctorate in economics
- Research Assistant Professor, Departments of Obstetrics and Gynecology, and Health Management and Policy, University of Michigan
- Currently affiliated with eight active grants totaling nearly \$16 million in funding
- 27 peer-reviewed publications; six in 2010 and four more under review

Dr. Xu's research interests are widespread. From racial disparities in preterm birth to ethnic differences in depressive symptoms in older Americans, Dr. Xu's economics expertise is critical to data analysis and determining the financial impact of health problems. At the IOG, Dr. Xu works closely with her doctoral advisor Dr. Gail Jensen Summers on the effects of prescription drug coverage on whether older adults take the medicines prescribed for them and their subsequent health. She is also researching differences between ethnic groups in feelings of well-being in old age.

*"This study is the first to test whether racial dynamics contribute to racial differences..."*

–Dr. Heather Orom

## Research Grants

**Southeast Michigan Partners Against Cancer (SEMPAC) - Dr. Teri Albrecht, Associate Center Director, Population Sciences, Karmanos Cancer Center, PI; Dr. Peter Lichtenberg, Head of the Investigator Training Core:** This \$4 million grant from the National Cancer Institute renews the original Detroit Community Network Program (CNP) for an additional five years. The goal of SEMPAC is to reduce cancer rates among Detroit's older, African American population by scholar training and networking with community organizations.

**Integrating Mental Health into Occupational Therapy Practice with Older Adults - Drs. Lichtenberg and Cathy Lysack, Co-PIs:** A \$208,000 two-year grant to expand and evaluate current DVD-based training for home care professionals. The DVDs show OT's how to detect and intervene to alleviate mental health problems in older patients and will be expanded to include a train-the-trainer manual and a randomized clinical trial of the training.

**Retrospective Analysis of Pre-Medicare Aged Patients (50-59) with Chronic Diseases to Evaluate the Health and Economic Costs of Medication Non-Adherence - Dr. Gail Summers, PI and Yong Li, Co-PI:** A two-year award of \$124,704 from Novartis Pharmaceutical Corporation to study the long-term effects on health and finances when patients do not take their prescribed medications.

**Baltes International Conference on Cognitive Neuroscience Dr. Naftali Raz, Conference Coordinator:** A \$50,000 grant from the Margret M. and Paul B. Baltes Foundation toward expenses to bring this conference to the IOG in October of 2011. More than 100 of the world's top cognitive neuroscientists are expected to attend the three-day event.

**The At-home Patient: Identifying Depression and Intervening to Facilitate Treatment - Dr. Lichtenberg, PI:** A \$50,000 grant from the Retirement Research Foundation and the Blue Cross Blue Shield Foundation of Michigan to produce DVD training to reduce the unmet mental health needs of older adults receiving home health services.

**IOG Community Engagement Program - Dr. Lichtenberg, PI:** 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.

**Issues in Aging Conference - Donna MacDonald and Dr. Lichtenberg, PI:** A \$20,000 sponsorship grant from the Oakwood Hospital Geriatric Fellowship Program toward presenting the 23rd Issues in Aging CE Conference on dementia and other mental health issues. Approximately 300 physicians, nurses, social workers and nursing home administrators attend the annual event.

### ONGOING RESEARCH GRANTS

**Michigan Center for Urban African American Aging Research (MCUAAAR) - Drs. Lichtenberg and James Jackson of the University of Michigan, Co-PIs:** A \$3.3 million 5-year extension to the nearly \$6.5 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.

**Neural Correlates and Modifiers of Cognitive Aging - Dr. Raz, PI:** The NIH awarded this \$3 million, five-year grant to research the modifiers of cognitive aging from a neuroscience perspective.

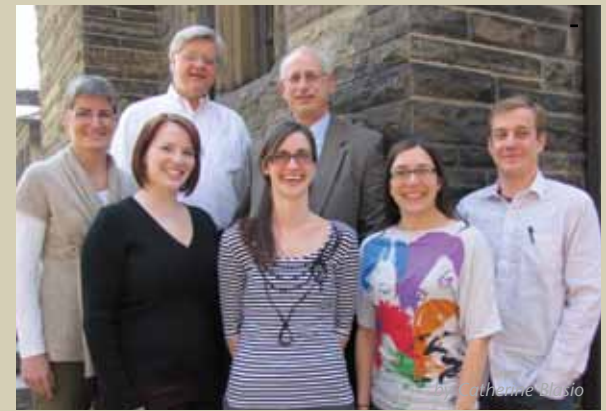
**Cognitive and Neural Consequences of Long-term Cortisol Exposure in Human Aging - Dr. Scott Moffat, PI:** The NIH granted \$1.5 million over four years to examine the effects of the stress hormone cortisol on brain function over time.

**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.

**Hip Fracture: Cultural Loss and Long-term Reintegration - Drs. Mark Luborsky and Lysack, Co-PIs:** \$1.1 million NIH award for a four-year study of how persons overcome the trauma of a hip fracture and re-engage with their community.

**Training Students in Aging and Health - Dr. Lichtenberg, PI:** An \$834,000 extension from the NIH to the nearly \$1.83 million previously granted to educate pre-doctoral and post-doctoral students through 2011 about aging and health.

**Advanced Cognitive Training in Vital Elders (ACTIVE) Drs. Michael Marsiske, PI (University of Florida) and Lichtenberg, PI (Wayne State University):** A \$632,000 NIH grant to conduct a 10-year follow-up to the IOG's original ACTIVE research on the long-term effects of cognitive training on everyday problem solving and disability.



Downsizing Research Team (left-right): Dr. Cathy Lysack, Aislinn Addington, Dr. David Ekerdt, Jennifer Van Nuil, Dr. Mark Luborsky, Katherine Cross, Ben Hayter.

**Downsizing Possessions for Residential Moves in Later Life - Drs. Luborsky and Lysack, Co-PIs, in collaboration with Dr. David Ekerdt, PI, University of Kansas -** The Detroit (IOG) site received \$528,000 from the NIH for a three-year study of the significance, social function and management of material possessions as people downsize and move in later life.

**Drug Insurance, Medication Adherence and Subsequent Outcomes Among Seniors. Dr. Gail Jensen (IOG) and Dr. Xiao Xu (University of Michigan), PIs -** A \$370,000 grant from the Agency for Healthcare Research and Quality of the U.S. Department of Health and Human Services for a two-year analysis of prescription drug regimens and their effects on health and healthcare costs.

**Seniors Count! - Dr. Thomas B. Jankowski, PI, in collaboration with Adult Well Being Services of Detroit** A two-year grant of \$275,000 to gather, integrate and publish a compilation of the available demographic, economic, health and social data on older adults in Southeast Michigan.

**Lifespan Investigation of Family, Health and Environment (LIFHE) Drs. Lichtenberg, Lysack and John Hannigan, Co-PIs:** A \$35,000, 18-month grant from the WSU President's Research Enhancement fund for a joint longitudinal project between the IOG and the Merrill Palmer Skillman Institute to study urban children, parents and grandparents. Funding provided by the Kresge Foundation, the American House Foundation, and the Southeast Michigan Community Foundation.

**Understanding Urban Elders' Interest and Ability to Use Information Technology to Manage Their Health - Dr. Kay Cresci, PI:** A Wayne State University Award of \$10,000 to understand how older adults use online resources to learn about their health and to manage diseases and other health conditions.

## STEERING COMMITTEE

The steering committee reviews the IOG's strategic initiatives and guides its overall direction through periodic visits and a yearly report.

### **Toni Antonucci, Ph.D.**

Associate Dean, Academic Programs and Initiatives  
Rackham School of Graduate Studies  
University of Michigan

### **Sharon Gire, M.S.W.**

Michigan Office of Services to the Aging

### **Karen Roberto, Ph.D.**

Professor and Director, Center for Gerontology  
Virginia Polytechnic Institute and State University

### **Maryjean Schenk, M.D.**

Associate Professor and Chair  
Department of Family Medicine  
Wayne State University

### **Keith E. Whitfield, Ph.D.**

Research Professor  
Duke University

## WSU INTERNAL ADVISORY BOARD

### **Terrance L. Albrecht, Ph.D.**

Associate Center Director, Population Sciences  
Leader, Population Studies and Disparities Research Program  
Karmanos Cancer Institute  
Professor and Division Chief, Population Sciences  
Dept. of Oncology, WSU School of Medicine

### **Linda Lewandowski, Ph.D., R.N.**

Asst. Dean, College of Nursing  
Family, Community, & Mental Health

### **Andrea Sankar, Ph.D.**

Chair, Anthropology

### **Kendra Schwartz, M.D.**

Associate Professor and Associate Chair for Research  
Department of Family Medicine

### **Robert Thomas, Ph.D.**

College of Sciences

### **Phyllis Vroom, Ph.D.**

Dean, School of Social Work

### **Lloyd Young, Pharm.D.**

Dean, Eugene Applebaum College of Pharmacy & Health Sciences

## BOARD OF VISITORS LEADERSHIP COUNCIL

The IOG's Board of Visitors (BOV) members are community leaders dedicated to improving the quality of life for older adults in Detroit and around the country. They help to execute the mission of the IOG and to raise funds for research and other programs.

### **Tom Trainer – Chair**

Attorney; Kemp Klein Law Firm

### **Barbara Kopasz – Vice Chair**

Associate Vice President, Health Alliance Plan (Retired)

### **Lynn Alexander**

President, Your Aging Well Advisor

### **Bob Allison**

Broadcast Host, Ask Your Neighbor radio show

### **Eugene Baron, M.D.**

Ophthalmologist (Retired)

### **Robert Bickley, M.S.W.**

Episcopal Priest (Retired)

### **June Clark**

Project Director, ACTIVE Project at the IOG

### **Michael J. Damone**

President, Damone Construction

### **Robert W. Gillette**

Chief Operating Officer, American House Senior Living Residences  
Co-chair, American House Foundation

### **Michael Gilliam**

President and CEO, Quality Home Care Services of Michigan

### **Donald Haas**

Owner, Haas Institute for Wealth and Aging

### **Georgianne Herbert**

President, Herbert Media Strategies, LLC

### **Lois Hitchcock**

Older Adult Advocate

### **Ted Hitchcock**

Community Volunteer

### **Esther Howell**

Commissioner, Michigan Department of Community Health,  
Commission on Services to the Aging (Retired)

### **David Howell**

CPA, Principal, Schroeder, Howell & Trefzer, P.C. (Retired)

### **Ruth LoPrete**

Attorney and Trustee, The Westerman Foundation

### **Louise M. Morman**

Founder, EldercareLearnings.com

### **Roger Myers**

Chief Executive Officer, Presbyterian Villages of Michigan

### **Frances Shani Parker**

Eldercare Author and Consultant

### **William Paskoules**

Senior Services Program Manager, Henry Ford Health Systems

### **Gene Pisha**

AARP Senior Advocate for Michigan

### **Marcia Relyea**

Older Adult Specialist

### **James Schuster**

Certified Elder Law Attorney

### **David Sengstock, M.D.**

Program Director, Geriatric Medicine Fellowship  
Oakwood Hospital and Medical Center

### **Jean Villa**

Community Volunteer

### **John Villa**

Manager, General Electric Company (Retired)  
Community Volunteer, La Sed

### **Betty Welsh**

Professor Emerita, Wayne State University

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The Senior Alliance (AAA-1C)  
Social Security Administration

## Partnerships Pave the IOG Information Highway

*One of the unique aspects of the IOG is our commitment to translate current research knowledge into information every member of the community can understand and use. This year, the IOG outreach department expanded at an unprecedented rate, made possible only through the efforts of our valued partners. While all of the organizations we affiliate with support our mission, the following partners have provided us with extraordinary opportunities to impact large numbers of professionals, caregivers and seniors in exceptional ways.*

### AREA AGENCY ON AGING 1-B



Under the leadership of Chief Executive Officer Tina Abbate Marzolf, the Area Agency on Aging 1-B provides services, resources and advocacy for older adults and caregivers in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. This year, AAA-1B partnered with the IOG to provide continuing education programming to their caseworkers, nurses and social workers. Through 10 sponsored programs, we provided close to 1500 contact hours to area health care workers who impact the lives of seniors across six Michigan counties. The collaboration with AAA-1B has allowed the IOG to spread the word about topics as varied as depression, pain management and legal issues. This critical training in aging-related issues insures that older adults receive high quality care from all the health professionals providing service.

### AMERICAN HOUSE FOUNDATION



Started three years ago by the founders of American House Senior Living Communities, the American House Foundation expanded its reach this year. Through an increase in fundraising activity, AHF helped to fund continued IOG work on *Seniors Count!*. This project helps communities in southeast Michigan prepare for the expanding older adult population by providing demographic information about the future needs of older adults. The American House Foundation also increased funding for direct contributions to older adults and kicked off its signature program, Holiday Hope for Seniors. This unique program invites seniors at American House locations to help other seniors in need by donating to a holiday wish list. By supporting research and giving generously to the community, the American House Foundation shares and enriches the mission of the IOG.

### JIM SCHUSTER, CERTIFIED ELDER LAW ATTORNEY



One of the most valuable aspects of IOG partnerships is the opportunity to expand our areas of expertise by tapping into the resources of professionals like Jim Schuster, a metro Detroit attorney certified in elder law. Michigan is home to only 14 certified elder law attorneys, so Jim's expertise is coveted. His long relationship with the IOG includes his membership on the Board of Visitors and on the Elder Law and Finance Committee. This year, with the support and personal contributions of Jim, the IOG expanded its continuing education and community education programming to include the new Crossing Borders Conference which filled its Oakland Center venue with nearly 200 participants. Crossing Borders presented case studies of Alzheimer's from legal, financial and medical perspectives.





QUALITY HOME HEALTH CARE SERVICES OF MICHIGAN

The saddest part of depression may be the thousands of people whose illness goes untreated. More than 6.5 million (almost 20%) of Americans age 65 or older suffer from depression. Many live alone with few visitors to note depression's onset. But one visitor who could help is the home health professional. Whether it's physical or occupational therapy after a hospital stay, or a blood pressure check, older adults often require care at home. What if these "visitors" were trained to spot depression and other mental disorders?

For two years, the IOG has trained home health workers to do just that, and now partner Quality Home Health Care has taken this mission a step further by hiring geropsychiatric nurses to conduct home visits. President and CEO Michael Gilliam said the research on depression was too compelling to ignore. "Major depression is the leading cause of disability in the U.S.," he said. "As a company dedicated to keeping people healthy, we had to take action to alleviate this problem." QHHC is one of the few area home care agencies to specialize in mood disorders. We applaud QHHC's commitment to helping older adults not only with hundreds of free health screenings at IOG events, but with trained nurses to help older depressed patients get help to be well.



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Betty McBride  
*In memory of George Canady,  
Louise Canady and Marie McBride*

Marion McCarthy  
*In honor of Esther and David Howell  
In memory of Lottie Keller*  
Mae McCollom  
Judy Mikola  
Elizabeth Morton  
Peter Ostrow  
Dianne Piazzon  
*In honor of Betty and Andre Deseck*  
Ms. Eddie Pierce  
Ardelle Randall  
Jane Robinson  
William Robinson, Jr.  
Naomi Ross  
Joan Rossow  
Linda Roth  
St. Andrew's Society of Detroit  
Henry Sandler  
Juanita Stafford  
Mildred Stennis  
Annie Stokes  
Robert Sweeten  
Jennie Tanner  
Maxine Taylor  
Robert Taylor  
Elizabeth Terry  
Belen Torres  
Cora Walker  
Gwendolyn Walker  
Germaine Washington  
Dollie Waters  
Dorothy Watley  
Catherine Wells  
Kathie Williams  
Joan Winchester  
Clara Wyatt

\* Photo above in alpha order.



*"To know how to grow old is the master work of wisdom,  
and one of the most difficult chapters in the great art of living."*

- Henri Frederic Amiel, Philosopher and Poet (1821-1881)



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Detroit MI 48202





## Ready for Tomorrow? *Seniors Count!* Can Help

The babies have boomed.

Those cute by-products of post World War II optimism are now heading toward middle and old age. What will they require from society? Statistics on senior boomers abound, but they are scattered and complex to interpret, especially for the social service organizations that need them most.

Enter *Seniors Count!*, a two-year pilot project to provide accurate, easy-to-understand statistics on the social, economic and health status of southeast Michigan seniors. Developed through a partnership between

the IOG and Adult Well-Being Services, *Seniors Count!* will help our state prepare for the specific needs of its older adults. "In the next two decades we'll see a near doubling of the senior population," said Dr. Jankowski, director of the *Seniors Count!* data core. "There's a big change coming and we'd better get ready for it."

The task of creating a comprehensive data warehouse is difficult and complex. Raw data comes from various sources such as the federal government, Census Bureau, Bureau of Labor Statistics, Michigan Office of Services to the Aging, Department of Community Health and United Auto Workers, and is challenging to access. "It all has to be manually integrated," Dr. Jankowski said, "very time consuming."

The team has published its first white paper, is preparing a second, and recently launched its *Seniors Count!* website at [www.seniorscount.org](http://www.seniorscount.org). The site is open to the public, so anyone can log in to read reports and ask questions. Eventually, users will have direct access to the data in a user-friendly format that is regularly updated.

Now, though, an agency needing a specific data point, such as, "How many Wayne County women over age 70 live below the poverty line?" submits it to Dr. Jankowski and he posts the answer on his public blog.

What services are Michigan's seniors most likely to need? "Supportive services that allow them to remain independent in their homes," said Dr. Jankowski. "At home, they maintain ties to their community, retaining social status and a sense of purpose." From a practical perspective, home-based care often costs less, too. "Most older adults need just a little help to stay in their home. If service agencies can provide that help, burdens are lifted from family caregivers, and everyone will age better."

*"We are a compassionate society.*

*If we have the right information,  
we make the right decisions."*

– Thomas Jankowski, Ph.D.

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Institute of Gerontology

87 East Ferry Street  
226 Knapp Building  
Detroit MI 48202  
313.577.2297  
[www.iog.wayne.edu](http://www.iog.wayne.edu)

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