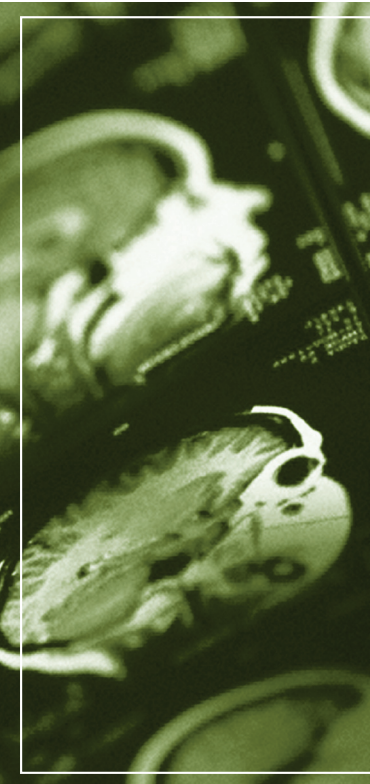


2008 ANNUAL REPORT



WAYNE STATE
UNIVERSITY
Institute of Gerontology

An Extraordinary Year of Making Connections

The Institute of Gerontology's 43rd year has been busy and productive. We expanded our outreach and professional training, launched four new major research projects, and broke attendance records at all three of our annual events: the Art of Aging Successfully, the Healthier Black Elders Reception, and the Issues in Aging Conference. We co-sponsored the Michigan Society for Neuroscience Conference at Wayne State University, where our own Scott Moffat, Ph.D., delivered a keynote presentation about spatial navigation and aging.



Getting to know some of the 1,200 guests at this year's HBEC Health Reception

I was also personally honored to be a member of the American Psychological Association's Presidential Task Force on Integrated Healthcare for an Aging Population. Our February report urges an integration of health care for older adults across a team of professionals that includes physicians, psychologists, nurses, physical therapists, pharmacists and social workers.

The Michigan Occupational Therapy Association became a conference partner when the IOG presented its newly developed training program to their members in May. The training, available in a set of seven DVDs, resulted from a two-year grant from the Retirement Research Foundation to help teach occupational therapists about mental health issues affecting older adults.

On the lighter side, the 2nd annual IOG Gratitude Dinner featured 1964 Gold Medal Olympian Hayes

Jones speaking to our theme, "Go the Distance," and was well-attended by our friends, faculty, sponsors, volunteers and partners. We credit their hard work with our ability to break IOG fund-raising records with a 50% increase in donations this past year.

We've also improved the appearance of our "public face" by re-designing our website for easier use and greater depth of information. Our newsletters and brochures now have an integrated style and an easier-to-read format. We've taken a fresh look at our educational forums, choosing locations and speakers that better reflect the needs of older adults.

As I look back over our year full of hard work, high expectations and record-breaking accomplishments, I am sobered by the reality that gerontology and geriatrics are at a crisis point in history. Without major funding for increases in training and programs for our elderly, we will fall critically short of meet-

ing their needs in the next decade. Projections show that the number of nurses, nursing homes, home health care agencies, aides and hospitals are grossly insufficient to handle the increasing numbers of older adults moving through our population. The IOG is working hard to bridge the gap by training 15 to 20 graduate students a year; by educating Detroit's older citizens about health, housing and financial issues; and by working with foundations and social service agencies to provide basic services to our elderly. Unless similar increases occur across the country, it

will not be enough. A good friend and supporter of the IOG talked to me recently about how she views our work. "I think about your name, IOG, differently now," she said. "I read it as 'I Owe Gerontology,' because I do. I owe my understanding and acceptance of aging to the field of gerontology. I Owe Gerontology. We all do."

I ask all of you to do as our friend has done. Please continue to support our efforts with your time, talents and financial donations. This annual report is our confirmation that we have used your resources wisely.

Peter Lichtenberg, Ph.D., ABPP

Director, Institute of Gerontology
Professor of Psychology, Psychiatry and Behavioral Neuroscience,
and Physical Medicine and Rehabilitation

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M I S S I O N S T A T E M E N T

The Institute of Gerontology at Wayne State University dedicates research in the social and behavioral sciences and cognitive neuroscience to 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

PARTNERSHIPS

Building programs that will stand the test of time

www.iog.wayne.edu

“We here in Michigan are an important piece of the puzzle, but these meetings let us see the whole picture.”

– Dr. Peter Lichtenberg

CONNECTING RESEARCHERS

RCMAR Bridging Scholars Coast-to-Coast

Minorities in the United States suffer from significantly more illness and disability than Caucasians as they age. A host of factors contribute to these differences, such as gender, preventative care, time to diagnosis, socioeconomic status, and racial discrimination, but all require more research to close the gap in these disparities.



Eugene Odom, James Jackson, Narvell Stotts, Joyce Keener, Olivia Washington, Sidney Stahl, Allena Robinson, Peter Lichtenberg

To promote high quality, long-running research into health aspects of minority aging, the government currently funds six program centers across the country. Called Resource Centers for Minority Aging Research (RCMAR), they are located at the universities of Alabama, Colorado, Pennsylvania, California at Los Angeles and San Francisco, and the Michigan center shared between the University of Michigan (directed by James Jackson, Ph.D.) and the IOG at Wayne State.

The shared Michigan center is called the Michigan Center for Urban African American Aging Research, or MCAAAR, and it was honored to host this year's nationwide meeting of RCMAR investigators in May. "I was awed by the breadth and scientific rigor of the research projects," said Dr. Lichtenberg, who heads the Wayne State portion of the Michigan center. The two-day meeting provided the forum for nearly 50 scholars to share their research, discuss leadership goals, review evaluations and share best practices. Here are a few

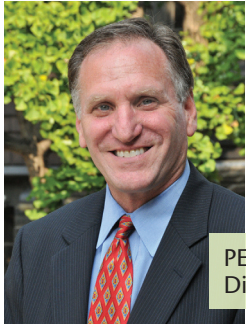
highlighted topics of current research into minority aging from around the country:

- Cardiovascular Health among First and Second Generation Mexican-Americans
- Measuring the Quality of Care in American Indian and Alaska Native Diabetes Education Programs
- Black Urban Elders and Casino Gambling: Are They at Risk for Problem Gambling?
- Issues for Recruitment of Older African Americans in Alzheimer's Disease Research
- Understanding Filipina Women's Orientation toward Colorectal Cancer Screening
- Nativity and Preventive Care Use Among Older Adults of Latin and Asian Origins

Research is only one part of RCMAR's broad mission, however, which extends beyond current research into the recruitment and education of tomorrow's scholars in minority aging. RCMAR's goal is to recruit and retain minority researchers and minority elders to participate in research studies. In line with these goals, RCMAR aims to create health measures that are culturally sensitive so they can precisely measure the health status of minority elders.

"Every research project that RCMAR supports moves us closer to improving the health and well-being of older adults from minority backgrounds," said Dr. Lichtenberg. "The diligence and dedication of investigators from across the U.S. is inspiring. We will find answers to these health disparity questions."

R E S E A R C H



PETER LICHTENBERG Ph.D., ABPP
Director, Institute of Gerontology

Dr. Lichtenberg has been director of the IOG since 1999, following 13 years working as a clinician-researcher at the University of Virginia and Wayne State University medical schools. Among his many accomplishments has been the hiring of world-class faculty to create the renowned Lifespan Cognitive Neuroscience program, dramatically increasing research funding, and leading the teams of several successful training and mentoring grants.

Professional Impact

Dr. Lichtenberg augments his work at the IOG through active involvement with the esteemed American Psychological Association (APA), where this year he chaired the Committee on Aging, served on the APA Presidential Task Force on Integrated Care for an Aging Population, and has been elected president of the APA Division on Adult Development and Aging for 2009-2010. He also chaired the Behavioral and Social Science section of the Gerontological Society of America, providing the group's first fundraising gifts dedicated to scholarships for worthy students.

One of Dr. Lichtenberg's goals for his upcoming APA division presidency is to enhance the integration of psychology research with clinical applications.

"There is no reason to arbitrarily separate the two," he said. "We must work to translate our research into improvements in the lives of older adults."

Put It in Writing

Several significant books and articles were published under Dr. Lichtenberg's authorship this past year. He was a co-author of the APA's *Blueprint for Change: Integrated Care for an Aging Population*. He also co-authored the joint APA and American Bar Association handbook, *Assessment of Older Adults with Diminished Capacity*, which describes the cutting edge of current technology in determining mental status and function for psychologists. Dr. Lichtenberg often serves as an expert for older adults as they face legal challenges about capacity issues. He also assisted in creating another APA booklet, *Prolonging Vitality*, the third in a free series on aging.

Dr. Lichtenberg's research interests cross a broad number of topics relevant to older adults, including issues surrounding dementia, depression and disability. This year his article, published in the *Journal of Aging Studies* (Zarnek & Lichtenberg, 2008) highlighted the prevalence of "at risk" casino gambling in older adults, and its links to depression and disability. He also published chapters in *Geriatric Rehabilitation* and *Clinical Gerontology* along with several other articles published or in press.

Conferences of Distinction

In April, Dr. Lichtenberg traveled to Anchorage, Alaska, as the keynote speaker for the Alaska Geriatric Education Center to discuss screening for cognitive and affective disorders in older adults. In May, he directed the program for Michigan's Issues in Aging conference, celebrating its 21st year as a highly-

recommended continuing education workshop geared to a variety of professionals who work with older adults. Issues in Aging enjoyed record-setting attendance this year, drawing over 250 attendees to each day of the two-day event. Dr. Lichtenberg also co-hosted this year's RCMAR workshop in Detroit (see adjoining article).

Connecting Research with Practice

The final highlight of Dr. Lichtenberg's busy year was the release of the Skills to Advance Gerontology Excellence (SAGE) training program for occupational therapists. Funded by the Retirement Research Foundation, Drs. Lichtenberg and Lysack led a multidisciplinary team to create a set of seven DVDs to educate occupational therapists about mental health issues prevalent among older adults. The DVD format allowed the team to incorporate clips of actual patient/therapist interactions as a launch pad to discuss symptoms and assessments.

Research conducted by the team found evidence for increased knowledge and improved practice across 30 occupational therapists in three settings. The team presented the SAGE project at the annual conference of the Michigan Occupational Therapists Association in May. "This type of interdisciplinary research and training is incredibly exciting and rewarding to do," said Dr. Lichtenberg. The complete SAGE training pack is now available through the IOG website. (Project details can be found on page 4.)

Shedding Light on Mental Health Issues

Spring 2008 marked the culmination of the IOG's two-year research project to develop a new training program for occupational therapists to help them identify and assess mental health issues affecting older adults. Funded by the Retirement Research Foundation, Drs. Lichtenberg and Lysack led a team of experts in pharmacy, occupational therapy, physical therapy, home-care, nursing, and rehabilitation, who took a decidedly creative approach to the challenge.

The group designed seven modules to cover the mental health problems most likely to be encountered by occupational therapists, and then produced them on DVDs to allow for video clip examples. The general subject areas were:

- Detecting Mental Health Conditions
- Improving Function after Depression
- Depression and Mood Disorder Treatments
- Resources to Support Family Caregiving
- Enhancing Balance Confidence
- The Impact of Cognitive Losses on Driving

The DVD format included authentic, unscripted interactions between real patients and therapists to show how therapists build rapport and note symptoms, while expert commentary guides the trainee through the process.

Before release, the DVD modules were field-tested on small groups of OTs from diverse organizations: a hospital, a rehabilitation center, and a visiting nurse association. Trainees received pre and post tests with each module to gauge the effect of the training. Feedback from these pilot

groups was incorporated into the final version, which became the core curriculum (with live presentations) at the annual continuing education conference of the Michigan Occupational Therapy Association (MiOTA) in May.

"Our partnership with MiOTA is an excellent model of the impact generated when research connects with practice," said Dr. Lichtenberg.

Attendees at the conference expressed overwhelming support of the program, with 90% stating the speakers were knowledgeable and prepared, with content relevant to their practice. Follow-up evaluations on several small groups of OTs confirmed the program's long-term relevance. A majority of trainees said it increased the number of assessments they provided and increased their confidence in dealing with mental health issues in older adults.


Funding is now being sought for the next phase of the project in which the team will delineate potential barriers to using the training in work situations and suggest effective ways to

overcome these barriers. Dr. Lysack said that, despite varying support from healthcare agencies for OTs' involvement in mental health, some have "found a way to get it done. That extra thoughtfulness and effort can make a big difference in a person's life," she said. "I'm glad to be a part of the group that is working so hard on something so important." The full set of seven SAGE DVDs plus a CD of resource materials is available for purchase through the IOG website (www.iog.wayne.edu).

*"This is real-world research.
It isn't sitting on a shelf."*

– Dr. Peter Lichtenberg


SAGE
Skills to Advance
Gerontology Excellence



**7-DVD SET
& RESOURCE
CD-ROM**

Integrating Mental Health
into Occupational Therapy
Practice with Older Adults

Download form below
for more information and
how to purchase.

 [IOG-SAGE.pdf](#)

R E S E A R C H



CATHY LYSACK, Ph.D.
IOG Deputy Director

Dr. Lysack is jointly appointed between the IOG and the Occupational Therapy Program at the Eugene Applebaum College of Pharmacy and Health Sciences. Much of her research and writing focuses on the effects of disability – especially spinal cord injury and hip fracture – on physical and social function throughout the lifespan. Dr. Lysack recently accepted the newly created position of deputy



Dr. Lysack talks to older adults about healthy aging.

director of the IOG. In this role, she oversees the graduate training program, builds and maintains relationships with other Wayne State research deans and faculty fellows, and assists with fund-raising.

In May, she and Dr. Lichtenberg completed a three-year research project to develop an innovative method for teaching occupational therapists about mental health issues and older adults. (See facing page.) Highlights of this in-depth training were presented to more than 150 occupational therapists at the spring conference of the Michigan Occupational Therapists Association.

In 2008, Dr. Lysack and Dr. Heather Dillaway co-authored the chapter, “The Place of Exercise in the Everyday Lives of Aging Women and Women with Physical Disabilities,” in the book *Progress in Exercise and Women’s Health Research* (Nova Science, NY). She also received the 2008 Faculty Research Award, funded through IOG Board of Visitors members Ruth and James LoPrete, to further her research on disability and older adults.

Dr. Lysack was recently invited to serve a three-year term as chair of the Qualitative Research Exchange at the annual American Occupational Therapy Association Conference from 2008 through 2010. Her responsibilities include setting the conference theme each year, inviting national speakers and moderating the event.



OLIVIA WASHINGTON, Ph.D.
Nursing Research

Improving the health of people in need has been Dr. Washington’s primary goal throughout her 30-year career at Wayne State. Jointly appointed between the College of Nursing and the IOG, her work has helped to make Detroit healthier through health education and screenings; support groups for homeless women; eye-opening, innovative research; and inspired leadership. She has focused most intently on vulnerable, older African Americans with a commitment to help reverse their disparities in health. In recognition of her exceptional achievement, outstanding leadership and dedication to improving the quality of life for Detroiters, the Detroit City Council granted her a Spirit of Detroit Award for 2008.

Dr. Washington heads the Wayne State component of the Community Liaison Core of the Michigan Center for Urban African American Aging Research, whose centerpiece event is the Healthier Black Elders free annual health reception. More than 1,200 seniors attended this year’s day of interactive activities to promote good nutrition, fitness and preventative health care. A record 683 free health screenings were provided to those who

CONTINUED

“We introduced cutting-edge tools for survey, intervention, research and field testing.”

– Dr. Mark Luborsky

CONNECTING CONTINENTS



Second photo: Dr. Luborsky (2nd from left) poses with wife and fellow anthropologist Andrea Sankar (4th from left) and the Rwandan training class. Above: Proud Rwandan graduates of Dr. Luborsky's training to become professional research interviewers.



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attend; more than 180 of those screened were advised to seek urgent care for their conditions.

Dr. Washington currently has two book chapters in press and one in review, all resulting from her extensive work with older African American women who become homeless. Nine journal articles were also published in 2008, of which three describe the unique art-based approach used to help the homeless women tell their stories while recovering from their situations. The “Telling My Story” exhibit is a touring collection of eight, two-dimensional, 12-foot-long collages depicting the struggles and successes of each woman in the support group. A portion of the exhibit was installed at the annual investigator’s meeting of the Resource Center for Minority Aging Research (RCMAR) held this year in Detroit.

Research into minority health and aging cannot be conducted without participants. Another highlight of Dr. Washington’s career has been oversight and recruitment of seniors to the Participant Research Pool (PRP) through the Healthier Black Elders Center. This project was tasked with recruiting older adults who would consider participating in upcoming research projects. The PRP has registered 1,015 persons to date and been used by several research teams for subject recruitment. During 2008, Dr. Washington also oversaw two of her own research projects.

In addition to research, education and outreach, Dr. Washington was a speaker at a national American Psychological Association summit on violence and abuse and at an anti-stigma conference in Michigan that featured the U.S. surgeon general. She also taught both an undergraduate course and a graduate course over the past year for the College of Nursing.



MARK LUBORSKY, PH.D.
Director of Aging & Health Disparities Research

With a Ph.D. in social anthropology and a fascination with people who seek continuity and change across the lifespan, Dr. Luborsky brings a rare dynamic to the IOG’s students and research. He is as actively engaged in the villages of Rwanda where he studies the families and institutions impacted by HIV, as he is in the classroom teaching advanced research theory and methods. This unique confluence of interest and abilities helped propel Dr. Luborsky to his current four-year term as editor of *Medical Anthropology Quarterly*, the first international journal to be published through a Wayne State institute. His work in Rwanda is presented at the 2008 American Anthropological Association meetings, while his journal articles identify how pain and self-rated health best predict depression’s onset.

As director of the IOG’s aging and health disparities research since 2000, Dr. Luborsky is also credited with helping to secure last year’s \$3.3 million renewal of the Michigan Center for Urban African American Aging Research, for which he also serves as part of the measurement group.

Dr. Luborsky is the principal investigator on two other multi-year research projects: a \$1.1 mil-

lion study of how people reintegrate into desired community life after hip fracture and a new collaborative study *Downsizing Possessions for Residential Moves in Later Life* with a budget of \$1.1 million between Wayne State and the University of Kansas.

Honors during the past year include being invited as the keynote speaker at the forum for research and clinical investigation at the 25th anniversary of Rush University Medical Center in Chicago. He also traveled to China in July as an invited mentor for a national workshop of the Academia Sinica funded by the Chinese National Science Council. Wayne State recognized Dr. Luborsky’s extraordinary achievements by presenting him with the esteemed 2008 Distinguished Graduate Faculty Award.



STEWART NEUFELD, PH.D.
Mathematics and Social Science

Dr. Neufeld’s education and training bridge three complementary subjects: mathematics, gerontology and anthropology. His doctorate in mathematics with some knowledge of statistical analysis has made him a valuable member of several IOG research teams. His interest in anthropology has led him to teach graduate courses

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“This conference is special because it serves a diverse group of professionals.”

– Dr. Peter Lichtenberg

CONNECTING RESEARCH TO PROFESSIONALS

21 Years of Excellence in Professional Education

The IOG’s annual Issues in Aging Conference is one of the foremost professional education and training programs in geriatrics and gerontology in the Midwest. The two-day event attracts speakers from around the country and attendees from throughout Michigan and surrounding states. Long hailed as a showcase of the latest treatments and technologies for dementia, physical and mental health promotion, and challenges faced by older adults, Issues in Aging achieved record-setting attendance this past year of more than 250 professionals each day.

“This conference is special because it serves a diverse group of professionals,” said Dr. Lichtenberg, the course director. “It grants continuing education credits to social workers, administrators, nurses and physicians, who all have a broad range of training needs. That’s the challenge and the excitement of selecting the right presenters.”

The IOG works with the School of Medicine to develop the curriculum and promote the conference. The first day is devoted to Alzheimer’s and other dementias; the second day offers insights in maximizing physical and mental health in older adults. This year’s topics included technologies for healthy aging, pharmacological and non-pharmacological treatments for behavior problems, a Montessori model to enhance memory in Alzheimer’s



patients, and a new model of care for chronic conditions.

A highlight of day two was the three-person panel discussing how to determine competency in older adults from a psychological, behavioral and legal perspective.

“This is a major concern for older adults and their families,” said Dr. Lichtenberg, who participated in the panel with elder law attorney Jim Schuster and clinical geriatric neuropsychologist Dr. Susan MacNeill.

“We want to insure that society’s vulnerable members are treated fairly.”

Issues also attracts a select group of sponsors who provide services to older adults. The American Diabetes Association, Wright & Filippis medical supplies, American House Senior Living Residences, Health Alliance Plan, the Visiting Nurse Association of Southeastern Michigan, and HCR ManorCare were among the 18 organizations supporting the conference. Newsradio WWJ (950 am) is the exclusive media sponsor for Issues in Aging, tying conference information into their Caring for Aging Parents initiative.

After 21 years of expert speakers, compelling topics and growing attendance, the future of Issues in Aging looks even brighter. “Our population of older adults is increasing,” said Conference Coordinator Donna MacDonald. “More professionals will need training to serve them, so we’re thinking seriously about how to expand our offerings in the future.”

photo by Andrew Mondro

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in Wayne State's anthropology department. His faculty appointment to the IOG encouraged his research into areas as diverse as HIV risk among older adults, pensions, savings patterns, and retirement security risks for individuals approaching the end of their working careers.

Dr. Neufeld's analysis of the human implications of evolving macro-economic structures even brought him to the attention of Detroit's Fox TV News where he offered his expert analysis of retirement, health benefits, and savings shortfalls triggered by massive lay-offs in the automotive industry.

National and international professional conferences have taken Dr. Neufeld from Hawaii to the Yukon. In February, he spoke to the annual meeting of the International Neuropsychological Society in Hawaii. In June, he addressed the Canadian Association of Occupational Therapy meeting in Whitehorse, Yukon. One of his two presentations in the Yukon – *Mental Well-being and Its Relationship to Antiretroviral Therapy and Response to Treatment* – focused on yet another of Dr. Neufeld's research interests: HIV/AIDS exposure, testing and treatment. Two of his recently submitted papers examined risk-taking behaviors and adherence to medication regimes among African Americans who are sero-positive.

In addition to his research, writing and presentations, Dr. Neufeld is working with graduate students at the IOG, including Andrea Nevedal and Katerina Machacova, a post-doctoral student who is visiting this year from Charles University in the Czech Republic.



KAY CRESCI, Ph.D.
Nursing Research

Dr. Cresci's education and training span the concomitant areas of nursing and gerontology. A jointly appointed faculty member of the IOG and the College of Nursing, Dr. Cresci brings a third interest into her research: computer use among older adults. Her most recent project took her into a senior apartment complex in Detroit's inner-city where she taught an introductory course in computers to persons age 62 to 91. As a result, Wayne State funded her *Understanding Urban Elders' Interest and Ability to Use Information Technology to Manage their Health* study. She also directed a survey study of guests at the 2008 Art of Aging Successfully Conference to determine how older adults use computers and the internet to manage their health.

Teaching has always been a critical component of Dr. Cresci's career. She taught an undergraduate nursing class both semesters last year and a graduate class in nursing during the spring/summer semester. Dr. Cresci came to Wayne State three years ago after 20 years of teaching at Johns Hopkins University, where she continues to serve as an adjunct professor.

She has two articles currently under review by

refereed journals. The first discusses the digital divide among urban elders. The second analyzes the reliability of the short-form health survey when completed by older African Americans. Dr. Cresci also presented her paper on *Evidence-Based Practice for Gerontological Nurses* at the national meeting of the Gerontological Nurses Association.



HECTOR M. GONZÁLEZ, Ph.D.
Psychology and Epidemiology

Dr. González divides his professional time between the IOG and the Department of Family Medicine and Public Health Sciences at the School of Medicine. He recently ended a five-year study of vascular depression among older Latinos. Vascular depression can result from common diseases like diabetes and high blood pressure. A second three-year national-level project called the *Epidemiology of Late-Life Depression and Ethnicity Research Study*, or *ELLDERS*, was recently submitted to the National Institute of Mental Health. The largest national study of its kind to date, the key aim of the project is to understand different types of depression among older adults from major ethnic groups in the United States.

An intense interest in minority health and aging has been a hallmark of Dr. González' entire career,

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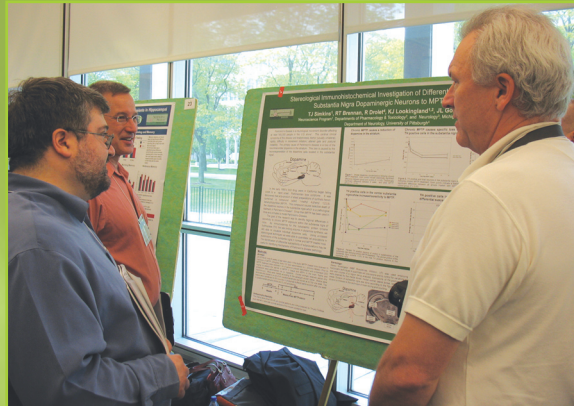
“What do we know and where do we go?”

– Dr. Scott Moffat

CONNECTING RESEARCH TO PROFESSIONALS

New Directions in Brain Research

The study of the human brain is one of science’s most exciting and expanding frontiers, thanks to new imaging technologies that show brain activity, and to the talented researchers who can master this complex field. The IOG, home of the internationally acclaimed Lifespan Cognitive Neuroscience



Leaders in aging view student posters outlining research.

program, appreciates the importance of brain research to healthy aging. Clues to dementia and Alzheimer’s, as well as a template for normal brain changes in healthy aging, will be found in this research.

So the IOG was honored to be a major supporter of the 39th annual meeting of the Michigan chapter of the Society for Neuroscience held at Wayne State this past May. “We strongly support the field of cognitive neuroscience,” Dr. Lichtenberg said of the IOG’s generous contribution to the conference. “Brain health is the master key to aging well.”

The *Cognitive Neuroscience of Aging* conference was organized through the Department of

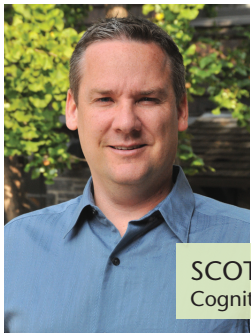
psychology to bring together leaders in aging research for a full day of poster exhibits, student awards and featured speakers. Students from several Wayne State departments and from across Michigan displayed posters of their cognitive research and discussed their work with a judging panel.

The IOG’s Scott Moffat, Ph.D., gave the keynote address, *Spatial Memory in Aging: What Do We Know and Where Do We Go?*, which was well attended by the roughly 100 guests. Dr. Moffat, who received tenure this past year, has long been interested in spatial cognition, or how the brain navigates through the environment as it ages.

“An important focus of this research is in understanding the neural mechanisms of human navigation,” said Dr. Moffat. “I do this by conducting functional MRI studies to examine brain activation patterns while participants solve virtual navigation tasks.” Results of this research may one day lead to techniques to improve wayfinding by older adults.

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with special emphasis on the impact of depression and dementia within the Latino community. He is a member of the American Psychological Association's task force to revise guidelines for assessing dementia, and also serves on the Board of Directors of Greater Detroit Adult Well-Being Services. Dr. González believes strongly in the value of mentoring and is currently working with four graduate students in the IOG training program as well as sitting on the doctoral dissertation committee of a former IOG student.



SCOTT MOFFAT, Ph.D.
Cognitive Neuropsychology

The department of psychology and the IOG share the expertise of Dr. Moffat as he investigates the effects of specific hormones on the brain as it ages. His primary research project is a four-year study of the stress hormone cortisol and its impact on the brain and nervous system as people age, a \$1.79 million grant. He also awaits a funding decision from the National Institutes of Health on a large trial involving testosterone, a hormone he studied in two other projects from 2004 to 2007. Dr. Moffat's chapter, "Endogenous Testosterone Levels and Cognitive Aging in Men," is currently under review to appear in *Hormones, Cognitive Function and Demen-*

tia (Cambridge University Press).

Dr. Moffat teaches Cognitive Psychology at Wayne State where he also delivered the keynote address at the 2008 conference of the Michigan Society for Neuroscience. Other research interests resulted in Dr. Moffat's co-authorship of two additional articles during the past year. One project studied the effects of wireless communication signals on headache; the other analyzed research methods in investigating sexual dysfunction in women.



NAFTALI RAZ, Ph.D.
Director of Lifespan Cognitive Neuroscience

Charting changes to the brain and its function as we move through life is the task of the IOG's Lifespan Cognitive Neuroscience program. In the past seven years, under Dr. Raz' leadership, the federally funded research program produced new insights into the impact of cardiovascular health and genetic variations on normal aging of the brain and cognition.

Dr. Raz has an international reputation built by fostering intensive collaboration with distinguished research colleagues in Germany, Israel, France, Norway, Spain and the Netherlands. Since 2006, he has been a visiting scientist at the prestigious Max

Planck Institute for Human Development in Berlin. In 2005, he received a coveted MERIT award from NIA which provides approximately \$3 million over five years to study "Neural Correlates and Modifiers of Cognitive Aging."

In 2007-2008 Dr. Raz, along with his graduate students and collaborators, published 11 articles in leading peer-reviewed journals, such as *Cerebral Cortex*, *Neurobiology of Aging*, and *Neuropsychology*. The topics of the published research included the effect of cardiovascular risk factors on cognitive performance and brain structural changes, the impact of age-related differences in brain structure on spatial navigation and memory, cognitive mechanisms underpinning age differences in recall and skill learning, genetic influences on age-related differences in cognitive performance, and a comparative analysis of brain imaging methods. Dr. Raz presents his work at the meetings of major professional societies such as the Society for Neuroscience, the International Society for Magnetic Resonance in Medicine, and the American Psychological Association – frequently as an invited speaker

In addition to research and writing, Dr. Raz is a teacher in the department of psychology. Among his pedagogical responsibilities is a core course in Functional Neuroanatomy, which is in high demand among graduate students from psychology, speech and hearing, and health sciences. Dr. Raz is a dedicated mentor of graduate students and is proud of his students' success in securing academic and research positions in prestigious programs around the country, including Washington University at St. Louis, the University of Texas Southwestern Medical School, and Cornell Weill College of Medicine.



RESEARCH GRANTS

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 – \$3 million, five-year NIH grant to research the modifiers of cognitive aging using neuroscience.

Detroit Community Network Program

Dr. Teri Albrecht of Karmanos Cancer Center and **Dr. Lichtenberg**, PIs – \$2.5 million, five-year grant from the National Cancer Institutes to the Detroit Community Network Program (CNP) to find ways to reduce cancer rates among Detroit's older African American population by networking with community organizations.

Cognitive and Neural Consequences of Long-term Cortisol Exposure in Human Aging

Dr. Moffat, PI – \$1.5 million from the NIH over four years to examine the effects of the stress hormone cortisol on brain function over time.

Hip Fracture: Cultural Loss and Long-term Reintegration

Drs. Luborsky and Lysack, PIs - \$1.1 million from the NIH for a four-year study of how men and women overcome the trauma of a hip fracture and re-engage with their community.

Training Students in Aging and Health

Dr. Lichtenberg, PI – \$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.

Vascular Depression and Function in Older Latinos

Dr. González, PI – \$753,000 over five years from the NIH to study how depression, triggered by poor

blood flow to the brain, affects functioning in older Mexican Americans.

Community Living after Spinal Cord Injury

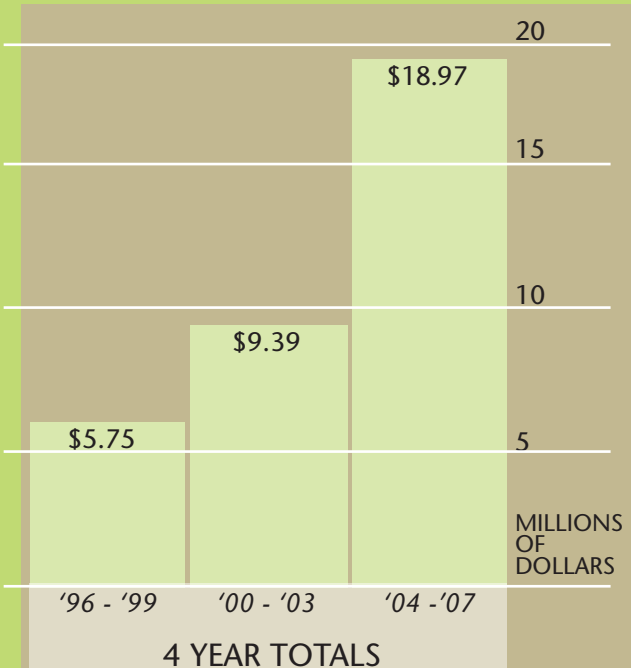
Dr. Lysack, PI – \$450,000 from the NIH over three years to learn how wheelchair users with spinal cord injury regain or re-invent their social roles as they recover.

Building Occupational Therapy Skills

Drs. Lichtenberg and Lysack, PIs – \$264,000 over two years from the Retirement Research Foundation to produce a series of training DVDs to help occupational therapists identify and address mental health issues in older clients.

LONG TERM GRANT FUNDING

Despite recent cutbacks in research monies across the United States, the IOG has steadily increased its grant funding over the past 12 years.



NEW RESEARCH GRANTS 2007-2008

Advanced Cognitive Training in Vital Elders (ACTIVE)

Dr. Michael Marsiske, (University of Florida PI), and **Dr. Lichtenberg**, (Wayne State University PI) – \$632,000 from the NIH to conduct a 10-year follow-up to the original ACTIVE research done at the IOG. The study will look at the long-term effects of cognitive training on everyday problem solving and disability. In addition to oversight from Drs. Marsiske and Lichtenberg, IOG board member June Clark, who worked on earlier ACTIVE projects, is the project director.

Downsizing Possessions for Residential Moves in Later Life

Drs. Luborsky and Lysack, PIs, in collaboration with **Dr. David Ekerdt**, PI, University of Kansas – \$528,000 (for Detroit site) for a three-year NIH-funded study to understand the significance, social function and management of material possessions as people downsize and move in later life.

ONGOING RESEARCH GRANTS

Michigan Center for Urban African American Aging Research (MCUAAAR)

Dr. Lichtenberg and **Dr. James Jackson** of the U of M, PIs – \$3.3 million extension to the nearly \$6.5 million previously granted from the NIH to reduce

R E S E A R C H



GAIL JENSEN SUMMERS, PH.D.
Professor of Economics

Dr. Jensen Summers is a jointly appointed professor through the department of economics and the IOG. Her work centers around healthcare coverage and older adults, including employer plans, Medicare, long term care insurance, and managed care plans. When the Medicare Part D prescription drug plan was launched two years ago, Dr. Jensen Summers analyzed how seniors make decisions about whether to purchase drug coverage, resulting in her recent co-authorship of “Guiding Part D Enrollment Decision-Making” in the journal *Drug Benefit Trends*.

Dr. Jensen Summers’ research interests include adults ages 55 to 64, as well as the senior population. As far back as the Clinton administration, her research pointed to increasing enrollments in managed care plans among older adults in years to come, as a result of the growing prevalence and acceptance of these plans among 55 to 64 year olds, and their increasing availability under Medicare. Her predictions have been borne out, as many of those who had managed care through their employer before retiring have continued this type of coverage under Medicare.

She is a fellow of the Employee Benefit Research Institute based in D.C. and has co-authored two

publications to appear this year: “Managed Care and the Near Elderly: Effects of Plan Enrollment on Functionality” in *Applied Economics*; and the chapter, “Why Do People Change Their Minds? Evidence from the Purchase of Long Term Care Insurance,” in *Psychology of Decision Making* (Nova Science, NY). In early 2008, the *Detroit Free Press* interviewed Dr. Jensen Summers about whether the purchase of a long-term care policy made sound financial sense.



THOMAS B. JANKOWSKI, PH.D.
Associate Director for Research

A doctorate in political science and gerontology combines with extensive experience in academic computing, research methodology, and website design to produce the uniquely valuable skills Dr. Jankowski brings to his position at the IOG. He is sought as a presenter on current issues facing Social Security, Medicare and other public policies on aging, and – in this presidential election year – the opinions and behavior of the older adult voter. In interviews with the *Detroit Free Press*, Bloomfield Hills TV, and several radio shows, Dr. Jankowski’s clear, accurate analysis of trends and statistics has helped audiences easily understand how they can be affected by complex political forces and policy changes.

In addition to Dr. Jankowski’s administrative leadership at the IOG, he is an adjunct assistant professor in gerontology and political science. He has taught a variety of classes at Wayne State over the past 18 years and is currently directing the dissertation of IOG trainee Felecia Bennett-Clark on social identity and political participation among Detroit’s older African Americans. Dr. Jankowski co-authored several papers this year, including “Factors Influencing Nursing Home Social Workers’ Intentions to Quit Employment” with former IOG post-doctoral fellow Kelsey Simons, which was recently published in the refereed journal *Administration in Social Work*.

Current research roles include being a co-principal investigator in the IOG’s pre-doctoral research training program in aging and urban health and an investigator in the \$3.4 million project funded by NIA to support the MCUAAAR. Dr. Jankowski continues to work with colleagues from around Wayne State conducting research on the public and private “old age relief” available to Detroiters during the Great Depression, before Social Security and Medicare. He is collaborating with Adult Well Being Services of Detroit to produce a data book on older adults in Michigan called “Seniors Count!” and is currently seeking funding for that project. He sits on the boards of directors of the Michigan Society of Gerontology and The Senior Alliance, where he was also re-elected chair of the advisory council, and is an active member of Wayne State’s Graduate School Scholarly Communications Committee and on the *ad hoc* Scientific Misconduct Inquiry Committee for the Division of Research.



O U T R E A C H

Making Each Life a Work of Art

The Art of Aging Successfully Conference celebrated another year of extraordinary art displays and breakout sessions that captivated the record 441 seniors in attendance. Guests ranged in age from 50 to 97. Hailed by local press as inspirational and marked by excellence in concept and execution, the IOG's Art of Aging 2008 offered a diverse mix of presentations under its "Empowering Choices for Living Well" theme.

Sonny Eliot, a Detroit radio and TV personality for half a century, led the day with his keynote speech, "Life Experience: The Catalyst to Aging Successfully." Although well past the average age of retirement, Sonny continues to delight listeners of WWJ Newsradio with his afternoon weather reports, and to show by example the benefits of empowered aging.

"Dance like no one is watching you," Sonny advised the audience in his closing remarks. "Sing like no one can hear you. Love like you've never been hurt before. And enjoy life. Laugh and the world laughs with you."

The conference aims for a leisurely pace so guests can browse the 28 artists from 22 metro Detroit communities on exhibit. "The artwork is always of superior quality," said conference coordinator Donna MacDonald. "But what really surprises me is the range of mediums. Our artists work in clay, oils, glass, silver, watercolors, wood, tile, specialty papers, music and textiles. As we get older we seem to get more adventurous, more willing to master an unusual approach." In addition to the display artists, an additional 60 older adults submitted prose, poetry or memoirs to the *Creative Expressions* booklet printed for each attendee.

The conference offered an "empowering" array



Keynote speaker Sonny Eliot. Far left corner: artist Robert Rock holding his woodwork. Lois Hitchcock and student Andrea Nevedal painting in breakout session. Below: Musicians Mary Glover and daughter Mary.



of breakout choices such as *Jest for the Fun of It* (the power of laughter), and *Aging Well: The Best Revenge*. On the serious side, a representative from the Oakland County Mental Health Authority Board discussed the stigma associated with mental illness. Attendees could choose any two of the five sessions offered.

One of the most popular sessions was *Making Your Life a Masterpiece* by artist and occupational therapist Christian Rasmussen. In an innovative approach to encouraging artistry among amateurs, two entire classes participated in creating a beautiful four-foot mural of leaves, sky and personal handwritten notes

New IOG Forums Explain Research

The IOG's newest educational program is Windows on the World of Aging, free hour-long forums that translate recent research into information older adults can use to improve their lives. "Friends of the IOG wanted to learn more about our research – no frills. We created Windows to answer their needs," said coordinator Donna MacDonald.

Windows launched its first event in April at St. John's Hospital in Grosse Pointe. "Home Sweet Home; Living Options as We Age" by IOG faculty member Dr. Cathy Lysack attracted more than 40 guests. Providence Hospital in Southfield hosted the second event in September. "How Sound is My Future?" presented by elder attorney and IOG board member Tom Trainer drew 45 attendees. Evaluations have been overwhelmingly positive. "Top notch information," said a guest of the financial program. "I took notes so I can explain these points to my husband." Please call Donna MacDonald at 313-875-6834 for future locations.



EAR members left to right: Amy Jackson, Regina Collins, Richard Villwock, Right upper corner: EAR member Frank Singer interviews artist Anne Hearshen. A record 441 seniors attended the event.

that now hangs in the IOG.

"The class gives specific steps to describe how beauty, meaning and power can be found in a creative response to the challenges and opportunities of aging," Christian explained. "Each person's contribution adds up to a masterpiece of a life, creatively lived and fully celebrated."

Art of Aging has also become a "masterpiece" of sponsorship with representatives from 14 different organizations, such as Health Alliance Plan and American House Senior Residences, that provide educational materials to attendees. Feedback surveys showed that 98% of attendees would return and recommend the event to friends and family. Research on aging was also well served. After the restaurant-style

lunch, guests completed a brief research survey on computer habits for Dr. Kay Cresci, IOG faculty advisor to the conference.

"Art of Aging energizes all of us," Dr. Cresci said of the committee that organizes the event. "Much of what makes aging successful is outlook and attitude. These seniors embrace the positive. Gene Pisha chaired the Elder Advisors to Research committee that organized the 2008 event. "The day was a memorable one," Gene said. "Our committee attracts hard working volunteers who know how to have fun, too. They bring creativity to everything they do."

To learn more about next year's conference – *Revitalize, Rejuvenate, Refresh* – call Ms. MacDonald at 313-577-2297 or visit www.iog.wayne.edu.





O U T R E A C H

Healthier Black Elders Annual Event Draws Record Crowd

A unique aspect of the IOG is the magnitude of its community outreach. IOG sponsored events personally touch at least 2,000 older adults every year. The annual Health Reception hosted by the IOG's Healthier Black Elders Center (HBEC) is a popular centerpiece of that outreach. In fact, the event grew so large it was forced to move from Detroit's Charles H. Wright Museum of African American History to Bert's Warehouse Theater in the historic Eastern Market.

In June of 2008, the event's new home drew a record crowd of approximately 1,250 older African Americans for free health screenings, educational information, inspiring speakers, and demonstrations of safe yet effective exercise. "Research without outreach is like a plan that is never executed," said Dr. James Jackson of the University of Michigan, who co-directs

HBEC's parent organization with Dr. Lichtenberg. "It doesn't function. It can't serve its purpose."

Now in its 7th year, the Health Reception has built a reputation throughout Detroit for combining trustworthy health information with high energy entertainment to encourage guests to eat better, exercise more and age well. Because African Americans have higher rates of several chronic illnesses, the Health Reception consistently provides free health screenings for cholesterol, blood pressure, diabetes and other problems common as people age.

"This year our healthcare partners provided 683 screenings," Dr. Washington said. "Of those, 181 results were in the high-to-dangerous range and these people were advised to follow-up with their physician immediately. This event doesn't only change



Dr. Washington introduces the day's programming.

lives – sometimes it saves them." Dr. Washington directs the HBEC and has been a key organizer of the event since its inception in 2002. HBEC is the outreach arm of the Michigan Center for Urban African American Aging Research, funded by the National



“Research without outreach is like a plan that is never executed.”

– Dr. James Jackson



Opposite Page: Audience exercises with crowd pleaser Ernie Clark, musician Marcus Belgrave and Charlie Gabriel, guest receives free health screening. Upper right inset, left to right, speakers Jay Butler, Marilyn French-Hubbard, James Jackson. Lower left inset, Dr. Lichtenberg gets a group hug from four of the events' 55 volunteers.

Institute on Aging and jointly run by the University of Michigan and Wayne State.

The Health Reception also lays the foundation for tomorrow's quality research. Every guest is invited to be part of the HBEC pool of research partners willing to participate in future research projects. The

Participant Resource Pool (PRP) now has a data bank of 1015 urban African Americans willing to consider taking part in research projects. Most signed up after learning about the project at a Health Reception. "I am deeply grateful to every elder who helps us reach our goals," said Dr. Washington.

Free Registration Needed to Attend 2009 Health Reception

To insure the safety and comfort of all who attend, free pre-registration will be required for entry to the 2009 Health Reception. The simple registration process can be done by phone, fax or mail. Guests must show their registration ticket to enter. Registration instructions will be included on all event publicity.

"We understand that pre-registration is a little less

convenient for our guests, but the event has become increasingly well-attended," said Dr. Washington. "By requiring registration, we can guarantee that everyone who comes will have access to some of the health screenings, to the exhibitors, and have a seat for the program, the exercise session and lunch. Our elders deserve this level of comfort and respect."

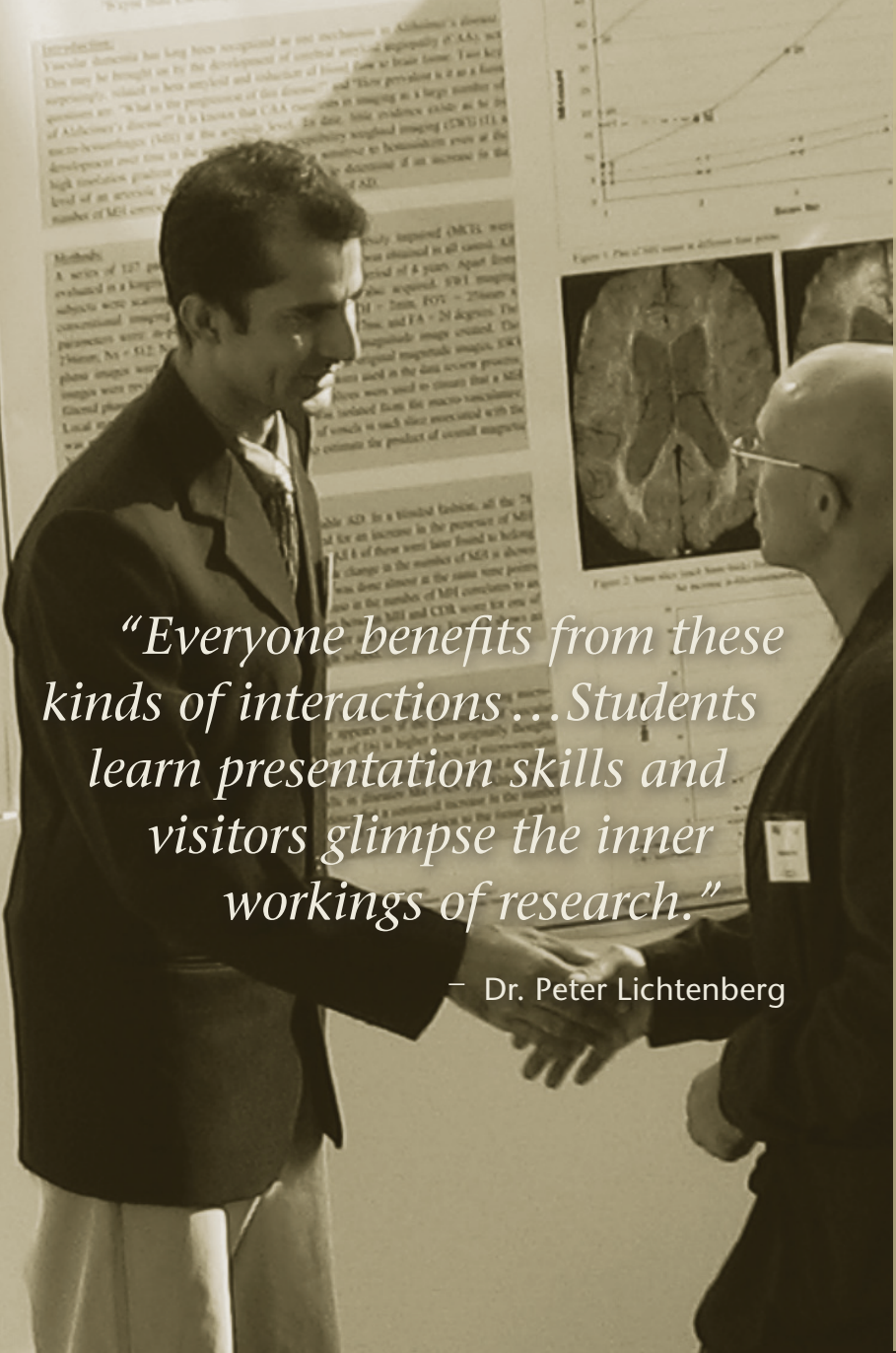
Customized Programs for Older Detroiters

Education of older adults is a core principle of the Healthier Black Elders Center. Detroit's older African Americans need honest, accurate information about health, medicine and preventative care. The Healthcare Consumer Learning Series, founded in 1997 as an outreach component of the HBEC, answers that need with five free health presentations a year, each with ample time for questions and answers, and easy-to-understand take home materials.

Physicians, social workers, nurses, gerontologists and psychologists are among the experts who present on relevant topics as identified by seniors in the community. Series programs are held at churches, senior centers, apartment complexes, and health centers throughout the city. Each typically draws a crowd of 20-50 interested older adults. "The smaller numbers in a cozy venue encourages people to ask questions so they fully understand the health information," said HBEC Director Olivia Washington, Ph.D., who is also a College of Nursing faculty member.

The newest forum in the series was open to African American males only. It launched this October at Presbyterian Village of Brush Park Manor with experts in prostate health, sexuality, and healthy male aging. "The content was determined by the residents of Brush Park," said series organizer Patricia Rencher. "Our planning team tailored the forum specifically for this group." For future dates and topics, please call Ms. Rencher at 313-577-2297, ext. 351.

Is a Progressive Increase in the ...
 an Earlier Sign of Alzheimer's Disease?
 E. Mark Haacke^{1,2}, Muhammad Ayyaz¹, Alexander S. Boikov³, Bharani Krishnamurthy¹, Elena Masova¹, April Dickson¹, Cindy Dickson¹, Wabed Baqai¹, William Brax¹, Wolff Kirsch¹, Daniel Kiko¹
 Wayne State University, Detroit, Michigan; The MRI Institute for Biomedical Research, Detroit, Michigan; Loma Linda University, Loma Linda, California



“Everyone benefits from these kinds of interactions ... Students learn presentation skills and visitors glimpse the inner workings of research.”

— Dr. Peter Lichtenberg

How to Explain Complex Research? Put it on a Poster

Sixteen students in the IOG's training program outlined their research projects last fall by displaying key concepts on colorful 3'x 5' posters filled with graphs, photos, charts and talking points. Three of the students won monetary prizes for the quality of their research and the professionalism of their presentation.

The students – tomorrow's leaders in gerontology – used their posters to explain complex research concepts to the nearly 100 visitors. “Everyone benefits from these kinds of interactions,” said Dr. Lichtenberg. “Students learn presentation skills and visitors glimpse the inner workings of research.”



Front - Awantika Deshmukh, Stacey Schepens and Andrew Bender.

This year's topics included brain changes as we age, personality disorders in the elderly, chemotherapy and memory skills, and the health of older Mexican Americans. All posters were professionally judged by a team of three IOG faculty members. The winners, all pre-doctoral trainees, were:

1st Place: Andrew R. Bender (experimental psychology), for *Effects of Age on the P3 Component in ERPs to a Cross-Modal Recognition Memory Task*. P3 is a brain waveform detectable by EEG.

2nd Place: Stacey Schepens (occupational therapy), for *Is the Short Version of the Activities-Specific Balance Confidence Scale a Valid Measure of Balance Confidence, and is it Related to Balance Impairment and Falls in Older Adults?*

3rd Place: Awantika Deshmukh (cognitive psychology), for *Homocysteine and General Cognitive Function: A Meta-Analysis*. Homocysteine is an amino acid that has been related to a higher risk of heart disease and stroke.

Students also present their research at the Gerontological Society of America (GSA) annual meeting in mid-November. “This is an excellent rehearsal for the GSA,” Andrew Bender said. “A live audience requires us to be better communicators to help them comprehend our work.”

First IOG-Funded Faculty Fellow Attains Tenure

Numerous publications, new research, broader scholarly networks, involvement in women's aging issues, and a promotion to tenured faculty marked Dr. Heather Dillaway's impressively productive faculty fellowship at the IOG. Dr. Dillaway is an associate professor in sociology at Wayne State and one of only a few young, female researchers in the U.S. who study the behavioral and cultural impact of menopause. She was chosen to receive the IOG's first faculty fellowship, a one-year stipend that allowed her to lighten her teaching load, learn more about aging issues that relate to her primary research, and form professional relationships with IOG faculty, students and colleagues.

"If not for this fellowship, I could not have stayed on track and streamlined my ability to complete empirical research and publications during the past year," Dr. Dillaway said. "I've also been able to feel connected to the IOG and establish closer ties to many of my colleagues who study aging."

Dr. Dillaway has been fascinated with women's reproductive health – especially menopause – since noticing the changes in her own mother during midlife. Colleagues tried to dissuade her by saying menopause was boring, but for the millions of women currently going through it, menopause is anything but dull. One of her latest research projects, based on 121 in-depth interviews, uncovered some surprising attitudes among menopausal women. Forty percent viewed hot flashes negatively, not because of the physical sensations *per se* but because these symptoms could sometimes be seen by people around them and are unpredictable. Study



Left to right: SCIM (Spinal Cord Injury and Menopause) team, Katherine Cross, Dr. Cathy Lysack, Dr. Janice Schwartz, Dr. Heather Dillaway

subjects talked about the embarrassment of: Being a career woman in an all-male meeting and having a noticeable hot flash, thermostat arguments with partners and children, excusing themselves from work so bosses or customers don't notice the symptoms, and perspiration so severe that clothes must be changed or make-up redone.

"Stress can make hot flash symptoms worse," said Dr. Dillaway, "so allowing women to be open about what is happening during menopause can help relieve the stress of trying to hide it."

Dr. Dillaway's other research interests include

how women cope with hysterectomies; natural childbirth; exercise, aging and disability; and surrogacy. In 2008, she published three book chapters and articles in five refereed journals. She also presented at the annual meetings of both the Gerontological Society of America and the Society for the Study of Social Problems, and an NIH Human Development Conference on the Menstrual Cycle and Adolescent Health. A dedicated teacher, Dr. Dillaway always makes time to advise and mentor students. She graduated three masters students and three doctoral students during her fellowship year.

"If not for this fellowship I could not have stayed on track and streamlined my ability to complete empirical research and publications during the past year."

- Dr. Heather Dillaway

E D U C A T I O N

WAYNE STATE UNIVERSITY FACULTY ASSOCIATES

These IOG's faculty associates represent a comprehensive list of professionals from an exhaustive range of disciplines. Each member of this prestigious group has expressed deep interest in the IOG's study of aging or been a collaborator on research projects that have a gerontological component. Many faculty associates have also presented in our colloquia series.

Antonia Abbey, Ph.D.

Professor, Psychology

Joshua Adler, Ph.D.

Associate Professor, Neurology

Terrance Albrecht, Ph.D.

Professor, Karmanos Cancer Institute

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*

Gerry Conti, Ph.D.

Assistant Professor, Occupational Therapy

Heather Dillaway, Ph.D.

Associate Professor, Sociology

Colette Duggan, Ph.D.

*Adjunct Assistant Professor,
Rehabilitation Institute of Michigan*

R. Darin Ellis, Ph.D.

Associate Professor, Engineering

Robert Erlandson, Ph.D.

Professor, Engineering

Doree Ann Espiritu, M.D.

Psychiatrist, Henry Ford Health System

Joseph M. Fitzgerald, Ph.D.

Professor, Psychology

Robert Frank, M.D.

*Executive Dean for Academic and Student Programs
School of Medicine*

Allon Goldberg, Ph.D.

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

Mary Herring, Ph.D.

Associate Professor, Political Science

Faith Hopp, Ph.D.

Assistant Professor, Social Work

Suzanne L. Keller, Ph.D.

Clinical Assistant Professor, Psychiatry

Anjan Kowluru, Ph.D.

*Professor, Pharmaceutical Sciences
Research Career Scientist, Detroit VA Medical Center*

Mark A. Lumley, Ph.D.

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

Mary Beth O'Connell, Pharm.D., BCPS, FSHP, FCCP

Associate Professor, Pharmacy Practice

Joseph M. Pellerito, Jr., Ph.D., OTR

*Associate Professor, Pharmacy and Allied Health
Academic Director, Occupational Therapy Program*

Louis Allen Penner, Ph.D.

Professor, Karmanos Cancer Institute

Richard Raspa, Ph.D.

Professor, English

Ruth Ray, Ph.D.

Professor, English

Andrea Sankar, Ph.D.

*Professor, Anthropology
Director, Medical Anthropology*

Stephanie Myers Schim, Ph.D., RN, CNAAP/APRN, BC
Associate Professor, Nursing

Mary Sengstock, Ph.D.
Professor, Sociology

Rhonna Shatz, D.O.
Neurologist, Henry Ford Health System

Joanne Sobbeck, Ph.D.
Associate Professor, Social Work

Mark Speece, Ph.D.
*Assistant Professor and Director of Curriculum Management
School of Medicine*

Joel Steinberg, M.D.
Clinical Assistant Professor, Internal Medicine

John M. Strate, Ph.D.
Associate Professor, Political Science

Ozlem Tulunay, M.D.
Assistant Professor, Otolaryngology

April Vallerand, Ph.D., RN
Associate Professor, Nursing

Linda S. Weglicki, Ph.D, RN
Assistant Professor, Nursing

Feleta Wilson, Ph.D., RN
Associate Professor, Urban Environment / Nursing

Lee Wurm, Ph.D.
Associate Professor, Psychology

Jinping Xu, M.D., MS
Assistant Professor, Family Medicine

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

GRADUATE STUDENT TRAINEE AWARDS

WAYNE STATE UNIVERSITY

Board of Governors Grant – **Andrea Nevedal**
Campus Life Leadership Award – **Andrew Bender**
College Research Day Award, 1st Place – **Stacey Schepens**
Dean of Students/Student Council Award – **Andrea Nevedal**
Dissertation Award – **Emily Briceno, Awantika Deshmukh**
Graduate Professional Scholarship – **Emily Briceno, Cheryl Dahle, Stacey Schepens**
Graduate Teaching Assistantship – **Andrea Nevedal**
King, Jr. / Chavez / Parks Future Faculty Fellowship – **Edmundo Reyes**
Murray Jackson Endowed Scholarship Award – **Andrea Nevedal**

POSTER SESSION JURIED AWARDS

IOG – **Andrew Bender (1st), Awantika Deshmukh, Stacey Schepens**
Michigan Physical Therapy Association – **Stacey Schepens (1st)**
Julie A. Thomas Award – **Andrew Bender**

TRAVEL AWARDS

Alliance Graduate Education Professoriate – **Angela Guy Lee**
American Psychological Association – **Brooke Schneider**
Department of Psychology – **Andrew Bender, Cheryl Dahle, Brooke Schneider**
King, Jr. / Chavez / Parks Conference Future Faculty – **Edmundo Reyes**
Wayne State University Graduate Student Professional – **Stacey Schepens**
Wayne State University Dean of Students / Student Council – **Andrea Nevedal**

REGIONAL

Blue Cross Blue Shield of Michigan Foundation Student Award – **Stacey Schepens**
Distinguished Master's Thesis, Midwest Assoc. of Graduate Schools – **Brooke Schneider**
Hubert and Elsie Watson Endowed Memorial Scholarship – **Stacey Schepens**
SCAN Elder Law Center Scholarship – **Andrea Nevedal**
Society for Neuroscience (Michigan Chapter) Duncan McCarthy Award – **Andrew Bender**

NATIONAL

Who's Who in Healthcare, Honors Edition – **Stacey Schepens**

INTERNATIONAL

Golden Key International Honour Society Scholar Award – **Edmundo Reyes**

E D U C A T I O N

POST-DOCTORAL FELLOWS

Post-doctoral fellows have attained a doctorate and are now conducting aging-related research. The IOG helps to advance this research by providing funding, resources and faculty support.

Diane Adamo, Ph.D.

Kinesiology, University of Michigan, 2007

Researching the influence of age on sensorimotor skills.

Mary Elizabeth Bowen, Ph.D.

Sociology, Virginia Polytechnic Institute, 2006

Researching racial disparities in health by examining functional impairments of older adults over time.

Donyell Coleman, Ph.D.

Clinical Psychology, Wayne State University, 2006

Researching how the partnership between the patient and the physician affect decisions about participating in clinical trials to treat cancer.

Marci Gleason, Ph.D.

Social and Personality Psychology, New York University, 2004

Researching how expectations of a cure influence decisions about cancer treatment. Also researching how personality disorders present themselves differently across the lifespan.

Kristen Kennedy, Ph.D.

Psychology (Cognitive Neuroscience), Wayne State University, 2007

Researching age-related differences in the volume of specific regions of the brain.

Heather Orom, Ph.D.

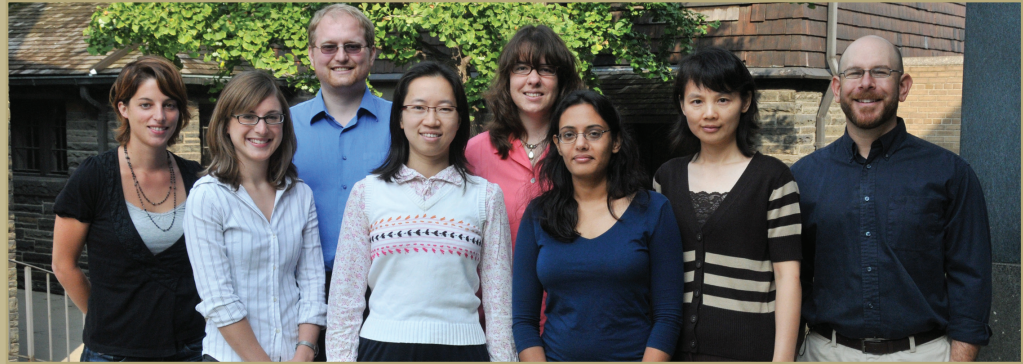
Psychology, University of Illinois at Chicago, 2005

Researching how a patient's age and degree of involvement in consultations about cancer diagnosis and treatment influence the quality of relationships with physicians and companions.

Karen Rodrigue, Ph.D.

Psychology (Cognitive Neuroscience), Wayne State University, 2007

Researching the affects of risk factors and methods of modifying those risks on the brain as it ages.



Left to right: Sartje Bergmann, Jean Burton, Kirk Rodgers, Peng Yuan, Cheryl Dahle, Awantika Deshmukh, Yiqin Yang and Andrew Bender

PRE-DOCTORAL TRAINEES

IOG faculty members mentor these students in their aging-related research and course work as they work toward masters' or doctoral level degrees.

Andrew Bender – Experimental Psychology

Emily Briceno – Clinical Psychology

Chris Brunt – Economics

Jean Burton – Anthropology

Cheryl Dahle – Developmental Psychology

Awantika Deshmukh – Cognitive Psychology

Angela Guy-Lee – Anthropology

Nayoung Kim - Economics

Andrea Nevedal – Anthropology

Edmundo Reyes – Economics

Kirk Rodgers – Cognitive Psychology

Stacey Schepens – Occupational Therapy

Brooke Schneider – Clinical Psychology

Wassim Tarraf – Political Science

Rifky Tkatch – Health Psychology

Yiqin Yang – Cognitive Psychology

Peng Yuan – Bio Psychology



Left to right; Kristen Hennedy, Mary Elizabeth Bowen, Karen Rodrigue

PARTNERSHIP

Shared Goals Inspire Creative Relationships

At the IOG we can only be successful at improving life for older adults if we connect our innovative research, and the expertise of our corporate and community colleagues, to older adults and caregivers. By connecting to organizations that share this core value and have their own initiatives, we heighten awareness and understanding in many creative and expansive ways.



CONNECTION ON AIR

Through WWJ Newsradio's *Caring For Your Aging Parents* website, the IOG has been able to provide cutting-edge information to the largest caregiver demographic in Detroit. In turn, WWJ has provided public service announcements for IOG outreach conferences and events, helping attendance to skyrocket.



COMMITTED TO EDUCATION

HCR-ManorCare, through local Arden Courts

facilities, has been a strong supporter of the Issues in Aging Conference for several years. This year, our colleagues at Arden Courts shared the research and outreach of the IOG with their counterparts at Heartland and HCR-ManorCare, causing our sponsorship to grow threefold over the previous year. HCR-ManorCare sponsored the Michigan Occupational Therapy Association conference this year at which the IOG SAGE mental health training program was highlighted. Heartland also sponsored all of the IOG's conferences and a separate breakout session at the Art of Aging Successfully. As our partnership deepens, the IOG looks forward to lending expertise and guidance at Heartland events and will integrate our programming extensively to caregivers at Arden Courts facilities.



21ST CENTURY NETWORKING

FirstStreet Online markets a wide array of products on their website to enhance the lives and safety

of seniors. They work with innovators and experts in the marketplace to provide integrity, quality and convenience for caregivers and older adults. Our partnership with FirstStreet Online is in its initial stages and is based on our expert advisory role in reviewing some of their products. By connecting with FirstStreet Online, the IOG can unite knowledge and research with the everyday needs of older adults on a national level.



CORPORATIONS THAT CARE

Anthony Filippis, the founder of Wright & Filippis, was personally committed to supporting the population he served. This year, Wright & Filippis began sponsoring the IOG on Bob Allison's *Ask Your Neighbor* radio show and participated in our outreach conferences. The IOG was honored to be recognized by the Wright & Filippis Foundation this year as one of the non-profit charities they supported at their annual fundraising event.



Background photo: Robert Gillette of AHF distributes food to older adults at Central Church Detroit.

Lower right: James Fuller walks again thanks to Sr. Benda at Cabrini Clinic and a donation from the American House Foundation. 84 year old Inkster resident receives AHF grant to have a ramp installed.

The American House Foundation: Resources for Today, Research for Tomorrow

The IOG is honored to introduce its first Legacy Gift through the formation of the American House Foundation. In December of 2007, as an expression of their commitment to promoting successful aging, the Gillette family, founders of the American House Senior Living Residences, created the American House Foundation. Its mission is to correct disparities among older adults and to look for solutions to the problems of aging through research and education.

To date, the American House Foundation has raised \$50,000 and provided grants to over 150 seniors in need. The range of aid has included groceries, medical co-pays, utilities, wheel-

chairs and equipment, transportation and home repairs. Ongoing research support includes: identifying depression in the elderly, comparing aging-in-place with moving to a care facility and improving the health of African Americans and Latin's as they age.

The American House Foundation partners with several non-profit agencies in Wayne, Oakland and Macomb counties and has built tremendous awareness in its first year. The IOG is proud to be affiliated with the American House Foundation and to have the opportunity to expand our research and outreach efforts through the legacy of the Gillette family.



"Doctors told him he needed special shoes. They cost \$500. No one had that kind of money." — Sr. Lenora Benda

PARTNERSHIP

CORPORATE AND COMMUNITY

The IOG partners with corporate and community organizations dedicated to improving the aging process through education, research and outreach. These committed groups and the people who represent them provide much-needed funding, as well as a network for connecting research to practice. By expanding our reach and enhancing the awareness of issues that older adults are confronted with, we are able to work with our partners to promote successful aging in the Detroit area and beyond.

PREMIER MEDIA PARTNER

WWJ 950 Newsradio

LEGACY PARTNER

American House Foundation

PLATINUM SPONSORS (\$25,000 AND ABOVE)

Retirement Research Foundation
The Mary Thompson Foundation

GOLD SPONSORS (\$10,000 TO \$24,999)

Your Aging Well Advisor
Wright & Filippis
HCR-ManorCare

SILVER SPONSORS (\$5,000 TO \$9,999)

Arden Courts
Blue Cross Blue Shield of Michigan
FirstSTREET for Boomers and Beyond
Health Alliance Plan of Michigan
Heartland
Molina Healthcare Advantage
Presbyterian Villages of Michigan
Visiting Nurse Association of Southeastern Michigan
Young Woman's Home Association

BRONZE SPONSORS (\$2,000 TO \$4,999)

Adult Well-Being Services
American Diabetes Association
Area Agency on Aging 1-B
Center for Elder Law
Center for Financial Planning
Detroit Area Agency on Aging
Detroit/Wayne County Long Term Care Connection
Frielberg Press, Inc.
Henry Ford Health System
James Schuster, Certified Elder Law Attorney
Jewish Vocational Services
Matrix Human Services
Novartis Pharmaceuticals
Oakland County Senior Citizen Advocate
Oakwood Healthcare System
Quality Home Health Care
River Towers Rental Agency
Senior Resource Alliance
St. John Hospital & Medical Center, Carelink Services
Sunrise Senior Living
United Methodist Retirement Communities
US Home Health Care, Inc.



PARTNERSHIP

BENEFACTORS

GOLD (\$10,000 AND ABOVE)

- Mr. David and Mrs. Esther Howell
- The LoPrete Family Foundation
- Mr. James H. and Mrs. Marion LoPrete
- Frank G. and Gertrude Dunlap Foundation
- Louis and Nellie Sieg Foundation



SILVER (\$5,000-\$9,999)

- Mr. Robert A. and Mrs. Margaret Allesee



BRONZE (\$500-\$4,999)

- Ms. June Clark
- Ms. Gloria Sniderman
- Mr. Brian Carnaghi
- Dr. Thomas B. Jankowski
- Drs. Susan MacNeill and Peter Lichtenberg
- Mr. Frank Singer
- Mr. Tom Trainer
- Ms. Betty Welsh
- Dr. Olivia Washington



FRIENDS OF THE IOG (\$100-\$499)

- Mr. Thomas J. Jankowski
- Dr. Cathy Lysack
- Dr. Stewart Neufeld
- Dr. Jennifer Mendez
- Ms. Shirley Sherrod
- Mr. James Schuster
- Mr. George Gregory
- Mr. John Villa



Clockwise from upper left: Ruth and James Loprete at IOG annual gratitude event. EAR members Gene and Jean Pisha, Dr. Jankowski and Mr. Thomas Jankowski, Gloria Sniderman, Karen Bacsanyi and Pat McDonough, Ester and David Howell with Dr. Cathy Lysack.

G U I D A N C E

BOARD OF VISITORS

The Board of Visitors Leadership Council is comprised of a broad spectrum of community volunteers and professionals. The Board's mission is to raise awareness and monies for events, endowments and scholarships. These programs support the Institute's ability to conduct relevant research, to educate the community about aging, and to connect seniors and their families to current knowledge.



Betty Welsh



Tom Trainer



John Villa

Esther Howell – CO-CHAIR
*Commissioner, Michigan Department of Community Health,
Commission on Services to the Aging (Retired)*

David Howell – CO-CHAIR
CPA, Principal, Schroeder, Howell & Trefzer, P.C. (Retired)

Lynn Alexander
Your Aging Well Advisor

Bob Allison
Broadcast Host, Ask Your Neighbor

Eugene Baron, M.D.
Ophthalmologist (Retired)

Thomas Boaks
Senior Partner, Towne Centre Financial Services

June Clark
Project Director, ACTIVE Project, Institute of Gerontology

Robert W. Gillette
Assistant to the President, American House Senior Living Residences

Karl Gregory, Ph.D.
Distinguished Professor Emeritus, Oakland University

Georgianne Herbert
Program Director, WWJ Newsradio

Arthur Johnson, Ph.D. (honorary)
Community Volunteer

Barbara Kopasz
Associate Vice-President, Health Alliance Plan

Ruth LoPrete
Attorney and Trustee, The Westerman Foundation

Louise M. Morman
Founder, EldercareLearnings.com

Roger Myers,
*Chief Executive Officer
Presbyterian Villages of Michigan*

James Schuster
Certified Elder Law Attorney

Tom Trainer
Attorney; Kemp, Klein Law Firm

John Villa
*Manufacturing Manager, General Electric Company
(Retired)
Community Volunteer, LASED*

Betty Welsh
Elder Advisors to Research Board Member, IOG

INSTITUTE OF GERONTOLOGY STEERING COMMITTEE

Steering committee members make on-site visits to review the IOG's accomplishments and help to set the direction for the coming years. Their strategic recommendations are released in a full report to IOG faculty and staff.

Paul Bridgewater

Executive Director, Detroit Area Agency on Aging

Sharon Gire, MSW

Director, 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



Photos from left to right: Geraldine Jackson and Hayes Jones, Dr. Karl Gregory and Dr. Lichtenberg, Paul Bridgewater, Dr. Terrance Albrecht, Dr. Jankowski and Dr. Lichtenberg.



WAYNE STATE UNIVERSITY INTERNAL ADVISORY BOARD

The Internal Advisory Board consists of key faculty and administrators at Wayne State from an array of departments corollary to gerontology. Members work to oversee the integration of the IOG into the university's broader academic mission.

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Karmanos Cancer Institute*

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*Dean
College of Science*

Phyllis Vroom, Ph.D.

*Dean and Associate Professor
School of Social Work*



Dr. Hilary Ratner



Dr. Phyllis Vroom



Did You Know?

The IOG has more older adults planning and attending its outreach programs than does any other behavioral and social gerontology program in the United States. "Older adult involvement heightens authenticity and excellence," said IOG Director Dr. Lichtenberg.

WAYNE STATE
UNIVERSITY

Institute of Gerontology

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