



Institute of Gerontology Timeline
Promoting Successful Aging in Detroit and Beyond



[No. 245.]

AN ACT to establish an institute of gerontology; to prescribe its functions; and to make an appropriation for its operation.

The People of the State of Michigan enact:

390.31 Institute of gerontology; authorization. [M.S.A. 15.2107(1)]

Sec. 1. There may be established by the university of Michigan and Wayne state university jointly, an institute of gerontology for the purpose of developing new and improved programs for helping older people in this state, for the training of persons skilled in working with the problems of the aged, for research related to the needs of our aging population, and for conducting community service programs in the field of aging.

390.32 Same; duties and functions. [M.S.A. 15.2107(2)]

Sec. 2. The institute shall:

- (1) In the field of training,
 - (a) Stimulate and contribute to training in gerontology in the various schools and departments of the universities.
 - (b) Offer specialized interdisciplinary training in gerontology at the graduate and postgraduate levels for those entering or already working in the field.
 - (c) In the fields of research and publications,
 - (a) Encourage, foster and conduct research in all important areas of gerontology.
 - (b) Provide research support for university instructional staff and other investigators in gerontology.
 - (c) In the field of community service, organize and promote programs of community education and services in the field of aging, and shall conduct courses and educational activities designed to serve those working with our older citizens.

390.33 Same; establishment; rules and regulations. [M.S.A. 15.2107(3)]

Sec. 3. The institute shall be established by, and governed in accordance with the rules and regulations of the board of governors of Wayne state university and the board of regents of the university of Michigan.

This act is ordered to take immediate effect.

Approved July 21, 1965.

Wayne State University

Memorandum

To: Center/Institute Directors*

From: Garrett Haberlein, Vice President for Research
and Dean of the Graduate School  Tel: 7-5600

Subject: Official Charters

Date: July 8, 1967

I am pleased to enclose the officially approved charter for your Center/Institute. This charter was officially approved by the Board of Governors at its May 3, 1967 meeting. Since the wording might be slightly different than previous versions, I encourage you to replace all drafts so as to avoid potential confusion. All future reviews and evaluations will be made in accordance with the enclosed charter.

GR:ln(a:CTB)

Mr. Abramson, Interim
L. Ganser, Director,
W. Hamlin, Director,
A. King, Director, B1
O. Miller, Director,
R. Montgomery, Director,
M. Sahlin, Informatics
E. Schaefer, Director,
N. Stack, Director, L
S. Thomas, Institute

cc: D. Adamsky
S. Cohen

INSTITUTE OF GERONTOLOGY

Charter

1.0 Institute of Gerontology

1.1 There shall be an Institute of Gerontology, whose mission will be to pool, integrate and enhance the resources available to Wayne State University in the multidisciplinary field of gerontology and to use such resources for:

- a) facilitate and conduct basic and applied research,
- b) develop and improve academic and other training programs, for persons working in industries and programs that serve the aged, and
- c) promote the development and evaluation of community services and public policies that will address needs of the aged population.

In carrying out this mission, the Institute shall seek to obtain and request external funding support from both private and public sources. The Institute will also seek to cooperate and collaborate with public and private agencies and corporations in the development of research, administration and training programs.

2.0 Personnel

2.1 The Institute shall be managed by a director appointed by the President or his/her designee and serving at his/her pleasure. The director shall report to the President or his/her designee.

2.2 The staff of the Institute shall be multidisciplinary, and include, as necessary, research faculty paid fully or in part from Institute funds, faculty and staff from university departments, research scientists, research associates and

1965

The State of Michigan authorizes Wayne State University and the University of Michigan to establish a joint Institute of Gerontology to develop programs for "helping older people in the state."

1987

Wayne State University approves a charter to establish an independent Institute of Gerontology at Wayne State University, separate from University of Michigan. The mission of the independent institute is to "a) facilitate and conduct basic and applied research, b) develop and improve academic and other training programs, for persons working in industries and programs that serve the aged, and c) promote the development and evaluation of community services and public policies that will address needs of the aged population."



1988

The Graduate Certificate in Gerontology Program is approved by Wayne State University's Board of Governors in 1988. It is a multidisciplinary program administered through the Institute and the WSU Graduate School. Unique to Michigan at the time, the Institute's certificate program is the only program in which a graduate student or postdoctoral student from any discipline may earn a graduate certificate in gerontology.



1988

The Institute holds its first four-day Continuing Education Summer Program on Issues in Aging in the suburbs, designed to provide "up-to-date information for practitioners providing services to the elderly." The event provides credits to nurses, physicians, pharmacists, social workers and nursing home administrators. It continues to this day as "Issues on Aging."

Research on Aging
A Quarterly on Social Gerontology
and Adult Development

The editorship of the journal, *Research on Aging*, is based at the Institute of Gerontology. Dr. Rhonda Montgomery, director of the Institute and Dr. Edgar Borgatta of the University of Washington, Seattle, are co-editors of the journal. Institute staff member, Mary McGlass Durrwiler, is associate editor. The editors are responsible for initial in-house reviews of manuscripts, identification of and contact with outside reviewers, and final selection and editing of accepted articles.

Research on Aging is an interdisciplinary journal focusing on research and materials of broad scope and cross-disciplinary interest. Both its contributors and its readership reflect the full range of social science disciplines. Occasionally, the journal will devote an entire issue to a particular area of aging research. During the current year, the September issue focused on the Demography of Aging. The editors are currently developing a special issue of articles on a variety of family and aging issues, all of which are based on analyses of the 1988 National Survey of Families and Households.



13

FROM THE DIRECTOR

The growth in the number of persons reaching older ages has been one of the most significant changes in our society over the past two decades. It is impressive that academic and political leaders in the state of Michigan recognize the significance of this change when they established the Institute of Gerontology in 1965. Since that time, faculty and staff of the Institute have engaged in educational and research projects that have contributed to the well-being of older persons throughout the state and the country.

As we look toward the beginning of the new century and an even greater concentration of older persons in our population, several issues affecting the well-being of older persons can be identified as critical challenges. These include adequate health care, support for long-term care, ethics of medical care, adequate retirement income, alternative work arrangements and employment opportunities, and family relations. These are not, solely, the concerns of individuals, nor are they limited to the elderly. These are also societal issues that have implications for us all. It is the purpose of the Institute of Gerontology to address these and other emerging issues through its research and educational programs and, thereby, provide a critical public service to the people of Michigan—of all ages.

Rhonda J. Montgomery

Rhonda J.V. Montgomery, Ph.D.

FIRST BIRTH

Health Care Services

Carl Jones is collaborating with researchers at the University of Alabama-Birmingham in a NIA-funded study, *Expanding Spousal Insurance Coverage for Married Women*. The project is examining the extent of spousal coverage for all other treatment and the extent that state regulations have had on the availability of such benefits. Since the number of states mandating the inclusion of spousal insurance coverage is growing, the extent that state regulations have had on the availability of such benefits will be analyzed in the quantitative data that will be derived from the qualitative data that will also be derived from the study.

Health Care Services

Rhonda J.V. Montgomery and Karl B. Kosloski of the Institute are currently conducting a study of the factors that influence the use of long-term care by caregivers of persons who have Alzheimer's Disease in their homes. The study, *Homebased Evaluation of Support Services for Caregivers of Alzheimer's Patients*, is funded by the Michigan Health Care Education and Research Foundation, the philosophy office of Blue Cross and Blue Shield of Michigan. Data is being collected from an ongoing project across the state, developed under funding from the Michigan Department of Mental Health.

On the basis of pilot research, a longitudinal study of the demographic, mental health, and functional status of caregivers of persons with dementia is being conducted in a study across the state. The goal of the study is to provide a better understanding of the characteristics, needs and concerns of families who are caring for one of those with the disease, and to identify gaps and quality of support services that families find effective or ineffective. Results of the study will be presented in the design and delivery of support services that are targeted to the needs and concerns of caregivers.

Health Care Services

Dr. Elizabeth C. Chaganti is currently leading from the *Research on Aging* Association and the American Indian Law Center to conduct a survey of Michigan Indian Health Services. The survey is being conducted in the Indian Health Service units of Public Assistance residing in Michigan. The survey will provide information on the availability of appropriate, accessible, culturally sensitive health services. The project will involve interviewing 100 respondents.

such from the state. Additionally, research on education, employment, and social services will be conducted by several Native Americans identified by the Michigan Department of Public Health and others and community organizations.

Health Care Services for the Elderly

Elizabeth E. Chaganti is the aging specialist and project manager for *Support Model Health Services for Older Adults*, collaborating with Thomas J. Russell, Ph.D. principal investigator, and Rose C. Gilman, Ph.D. specialist in community aging, from the University of Michigan School of Social Work. The project is a longitudinal study of the health and functional status of older persons, and the relationship between mental health and aging network services. The project is currently in the data collection phase. Secondary analysis will examine data collected from the project and will be used to identify gaps in services. The project is currently in the data collection phase. The project will provide information on the availability of appropriate, accessible, culturally sensitive health services and the relationship between mental health and aging network services.



1990

Dr. Rhonda Montgomery, Director of the Institute, co-edits the journal, *Research on Aging*. This prestigious journal is still in publication today.

1991

A longitudinal study funded by the National Institute of Mental Health begins in February 1991 to measure caregiver support service use. Approximately 600 caregivers of patients with Alzheimer's Disease were interviewed for this project. Project investigators were Drs. Rhonda Montgomery and Karl Kosloski.



1994

The Institute publishes its inaugural issue of the Wayne State University Institute of Gerontology newsletter titled *Transitions* in Spring 1994. The newsletter will familiarize all individuals connected to the IOG with the Institute's faculty and staff, research projects and educational programs.

Dr. Elizabeth Chapleski



Mildred Jeffrey

1996

The Institute's Elder Advisory Board (now Elder Advisors to Research) forms, co-chaired by Dr. Elizabeth Chapleski and Dr. Donna Cochran. This group of older adults meets an important strategic planning objective of the Institute: to receive feedback and advice about research, education and service activities of the Institute. Mildred Jeffrey is a founding member.

\$1
MILLION

1996

The Institute's research and contract grants pass the \$1 million mark for the first time to \$1,037,000.



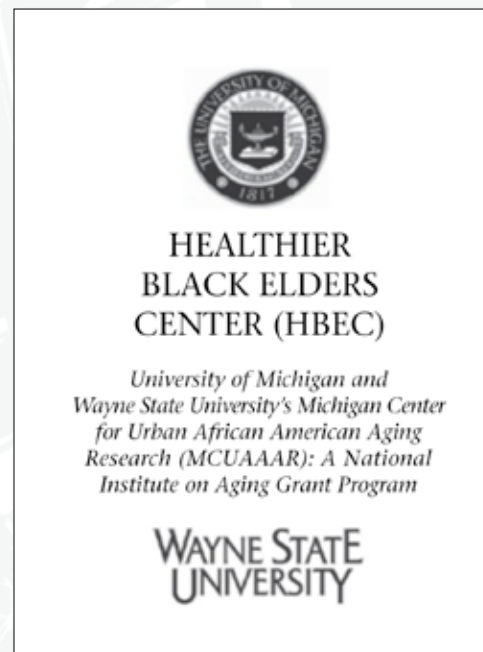
1997

The Institute starts its predoctoral training program.



1997

\$10 Million is awarded to Wayne State University and the University of Michigan's Program for Research on Black Americans and Institute of Social Research to form the Michigan Center for Urban African American Aging Research (MCUAAAR). This is one of six new resource centers created to improve the health of older minorities through education, scholarship and research participation. Funding comes from the National Institute of Aging (NIA), National Institute of Nursing Research (NINR), and the Office on Minority Health (ORMH). The Center is now in its 17th year, and fourth five-year renewal of NIA funding.



1998

MCUAAAR funding is used to create the Healthier Black Elders Center, headed by Peter Lichtenberg and James Jackson. Its mission is to recruit more older African Americans to volunteer for research studies. African Americans had been greatly under-represented in research. The Center continues today and has an active research volunteer pool of more than 1,000.

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Elders Provide Sound Advice



our research data and tell them about the scope of our activities, and then we ask them to share with us their ideas about activities we're currently doing or could be doing."

"Since the twice-yearly meetings began a year ago, several IOG faculty members have discussed their research findings with the EAR group, including Chapelski, who continues to work with American Indian elders; Cochran, who is proceeding with studies of African-American father-daughter relationships; Dr. Ann Hargan, who specializes in gerontological nursing with a focus on mental health in aging; and Dr. Ruth Ray, a WSU professor of English and Bookbinds fellow at the institute, who has been conducting research on older women locally through their autobiographical life stories. Dr. Joseph Fitzgerald, an IOG faculty associate, also discussed his Alzheimer's disease research and issues of recruiting participants for the related studies. In the future, other institute faculty members will have the opportunity to talk about their fields of interest, Chapelski said.

"She thinks of the EAR members as the "eyes and ears of the community." With their sense of Detroit history and knowledge about the area's elderly population, they have contributed sound advice on a number of issues, especially regarding issues of access to community groups.

"We have had some really good conversations," she said.

In keeping with Wayne State University's urban mission and the Institute of Gerontology's strategic plan, institute faculty members decided to bring together prominent elders in the Detroit area to share research and education information and gain insight into the real-world problems elders face. The result is the Elder Advisors to Research or EAR committee, which currently has 19 members, aged 60

"These are people with experience and knowledge,"



Our thanks to the Elder Advisors to Research Members:

- Minnie G. Adams
- May Berkley
- Jan Calle
- Roberta Cottman
- Virginia Crowthers
- Marie Gayton
- Charles Jackson
- Tom J. Jankowski
- Mikhael Jeffrey
- Virgil Jones
- Ellen Kayrod
- Hector Lopez
- Marion McCarthy
- Charles Meyers
- Anna Michal
- Clay Mitchell
- Leon Shepard
- Betty Tishah
- Ann Zuzich

1999

A group of older adult volunteers (the revised Elder Advisors to Research) at the IOG creates the Art of Aging Successfully conference to showcase the creative contributions of peers. The first Art of Aging hosted about 70 participants. The 2014 Art of Aging displayed the works of more than 100 artists to nearly 300 attendees.



Wayne State University

INSTITUTE OF Gerontology

Fall 2000 - Volume 7 - No. 2

"Unrivaled Connectivity"

Transitions

Five new faculty members join IOG for 2000-2001 year

For the fall semester 2000, a total of five new faculty have joined The Institute of Gerontology — Doree Ann Espiritu, Tom Jankowski, Mark Luborsky, Cathy Lysack and Stewart Neufeld. IOG Director Peter Lichtenberg is also expecting to recruit for two new positions this coming year — cognitive neuroscience and health disparities/inequality aging. "When I told everyone that the IOG hallways would be full this fall, I didn't expect this amount of activity and good fortune," said Lichtenberg.

Doree Ann Espiritu, M.D., represents a growing connection between the Department of Psychiatry and the IOG. In June 2000, the second class of geriatric psychiatry fellows completed one-year minor rotations in research. In the spring of 2000, a joint initiative between psychiatry and the IOG created the geriatric psychiatry research team. From the Department of Psychiatry, Antonius Mangun, Suzanne Keller, Anas Naseem and Doree Ann Espiritu have teamed up with IOG Director Peter Lichtenberg and faculty associate Susan MacNeill to form this research team. The team's first focus will be on mental health issues in long-term care settings.

Dr. Lichtenberg stated, "We hope to support Dr. Espiritu's development as a first-class researcher."

Thomas B. Jankowski, Ph.D., has rejoined the IOG as an Assistant Professor of Research after spending the past year as a Dissertation Fellow in the Department of Political Science. Tom spent several years as a Research Assistant at the IOG, developing and maintaining our computer network and Internet presence and assisting other faculty with data management and analysis. He has resumed that role again and also continues to pursue

See NEW FACULTY on Page 3





2000

Peter Lichtenberg becomes the Director of the Institute of Gerontology. Five new faculty members (Doree Ann Espiritu, Tom Jankowski, Mark Luborsky, Cathy Lysack and Stewart Neufeld) join shortly after, expanding the Institute's expertise in geriatric psychiatry, political socialization and the effects of the aging process, aging and health disparities, community identity, physical disability, and health decision-making.

Raz Granted \$3 Million to Measure Aging Brain



Peter Espenberg and Naftali Raz

For 20 years, Dr. Naftali Raz has been studying the course of cognitive aging among healthy adults. With every new project, the central question stays the same: What does "normal" aging look like?

What distinguishes diseases such as Alzheimer's from the normal changes that occur with time? According to Raz, the evidence isn't in memory and the ability to learn—the heart and soul of cognitive neuroscience—are among the most elusive age-related changes. But this shouldn't lead us to the wrong conclusion, he warns.

"Many symptoms of cardiovascular disease continue to be confused with aging," he won't be able to discuss the real health problems associated with aging until we have a baseline.

As director of the ICG's Lifespan Cognitive

The new project, Neural Correlates and Modifiers of Cognitive Aging, takes the science of memory and mental processes to the next level. These domains—brain structure, blood composition, and cognitive performance—will be tracked for five years in at least 300 adult participants.

Naftali Dr. Brad Jacobs from WOV's School of Medicine will focus on blood markers that reflect risk levels for stroke and other vascular disease. These markers will be studied together with MRI scans and multiple measures of memory and reasoning on three separate occasions. Dr. Chuan Lindenberg from the Max Planck Institute of Human Development and Dr. Paolo Ghisleria from University of Geneva in Switzerland will then develop sophisticated statistical models of these already sophisticated statistical models of the observed/modified and cognitive changes.

All this has a dramatic impact, explained Raz, on the study's strength and relevance. "More measurements, participants, and precise statistical methods mean more power to analyze change." This large, complex, and longitudinal study builds on our ability to track changes in brain structure, health, and cognition over time. It promises profound new knowledge of aging and lifelong health.

Neuroscience Research Program, Raz makes sure that his lab uses cutting-edge magnetic resonance imaging (MRI) equipment to detect the most subtle structural changes in the brain. Longtime collaborator Dr. E. Mark Haacke, principal and director of the MRI Institute for Biomedical Research, works with Raz's team to make sure their MRI scans attain three times as powerful as typical clinical scans.

"More measurements, participants, and precise statistical methods mean more power to analyze change." Naftali Raz

2001

Naftali Raz, Ph.D., joins the Institute in fall 2001 and forms the first cognitive neuroscience lab at the Institute of Gerontology. Within a few years, he wins a \$3 million grant to study brain changes during normal aging.

2002

Cognitive Neuroscience of Aging lab launches at the Institute under the leadership of Dr. Raz to focus on the physical and cognitive changes as the brain ages.

2

Expositions

Lifespan Cognitive Neuroscience Research Program makes a smooth transition to Wayne

Last fall Dr. Naftali Raz joined the faculty at the Institute of Gerontology and the Department of Psychology at Wayne State.

Dr. Raz reports that his project has been successfully transplanted to Wayne State. "We are currently collecting data on the executive functions study, and on a cohort control sample for the longitudinal study we still run in Memphis. Previously collected data are being analyzed, and presented at scientific meetings: Cognitive Neuroscience Society meeting and Cognitive Aging Conference in April," Raz said.

His project consists of a series of studies that are united by a common goal: to examine neural bases of cognitive aging. Specifically he examines the links between age-related changes in brain regions such as the prefrontal cortex and the hippocampus and performance on cognitive

tasks designed to measure memory and executive functions. The latter sub-study covers many cognitive skills such as working memory (maintenance of material in a short term storage while processing of the material), inhibition of previously learned responses when the latter become

non-adaptive, recognition and integration of the context in which the stimuli are processed, ability to perform two or more tasks at one or to switch between tasks, etc. Executive functions are preferentially affected by aging. Such age-related declines may be responsible for age-related deficits in memory and decision-making.

"We are trying to find out what brain variables mediate the negative effects

and Karen Rodrigue. The three graduate students are enrolled in the Ph.D. Doctoral Training Program at the ICG. "Graduate students play the most vital role in the project because the measurements of brain volumes that we use require a combination of excellent knowledge of Neurometry, understanding of the project goals, and ability to perform precise yet tedious tasks," Raz explained. "I could find

people who would possess one of these qualities, but only knowledgeable graduate students can do it all," said Raz.

Dr. Raz anticipates furthering his research by conducting studies on cognitive aging, using Functional Magnetic Resonance Imaging (fMRI). "We are not only fortunate here at Wayne State to have a 4T Research dedicated magnet at the Brain Imaging Center," said Dr. Raz, "but to also have the expertise and leadership from Drs. Stefan Poser, Greg Moore and Jeffrey Luders in the area." Dr. Raz was instrumental in the recruitment of Dr. Scott Moffat to the ICG and Department of Psychology, a cognitive aging researcher with considerable fMRI experience. Dr. Moffat will join the faculty in August 2002.

♦♦♦♦



"Promoting Successful Aging in Detroit and Beyond"

The ICG has adapted a new motto to give people a better understanding of what we do at the ICG.

"We are hoping the new motto will give us more public recognition," said Lee Ann Johnson, Communication

The motto was developed through polling of the staff and faculty at the ICG. The submissions were narrowed to five finalists and then voted on. The majority chose, "Promoting Successful Aging in Detroit and Beyond."

"I think the motto captures the essence of the ICG," stated Dr. Peter Lichtenberg, Director of the ICG. The new motto will be incorporated into ICG publications and featured in new Institute of Gerontology signage by fall of 2002.



Seniors receive free health screenings at all Healthier Black Elders receptions.

2003

First annual “Healthier Black Elders” reception to thank the older African Americans who have volunteered to participate in research projects on minority aging.



2006

The Institute's research and contract grants total \$5.4 million in annual funding, an all-time high!

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—Cathy Lysack, PhD, OTS

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—Patrick Harty, OTS, Supervisor, Rehabilitation Specialty Services, William Beaumont Hospital

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WAYNE STATE UNIVERSITY

LifeSpan Alliance
FOR HEALTH AND DEVELOPMENT

2007 - 2009

Director Peter Lichtenberg and Cathy Lysack are funded to head a 14-person team of Wayne State experts in pharmacy, psychology, occupational therapy and physical therapy to create interactive DVDs that teach home care workers about mental health issues in elderly patients. More than 300 of these SAGE DVD training kits have been purchased to date.

2010

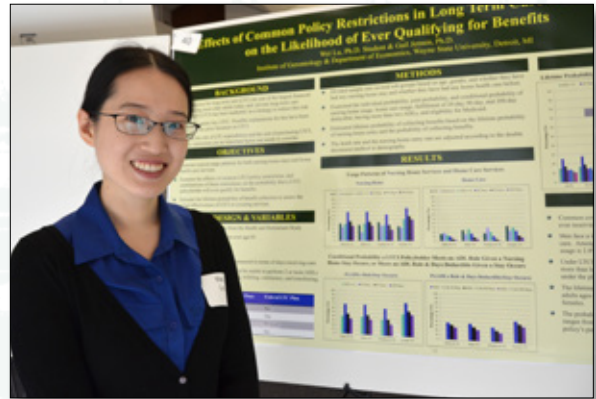
Peter Lichtenberg is now director of Merrill Palmer Skillman Institute for Child & Family Development, as well as the Institute of Gerontology. He forms the Lifespan Alliance to encourage research collaboration across the Institutes from birth to old age.



Children enjoy learning from IOG students how the brain works.



Lab Directors from left: Naftali Raz, Jessica Damoiseaux, Moriah Thomason, Noa Ofen.



2011

Lifespan Cognitive Neuroscience expands with the addition of three neuroscience faculty members and their labs.

2012

The Institute of Gerontology celebrates its 50th predoctoral trainee to receive his or her Ph.D.



2013

The Art of Aging Successfully conference, that recognizes the value of creativity for older adults, marks its 14th year with a record breaking 508 attendees and more than 100 artists!



2011 - 2014

Outreach into the community through education programs on aging for professionals and the public expands dramatically. From reaching fewer than 1,000 in 2005 to nearly 9,000 people in 2013. The program continues to respond to the needs of area residents as the work to improve the welfare of older adults.



1994

Institute of Gerontology



2014

Institute of Gerontology



For information on supporting the work of the Institute of Gerontology, contact:

Kelly Cronin
Major Gifts Officer

313-664-2608
kellycronin@wayne.edu