

# transitions

INSTITUTE OF GERONTOLOGY

*Promoting Successful Aging in Detroit and Beyond*

**Spring 2010**

## IOG Programs Teach Health Care Providers About Aging Issues

At sites throughout Michigan and at the far reaches of the country, IOG faculty members share their expertise on aging with healthcare professionals, caregivers, and lay audiences. Some of this training is through personal presentations and CE conferences, and some is via DVD modules.

IOG Director Dr. Peter Lichtenberg has conducted dozens of train-the-trainer and direct-to-staff sessions at assisted living centers, nursing homes, and rehabilitation facilities. "Even with that, we cannot be everywhere older adults need help," he explained. "So we've created DVD-based training to reach further."

Geriatricians and gerontologists are key providers of care to older adults, but their numbers are dwindling. Gerontologists study the social and behavioral issues of aging. Geriatricians are physicians trained in the medical care of older adults. The US currently graduates only 4-5 geriatricians for every 10,000 people aged 75 or older. By 2050, that number will drop to 1-2.

The IOG tries to fill that knowledge gap by providing training on current aging issues to other professionals who work with older adults. Nurses, aides, psychologists, occupational and



*Dr. Peter Lichtenberg addresses attendees at AAA 1-B Judith Walberg CE conference in Farmington.*

physical therapists, and social workers have responded enthusiastically to IOG programs like the SAGE DVD set on mental health issues. The IOG's Dr. Cathy Lysack is co-director of DVD projects.

"This training is invaluable," Pamela Poteete, a supervisor in Beaumont Hospital's Rehabilitation Services, said. "Now when I encounter an older adult who seems troubled, I have appropriate tools that can help." The 8-DVD set, created through a grant from the Retirement Research Foundation brought together the talents of WSU faculty from across the campus. It is featured in the American Occupational Therapy Association online store and earns six

continued on page 4



*The Healthier Black Elders June 1<sup>st</sup> celebration has moved to New Providence Conference Center (details inside). Register now for free tickets.*

research  
education  
outreach  
partnerships



**New Location** *New Providence Conference Center, 18211 Plymouth Rd., Detroit 48228.*  
 The southwest corner of Plymouth Rd. and the Southfield Freeway, (where K-mart was formerly located).

Pre-Registration  
 Required  
**313-577-1000**  
 First Come First Served



TUESDAY  
**JUNE 1<sup>ST</sup>**  
 7:30am - 2:30pm

**FREE**  
 For All  
 55 years  
 & older

Live



**Hot Lunch**  
 Healthy food

Laugh

Learn

**Panel Discussions**  
 Experts will answer your questions on diabetes & heart disease and how to talk to your doctor.



Detroit's own Comedian  
**Horace H.B. Sanders**  
 winner of Star Search

**Free Health Screenings**  
 Blood Pressure  
 Cholesterol  
 Diabetic Shoe Screening  
 Glucose  
 Glaucoma  
 Senior Balance  
 Dental/Oral  
 Stroke Risk Assessment



Former Detroit Lion  
**Ernie Clark**  
 Leads chair aerobics

**Free Convenient Parking**

**HEALTHIER BLACK ELDERS CENTER (HBEC)**



Carmen R. Green, M.D., HBEC Director  
 University of Michigan and Wayne State University's  
 Michigan Center for Urban African American Aging Research  
 (MCUAAAR): A National Institute on Aging Grant Program



**AWARDS & HONORS**

**Katherine Cross**, M.Ed, a research assistant at the IOG, published an article about the difficulties faced by disabled persons when they try to use standard examination tables in their physicians' offices. "The Hidden Hurdle: Negotiating Exam Tables" appeared in the February 2010 issue of *Paraplegic News Magazine* and will be reproduced by Midmark Corporation to help educate the public about their Barrier-Free Exam Tables. Kathy also presents her work at forums and grand rounds for medical students at both the University of Michigan and WSU.

**Dr. Gail Jensen Summers** received a \$188,000 two-year grant from Novartis Pharmaceuticals to retrospectively analyze patients in their 50s with chronic disease. Dr. Summers will study the health impact and economic costs when pre-Medicare aged patients do not adhere to their prescribed medication regimens.



Congratulations to **Dr. Nayoung Kim**, an IOG pre-doctoral trainee who successfully defended her doctoral dissertation in economics in February. Dr. Kim also distinguished herself by winning two academic awards in the past four months: The Carroll L. Estes cash prize from the Gerontological Society of America for the quality of her research and writing; and the GSA Emerging Scholar and Professional Organization Poster Award for 2009.

**Daniel Paulson**, a pre-doctoral student under the mentorship of IOG Director Dr. Peter Lichtenberg, received the Heberlein Excellence in Teaching Award for 2010 from the Psychology Department at Wayne State University. The award includes a citation and an honorarium.

IOG alum **Dr. Waverly Duck** has accepted a position as an assistant professor at the University of Pittsburgh. Dr. Duck most recently held a post-doctoral associate position at Yale University where he studied the link between African American masculinity and health behaviors.

# Exercise and Learning Help IOG Research Volunteer Live to 100

By Dianne A. Rhodes, Research Assistant, ACTIVE Project

The ACTIVE project (Advanced Cognitive Training for Independent and Vital Elderly) is now in its 10th year of investigating whether specific educational training can improve concentration, memory and problem solving in older adults. A hidden pleasure of working on ACTIVE is meeting vigorous and engaged older adults. Mrs. B (not her real name) has participated in ACTIVE research for several years and is in extraordinarily good health. She celebrated her 100th birthday last year. Here is a sample of Mrs. B's philosophy of long life.

"I don't like all the attention – age is not important," Mrs. B said as people congratulated her on turning 100. When asked to do this interview, she expressed genuine puzzlement over the idea of anyone wanting to hear what she had to say about being 100. "My life isn't special or different," she said. "I eat whatever I want, get up late and stay up late (past midnight) and don't sit around watching the television beyond the daily

*"I stay away from people who only want to talk about their conditions."*

– Mrs. B, at 100

news and public interest programs."

Knowing there must be more to her successful longevity, I asked her to describe a day's activities in her senior community. "Since my husband passed, I prepare my own breakfast and lunch and then head for the gym – my goal is to exercise every day, but it usually ends up being about three days a week. Just prior to turning 100, I took a refresher driving course for seniors. I wasn't worried about killing myself; I just didn't want to be the cause of someone else dying. In the evening I have dinner in the dining room with other residents."

Has she made any new friends? "New friends are good but they are not like old friends. My family and contemporaries have passed away," she said. "I do enjoy being around younger people because they are more vivacious. I stay away from people

who only want to talk about their conditions, how many pills they are on or their cholesterol levels – there is so much more to think about and to experience. Life is for living not vegetating."

Any advice for her juniors hoping to live to a healthy 100? "You have to keep your mind stimulated through reading and conversing," Mrs. B said. "I attend discussion groups and read all different kinds of books. Don't be afraid to learn new things and keep moving." IOG faculty fellow Dr. John Woodard would concur. He has worked extensively on the Georgia Centenarian Study of 244 persons 98 or older. "So much of good health and long life is about the attitude," he said in a recent Fox 2 News interview.

(ACTIVE is funded nationwide by the National Institute on Aging; the Detroit portion is administered through the University of Florida under Dr. Michael Marsiske.)



## IOG Fellow Named Associate Professor at Yale

Jacquelyn Taylor, Ph.D., a rising star at the Yale School of Nursing, began her academic career at Wayne State University and the Institute of Gerontology. Dr. Taylor received her undergraduate, masters and doctoral degrees in nursing from WSU with a research focus on hypertension among African Americans. She came to the IOG as a post-doctoral fellow in 2006 where she worked with both gerontology and nursing faculty members to investigate the relationship of hypertension to age, depression, parenting, and stress in African Americans.

"I wanted to know why African Americans suffer from high blood pressure more often than Caucasians," she said. High blood pressure affects a significantly higher proportion of African Americans and puts them at greater risk of stroke, heart attack and early death. She believes

strongly in the "bench-to-bedside" model, helping nurses translate research into clinical practice that makes a direct patient difference.

At the Yale School of Nursing, Dr. Taylor was recently promoted to associate professor in the pediatric nurse practitioner specialty. "I am committed to teaching students and conducting research that focuses on improving health outcomes," she said, "particularly among under-represented minority children and their families." Due in large part to her research and colleagues at the IOG, she continues to be concerned about the problems of hypertension across the lifespan. "I hope genetic research will eventually lead to nursing practice that can reduce the health disparities African Americans encounter throughout their lives," she said.

In a busy 2009, Dr. Taylor not only published seven articles but found the perfect birthday gift for her husband – the birth of their first child, Jackson Andre, now nearly one-year-old.

## Spreading Knowledge

continued from page 1

continuing education credits for occupational therapists. Hundreds of sets have been distributed to colleges, healthcare organizations and individuals around the country.

The success of SAGE led to the development of two new DVDs aimed at a broader home healthcare audience. *Integrating Mental Health Practice into Home Health Care* provides home health nurses, therapists, social workers, dietitians, and aides with user-ready assessments and details on prescription side effects. *Integrating Geriatric Mental Health into Your Health Care Setting* helps home care agencies oversee the mental health of their older patients. The Retirement Research Foundation and Blue Cross Blue Shield Foundation of Michigan funded the creation of both DVDs.

### NEW TRAINING TO ASSESS THE CAPACITY OF OLDER ADULTS

Determining whether an older adult is capable of living alone, handling finances or creating or changing a will requires care, expertise and sometimes an inclusive assessment. As larger numbers of adults grow older, the methods by which capacity is determined are under increasing scrutiny by probate courts. In response to this emerging trend, Dr. Lichtenberg created a *Capacity Assessment Module* currently

being offered as an elective through the Geriatric Education Center of Michigan's (GECM) train-the-trainer initiative.

The IOG partners with the GECM to advance geriatric education by training health care providers who work with older adults in primary care offices, foster care facilities, assisted living residences, nursing homes, and the community. Training also targets faculty and students in geriatric and gerontology programs. A central goal of GECM is to increase the number of faculty who can teach functional assessment, continuous quality improvement, and other geriatrics-related topics to health care professionals throughout Michigan.

Dr. Lichtenberg's new capacity assessment module calls for a careful evaluation of five distinct areas: mental health diagnosis and functional status, decisional abilities, environmen-

tal compensation, undue influence, and the integration of the assessment results with legal standards. During his presentations, he shares case examples from recent probate experiences. "I get great satisfaction in helping lawyers, financial planners, healthcare professionals, and family members understand the subtleties of an older adult's decision-making and thinking skills," Dr. Lichtenberg said.

Due to his decades of experience in geropsychological assessments, Dr. Lichtenberg is often retained as a consultant on clinical evaluations of competency in dementia and other disorders, and as an expert witness in legal cases to determine competency. As an expert witness, he has discovered that many practitioners incorrectly diagnose older adults, make gross generalizations about them based on age stereotypes, and often provide incomplete assessments. "Increased knowledge helps everyone treat older adults with wisdom, respect and dignity," he said.

Dr. Lichtenberg recently presented on capacity assessment at the University of Alabama, and (with elder law attorney Sanford Mall) at the Institute of Continuing Legal Education of Michigan. He also co-authored the handbook *Capacity for Psychologists* by the American Psychological Association and the American Bar Association.

More information about Dr. Lichtenberg's capacity training presentations is available by calling 313-577-2297.



*"I get great satisfaction in helping lawyers, financial planners, healthcare professionals, and family members understand the subtleties of an older adult's decision-making and thinking skills." – Dr. Lichtenberg*

## — IOG Training Beyond the Traditional Classroom —

### DVD Training Modules

The IOG's complete set of SAGE DVD training programs, and CE credits earned,

is available by visiting our website at [www.iog.wayne.edu](http://www.iog.wayne.edu) or by calling 313-577-2297.



### Annual 2-Day CE Conference



Now in its 23rd year, *Issues in Aging* provides multidisciplinary education and training on dementia and health issues.

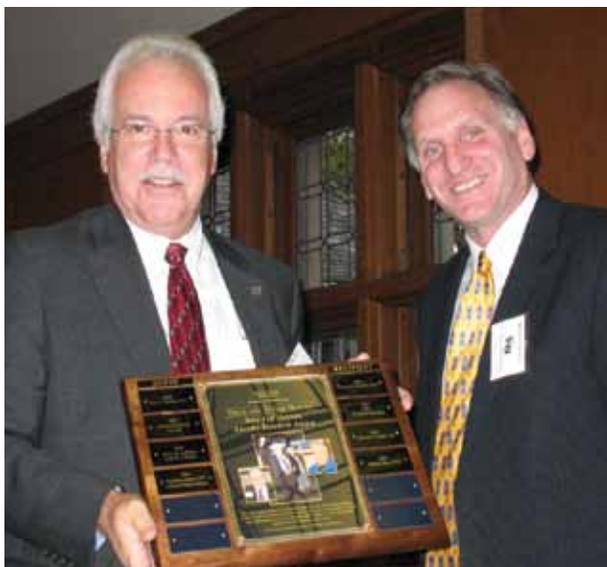
To attend this year's conference, May 10-11, please contact: Donna MacDonald at 313-577-2297 or at [donnamacdonald@wayne.edu](mailto:donnamacdonald@wayne.edu)

### Portable CE Programing



IOG Partners can qualify to provide CE programming to their employees and clients that is cost-effective and convenient.

CONTACT: Donna MacDonald at [donnamacdonald@wayne.edu](mailto:donnamacdonald@wayne.edu) or Terri Bailey at [tbailey@wayne.edu](mailto:tbailey@wayne.edu) or 313-577-2297.



Roger Myers (left), CEO of Presbyterian Villages of Michigan, donates the 2009 BOV Faculty Research Award.

## Presbyterian Villages of Michigan - Champions of the IOG Mission

In recognition of seven years of committed partnership and service on the Board of Visitors, Roger Myers, CEO of Presbyterian Villages was awarded the BOV Research Award. This award recognizes Mr. Myers and PVM as champions of the mission of the IOG.

As one of the founding fathers of the IOG's Board of Visitors, Mr. Myers, has been instrumental in providing guidance and opportunities to collaborate on research and outreach. In addition to supporting the growth of the IOG's outreach, which currently educates close to 10,000 seniors and professionals every year, PVM has engaged the IOG directly in providing outreach in several of their facilities. Most recently, the *Healthier Black Elders* all-male health forum held at the PVM Brush Park facility drew over 65 men aged 55 to 91. PVM also helped to provide depression training for long-term care workers coordinated through the *Older Women's League*.

"Partnerships like the IOG and PVM integrate the best part of both organizations to provide quality research and programs for old adults," Dr. Lichtenberg said.

Partnership

### BE A PARTNER IN THE MISSION OF THE IOG

#### YOUR INFORMATION: (please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

#### METHOD OF PAYMENT:

Please make check payable to *Institute of Gerontology*

VISA

MASTERCARD

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

**YES!** I'd like to make a contribution to Wayne State University's Institute of Gerontology to promote successful aging research and outreach.

\$250  \$100  \$50

Other \$ \_\_\_\_\_

ALL GIFTS ARE DEEPLY APPRECIATED

#### MAIL TO:

Institute of Gerontology  
Attn: Terri Bailey  
87 E. Ferry Street  
Detroit, MI 48202



## PARTNERSHIP CORNER

### Crossing Borders: Building Bridges for Professionals

The IOG's Elder Law and Finance Committee, formed at the beginning of 2009, is an effort to support planned giving and outreach. All members have been engaged on some level with the IOG and together they will be sponsoring the first Annual Crossing Borders Conference this fall. This conference, the first of its kind in Michigan, will provide continuing education

credits for nurses and social workers, in addition to professionals in the legal and financial sectors.

"As advocates for older adults, it's important that health professionals and professionals in the legal and financial sector work together," said Sanford Mall and Danielle Mayoras, certified elder law attorneys and co-chairs of the outreach committee.

#### It's a privilege to be partners in education with the members of the Elder Law and Finance Committee

- Sandy Adams, Center For Financial Planning
- Howard Collens, Galloway and Collens Law Firm
- Sanford Mall, Mall, Malisow & Cooney Law Firm
- Danielle Mayoras, Barron, Rosenberg, Mayoras & Mayoras, P.C.
- Jim Schuster, Elder Law Attorney
- James Speir, Speir Financial Services, LLC
- Tom Trainer, Kemp Klein Law Firm

## SAVE THE DATE!

OPEN TO THE PUBLIC (free unless otherwise noted)

Saturday, APRIL 24 (11:00 am – 1:00 pm)

### **Healthier Black Elders Health Fair**

Temple of Faith Baptist Church, 15801 W. Chicago 48228

Iog Director Dr. Peter Lichtenberg will discuss *How to Stay Mentally Healthy in Later Years*. Light lunch served, RSVP to 313-871-0735.

Monday and Tuesday, MAY 10–11 (7:30 am – 4:15 pm)

### **Issues in Aging Professional Conference**

The Dearborn Inn, 20301 Oakwood Blvd, Dearborn 48124

#### ***Dementia, Physical and Mental Health in Older Adults***

CE program for physicians, nurses, social workers and nursing home administrators. Registration and fees required. Link through [iog.wayne.edu](http://iog.wayne.edu) or contact Donna MacDonald at 313-577-2297 or [donnamacdonald@wayne.edu](mailto:donnamacdonald@wayne.edu).

Wednesday, MAY 26, (10:00 – 11:00 am)

### **Medicare Benefits and Impact of Health Care Reform**

Longacre House, 24705 Farmington Rd., Farmington Hills 48336

Program is free but please RSVP to 248-477-8404.

## NEW LOCATION

Tuesday, JUNE 1 (8:00 am – 2:30 pm)

### **Healthier Black Elders Health Reception**

New Providence Conference Center, 18211 Plymouth Road, Detroit 48228

Pre-registration is required by calling 313-577-1000. This is a full day of health screenings, panel discussions, wellness information, a sit-down lunch, and gentle exercise. The Health Reception is a popular event for older adults, so register early.

Wednesday, JUNE 9 (10:00 – 11:00 am)

### **Climbing the New Food Pyramid: Nutrition and Healthy Aging**

Longacre House, 24705 Farmington Rd., Farmington Hills 48336

Program is free but please RSVP to 248-477-8404.

Friday, JUNE 11 (1:00 – 2:00 pm)

### **Brain Games**

Costick Activities Center, 28600 Eleven Mile Rd., Farmington Hills 48336

Stimulate the growth of new brain cells with these fun yet challenging games. Please RSVP to 248-473-1800. A nominal fee may be charged.

*Please check our events listings online at [www.iog.wayne.edu](http://www.iog.wayne.edu) for updates and weekly colloquia presentations.*

Editor/Writer - **CHERYL DEEP** • Graphic Designer - **CATHERINE BLASIO** • Photographer - **RICK BIELACZYC**

WAYNE STATE  
UNIVERSITY

### **Institute of Gerontology**

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

Non-Profit  
US Postage  
PAID  
Detroit, MI  
Permit # 3844



*Promoting Successful Aging in Detroit and Beyond*