

# Institute of Gerontology

2007 ANNUAL REPORT

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UNIVERSITY

## From the Director

The face of aging is changing. It is more vibrant, expressive and older than ever before in history. At this moment, about 80,000 Americans are at least 100 years old. In 10 years that number will double to 160,000 and double again in another decade. Scientists call this the longevity revolution; we have added more than 30 years of life expectancy in only a century.



This means that one million to three million of the nation's 76 million baby boomers will live to be 100. What will that extended future hold for them and for all of us?

The Institute of Gerontology answers that question with practical research projects into subjects such as hip fractures, depression, health problems in older minorities, and the changing chemistry and function of the maturing brain. Our 11-member faculty works hard to secure funding for these projects and even harder to translate the results of their research into life-enhancing change.

We are proud to be one of the nation's premiere research institutes in gerontology. We take our mandate seriously. But answering critical research questions about aging is only half of what we do to prepare for the future. We also educate the gerontology specialists of tomorrow in our training program for graduate students funded by the National Institutes of Health. Each year we train approximately 16 pre-doctoral students and five post-doctoral students in aspects of aging research. They come to us from fields such as medical anthropology, political science and cognitive neuroscience, excited to apply their knowledge to the special needs of the elderly population.

We also offer an individualized Graduate Certificate in Gerontology to prepare graduate students, professionals and practitioners to work in the field of aging by integrating gerontology into their primary discipline. Nearly 500 students have received their Graduate Certificate since its inception.

Research in aging also requires research participants, a recruiting challenge particularly when the need is for elderly African Americans. The IOG answered this need by building a Participant Resource Pool of 674 African American seniors willing to consider being subjects in research projects. This phenomenal resource was made possible through multi-year funding from the

National Institute on Aging for the Michigan Center of African American Aging Research (MCUAAAR), jointly run by the University of Michigan and Wayne State University. We are pleased to announce the recent award of an additional five years of funding for this project.

The Institute of Gerontology is equally committed to helping seniors and their families connect to current knowledge, and to dispelling the many myths of aging and older adults. Our community health forums, learning series, Speakers Bureau, colloquia, Issues in Aging conference, Art of Aging Successfully conference and Healthier Black Elders annual reception provide year-round programming to achieve this goal.

In these difficult economic times for Michigan and the country, the IOG continues to be strongly positioned to carry on much needed research into aging and to educate tomorrow's gerontology leaders. As we extend our lives to age 80, 100 or even to 150, we know the IOG will be with us to help explain the mysteries and the miracles of the aging process.

**Peter Lichtenberg, Ph.D., ABPP**  
Director, Institute of Gerontology

*Professor of Psychology, Psychiatry and  
Behavioral Neuroscience, and  
Physical Medicine and Rehabilitation*



## Mission Statement

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



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*"Our work has never been more relevant.*

*As more of us live longer, our  
questions about aging multiply and intensify."*

*– Dr. Lichtenberg*



*Experts on aging briefed policy-makers on the national shortage of gerontologists. Left to right: Bob Blancato, Dr. Laurie Young, Dr. Sara Honn Qualls and Dr. Lichtenberg.*

## Peter Lichtenberg, Ph.D., ABPP

### **Leading, Educating and Advocating to Help Older Adults**

As director of the IOG for nine years, Dr. Lichtenberg oversees 11 faculty members, 29 students and more than a dozen staff members. He is a nationally acknowledged expert in depression and dementia in the elderly and has created clinical scales for assessing older adults' mental health. He takes pride in making free presentations to local organizations that request information about aging, dementia and caregiving and said he often learns as much as he teaches from these attentive audiences. Guiding faculty, securing funding in a difficult economic environment, mentoring students, researching aging issues and spreading knowledge are the challenging duties of a position that is Dr. Lichtenberg's passion.

Dr. Lichtenberg received his doctorate in clinical psychology from Purdue University where he also minored in aging. "I was still a kid when my interest in aging took hold," he said. "I looked at members of my own family and wondered why some were aging well and others seemed to have lost their vitality. What makes people get old?" He has devoted his life's work to answering that question.

Dr. Lichtenberg is the author of more than 120 papers, 24 book chapters and nine books. Articles about Dr. Lichtenberg and the Institute's work have appeared in *The Wall Street Journal*, *Detroit Free Press*, *Detroit News*, *Michigan Generations*, *Vital*



*Magazine*, and the *APA Monitor*, to name a few.

### **RESEARCH PROJECTS**

Dr. Lichtenberg is the principal investigator (with Dr. James Jackson of the University of Michigan) on the newly renewed, five-year \$3.3 million grant to support the **Michigan Center for Urban African American Aging Research (MCUAAAR)**. He is also the PI on the \$910,000 **Post-doctoral Training** grant the \$839,000 **Pre-doctoral Training** grant, and the \$262,000 grant from the **Retirement Research Foundation** to teach occupational therapists about mental health problems in their elderly patients.

Dr. Lichtenberg is the co-principal investigator and co-director on the \$2,580,000 grant from the NIH to build the **Community Network Program** for older underserved African Americans. Dr. Lichtenberg has partnered with other centers across Michigan and is a co-investigator with the University of Michigan's Pepper Center and Michigan State University's Geriatric Education Center.

## PAPERS CO-AUTHORED

**Urban Hypertensive African American Grand parents: Stress, health and implications for child care** (*Clinical Gerontologist*, 30[4], 2007)

**Safety and Efficacy of Donepezil in Mild to Moderate Alzheimer's Disease** (*Journal of the National Medical Association*, 98, 2006)

**Parental Stress among African American Parents and Grandparents** (*Issues in Mental Health Nursing*, 28, 2007)

## AWARDS

Dr. Lichtenberg received the 2007 Harry J. Kelly Award from the Michigan Society for Gerontology for his work as an outstanding practitioner in the field of gerontology who exemplifies integrity and reliability and is a leader in activities that support older persons.

## TEACHING & MENTORING

Dr. Lichtenberg leads an active research team of four doctoral clinical psychology students. During the past year, one of his students completed her dissertation, two completed their master's degree and one was awarded best master's paper by the American Psychological Association's Division on Aging and Human Development. Dr. Lichtenberg also taught his course *Psychosocial Approaches in Clinical Gerontology*.



Dr. Lichtenberg (center) joins members of the American Psychological Association's Committee on aging outside the Rayburn House Office Building on Capitol Hill. The committee successfully briefed congress to insert language into the Older Americans Act to help older adults receive quality mental and behavioral health care.

## Service to the Profession and Advocacy

- Program Chair for the Behavioral and Social Science Section of the Gerontological Society of America (GSA) tasked with overseeing the annual program of more than 900 presentations.
- Served for a second year on the American Psychological Association Committee on Aging, which is the APA's highest governance structure related to aging. Named committee chair for 2008.
- Served on the APA's Presidential Task force on Integrative Care for an Aging Population.
- Chaired the Behavioral and Social Science Section of the GSA to create a Behavioral and Social Gerontology Program Leaders Network to meet at the annual GSA conference in November 2007.
- Chaired the APA's Committee on Aging workgroup on Multicultural Diversity in Geropsychology.
- Delivered a congressional briefing on behalf of the APA on "The Mental Health Needs of Older Adults."

# Faculty Research

## Health Disparities and Disability

Cathy Lysack, Ph.D.

### Searching for the Good Life From a Wheelchair

Dr. Lysack's research focuses on understanding how people with disabilities and older adults adjust to their injuries in the course of everyday life. She is currently studying adults with spinal cord injury and the influence of the social and physical environment in shaping their ability to resume meaningful roles in the community. With the study nearing conclusion, Dr. Lysack is analyzing data and learning how outcomes differ among subgroups of persons with spinal injuries. "Our study includes a large number of women and African Americans who confront environmental barriers at much higher levels than men and non-Hispanic Whites. This new knowledge will help rehabilitation professionals provide better treatments for wheelchair users with this injury."



### Honored For Excellence in Research

Dr. Lysack joined an elite group with her induction into the American Occupational Therapy Foundation's Academy of Research "in recognition of her outstanding contributions through research to the advancement of knowledge in occupational therapy." The Academy of Research is the highest scholarly honor the AOTF confers. Dr. Lysack also received a Career Chair Award and a Research Enhancement Grant in 2007 from Wayne State.

### RESEARCH PROJECTS

**Hip Fracture** - Dr. Lysack is collaborating with the IOG's Dr. Luborsky, the principal investigator on a four-year \$1.1 million grant from the National Institutes of Health to study the social consequences of hip fracture in adults. This study builds on their interest in disabling events in adulthood that trigger significant worries about the diminishment of an active and full life and is now actively recruiting study participants.



Dr. Lysack (center) celebrated her induction into the American Occupational Therapy Foundation's Academy of Research at its 2007 conference in St. Louis.



Provost Nancy S. Barrett presents Dr. Lysack the Career Chair Award

**Community Living after Spinal Cord Injury** - This \$1 million, three-year project compares how Caucasian and African American survivors of spinal injury re-establish a sense of community.

**Training Occupational Therapists** - Drs. Lysack and Lichtenberg are leading a team of mental health experts to design a set of instructional DVDs to help occupational therapists identify the early signs of depression and mental health problems in older adults. The Retirement Research Foundation provided \$250,000 to the IOG for this two-year initiative.

### PAPERS CO-AUTHORED

**Environmental Factors and their Role in Community Integration After Spinal Cord Injury** (*Canadian Journal of Occupational Therapy*, in press)

**Neighborhood Satisfaction of Older Adults in Urban Detroit** (*Journal of Applied Sociology*, 23 [2], 2006)

### TEACHING

*Research I* – A Master's Level class in Wayne State's Occupational Therapy Program.

Mark Luborsky, Ph.D.

### The Anthropology of the Life Course & Aging

As a professor of anthropology and gerontology, Dr. Luborsky seeks the societal origins of ideas about life goals and values, health decisions and behaviors across cultures and age-groups. He co-directs the Community Research Core of MCUAAAR which studies the lifelong health disparities of older African Americans and also researches how African Americans adhere to strict drug regimens for HIV treatment.



Dr. Luborsky is devoted to mentoring students and training faculty and health professionals. This past year, he advised eight doctoral students on their dissertations, taught three courses, and made five presentations including several in Rwanda and Stockholm, Sweden. Each year he spends several weeks' time in Rwanda collaborating to conduct research that creates interventions for HIV infected women, men, and families. He also provides training programs for Rwandan researchers and professionals in the national health ministries for social science data collection and analysis methods to build Rwandan capacity to conduct its own research.

## RESEARCH PROJECTS

**Hip Fracture, Cultural Loss and Long-term Reintegration** – Dr. Luborsky is the principal investigator collaborating with Dr. Lysack. See page 4.

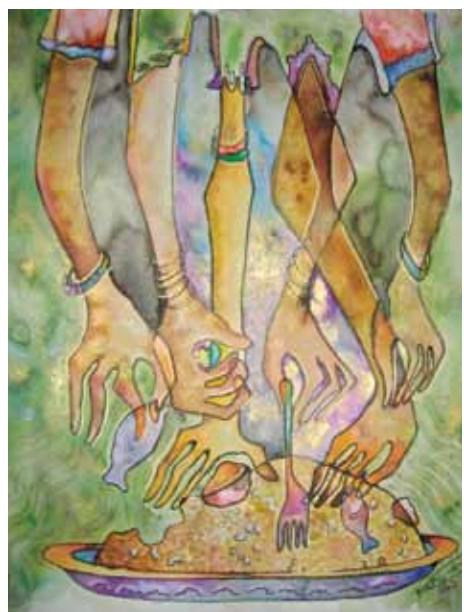
**Rwanda - Prevention for Positives: Intervention-linked Research for HIV-Infected People** – Drs. Luborsky and Andrea Sankar are co-principal investigators on this United States Agency for International Development/Family Health International funded project in Rwanda to create interventions to prevent viral transmission by HIV positive persons.

## PUBLICATIONS & PAPERS CO-AUTHORED

**Medical Anthropology Quarterly: International Journal for the Analysis of Health**, edited by Drs. Luborsky and Sankar. Articles explore the relationship between one's culture, local community values, and health practice.

**Cultural Forces in the Acceptance of Qualitative Research: Advancing Mixed Method Research**. In Curry, L; Shield, R; & Wetle, T (Eds) *Improving Aging & Public Health Research: Qualitative & Mixed Methods*. Washington, DC, Am. Public Health Assoc., 2006

**How Qualitative Methods Contribute to Understanding Combination Anti-retroviral Therapy Adherence** (*Journal of Acquired Immune Deficiency Syndromes*, 43, 2006)



"Too Many Takers" by Rwandan artist Kofi

### Overview of Qualitative Methodologies.

In G. Kielfhofner (Ed), *Scholarship in Occupational Therapy: Methods of Inquiry for Enhancing Practice*. FA Davis, Philadelphia, 2006

### Self-Rated Health as Cultural and Identity Appraisal Process: African-American Elders' Health Evaluative Rationales

(*The Gerontologist*, 46[4], 2006)

### What is a Missed Dose? Implications for Construct Validity and Patient Adherence

(*AIDS Care*, 18[5], 2006)

### How Do Psychosocial Issues Impede the Delivery of Care to Persons with HIV?

(*Journal of Dental Education*, 70[10], 2006)

### Sero-positive African American Beliefs About Alcohol and Impact on

Antiretroviral Adherence

(*AIDS & Behavior*, 11 [2], 2007)

## TEACHING

*Conceptualizing the Dissertation: Working with Theory and Methods*

*Anthropology of Health and Illness*

*Life Course Concepts and Debates Seminar*

## Hector González, Ph.D

### Reducing Chronic Disease Burden in Ethnic Minorities

Dr. González is jointly appointed as an assistant professor at the IOG and in Wayne State's Department of Family Medicine and Public Health Science. He is a neuropsychologist with clinical research training and experience from UC Davis and the Alzheimer's Disease and Research Centers at U-M. Neuropsychiatric disorders (mental disorders attributed to diseases of the nervous system, such as Alzheimer's disease) are the leading cause of disability in the United States and worldwide. Dr. González is interested in understanding their causes and uncovering methods of reducing their burden, particularly to ethnic minorities. He is currently investigating the degree to which mental health care is available and adequate in the United States.



He will teach a course on *Aging and Health* in the new Masters of Public Health program of the Department of Family Medicine and Public Health Science. Dr. González is also a research associate at the Research Center for Group Dynamics, Program for Research on Black Americans at the Institute of Social Research at U-M.

## RESEARCH PROJECTS

The NIH granted Dr. Gonzalez \$753,000 over five years to study **Vascular Depression and Function in Older Latinos**, a group in which depression is often undiagnosed or misdiagnosed and not treated effectively.

## PAPERS CO-AUTHORED

**The Mental Health of Black Caribbean Immigrants: Results from the National Survey of American Life** (*American Journal of Public Health*, 97, 2007)

**Prevalence and Distribution of Major Depressive Disorder among African Americans, Caribbean Blacks and Non-Hispanic Whites** (*Archives of General Psychiatry*, 64, 2007)

# Faculty Research

## Health Disparities and Disability

Olivia Washington, Ph.D.

### Homes and Healthcare for Older African Americans

Research and community outreach are the hallmarks of Dr. Washington's long career as a professor in gerontology and nursing. Never satisfied with merely collecting data about the inequalities that exist for African Americans, she has translated that information into community programs and events that educate this vulnerable population about disease prevention and healthy choices.

Her work in recent years has concentrated on two important areas: dissolving the health disparities that put African Americans at a medical disadvantage, especially as they age; and identifying and assisting the ever-increasing population of older, homeless African American women.

A particularly unique aspect of her work with the homeless was the creation of the "Telling My Story" project. Eight women in Dr. Washington's pilot group shared details of the conditions that drove them into homelessness and assisted an artist in making colorful, eight-foot collages of the images of their saga. Eventually with the support of Dr. Washington, her co-researcher Dr. David Moxley, and each other, each woman found permanent housing and most now have steady employment. These dramatic collages, combined with research details and other artifacts of the women's journey, are now a traveling exhibit to raise awareness about homelessness in older women.

In the area of health disparities, Dr. Washington heads the Community Liaison Core of MCUAAAR tasked with educating citizens about aging issues, assessing the health of the elderly, and recruiting elderly minority members into the research pool for the Healthier Black Elders Center. Regular community forums that bring health experts into minority neighborhoods, as well as the annual Healthier Black Elders Reception each June (see p.12) are highly successful components of this outreach.

### AWARDS

The Alumni Faculty Service Award for 25 years of continuous service to Wayne State University.

Women of Wayne Alumni Association Honoree for outstanding academic achievements and contributions to the community.



Dr. Washington and Elaine discuss an art panel at the "Telling My Story" exhibit opening (above). Mary Ann Tyler-Allen presents Dr. Washington with the Alumni Service Award for 25 years of continuous service to Wayne State University (left).

Dr. Washington also received a *Humanities Award* of \$4,000 and a *Research Stimulation Award* of \$160,000 over two years to advance her studies of homelessness among older African American women.

### PAPERS CO-AUTHORED

**Parental Stress among African American Parents and Grandparents** (*Issues in Mental Health Nursing*, 28 [4], 2007)

**Urban Hypertensive African American Grandparents** (*Clinical Gerontologist*, 30 [4], 2007)

### TEACHING

Dr. Washington's teaching experience is extensive. She has taught nearly 15 separate courses to beginning students through doctoral level candidates. A few of the recent courses are *Transcultural Health through the Life Cycle*, *Issues and Policies in Urban Health*, and a *Professional Socialization* doctoral seminar.

## Stewart Neufeld, Ph.D.

### Why Do We Put Our Health At Risk?

Dr. Neufeld is interested in how individuals assess, evaluate, interpret and think about risk, particularly with regard to health behaviors. Detailed attention to how people regard risk may provide clues to why information and education about health risks is only weakly related to changing health behavior.



Over the next few years, Dr. Neufeld plans to publish data related to risk from the now completed HAART (Highly Active Anti-Retroviral Treatment) project. This research examined how well African Americans who have been diagnosed with HIV adhere to the rigorous medication regime required by HAART. He will also publish further papers on risk and spinal cord injury. Dr. Neufeld received a University Research Award from Wayne State this year.

### RESEARCH PROJECTS

Dr. Neufeld is a co-investigator on the **Hip Fracture: Cultural Loss and Long-term Reintegration** project funded through the NIH/NIA from 2006 to 2010, with Dr. Luborsky as the principal investigator. The goal of this project is to reduce health disparities among male and female hip fracture survivors by determining sociocultural factors related to successful long-term functioning after disability. The study will recruit nearly 150 hip fracture survivors, who represent a range of function prior to their injury, and track changes in the natural course of their recovery into meaningful social and cultural participation.

### PAPERS CO-AUTHORED

#### What Is a Missed Dose? Implications for Construct Validity and Patient Adherence

Patients and their physicians had wide-ranging views as to what constituted a missed dose of medication, how to respond to it, and what level of adherence should be expected. (*AIDS Care*, 18[5], 2006)

#### Sero-positive African Americans' Beliefs about Alcohol and their Impact on Antiretroviral Adherence

Physicians often advise patients against drinking not because of drug interactions--but for fear that drinking will cause them to forget to take their medication. Patients who plan to drink alcohol often skip their medication because they worry

about drug interactions. Rather than risk the effects, they postpone or eliminate the medication in favor of alcohol. Aligning patient and doctor expectations may help compliance. (*AIDS and Behavior*, 10[4], 2006)

### TEACHING

*Statistics for Anthropologists* – Use of statistics in anthropology is on the rise. Dr. Neufeld taught basic statistical concepts as well as a lab on the Statistical Package for Social Scientists (SPSS) primarily to graduate students in anthropology.

## Kay Cresci, Ph.D.

### Seniors Embrace the Internet

Dr. Cresci conducts research on the use of computers and the Internet by urban seniors. She has formed a community partnership with the building management team at River Towers Senior Apartments in downtown Detroit to help residents become members of the cyberspace community. Her River Towers students (many in their 80s) have enthusiastically embraced Dr. Cresci's training sessions in computer skills including computer basics, email, and the Internet.



Dr. Cresci is described by undergraduate and graduate nursing students at the College of Nursing as an enthusiastic and knowledgeable educator in the areas of gerontology, nursing informatics, evidence-based practice in nursing research, and foundations in professional nursing. Her use of engaged learning strategies motivates students to take control of their own learning processes.

Dr. Cresci continues her involvement in gerontological nursing at the national level. She presented a poster on her research titled **Demographic, Health and Social Support Factors Associated With Computer Use Among Urban Elders** in Dallas, Texas at the 2006 Gerontological Society of America meeting. In 2006, she also presented a workshop titled **Evidence Based Practice for Gerontological Nursing** sponsored by the Fellows of the National Gerontological Nurses Association at their national convention in Cincinnati, Ohio in 2006. Dr. Cresci serves as vice president of that organization.

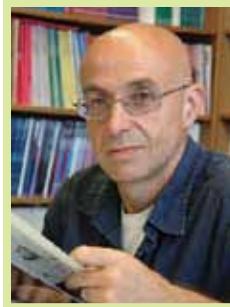
# Faculty Research

## Cognitive Neuroscience and Aging

Naftali Raz, Ph.D.

### The Biology of the Aging Brain

"Not all brain components and not all mental abilities age at the same rate," said Dr. Raz summarizing his quarter-century of work in cognitive neuroscience. Determining which brain regions are more vulnerable to aging, how that vulnerability affects cognition, and to what extent aging reflects vascular health changes will impact our expectations about older adults' capabilities. Already his research has shown that the "automatic" skills that have been ground into our thinking over time are the least sensitive to aging, but the ability to multi-task and to consolidate new experiences in memory deteriorates with age. Notably, common age-related diseases such as hypertension exacerbate the effects of aging on the brain and cognition.



#### RESEARCH PROJECTS

Dr. Raz is in the second year of a \$3 million, five-year MERIT award from the NIH to study **Neural Correlates and Modifiers of Cognitive Aging**, which is a broad look at how thought and the brain change as we grow older, and how both are affected by changes in vascular health. In June of 2007, he completed a three-year study, **Hemodynamic Predictors of Brain and Cognitive Aging**, funded by the National Institute on Aging.

#### PAPERS CO-AUTHORED

**Brain Aging and its Modifiers: Insights from In Vivo Neuromorphometry and Susceptibility Weighted Imaging** (*Annals of New York Academy of Science*, 1097, 2007)

**Neuroanatomical Correlates of Fluid intelligence in Healthy Adults and Persons with Vascular Risk Factors** (*Cerebral Cortex*, Jul 5, 2007)

#### AWARDS

In addition to the prestigious MERIT award for his outstanding scientific achievement, Dr. Raz received a *Wayne State Board of Governors Distinguished Faculty Award* in 2007.

#### TEACHING

Dr. Raz has taught three undergraduate psychology classes and seven different graduate classes, including *Cognitive Aging*, *Neuropathology and Behavior*, and *Functional Neuroanatomy*.

Scott Moffat, Ph.D.

### Hormones, Aging and Brain Function

Dr. Moffat's research uses the latest virtual reality technology to measure brain activity as subjects perform specific tasks, allowing him to see the brain in action. His work has concentrated on naturally occurring hormones and how they interact with the brain as it ages. Testosterone, for instance, drops as men age. Is there a corresponding drop in cognitive functioning? Does chronic stress, marked by high levels of cortisol, accelerate memory loss and other cognitive deterioration, perhaps even contributing to Alzheimer's disease? "Cortisol attacks certain brain regions and causes some atrophy and loss of brain function," said Dr. Moffat. "As we learn more, we may be able to prevent its most severe effects."



#### RESEARCH PROJECTS

Dr. Moffat is the principal investigator of this four-year, \$1.5 million NIH grant: **Cognitive and Neural Consequences of Long-term Cortisol Exposure in Human Aging**. His team will study how the hormone cortisol, produced by the body when it is under stress, affects the brain as it grows older. Dr. Moffat's other major research study – **Effects of Testosterone on Brain Function in Elderly Men** – was completed in June 2007.

#### PAPERS CO-AUTHORED

**Does Testosterone Mediate Cognitive Decline in Elderly Men?** (*Journal of Gerontology: Medical Sciences*, 61[5], 2006)

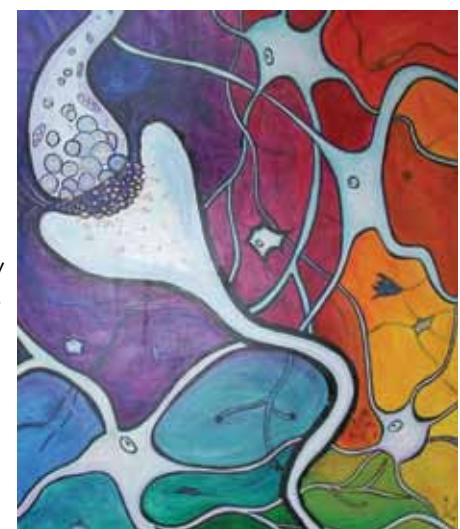
**Age Differences in the Neural Systems Supporting Human Allocentric Navigation** (*Neurobiology of Aging*, 27[7], 2006)

#### AWARDS

Dr. Moffat received the IOG's *Eric Baron Faculty Fellowship Award* in 2007.

#### TEACHING

In recent years, Dr. Moffat has taught three separate courses in the Department of Psychology, including *Cognitive Neuroscience*. He currently supervises the research of four graduate students and serves on the mentoring team of two IOG doctoral students and one pre-doctoral student.



"Synaptic Synergy" by Julie Woodward

# Social and Behavioral Research on Aging

## Thomas B. Jankowski, Ph.D.

### **Research and Mentoring to Prepare for Tomorrow**

Dr. Jankowski's concern about society's ability to deal with the aging of the Baby Boom generation concentrates on two areas. First, how can we provide for the social, psychological and medical needs of this large population as they age? Second, how can we take thoughtful advantage of the experience, skills and wisdom of this growing cohort of healthy retirees? A recent study contracted through the Jewish Family Service of Metropolitan Detroit illustrates the issues of high importance to Dr. Jankowski. He was asked to determine the types of services necessary to allow older adults to age in their existing homes and neighborhoods. Through focus groups and in-depth interviews, he found that in addition to needing occasional assistance with things such as household chores and transportation, older adults also seek opportunities to volunteer, mentor young people, and give back to their communities.



In response to Dr. Jankowski's findings about the need for flexible and accessible transportation solutions, The Senior Alliance created a work group to develop a pilot transportation program for seniors in western and southern Wayne County. Dr. Jankowski served as chair. The program issued vouchers for taxi rides for seniors who need to cross city and county boundaries to get to doctors' appointments but have no transportation options. The program has been a huge success and is now being touted as a state-wide model by the Michigan Office of Services to the Aging.

As the IOG's associate director for research, Dr. Jankowski works closely with pre-doctoral trainees and post-doctoral fellows as a mentor and collaborator. He has also assumed the position of associate director for education and co-director of the IOG's NIH pre-doctoral training program recently vacated by Dr. Mendez.

### **PAPERS CO-AUTHORED**

**Factors Influencing Nursing Home Social Workers' Intentions to Quit Employment** (*Administration in Social Work*, in press, 2007)

## Gail A. Jensen, Ph.D.

### **Health Economics and Aging**

As a professor of economics and gerontology, Dr. Jensen conducts research on a variety of health insurance issues related to older adults, especially how older adults choose health coverage and the consequences of their decisions. One of the more intriguing questions emerging from her work is how the health of an older adult affects the type of health plan selected.



Her work encompasses health insurance offered by employers; individually purchased policies, such as long term care insurance and Medicare prescription drug plans; and the effects that managed care plans are having on the health and functioning of older adults. Much of Dr. Jensen's research is based on large-scale nationwide surveys, such as the NIA's ongoing Health and Retirement Study.

### **RESEARCH PROJECTS**

Dr. Jensen researches both the near-elderly (adults ages 55 to 64) and the elderly population. The near-elderly present a challenge to private health insurance because of their vastly differing circumstances and insurance needs, but Dr. Jensen maintains that the near-elderly may hold the key to Medicare reform. Her work suggests that managed care options under Medicare may be attractive choices to a sizable component of the aging baby-boom generation, which bodes well for the emerging debates on Medicare reform over the next few years.

One special area of current interest for Dr. Jensen concerns the new Medicare Part D prescription drug benefit. How effective has the program been in reaching beneficiaries who were previously uninsured for prescription drugs, and who is enrolling in Part D plans? Dr. Jensen is currently seeking funding to address these important questions.

Earlier this year Dr. Jensen completed a three-year term on the National Advisory Council to the National Institute on Alcohol Abuse and Alcoholism, as well as a 10-year term on the board of directors of the Michigan Public Health Institute.

# Art of Aging

Seniors & Caregivers



Jennifer Mendez, Ph.D.

## A Banner Year and A New Position

Dr. Mendez has been director of education at the IOG for the past eight years, where she worked tirelessly in three distinct areas: the Art of Aging Successfully conference for seniors and their families, the professional Issues in Aging seminar, and the IOG's Graduate Certificate in Gerontology program for students pursuing a career in gerontology. Dr. Mendez was also co-director with Dr. Lichtenberg of the NIH Pre-Doctoral Training Program at the IOG.



Record crowd attends IOG Annual Art of Aging event. EAR board members left to right: Betty Welsh, Charles Jackson, Gloria Sniderman, and Gene Pisha. (R) Peter Neilsen demonstrates senior-friendly balance exercises with an Art of aging attendee.

## Education & Outreach

*Our message of healthy, productive aging must reach all levels of the community if we want to make a serious difference in people's lives. Toward that goal, the IOG offers year-round educational programs for seniors, their families and the professionals who work with them.*

*The Art of Aging Successfully conference occurs in late March. The Issues in Aging workshop for professionals happens mid-May. The Healthier Black Elders Annual Reception falls in the first week of June. During much of the school year, the IOG hosts a faculty colloquium every week and a seminar series once a month. In addition, we hold four to eight educational forums at community locations throughout the year run by experts on issues of concern to seniors.*

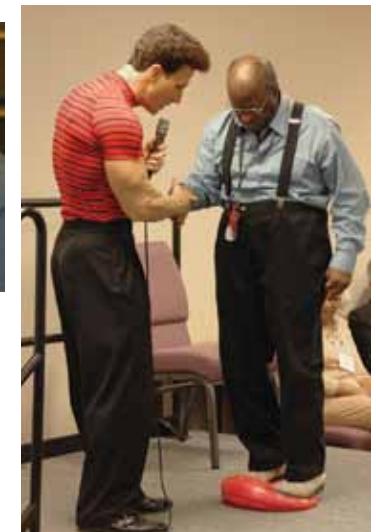
*All of our colloquia and educational forums are free and open to the public.*

"Jenny Mendez brought incredible energy, enthusiasm and intelligence to every aspect of her work at the Institute," Dr. Lichtenberg said. "She is a tireless champion for older adults and a wonderful colleague to all who work with her."

Dr. Mendez' new position at the Wayne State University School of Medicine is Assistant Professor and Director of Longitudinal Curricular Themes in the Office of Academic and Student

Programs. "My goal is to integrate specific subject matter into the School of Medicine curriculum," said Dr. Mendez. Material to be incorporated includes topics such as alcohol and tobacco use, end-of-life issues, and cultural competence and diversity, among others.

"I'll have to expand my horizons about what is upcoming in healthcare," she said of her new challenge, but she's excited about having an impact on what future physicians will learn, es-



*Top right: 2007 Art of Aging Successfully attendees discuss art on display.  
Below: A sampling of artwork by artists (left to right) : Duane Smith,  
Anne Hearshen, Julie Baker, Marion Potts*



pecially about caring for the elderly. "Some of them will be caring for me one day," she said.

Under her directorship, the IOG's annual Art of Aging Successfully event grew to 450 participants, and the Issues in Aging program for professionals solidified its reputation as a must-attend continuing education conference for gerontologists, geriatricians and others working with the elderly. "I enjoyed my work with Issues in Aging," Dr. Mendez said of the event that draws approximately 300 attendees each year. "It was an opportunity to meet and communicate with professionals in the field." Many of those professionals are alumni of the IOG's Graduate Certificate in Gerontology program, which has certified more than 300 students since its inception.

Of all her accomplishments, Dr. Mendez has most enjoyed working personally with students and the elderly. Dr. Mendez created the yearly poster sessions for IOG students where they display significant highlights of their research projects for peers, faculty and the community to examine, question and understand. "Students thrive on these opportunities

to connect with the community and engage them in research," she said.

Her work with the elderly is especially significant in the planning and execution of the Art of Aging Successfully conference held in March of each year. Art of Aging showcases the creative talents of senior citizens as they display paintings, sculptures, poems, stories, jewelry, quilts and models – all handmade by non-professionals. The conference is organized by the Elder Advisors to Research (EAR) committee that Dr. Mendez helped to convene.

Colleagues credit her as a key motivator. "Jenny was the human dynamo without whom the Art of Aging Conference would not have been so successful," said Gloria Sniderman, a friend and former EAR chair.

In her new position, Dr. Mendez will have frequent interaction with the medical school's teaching faculty. "This stimulates me," she said. "I've been fortunate to work with world-class research faculty at the IOG," she explained. "Now I get to have an impact on what happens in the classroom."

## **Learning Series Expands Outreach**

This year the IOG Learning Series has a new look and location. The Jewish Federation of Metropolitan Detroit's ElderLink and St. John's CareLink have partnered with the IOG to bring this free educational series to seniors in Detroit's suburban communities. The four-part series includes informative programming in many areas of interest and concern to the aging community including finance, health insurance legislation, legal planning, mental health and caregiving. Conferences will be hosted in December by the Jewish Federation and in April through September by St. John's. The design of the Learning Series allows the IOG to expand its outreach mission by connecting new audiences with valuable aging information.

*Jim Schuster, a certified elder law attorney will present at an upcoming Learning Series*



## The Healthier Black Elders Annual Event: A Unique Twist on Enhancing Health and Longevity

Who says learning how to be healthy can't be both informative and entertaining? Certainly not members of the Healthier Black Elders Center (HBEC). For the fifth year, HBEC has hosted an Annual Health Reception that feels more like a festive retreat than an educational meeting.

Nearly 1,000 guests listened to live jazz and Motown, enjoyed a gourmet lunch, participated in an exercise session, and heard inspiring messages about healthy living from prominent members of the local and national health communities. More than 20 selected health and wellness vendors provided free screenings including blood pressure, cholesterol and diabetes, as well as cancer and HIV education.

"This carefully constructed balance of activities



Upper: Dr. Washington receives Woman of Wayne Alumni Award. Lower left to right: HBEC provided approximately 100 free cholesterol screenings. Dr. Leslie Cooper receives a citation of excellence from Karmanos' Dr. Albrecht. Record audience learns chair exercises from former Detroit Lion Ernie Clark at the HBEC annual celebration.



*"We give careful consideration to how best to reach our elders. What is important to them? What do they care about? We value them so they become open to letting us add value to their lives."*

— Dr. Washington

illustrates the power of knowing your audience," explained Dr. Washington, HBEC director and a professor at the IOG and College of Nursing. Nothing is arbitrary in the design or execution of this event.

### BUILDING TRUST AND WORKING HARD

African Americans have traditionally been distrustful of the medical community. Explanations vary about the cause, but the result is the same. "African Americans die before their time," shared Dr. Washington, her voice a mix of deep concern and sadness. "This is profoundly serious and completely unacceptable." HBEC works to overcome this fear and suspicion and win the

trust of Detroit's elders so they will adhere to its long overdue message of preventative healthcare.

HBEC is part of Wayne State University's and the University of Michigan's Michigan Center for Urban African American Aging Research (MCU-AAAR), one of the NIA-funded Resource Centers for Minority Aging Research. MCUAAAR was developed to better understand health disparities affecting African Americans and develop solutions through research. It soon became clear to MCUAAAR/HBEC staff, though, that community involvement, specifically from the metropolitan Detroit area, would be imperative for the success of any efforts to promote healthier lifestyles and pre-

vent disease and disability among minority elders.

Funding for MCUAAAR was recently renewed for an additional five years at \$3.3 million dollars to be shared between the University of Michigan and Wayne State University. The MCUAAAR program has now been continuously funded for 15 years, an impressive and highly unusual accomplishment for government sponsorship.

Hard work, a stellar reputation for honest and fair treatment, and a quality program that delivers what it promises became the recipe that grew the HBEC Reception from 400 people five years ago to the record-breaking nearly 1,000 participants this year.

Preparation for the 2007 event began within weeks of the 2006 event. A cadre of 45 committed and energetic volunteers formed the working committees that met throughout the year. TV and radio combined with an extensive grassroots effort at churches, senior centers, health fairs and community forums to spread the word. Past receptions have been so successful that word-of-mouth completed the campaign.



*"It's not often that the right message is simply and clearly connected to exactly the right audience in a fun and caring atmosphere."*

- Dr. Stahl

### ACHIEVING RESEARCH GOALS

The reception helps the HBEC to meet many of its major goals, especially connecting science and research with minority citizens as partners. Many of the attendees agree to be enrolled in the HBEC Participant Resource Pool. The number of African American seniors currently enrolled in the growing pool is 674, making it a coveted resource for research on aging. "This is a valuable outcome from an academic standpoint," said Dr. Washington. "If we can recruit and retain research subjects, important research can move toward finding results to improve African American health."

Another goal of the reception is to make a significant difference in the health of all African Americans by reversing current health care inequalities. Surveys support the success of these efforts. In 2007, over 91% of participants agreed that the health screenings were useful and approximately 91% reported that the event had an impact on their health habits.

The Center also benefits from relationships with community and national leaders, such as J Taylor Harden, Ph.D., of the NIA who gave the 2006 keynote address on *Enhancing Our Aging Mosaic*. In 2007, Sidney M. Stahl, Ph.D., RCMAR program officer and a branch chief at the NIA's Behavioral and Social Research Program delivered one of the two keynote addresses. Dr. Leslie Cooper, a Public Health Service Captain at the NIH delivered a second address.

Upper: Dr. James Jackson, director and research professor at University of Michigan's Institute of Social Research and Dr. Lichtenberg present keynote speaker Dr. Sid Stahl with a plaque of appreciation.

Lower left to right:  
Diana Jones, V.P.  
Community Affairs for  
Blue Cross/Blue Shield  
inspires the crowd.  
The Guest Stars Inc.,  
four women and a jazz  
combo, perform crowd-  
pleasing tunes. Wayne  
County Commissioner  
Jewel Ware is being  
honored with Willa Miller.  
Dr. Stahl pitches in.



# Issues in Aging

Professional Development

## Innovations in Caring for Dementia

Issues in Aging celebrated its 20th anniversary this year with an audience of about 250 participants and two full days of continuing education presentations. Physicians, nurses, social workers and nursing home administrators filled the auditorium and break-out rooms to learn about treatments for dementia (on Day One) and innovations in caring for older adults (on Day Two). Issues in Aging is nationally recognized among professionals as one of the best conferences of its kind.

Major presentations included:

- New Programs for Detecting and Treating Delirium in Dementia
- The Person in Dementia: Humanizing Long Term Care
- From Home Visits to Hospital at Home: New Methods of Elder-Care
- Creating a Hospital at Home: Lessons Learned through a Caregiver's Eyes
- New Techniques for Detecting and Assisting Older Adults with Addiction

In general, the conference was a look ahead at ways to reduce dependency on the overtaxed hospital system for elder care, plus an in-depth review of dementia, delirium and Alzheimer's disease. Bruce Leff, M.D., a professor at Johns Hopkins University, spoke about his hospital-at-home research in which select patients are given the option of having hospital treatments administered in their homes. "I look forward to opportunities to discuss this approach with other professionals, especially those working in the field of aging," said Dr. Leff of the May conference. "It is the elderly who may most benefit from this approach."

President and CEO of the Visiting Nurse Association of Southeast Michigan, Kathleen Holycross, presented on the latest technology for monitoring patients' weight, blood pressure, and heart health at home. "This self-care empowers the patient," she said. "It also helps to keep patients out of the hospital and emergency room."

The closing workshop featured Debra Jay, a best-selling author on addiction and expert on helping older adults with alcohol and drug problems. She cautioned the participants to not overlook drug and alcohol abuse as possible reasons for a patient's failing health. "Older adults are especially sensitive to the effects of both prescription and over-the-counter drugs,"



Bruce Leff, M.D.  
Johns Hopkins University

she said. "Also the symptoms of abuse can be a close match to symptoms of other age-related diseases." Ms. Jay said that the primacy of the Issues in Aging conference will grow as aging takes center stage. "We all need continuous updates of accurate information on how best to treat our older adults," she said. Contact the Wayne State University School of Medicine for details on how to attend the mid-May conference.



Upper: Cindy Marion (left) of Henry Ford Wyandotte Hospital, and American House manager Mindy Hunsaker attend the annual Issues in Aging Conference. Middle: Attendee Erin DiMambro. Bottom: Pam Poteete of Beaumont Hospital attends a workshop on "Safe Driving As We Age."



## Health Forums Reach Deep into the Community

Each year, the Healthier Black Elders Center brings its message of preventative health care to smaller segments of the Detroit community by organizing health forums around the city. Geared to audiences of 50-100 seniors, the health forums present experts on aging issues and encourage discussion and questions from the audience. Forums are a powerful way to address serious health concerns by bringing critical information to the people most at risk.

Last year, topics included the management of common ailments among the elderly, such as diabetes, arthritis, hypertension, Alzheimer's and even heartburn. Forums take place in assisted living residences, community activity halls, churches, recreation centers and senior centers. Every forum is free and refreshments are provided. The connection between the annual Healthier Black Elders reception and these forums is strong. Our 2007 survey showed that 64.6% of guests at the reception had attended one or more of our forums.

## Faculty Speakers Bureau

Requests can be made to faculty members of the IOG to speak at professional or community organizations on topics within their area of expertise. Below is a list of the faculty and the major subjects in which they do research. Speakers can be contacted via the IOG development office at 313-577-2297.

### EXPERTS LIST

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

*Director, Institute of Gerontology*

- Depression detection and treatment
- Alzheimer's disease and other age-related dementias
- Successful aging
- Caregiving in community and the nursing home
- Seniors as targets for financial fraud
- Competency assessments
- Aging and health disparities (particularly among minorities living with chronic disease)

#### **Mark Luborsky, Ph.D.**

*Director of Aging & Health Disparities Research*

- How societal and cultural factors shape health and health care differences
- How people manage lifecycle transitions and health or personal losses in later life
- Creativity and life stories in later life

#### **Naftali Raz, Ph.D.**

*Director of Cognitive Neuroscience Research*

- Brain aging and health
- How aging affects basic cognitive skills, learning and memory

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

*Associate Director of Research*

- Public opinion and political participation of older citizens
- Social Security, Medicare, and other public policies related to aging

#### **Kay Cresci, Ph.D.**

*Nursing Research*

- Improving online access to healthcare for people with disabilities
- Healthcare issues for low income and low literacy populations

#### **Hector M. González, Ph.D.**

*Psychology and Epidemiology*

- Identifying modifiable risks for functional impairment in older adults
- Reducing the burden of chronic diseases, particularly in ethnic minorities

#### **Gail Jensen, Ph.D.**

*Health Economics*

- Trends in health insurance for older citizens, long-term care insurance
- Managed care and its effects on the health of older adults

#### **Cathy Lysack, Ph.D., OT(C)**

*Rehabilitation Science*

- Adjusting to life after spinal cord injury
- Improving independence of seniors with disabilities

#### **Scott Moffat, Ph.D.**

*Cognitive Neuropsychology*

- How the stress hormone cortisol affects the brain as it ages
- Links between low testosterone and Alzheimer's disease

#### **Stewart Neufeld, Ph.D.**

*Mathematics and Social Science*

- Retirement planning
- Overcoming obstacles to complex treatment regimes for HIV-positive patients

#### **Olivia Washington, Ph.D., APRN, BC, NP, LPC**

*Nursing Research*

- Helping aging, African American women who become homeless
- Educating African Americans on how to improve their health



Stacy Schepens (left) interviews an OT patient



Heather Moilanen



Gwendolyn Traylor (left), Metro Sisters Network and Julie Williams (right) Cancer Information Service



Dr. Raz and Dr. Karen Rodrigue



Pre-doctoral student Andrea Nevedal serves an attendee at the IOG HBEC Annual Celebration.



Pre-doctoral student Yiqin Yang

## Post-Doctoral Fellows

### Diane Adamo, Ph.D.

*Kinesiology, University of Michigan, 2007*

Researching the influence of age on hand preference and physical activity.

### Mary Elizabeth Bowen, Ph.D.

*Sociology, Virginia Polytechnic Institute, 2006*

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

### 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.

### Donyela Marshall, 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.

### 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.

## Trainee Awards

### WAYNE STATE UNIVERSITY

*Board of Governors Grant – Andrea Nevedal*

*Charles L. Gdowski Award (Psychology) – Michelle Leonard*

*College of Science Dissertation Award (Psychology) – Michelle Leonard*

*Dissertation Fellowship – Yong Li*

*Elizabeth Olson Award – Lindsey Martin*

*Graduate Academic Scholarship – Edmundo Reyes*

*Graduate Professional Scholarship – Paul Cernin, Stacey Schepens*

*Latino en Marcha Scholarship Highest Award – Edmundo Reyes*

*Latinos de Livonia Scholarship Highest Award – Edmundo Reyes*

*Martin Luther King, Jr./Caesar Chavez/Rosa Parks Future Faculty Fellowship – Edmundo Reyes*

*Margaret Ledbetter Endowed Scholarship (Education) – Stacey Schepens*

*Unrestricted Private Scholarship – Stacey Schepens*

*Mr. and Mrs. Moses Ziegler Scholarship Award – Andrea Nevedal*

*Thomas C. Rumble Fellowship (Anthropology) – Lindsey Martin*

*Ross and Margaret Stagner Memorial Award – Michelle Leonard*

*Julie A. Thomas Award (Psychology) – Awantika Deshmukh*

### Poster Session Juried Awards

*Institute of Gerontology – Paul Cernin, Kristen Kennedy, Brooke Schneider*

*Department of Psychology – Paul Cernin*

### Travel Awards

*Department of Anthropology – Jean Burton, Lindsey Martin, Andrea Nevedal*

*Department of Psychology – Kristen Kennedy, Brooke Schneider*

*Institute of Gerontology – Andrew Bender, Michelle Leonard, Andrea Nevedal*

### REGIONAL

*Blue Cross Blue Shield of Michigan Foundation Student Award – Michelle Leonard*

### NATIONAL

#### American Psychological Association

*Master's Level Completed Research Award, Division 20 – Brooke Schneider*

*Pre-doctoral Psychology Internship – Omar Mahmood*

*Retirement Research Foundation Dissertation Award Division 20 – Karen Rodrigue*

## Pre-Doctoral Trainees

The following students work with select IOG faculty members as mentors in research and course work supporting master's or doctoral level degrees. Pre-doctoral training is funded through a grant from the National Institute on Aging / National Institutes of Health.

**Andrew Bender** – Experimental Psychology

**Felecia Bennett-Clark** – Political Science

**Emily Briceno** – Psychology

**Jean Burton** – Anthropology

**Mary Byrnes** – Sociology

**Paul Cernin** – Clinical Psychology

**Cheryl Dahle** – Developmental Psychology

**Awantika Balaseheb Deshmukh** – Cognitive Neuroscience

**Angela Guy-Lee** – Medical Anthropology

**Nayoung Kim** - Economics

**Michelle Leonard** – Psychology

**Yong Li** – Economics

**Omar Mahmood** – Clinical Psychology

**Lindsey Martin** – Medical Anthropology

**Andrea Nevedal** – Medical Anthropology

**Edmundo Reyes** - Economics

**Stacey Schepens** – Occupational Therapy

**Brooke Schneider** – Clinical Psychology

**Wassim Tarraf** – Political Science

**Rifky Tkatch** – Health Psychology

**Yiqin Yang** – Cognitive Neuroscience

**Peng Yuan** – Psychology



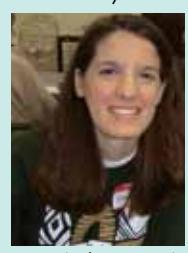
Andrew Bender



Paul Cernin



Cheryl Dahle



Lindsey Martin

# Wayne State University Faculty Fellows

Faculty Fellows come from all departments and academic backgrounds and are often willing collaborators on research projects. We appreciate their interest as we work together to improve the aging process.

**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, School of Medicine

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

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

**Heather Dillaway, Ph.D.**  
Assistant 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



Jennifer Mendez, Claudia Vondrak,  
Jan Severance, and Susan MacNeill



University President Reid presents  
his 2007 Award for Excellence  
in Teaching to IOG faculty fellow  
Heather Dillaway.

**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

**Margaret Greenwald, Ph.D.**  
Associate Professor,  
Communication Sciences and Disorders

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

**E. Mark Haacke, Ph.D.**  
Professor, Radiology, School of Medicine

**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  
School of Medicine

**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

**Joseph Musial, Ph.D.**  
Assistant Professor, School of Medicine  
Senior Bio-Scientific Staff, Surgery,  
Henry Ford Health System

**Anne Victoria Neale, Ph.D., M.P.H.**  
Professor, Family Medicine, School of Medicine

**Mary Beth O'Connell, Pharm.D., BCPS, FSHP, FCCP**  
Associate Professor, Pharmacy Practice

**Joseph M. Pellerito, Jr., M.S., OTR**  
Associate Professor, Occupational Therapy  
Academic Director,  
Occupational Therapy Program

**Louis Allen Penner, Ph.D.**  
Professor, Karmanos Cancer Institute

**Richard Raspa, Ph.D.**  
Professor Graduate Chair, Interdisciplinary Studies

**Ruth Ray, Ph.D.**  
Professor, English

**Andrea Sankar, Ph.D.**  
Professor, Anthropology  
Director, Medical Anthropology

**Stephanie Myers Schim, Ph.D., RN, CNAAPRN, BC**  
Associate Professor, Nursing

**Mary Sengstock, Ph.D.**  
Professor, Sociology

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

**Joanne Sobeck, 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, School of Medicine

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

**Ozlem Tulunay, M.D.**  
Assistant Professor, School of Medicine

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

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

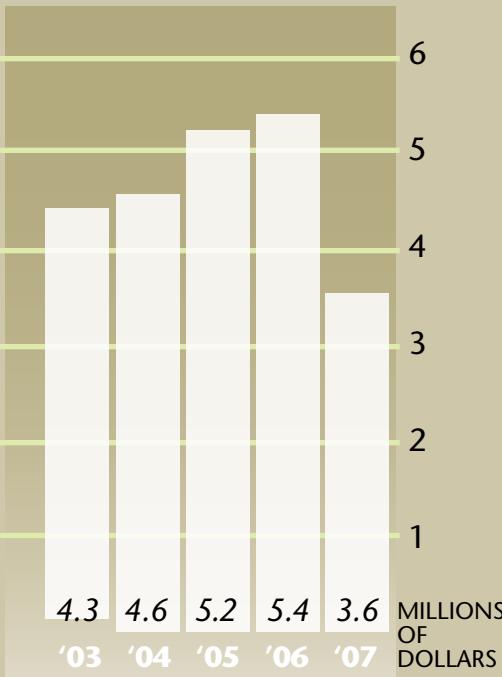
**Feleta Wilson, Ph.D., RN**  
Associate Professor, Urban Environment / Nursing

**Jiping Xu, M.D., M.S.**  
Assistant Professor, Family Medicine

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

## Grants Awarded Past 5 Years

The recent drop in funding is the result of severe cuts in government research spending combined with a harsh economic climate.



## New Major Research Grants 2006-2007

### **Michigan Center for Urban African American Aging Research (MCUAAAR)**

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

A grant of \$3.3 million from the National Institutes of Health (NIH) was awarded to fund a third five-year segment of this project, making its 15 years of continuous funding a rarity among research in the U.S. The project seeks to reduce the health disparities that exist between older African Americans and other ethnic groups, disparities that cause higher rates of diabetes, hypertension and certain cancers. MCUAAAR also

funds an outreach component called the Healthier Black Elders Center that educates the urban community about health issues and has recruited more than 650 potential participants for research studies into aging and health.

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

*Dr. Moffat, PI*

Dr. Moffat will use this \$1.5 million grant from the NIH, distributed over four years, to examine the effects of cortisol (a hormone secreted in large amounts when a person is under stress) on brain function as we age.

## Continuing Multi-Year Grants

### **Neural Correlates and Modifiers of Cognitive Aging**

*Dr. Raz, PI*

This \$3 million, three-year NIH grant funds research into the cognitive neuroscience of aging, specifically how the appearance and function of the brain change over time.

### **Hip Fracture:**

#### **Cultural Loss and Long-term Reintegration**

*Drs. Luborsky and Lysack, Co-PIs*

A grant of \$1.1 million from the NIH was awarded for a four-year study of how men and women overcome the trauma of a hip fracture, re-engage with their community, and use personal and community resources in the recovery process.

### **Detroit Community Network Program**

*Dr. Teri Albrecht of Karmanos Cancer Institute and Dr. Lichtenberg, Co-PIs*

A \$2.5 million, five-year grant from the National Cancer Institutes was awarded to the Detroit Community Network Program (CNP) in 2005 to find ways to reduce cancer rates among Detroit's older African American population through the use of extensive networking with community organizations.

### **Community Living after Spinal Cord Injury**

*Dr. Lysack, PI*

How do wheelchair users with spinal cord injury regain or re-invent their social roles as they recover from the acute phase

of their injury and move toward long-term adjustment? The NIH awarded Dr. Lysack \$450,000 over three years to answer this question and delineate the major social and environmental barriers faced by persons who are wheelchair-bound.

### **Vascular Depression and Function in Older Latinos**

*Dr. Gonzalez, PI*

The NIH granted \$753,000 over five years to study depression that is triggered by poor blood flow to the brain, how it is diagnosed and treated, and how it affects functioning in older Mexican Americans.

### **Training Students in Aging and Health**

*Dr. Lichtenberg, PI*

The IOG's student training extends through 2011 with an additional \$834,000 to the nearly \$1 million previously granted from the NIH to educate pre-doctoral and post-doctoral students from various disciplines about aging, health research and community outreach.

### **Building Occupational Therapy Skills**

*Drs. Lichtenberg and Lysack, Co-PIs*

The Retirement Research Foundation granted \$264,000 over two years for the production of a series of DVD-formatted training modules designed to help occupational therapists identify and address mental health issues in elderly clients.

*David and Esther Howell*



## Guidance

### Board of Visitors Leadership Council for Endowments and Scholarships

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.

**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**

Aging Well Advisor

**Bob Allison**

Broadcast Host, Ask Your Neighbor

**Eric Baron, M.D.**

Medical Director, House Call Physicians, P.C.

**Eugene Baron, M.D.**

Ophthalmologist (Retired)

**Thomas Boaks**

Senior Partner, Towne Centre Financial Services

**June Clark – Ambassador Committee Chair**

Project Director, ACTIVE Project, IOG

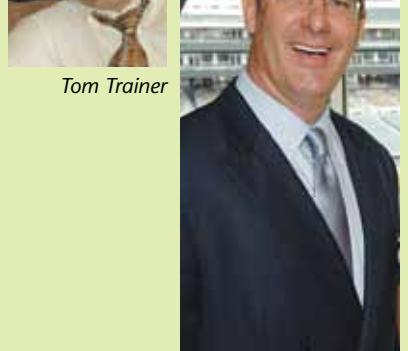
**Robert W. Gillette**

Director of Marketing, American House Senior Living Residences

*Jean & John Villa*



*Tom Trainer*



*Jeffery Smith*

**Karl Gregory, Ph.D.**

Distinguished Professor Emeritus, Oakland University

**Arthur Johnson, Ph.D. (Honorary)**

Community Volunteer

**Julie Kent**

Associate Strategic Planner, Spectrum Strategies/Harley Ellis Devereaux

**Ruth LoPrete**

Attorney and Trustee, The Westerman Foundation

**Louise M. Morman**

Founder, EldercareLearnings.com

**Roger Myers**

CEO, Presbyterian Villages of Michigan

**Betsy J. Perry**

President and CEO, St. Luke's Episcopal Health Ministries

**James Schuster**

Certified Elder Law Attorney

**Jeffrey Smith**

President, Woodworth Financial

**Tom Trainer**

Attorney, Kemp, Klein, Umphrey, Endelman & May, P.C.

**John Villa**

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

**Betty Welsh**

Elder Advisors to Research Board Member, IOG



Left to Right: Laura McCloskey, Robert Thomas, Kendra Schwartz, Terrance Albrecht, Peter Lichtenberg and Thomas Jankowski

## Wayne State University Internal Advisory Board

The Internal Advisory Board provides a critical link between the IOG faculty and Wayne State University. This relationship insures that the Institute is well-integrated into Wayne's broader academic mission.

**Andrea Sankar, Ph.D.** – Chair  
Anthropology  
College of Science

**Terrance L. Albrecht, Ph.D.**  
Program Leader  
Communications and Behavioral Oncology  
Karmanos Cancer Institute

**Linda Lewandowski, Ph.D.**  
Assistant Dean  
Family, Community and Mental Health  
College of Nursing

**Laura McCloskey, Ph.D.**  
Director  
Academic Programs  
Merrill-Palmer Skillman Institute

**Hilary Ratner, Ph.D.**  
Vice President for Research

**Beverly Schmoll, Ph.D.**  
Dean  
College of Pharmacy and Health Sciences

**Kendra Schwartz, M.D.**  
Associate Professor  
Associate Chair for Research  
Family Medicine  
School of Medicine

**Robert Thomas, Ph.D.**  
Dean  
College of Science

**Phyllis Vroom, Ph.D.**  
Dean and Associate Professor  
School of Social Work

## Institute of Gerontology Steering Committee

Respected experts in aging at the local, state and national levels confer annually to review the accomplishments of the Institute and to set goals and direction for the coming year. They spend two full days on site to form an accurate picture of IOG achievements in our four key areas: research, education, partnerships and outreach.

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*Anthony Garcia of Mature Advisor distributes information at IOG Art of Aging event*



*Dennis Quinn (left) of Great Lakes Capital accepts 2007 Partnership Award from (right) Dr. Lichtenberg*



*Rob Gillette (left), Vice-President of American House talks to (right) Melvin Washington of The Phoenix Group*



*Lynn Alexander, Your Aging Well Advisor*



*Representatives from Humana MarketPOINT greet attendees at the Healthier Black Elders Health Reception*



## Corporate and Community Sponsors

The Institute of Gerontology partners with a wide spectrum of organizations and individuals for the purposes of research, education, and community outreach. We rely on this support to continue our annual conferences, health forums and weekly colloquia where we translate current knowledge to the senior and caregiver community. We recognized these partners in 2007 with the SAGE Award for Supporting Aging and Gerontology Excellence and honor them for their deep commitment promoting successful aging in Detroit and beyond.

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### **GOLD** (\$10,000-24,999)

Humana MarketPOINT  
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Your Aging Well Advisor - Lynn Alexander

Danielle Mayoras and Don Rosenberg of the Center For Elder Law educate seniors at an IOG conference



Dr. Lichtenberg thanks Mrs. Nena Dahling of the Mary Thompson Foundation for their generous support



Seniors are helped by HAP representative Victoria Walker at an IOG event



Molina representatives help seniors understand Medicare and Medicaid options at the Charles W. Wright Museum.



Presbyterian Villages representative displays information on senior housing



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American House Senior Living Residences  
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Board of Visitors chairs, Esther and David Howell, funded the IOG's 2007 Faculty Research Award.



Board of Visitors member Ruth LoPrete at the IOG Annual Celebration



Dr. Lichtenberg thanks Board of Visitor member Betty Welsh for her generous contributions.



Betsy Perry, CEO of St. Lukes (right) receives her door prize from Cheryl Deep at the IOG's Comerica Park Appreciation Night.



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