

# transitions

INSTITUTE OF GERONTOLOGY

Promoting Successful Aging in Detroit and Beyond

Fall 2006

## \$1.1 Million NIH Grant Seeks New Answers for Hip Fracture Patients

It's a disturbing fact that nearly half of all patients who suffer a hip fracture will die within one year. This statistic has remained unchanged, despite a myriad of medical and technological advances. "We think that new questions have to be asked in order to find the answers to this problem," says Mark Luborsky, Ph.D., Professor of Anthropology and Gerontology at the Institute of Gerontology.

Together, Cathy Lysack, Ph.D. and Dr. Luborsky will spend the next four years studying men and women who have overcome hip fractures. Specifically, they will look at differences in how they cope with their trauma and in how they utilize personal and community resources in the recovery process. They expect

to gain a new understanding of the social and emotional consequences of a hip fracture and translate that in ways that will be used to help others in the recovery process. "A hip fracture is a sensitive event for older adults," says Dr. Lysack. "Many do recover, but this is an incident that represents new limitations and the need to reorganize one's life."

Dr. Lysack is an associate professor at the Institute of Gerontology and the Eugene Applebaum College of Pharmacy and Health Sciences. She and Dr. Luborsky have collaborated to bring the clinical,

rehabilitation and social science perspectives together in this study. This is an approach they believe is necessary to advance the existing state of knowledge about life after hip fracture. Peter Lichtenberg, Ph.D., director of the Institute of Gerontology agrees. "Building partnerships in research gives us the power to find new answers," says Dr. Lichtenberg. "The IOG is leading the way to better understandings and healthier lives for our aging population."



PRINCIPAL INVESTIGATOR MARK LUBORSKY, PH.D. AND CO-PRINCIPAL INVESTIGATOR CATHY LYSACK, PH.D.

research  
education  
outreach  
partnerships

WAYNE STATE  
UNIVERSITY

## \$1 Million Training Grant Enriches Students and Seniors



*PAUL CERNIN, CATHY LYSACK, PH.D., AND MICHELLE LEONARD WORK TOGETHER TO EXPAND RESEARCH.*

research

The IOG is thrilled to receive a renewal of the NIH Training Grant that will extend this program through 2010. The four-year extension will provide close to \$1 Million for the training of 27 pre- and post-doctoral students and allow for an expansion of

research as well as related community outreach and education programs.

“The IOG’s training grant is unique,” says Cathy Lysack, Ph.D. “Our students spend a lot of time with their mentors exchanging ideas and learning skills. Because we’re part of a research institute, students also benefit from their involvement with faculty from very diverse disciplines. This helps to broaden their understanding of the issues that effect older adults.” She also stresses that the grant allows students like Michelle Leonard, of the Department of Psychology, Jean Burton, of the Department of Anthropology, Kay Klymko of the College of Nursing, and many others to interact, share ideas and develop research in ways that are more effective.

Paul Cernin is among the 20 doctoral students currently participating in the IOG training grant. As a 4th year graduate student, Paul has already been recognized as a strong contributor to the field of gerontology. For three years, he has been the project coordinator for the Life is for the Living Project, a depression treatment program for older adults in the Detroit

area. He is also this year’s recipient of the APA Division 20 Master’s Thesis Award for his research on successful aging in African American adults. Paul’s work reflects the mission of the IOG to bring research directly to the community. “The ability to translate research knowledge into a new and better understanding of one’s own or one’s family situation is a powerful force.” says Peter Lichtenberg, Ph.D., Director of the IOG and Principal Investigator of the training grant.

Successes are ongoing for students in this program. This year, pre-doctoral students Kristen Kennedy and Karen Rodrigue presented findings at the Annual Human Brain Mapping Conference in Florence, Italy. They’re part of a team that works with the IOG’s Naftali Raz, Ph.D, an expert in cognitive neuroscience. Andrew Bender, another of Dr. Raz’s students, brings a diverse background of experience including psychology, and technology analysis to his work studying age-related changes to sleep and cognition. The blending of students with unique backgrounds and skills coupled with the opportunity to train under nationally and internationally recognized faculty members will surely produce new insights into the process of aging.

The IOG is dedicated to translating lifespan health research in ways that directly benefit members of the community. The NIH training grant, and the students who participate in it, are doing just that.

## Art Exhibits Inspire Creative Aging

Expressing creativity is a valuable way to enhance our lives, especially as we grow older. If you are a non-professional artist over the age of 55, the IOG's Elder Advisors to Research would like to invite you to display your work at The Eighth Annual Art of Aging Successfully Conference on March 29, 2007.

The Art of Aging Successfully Conference is a community event led by seniors for seniors. The Creative Expressions Exhibit is not a contest, but an opportunity to share your art. Entries in the following categories are being accepted: visual arts and crafts, writings such as memoirs, journal

excerpts, oral history pieces or poems, music and dance. Submissions should demonstrate how creative expressions contribute to the quality of life. "Vitality and Inspiration" is the 2007 theme.

Although the conference is months away, submissions must be received by November 1, 2006. There is no cost to display your art, all entries must be from non-professional artists and no exhibits can be sold. For guidelines, information, and applications contact Dr. Jennifer Mendez, Wayne State University, 226 Knapp Bldg., Detroit, MI 48202, (313) 577-2297, or visit [www.iog.wayne.edu](http://www.iog.wayne.edu).

## On the Cover . . .

*Eugene Odon is a member of the Karmanos Cancer Survivor Group (BRAVE) and an active member of the Healthier Black Elders Center.*

WRITING/EDITING - TERESA BAILEY  
GRAPHIC DESIGN - BIZON DESIGN  
PHOTOGRAPHY - RICK BIELACZYC

*EVELYN HART OF CLAWSON DISPLAYS "RESTING" AT THE ART OF AGING CONFERENCE AND IS A REGULAR CONTRIBUTOR TO CREATIVE EXPRESSIONS.*



## May Berkley Remembered



Our community lost a valued member on June 12, 2006 when May Berkley passed away at the age of 89.

May was a founding member of The Institute of Gerontology's Elder Advisors to Research and was instrumental in developing the Creative Expressions Exhibit at the Art of Aging Conference, held annually in the spring. May encouraged fellow seniors in their artistic endeavors and always stressed that their written expression was a legacy for future generations.

May was tireless in her efforts to improve the quality of life of older adults. She was a designated Staff Emeritus at Oakland Community

College where she taught a non-credit workshop in retirement planning and taught a class in life story writing at the Southfield Senior Center for over nine years.

Although May's spirit and enthusiasm can't be replaced, she left a legacy of commitment to successful aging. This will continue forward through the May Berkley Creative Expressions Memorial Fund established in her honor by the Elder Advisors to Research. To date, approximately \$1,750 has been donated. Funds will be used to develop intergenerational programs that bring Wayne State students and Detroit community elders together to share stories about their lives.

May liked to tell her writing groups that historians give us the building



*IOG DIRECTOR, PETER LICHTENBERG, PH.D., SHOWS APPRECIATION FOR GLORIA SNIDERMAN'S AND MAY BERKLEY'S VOLUNTEERISM.*

blocks of history, but the mortar that cements those blocks together is the personal stories of people who lived in a particular time and place. She spent the last 15 years of her life helping people tell their life stories and through the May Berkley Creative Expressions Memorial Fund her work will live on. To make a donation, please call the Institute of Gerontology at (313) 577-2297.



*DETROIT CITY COUNCILWOMAN AND FRIEND OF THE IOG, MARYANN MAHAFFEY*

*"We are deeply grateful to our community volunteers and partners who inspire us to make a difference every day" – Peter Lichtenberg, Director*

*Please join the Institute of Gerontology in expressing our sadness at the loss of Maryann Mahaffey, retired Detroit City Councilwoman, who passed away on July 27, 2006 at the age of 81. As well as serving the City of Detroit for 31 years, Mahaffey was a founding member of the Elder Advisors to Research and made many presentations on advocacy for older adults. She was involved in and supportive of the Healthier Black Elders Center and her leadership and concern for seniors will be missed by all. At this time, our thoughts and good wishes are with the family and close friends of Maryann Mahaffey.*

# Save the Date!

## 2006-2007 IOG COLLOQUIUM SERIES

Merrill-Palmer Institute, 71 E. Ferry Street  
(Hobbler Room on 2nd floor)

Tuesdays 9:30am-10:30am

Colloquia are free and open to students, professionals,  
and the public

### Sept. 12: Hypertension Interventions

Nancy T. Artinian, Ph.D.,  
Wayne State University – College of Nursing

### Sept. 19: End of Life – Palliative Care

Rob Zalenski, Ph.D., Wayne State University –  
Emergency Medicine

### Sept. 26: Professional Development: Publishing

Scott Moffat, Ph.D., Wayne State University –  
Psychology and IOG

### Oct. 3: Relationship Between Cognitive Aging and Cerebrovascular Functions

Monica Fabiani, Ph.D., University of Illinois  
Urbana-Champaign

### Oct. 10: Understanding Clinical Trials – For the Non-Physician

Catherine Freiman, Ph.D., Regional Scientific  
Associate, Director Neuroscience Scientific  
Operations, MI/OH-Novartis Pharmaceuticals

*For further information and colloquia topics,  
call (313) 577-2297.*

## ELDER ADVISORS TO RESEARCH LEARNING SERIES

**September 20** – “Tips for Finding Quality Health  
Information Plus Five Facts About Clinical Trials”-  
presented by Ms. Julie Williams of Karmanos Cancer  
Institute

American House, 27577 Lahser Rd., Southfield

RSVP: *Donna McDonald, Institute of Gerontology,  
(313) 577-2297*

## HBEC COMMUNITY HEALTH FORUMS

Sites: To Be Determined, Thursdays, 10:00-11:30 am

Cost: Free

Dates: **October 19, 2006, November 9, 2006**

**October 7- GERIATRIC EDUCATION CENTER OF  
MICHIGAN – REHABILITATION CONFERENCE**  
“Recognizing Potential and Improving Function”  
Sheraton Hotel, Lansing, MI.

*For more information, contact Janis Yonker, (517) 353-7828*

**October 19 - IOG POSTER PRESENTATION**  
87 E. Ferry St., 2nd floor, 3:00-5:00pm

### November 1- CREATIVE EXPRESSIONS: DEADLINE FOR SUBMISSIONS

Non-professional Michigan artists only, age 55+  
Creative expressions including art, craft, music, dance,  
memoir, and poetry will be exhibited at the 8th Annual  
Art of Aging Successfully Conference – March 29, 2007.  
This year's theme is “Vitality and Inspiration”.

*For more information contact Dr. Jennifer Mendez (313) 577-  
2297 or email at j.mendez@wayne.edu*

### November 6 & 7 - 11TH ANNUAL EDNA GATES CONFERENCE ON DEMENTIA CARE

Troy Marriot Hotel, 200 W. Big Beaver Rd., Troy, MI  
Cost: TBD

*For more information contact Anne Robinson  
(annerobinson2@sbcglobal.net)*

### December 8 - PRIMARY CARE DEMENTIA NETWORK CONFERENCE

Feature presentation: James G. O'Brien, MD “Providing  
Health Care Services for Older Adults: 2006-2030”, MSU  
Kellogg Center, E. Lansing, 8:00am – 4:30pm

*For more information: Jan Yonker, (517) 353-7828 or,  
yonker@msu.edu*

*Check out our new Web site! Visit [www.iog.wayne.edu](http://www.iog.wayne.edu) for up-to-date IOG news and events, plus complete  
information on IOG programs, people, and resources.*

**WAYNE STATE  
UNIVERSITY**

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226 Knapp Building  
Detroit, MI 48202  
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