Achieving IMPACT

2014 & 2015 REPORT

Institute of Gerontology
Promoting Successful Aging in Detroit and Beyond
We dedicate research in 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 stand the test of time.
From the Director

In the two years since we published our last report, the Institute of Gerontology has compiled an impressive record of achievements. Academic and leadership awards, record-breaking attendance at events, peer-reviewed publications, and mentoring student scholarship are significant milestones. From grant dollars, to community partners, to people served, our programs generate head-turning statistics. Some of those numbers are highlighted in these pages, and we are proud to display them.

But impact adds up to more than numbers; it’s about people and it’s personal. For the IOG, impact reflects positive change – to lives, to systems and to policy. Are we elucidating precursors to Alzheimer’s so that memory can be preserved? Are we striving to insure that every person’s later years contain healthy, fulfilling activities? Are we advocating and educating so elder abuse – whether physical, emotional or financial – is recognized and stopped? Are all four pillars of our ambitious mission statement not just words, but action items? The answer, as you will see here, is YES.

We train thousands of health care professionals and older adults every year in important issues about aging. We are a leader in lifespan cognitive neuroscience, with projects spanning brain development from early childhood to old age, investigating both normal and atypical aging. My own project on financial decision-making has interviewed hundreds of older adults to create and refine tools that assess the capacity to make financial decisions while identifying vulnerability to exploitation. The IOG’s research goals are also heavily influenced by its hometown Detroit, as much of our work is dedicated to helping older adults achieve urban health equity.

We accomplish all of this splay, as we travel through aging ourselves. It’s our 50th birthday this year, a momentous anniversary: Fifty years of research into helping people age well. Fifty years of seeking solutions for cognitive problems and health inequities. And fifty years of spreading awareness of aging issues across the city, state and country. The older we get, the deeper our impact. Fifty feels fabulous. One hundred will be even better.

Your Partner in Aging,

Peter Lichtenberg, PhD, ABPP, Director

Dr. Lichtenberg proudly displays the two-volume APA Handbook of Clinical Geropsychology (2015) he co-edited with former IOG trainee Dr. Benjamin Mast.

The True Measure of IMPACT
Older adults can be at high risk of abuse. Social isolation, fear and confusion can impair decision-making while physical changes weaken defenses, all while predators sit ready to pounce. For older adults with cognitive impairments the risks skyrocket. IOG researchers are uncovering ways to prevent elder abuse through tools to identify the most vulnerable and specialized training for older adults and the professionals who work with them.

**Urban Health Equity: Neurocognitive Impairment & Elder Abuse**

**FOCUS:** Financial decision-making, financial exploitation and financial capacity in older adults. Neurocognitive impairment, late-life depression and its impact on quality of life and longevity.

Dr. Lichtenberg is the director of both the Institute of Gerontology (since 1998) and the Merrill Palmer Skillman Institute for Child & Family Development (since 2008). He is a national expert in financial capacity assessment and the financial exploitation of older adults. He has published several articles on psychological vulnerability and fraud and on his new instrument, the Lichtenberg Financial Decision-Making Rating Scale. He is currently collaborating with colleagues from multiple disciplines in examining the validity of this new scale, a separate screening scale and an informant scale. He has conducted independent medical evaluations and acted as an expert witness in more than 75 cases over the past decade on issues related to older adults and capacity.

Dr. Lichtenberg is the author of seven books including being the senior editor of the two-volume APA Handbook of Clinical Geropsychology (2015), the Handbook of Assessment in Clinical Gerontology (2nd edition, 2010), and the Handbook of Dementia (2003). He authored or co-authored more than 160 peer reviewed journal articles in research areas including mental health in long-term care, geriatric depression, and the early detection and management of Alzheimer’s disease.

Dr. Lichtenberg won more than a dozen awards of distinction. Most recently he received the 2015 Courage to Lead Award from the Oakland County Elder Abuse Task Force, the 2014 Sandra Reminga...
Elder abuse is a significant problem in the U.S. and Michigan, rising as the population of older adults grows. Preventing the problem depends on a thorough understanding of its nature and extent. A single comprehensive source for this information is sorely needed, but it is not currently available.

Despite recent state and national policy changes to assess and prevent elder abuse and neglect, definitional clarity and accurate data on the extent of elder abuse at both the federal and state level remain elusive. Most researchers and policy-makers agree that what is seen and counted is, at best, only the tip of a very large iceberg.

Dr. Jankowski (with co-investigator Susan Lawrence, PhD), was charged with determining the feasibility of creating an Integrated Elder Abuse Reporting System (I-EARS) in Michigan to pull together complete reports of elder abuse and neglect from myriad agencies. These would include cases within the community, usually under the jurisdiction of Adult Protective Services, and also adult foster care facilities, Homes for the Aged, and nursing facilities. The Michigan Aging and Adult Services Agency funded the nine-month review through Elder Law of Michigan.

Unfortunately in Michigan, as in many other states, the data collected on elder abuse is incomplete and fragmented. Multiple data systems collect reports, and communication between them is often not technologically possible. Differences in the types of data collected across different systems prevent the information from being integrated or aggregated in any meaningful way.

One agency may use definitions from the Code of Federal Regulations and another uses Michigan statutory definitions and off-the-shelf software. Adult Protective Services, the primary agency in Michigan that investigates elder abuse, uses an obsolete in-house data system that is very limited in the information it collects and reports. Smaller agencies use basic Excel spreadsheets to track the limited data they gather. No agency collects information on abusers that could be used to stop them from abusing again.

These and other weaknesses in recording and reporting information make it impossible to estimate the true level of elder abuse in Michigan, its impact on victims and families, and its cost to the government and economy. Michigan is not alone; no state has yet fully succeeded in this effort.

Although Dr. Jankowski’s report concluded that Michigan’s current reporting methods do not allow a comprehensive accounting of the current extent of elder abuse, it did provide 11 cogent recommendations to move Michigan closer to an integrated reporting process. “We know what we need to do to get a handle on elder abuse in Michigan,” said Dr. Jankowski. “We need to find the political will and devote the resources necessary to do it.”
Fraud and theft related to financial exploitation is responsible for much of the increase in elder abuse over the past decade. Dr. Lichtenberg, a geriatric psychologist and specialist in cognitive impairment, capacity, and exploitation in older adults has been working to find solutions, publishing several papers on the vulnerability of older adults to financial abuse. He and colleagues created three person-centered tools to assess financial decision-making. This year, the National Institute of Justice funded the validation of these measures with $468,000 over three years.

RESOURCES FOR PROFESSIONALS

This project is successfully underway with three publications and two conference presentations completed this year demonstrating empirical support for the scales. In addition, Dr. Lichtenberg and his team have trained attorneys, certified public accountants, Adult Protective Service (APS) workers, social workers and financial planners in financial exploitation. Additional funding through Michigan’s PRVNT program will integrate the screening scale into APS investigations statewide through a functional web-based application that administers and scores the scale while aggregating large amounts of data. The grant also extends Dr. Lichtenberg's efforts to train professionals and seniors about financial exploitation from Dr. Lichtenberg.
tenberg’s broad-based training model. In less than a year, Dr. Lichtenberg has given 19 trainings on financial decision-making to more than 1,000 professionals and older adults.

**RELIABLE ASSESSMENTS ACROSS A DIVERSE RANGE**

One facet of the research represents the biggest data collection from urban African Americans ever on the topic of financial decision-making and financial exploitation. Dr. Lichtenberg’s project (with Drs. Lisa Ficker and Annalise Rahman-Filipiak) was published as “Financial Decision-Making Abilities and Exploitation in Older African Americans: Preliminary Validity Evidence for the Lichtenberg Financial Decision Rating Scale,” in the *Journal of Elder Abuse and Neglect*. In it, the Lichtenberg Financial Decision Rating Scale (LFDRS) was used to evaluate each participant on their recent major financial decisions. Unlike other assessments of older adult capability, the LFDRS is a context specific, person-centered approach that builds on an older adult’s strengths regardless of cognitive ability. The scale showed excellent accuracy in determining older African Americans’ ability to make financial decisions and to detect financial exploitation in a population that has historically under-reported the problem. Sixty-three percent of persons with impaired ability to make financial decisions reported being financially exploited versus only 13% of those who were not impaired. This relatively small study of 69 older urban African Americans is now being expanded and diversified to further validate the LFDRS.

**FINANCIAL LITERACY**

With age comes wisdom, but not always regarding money. Research studies have shown that older adults, overall, have low levels of financial literacy and sophistication. Many lack even a basic grasp of financial concepts, which likely impedes their retirement planning and subsequent quality of life. LaToya Hall, community outreach specialist for the IOG’s Healthier Black Elders Center, wants to change that. She has a master’s in social work and years of experience as a financial coach working with non-profits to teach consumers how to manage their finances.

“When I was coaching, I noticed that most of the material on finances was not specific to the needs of older adults,” LaToya said, “and it needs to be. So Dr. Lichtenberg and I are creating a curriculum that addresses critical issues for people 60 and older, like when to take social security, and how to adjust spending when you are no longer earning. We see a great need for these types of workshops.”

The four-part class would include role-play, problem-solving, worksheets and other interactive strategies to deepen the learning. *Financial Health after 60* will launch in 2016. LaToya would like to partner with a non-profit agency already working with seniors, so she can train their outreach presenters to deliver the classes.

The classes are the logical endpoint of much of Dr. Lichtenberg’s work on financial vulnerability and exploitation. Education will protect older adults from many financial scams and traps, while assessments of decision-making ability identify the seniors who need extra oversight. “To solve a problem as big as this one,” LaToya said, “requires the impact of multiple solutions.”

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Lisa Ficker, PhD  
Aging and Cognitive Assessment  

**FOCUS: Perceived cognitive impairment, the relationship of cognition to social and emotional well-being, and urban elders.**

Dr. Ficker is project director for Dr. Lichtenberg’s research to develop his Financial Decision-Making Rating Scale. She manages recruitment strategies, data collection, and training of research assistants. As a clinical psychologist specializing in aging and cognitive assessment, her work is broadly based in adjustment issues across adulthood (e.g., to institutionalization, caregiving responsibilities, and mental health challenges). Dr. Ficker also collaborates with the U-M Memory and Aging Project of the Michigan Alzheimer’s Disease Center to expand recruitment to Detroit’s African American elders. She has worked closely with the Healthier Black Elders Participant Resource Pool, a program funded by the National Institute on Aging to promote the participation of African American elders in research studies.
Urban Health Equity: Studies in the Built Environment

How does an 80-year-old man, with poor hearing and a walker, navigate the urban environment? What obstacles does life in Detroit present to people as they age? From helping anglers catch safer fish from the Detroit River to community chats on air and food toxins, IOG research takes advantage of Wayne State’s location in the heart of Detroit to examine how people age in a major American city.

Together Forever: Our Environment and Our Health

The interactions between the urban environment – air, water, food, neighborhoods, family, stressors – and the health of its residents are continuous and not always well understood. CURES (Center for Urban Responses to Environmental Stressors) pursues multiple paths such as research, education and policy change to build a gateway from the urban domain to healthier Detroiters. To that end, the center supports an active Community Outreach and Engagement core, directed by Dr. Lichtenberg and James Blessman, MD, MPH of WSU’s department of Family Medicine and Public Health Services. The outreach arm strives to serve, inform, and learn from the urban community by fostering two-way communication between the public and researchers.

Outreach and Engagement builds collaborations between environmental health advocates, leaders and researchers, while acting as a trusted resource for environmental health information and expertise. CURES also promotes environmental health literacy through a series of Environmental Health Chats. Hundreds of Detroiters have participated in CURES chats to date, discussing urban gardening, air quality, farmer’s markets, chemicals in food containers, and other topical issues. CURES is part of WSU’s Institute of Environmental Health Sciences.

FOCUS: Successes and disparities in health and well-being as people age; recovery from injury and life losses; household downsizing, environmental harm reduction.

As a professor of anthropology and gerontology, Dr. Luborsky studies how culture shapes both our responses to life changes and defines the kinds of challenges we face as we age. He is the IOG’s Director of Aging and Health Disparities Research, and works closely with the Michigan Center for Urban African American Aging Research to help scholars develop research and interventions to promote minority health. He worked with the CDC/EPA and Michigan Department of Health to develop harm reduction strategies for older anglers and families who rely on fish from the Detroit River for food. Dr. Luborsky also worked with Rwanda’s National Ministries of Health to develop HIV prevention interven-
“Making small changes to how individuals participate in everyday activities, such as going to the grocery store or visiting with friends, can have a significant and enduring impact on their health.”

– Dr. Fritz

tions and expand the country’s research capacity. He is principal investigator on grants from the NIH, teaches in the anthropology department, and advises doctoral students. In the past year, he was an invited presenter in China, Thailand, and Sweden, as well as at several national conferences.

**Catherine Lysack, PhD, OT(C)**

**Occupational Therapy**

**FOCUS:** Improving rehabilitation outcomes for older adults and people with disabilities.

Dr. Lysack’s research focuses on adults living with significant physical impairments. She is interested in the rehabilitation process and how people return to active and meaningful lives in the community after illness and injury. She has studied the independence and safety of older adults who live alone, the impact of spinal cord injury on community participation and social inclusion, mental health interventions to reduce depression, and the effects of downsizing residential moves in later life. She has been funded by the National Institutes of Health, the National Institute on Disability and Rehabilitation Research, the Retirement Research Foundation, and the U.S. Department of Defense. In 2007, Dr. Lysack was inducted into the American Occupational Therapy Foundation’s Academy of Research for “having made exemplary contributions toward the science of occupational therapy.” She has more than 50 peer-reviewed publications and numerous book chapters.

**Heather Fritz, PhD, OTR/L**

**Occupational Therapy**

**FOCUS:** The prevention and management of chronic conditions, occupational science, and the study of neighborhood environments and health in aging.

Dr. Fritz’s research focuses on preventing and managing chronic illness, community participation of older adults, and interventions to improve each of these behaviors. She is especially interested in the role of habits and habit modification in changing health behavior and is currently translating the principles of habit modification into a health behavior intervention targeted toward healthy physical activity and dietary behaviors. Dr. Fritz’s work also seeks to understand how older adults with mild cognitive impairment participate in complex urban environments and how community participation impacts their health. Her work is informed by a transactional theoretical perspective with a focus on socio-cultural environments and engagement in daily occupations. Her work incorporates both qualitative and quantitative methods and she has a commitment to translating scholarship to practice. Dr. Fritz publishes her work and presents her research both nationally and internationally. Her strong belief in the value of service activities and outreach is evident in the many continuing education presentations she makes to allied health professionals and in her participation in community based educational events.

CURES attendees stating they are now more aware of an environmental health issue: 94%
Preventing Health Disparities

For nearly 20 years, the IOG has partnered with U-M to improve the health of Detroit’s older African Americans. The National Institute on Aging funded the creation of the Michigan Center for Urban African American Aging Research (MCUAAAR) in 1997, granting four five-year renewals since. The Center succeeds through the three-pronged approach of research, education and scholarship.

Healthier Black Elders Center (HBEC)
Michigan Center for Urban African American Aging Research

Educating and Recruiting at Popular Lunch & Learn Series

To research why African Americans are at increased risk of chronic diseases like diabetes, high blood pressure, and cancers, that impair quality of life and lower life expectancy, a pool of willing volunteers must be available. Historically, African Americans have been underrepresented in these types of research pools, so the IOG took a novel approach to recruiting volunteers. MCUAAAR formed the Healthier Black Elders Center (HBEC) to establish trusting relationships with the Detroit community and provide free educational seminars and health screenings to older African Americans. Over the years, the Healthier Black Elders Center has built a rock-solid reputation of quality programs and valuable resources the community can rely on.

Guests learn about the need for research volunteers, sometimes chatting with the actual researchers about their projects. They are encouraged to join the Healthier Black Elders, so they can be contacted to participate in research projects that need them, primarily at the U-M and WSU. Today the pool of volunteers exceeds 1,300 African Americans, age 55 to 100, in the Detroit area. Their current contact data and general health information is stored on a secure website.

This willing pool of older African American volunteers makes many more research projects possible. “Elders like to help the research move forward,” said HBEC’s Community Outreach Specialist LaToya Hall. “Research can inform future policy and programming, improving each generation. Volunteering allows their voice to be heard.” Projects also provide compensation. Names of potential volunteers are given to researchers only after the project is approved by WSU’s Internal Review Board and two members of the Center’s Community Advisory Board. Volunteers can decline to participate in any research project for any reason, without jeopardizing their membership in the HBEC. “We call every volunteer every 18 months to update their information,” LaToya said. “Three wonderful volunteers make those phone calls: Patricia Watkins and Shirley Thompson have been helping for years. JoAnne Smith-Taylor, a long-time member of our Community Advisory Board, just expanded to this role and is doing great. These women are the caring voice on the other end of the phone that keeps our volunteer pool thriving. I couldn’t do it without them.”
Jessica Robbins-Ruszkowski, PhD
Medical & Sociocultural Anthropology

FOCUS: How individuals’ experiences of aging — especially of health and illness — are part of broader social, cultural, political, economic, and historical processes.

Dr. Robbins-Ruszkowski’s research seeks to understand how some older people become valued and socially included, while others are devalued and socially excluded. Since 2006, Dr. Robbins-Ruszkowski has conducted research in Poland, where radical social change occurred in the lifetime of the oldest generations. Currently she is developing new ethnographic projects that investigate the relationship between health and social relations in later life in both Poland and southeastern Michigan, focusing on experiences as diverse as hospice and palliative care, migration, and urban gardening. She teaches in the Department of Anthropology, advises graduate students, and frequently presents at national and international conferences. She has received over $150,000 in grants and fellowships from the National Science Foundation, the Wenner-Gren Foundation, the Woodrow Wilson International Center for Scholars, the International Research Exchange Board, Elderhostel/Road Scholar, and several units at the U-M.

Encouraging the Best and Brightest

MCUAAAR not only encourages African Americans to participate in research; it encourages minority scholars to conduct research into the health of older African Americans. Three junior faculty members from WSU or U-M are selected each year to be MCUAAAR Scholars; they receive funding, training in grant writing and publishing, and extensive mentoring to help insure their success. Many of these scholars go on to become tenured faculty and principal investigators on NIH funded projects of their own. “A little support goes a long way,” said Dr. Lichtenberg, co-director of MCUAAAR’s administrative core and a mentor to several scholars over the years. “These bright, passionate fellows and faculty will change the course of minority aging for the better.”

Detroit seniors educated at the HBEC Lunch & Learns the past two years.

1,500 free health screenings. About 25% of people screened have abnormal readings, with a few needing immediate medical attention. The good news is these abnormal readings are on the decline as health education improves.

Lunch & Learns typically attract more than 100 neighborhood residents.

MCUAAAR Scholars attend a summer workshop for in-depth training in topics of special significance to minority research.

3,371

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Urban Health Equity: Predicting Future Needs

Everything changes, and the U.S. is no exception. In the past few years, we’ve seen tidal shifts in health care, longevity, ethnic diversity and retirement security. We need solid data and intelligent analysis to accurately predict the demands of tomorrow in time to meet them. IOG research provides dependable information to help forecast the future.

Gail Jensen Summers, PhD
Health Economics

FOCUS: Analysis of health system reform, determinants of health care disparities among older adults, Medicare, and the economics of health insurance.

Dr. Jensen Summers deftly combines a talent for teaching (she consistently ranks as one of the best economics teachers at WSU) with an instinct for important research projects. She is currently collaborating with Dr. Wassim Tarraf on a study of the early effects of the

Stewart Neufeld, PhD, Financial Gerontology

“IT’S hard to lead a decent life, do things you like, and pay for health care if you are really poor.”

– Dr. Neufeld

Career Recognition

For more than a decade, Dr. Neufeld’s considerable expertise in mathematics informed many of the IOG’s major research projects. His far-reaching interests, from spinal cord injury to HIV to retirement security, made him a willing and able partner and co-author able to pinpoint the significance within the statistics.

A 15-year veteran of the IOG, Dr. Neufeld’s most recent career focus has been financial gerontology, namely retirement security. He analyzed employees at different points in their work trajectory to delineate the risks to retirement savings when investment returns are low (as in the recent recession). During that recession, household debt skyrocketed as house equity plummeted. “It’s hard to lead a decent life, do things you like and pay for health care, if you are really poor,” he said.

Dr. Neufeld’s paper, The Tyranny of Compounding Fees: Are mutual funds bleeding your retirement accounts dry? reviewed historical data across levels of mutual fund fees and expenses. He found an average 70-80% of an individual’s investment gains are resorbed by the financial services industry over a typical 40-year career, leaving only 20-30% for the investor. The bulk of the fees were not easily visible to the investor. “They aren’t obvious or even available to the consumer,” Dr. Neufeld said. “They aren’t in the prospectus.”

Dr. Neufeld retired from Wayne State University this year. His facile mind, prodigious mathematics ability, global perspective, and compassion for the populations he studied will be greatly missed.
Dr. Tarraf, an assistant professor at the IOG, is a co-investigator and lead statistician on a $5.67 million five-year study charting how mild cognitive impairment progresses to Alzheimer’s in Latinos. The lead principal investigator of this National Institute on Aging grant is Hector Gonzalez, a colleague of Dr. Tarraf’s at the IOG who is now an associate professor at Michigan State University. The project will recruit 6,600 Latinos, age 52 and up, from 16,000 participants in the Hispanic Community Health Study / Study of Latinos begun in 2011.

“This study complements existing large data studies of non-Latino populations,” Dr. Tarraf said. “In combination, we will get a large view of the cognitive changes in many racial and ethnic groups in the U.S. as they age.”

By 2050, persons of Latino or Hispanic origin will account for about one-third of the U.S. population. Understanding the cognitive challenges to older adults in this group is a rising public health priority. Researchers are especially interested in delineating how mild cognitive impairment, or MCI, progresses to Alzheimer’s or other dementia. Another major goal is to differentiate normal aging from MCI, which is defined as subtle degradations in memory, language, thinking and judgment that, while noticeable, seldom impair day-to-day activity.

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Data on cardiovascular and genetic risk factors has previously been collected on the participants. The next phase of the study will collect and analyze cultural, genetic, and other biomarkers that could be precursors to dementia. Recruits will complete a more extensive battery of neurocognitive tests to compare against tests done in the original study. Based on this, researchers hope to classify individuals as having MCI and then link sociocultural, biological and genetic factors to its prevalence.

“This work won’t get us to the etiology of cognitive impairment or dementia, but will be a well-positioned stepping stone to future studies,” Dr. Tarraf said. “If we can progress toward following these people over a longer period, with extensive brain imaging or neurological exams, then we might learn how cognitive impairment develops.”

Dr. Tarraf is a methodologist with expertise in large complex survey data analyses and advanced statistical modeling. He will assist in supervising data collection, help integrate the genetics data with neurocognitive data, and be the lead statistical analyst for reports and publications. Scientists will collect data from New York, Illinois, Florida and California. “This is truly interdisciplinary; senior experts from multiple fields across the country are working together,” Dr. Tarraf said. “It is rewarding to work with and learn from these great scientists. I’m grateful to be able to contribute.”

Wassim Tarraf, MBA, PhD
Health Economics

FOCUS: Minority health and aging, and health services research. Recent work has focused on the effects of Medicare eligibility and Medicare reform on changes in health services use among minorities, and the effects of the Affordable Care Act on preventive care services use, and disparities in use.

Dr. Tarraf is the principal investigator on a grant funded by the Institute of Population Studies, Health Assessment, Administration, Services and Economics (INPHAASE) to examine the “Effects of the Affordable Care Act on Preventive Care Use and Disparities in Use.” He recently completed a pilot project funded by the National Institutes of Health, and the Michigan Center for Urban African American Aging Research examining access to Patient Centered Medical Home (PCMH) care among near-old and older minorities in the U.S., and the effect of access to such care on disparities in healthcare utilization and expenditures. Dr. Tarraf and Dr. Jensen Summers are developing a grant application to examine the largest PCMH designation program in the U.S. for its effects on health care use and expenditures in the Medicare population.

Five-year Study of Latinos to Identify Early Signs of Alzheimer’s

Dr. Tarraf, an assistant professor at the IOG, is a co-investigator and lead statistician on a $5.67 million five-year study charting how mild cognitive impairment progresses to Alzheimer’s in Latinos. The lead principal investigator of this National Institute on Aging grant is Hector Gonzalez, a colleague of Dr. Tarraf’s at the IOG who is now an associate professor at Michigan State University. The project will recruit 6,600 Latinos, age 52 and up, from 16,000 participants in the Hispanic Community Health Study / Study of Latinos begun in 2011.

“This study complements existing large data studies of non-Latino populations,” Dr. Tarraf said. The questions and approach are purposely similar so the results can be compared. “In combination, we will get a large view of the cognitive changes in every racial and ethnic group in the U.S. as they age.”

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6,600 Latinos studied
The brain reveals its secrets slowly, and our cognitive neuroscience teams have abundant tenacity and intelligence for the painstaking research required. IOG labs cover the lifespan, from the trajectory of memory from childhood to young adulthood, to brain changes during normal aging. Current projects also research ways to predict and diagnose Alzheimer’s in its earlier stages so treatments can be rendered more effectively.

Naftali Raz, PhD
Director
Lifespan Cognitive Neuroscience

FOCUS: Understanding the impact of age-related changes in the brain structure on cognition and modification of brain aging by vascular risk factors.

Dr. Raz is one of the world’s foremost researchers in cognitive neuroscience of aging. His career has been devoted to learning how and why the brain changes, and how those changes affect the way we think and behave, and how the course of change is influenced by vascular risk factors such as hypertension, blood sugar levels and inflammation. In 2014-2015, he co-authored 22 papers and one book chapter. Dr. Raz has established close collaborations with his colleagues in Europe, especially with the Max Planck Institute for Human Development in Berlin where he is a visiting scientist and consultant.

The $3 million MERIT award Dr. Raz received from

Lifespan Labs Collaborate
Cognition across the Continuum

Memory is crucial for everyday living. The hippocampus is part of the brain region that plays a particularly important role in forming and maintaining memory. Without it, we can neither learn new things nor remember the past. How experiences are registered as memories changes throughout life, with accompanying modifications of the hippocampus and its subfields. Researchers have long wondered how the two processes are related, but the hippocampus is a complex structure and measuring its parts with reasonable precision has proven difficult.

With the advent of high resolution magnetic resonance imaging, researchers can now obtain clearer images of the hippocampus and its subfields. These advances have prompted development of new fine-grain measurement techniques that allow researchers to evaluate age differences in hippocampal volumes across the lifespan, from childhood to old age.

The goal of the IOG’s Lifespan Cognitive Neuroscience program is to study development of hippocampal structure and function across the lifespan, so the labs of Drs. Noa Ofen and Naftali Raz collaborated on this research. The Ofen Lab studies cognitive development in children and young adults. Dr. Raz’s lab focuses on adult development and aging. “This collaboration provided a great opportunity to investigate an important aspect of brain structural development across a very wide

Undergraduates assisting in IOG cognitive neuroscience labs. Several have won research awards.

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the National Institute on Aging in 2005 has been recently extended through 2016. MERIT (Method to Extend Research in Time) grants are highly competitive and reserved for investigators with a history of exceptional scientific achievements. They offer up to 10 years of research support without the administrative burdens of preparing a competing renewal application at the five-year mark.

Currently, Dr. Raz is collaborating with his colleague in the School of Medicine, Dr. Jeff Stanley, on conducting several pilot projects, including an investigation of the effects of intensive cognitive practice on brain energy metabolism. Dr. Raz hopes that his research on healthy aging will help to identify the predictors of transition from normal late-life development to age-related cognitive pathology, such as Alzheimer’s disease.

Dr. Ofen investigates structural and functional brain development across a wide age range of typically developing children and adults. Using tests of cognitive abilities combined with neuroimaging techniques, Dr. Ofen probes how brain structure and function shape human cognitive functioning across development. In particular, she has worked to explore the structure and function of the hippocampus, a crucial brain structure for learning and memory that is altered in a number of psychiatric disorders with a neurodevelopmental basis. She is also using cutting-edge methodology to investigate neuro-
“My long-term goal is to define a new paradigm for understanding the underlying neuronal mechanisms associated with age-related cognitive decline that could be due to Alzheimer’s disease.”

– Dr. Kavcic

Voyko Kavcic, PhD
Research Assistant Professor

**FOCUS:** Use of neuro-electric activity (EEG) as a cost-effective and convenient marker of mild cognitive impairment in community-dwelling older African Americans at risk of Alzheimer’s disease.

Dr. Kavcic joined the IOG from the University of Rochester in New York in 2010. The general goals of his research are to investigate how advanced age and/or neurodegenerative diseases (primarily Alzheimer’s disease), affect cerebral structures and functions. His research looks for converging experimental evidence from a variety of methodological approaches, including neuropsychological testing, human psychophysics, visual evoked potentials, event-related potentials, and MRI diffusion tensor imaging. His theoretical framework centers on hemispheric interactions, visual perception with emphasis on perception of motion and navigation, and attention and spatiotemporal integration.

His current research aims to develop reasonable, economically viable, and culturally acceptable methods of early detection of healthy older minority adults at risk of developing mild cognitive impairment (MCI) or later Alzheimer’s disease. Dr. Kavcic is conducting community-based computerized cognitive tests and recording of electroencephalographic signals to better characterize MCI in African Americans. He is also investigating the effectiveness of cognitive training for older adults.

Dr. Kavcic believes it is particularly important to develop new non-pharmacological interventions to slow cognitive decline or attenuate its progression, since no clear pharmacological treatment is yet available.

Jessica Damoiseaux, PhD
Lifespan Cognitive Neuroscience

**FOCUS:** Functional and structural brain changes in normal aging and early Alzheimer’s disease.

Dr. Damoiseaux is an expert on functional connections between brain regions and how normal aging and Alzheimer’s disease affect these. The main goal of her research is to detect early changes in brain connectivity that predict future cognitive decline. Dr. Damoiseaux received a highly competitive early investigator grant from the Netherlands Organization for Scientific Research to investigate whether people...
with memory complaints show different brain connections than those without. This study is conducted both here at WSU and at Leiden University, the Netherlands, where Dr. Damoiseaux has an affiliation.

Training Faculty

**John Woodard, PhD**
Neuropsychology

**FOCUS:** Neurobehavioral and neuroimaging studies of memory in aging and Alzheimer’s disease, preclinical detection and prevention of Alzheimer’s disease, exceptional longevity, and sports concussion.

Dr. Woodard is a clinical neuropsychologist and professor of psychology at WSU, and a member of the IOG training faculty. His research focuses on neurobehavioral and neuroimaging studies of memory in aging and Alzheimer’s disease, preclinical detection and prevention of Alzheimer’s disease, exceptional longevity, and sports concussion. His research has used functional and structural magnetic resonance imaging and positron emission tomography to identify early changes at the neural level that could predict cognitive decline. Dr. Woodard was also a principal investigator on Phase III of the Georgia Centenarian Study, a population-based study of octogenarians and centenarians in Georgia. He is an associate editor of the *Journal of the International Neuropsychological Society* and is on the editorial boards of three additional journals focused on neuropsychology and aging.
Students in our pre-doctoral training program are matched with a faculty mentor, participate in conferences and research colloquia, and reap multiple benefits from formal and informal exposure to interdisciplinary perspectives.

**Predoctoral Trainees 2014-16**

**Anthropology**
- Wendy Bartlo (2014)

**Clinical Psychology**
- Evan Gross
- Andria Norman
- Annalise Rahman-Filipiak (2014)
- Michael Sugarman (2014)
- Christina Wong

**Cognitive Neuroscience**
- Muzamil Arshad, MD/PhD Program
- Qijing Yu
- Lingfei Tang

**Health Economics**
- Rajendra Dulal
- Nasim Ferdows

**Industrial Organizational Psychology**
- Greg Thrasher

**Kinesiology**
- Brad Kendall

**Nursing**
- Sheria Robinson (2014)

**Making their Mark Alumni Highlights**

**Waverly Duck, PhD** (2004) published *No Way Out: Precarious Living in the Shadow of Poverty and Drug-Dealing*, U. of Chicago Press, 2015. Dr. Duck is an assistant professor of sociology at the University of Pittsburgh. His book, published to excellent reviews, offers a new perspective on the culture of urban poverty by showing how ordinary people, living under severe constraints, make sense of their lives. The book was inspired by Dr. Duck’s experience as an expert witness in the sentencing of a drug dealer charged with accessory to murder.

“This landmark book challenges the common misconception of urban ghettos as chaotic places where drug dealing, street crime, and random violence make daily life dangerous for their residents. Through close observations of daily life in these neighborhoods, Duck shows how the prevailing social order ensures that residents can go about their lives in relative safety, despite the risks that are embedded in living amid the drug trade. In a neighborhood plagued by failing schools, chronic unemployment, punitive law enforcement, and high rates of incarceration, residents are knit together by long-term ties of kinship and friendship, and they base their actions on a profound sense of community fairness and accountability.”

(University of Chicago Press)

**Brooke Schneider, PhD** (2009) is a clinical psychologist at the University Medical Center in Hamburg, Germany. She has co-authored 28 publications; one of her most recent is *Mindfulness and Relaxation Treatment Reduce Depressive Symptoms in Individuals with Psychosis*, European Psychiatry, Sept. 2015. The study of 90 patients with psychosis gave partial support to the use of self-help mindfulness and progressive muscle relaxation to alleviate depression and obsessive-compulsive symptoms.


(Amazon Books) Dr. Mast, a clinical psychologist and associate professor, was recently named vice chair of the department of Psychological and Brain Sciences at the University of Louisville. He served as Editor-in-Chief, with his trainee mentor Dr. Lichtenberg, on the two-volume *Handbook of Clinical Geropsychology*, published by the American Psychological Association, 2015.
Ana Daugherty, a former pre- and post-doc trainee in Dr. Naftali Raz’ Lifespan Cognitive Neuroscience lab, won a research fellowship at the Beckman Institute at the University of Illinois, Urbana-Champaign. Dr. Daughterty received her Ph.D. in behavioral and cognitive neuroscience from WSU in 2014. Her current research interest is in the accumulation of cellular non-heme iron as a cause of progressive neural and cognitive decline in aging. She will examine the potential of physical activity to protect against vascular changes that can impair cognitive function.

Pre-doctoral trainee Sheria Grice Robinson is now a postdoc at U-M’s Health System’s Department of Physical Medicine and Rehabilitation. The position, part of the School of Medicine, is a research training program in rehabilitation in community living. Dr. Robinson is an R.N. who recently completed her Ph.D. in nursing. Her research centered on chronic pain in older African Americans. She also co-authored “Managing Frailty Syndrome” in the May issue of Today’s Geriatric Medicine.

Former post-doctoral trainee Dr. Andrea Nevedal (2005-2012) published a paper in The Gerontologist based on her dissertation work while at the IOG. The Significance of Sexuality and Intimacy in the Lives of Older African Americans with HIV/AIDS appears in the February 2015 issue. She is a research health scientist at the Center for Innovation to Implementation at the Veterans Affairs Palo Alto Health Care System.

Pamela May, a pre-doctoral trainee (2012-2014), defended her dissertation in July and started a two-year postdoc fellowship in clinical neuropsychology at Nebraska Medicine in Omaha. Dr. May often worked with centenarians as she investigated psychological and biological factors that affect cognitive aging.
Grants

**Neural Correlates and Modifiers of Cognitive Aging MERIT Award** – Naftali Raz, PI. The NIH awarded this $3 million, five-year grant to research the modifiers of normal cognitive aging from a neuroscience perspective. MERIT (Method to Extend Research in Time) awards give select researchers long-term support, without the burden of regularly applying for new grant funding.

**Michigan Center for Urban African American Aging Research (MCUAAAR)** – Peter Lichtenberg and James Jackson (U-M), Co-PIs. A $2.7 million five-year extension to the nearly $6.5 million previously granted from the National Institute on Aging to reduce health disparities between older African Americans and other ethnic groups through research, faculty mentoring and education. MCUAAAR is a joint project between the IOG and the U-M.

**Using a System-Wide Database to Reduce Workplace Violence in Hospitals** – Mark Luborsky, Co-PI. The Centers for Disease Control and Prevention gave $1.6 million over four years to develop a standardized surveillance and risk assessment reporting system at several Detroit-area hospitals. This system will evaluate the effectiveness of two interventions to curb workplace violence in hospitals.

**Center for Urban Responses to Environmental Stressors (CURES)** – Peter Lichtenberg, Director, Community Outreach and Education Core; Melissa Runge-Morris, MD, PI. Approximately $900,000 of the three-year, $2.5 million grant from WSU’s Institute of Environmental Health Sciences to develop and implement a model of community engagement, interaction and training for all ages in common environmental stressors.

**Community-Based Early Identification of Mild Cognitive Impairment in At-Risk African Americans** – Voyko Kavcic, PI. The NIH awarded $413,000 over two years to use low-cost computerized tests and EEGs to detect early cognitive changes in otherwise healthy older African Americans and determine those at risk for later mild cognitive changes or Alzheimer’s disease. African Americans have faster rates of cognitive decline than other racial groups and are less likely to be diagnosed or receive treatment.

**Integrating Improved Assessments of Financial Judgment: Conceptual and Measurement Advances** – Peter Lichtenberg, PI. A three-year $468,000 grant from the National Institute of Justice to validate a newly created set of three screening tools that assess the capacity of older adults to make financial decisions. The study will also collect data to prepare for large-scale dissemination of these tools to professionals across multiple disciplines including lawyers, financial planners, social workers, law enforcement and adult protective services.

**Study of Latinos – Investigation of Neurocognitive Aging** – Hector Gonzalez (MSu), PI. Wassim Tarraf, Co-Investigator and Lead Statistician. A five-year study of 6,600 Latino and Hispanic older adults to better understand the progression from mild cognitive impairment to Alzheimer’s. The National Institute on Aging granted $5.67 million with $425,000 to Dr. Tarraf. He will help supervise data collection across four sites, integrate genetics and neurocognitive data, and lead statistical analysis for reports and publications.

**Subjective Cognitive Impairment: A Sign of Incipient Alzheimer’s Disease?** – Jessica Damoiseaux, PI. Dr. Damoiseaux is conducting a longitudinal study...
of functional and structural brain changes in healthy older adults with and without cognitive complaints, funded by a four-year grant of $345,000 from the Netherlands Organization for Scientific Research.

**Southeast Michigan Partners against Cancer (SEMPAC)** – Teri Albrecht, Associate Center Director, Population Sciences, Karmanos Cancer Center, PI; Peter Lichtenberg, Head of the Investigator Training Core. This $4 million grant ($327,000 to the Training Core) from the National Cancer Institute renews the original Detroit Community Network Program (CNP) for an additional five years. SEMPAC’s goal is to reduce cancer rates among Detroit’s older African Americans.

**Online Evidence-based Assessments of Financial Decision-Making in Older Adults** – Peter Lichtenberg, PI. The Michigan Aging and Adult Services PRVNT program granted $110,000 for the creation of secure desktop and mobile platform websites to detect, assess and prevent financial decision-making problems. This grant continues Dr. Lichtenberg’s work with evidence-based assessment instruments for professional employees of Adult Protective Services and the legal and financial sectors to detect vulnerabilities in the financial decision-making process. It expands the program to all Michigan counties.

**Assessing Financial Decision-Making, and Financial Exploitation** – Peter Lichtenberg, PI. A $109,000 grant: $69,000 from the Retirement Research Foundation; $35,000 from a WSU boost grant; and $5,000 from the American House Foundation, to test the validity and implementation of the newly created Lichtenberg Financial Decision-Making Screening Scale. One hundred older adults will be recruited for the validity test. An additional 100 will be interviewed and tested by financial planners, elder law attorneys, bankers, prosecutors, police and sheriff personnel in their offices to assess the ease and utility of the scale.

**Integrated Elder Abuse Reporting System Design (I-EARS)** – Thomas B. Jankowski, PI. A grant of $105,000 from Elder Law of Michigan to conduct a nine-month review of current practices to determine the feasibility and cost of creating an integrated elder abuse reporting system in Michigan. Michigan’s Adult Protective Services receives approximately 35,000 reports of abuse against vulnerable adults annually; a large portion involving older adults. This project will determine what data is being collected, benchmark best practices, and gather case studies; all to help calculate the amount and impact of elder abuse in the state and how to address and prevent it.

**Older Adult Needs Assessment** – Thomas B. Jankowski, PI. This one-year, $57,000 grant from the Monroe County (Michigan) Commission on Aging funds a comprehensive community-based senior needs assessment to help the county prepare for the aging of their population. The project will analyze existing demographic, economic, and health information, and conduct focus groups and extensive surveys of key stakeholders in the local aging network, current aging service clients, and older adult community members.

**Social Class and Brain Health in Older African Americans** – Peter Lichtenberg, PI; Shelytia Cocroft, Diversity Scholar. A two-year $123,000 Research Supplement to Promote Diversity in Health-Related Research (part of MCUAAAR) provides Shelytia with extensive mentoring (primary mentor Dr. Lichtenberg). She will measure attitudes, knowledge and practices around brain health in 200 older African Americans, some with perceived cognitive impairment. Results may lead to more effective means of educating, preventing and treating dementia in African Americans.

**Impact of the Affordable Care Act on the Use of Preventive Services and Disparities in Use** – Wassim Tarraf, PI. An 18-month grant of $69,000 from WSU and Henry Ford Health System to study how implementation of the ACA has affected the use of preventive services, and whether disparities in usage exist between racial groups.

**Subjective Cognitive Impairment: A Sign of Early Alzheimer’s Disease?** – Jessica Damoiseaux, Co-PI. A one-year, $45,000 grant from the Veteran’s Administration / Dept. of Psychiatry to ascertain whether personal complaints of diminished memory could predict Alzheimer’s disease.

**Financial Decision-Making in Older Adults: Commercial Applications** – Peter Lichtenberg, PI. A $25,000 Technology Commercialization grant from WSU to pursue commercial applications for the screening and assessment scales Dr. Lichtenberg created. They measure older adults’ capacity for financial decision-making and vulnerability to financial abuse.

**Characterizing Typical Development of Memory Systems in the Brain** – Noa Ofen, PI. Multiple awards to fund research assistants in the Ofen Lab for Cognitive and Brain Development: $30,000 from WSU for a post-doc fellow; a $3,000 Research Enhancement grant; and $2,500 from the School of Medicine Graduate School for summer research.

**Acrobatic Functioning and Mobility** – Peter Lichtenberg, WSU PI. This four-year NIH grant of $123,000 supports research through the Claude Pepper Older American Independence Center at U-M.
Community Engagement & Professional Development

Face-to-Face with 8,000 a Year

The IOG is one of Wayne State’s premiere community outreach and engagement institutes, educating thousands of older adults and professionals each year. From Saginaw to Southfield, Pontiac to Grosse Pointe, IOG programs draw large crowds and top-ranked evaluations. The IOG’s longest-running program – the 2-day Issues in Aging Conference started in 1987 – continues to be one of the best-attended, most-respected training events on Alzheimer’s, dementia and frailty in Michigan.

“We work directly with seniors to improve quality of life,” said IOG Outreach Director Donna MacDonald, “and we also train the professionals who work with seniors. Our influence multiplies with each trainer and healthcare professional who attends.” Participants in the continuing education programs (most offered free) strongly agree.

In addition to professionals, thousands of older adults also attend IOG programs, from the annual Art of Aging Conference (record 525 attendees in 2015) to the popular BrainStorm series offered at non-profits, churches and service clubs throughout the year. Donna co-created the BrainStorm presentations with IOG Media Manager Cheryl Deep. The duo give about 50 workshops a year on tips and techniques to keep the brain stimulated and sharp, and also train activities directors so more seniors can benefit. “We partnered with American House and Waltonwood Senior Living Centers to teach activities directors how to present the material,” Donna said. “It’s simple and easy to learn. The curriculum is 12 months of fun, interactive lessons for brain, body and emotional health.” Health Alliance Plan, another long-time IOG partner, hosts two BrainStorm presentations a year for its members, attracting capacity crowds of 200-300.

In response to requests from older adults and health care providers, additional IOG training curricula have been created: Sensitivity to Aging, A Matter of Balance, Certification as a Dementia Practitioner, and Legacy Writing. A four-part series on Financial Literacy for Age 60 and Older is scheduled for a spring 2016 release. Interest in financial gerontology has exploded in recent years as Director Lichtenberg’s research into financial exploitation has gained a state and nationwide audience.

“I better understand the aging process. Now I slow down and allow more response time.” - THERAPIST

“I have learned about medications, falls, and how to be compassionate and understand the changes people go through as they age.” - SOCIAL WORKER

“Increased awareness of the issues confronting seniors has improved my assessments and planning.” - NURSE
104 events for older adults, families and caregivers

7,916 professionals trained at IOG events

7,233 older adults educated to enrich their health

109 separate workshops and conferences conducted
Outreach Director MacDonald advises a BrainStorm crowd that the brain needs lots of blood and oxygen to thrive. Colloquia bring research experts from around the world to IOG students and faculty. Dr. Fritz teaches falls and balance safety at a Waltonwood residence. A HAP event for members features BrainStorm with prizes and lots of activities.

$50,000 five-year grant from the Mary Thompson Foundation to support the IOG’s educational outreach including its Research Colloquia and Professional Development Series for faculty, graduate students, professionals and community members. Experts from around the country lecture bi-weekly throughout the school year on aging-related topics.

$15,000 over three years from the Geriatric Education Center of Michigan to the IOG’s annual Issues in Aging professional development conference. For 28 years, Issues in Aging has educated thousands of social workers, nurses, physicians and therapists working with older adults.

$5,000 from the Michigan Alzheimer’s Disease Center to support Issues in Aging.

$5,000 from the American House Foundation to support Issues in Aging.

Like the Beatles song, IOG outreach “gets by with a little help from our friends.” The multitude of programs offered (most of them free) need outside financial support to survive. Generous grants and gifts from foundations, non-profit groups, businesses and individuals give us the resources to consistently deliver excellence.
IOG Board of Visitors

Our Board of Visitors is an engaged mix of community members from education, business, elder law, health care, financial planning, and senior living backgrounds. In addition to fund-raising, Board members liaise with individuals, organizations and foundations to raise the profile of the IOG and build productive partnerships.

Carol Edwards, Chair  
IOG Volunteer and Community Educator (Retired)

Barbara Kopasz, Vice Chair  
Associate Vice President, Health Alliance Plan (Retired)

Sandy Adams  
Certified Financial Planner, Center for Financial Planning

Lynn Alexander  
Vice President of Public Affairs, Presbyterian Villages of Michigan

Bob Allison  
Broadcast Host, Ask Your Neighbor radio show

Arun Anand  
President and Chief Executive Officer, Millennium Software, Inc. (Retired)

Pierre Boutros  
President, One Care RX

Michael J. Damone  
President, The Damone Group

Robert W. Gillette  
Chief Operating Officer, American House Senior Living Residences  
Co-chair, American House Foundation

Michael Gilliam  
President and CEO, Quality Home Care Services of Michigan

Lois Hitchcock  
Older Adult Advocate

Ted Hitchcock  
Community Volunteer

David Howell  
CPA, Principal, Schroeder, Howell & Trefzer, PC (Retired)

Maria Marcantonio  
CBS Radio and Business Solutions, WWJ Newsradio 950

Roger Myers  
Chief Executive Officer, Presbyterian Villages of Michigan

Kathleen Newell  
Independent Elder Law Attorney

Frances Shani Parker  
Eldercare Author and Consultant

Gene Pisha  
AARP Senior Advocate for Michigan

Marcia Relyea  
Older Adult Specialist, Macomb County CARE

Tom Trainer  
Attorney; Kemp Klein Law Firm

James Schuster  
Certified Elder Law Attorney

David Sengstock, M.D.  
Program Director, Geriatric Medicine Fellowship  
Oakwood Health System

Pat Simasko  
Certified Elder Law Attorney

James Speir  
President, Speir Financial Services

Jean Villa  
Teacher, Ferndale Schools (Retired)

John Villa  
Manager, General Electric Company (Retired)

From top:  Director Lichtenberg chats with Board of Visitors Chair Carol Edwards. BOV member Arun Anand meets Merrill Palmer Skillman Board Chair Debra Partrich at a combined research event. Trainee Muzamil Arshad, in the MD/PhD program, explains his research to BOV member Frances Shani Parker.
The Center of Excellence in Education and Research was created in 2015 through an exclusive partnership with Cedarbrook Senior Living. It will begin its groundbreaking work in 2016. Cedarbrook was created from the vision of Damone Group President Mike Demone (above left at the 2014 Alzheimer’s Conference) who for years has sought to bring cutting-edge, research-based housing choices to older adults in southeast Michigan.

A Center of Excellence will be housed at each Cedarbrook Senior Living Community. The centers will combine research, education and outreach to enhance and improve the aging process for residents. “There is great opportunity to impact all seniors’ lives through the work we do at the Center of Excellence,” said Dr. Lichtenberg. Cedarbrook Senior Living’s flagship building opens in Bloomfield Hills, MI, in December 2015, the first of other similar communities in southeastern Michigan, including Northville scheduled to open in 2017.
5403 recipients of WaltonWords E-newsletter, co-written with the IOG

1,865 at-home seniors helped through American House Foundation

427 health screenings provided by Quality Home Health Care at senior events

PLATINUM ($25,000+)

GOLD ($10,000 - $24,999)

Mary Thompson Foundation

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

BRONZE ($2,500 - $4,999)

INDIVIDUAL GIFTS – We deeply thank all those who generously donated to the IOG. Space prevents us from listing each name.

$25,000 and up – Robert and Martha Sachs
  pictured at left with Dr. Lichtenberg
  Robert Amick
  Carol Edwards-Haas

$10,000 - $24,999 – David Howell

$2,000 - $4,999 – Padraic Shafer
  Thomas Trainer

$1,000 - $1,999 – Michael Damone
  Peter Lichtenberg
  James Speir, Jr.

$1,000 - $2,499 GIFTS

ABBA Care, Inc.
  Aetna, Inc.
  Brightstar
  Feinberg Consulting
  Heart to Heart Hospice Foundation
  Hope Senior Home Care
  Henry Ford Health Systems, Center for Senior Independence
  Huntington Management, LLC
  Midland County Council on Aging – Senior Services
  Prestige Mold Incorporated
  Rosemary & Elliot Berger Education Foundation
  Senior Helpers
  Trinity Health
  United Methodist Retirement Communities

Alzheimer’s Association Greater Michigan Chapter
  Bortz HealthCare Facilities
  Center For Financial Planning
  Certified Senior Solutions
  Frank G. and Gertrude Dunlap Foundation
  Health Alliance Plan
  Heart to Heart Hospice
  Henry Ford Village
  James Shuster, Certified Elder Law Attorney
  Louis and Nellie Sieg Foundation
  Lutheran Social Services of Michigan
  Mall, Malisow & Cooney, PC
  OneCare RX
  Quality Home Health Care
  Residential Home Health Care
  SE Michigan Senior Services, LLC
  Senior and Caregiver Resource Network

John R. and M. Margrite Davis Foundation

Louis and Nellie Sieg Foundation

Frank G. and Gertrude Dunlap Foundation

Health Alliance Plan

Heart to Heart Hospice

Henry Ford Village

James Shuster, Certified Elder Law Attorney

Louis and Nellie Sieg Foundation

Lutheran Social Services of Michigan

Mall, Malisow & Cooney, PC

OneCare RX

Quality Home Health Care

Residential Home Health Care

SE Michigan Senior Services, LLC

Senior and Caregiver Resource Network
Hundreds of professionals attend *Issues in Aging* conference at the Dearborn Inn, now in its 29th year.

*Working It*: Health conscious seniors kick up their heels at *Art of Aging* exercise session.

Guest at the *Art of Aging Successfully* conference enjoys a workshop on *Communication over the Ages: How to Use your Cell Phone*.

The new academic year kicks-off with an upbeat orientation for all IOG student trainees.

Graduate trainee Lingfei Tang of the Ofen Lab displays his poster at *Lifespan Alliance Research Day*, a joint IOG and Merrill Palmer Skillman research competition.

Qijing Yu, a 2nd year graduate trainee, traces a brain scan as part of research into adolescent memory development.

Director Lichtenberg (ctr) flew to D.C. to brief members of the US Senate and House on the susceptibility of older adults to financial exploitation. He also moderated a panel of representatives from telecommunications and law enforcement, shown here.