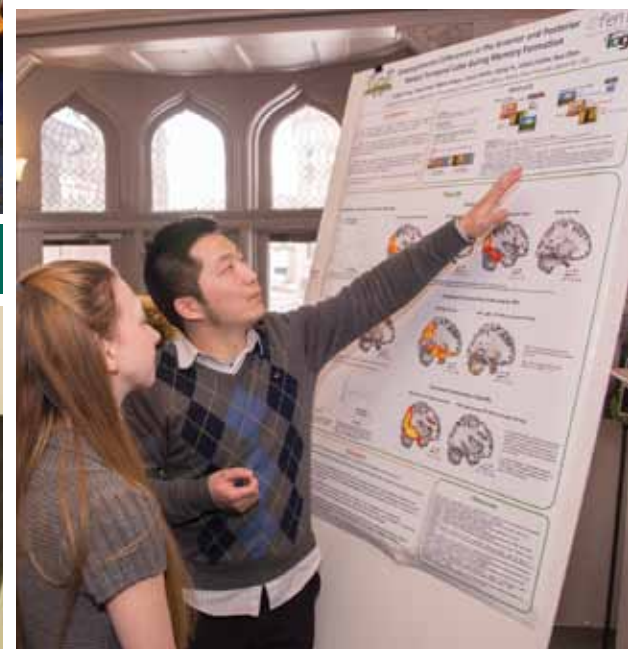


Achieving IMPACT



2014 & 2015 REPORT



Achieving **IMPACT**

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**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



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**

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 spryly, 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,

A handwritten signature in black ink that reads "Peter A. Lichtenberg". The signature is written in a cursive, flowing style.

Peter Lichtenberg, PhD, ABPP, Director

Urban Health Equity: Neurocognitive Impairment & Elder Abuse



Peter Lichtenberg, PhD
Director, Institute of Gerontology
Geriatric Neuropsychology

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*

Achieving **IMPACT** by protecting the vulnerable

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 impairment 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.



2 to 5 million

Lifetime Achievement Award from the Area Agency on Aging 1-B, the 2013 *Elder Law of Michigan Call to Justice Leadership Award*, and the 2012 *APA Advancement of Psychology and Aging Award*. As IOG director, Dr. Lichtenberg has helped lead the Institute to record levels of research funding, and the creation of a community engagement and outreach program that serves more than 8,000 older adults and professionals a year.

Dr. Lichtenberg's own extensive community service includes membership in the APA Presidential Task Force on Integrated Care for an Aging Population (2008), presidency of the APA's Adult Development and Aging Section (2010), and membership on the board of directors of the American Board of Professional Psychology to create a specialty in geropsychology (2013 to present). He became one of the nation's first Diplomates in Clinical Geropsychology (ABPP) in 2013.



Thomas B. Jankowski, PhD
Associate Director for Research
Politics and Policy of Aging

FOCUS: The politics and policy of aging, both now and through history, including older adult demography and aging service delivery.

Dr. Jankowski is the associate director for research at the IOG and the adjacent Merrill Palmer Skillman Institute for Child & Family Development. In that capacity, he insures that faculty and staff of both institutes have the computer and network resources, data security, communication facilities, technical support, and office and lab space needed to work effectively and efficiently. As principal investigator on several externally funded projects, Dr. Jankowski has led senior needs assessments for various Michigan county commissions and Area Agencies on Aging, help-

ing them plan the programs and services needed to support a growing older population. He worked with the Michigan State Housing Development Authority to conduct a study of older adults' housing needs and preferences throughout the state. He recently completed a study for the Michigan Aging and Adult Services Agency, conducted in partnership with Elder Law of Michigan, to examine and suggest improvements in the way the state collects and reports data on elder abuse, neglect, and exploitation.

He is currently working with the Southeast Michigan Senior Regional Collaborative to develop and refine a method for measuring the effectiveness and impact of non-profit aging service providers. Dr. Jankowski is actively involved in the community and aging network as well. He is vice-chair of the board of directors at The Senior Alliance, on the steering committee of the Senior Regional Collaborative and the board of directors of the Michigan Society of Geront-

By the Numbers? Elder Abuse Reporting in Michigan

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 a federal database, while 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."

MONEY MATTERS\$

The Financial Health of Older Adults

Fraud, deception, questions of capacity, lack of financial knowledge – any one of these can not only damage savings accounts, but also lifestyles, peace of mind, and even physical health. As our population ages, rates of financial exploitation among older adults increase, including seniors duped into making poor financial decisions due to lack of knowledge.

Legal and financial professionals, committed to helping seniors, might be concerned about the cognitive capabilities of a client but unsure how to make an assessment. How to validate capacities, detect vulnerabilities and strengthen financial knowledge in older adults?

To address these and other pressing needs, the IOG has become a leader in financial gerontology.

A TOOLKIT FOR FINANCIAL DECISION-MAKING

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



The Elder Abuse Team – Dr. Lichtenberg (front) poses with IOG professionals working on elder abuse issues. L-R: LaToya Hall, Susan Lawrence, Tom Jankowski, Evan Gross, Lisa Ficker

statewide through a functional web-based application that administers and scores the scale while aggregating large amounts of data. The grant also extends Dr. Lich-



1,025

professionals and seniors have learned 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."



Dr. Ficker recruits research participants at the 2015 Art of Aging Successfully conference

tology, and serves on various workgroups and task forces devoted to aging and health care policy in Michigan. In his spare time, Dr. Jankowski sponsors and leads an online peer support group for struggling graduate students at PhiniseD.org.



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.

63%

of older African Americans with impaired ability to make decisions reported being financially exploited

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.



Mark Luborsky, PhD
Director, Aging and Health Disparities
Medical Anthropology

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-



Art of Aging guests learn about safe fishing in Detroit

Achieving **IMPACT** through a safer world around us

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.



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 focusses 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%



Clockwise from left:
A center shed at Eastern Market proved to be a unique and effective venue to discuss the merits of urban gardens

CURES staff gathers feedback from health chat attendee

A CURES guest outlines her concerns with Graham Parker, PhD, of the WSU School of Medicine



"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

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



1,371

older African Americans in database willing to be contacted for research studies

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."

3,371



Lunch & Learns typically attract more than 100 neighborhood residents

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.



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.

"Through long-term ethnographic research, we can understand the everyday practices through which older people create or sustain meaningful lives, and thus work to overcome barriers to social inclusion."

– Dr. Robbins-Ruszkowski

Encouraging the Best and Brightest

MCUAAAR not only encourages African Americans to participate in research; it encourages minor-

ity 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."



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

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

Achieving **IMPACT** through our commitment to intelligent planning informed by facts

"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

Stewart Neufeld, PhD, Financial Gerontology

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.

Affordable Care Act on the use of preventive services among older adults, and on disparities in the use of such services. In a recent study, she examined if and how having prescription drug insurance influenced the occurrence of cost-related non-adherence (CRN) to prescribed medications.

She also analyzed, for persons in their 50s, whether CRN affects the occurrence of negative health shocks, and whether it might also affect financial health, such as an individual's personal finances or the timing of their retirement. If CRN raises the risk of serious health shocks over time, then these adverse events could subsequently limit an individual's ability to continue working and accumulating wealth.



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 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.

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."

6,600 Latinos studied



Dr. Raz instructs a cognitive neuroscience student in the measurement of brain structures

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.

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

13

Brain Health & Dementia



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

Achieving **IMPACT** by delineating the structure and function of the human brain

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

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.



Noa Ofen, PhD
Lifespan Cognitive Neuroscience

FOCUS: Changes in brain structure and function from childhood to young adulthood.

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-

age range," Dr. Ofen said. "We hope continuing collaboration will extend into the study of brain and cognitive development across the lifespan, including follow-up studies of changes over time. It was also a fantastic opportunity for graduate students to extend their training into the whole lifespan."

The team studied 202 living human brains. Each lab used the same high-resolution protocol to collect MRI images and applied manual anatomical demarcation techniques, also known as hand-tracing, to quantify the volume of hippocampal subfields. First author and then-IOG trainee Ana Daugherty led the project and conducted most of the tracings of young participants. "The technique is laborious," Dr. Ofen said, "but it is the gold standard of measurement in this field." Other computer-assisted, semi-automated methods are faster, but still fall short of the necessary precision and validity. The labs combined their data for a first-ever analysis of age differences in the volume of hippocampal subfields from age 8 to 82. The findings were published in the journal *Hippocampus*.

The results showed, for the first time, that the volume of hippocampal subfields may be differentially related to age: some are significantly smaller in older adults, whereas others do not change across the whole age range. The next step is to investigate the relationship between the observed age differences in volume and the changes to memory over time. Understanding how normal aging, maturation of the hippocampus, and changes in memory are related will help us better comprehend the pathology in conditions such as Alzheimer's disease, epilepsy and schizophrenia.

Dr. Ofen is pleased that the collegial collaboration with a fellow IOG researcher produced significant results. "There is a growing acceptance that successful aging is the outcome of a lifelong process," she said. "Pursuing true lifespan research within cognitive neuroscience is exciting for both of us."



Dr. Ofen punctuates her teaching with formulas and diagrams

“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

nal activity that supports memory in pediatric epilepsy patients. In the past two years, Dr. Ofen co-authored seven papers and one book chapter, most of them exploring developmental effects in memory ability and their neural substrates. Dr. Ofen serves on grant review panels for the National Science Foundation and in 2014 she was selected as a Kavli Frontiers of Science Fellow by the National Academy of Science.



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 spatio-temporal 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

Close-up of the skull cap used to capture EEG readings in research volunteers



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.

807 guests at the annual Alzheimer's Conference over the past two years



Dr. Ficker addresses hundreds of professionals and caregivers at the 2015 annual Alzheimer's Conference. The IOG partnered with the Greater Michigan Alzheimer's Association.

32%
of people
age 85 or older
have Alzheimer's

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.

Predocotrual 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

Kinsesiology

Brad Kendall

Nursing

Sheria Robinson (2014)

Making their Mark Alumni Highlights

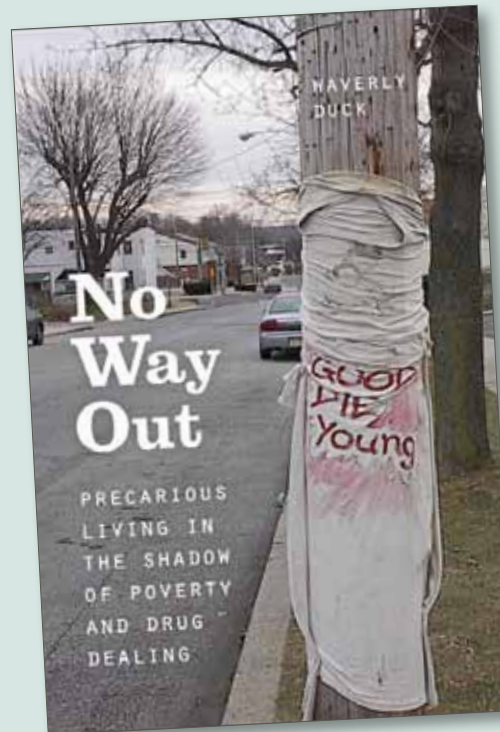
Waverly Duck, PhD (2004) published *No Way Out: Precarious Living in the Shadow of Poverty and Drug-Dealing*, U. of Chicago Press, 2015. Dr. Duck is an assistant professor of sociology at the University of Pittsburgh. His book, published to excellent reviews, offers a new perspective on the culture of 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.

Benjamin Mast, PhD (2002) published his second book, *Second Forgetting: Remembering the Power of the Gospel in Alzheimer's Disease*, Zondervan/HarperCollins, 2014. "Through the personal stories of those affected and the loved ones who care for them, Dr. Mast highlights the power of the gospel for those suffering from Alzheimer's disease. Filled with helpful, up-to-date information, Dr. Mast answers common questions about the disease and its effect on personal identity and faith . . . and gives practical suggestions for how the church can come alongside families and those struggling, offering help and hope to victims of this debilitating disease." (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.





(L-R) Trainees Mike Sugarman, Annalise Rahman-Filipiak and Andria Norman at the five-day Gerontological Society of America 2014 conference in DC.

“Mentoring the next generation of researchers and scholars is certainly one of my passions. It is wonderful to see the process of growth in research ability and the benefit this process presents to the students I work with.”

– Dr. Ofen

Graduate Student Trainee Awards

REGIONAL

Blue Cross Blue Shield of Michigan \$3,000 Dissertation Grant (2015) – **Nasim Ferdows, Christina Wong**

WAYNE STATE UNIVERSITY

Elizabeth Olson Award for Best Gerontology Paper– **Mike Sugarman** (2015),
Annalise Rahman-Filipiak (2014)

Charles Gdowski Memorial Award (2015) – **Mike Sugarman**

Ross and Margaret Stagner Memorial Award (2015) – **Mike Sugarman**

Gerald Rosenbaum Clinical Psychology Award (2015) – **Annalise Rahman-Filipiak**

John Teahan Memorial Award for exceptional clinical skills (2014) – **Mike Sugarman**

LIFESPAN ALLIANCE RESEARCH DAY AWARDS

(a joint IOG and Merrill Palmer Skillman Institute juried competition)

2015

1st Place Presentation: **Sheria Robinson** for

“The Experiences of Black Elders Managing Chronic Pain.”

1st Place Poster: **Muzamil Arshad** for his translational neuroscience poster,

“Characterizing Age Related Differences in White Matter Microstructure.”

2014

1st Place Presentation: **Peng Yuan** for

“Prefrontal Cortex and Executive Functions in Healthy Adults.”

1st Place Poster: **Ana Daugherty** for

“Age, Sex and Regional Brain Correlates of Path Complexity in Virtual Water Maze Navigation.”

This poster also took 3rd prize at the 2014 WSU Graduate Exhibition.

IOG TRAINEES PRESENTED RESEARCH AT THE:

American Psychological Association in Toronto
Cognitive Neuroscience Society in San Francisco

International Neuropsychological Society in Denver
Michigan Academy of Science, Arts & Letters

Careers Advance for IOG Trainees



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. Daugherty 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 deter-

mine 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 Supple-

ment 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.

Photos at left represent a bar graph of yearly funding

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 health care professional who attends." Participants in the continuing edu-

cation 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 Waltonwood Senior Living conducts classes based on *BrainStorm*

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.

Professionals surveyed about IOG CE programs

775

96.7% found content useful

98.8% said it applies to their practice

96.5% said it enhances their professional expertise

Achieving **IMPACT** by translating science to improve the community

"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

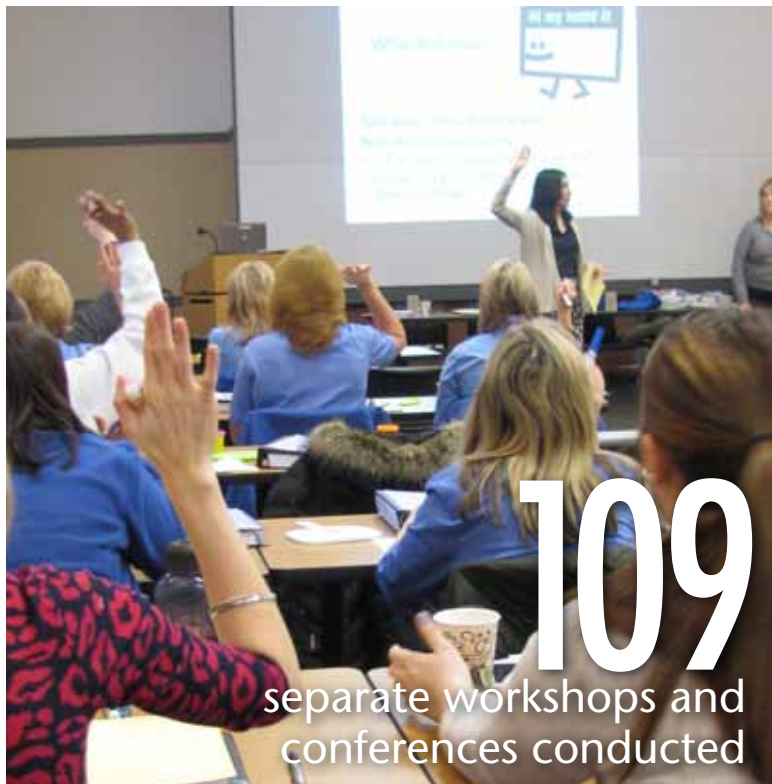
All figures for 2014 and 2015



7,916 professionals trained at IOG events



7,233 older adults educated to enrich their health



109 separate workshops and conferences conducted

Support

(L-R) 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.

Granted to IOG
community
outreach
programming

\$75,000

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.

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

Bob Allison
Broadcast Host, Ask Your Neighbor radio show

Arun Anand
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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

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

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M. Roy Wilson, *Ex Officio*

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.

Corporate Partners



Square feet of the
*Wayne State
University Institute
of Gerontology
Center of Excellence
in Cedarbrook,
Bloomfield Hills*

455

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.

All figures for 2014 and 2015



HAP members at IOG
Brainstorm sessions

865



615

lunches provided by
Ciena Healthcare at
HBEC Lunch & Learns



5,403

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)



John R. and M. Margrite Davis Foundation



Louis and Nellie Sieg Foundation



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

- 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

\$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



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.



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COVER PHOTOS

- 1 Hundreds of professionals attend *Issues in Aging* conference at the Dearborn Inn, now in its 29th year
- 2 *Working It*: Health conscious seniors kick up their heels at *Art of Aging* exercise session
- 3 Guest at the *Art of Aging Successfully* conference enjoys a workshop on *Communication over the Ages: How to Use your Cell Phone*
- 4 The new academic year kicks-off with an upbeat orientation for all IOG student trainees
- 5 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
- 6 Qijing Yu, a 2nd year graduate trainee, traces a brain scan as part of research into adolescent memory development
- 7 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