



ACHIEVING THROUGH INNOVATION



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From the Director

Innovation: Less Haste and More Thought

I read a White Paper recently called *Designing the Second Half of Life: Innovation for Aging*. It makes a strong case that the next 30 years will be a defining era for America as the number of adults aged 65 and older doubles to nearly 90 million. Caregiving, whether in a hospital or a house, will have to scramble to develop products and services to meet the needs of tomorrow's older adults. Research, the nucleus of the Institute of Gerontology, will drive those innovations.


Connections foster innovation; we can't accomplish this in isolation. We collaborate with WSU's Integrative Biosciences Center (IBio), the Michigan Alzheimer's Disease Center at the University of Michigan and Michigan State University, our partners in the Michigan Center for African American Aging Research at the U-M and MSU, and the scholarly community throughout the state, the nation and the world.

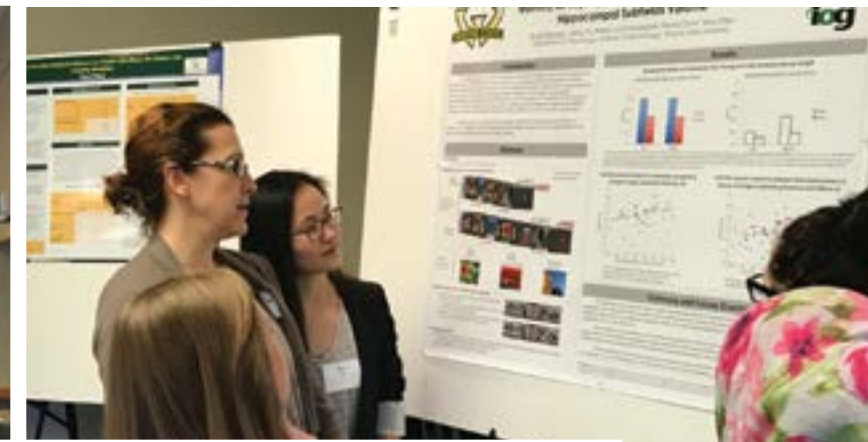
As we strive for breakthroughs, though, we are reminded that new isn't always better. Dr. Noa Ofen, a member of our cognitive neuroscience faculty, cautioned in a recent paper, "Advances can sometimes yield more tools and not enough thought." Innovation may be necessary – but it is not sufficient.

Discovery, the precursor to innovation, abounds at the IOG. We're finding faster and easier methods to detect the cognitive changes that can lead to Alzheimer's. We're mapping memory in children and charting how brain function is altered with age. We're studying the impact of environmental stressors on older adults and how to protect them. And we've created simple assessments to help professionals and caregivers determine an older adult's capacity to make sound financial decisions and avoid exploitation.

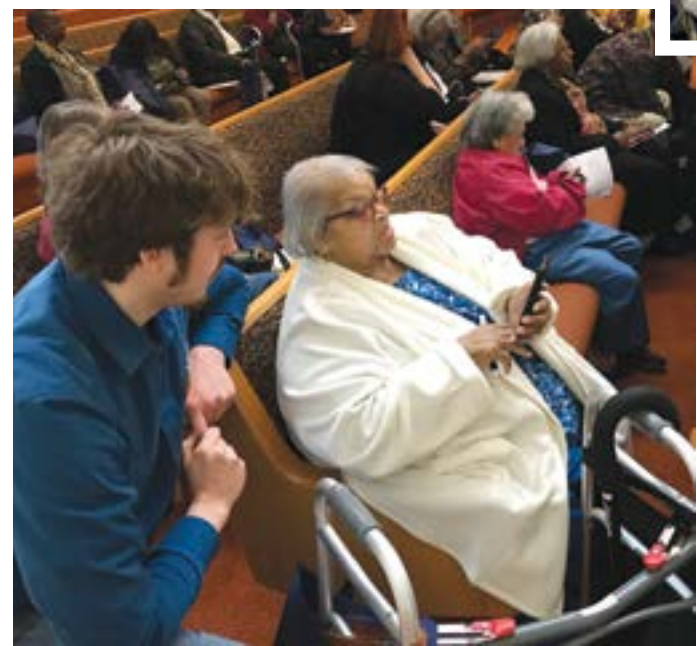
The IOG innovates in outreach by including informal caregivers in more of its research and education. About 39.8 million Americans currently provide unpaid care. Thousands more will be needed to fill the widening gap between care required and care provided by our healthcare system. We currently have fewer than 9,000 geriatricians in the US. In 10 years, we will need 36,000.

New challenges. New solutions. We know innovations help older adults most if they enable independence, respect identity and provide choice and purpose. In these pages you will meet the people at the forefront of the IOG's engagement, discovery and meaningful innovation. The future is in their hands.

Healthy aging,

 Peter Lichtenberg, PhD, ABPP Director



Clockwise from upper left: Dr. Lichtenberg welcomes guests to the 2019 Meaningful Life with Alzheimer's conference; Dr. Noa Ofen, with IOG trainee, Qijing Yu explains latest hippocampal research; Techno wizards pose with pride after completing an HBEC Lunch & Learn on smart phone use; audience participation at the Meaningful Life conference; IOG trainee Ray Viviano helps a guest during the Smart Phone Workshop at the 2019 Art of Aging Successfully conference.



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COVER PHOTOS: Clockwise from upper left: SAFE staffer Leah Vest, MSW, shares information about the IOG's free services for older victims of scams and exploitation; guests at a Lunch & Learn stimulate their brains with a complex version of Simon Sez; an IOG research colloquium features former IOG faculty member Dr. Scott Moffat discussing modifiers of brain aging; Dr. Ana Daugherty reviews the research poster of trainee Lingfei Tang.

Cognitive Neuroscience

Aging & Alzheimer's Disease



Naftali Raz, PhD
Director
Lifespan Cognitive
Neuroscience

Dr. Raz is one of the world's leading experts on the cognitive neuroscience of aging. His career has been devoted to learning how and why the brain changes with age, how those changes affect the way we think and behave, and how vascular and metabolic risk factors such as hypertension, blood sugar levels and inflammation influence the course of lifespan development. Dr. Raz collaborates closely with his colleagues in Europe, especially with the Max Planck Institute for Human Development in Berlin where he holds a joint appointment as a Research Scientist.

Dr. Raz's research has been funded by the National Institute on Aging since 1993 and has been recently extended through 2021. In addition to his main longitudinal study, Dr. Raz is collaborating with his colleague in the School of Medicine, Dr. Jeff Stanley, on investigating the associations between brain glutamate modulation and energy metabolism with learning and memory in the context of normal aging. He hopes his research will help to identify the predictors of successful aging as well as reliable early signs of transition from normal late-life development to age-related cognitive pathology, such as Alzheimer's disease.

Dr. Damoiseaux is an expert in the cognitive neuroscience of aging and Alzheimer's disease. Her work examines the impact of aging and Alzheimer's disease on cognitive performance and brain structure and function. The main goal of her research is to detect early brain changes that predict future cognitive decline. Dr. Damoiseaux is currently working on several projects that examine longitudinal changes in brain structure and function related to the risk factors of cognitive decline, including vascular and genetic risk,

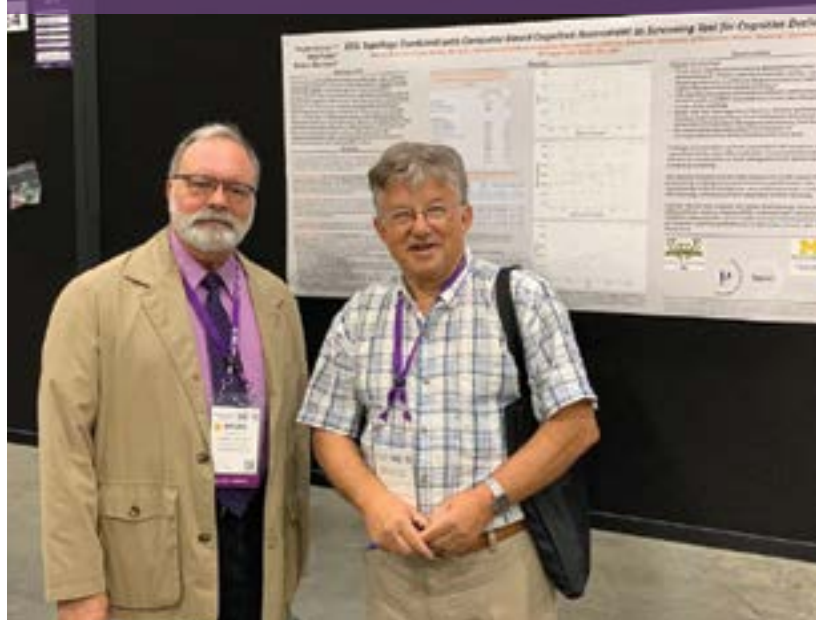
and subjective perception of cognitive functioning. Dr. Damoiseaux publishes her research in international journals and presents at national and international conferences. She serves on the program committee of the Organization for Human Brain Mapping Annual Meeting (the main international brain imaging conference). Dr. Damoiseaux teaches in WSU's Department of Psychology and the Translational Neuroscience Program, and currently advises three graduate students and two postdoctoral fellows.



Jessica Damoiseaux, PhD
Lifespan
Cognitive Neuroscience

"In my work, I continuously explore new analytical and methodological approaches. Regardless of research topic, I believe innovation is the mother of future progress with the potential to benefit mankind." – Dr. Kavcic

Dr. Bruno Giordani (left), U-M professor of psychiatry, neurology, and psychology and the associate director of the Michigan Alzheimer's Disease Center with Dr. Kavcic at an Alzheimer's Association research event.



An Easier Way to Spot the First Signs of Dementia

New research at the IOG is testing whether brain waves could be the clue to distinguish serious memory loss from the occasional lapse. These brain waves can be measured through a safe, comfortable, non-invasive skull cap that produces an electroencephalogram, or EEG. At present only an expensive, high tech brain scan like an MRI can detect the subtle brain changes of early Alzheimer's or dementia.

Dr. Voyko Kavcic, a faculty member of the IOG, heads the \$3.3 million R01 grant from the National Institutes of Health. The project will evaluate the ability of community-based EEG screening and simple computer-based tests to distinguish persons with and without mild cognitive problems or even dementia.

Over the next five years, his team will study 500 older African Americans complaining of memory loss but with no clinical diagnosis. African Americans are twice as likely to develop dementia as their Caucasian counterparts.

Dr. Kavcic is collaborating closely with Dr. Bruno Giordani of the University of Michigan. All participants will be co-enrolled in the NIH-funded Alzheimer's Disease Research Center (part of the Michigan Alzheimer's Disease Center). There participants will receive medical and neurological screening and basic tests of cognitive ability to confirm the diagnosis found through Dr. Voyko's tests. This will double-check whether the participant has no impairment, mild cognitive impairment, or something more serious.



IOG staffer Odessa Jackson demonstrates the EEG cap worn by participants in Dr. Kavcic's study. The non-invasive cap measures brain waves as volunteers complete timed puzzles and other tests of cognitive abilities.

Recruits must be at least 65 years of age, live independently (either in their own home or senior housing) in the Detroit area, and believe their memory or some other aspect of thinking isn't working as well as it used to. "The EEG is not painful," Dr. Kavcic said, "but sensors can interfere with certain hairstyles. If so, we try to schedule the visit when a tight

hairstyle can be undone to accommodate the cap." Participants receive a \$100 gift card for completing two visits.

Early pilot studies have been encouraging. "If this approach works, we will have a low-cost, easy-to-administer method to identify persons whose memory concerns may be the earliest signs of a continued decline in

memory or other cognition," Dr. Kavcic said. Early diagnosis of brain changes is the gold standard, giving more time for lifestyle and medical interventions that could slow, or one day stop, a person's memory loss.

Dr. Kavcic investigates 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 self-evaluation of cognitive abilities, paper/pencil and computerized neuropsychological testing, human psychophysics, baseline electroencephalography, event-related potentials, and MRI diffusion tensor imaging.

His current research aims to develop reasonable, economically viable, and culturally acceptable methods of early detection of healthy older minority adults at risk of mild cognitive impairment or Alzheimer's (see article). He is also investigating the effectiveness of cognitive training for older adults using a virtual maze navigation approach. 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.



Voyko Kavcic, PhD
Lifespan
Cognitive Neuroscience

“Scientific practice has always been a social endeavor — ideas do not flourish in isolation. We can credit some of the greatest innovations in gerontology to collaboration.”

— Dr. Daugherty

What Matters Most to Gray Matter Health?

Aging is personal. Our bodies and brains age differently, a combination of genetics and lifestyle that allows some of us to stay mentally and physically healthy into our 90s while others lose brain function in their 50s. “Memory, learning and spatial navigation are necessary for daily life and are particularly vulnerable in aging and Alzheimer’s disease,” said assistant professor Ana Daugherty, PhD, the IOG’s newest faculty member. “I want to understand how systemic health factors, like exercise and cardiovascular function, relate to these abilities. What puts us at risk and what protects us?”

Dr. Daugherty runs the Healthy Brain Aging lab in WSU’s Integrated Biosciences (IBio) building, a state-of-the-art facility designed for multidisciplinary collaboration. “It has an added focus around urban health, so it was a natural fit for my lab,” she said. She’s especially interested in aging in African Americans, a group with higher rates of hypertension and dementia. “Being diagnosed with hypertension in mid-life substantially increases your risk of cognitive decline and Alzheimer’s,” she said. “Taking blood pressure medication doesn’t completely reduce those risks. But exercise and nutrition can

modify blood pressure and may promote brain health.”

Metabolic syndrome, a combination of high blood pressure, high blood glucose, more bad cholesterol and less good cholesterol, portends even steeper declines in cognition and function. “Again each component is modifiable with lifestyle changes,” Dr. Daugherty said. “The difficulty is delineating how each issue interacts with global health and determining its specific effect on the brain.”

Humans versus Mice

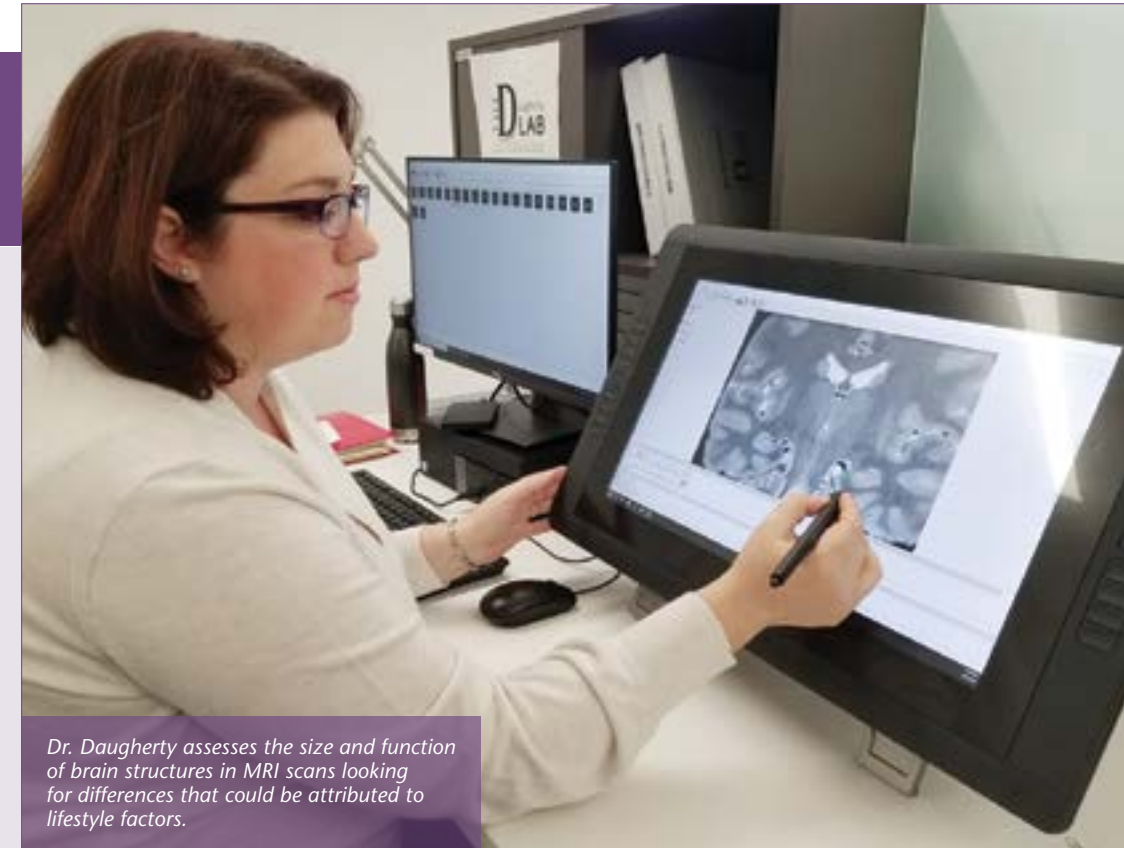
Dr. Daugherty’s line of research is, by her own understatement, “not easy.” Unlike with mice, researchers can’t (and shouldn’t) control a person’s behaviors and environment, which makes asking questions about lifestyle factors challenging. Though she uses advanced neuroimaging techniques and sensitive cognitive assessments, she still can’t replicate the precision of animal studies. “So I take an individual differences approach. Instead of executing extreme control, I collect volumes of data. Then I use advanced statistics to label the sources of variability within people. I take advantage of each person’s natural differences. That is

for dementia. She uses magnetic resonance imaging (MRI) to measure brain structure, different types of cognitive and behavioral testing, actigraphy to measure exercise activity, blood markers of vascular health, and advanced statistical analysis for multivariate, longitudinal study. She serves on the leadership committee of the Hippocampal Subfield Segmentation group, a collaboration of over 200 researchers from 15 countries dedicated to the development and validation of an MRI method to measure hippocampal subfields that atrophy in aging and Alzheimer’s disease.



Ana Daugherty, PhD
Lifespan
Cognitive Neuroscience

Dr. Daugherty is jointly appointed to the IOG, the Department of Psychology, and the Department of Psychiatry and Behavioral Neurosciences in the School of Medicine, and directs the Healthy Brain Aging laboratory. She studies age-related change in brain structure and how it relates to changes in thinking and memory processes. Her research aims to characterize “successful aging”— individuals who can maintain health and function into later life. In this context, she focuses on how vascular and metabolic health risk factors (like hypertension) and protective factors (like exercise) shape aging trajectories and modify risk



Dr. Daugherty assesses the size and function of brain structures in MRI scans looking for differences that could be attributed to lifestyle factors.

the signal I study rather than the noise other research studies try to minimize.”

The second high hurdle in Dr. Daugherty’s research is time. Aging is a continuous and cumulative process. She is interested in differences at a single time point *and* across a trajectory of aging. “When studying these complex and interactive systems, like heart health and brain function, it’s all about the time course. We can’t study aging unless we study people aging,” she said.

Iron: Friend and Foe

One line of Dr. Daugherty’s research

combines many of her scientific interests. She is proposing a long-term study of iron accumulation in the brains of older African Americans who have hypertension. While iron is necessary for normal cell function, high levels of iron in the brain are associated with higher risks of dementia and can predict cognitive declines several years in the future.

She hypothesizes that hypertension, which can impair blood flow to the brain, may indirectly increase iron accumulation. “As a field, we are in the early stages of understanding how iron accumulation affects brain health,

Oft Cited — Dr. Daugherty wrote one of the most cited and downloaded articles in the journal *Hippocampus* in 2018. The paper explains the ongoing work of an international collaboration of more than 200 scientists from 15 countries to create MRI methods of measuring subfields of the hippocampus. The work impacts memory development, aging and pathologies like Alzheimer’s disease. Drs. Raz and Ofen are co-authors. Dr. Daugherty was also named a junior investigator mentee with the Michigan Alzheimer’s Disease Research Center.

so we do not yet have clinical recommendations on how much is too much. Several drugs are under development but with mixed results. So lifestyle factors might be a good way to regulate it,” she said.

Why Here? Why Now?

Dr. Daugherty has always been “a scientist at heart.” The daughter of two school teachers in a small California town, education was emphasized as a path to build a successful life and give back to the community. “I had romantic notions of science in my childhood, but was fortunate to develop that into a real career in neuroscience,” she said. “I get to ask intriguing and often difficult questions about relevant factors across the life course.

What does it mean to be a human aging with other humans?”

She was drawn to Wayne State as one of the few academic institutions where she experienced a naturally collaborative environment. She likes knowing she is not alone; teams of great researchers here and elsewhere are studying questions about aging from multiple angles. The IOG’s central tenet of community education and engagement was particularly appealing. “Collaboration is bigger than academics. It can happen anywhere. My core research was inspired by a question from an older woman at a community forum,” she said. “I’m in the right place with the right people to study my questions and do some good.”

Measuring Memory In the Developing Brain

Memory performance undergoes dramatic changes from childhood to adulthood and so does the brain. Noa Ofen, PhD, and her team in the Ofen Lab for Cognitive and Brain Development, are using novel methods to clarify the relationship between brain and memory and understand how changes in the brain's structure and function drive memory development.

An adult is likely to remember a grocery list better than an 8-year-old, due in part to the adult's ability to organize information by semantic categories, such as snacks, meat and dairy. Dr. Ofen and her team wanted to clarify how this could relate to the brain's lengthy maturation process. They focused on the prefrontal cortex, a brain region essential for decision making, organizing information, and planning, that is known to show

protracted maturation. The team recorded adults' and children's attempts to recall a list of items and whether they sorted the items by semantic categories during recall. The differences in prefrontal cortex volume between children and adults accounted for some of the effects of adults using more semantic categorization to recall the lists. Adults used more categorizations, partly explained by their more mature prefrontal cortex.

Dr. Ofen's interest in mapping memory performance led her to embark on an exciting project recording activity from electrodes located *inside* the brain. With this unique intracranial EEG measure, Dr. Ofen can chart brain activity in real time as a person performs memory tasks. "Intracranial EEG recordings give us an unprecedented spatial and temporal resolution, opening new re-



Guests at an IOG research poster competition. Dr. Ofen (in profile at left) helps pre-doctoral trainee Qijing Yu (center) explain the intricacies of the poster's research project.

search avenues that will greatly contribute to our current understanding of brain function across development," Dr. Ofen said.

Intracranial EEG recordings are performed in children as they undergo brain-mapping prior to surgery to control epileptic seizures. Project data has been collected from 30 children and adults, part of an ongoing collaboration with WSU physicians and multiple sites in California. Until this research, localized real-time data on memory function in children had been scarce. "This offers a completely new look at how brain function

supports memory development. We now have the largest intracranial EEG data set that exists on memory and children," Dr. Ofen said. "We are it." In addition to delineating memory development, she hopes her help in mapping memory networks could reduce children's declines in memory after surgery to ease epileptic seizures.

Innovation Alone is Not Enough

The intracranial recording method used by Dr. Ofen's team creates large amounts of "the most exciting type" of data. While it may be cutting-edge, she is quick to cite her



Dr. Ofen (right) with a few of the 17 members of the Ofen Lab team. The lab attracts graduate and undergraduate students seeking mentored opportunities to contribute to cognitive neuroscience research and publications.

version of Uncle Ben's quote in *Spider-man*: "With great data comes great responsibility." A December 2018 article she wrote for *Developmental Cognitive Neuroscience* implores fellow scientists to beware of "more tools and not enough thought. Tools serve to help answer important questions," she said. "They can't do that on their own. They must be paired with research that is theoretically rooted, thoughtful, careful."

Internationally, Dr. Ofen would like to see cognitive neuroscientists continue to increase data sharing and further standardize measures of brain structures, to insure valid and precise comparisons. Longitudinal studies are also critical. "They offer a critical opportunity to study true developmental changes," she said. "Yes they are challenging, but how better to understand how biology and environment modify the trajectories of memory?"

"I Have It All Right Here"

Wayne State and the IOG have proven a perfect fit for the Ofen Lab. Dr. Ofen devised the intracranial recordings protocol after meeting Eishi Asano, M.D., Ph.D., professor of pediatrics and neurology at WSU's School of Medicine and medical director of neurodiagnostics at Children's Hospital of Michigan. Dr. Ofen's interest in measuring brain activity and memory complemented Dr. Asano's goal to optimize seizure outcome and the quality of life of patients who undergo epilepsy surgery. A mutually beneficial partnership began.

Dr. Ofen's team also collaborates with the IOG's cognitive neuroscience labs and researchers. "They help me identify innovative directions while keeping me focused on the bigger theoretical framework," she said. The support and opportunities at WSU are "unparalleled. When it comes to looking at the factors that limit and enable cognitive abilities, I have it all right here," she said.

Dr. Ofen credits her lab's success to profes-

sional collaborations, connections to labs around the world, WSU's resources, and especially her talented, hard-working team. The team consists of lab manager David Chen, research coordinator Bryn Thompson, postdoctoral fellow Lisa Johnson (dually appointed to the University of California, Berkeley), four graduate students and more than 10 undergraduates.

In the past two years, the Ofen Lab's research has led to 14 peer-reviewed articles and numerous invited conference presentations. Dr. Ofen spent the past year on a visiting scientist fellowship to Israel's Weizmann Institute of Science, giving talks across Europe and spreading the word about research at WSU. Her formula for extraordinary research achievement is surprisingly simple: the right people + the right skills + good ideas + hard work + fun. "It has to be fun," Dr. Ofen said. "My team is a very happy group of people. They help me keep it fun, too."



Noa Ofen, PhD
Lifespan
Cognitive Neuroscience

Dr. Ofen is the director of the Cognitive and Brain Development Laboratory. She investigates structural and functional brain development across a wide age range of typically developing children and adults. Her research combines cognitive ability testing with a range of neuroimaging techniques, including MRI and electrophysiology, to elucidate the mechanisms contributing to human episodic memory development. The aim is to characterize how changes in the functional and structural organization of the brain support growth in the human capacity to encode, maintain and retrieve information.

Dr. Ofen also investigates environmental and genetic factors that may modify typical development and is interested in the possible implications of her work for clinical populations such as children with epilepsy. Her primary research project is funded by a five-year research award from the National Institute of Mental Health. She is also on the faculty of the Translational Neuroscience Program at the School of Medicine. She regularly collaborates with faculty in the Lifespan Cognitive Neuroscience Program, a joint initiative between the IOG and the Merrill Palmer Skillman Institute for Child & Family Development.



IOG Adjunct Faculty

John Woodard, PhD
Psychology

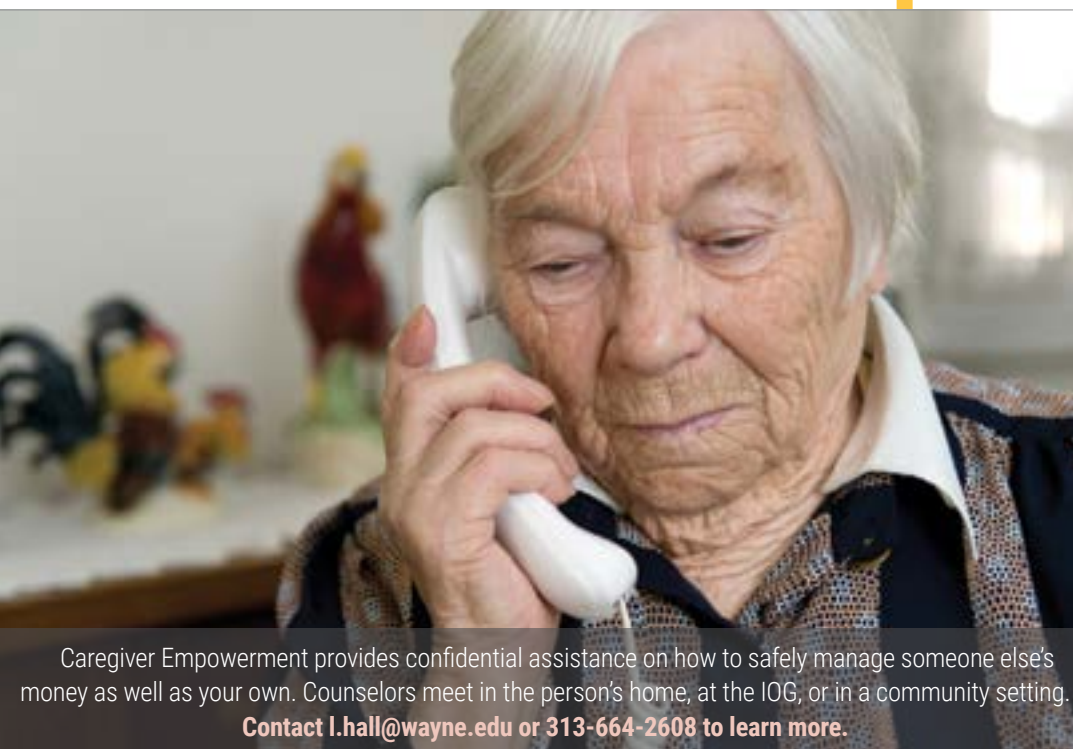
Dr. Woodard is a clinical neuropsychologist and professor of psychology at WSU, and a member of the IOG training faculty. His research focuses on evaluating

early changes in semantic memory as a leading indicator of incipient Alzheimer's disease and identification of biomarkers for early detection of Alzheimer's. Since 2016, he has collaborated with European colleagues at the Université catholique de Louvain and the Institute of Neuroscience at the Saint Luc University Clinics in Brussels, Belgium, to investigate optimal combinations of neuroimaging, behavioral, genetic, and laboratory biomarkers for predicting risk for Alzheimer's disease.

Dr. Woodard is a co-investigator on an \$8.8 million grant from the NIH to investigate how changes in immune functioning brought on by physical activity could prevent or delay the onset of Alzheimer's disease. He is an associate editor of the *Journal of the International Neuropsychological Society* and is on the editorial boards of *American Psychologist* and three additional journals on neuropsychology and aging.

"To detect Alzheimer's disease in its earliest stages, we have to really think outside the box in terms of innovative strategies for large-scale screening and tracking of the disease." – Dr. Woodard

Financial Safety & Health



Keeping Older Adults SAFE

Successful Aging thru Financial Empowerment (SAFE) battles the financial exploitation of older adults on three fronts: on-line tools to help professionals and caregivers determine the financial decision-making abilities and vulnerabilities of older adults; one-on-one counseling for victims and caregivers to help them recover; and educational workshops to improve financial literacy. A Caregiver Empowerment component for relatives and friends of older adults is included with each.

SAFE has helped thousands of people and protected tens of thousands of dollars since its inception, but the need grows. As the US population of older adults rises, so do the thefts. Millions of dollars are stolen from older adults each year through fraud, scams and exploitation. "We help people file police reports and consumer complaints, freeze credit reports, and do whatever else is necessary for their financial health to be restored," said SAFE Director LaToya Hall. "And it's all free."



LaToya Hall, MSW
SAFE Program
Coordinator

LaToya earned dual Bachelor of Arts degrees at WSU and a Master of Social Work degree from Washington University in St. Louis. Throughout her graduate career and early social work experience, she focused on asset building and creating financial stability programs for vulnerable populations. She now coordinates the Successful Aging thru Financial Empowerment (SAFE) program. SAFE educates seniors and others on protecting their finances against threats and provides free one-on-one assistance to help seniors recover financially and emotionally after being victimized by financial scams or identity theft.

Assessing Exploitation Risk with Simple Online Tools

SAFE's one-on-one counseling and financial education is Michigan based, while the tools on OlderAdultNestEgg.com are available worldwide. The website provides free online training, screenings and interviews to assess the financial decision-making ability of older adults and identify exploitation risks. Lawyers, financial service providers and psychologist as far away as New Zealand, England and Australia have used the assessments to benchmark or monitor their clients. Hundreds of Adult Protective Services case managers across eight states are now trained and incorporating the tools into their practice.

The OlderAdultNestEgg.com screening tool uncovers whether a person may be currently under undue influence, be psychologically susceptible to outside influence, or unable to make sound, rational financial decisions. The rating scale determines whether the older adult understood the financial decision and made it with integrity. A decrease in the ability to make financial decisions can be the first sign of cognitive impairment. "Older adults, like all adults, have the right to make poor financial choices," said Dr. Lichtenberg, OlderAdultNestEgg's creator. "We assess whether the decision-making process could be impaired and whether the

decision was authentic."

Dr. Lichtenberg is a leading U.S. expert in the prevention of financial exploitation in older adults. His work has been highlighted in Forbes, Crain's Detroit Business, CNN, NPR's Marketplace Morning Report, and AARP. "Nothing like OlderAdultNestEgg currently exists, especially in a user-friendly form and targeting financial decisions," he said. "Dozens of professionals have shared how grateful they are to finally be able to evaluate financial decisions in older clients."



Dr. Lichtenberg (right) meets with his research team of pre-doctoral trainees Evan Gross and Rebecca Campbell as they validate the Lichtenberg tools to detect deficits in financial decision making.

Bankers, estate planners, attorneys, social workers, insurance agents, and law enforcement officials have all found the tools useful. Attorney Caroline Delenbusch regularly uses Older Adult Nest Egg's 10-item screening tool in her elder law practice. "It provides a structure for interviewing clients and assists attorneys negotiating the fine line between maintaining the client's independence and protecting them," she said.

Successful Aging thru Financial Empowerment



A GLANCE AT OlderAdultNestEgg.com's Year One



1,769

Certifications earned by professionals throughout the U.S. and worldwide.

1,196

Adult Protective Services Caseworkers

139

Psychological Practice

105

Financial Planners, Legal Services & Law Enforcement

329 OTHER PROFESSIONALS

Advocates, Care Managers, Physicians, Nurses, Healthcare Agency Administrators, Rehabilitation & Social Workers

SAFE services and tools are free thanks to grants from the Michigan Health Endowment Fund, National Institute of Justice, Foundation for Financial Health, and the Michigan Aging and Adult Services PREVENT Program

Dr. Lichtenberg has worked with older adults for 34 years as a clinician, researcher, program director and national leader. Under him, the IOG has won record levels of research funding and created a community engagement and outreach program serving more than 10,000 older adults and professionals each year.

Dr. Lichtenberg is nationally known for his work on financial decision-making, capacity, vulnerability and undue influence in older adults. He is particularly interested in the intersection between financial capacity and financial exploitation to find ways to balance autonomy and protection. He launched OlderAdultNestEgg.com, a free, easy-to-navigate website that helps professionals in occupations like financial planning and social services, as well

as relatives and friends, screen and understand an older adult's financial decision-making.

He has authored nine books, including the two-volume *APA Handbook of Clinical Geropsychology* (2015), and has authored or co-authored more than 200 peer review journal articles and book chapters on topics including mental health in long-term care, geriatric depression, and the early detection and management of Alzheimer's disease. He has conducted independent medical evaluations and expert witness work more than 200 times on issues related to older adults, capacity and undue influence. He was named a WSU Distinguished Service Professor in 2019 for extraordinary contributions within and beyond the university.



Peter Lichtenberg,
Director,
Institute of Gerontology
and Merrill Palmer
Skillman Institute



Financial Security Award – LaToya Hall, MSW, won the 2019 Champions of Tomorrow Financial Security Award for her work helping economically disadvantaged older adults gain financial literacy and protect themselves from fraud and identity theft. LaToya directs the Successful Aging thru Financial Empowerment (SAFE) program at the IOG. Champions of Tomorrow, Inc., provides transportation resources to economically disadvantaged and disabled persons in Southeast Michigan.



SAFE assistant Patricia Mullin explains how older adults can access the program at a community education event.

In Two Years....

76 Community education events where SAFE staff identified persons who qualify for assistance

61 Number of persons who received one-on-one assistance from SAFE

\$60,604 Saved or recovered by SAFE services

“ Dr. Lichtenberg’s research and cutting-edge assessment tools on financial decision making raised my awareness and enhanced my toolbox. This is essential preparation for any mediator to meet the ethical obligation that their mediations provide meaningful opportunities for self-determination.” – Dale Ann Iverson, JD, Past Chair ADR Section State Bar of Michigan

Distinguished Contribution Award—Dr. Lichtenberg won the 2019 Powell Lawton Distinguished Contribution Award for Clinical Geropsychology from the American Psychological Association. He has worked with older adults as a clinical geropsychologist, researcher, program director and national leader. He has contributed significantly to the practice of older adult psychology in areas including financial exploitation and vulnerability, Alzheimer’s disease, and late-life depression. His nomination letter cited his many awards, grants, publications and leadership roles, concluding “Dr. Lichtenberg’s significant contributions to geropsychology do indeed distinguish him from among his peers, and he is extremely deserving of this award.”

Among the leadership roles of his 33-year-career, Dr. Lichtenberg served as a past APA president of the Division on Adult Development and Aging, chair of the Committee on Aging, and a founding member of the Geropsychology Specialty Board. “Powell Lawton was a role model for me,” he said. “All my research, assessment and training programs are oriented toward providing a direct benefit to older adults, many of them underrepresented and vulnerable.”

The Society for Clinical Geropsychology, a sub-group of the American Psychological Association, grants the Lawton Award as one of its highest honors.



Dr. Lichtenberg discusses ways to spot and protect against scams, fraud and financial exploitation at a Beaumont Hospital workshop for older adults.

Urban Health Equity

Predicting Future Needs



Dr. Jankowski leads a focus group on preventing and responding to elder financial exploitation. The group was held in Sault Ste. Marie as part of an Elder Law of Michigan grant project.

“ One of the most rewarding parts of my work is helping providers of community-based aging services to innovate. With shrinking budgets and a rapidly growing older population, innovation is crucial for the survival of agencies that provide programs and services for older adults.” – Dr. Jankowski



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

As associate director for research, **Dr. Jankowski** makes sure the faculty and staff of the IOG and the Merrill Palmer Skillman Institute have the facilities, resources, and technical support to conduct their research. In his own research, Dr. Jankowski partners with and is funded by local and regional units of government, state agencies, non-profit service providers, community-based organizations, and older adult advocacy groups to help them assess the needs of the population they serve and evaluate the effectiveness of the programs and services they deliver. He has worked with the Michigan State Housing Development Authority, the Michigan Aging and Adult Services Agency, several county commissions on aging, and multiple projects funded by the Michigan

Health Endowment Fund. He is currently engaged with Elder Law of Michigan, the Southeast Michigan Senior Regional Collaborative, and the Luella Hannan Memorial Foundation on program evaluations, and on a statewide needs assessment of older adults with the Area Agencies on Aging Association of Michigan.

Dr. Jankowski is chair of the board of directors at The Senior Alliance (named a *Crain’s* 2019 top 100 Cool Place to Work), Area Agency on Aging 1-C, which provides nearly \$30 million worth of services to older adults, people with disabilities, and their caregivers each year. He also serves on the boards of directors of several other organizations devoted to older adults.



Wassim Tarraf, PhD
Minority Health and Aging

Dr. Tarraf is a gerontologist, methodologist, health services researcher, and policy analyst. His research evaluates disparities in health, health behavior, and healthcare access and use in racial and ethnic minorities in the U.S., and investigates the social determinants of health and healthcare. He is an affiliated investigator on the Hispanic Community Health Study/Study of Latinos, the largest epidemiological study of diverse Hispanic/Latinos in the U.S.. He directs analytics for the Study of Latinos—Investigation of Neurocognitive Aging joint lab between the IOG and the University of California, San Diego. Through this work, he is

principal investigator (Statistical Analyses Core) and lead biostatistician on three National Institute on Aging-funded (R01) ancillary studies focused on cognitive aging and risk of Alzheimer’s disease and related dementias in Latinos, and two exploratory (R21) grants to examine sleep as a risk factor for unhealthy aging among Latinos. He also co-leads the Analysis Core of two Resource Centers for Minority Aging Research, training the next generation of researchers in minority health and enhancing researcher diversity in aging.

Decades of Research to Help Older African Americans

The IOG's longest running research program won an additional 5-year, \$3.5 million grant from the National Institute on Aging to continue investigating health disparities in minority older adults. At 22 years and counting, the Michigan Center for Urban African American Aging Research (MCUAAAR) now adds Michigan State University to the Univer-

sity of Michigan and the IOG as it expands its mission to Flint, Michigan.

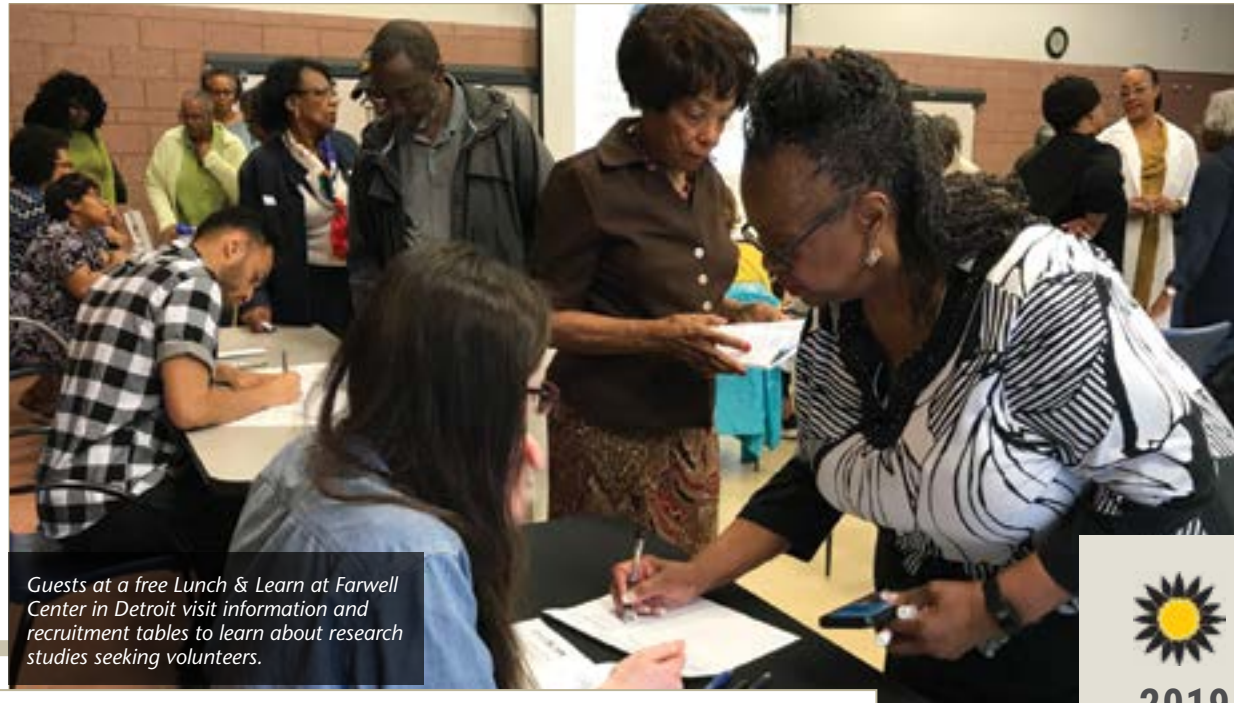
A gap exists in health outcomes between older African Americans and Caucasians; African Americans continue to be at higher risk of heart disease, hypertension, diabetes, stroke and certain cancers. MCUAAAR and the other 18 Resource Centers across the country, want to find out why and how to eliminate that gap. MCUAAAR's approach is to support more minority scholars to conduct research, and to build bridges with the urban community through its Healthier Black Elders Center to educate and encourage minorities to volunteer for research.

Mentoring Minority Researchers

More minority researchers should yield more minority research, an area that has traditionally lagged. MCUAAAR designates three minority scientists each year who are paired with an experienced mentor to guide

them through pilot studies, grant submissions and publishing. More than 60 scientists have completed the program, 70% of them African

American. Two-thirds of these scientists are now tenured university professors. They have published hundreds of research papers and won 92 grants totaling \$60 million in funding. "These high quality scientists will positively impact African American aging for



Guests at a free Lunch & Learn at Farwell Center in Detroit visit information and recruitment tables to learn about research studies seeking volunteers.

Michigan Center
for Urban
African American
Aging Research



Gail Jensen Summers, PhD
IOG Training
Program Director
Health Economics

Dr. Jensen (Summers) directs the IOG's Pre-Doctoral Training Program in Aging and Health. She mentors students enrolled in this program and oversees their progress, organizes IOG's bi-weekly seminar series, and coordinates WSU's annual "Lifespan Alliance Research Day," showcasing the research conducted by graduate students affiliated with the IOG and its allied institute, the Merrill Palmer Skillman Institute. Dr. Jensen 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 has collaborated with Dr. Wassim Tarraf on a study of the effects of the Affordable Care Act on foreign-born vs. U.S.-born adults, and on healthcare disparities between these populations. Her research focuses on analyzing the effects of health system reform on older adults and other vulnerable populations, as well as studying healthcare disparities, healthy aging, and the economics of health insurance.

25 Peer-reviewed journal articles and dissertations from research that recruited from the PRP, 2013-17.

decades to come," said Dr. Lichtenberg, co-director of MCUAAAR's administrative core.

Lunch & Learns

Hear a lively and informative presentation from an expert in medicine, nutrition, brain health or fitness and socialize over a free nutritious lunch – that's the formula for a successful Lunch & Learn. Hosted eight times a year at various venues across Detroit, these popular events encourage questions in a comfortable, judgment-free zone. Topics have included bone

health, cataracts and glaucoma, mental health, Alzheimer's research, and a memory boot camp. Guests enjoy the easy access to expert presenters as well as the chance to personally visit research teams recruiting participants. JoAnn Smith is a member of the HBEC's Community Advisory Board which helps plan the Lunch & Learns. "It's satisfying to be part of this process," she said. "People thank us for educating them and reaching out."

Participating in Research

The Participant Resource Pool (PRP) is a key element of MCUAAAR. The database consists of about 1,300 African Americans in metro Detroit, 55 years old and up, all

willing to participate in research vetted by WSU and the HBEC Community Advisory Board. Vanessa Rorai, MSW, directs the PRP and takes a unique approach to recruiting and maintaining members. "Our members are well-informed about the types and needs of research," she said. "We have many touchpoints with each member: Lunch & Learns, two HBEC newsletters, phone calls to re-survey them every 18 months, birthday and holiday cards. These connections help them be more receptive to be contacted by a researcher. It's an intimate, important relationship." A Flint-based community outreach strategy will be modeled after the Detroit Lunch & Learn approach to encourage research participation in that area.

Researchers often present at the Lunch & Learns and sometimes directly to the Community Advisory Board. They welcome the interaction and questions about their project. "One researcher presented to our Community Advisory Board and, based on their feedback, re-wrote the whole consent form to be more participant-friendly," Vanessa said. She credits her veteran outreach team of JoAnn Smith and Patricia Watkins for much of the success of the PRP. As older African Americans themselves, they are able to build a special peer-to-peer relationship with recruits as they guide them through the participation process. "We use a lot of personal contact to connect researchers to potential participants," Vanessa said. "That makes all the difference."

"Innovation is often associated with technology, but the best innovations in aging services are social, not technological. They involve people and organizations, how they communicate and relate to one another, and how they collaborate to serve older adults more effectively and efficiently." – Dr. Jankowski



RECRUITING FROM THE PRP

2019 | 28 STUDIES including *Psychosocial and Vascular Mechanisms of Cognition in Diabetes; Effects of Yoga on Motor Control Processing in Individuals with Parkinson's Disease; The Healthy Lifetime Program*

2018 | 23 STUDIES including *Transition from Spousal Caregiver to Widowhood; Race and Emotion Perception in Adults with Acquired Brain Injury; Effect on Recumbent Stepping on Muscle Activation after Stroke*

2017 | 22 STUDIES including *Understanding Pain Experiences in Relationships; University of Michigan Memory and Aging Project (UM-MAP); Balance and Mobility in Persons with Early Stage Dementia*



IOG Adjunct Faculty
Tam Perry, PhD
Social Work
& Anthropology

Dr. Perry's research addresses urban aging from a life course perspective, focusing on how underserved older adults navigate their social and built environments in times of instability and change. She conducts translational research projects that address older adults' well-being in urban communi-

ties such as the Flint water crises, gentrification, and the economic downturn, particularly examining the relationship of older adults to their homes and communities. She co-directs the Community Liaison and Recruitment Core of the Michigan Center for Urban African American Aging Research and is co-principal investigator on a Flint-based investigations of intersections of structural racism, resiliency and productive aging in older adults. Her work (in collaboration with the IOG's Dr. Jessica Robbins) received the 2017 Betty J. Cleckley Minority Research Award from the American Public Health Association.

What Growing Old in Poland Can Teach Everyone about Aging

Dr. Jessica Robbins has been fascinated with Poland's older adults since grad school. As an anthropology student, she did fieldwork in three Polish facilities that cater to older adults: a rehab center, a long-term care home and a lifelong learning "university" that provides educational and physical enrichment for active seniors. "These were the extremes," Dr. Robbins said. "I could look at the phenomenon of aging through different lenses and compare insights." She also got a grant to study Poland's "more typical older people" who live in their homes but spend time in neighborhood organizations, parish clubs, and allotment gardens.

The story that emerges across different experiences of aging is compelling and won Dr. Robbins an advance book contract with

Rutgers University Press. She is finishing the manuscript, *Aging in Contemporary Poland: Memory, Kinship, and Personhood*, and expects publication in fall of 2020. She started with the observation that active aging, like successful aging, is an important global movement. "Countries around the world promote *active* aging," she said. Growing old is framed as a problem that threatens persons, communities and the world. "As populations grow older, the longer they can remain healthy, the less drain on social welfare systems. But what does active aging really look like on the ground?"

Poland's older genera-

tion offers a unique case study as they lived through massive political transformations. "Some people I interviewed were born before the country of Poland existed. They lived through the invasions, catastrophes and destruction of WWII – Soviet control, borders changing, people being moved around. Then state socialism collapsed in 1989. Now Poland belongs to the European Union. Through it all, what does it mean to live a good life, to have ties to each other, to have a sense of moral personhood?" Dr. Robbins asked.

When Help is Needed

Poles tend to prefer to be taken care of in their homes and can feel ashamed if they

“ Because anthropological research questions our taken-for-granted cultural beliefs and assumptions, it has the potential to fundamentally rethink and re-frame experiences and understandings of aging.”
– Dr. Robbins

have to enter a facility for care. Despite a negative reputation, Dr. Robbins found that relationships in these facilities could be as rich as for their active aging counterparts.

"The happiest folks found a way, through their own resourcefulness, to contribute something. They shared coffee and tea, told stories that linked their lives to the history of the Polish nation. They played games, sang songs, shared food. This happened even in memory care units. People found ways to create a social life and to maintain their personhood."

At a day center for persons with Alzheimer's,

she saw a new type of family form between staff and attendees. Memory loss may have damaged the connection to a spouse or adult child, but at the day center a person could start fresh with someone with whom the stakes of forgetting were not as high. "There is a productive sociality that occurs among non-kin," Dr. Robbins said. "It is easier to be in the present-focused space."

Re-Think Our Approach to Aging

Gardening is an especially popular pastime in Poland where allotment gardens often have hundreds of adjoining plots, some with small shelters. Friends meet there for hours to tend fruits, vegetables and flowers, share snacks and beer, and sing repertoires of cultural songs. Some go every day, year round. In the gardens, the experience of aging, relationships and personhood was not so different from the rehab center or the memory day care.

Dr. Robbins would like funding for aging to expand to a broader spectrum of activities – not just lifelong learning universities. Gardens, knitting, sharing life stories – these are all important to age well. She'd like shared meaningful aspects of the past to be brought into care activities. "Let's bring key aspects of the cultural past forward so people can connect through these social worlds."

Too often, successful aging really means "not aging," said Dr. Robbins. The word "still" is used a lot, as in "this 85-year-old can still run marathons," "that 92-year-old woman still lives on her own." Those characterizations can mask societal fears of dependence and death. "Aging makes interdependence and personhood evident like nothing else," she said. "The person you are today can change in a moment with a diagnosis or an injury. You realize independence is a myth; we are fundamentally interdependent. We become a person through relations with others."



IOG Adjunct Faculty
Patricia Morton, PhD
Sociology, Public Health,
& Gerontology

Dr. Morton's studies health inequality throughout the life course. She investigates the long-term health consequences of childhood experiences, underscoring how early-life conditions produce unequal opportunities and constraints that impact health through multiple life domains such as socioeconomic status, health behaviors, and physiology. Dr. Morton employs various innovative statistical techniques to contextualize these multidimensional life-course processes of health. Her work has been published in journals such as *Demography*, *Social Science & Medicine*, and *The Journals of Gerontology: Social Sciences*; highlighted by national and international news outlets; and received the Behavioral and Social Sciences Dissertation Research Award and the Theoretical Developments in Social Gerontology Paper Award from the Gerontological Society of America.



Jessica Robbins, PhD
Medical & Sociocultural
Anthropology

Dr. Robbins researches how some older people become valued and socially included, while others become devalued and socially excluded. Focusing on older adults in post-industrial urban contexts, Dr. Robbins conducts ethnographic research in Poland and Michigan, places where large-scale social change has occurred during the lifetimes of the oldest generations (see article). Her two ethnographic projects in Michigan examine older adults' wellbeing in social, historical, and political context. The first is a study of gardening

and wellbeing among older African Americans in Detroit. The second, a collaboration with Co-PI Dr. Tam Perry (WSU School of Social Work), is a study of older adults' experiences of the Flint water crisis. Dr. Robbins teaches in the Department of Anthropology, advises graduate students, and frequently presents at national and international conferences. Her research has been published in leading anthropology and gerontology journals, including *Medical Anthropology Quarterly*, *Aging and Society*, and *Journal of Aging Studies*.



An allotment garden in Poland. Gardens are large and often include cozy sheds where gardeners can relax and socialize.

As a professor of anthropology and gerontology, **Dr. Luborsky** answers questions concerning the way cultural factors shape our responses to life's changes and the challenges we face as we age. As the IOG's director of Aging & Health Disparities research, he works closely with the Michigan Center for Urban African American Aging Research mentoring minority scholars to develop research and interventions to improve minority health. He worked with the CDC, EPA and the Michigan Department of Health to develop strategies to reduce harm for older anglers and their families who rely on fish from the

Detroit River for food. His team developed a successful intervention to reduce hospital workplace violence. He worked with Rwanda's National Ministries of Health to develop HIV prevention interventions and expand the country's research capacity, and in Thailand to promote minority elders' wellbeing. He leads NIH grants, teaches anthropology, advises students, and serves on the John's Hopkins / Harvard University Mixed Methods Research Training Program. Regularly invited to present at national and international conferences, Dr. Luborsky will deliver a keynote at the 2020 World International



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

Changing Habits to Prevent Frailty



Heather Fritz, PhD, OTR/D
Occupational Therapy
Gerontology

Dr. Fritz researches health promotion and prevention in middle adulthood and later life. She is especially interested in the role of environments and habit modification in health behavior change, and combining traditional rehabilitative approaches with behavioral science. Her work is informed by a transactional theoretical perspective with a focus on socio-cultural environments and engagement in daily activities. Dr. Fritz is the PI on two foundation-funded studies. One is focused on frailty (see article), and the other on reducing metabolic syndrome risk factors among breast cancer survivors. Her recent research has been published in leading occupational therapy and gerontology journals including *The Gerontologist*, *Journals of Gerontology: Social Sciences*, *Disability and Rehabilitation*, and the *American Journal of Occupational Therapy*.

Frailty is a serious condition. An older adult diagnosed as frail is at increased chance of injury and even death. Once a person is identified as frail, it can be hard to rehabilitate them out of frailty.

A person in the pre-frail phase, however, can more easily be improved. A pre-frail person displays changes in physical and mental health, socializing, and quality of life that make them likely to become frail in three to seven years. Yet almost no current programs target pre-frail persons. “If we can intervene at this point,” said Heather Fritz, PhD, an assistant professor of occupational therapy (OT) and gerontology at the IOG, “we might be able to delay the descent into frailty.”

Dr. Fritz won a \$256,000 grant from the Michigan Health Endowment Fund to test an occupational therapy based intervention on 150 pre-frail African Americans. The approach enlists the principles of habit formation: making specific changes to the person’s environment to support their goals. Halfway through their two-year time frame,

the team is seeing positive results. “Patients are telling us it is very useful,” Dr. Fritz said. “Even when they don’t do exactly what we ask them to do, they seem to be receiving good benefit.”

Small Changes Improve Health

The first step is teaching patients about the symptoms and consequences of frailty and pre-frailty. “Most people we talk to never heard about frailty, never had a health care provider explain it to them,” Dr. Fritz said. “They had no idea how serious it could be.”

Once enrolled, patients receive four visits from an OT over four months. Each visit, “takes as long as it takes,” according to Dr. Fritz. “We don’t rush anyone. We think that’s the way it should be.” The visits include

a comprehensive evaluation of strength, balance, activities, pain and medications; whether the patient wants to improve their physical activity or diet; setting small, achievable goals linked to their environment; and suggestions to achieve those goals tailored to the person’s abilities, needs and motivation.

Carol, for example, would like to reduce her cholesterol. Her small, specific goal is to replace butter with olive oil. She writes down that goal and then removes the butter from the counter and replaces it with a carafe of olive oil. The same approach would apply to replacing salt with a salt-free seasoning mix.

The last visit talks through goals achieved, creating new goals, and a long-term maintenance plan. The success of the intervention is measured by decreases in the patient’s pre-frailty and, at the two- and three-year mark, whether the patient has descended into frailty. “It’s hard to measure something not happening,” Dr. Fritz said, “but pushing back



Art of Aging Successfully guests learn tips to use resistance bands for strength training. The conference offers an array of workshops to improve health and well-being.

frailty for a few years is a good start.”

OTs are the Answer

Dr. Fritz wants to insure this approach is feasible with patients, providers and insurers. Her team will analyze costs and benefits to determine whether the program’s expenses can be reimbursed by insurance carriers to make it self-sustainable. OTs are a good fit to combat frailty. They are trained in diet, physical activity, pain management, social

interaction, balance, falls and safety – everything the plan requires. “We could become the one-stop shop for preventing frailty,” Dr. Fritz said. She believes the country must develop programs to prevent frailty progression, because “soon we won’t have the resources to care for all our frail older adults. Let’s help them now rather than pay for it later ten-fold.”

“ *Science and society require innovation, and innovation needs imagination. As my intellectual hero, John Dewey wrote, ‘Every great advance in science has issued from a new audacity of imagination.’*” – **Dr. Cutchin**



Malcolm Cutchin, PhD
Gerontology &
Occupational Therapy

Dr. Cutchin is a geographical and social gerontologist who studies human-place relationships and well-being. He has studied residential environments (e.g., home, assisted living, neighborhoods), stress, and health—especially for older people. That research often includes social determinants of health and health disparities perspectives. He has contributed a substantial body of theoretical work that has helped to shape the fields of geographical/environmental gerontology as well as occupational

science and therapy. His work has been funded by six different federal agencies over the last 20 years.

He has held leadership positions at WSU as a department chair, co-chair of a biobehavioral research and training initiative, and as a core co-leader in an environmental health sciences center. Dr. Cutchin has served as a Scientific Advisory Board member and consultant for academic units at Karolinska Institutet, Lund University, and Southern Denmark University.



Dr. Cutchin talks to the IOG Steering Committee about his work on Detroit neighborhoods and environmental stress.



IOG Adjunct Faculty
Diane Adamo, PhD, MS
Director of Research
Physical Therapy

Dr. Adamo researches human sensory and motor control systems and performance, defined broadly as the relationship between a person’s bodily senses and the world around them. Most recently, she has investigated how changes in cognition impact older adult performance. Her research publications have looked at gait as a measure of walking confidence in older females, and how head position, vision and standing surface affect the ability to control posture and maintain balance in older adults.

A Healthier Environment for Detroiters

Chronic exposure to air, water and noise pollution, chemicals and other environmental stressors can damage health and cause disease. The Center for Urban Responses to Environmental Stressors (CURES) at WSU works to understand the health impacts of these exposures, improve the environment, and restore health through research, education and advocacy. The IOG's Dr. Lichtenberg leads the CURES Community Outreach and Engagement Core. Carrie Leach, PhD, manages the program, fostering collaborations and honing communication and advocacy to reach vulnerable populations and motivate policy change.

"Older adulthood is a special window of susceptibility to environmental stressors," said Dr. Lichtenberg. The immune system loses vigor and effectiveness making it less able to scavenge potential toxicants. Avoiding stressors late in life can also be difficult. Older adult homeowners cannot easily move away from a polluted neighborhood. Lack of transportation limits grocery store options. CURES works to provide solutions through education seminars, tip sheets, and advocacy. By engag-

Center for Urban Responses to Environmental Stressors



ing a committed community, problems can become successes. The recent closing of Detroit Renewable Power, the largest solid-waste incinerator in the state and often cited as the cause of high asthma rates in surrounding neighborhoods, is a prime example.

Hard work and innovation lay the foundation for the CURES engagement success. Their message has reached about 3,500 Detroiters, from young families to seniors. "We produced a video, with breathtaking drone angles, so everyone could see Detroit's stressors up close," said Dr. Leach. CURES also videotapes (far right image) scientific presentations so any community organization can access them; Community Relations Specialist Brian



Left: Senator Debbie Stabenow views tanks in Dr. Tracie Baker's Water Lab which tests the effects of pollution on aquatic life. Sen. Stabenow toured the campus and nearby sites to understand the work of CURES in the community.

Right: Pre-doc trainees Ray Viviano and Rebecca Campbell work the CURES information table at a Lunch & Learn on Climate Action.



Smith is available to moderate. He also conducts windshield tours for nursing and other students to not only visit toxic sites but to talk about environmental justice.

"Experiential learning is powerful," Dr. Leach said. "Students see, hear and smell sites like the Marathon Petroleum Refinery, Delray (home to more than a dozen facilities on the EPA's Toxic Release Inventory), and the Ambassador Bridge, which more than 10,000 vehicles cross every day." Dr. Leach would also like to design a tour especially for older

adults. "Older adults could become key advocates to help us execute our vision of a healthy Detroit."

CURES is one of 23 core centers across the country funded by the National Institute of Environmental Health Sciences. Dr. Leach looks forward to their annual meeting held at WSU next summer. "Each center and their engagement strategies are unique and have

to adapt to issues as they occur," said Dr. Leach. "We meet as a group each month via webinars and benefit from exchanging wisdom, experiences, and challenges." CURES emphasizes communication, Dr. Leach's specialty. Her role is to accelerate access to research, and enhance interactions between scientists and decision makers so that the information can be used to improve public

health. The windshield tours, communication tools, and advocacy training seminars help bridge the communication gap between science and society.

"I think of myself as a conduit and a translator," Dr. Leach said, "I want to increase access to scientific information but in a way that empowers people to make better decisions and compels them to act."

"Experiential learning is powerful. Students see, hear and smell sites like the Marathon Petroleum Refinery, Delray, and the Ambassador Bridge, which more than 10,000 vehicles cross every day." – Dr. Leach

Dr. Leach splits her time between the IOG and CURES. At the IOG, she has spent the last decade co-investigating and authoring community-based participatory older adult needs assessments at the municipal, county, and regional level to help prioritize services for older adults. At CURES, she manages Community Outreach and Engagement Core activities and communication to foster connections and co-learning between researchers, decision-makers and Detroiters impacted by environmental issues. She and the CURES Community Advisory Board have created communication and translation tools to disseminate environmental health information and

science to more than 3,500 Detroit residents. She also works with CURES environmental health science researchers to translate and distill scientific information so that it can more readily inform policy making and improve public health.

Dr. Leach earned her Master of Public Administration degree and her PhD in the Department of Communication at WSU with a focus on health communication and social gerontology. Her applied and engaged dissertation research focused on older adults' social worlds and how communication influenced their decisions to engage and access health and social services.



Carrie Leach, PhD
Health Communication & Engagement

Community Engagement

Novel Outreach Programs Help Older Adults & Caregivers



Dr. Paula Duren connects with her audience during a Caregiver Boot Camp presentation. Dr. Duren is an award-winning psychologist who founded Universal Dementia to provide supportive training for persons caring for a friend or relative with dementia.

The Spirit of the Community – Donna MacDonald, director of the IOG’s community engagement, won Wayne State’s annual Spirit of Community award for the quality and growth of her programs. She and her engagement team educate more than 10,000 older adults and professionals every year. Donna insures that every touchpoint the IOG has with the community is informed, respectful, helpful and honest.



The past two years have been unparalleled in the history of IOG community engagement. New programs, unique services, record numbers of programs and people educated, plus a first-time conference collaboration with the Michigan Parkinson Foundation – all signal the vigor and impact of the IOG throughout metro Detroit.

The IOG’s three main conferences continue to attract capacity crowds. The Art of Aging Successfully, now in its 21st year, provides DIY art workshops and educational seminars to about 400 older adults. The emphasis is on creative ways to age well. Issues in Aging, a continuing education two-day conference for professionals who work with older adults, turns 32 this year. Nurses, social workers, therapists and physicians return year-after-year for the high quality speakers and latest information about dementia.

“Evaluations rank consistently high. Professionals deserve and appreciate information they can use in clinical practice,” said Donna MacDonald, community engagement director. “Our goal is to transform the provision of professional care.” The Meaningful Life with Alzheimer’s Conference each November rounds out the trio with topics geared to professionals and caregivers. “We learn volumes from each other,” a



Guests at a Healthier Black Elders Lunch & Learn play a complicated version of Simon Sez as part of a brain health workshop.

social worker wrote in her evaluation. “It’s rare to find a conference that unites both voices.”

TimeSlips and THRIVE are two new IOG grant-funded programs that support caregivers of persons with dementia. THRIVE is run jointly with Michigan State University and stands for Tailoring Healthy Resources through In-person Instruction & Virtual Education. The IOG provides THRIVE’s free self-care and wellbeing resources for the metro Detroit area, including a fall Caregiver Wellness Day of relaxation and support.

TimeSlips is an international network of certified facilitators and Creative Communities of Care designed to bring meaning and creativity into care relationships and systems (www.timeslips.org). The evidence-based and award-winning approach infuses joy into relationships by engaging older adults

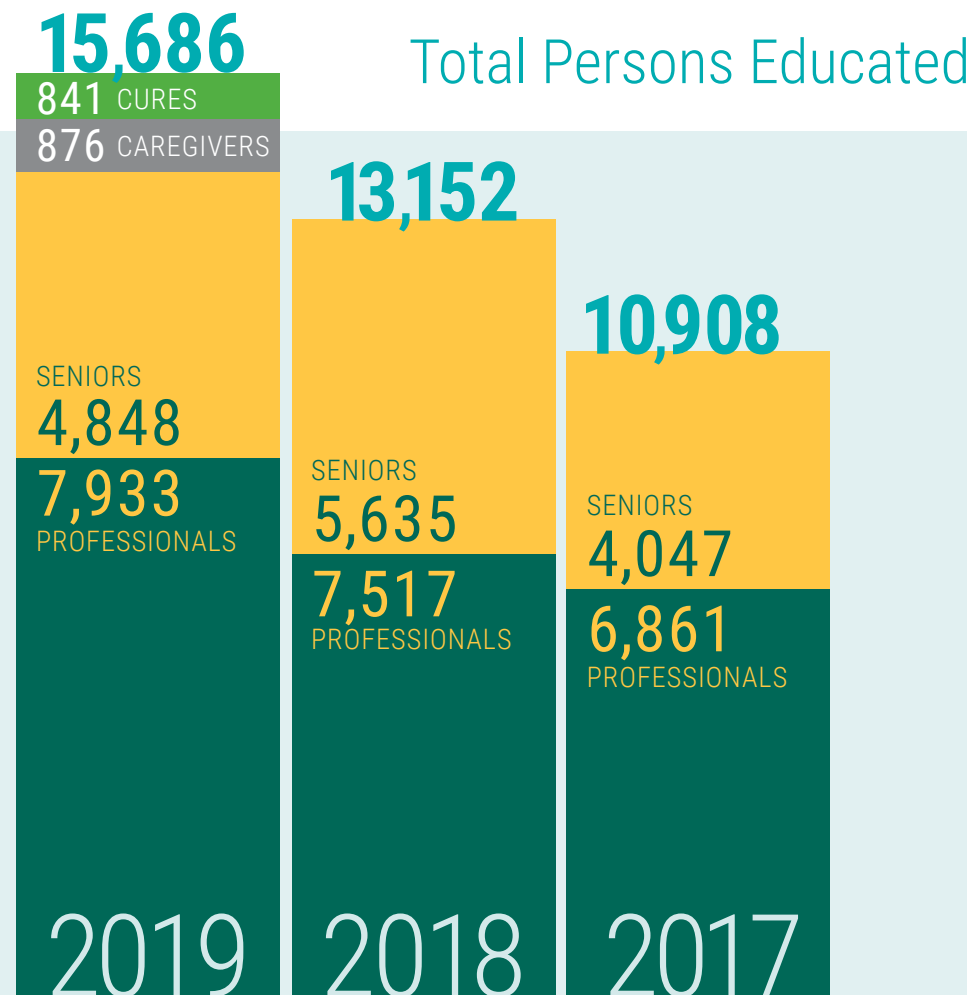
who may feel isolated due to dementia or other health issues. The IOG conducted focus groups to evaluate a new stand-alone product from TimeSlips available to anyone who wishes to stimulate connection. Cue cards trigger memories, conversations and stories regardless of whether the older adult is a spouse, parent, distant relative or neighbor. “This system works beautifully. It is simple and easy yet it opens windows into people who seem completely closed off,” Donna said. “I wish I’d had it years ago with my father. We all could have gotten to know him better.”

Next year, a new caregiving conference will join the IOG’s slate. Heart-to-Heart Caregiving: A Day of Education & Support, co-sponsored with Heart-to-Heart Hospice, premieres in fall of 2020 for caregivers of all ages and backgrounds. “We’ll share informa-

tion about respite, looking after another person’s finances, combating loneliness, self-care and more,” Donna said. “It’s good to expand our education and trainings to caregivers. Where would we be without them?”



Caregivers and care partners ask questions to a panel of caregivers at the 2019 Michigan Parkinson Foundation symposium. This was the IOG’s first year partnering with the foundation, which brings much-needed information to professionals and caregivers alike.



Grants

\$2,238,962

\$2,674,904

\$3,808,494

\$3,875,177

2016 2017 2018 2019

Cognitive Neuroscience: Aging & Alzheimer's Disease

JESSICA DAMOISEAUX

Subjective Cognitive Impairment: A Sign of Early Alzheimer's Disease / Co-PI, Veteran's Administration Dept. of Psychiatry (1Y) / \$45,000 – Determine whether personal complaints of diminished memory could predict Alzheimer's disease.

Hippocampal Connectivity in Pre-Clinical Alzheimer's Disease | PI, Michigan Alzheimer's Disease Center (1Y) / \$35,000 – Chart differences in hippocampal connectivity, and their association with cognitive performance in older adults to identify Alzheimer's earlier.

VOYKO KAVCIC, PI

Community Based Approach to Early ID of MCI to Alzheimer's Disease in African Americans / National Institutes of Health, R01 (5Y) / \$3.3M – Use low-cost computerized tests and EEGs to detect early cognitive changes in otherwise healthy older African Americans and determine risk for Alzheimer's disease.

NOA OFEN, PI

Development of Memory Networks in Children / National Institutes of Health/National Institute on Mental Health, R01 (5Y) / \$1.9M – Investigate brain activity that predicts memory formation in children with difficult to control epilepsy by analyzing data from electrodes implanted for treatment.

NAFTALI RAZ, PI

Neural Correlates and Modifiers of Cognitive

Aging MERIT Award / National Institutes of Health/National Institute on Aging, R01 (5Y) / \$3.6M – Research the modifiers of normal cognitive aging from a neuroscience perspective. MERIT (Method to Extend Research in Time) awards give highly qualified researchers long-term support without the need to apply for new grant funding.

Neural Correlates and Modifiers of Cognitive Aging Supplement / National Institutes of Health, R01 (1Y) / \$121,000 – A boost grant to sequence mitochondrial DNA in the primary Neural Correlates study.

Changes in Brain Energetics and Structure in Cognitive Training / WSU Research Enhancement grant (1Y) / \$50,000 – Study changes in brain structure, myelin content and energy metabolism in response to cognitive training to determine the near and far transfer of any cognitive gains.



Dr. Damoiseaux discusses neural correlates of subjective memory impairment at the 2018 research symposium for the Michigan Alzheimer's Disease Core Center, a collaboration of WSU, U-M and MSU.

Financial Safety & Health

PETER LICHTENBERG

Michigan Center for Urban African American Aging Research (MCUAAAR) | Co-PI with James Jackson (U-M), National Institute on Aging, P30 (5Y) / \$3.4M – Reduce health disparities between older African Americans and other ethnic groups through research, faculty mentoring and education. MCUAAAR is a two-decade project between the IOG, U-M, and now MSU.

Integrating Improved Assessments of Financial Judgment: Conceptual & Measurement Advances | PI, National Institute of Justice (5Y) / \$468,000 – Validate three new tools that screen older adults' financial decision-making for large-scale dissemination to professionals including lawyers, financial planners, law enforcement and Adult Protective Services caseworkers.

Center for Financial Safety & Health / PI, Michigan Health Endowment Fund (2Y) / \$334,000 – Create an outreach center to protect the financial, cognitive and emotional health of older adults through evidence-based services, education and training across seven counties of Michigan.

SAFE: Caregiver Empowerment | PI, Michigan Health Endowment (2Y) / \$414,000 – Deliver new "hi tech" and "hi touch" education and financial counseling services to caregivers to improve their health by adding a caregiving section to the nationally recognized www.olderadultnestegg.com website and providing education and one-on-one services to caregivers in southeast Michigan.

Michigan & Beyond! Extending Older Adult Nest Egg Training and Certification / PI, Michigan Aging & Adult Services PREVNT program (1Y) / \$134,992 – Train all of Michigan's Adult Protective Services caseworkers to administer online assessments (at <https://olderadultnestegg.com>) to older adults to measure their financial decision-making ability and vulnerability to exploitation.

Expanding Our Reach for Capacity Assessment and Prevention: OlderAdultNestEgg.com |

PI, Michigan Aging & Adult Services PREVNT program (1Y) \$105,434 – Fully enhance the OlderAdultNestEgg.com website to allow account creation (with organization administration and records archiving) and include online training, screening and improved identification of financial exploitation.

Success after Financial Exploitation (SAFE) Program Expansion | PI, Community Foundation of Southeast Michigan (1Y) / \$40,000; Westerman Foundation (1Y) / \$10,000 – Create and conduct five educational workshops for caregivers: Managing Someone Else's Money, Scams, Difficult Conversations, Detecting Early Cognitive Impairment, and using the OANE Caregiver Assessment.

Urban Health Equity: Predicting Future Needs

THOMAS B. JANKOWSKI, PI

Program Evaluation for UP-Scan: Addressing Elder Financial Exploitation in Rural Communities | Elder Law of Michigan/Office of Violence (5Y) / \$90,000 – Assist in collecting, testing and evaluating data and helping design and test tools and processes for Elder Law of Michigan's Department of Justice grant.

Evaluate and Assess Programs for Older Adults / Luella Hannan Memorial Foundation (1Y) / \$57,300 – Evaluate a pilot program of Hannan's Working Caregiver Employee Assistance; conduct a Creative Aging Needs Assessment; and survey users of the Lifelong Learning Program to evaluate quality and effectiveness.

Michigan Health Endowment Fund Integrated Care Program Evaluation / Southeast Michigan Senior Alliance (1Y) / \$16,000 – Review, provide expert advice, and assist with all aspects of the program evaluation of the Senior Regional Collaborative's Integrated Care project.

Statewide Needs Assessment of Older Adults / Area Agency on Aging (6 mths) / \$12,500 – Consultation and analysis of survey development for a Michigan older adult needs assessment.

WASSIM TARRAF

MRI Measures of Cerebrovascular Injury and AD Atrophy in the Study of Latinos / Co-I, National Institutes of Health (5Y) / \$554,000 – Measure vascular brain injury, cortical volume and thickness, and hippocampal volume to estimate degrees of Alzheimer's atrophy in various Latino racial admixtures.

Study of Latinos – Investigation of Neurocognitive Aging / Co-I and Lead Statistician, National Institute on Aging (5Y) / \$440,000 – Study 6,600 Latino and Hispanic older adults to better understand the progression from mild cognitive impairment to Alzheimer's.

Neurocognitive Aging & Alzheimer's Disease DNA Methylation in Diverse Latinos / Co-I, National Institutes of Health (5Y) / \$546,000 – Integrate DNA methylation into several areas of the Study of Latinos project by helping to generate data, maintain quality control and ensure sample conformity to meet the study aims.

Sleep Apnea, Neurocognitive Decline and Alzheimer's in Latinos / PI, National Institutes of Health, R21 (2Y) / \$86,000 – Analyze sleep and neurocognitive tests from the 16,415-person Study of Latinos to determine the effect of sleep apnea on neurocognitive decline and the association with cardiovascular risk factors.

Impact of the Affordable Care Act on the Use of Preventive Services – PI, WSU and Henry Ford Health System (1.5Y) / \$69,000 – Study how implementation of the ACA has affected the use of preventive services, and whether disparities in use exist between racial groups.

Aging, Health & the Environment

HEATHER FRITZ, PI

Frailty Prevention in Older African Americans / Michigan Health Endowment (2Y) / \$256,078 – Tailor lifestyle changes and rehabilitation to individual participants to delay or prevent frailty while promoting independence and improving health.

Reducing Metabolic Syndrome & Unmet Needs among Rural Breast Cancer Survivors / Karmanos Cancer Institute (1Y) / \$29,950 – Evaluate whether rehabilitation and lifestyle changes can reduce the risk of metabolic syndrome in rural women who survived breast cancer.

PETER LICHTENBERG

Center for Urban Responses to Environmental Stressors (CURES) | Director Community Outreach & Ed Core; M. Runge-Morris, MD, PI, National Institute of Environmental Health Sciences, P30 (8Y) / \$2.45M – Develop and implement community engagement for all ages to detect and prevent common environmental stressors. Includes learning and discussion forums, a community advisory board, and educational materials for Detroit and nearby at-risk communities.

Training & Outreach Support

Financial Health after 60 Educational Outreach | Mary Thompson Foundation (5Y) / \$75,000

Parkinson's Disease Symposium 2019 | Parkinson's Foundation (1Y) / \$9,000

Issues in Aging Conference | Michigan Alzheimer's Disease Center (1Y) / \$5,000 / Alzheimer's Association (1Y) / \$5,000

Postdoctoral Research Fellows



DeAnnah Byrd, PhD

Dr. Byrd is a member of the inaugural class of WSU's Postdoctoral to Faculty Transition Fellows, highly qualified urban disparity scholars who, if they secure external grant funding within three years, can earn a WSU tenure-track appointment. She was an invited attendee at the Butler-Williams Scholars Program of the National Institutes of Health and the National Institute on Aging in Bethesda, Maryland in June.

Dr. Byrd received the Diversity and Disparities Early Career Award from the Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment in 2019. She also won the James Zimmer New Investigator Research Award in 2018 from the American Public Health Association for her manuscript, *Black-White Cognitive Trajectories: What Ages Do Differences Emerge?* The award recognizes past excellence and the promise of future excellence in research and leadership in new investigators within five years of completing their PhD.



Patrick Pruitt, PhD

Dr. Pruitt works with mentor Dr. Damoiseaux in the ConnectLab, part of the IOG's Lifespan Cognitive Neuroscience Research Program. He completed his Ph.D. in neuroscience at the U-M, using fMRI and PET neuroimaging modalities to investigate the neurobiology underlying disrupted reward processing in patients with major depression. Dr. Pruitt's research interests are broadly focused on using a multimodal neuroimaging approach to investigate altered brain connectivity in neurological disease.

He was invited to present a seminar to the U-M Neuroimaging Interest Group in 2018 and gave four conference research presentations in the past two years. He is first author of a publication currently under review and co-authored three peer-reviewed articles since 2017. Dr. Pruitt received a 2019 Pilot Project grant from the Michigan Alzheimer's Disease Research Center.



Elizabeth Johnson, PhD

Dr. Johnson is dual-appointed to the Ofen Lab, with Dr. Noa Ofen as her mentor, and at the Knight Lab of the Helen Wills Neuroscience Institute at the University of California, Berkeley. She studies "how the human brain can make us so smart and so human," with emphasis on memory. At the Ofen Lab, Dr. Johnson leads the intracranial EEG program. At the Knight Lab, she uses intracranial and scalp EEG to study memory in the intact and damaged human brain.

Dr. Johnson is first author of three publications in the past two years and co-author of two. She was also first presenter of nine research posters or talks and co-listed on an additional four. She serves as a Science Mentor for the journal *Frontiers for Young Minds*.

Pre-Doctoral Trainees & Honors

FY 2018/2019

Each year, IOG faculty have the difficult task of accepting only a few trainees from a host of applicants to our Pre-Doctoral Training Program in Aging & Health. These graduate students come from an array of departments, all strongly motivated to expand their research focus to include gerontology. Trainees receive an annual stipend, office space, matched mentoring, travel funds for the Gerontological Society of America conference, and the chance to compete at Lifespan Alliance Research Day. In return, they often achieve beyond expectations. Here are our trainees' awards and honors won over the past two years.



Trainee photos appear left to right in same order as honors

ANTHROPOLOGY & SOCIAL WORK

Caitlin Cassidy (2016-present)*

Six research presentations, all as first author
3rd place poster, WSU Graduate Research Symposium, 2018

COGNITIVE NEUROSCIENCE

Chaitali Anand (2016-present)

Two publications
Five research presentations
1st place poster, Lifespan Alliance Research, 2018
1st place poster, Translational Neuroscience Program, 2018
1st place Three-Minute Thesis, Lifespan Alliance Research, 2019
Doctoral Dissertation Grant, Blue Cross Blue Shield Michigan, 2018-19
Grant PI, *Age-related differences in hippocampal glutamate modulation during associative learning*. National Institute on Aging F31 pre-doctoral training grant, 2017-19.

Jessica Hayes (2018-present)

Four publications, one as first author
10 research presentations, one as first author
Rumble Graduate Fellowship, Dept. of Psychology, 2018-19
Neitzel Summer Research Award, Dept. of Psychology, 2018

Roya Homayouni (2017-present)

One publication
Five research presentations, two as first author

Lingfei Tang (2014-present)

Six publications, one as first author
Five research presentations, all as first author
Julie Thomas Memorial Scholarship, WSU, 2017, 2018

Qijing Yu (2014-present)

Four publications, two as first author
10 research presentations, eight as first author
2nd place poster, Graduate Research Symposium, 2018
1st place podium presentation, Lifespan Alliance Day, 2018
Rumble Graduate Fellowship, Dept. of Psychology, 2018-19
Neitzel Summer Research Award, Dept. of Psychology, 2018
Doctoral Dissertation Grant, Blue Cross Blue Shield of Michigan, 2018-19

Raymond Viviano (2016-present)

Four publications, one as first author
Four research presentations, three as first author
Julie Thomas Memorial Scholarship, WSU, 2019

COMMUNICATION SCIENCES & DISORDERS

Erica Squires (2018-present)

Three publications, two as first author
Four research presentations, three as first author
Highest Rated Poster Award, American Speech, Language, Hearing Association, 2019

CLINICAL GEROPSYCHOLOGY/ NEUROPSYCHOLOGY

Rebecca Campbell (2017-present)

Four publications, two as first author
Seven research presentations, five as first author
1st Place Podium Presentation, Lifespan Alliance Day, 2019

Evan Gross (2015-present)

Seven publications
Four research presentations, all as first author
1st place Three-Minute Thesis, Lifespan Alliance Research, 2019

Jonathan Sober (2016-present)

Seven research presentations, all as first author
Rosenbaum Clinical Psychology Award, Dept. of Psychology, 2019
Rumble Graduate Fellowship, Dept. of Psychology, 2017-18
Doctoral Dissertation Grant, Blue Cross Blue Shield of Michigan, 2018-19
WSU Match Award for Securing External Funding, 2018

HEALTH ECONOMICS

Adit Doza (2017-present)

Four research presentations, all as first author

Indrakshi Roy (2016-present)

Five research presentations, all as first author
1st place poster, WSU Graduate Research Symposium, 2017
Barret Endowed Prize in Applied Macroeconomics, Dept. of Economics, 2019
Mendelson Award in Economics, Dept. of Economics, 2018
Doctoral Dissertation Grant, Blue Cross Blue Shield of Michigan, 2017-18

Mohammad Toseef (2016-present)

One publication as first author
Five research presentations, all as first author
Olson Memorial Award for Best Paper, IOG, 2018
Hankin-Goodman Scholarship in Health Economics, Dept. of Economics, 2018
3rd place poster, Graduate Research Symposium, 2018
Doctoral Dissertation Grant, Blue Cross Blue Shield of Michigan, 2017-18

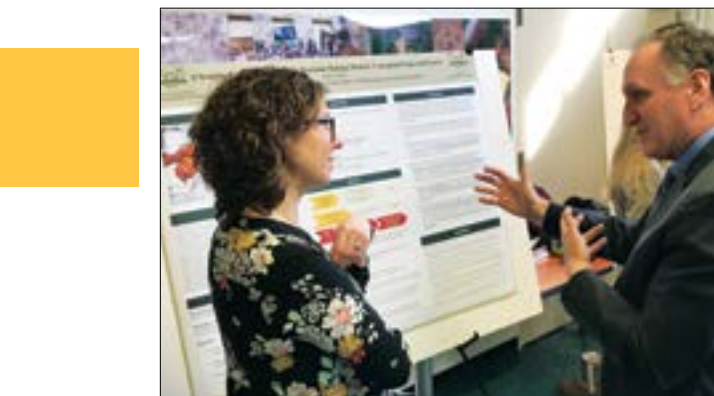
KINESIOLOGY

Brad Kendall (2015-present)

Four publications, one as first author
Six research presentations, two as first author
Grant PI, Faculty Mentored Undergraduate Research, Taylor University, IN, 2019
Grant PI, Women's Giving Circle Research, Taylor University, IN, 2018

*Years in parentheses are terms as trainees.





Pre-doc Trainees 2020

Dwana Bass (Nursing) received her WSU Graduate Certificate in Gerontology and has several years' experience working with older adults as a nurse. Her goals are to "conduct research that will positively impact urban populations, contribute to knowledge related to reducing racial/ethnic health disparities, and be a strong advocate for community-dwelling older adults."

Youjin Jung (Behavioral and Cognitive Neuroscience) is interested in the neural basis of cognitive aging and researching the effects of small vessel disease on cognition and brain function in healthy older adults. She co-authored a peer-reviewed article in 2018.

Jonathan Lynn (Translational Neuroscience) won first place for his 2019 Lifespan Alliance Research Day poster on measuring and characterizing the microstructure of grey matter across the lifespan using a novel MRI method. In 2018, he was first author on one peer-reviewed journal article and co-author of another.

Kimberly Shay (Anthropology) has worked with older volunteers at several Detroit-area museums for many years and is now interested in studying how volunteering enriches the lives of older adults.

Qin Yin (Behavioral and Cognitive Neuroscience) wants to understand the mechanisms underlying age-related changes in memory. She joined Professor Noa Ofen's research lab in 2016 and co-authored a peer-reviewed publication in 2018.



Trainees from left:
Bass, Jung, Lynn,
Shay and Yin

ALUMNI HONORS



Department Chair
Benjamin Mast, PhD, a 2002 alum of the IOG trainee program, is Chair of the Department of Psychological & Brain Sciences and a professor at the University of Louisville. He received his doctorate in clinical psychology from WSU, where he was mentored by Dr. Lichtenberg as part of the IOG training program. In addition to numerous research publications, Dr. Mast has written two books about the power of religious faith in treating persons with Alzheimer's disease. He also served as Editor-in-Chief, with Dr. Lichtenberg, on the two volume *Handbook of Clinical Geropsychology*, published by the American Psychological Association in 2015.



Yale University Faculty
Xiao Xu, PhD, is an associate professor at Yale School of Medicine and a faculty member of two Yale research centers. Dr. Xiao was an IOG trainee from 2001-2004 under the mentorship of Dr. Gail Jensen Summers. As a health economist and health services researcher, she identifies factors that influence the delivery of high-quality and high-value care for women and older adults. Recent studies examined the impact of medical legal pressure on obstetric practice, and gender and socioeconomic differences in health and health care. Dr. Xu has served as a principal investigator or co-investigator on multiple research grants funded by the Agency for Healthcare Research and Quality, National Institutes of Health, and various research foundations. Dr. Xu also teaches medical students, clinical residents/fellows, and postgraduate/postdoctoral fellows.

Giving

Investing in the Future: The IOG Endowment

Leadership Gifts \$25,000 and up

Sandra Adams, CFP
Center for Financial Planning

Pierre Boutros
OneCare RX

Michael Damone
Cedarbrook Senior Living

Carol Edwards
Oakland County Schools, Retired

Frances Shani Parker
Elder Care Consultant

Patrick Simasko
Simasko Law

Jame Speir
Speir Financial Services

We proudly announce that the IOG Endowment, created in early 2018, has now reached \$1.2 million thanks to generous gifts and pledges from our supporters. The fund opened with \$800,000 Dr. Lichtenberg was able to accrue through decades of creative fund-raising and meticulous saving, all as he grew the IOG's faculty, research dollars and outreach program.

His goal was to raise \$1.5 million by 2022. "We've adjusted that upward," he said, smiling, because of the overwhelming contributions from board members and partners. "Endowed funds do not go away," Dr. Lichtenberg said. "They are carefully invested to generate dividends that can be spent, while preserving 100% of the principal. This fund is a kind of legacy to older adults to insure our work in aging continues."

IOG Board Chair Mike Damone donated a \$50,000 leadership gift from Cedarbrook Senior Living to the endowment. Mike is president of Cedarbrook, which has Michigan housing for older adults in Northville, Bloomfield Hills and Rochester. He leads the newly formed Endowment Committee of the Board of Visitors (see article). "I appreciate the excellent work of the IOG," he said, "and I know many others do as well. They will want to help in any way they can."



Mike Damone (left) takes a summer ice cream break with his father, Michael G. Damone on the front patio of Cedarbrook's Bloomfield Hills facility. Sadly, Mr. Damone passed away in October. The patio is outside Claire's Café, named after Mike's late mother.

Driven to Care: Meet Cedarbrook's CEO

Mike Damone's first contact with the IOG was about a decade ago. He consulted with Dr. Lichtenberg as he refined his vision to bring cutting-edge, research-based housing choices to older adults in southeast Michigan. Today Cedarbrook Senior Living offers a continuum of care to hundreds of residents in Bloomfield Hills, Northville and Rochester. Cedarbrook's exclusive partnership with the IOG also led to the creation of the Center of Excellence in Education and Research at Cedarbrook Bloomfield Hills, which provides residents and staff with educational and research opportunities.

"I wanted to build places where my own mother would be happy to live. Safe, warm, inviting residences that felt exactly like home," Mike said. His mom, Claire, wanted a home that included whatever level of healthcare she might eventually need. "So we built a 'continuing care retirement community.' We have independent living, assisted living, memory care, couples care and skilled care," he said. "Our mission is to help every resident celebrate life every day."

Mike's vision for growing the IOG endowment is equally vivid. Cedarbrook's gift speaks volumes about the value of donating toward the future of aging. His actions and passion encourage others to step forward. "The IOG is critical to the success of older adults now and into the future," said board member and donor Sandra Adams. "We must all make sure its mission continues."



Right: Hundreds of people gather at the spring Celebration of Dignity and Hope to support the good works of the American House Foundation, which raised \$190,000. Above: Rob Gillette, founder of the American House Foundation and COO of American House Senior Living, poses with Holly Ellis, the executive director of the foundation.

American House Foundation Raises the Roof for Older Adults

Al's dentures broke about a year ago and he hasn't had the money to get them replaced. He eats baby food for dinner. Sarah uses a wheelchair since her hip injury three months ago. She has no ramps to exit her house. Calvin's hot water tank rusted out and he can't afford a new one. He heats water on his stove for his bath.

Older adults throughout our community are trying to live independently, but for low-income seniors a minor problem can quickly become a major issue. American House Foundation was created in 2007 to help people like Al, Sarah and Calvin. The money raised through their spring Celebration for Dignity and Hope and their winter Holiday Hope for Seniors pays for housing and healthcare needs not covered by other insurance. In addition, 30% of the money the foundation distributes goes to the IOG for research projects like early detection of Alzheimer' disease and assessing an older adult's financial decision making.

This year's spring event hosted 250 guests and raised \$190,000. "It is truly a blessing to see everyone come together to fill this void," said Holly Ellis, the executive director of American House Foundation. "This money will help seniors afford their medication, repair their homes to keep them safe and independent, pay household bills as they battle cancer, and so much more."

American House Foundation is one of Michigan's only nonprofits with the dual mission of direct donations to seniors coupled with proportionate donations to research. It has given out more than \$1 million dollars since its creation. Residents of American House Senior Living Communities do not benefit from the foundation, but many of them donate toward it. "The generosity is overwhelming," said Rob Gillette, whose father Bob created American House Senior Living. "Whether it's a wheelchair, grab bars in the bathroom or a ride to the doctor, we all want to help the underserved."



Individual, Corporate & Community Sponsors



Donations Oct 1, 2017 – Sept 30, 2019

Legacy (\$50,000 and above)

American House Foundation

Platinum (\$25,000-\$49,999)

BrightStar Care
Cedarbrook Senior Living (CEO Mike Damone)
Singh (Waltonwood) Senior Living
Mary Thompson Foundation

Gold (\$10,000-\$25,000)

Ciena Healthcare
Clannad Foundation
John R & Margrite Davis Foundation
Heart to Heart Hospice
David Howell
LoPrete Family Foundation
Martha & Robert Sachs
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Westerman Foundation

Silver (\$5,000-\$9,999)

American House Senior Living
Center for Financial Planning (Sandra Adams)
Certified Senior Solutions
Carol Edwards
Health Alliance Plan
Henry Ford Village
Michigan Parkinson's Foundation
Pomeroy Senior Living (Beacon Square)
Presbyterian Villages
Residential Home Care
Villa Healthcare

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

Alzheimer's Association Greater Michigan Chapter
Area Agency on Aging 1-B
Bright Funds Foundation
Oak Street Health
Senior Caregiver & Resource Network (SACRN)

Gifts (\$1,000-\$2,499)

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Charter Renewal: *Exemplary Leadership, Research, Training and Engagement*



The IOG's charter was granted the maximum renewal of six years based on the review and unanimous recommendations of the Wayne State advisory committee, the Vice President for Research, and WSU President M. Roy Wilson. The report cited Dr. Lichtenberg's "exemplary leadership," and the "outstanding value" the Institute provides to faculty, students and the greater Detroit community. Other accomplishments included the IOG Endowment now funded at \$1.2 million, the tens of thousands of older adults and professionals reached through community engagement

programs, and the 22 years of continuous NIH grant funding to reduce health disparities in older African Americans and increase minority scholarship.

Other areas of strength are financial and mentor support of junior faculty, a novel and successful fund-raising model, and an interdisciplinary approach across grants, publications, research, training and outreach. "The advisory committee reviewed every aspect of our staff, faculty, students and volunteers," Dr. Lichtenberg said. The result is a resounding acknowledgment of the IOG's merit.