Experts Tout Long-Term Care as Pressing Reform Item

In the current debate on health care reform, legislators must provide a solution for affordable long-term care, according to speakers at a recent discussion held at the National Press Club.

The event, titled “Boomer Bust: From Greatest Generation to Crisis Generation,” was hosted by the Volunteers of America and moderated by political strategist Donna Brazile. She was joined by former Speaker of the House Newt Gingrich, former Senate Majority Leader Tom Daschle, Volunteers of America National President and CEO Charles Gould, and cultural anthropologist Mary Catherine Bateson, PhD.

These experts identified the financial implications of long-term care as a major issue facing today’s older Americans.

“This is the greatest problem they have — that Medicare doesn’t provide long-term care,” Gould said. He pointed out that only once they have exhausted their financial resources can seniors become eligible for Medicaid, which provides long-term care benefits, but few home care services.

As a result, many individuals may be forced to give up their residences.

“We’ve been very concerned about affordable housing for seniors. You’re not going to get care at home if you don’t have a home in the first place,” Gould said.

Continued on page 10

GSA Seeks Late Breaking Meeting Abstracts; Registration Imminent

GSA members are invited to submit abstracts for the Late Breaker Poster Session at the upcoming 62nd Annual Scientific Meeting. The deadline is September 15, 2009. The meeting itself will take place November 18–22, 2009, in Atlanta, GA. Please refer to the “Annual Meeting” section of www.geron.org for complete details.

This poster session represents a coordinated effort by GSA’s Biological Sciences Section, Health Sciences Section, and the joint GSA/AGHE Research, Education, and Practice Committee. Members may categorize their abstracts under one of these three groups.

The session offers presenters a chance to share their newest and previously unreported research results. As mentioned in earlier issues of Gerontology News, the theme of this year’s Annual Scientific Meeting is “Creative Approaches to Healthy Aging.”

Registration will open in late July. At the same time, attendees will be eligible for discounted rates at the conference’s two hotels, the Hilton Atlanta and the Hilton Marriott Marquis. These two properties, connected by a pedestrian skybridge, offer a combined 279,000 square feet of meeting space and 2,800 guest rooms.

GSA has also finalized the list of pre-conference workshops. Participants are encouraged to sign up in advance because on-site registration for these sessions — all scheduled for Wednesday, November 18 — will be on a first-come, first-served basis. Information on fees (which are non-refundable) and times can also be found at www.geron.org.

Continued on page 11
Summer Ventures Expand GSA’s Reach

By James Appleby, RPh, MPH

As we reach the mid-year point, I am happy to report on several GSA developments both at home and abroad.

Last month, I wrote about my attendance at a conference that outlined trends shaping the modern world of membership organizations like our own. One example provided was the concept of reverse mentoring, exemplified by the technological skill demonstrated to us by GSA’s Emerging Scholar and Professional Organization.

At this conference, the presenters also identified trends toward globalization and the need to provide products tailored to the preferences of diverse marketplaces. The stories in this month’s issue of Gerontology News actually give readers both a sense of how GSA is meeting such challenges as well as an update on the diverse projects on which the Society is focused right now.

The “Meet the Staff” feature on page 11 introduces us to Judie Lieu, GSA’s director of new product development. Her position is unlike any we have ever had at the office. Many of you already know that the publication of our journals — under the supervision of our appointed editors, of course — is now handled by Oxford Journals. This frees up staff to think about creating new products and services our members need. For example, Judie has begun to look closely at the needs expressed by our interdisciplinary membership by sending a survey questionnaire to members of the Biological Sciences Section. We will solicit feedback from other groups within the Society in the near future.

As this issue goes to print, Deputy Executive Director Linda Harootyan and I will be headed to the World Congress of Gerontology and Geriatrics. This event, sponsored by the International Association of Gerontology and Geriatrics, is held every four years. We’ll be joining with several prominent GSA members to explore opportunities for us to reach out to the global community.

You will read on page 11 that GSA is co-sponsoring a symposium at this meeting. We are also placing a bid to host the North American gathering of the Congress in 2017. Our Society will continue to cultivate international relationships as we move forward. In fact, 12 percent of GSA’s membership currently comes from a total of 45 other countries; additionally, 13 percent of attendees at our 2008 Annual Scientific Meeting were from outside the U.S. These individuals certainly add to our collective expertise and increase our sphere of influence.

And now GSA’s own 2009 meeting is only four months away. As mentioned on the front page, you currently are invited to submit late breaking posters to present your newest research. I extend thanks to those of you who already sent in proposals for scientific sessions. I am pleased to report that, as of the April 8 deadline, we received over 1,900 abstract submissions. Thus, the conference promises to be very robust. Please stay tuned to this newsletter and GSA Announcements as we unveil more exciting details about the conference.
In Memoriam

Eugene Gatchalian, MD, a prominent geriatrician in the Philippines, passed away at the age of 89 on April 18, 2008. He was the first president of the Philippine Society of Geriatric Medicine.

New Books by Members


Members in the News

- GSA Deputy Executive Director Linda Harootyan, MSW, was interviewed by the “Outlook” program on the BBC’s World Service Radio in early June. She discussed her involvement with the Baltimore Longitudinal Study.
- Mary Naylor, PhD, RN, FAAN, was quoted in a recent New York Times article on the subject of patient discharge from hospitals. She recommended caregivers find out what assistive services are available in their communities, including home care referrals.
- A June 4, 2009, article in The Dallas Morning News focused on the work of Denise Park, PhD. By examining the activities of older people, her research hopes to discover the causes of cognitive decline associated with aging.
- The Boston Globe recently interviewed Sharon K. Inouye, MD, MPH, regarding her recent article in the New England Journal of Medicine. She warned that the pressure to keep patients from falling may lead to harm through the use of restraints, reversing current trends toward increased mobility among hospitalized patients.
- On May 25, 2009, The Pittsburgh Post Gazette featured quotes from Keith Anderson, PhD, and Richard Schulz, PhD, who discussed photos used in newspaper obituaries. They found that many of the deceased were represented by pictures of themselves taken years before their death.
- Yahoo! News recently carried a story from Health Day News that discussed why chimpanzees do not contract Alzheimer’s disease. The article quoted Gary Kennedy, MD, who commented on the significance of recent findings that highlight the difference between monkey and human brains.
- On May 19, 2009, The Washington Post devoted an article to the 50th anniversary of the Baltimore Longitudinal Study. The piece contained comments from study director, Luigi Ferrucci, MD, PhD, and study participant Richard Sprott, PhD.

Colleague Connected!

This month’s $25 amazon.com gift certificate winner:

Janet C. Mentes

The recipient, who became eligible after referring new member Benissa E. Salem, was randomly selected using randomizer.org.

For more details on the Colleague Connection promotion, which includes a chance to win free lodging at the annual meeting, visit www.geron.org/ColleagueConnection.htm

O’Neill Addresses PBS Conference

Gregory O’Neill, PhD, director of the National Academy on an Aging Society (GSA’s public policy branch) gave an invited presentation on May 13 at the 2009 PBS Annual Meeting. More than 100 PBS producers and public television station leaders from across America attended his talk, “Primetime: Baby Boomers at Midlife and Beyond,” which was part of a session titled “The Boomer Potential.” The presenters explored how current and new PBS content can best attract and serve the largest generation in history.

Burgio Appointed to New Michigan Faculty Position

GSA Fellow Louis Burgio, PhD, has been named the first Harold R. Johnson professor of social work in the University of Michigan’s School of Social Work. He has been a licensed, practicing psychologist since 1983 and previously held positions at the University of Maryland, University of Pittsburgh, University of Alabama at Birmingham, and the University of Alabama at Tuscaloosa. Burgio also currently serves as a research professor at the University of Michigan’s Institute of Gerontology. He was the 2008 recipient of GSA’s M. Powell Lawton Award in Applied Gerontology.

Michigan Facility Praises Halter’s Leadership

GSA Fellow Jeffrey Halter, MD, was honored on May 20, 2009, for his significant leadership and commitment to geriatric medicine by the Glacier Hills Retirement Community in Ann Arbor, MI. He currently serves as the director of the University of Michigan’s Geriatrics Center. Halter was recognized for his leadership role in the decades-long collaboration between the University of Michigan Health System and Glacier Hills. The latter facility serves as an important site for geriatric medicine training and clinical research conducted by Geriatrics Center faculty, who provide medical oversight and care to the residents.

Cohen Speaks at Film Festival

On June 1, 2009, former GSA President Gene Cohen, MD, PhD, gave the keynote address at the second annual Silver Screens Art Festival at Ryerson University in Toronto, Canada. The week-long event showcased films, theatre performances, talks, and exhibitions about issues that seniors face. The overall theme for the festival was “Aging and Creativity.” Cohen’s speech focused on the biological and emotional foundations of creativity.
A Real-Life Story About a Real-Life Policy Advocate

I have been writing about politics, policies, and advocacy in this space for more than a year now, and I thought it was time to remind us all of our great potential to be agents for change. Sandra Owens-Kane, PhD, has been an inspiration to me since I first met her at the Policy Leadership Institute I organized for GSA in 2006. I hope she inspires you, too.

Owens-Kane became a social worker to help others. She worked with the elderly in private and public psychiatric hospitals and at senior service agencies. But Owens-Kane wasn’t satisfied.

“I was an efficient and effective social worker,” she said, “but I could see only one client at a time, with a caseload of about 30 a month.”

Owens-Kane had big goals about how to improve formal and informal caregiving for older adults and about how social workers can be better advocates for their elderly clients. At first, she concluded that she could expand her impact on the lives of older adults by obtaining a doctorate so that she could teach and conduct research.

As a tenured associate professor at the University of Nevada, Las Vegas School of Social Work, Owens-Kane has the opportunity to guide hundreds of social work students and to pursue her research on caregiving.

In 2006, Owens-Kane attended the Policy Leadership Institute as part of the Hartford Geriatric Social Work Faculty Scholars Program administered by The Gerontological Society of America. During this gathering in Washington, DC, Owens-Kane decided to realize a goal which would have an even greater impact on issues of older adults – a goal of becoming actively involved in the politics of health policy.

“One of the most pivotal experiences I had as a Hartford faculty scholar was the three days we spent in Washington, DC, at the Policy Leadership Institute,” said Owens-Kane. The Institute demystified the process of policy making, while providing the tools for action. “I realized that I can influence national policies regarding elder health care, caregiving of the elderly, and other problems faced by older adults.”

Armed with enthusiasm and an outgoing personality, Owens-Kane embraced the opportunity to meet with staff members in the offices of Senators Harry Reid (D-NV) and John Ensign (R-NV). She asked the staffers what information the senators needed in order to support the family caregiving legislation for which she was advocating. She gave them data about older Americans and the needs of their caregivers, and she provided them with an article she had authored about significant respite care benefits to grandparents raising special needs grandchildren in California. The bill later became federal law as the Lifespan Respite Care Act. She also asked about other legislation the Senators were working on and subsequently provided related resource material such as the national and Nevada “KIDS COUNT Data Book.” These meetings were the start of a lasting relationship between Owens-Kane and her congressional representatives. She contacts them every six months or so to offer information or to ask them to support specific legislation.

Upon returning home to Nevada, Owens-Kane applied the lessons she had learned at the Policy Leadership Institute to her local advocacy work. She was appointed to the Nevada Strategic Plan for Senior Services Accountability Committee. Her committee developed a web site that provides a single point of entry for information about senior services in Nevada. She was invited by PBS sponsors to be an expert panelist discussing elder issues following the Las Vegas preview of the PBS documentary “Caring for Your Parents,” and she was invited by the National Association of Social Workers to present her insights on why social workers should pursue a career in aging services. Owens-Kane is particularly proud of the 2008 “Encyclopedia of Social Work” article on family caregiving of older adults that she co-authored with her Hartford faculty mentor, Letha Chadiha, PhD, of the University of Michigan. She recently assisted with the successful election campaigns of U.S. Representatives Dina Titus, PhD, (D-NV) and Shelley Berkley (D-NV), and Nevada State Senators Steve Horsford and Shirley Breeden. In the state of Nevada, she has become identified as an expert on aging issues and is called upon regularly to share her insights and knowledge via workshops for agency staff and college students working with older adults and their families.

Owens-Kane also catapulted herself onto the national political stage as a Nevada alternate delegate to the Democratic National Convention in Denver in 2008. A treasured bonus of her political work was the opportunity to meet with Barack and Michelle Obama and to spend time talking with the future first lady about elder caregiving and the need for aging services.

Now Owens-Kane is contemplating running for public office herself. “The Policy Leadership Institute helped me to develop the underpinnings of my future geriatric-focused advocacy work,” she said. “Without the experiences from the Institute, I may not have had the courage to become so politically involved.”

All It Takes Is the First Step

To become an advocate for the aging policies that you support, you need to take the first step. Even if you don’t become an elected official or a media star, your actions can benefit the field.
GSA makes it easy for you to take that first step to becoming a policy advocate with its GSA Policy Toolkit. The kit includes an explanation of the legislative process, a helpful glossary of terms, a set of talking points, and other information. You may tailor the information you provide for your legislator depending on the issues that are most important to you. The key is to establish a relationship with the legislator and her/his staff, both in the district office and in the DC office, become a reliable resource for information and research on your specialty, and maintain regular communication with the legislative staff.

If you would like a copy of the GSA Policy Toolkit, please send an e-mail containing your mailing address to Sarah Frey at sfrey@agingsociety.org and she will send you a toolkit free of charge.

BUDGET UPDATE: Geriatric Education Centers Get a Boost from Obama

President Obama has included an increase in funding for geriatric education centers in his FY 2010 detailed budget. In February, he submitted a basic outline of his proposed budget. This funding request of $41.997 million would support Geriatric Education Centers (GECs) under the Health Resources and Services Administration (HRSA), Title VII, Section 753 of the Public Health Service Act. GECs and their related programs, the Geriatric Academic Career Awards and the Geriatric Faculty Fellowships, provide much needed interdisciplinary geriatric and gerontology training to a broad range of health professionals who serve our rapidly growing aging population.

The Gerontological Society of America has helped spearhead a campaign to secure support from the Leadership Council of Aging Organizations (LCAO) members for the GEC’s budget request. The House and the Senate appropriations committees use the President’s Budget Request as just that – a request, but many of the President’s requests will be honored. Congress also uses its own budget, which passed in April. Recently, the Senate determined how much each of the Appropriations Subcommittees would be allocated for FY 2010. The Labor, Health and Human Services, Education and Related Agencies Subcommittee was allocated more than its 2009 total and more than the President had requested this year. The work continues within the House and Senate to set priorities within the allocation limits.

It is vitally important that the appropriations committees hear from stakeholders and advocates in order to gauge the level of need and urgency for the programs they fund. Working with the National Association of Geriatric Education Centers, GSA crafted a letter for the LCAO in support of the President’s request, which includes a more than $10 million increase for the three programs. The letter, signed by 33 LCAO members, has been sent to the chairmen and ranking Republican members of both the House and Senate Labor, Health and Human Services, Education, and Related Agencies Subcommittees.

The GEC program currently funds 50 GECs in 36 states, including statewide and multi-state programs; the Geriatric Academic Career Awards currently support 88 newly trained geriatric physicians; the Geriatric Faculty Fellowships provide funding for 11 programs designed to train physicians, dentists, and behavioral and mental health professionals who will become academicians in geriatric medicine, dentistry, and psychiatry.

If you want to get involved yourself (and after reading Sandra Owens-Kane’s inspiring story, you surely will), call or send an e-mail to your legislator in support of the budget request of $41.997 million for the GEC programs. Keep it short, but try to include a personal reason or knowledge of why the program is beneficial. You may want to use some of the following language as a basis for your communication with your Member of Congress:

• Consider the population who requires services in geriatric medical disciplines: in just 20 years, the elderly will make up nearly 20 percent of the U.S. population (i.e., 70 million older adults). More than three-fourths of older adults suffer from at least one chronic medical condition. Currently, 20 percent of Medicare beneficiaries have 5 or more chronic conditions.

• “Retooling for an Aging America: Building the Health Care Workforce,” the report released by the Institute of Medicine in April 2008, clearly signals that much more must be done to ensure a health care workforce prepared to provide comprehensive, competent and cost-effective care to our aging population. The hallmarks of the geriatric education programs are the promotion of interdisciplinary, coordinated, integrated, culturally effective care, based on disease prevention and chronic disease management, with an emergency preparedness component.

• The education, training, and support offered by the GECs, awards, and fellowships have improved the clinical competency of health care providers and facilitated access to quality geriatric care in many communities across the country. Older adults, caregivers, and health care professionals continue to benefit from the outreach of these geriatric training programs.

• Given the critical shortage of adequately trained health care providers in geriatrics and the rapidly increasing numbers of older adults in our population, it is critical that funding for these three Title VII programs is funded at the ($41.997 million) level requested by President Obama.

Eldercare Workforce Alliance

As you may know, GSA is an active member of the Eldercare Workforce Alliance (EWA). We recently sent an action alert e-mail to you about a June 23 national call-in day, which was organized to urge Congress to expand geriatrics health professions education and training programs, provide loan forgiveness for professional training in geriatric care, and provide training and support for direct-care workers and family caregivers. Although the call-in day is over, you can visit www.eldercareworkforce.org to learn more about the EWA and its legislative priorities.
Hartford Grants Increase Support for Geriatric Social Work Training

The prestigious Hartford Doctoral Fellows and Hartford Faculty Scholars programs have awarded over $1.25 million in combined new grants to eleven researchers in the field of geriatric social work.

Both programs — funded by the John A. Hartford Foundation and administered by The Gerontological Society of America — are components of the nationwide Geriatric Social Work Initiative (GSWI), which seeks to expand the training of social workers in order to improve the health and well being of older people and their families. Over 180 individuals have received grants to date.

The 2009 fellows and scholars are examining such topics as case management collaboration; addressing the spiritual needs of older adults; social resources and their influence on health outcomes; and volunteerism among bereaved spouses.

Many recent reports (most notably the Institute of Medicine’s 2008 “Retooling for an Aging America: Building the Health Care Workforce”) state that America faces a shortage of providers with the knowledge and skills to adequately care for its rapidly increasing over-65 population.

The GSWI addresses this concern by collaborating with social work programs, organizations, and other funders around the country to meet the demand for social workers with training in geriatrics. These professionals help people understand and choose from an array of available health and social services.

Nine outstanding individuals have been chosen as the newest inductees into the Hartford Faculty Scholars Program. They will be provided with opportunities for professional development and $100,000 in funding over the next two years.

Now in its tenth year, the award aims to improve the lives of older adults by increasing the number of adequately trained geriatric social workers. Barbara Berkman, DSW, PhD, of Columbia University directs the national program committee that selects the recipients. Listed below are the new faculty scholars and their primary research topics:

Keith Anderson, PhD
The Ohio State University
Research Topic: Family Caregiving for Holocaust Survivors: Understanding the Effects of Trauma

Sunha Choi, PhD
SUNY at Binghamton
Research Topic: Disparities in Out-of-Pocket Financial Burden and Total Health Care Expenditures Among Recently-Arrived Older Immigrants

Nancy Giunta, PhD
Hunter College
Research Topic: Case Management Collaboration: A Pilot Study of a Consortium Model of Service Delivery in New York City

Jung-Hwa Ha, PhD
University of Chicago
Research Topic: Impact of Health Decline on Older Adults’ Social Relationships: Effects of Own and Spouse’s Health

David Hodge, PhD
Arizona State University
Research Topic: Addressing Older Adults’ Spiritual Needs in Health Care Settings

Shadi Martin, PhD
The University of Alabama

Duy Nguyen, PhD
New York University

Gaynell Simpson, PhD
Morgan State University
Research Topic: Multiple Caregiving Roles Among African American Grandmothers: Influence of Social Resources on Health Outcomes

Halaevalu Vakalahi, PhD
George Mason University

Continued on page 7
Continued from page 6.

The Hartford Doctoral Fellows Program welcomes two new distinguished doctoral students. Each recipient receives a $50,000 dissertation grant plus $20,000 in matching support from their home institutions, which enables the awardees to concentrate fully on their dissertation research projects over the next two years.

Kimberly J. Johnson
University of Massachusetts at Boston

Dennis Kao
University of Southern California

Fellows also receive supplemental academic career guidance and mentoring, as well as professional development to help them successfully launch an academic career in gerontology and social work. James Lubben, DSW, MPH, of Boston College directs the national program committee that selects the fellows. The newest cohort is listed below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Institution</th>
<th>Dissertation Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kimberly J. Johnson</td>
<td>University of Massachusetts at Boston</td>
<td>“Volunteering Among Surviving Spouses: The Impact of Volunteer Activity on the Health of the Recently Widowed”</td>
</tr>
<tr>
<td>Dennis Kao</td>
<td>University of Southern California</td>
<td>“State Variations in Linguistic Competency Policies and the Effects on Access to Health Services Among Older Immigrant Populations”</td>
</tr>
</tbody>
</table>

funding opportunities

Annual Hartford Doctoral Fellows Deadline Approaching
The Hartford Doctoral Fellows Program, which GSA administers, is accepting applications until August 1. This component of the nationwide Geriatric Social Work Initiative provides students with substantial financial support and professional development, prepares fellows for tenure track faculty positions at major universities, and offers the opportunity to become leaders in an elite network of scholars. Grants of $25,000 a year for up to two years are available for students writing dissertations in the gerontological or geriatric social work fields. For more information, visit www.gswi.org.

AoA Monies To Bolster Service Delivery
The U.S. Administration on Aging (AoA) within the Department of Health and Human Services is offering funds for the Aging Network to modernize its approach to service delivery. These grants are aimed specifically to help individuals who are at imminent risk of nursing home placement, but not eligible for Medicaid. Under this opportunity, AoA will award Cooperative Agreements to assist State Units on Aging (SUA) to develop Community Living Programs (formerly known as Nursing Home Diversion Programs). A successful SUA applicant will propose to implement projects in partnership with Area Agencies on Aging, Aging and Disability Resource Centers (ADRC) or ADRC-type providers, aging services provider organizations, and other long-term care stakeholders. The deadline for application submission is August 3, 2009. Please visit www.aoa.gov/AoARoot/Grants/Funding/index.aspx for complete details.

EPA Offers Grants for Public Health Research
The U.S. Environmental Protection Agency (EPA), as part of its Science to Achieve Results (STAR) program, is seeking applications to develop new or improved environmental public health indicators (EPHIs) to identify linkages between environmental hazards, human exposures, and public health outcomes. The aim of the research is to develop indicators that can be used for long-term tracking and surveillance of environmental public health, making better informed decisions, and assessing the actual impacts of environmental risk management decisions. Proposed projects should capitalize on existing knowledge bases, data sources, or cohorts to develop EPHIs that reflect a better understanding of the relationships between environmental conditions, human exposure, and/or public health outcomes. Novel applications of statistical methods or models may be needed to establish probable relationships between existing datasets or to investigate the consequences of environmental actions and policy changes. Visit es.epa.gov/nceh/raf/2009/2009_star_ephi.html for complete details about this funding opportunity. Application materials are due August 5, 2009.

NIH Seeks Disaster Research
The National Institutes of Health (NIH) has issued a funding opportunity announcement to stimulate research in the behavioral and social sciences on the health consequences of natural and man-made disasters for children, the elderly, and vulnerable groups, with an ultimate goal of preventing and mitigating harmful consequences and health disparities. Disasters include severe weather-related events, earthquakes, large-scale attacks on civilian populations, technological catastrophes or perceived catastrophes, and influenza pandemics. For the elderly and for children and youth, the health outcomes of greatest interest include mortality, disability and resilience, severe distress and clinically significant morbidity (as opposed to mild or transient symptoms and dysphoria), and economic hardship sufficient to harm health. For children and youth, long-term effects on development are also of interest. The deadline for applications is September 8, 2009. Please visit http://grants.nih.gov/grants/guide/pa-files/PA-06-452.html for complete details.
GSA congratulates the following successful candidates at the conclusion of the 2009 GSA election:

**Society-Wide**

- **President-Elect**
  - Donald K. Ingram, PhD
  - Pennington Biomedical Research Center

- **Treasurer-Elect**
  - Nancy Kropf, PhD
  - Georgia State University

**Behavioral and Social Sciences Section**

- **Chair-Elect**
  - David Ekerdt, PhD
  - University of Kansas

- **Member-at-Large**
  - Deborah Carr, PhD
  - Rutgers University

- **Member-at-Large**
  - Dale Dannefer, PhD
  - Case Western Reserve University

- **Member-at-Large**
  - Karl Pillemer, PhD
  - Cornell University

**Bylaws Changed**

GSA members voted to change the bylaws amendments to the primary committees. The Task Force on Older Adults and Technology Committee (now known as the Technology Committee)
Results Are Here!

Successful candidates, who will take their offices at the 2009 Annual Scientific Meeting.

**Biological Sciences Section**

Chair-Elect
Holly Brown-Borg, PhD
University of North Dakota

**Health Sciences Section**

Chair-Elect
Cathy Alessi, MD
University of California, Los Angeles

**Social Research, Policy, and Practice Section**

Chair-Elect
Letha Chadiha, PhD
University of Michigan

**Emerging Scholar and Professional Organization**

Chair-Elect
Natalie Leland Wiatrowski, PhD
Brown University

Secretary
Amanda Matzek, MS
University of Minnesota

Technology Chair-Elect
Hannah R. Marston, MSc
University of Teesside

Voters Change

Voters voted to pass the amendment granting committee status to the Organizational and Computers (as the Information Technology Committee).
Gingrich and Daschle agreed that in consideration of health care reform, the system should not limit citizens’ options about where and how to live.

“What are the modifications needed to allow people to remain active in their 70s, 80s and, in some cases 90s, at a pace and rhythm that fit how they want to live their lives?” Gingrich asked. “We would suddenly have a tremendously more flexible society and that will have all sorts of interesting implications.”

“Independence and continued relevance,” said Daschle, “I think that’s what we’re really looking for and finding ways to ensure that regardless of age, people have the freedom of movement and independence they really want and expect.”

According to Volunteers of America, 10 million people in the country are in need of long-term care services. The number is expected to climb to 15 million in less than 10 years, at which point 60 percent will be aged 65 and older.

Daschle said that working to keep Americans healthier longer is one solution to reduce the impending burden on the current health care system.

“There’s a whole range of things we can do to manage the illness that we do have better,” he said. “Chronic care management is one of the big problems we’ve got to address. The more we can keep people well, the better the lives they will lead and the lower the costs that we’ll experience.”

Another remedy involves promoting the value of long-term care insurance.

“If we can do more to get people to not be in denial about aging and plan for it … we could have people thinking about long-term care earlier,” Gould said.

In regards to the chances of comprehensive health care reform being passed, both former legislators on the panel remained cautious. Gingrich said the Obama administration may succeed if it is willing to accept “half a loaf” — meaning compromise is necessary if efforts are to be successful. Daschle also expressed concerns about cost, quality, and access.

“I wish I were a little more optimistic about it,” Daschle said, “but I’ve been through a lot of these battles in the past.”
**Judie Lieu**

Director of New Product Development  
Judie Lieu has been with GSA since May 2009. Although she has been a long-time resident of Northern Virginia, she was born in Hong Kong. Lieu’s previous experience includes working in the areas of patient education at the Allergy & Asthma Network and continuing pharmacy education at the American Pharmacists Association. She has been charged with identifying, evaluating, and developing new products and services to advance GSA’s mission. (Examples might include textbooks, reference books, monographs, journals, newsletters, meetings, webinars, and other offerings.) She will also explore ways to offset the cost of the endeavors through grants and sponsorships. Lieu’s experience will allow her to decide which projects are worthy of investment.

Lieu additionally serves as the primary staff liaison to the GSA’s Publications Committee, journal editors, and contract publisher (Oxford Journals).

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**Researchers Reveal Aging’s Origins on Global Stage**

Four of the biologists who described the underlying causes of aging shared their findings with an international audience during a symposium at World Congress of Gerontology and Geriatrics, which took place from July 5–9, 2009, in Paris, France.

The presentation, titled “Ageing Is no Longer an Unsolved Problem,” was being supported by the Ellison Medical Foundation and co-sponsored by The Gerontological Society of America (GSA).

Among the speakers were former GSA President Leonard Hayflick, PhD, a professor of anatomy at the University of California, San Francisco. He said that the accumulation of new insights has made it possible, for the first time, to understand the biological reasons for the aging of animals and humans.

“Aging occurs because the complex biological molecules of which we are all composed become dysfunctional over time as the energy necessary to keep them structurally sound diminishes. Thus, our molecules must be repaired or replaced frequently by our own extensive repair systems,” Hayflick said.

“These repair systems, which are also composed of complex molecules,” he explained, “eventually suffer the same molecular dysfunction. The time when the balance shifts in favor of the accumulation of dysfunctional molecules is determined by natural selection — and leads to the manifestation of age changes that we recognize are characteristic of an old person or animal. It must occur after both reach reproductive maturity, otherwise the species would vanish.”

Hayflick also noted that these repair and maintenance systems are called “determinants of longevity,” which is a phenomenon different from the aging process itself.

“These fundamental molecular dysfunctional events lead to an increase in vulnerability to age-associated disease,” he said. “Therefore, the study, and even the resolution of age-associated diseases, will tell us little about the fundamental processes of aging.”

Hayflick’s discoveries — described in his book, “How and Why We Age” — have been reinforced by several other leading biologists, who joined him at the Paris symposium.

These co-presenters include Robin Holliday, PhD, of the Australian Academy of Science, author of “Understanding Ageing”; Steven Austad, PhD, of the University of Texas Health Science Center at San Antonio, author of “Why We Age”; and Thomas Kirkwood, PhD, of Newcastle University, author of “Time of Our Lives.”

The World Congress of Gerontology and Geriatrics is hosted by the International Association of Gerontology and Geriatrics every four years. For more information, visit www.gerontologyparis2009.com.

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**Meeting Abstracts - Continued from page 1**

- Assisted Living in the Context of Alternate Housing Options (Organizer: Sheryl Zimmerman, PhD)
- Evaluating Programs Delivered at Multiple Sites: Integrating Results in a Geriatrics Education Center Context (Organizer: Julianne Manchester, PhD)
- Introduction to the Health and Retirement Study (HRS) (Organizer: Jessica D. Faul, PhD)
- Methods for Studying Older Persons at the Neighborhood Level (Organizer: Allen Glickman, PhD)
- The Science of Translation: Can Implementation of Evidence-based Interventions into the Community also be “good science?” (Organizer: Lou Burgio, PhD)
- Using, Adapting, and Modifying Existing Measures for Studies of Diverse Population Groups (Organizer: Steven P. Wallace, PhD)
new resources

Latest NIA Newsletter Details Agency Happenings
The National Institute on Aging (NIA) has released the latest issue of its online newsletter, Spotlight on Aging Research (SOAR). It can be viewed at www.nia.nih.gov/NewsAndEvents/SOAR/v2n2/FrontPage/. This installment contains detailed stories on Alzheimer’s research and a new NIA exercise guide, as well as a conversation with new NIA Deputy Director Marie Bernard, MD. Other items of interest include an update on American Reinvestment and Recovery Act funds and NIA's collaboration with HBO on an Alzheimer’s documentary. Those interested in subscribing to SOAR can visit list.niapublications.org/niaalert/lists/?p=subscribe&id=4.

Tool Designed to Assess Medicaid Investments
“The User’s Guide to the ROI Forecasting Calculator: Estimating ROI for Medicaid Quality Improvement” is a new document designed to help Medicaid stakeholders use a return on investment (ROI) calculator to identify programs that could improve health outcomes and reduce health care spending. The calculator assesses the cost-saving potential of quality improvement initiatives. The new guide gives step-by-step instructions for using the online ROI calculator to build and analyze ROI forecasts for quality improvement programs. The Robert Wood Johnson Foundation and The Commonwealth Fund supported the development of the guide, which can be accessed at www.rwjf.org/pr/product.jsp?id=41229.

Report Tracks Migration Statistics
The Migration Policy Institute has released a new article in its Spotlight series titled “Older Immigrants in the United States.” This resource presents facts and figures obtained in 2007. After declining steadily between 1960 and 1990, the number of older immigrants (those age 65 and over) in the U.S. nearly doubled between 1990 and 2007, from 2.7 million to 4.5 million. Immigrants now account for one of every nine older persons in the U.S. The full report is available at www.migrationinformation.org/USFocus/display.cfm?ID=727.

Report Examines Income of Older Americans
A new report issued by the Employee Benefits Research Institute reviews the latest available data on older peoples’ income and how it has changed over time, as well as how the elderly’s reliance on these sources varies across demographic characteristics. The information was gathered from the U.S. Census Bureau’s March 2008 Current Population Survey. In 2007, Social Security continued to be the largest source of income for those ages 65 and older, accounting for an average of 38.6 percent of their income. To read the report, visit www.ebri.org/pdf/notespdf/EBRI_Notes_05-May09.Cst-Shr-IncEld.pdf.

Brief Explores Obama’s Medicare Proposal
The latest Health Policy Brief from Health Affairs and the Robert Wood Johnson Foundation (RWJF) examines the current debate over President Barack Obama’s proposal to save $177 billion through a new competitive bidding system for Medicare Advantage plans — the privately run health plans that serve almost one in four Medicare enrollees. The report succinctly reviews key facts and figures of the competitive bidding proposal; important milestones and the history of competitive bidding in Medicare; and input from both opponents and supporters. This policy brief is the second in the Health Affairs/RWJF Health Policy Brief series. It provides objective, nonpartisan information on the proposal and flags relevant research. The brief is available at www.rwjf.org/healthreform/product.jsp?id=43710.

Online Fact Sheets Tackle Long-Term Care Questions
Families facing difficult decisions about long term care will find answers to critical questions in “10 Questions to Answer About Long-Term Care,” the latest resource in the 10 Questions to Answer series released by the Heinz Family Philanthropies as part of its Facts About project. The questions and answers are available online for the first time at www.tenquestionstoanswer.org, as well as through laminated index cards distributed to the public and to key public and private sector decision-makers. The 10 Questions to Answer campaign is intended to help provide caregivers, particularly women, with answers to a myriad of questions dealing with long-term care, as well as the most up-to-date, concise, accurate, and unbiased information about long-term care. Already released and available on the website are “10 Questions to Answer Before You or a Your Loved One Needs Long-Term Care” and “10 Questions to Answer Before You or a Your Loved One Purchase Long-Term Care.”

AARP Publication Addresses Chronic Care
“Beyond 50.09 Chronic Care: A Call to Action for Health Reform,” the latest in AARP’s series of “Beyond 50” reports, addresses the rapid rise in the number and proportion of individuals living with one or more chronic illnesses, and describes how patients and caregivers experience the health care system and the challenges of coordinating care. Survey findings suggest opportunities for improvement in care coordination and chronic care management, especially during transitions. The report’s key recommendations include engaging patients with chronic conditions in their own care; supporting family caregivers as partners with professionals; investing in health information technology; ensuring an adequate workforce; and increasing medication affordability. For the complete text of the document, please visit www.aarp.org/research/health/carequality/beyond_50_hcr.html.
Making the Most of Your Summer

Classes are out; vacations are in. How can we motivate ourselves to take advantage of the abundance of time available for independent work during the summer, while also taking the opportunity to refresh ourselves before another academic year begins?

**Goals**

Break long-term goals into short-term goals that are specific, realistic, important to you, and under your control. It does not help much to make a short-term goal like, “write an article.” Instead, specify each step you will take. For example, “Download, read, and summarize five articles” or “outline the literature review section.” Make sure the goals are realistic to accomplish in a limited period of time and with the knowledge or resources you have. It doesn't help to plan a sophisticated statistical analysis if you haven't learned how to do it yet. Save that for later. Make sure the goal is important to you. If it is not, you will not be motivated to accomplish it. Finally, try to avoid setting goals that you have no control over, (e.g., “get feedback from my outside reader by next week”). If you cannot get what you need from another person, you will become frustrated.

**Accountability Check**

One of the hardest things to do is to stick to your plan. How can you hold yourself accountable if you are the only person to which you have to answer? Find a group of peers or a friend who also need to set and achieve their goals. Schedule a weekly meeting time. It doesn’t have to be long, maybe 15–30 minutes. You can even do it over coffee or by email. Write or speak your goals and allow your peers to determine whether they can be accomplished within the week. Listen to your friends’ goals and give them feedback. This helps in a number of ways. We feel we are not alone in our struggle; it also helps us to learn from each others’ strategies and approaches to problems. When you and your peers complete tasks, cross them off the list and give each other positive feedback. If you run into difficulty accomplishing a goal, let your peers help you devise ways to overcome the challenges. It does wonders for motivation both when you have to say out loud (or in writing) that you didn't do what you said you were going to do and when you are able to say “I did it!”

**Identify Things That Block You From Your Goals**

Procrastination is a big one! Usually once you get started it is easier to keep going, but getting past the procrastination stage is tough. Addicted to technology, Twitter, Facebook? Force yourself to turn off your internet connection for a little while. Feel anxious or overwhelmed? Break your goals down into small parts and do them one at a time. Remind yourself of the tasks you have already completed. The more you do it, the easier it is to see your success.

**Be Conscientious About Scheduling**

It seems like all the unscheduled time during the summer should make it easier to get things done. WRONG! Without some sort of framework or timeline, most people procrastinate and then wonder where the time went. Try planning to sit down for 1–2 hours at a specific time each day when your mind is the clearest. Have one particular goal in mind for that block of time. Remove the distractions that usually get you off track. Then allow yourself a break before another period of work. Although it is counterintuitive, sometimes planning another activity for later in the day is good at forcing you to get things done. Huge empty blocks of time can make you feel like it doesn’t matter when you get started.

**Reward yourself**

Even if you didn't cross off everything on your list, make sure to reward yourself for the attempt. This is a key element in keeping up motivation. Giving yourself a break also helps build up motivation to start again the next day. If you overdo it you will burn out and you won't feel like starting again. Do something fun or active like going to the gym, hanging out with friends, spending some time surfing online, or catching up on your favorite TV show. Find something that is rewarding to you. And make sure to take that vacation or enjoy some time at the pool. That's what summer is for!

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**MICHIGAN STATE UNIVERSITY**

**ADVANCED ASSISTANT/ASSOCIATE PROFESSOR TENURE FACULTY POSITION**

The Department of Family Medicine in the College of Human Medicine (CHM) at Michigan State University (MSU) seeks a Ph.D./M.D./D.O. trained in geriatrics/gerontology for a researcher role in the tenure system at the Advanced Assistant/Associate Professor rank. This position will contribute to a growing investment in aging (geriatrics and gerontology) that includes research, education and clinical opportunities. The Health Colleges of MSU have a network of campuses and affiliated hospitals that provide a substantial foundation for community-based community engaged research throughout the State of Michigan. Research themes within the College and Department include: risk management, memory loss and dementia, polypharmacy, mental health, family care giving, safety and access to care. Scholarship on issues of aging exist in multiple disciplines at MSU including sociology, psychology, nursing, neurology, music, rehabilitation and law. The department has grants funding both a geriatric education center and a geriatrics division including a statewide geriatric fellowship initiative. Other duties may include service and outreach depending on training and experience. Strong candidates for this position will have research expertise with a track record of extramural funding and will be asked to expand extramural funding and should have the ability to lead an independent research program. For more information about the Department of Family Medicine, please visit our website at [https://www.chm/familymedicine.msu.edu/](https://www.chm/familymedicine.msu.edu/)

**Applications Due:** August 15, 2009. Late submissions will be considered if a suitable candidate pool is not identified by the deadline. Application should refer to position 22-1165. Please send a letter of interest, curriculum vitae and contact information for three references to: William Wadland, MD, MS, Professor and Chairperson, Department of Family Medicine, B-106 Clinical Center, Michigan State University, East Lansing, MI 48824 or to William.wadland@hc.msu.edu. T: (517) 432-6218, F: (517) 355-7700.

MSU is committed to achieving excellence through cultural diversity. The university actively encourages applications and/or nominations of women, persons of color, veterans and persons with disabilities.

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Facebook: www.facebook.com (Search for our group under “GSA Emerging Scholar & Professional Organization” and send a friend request to “GSA ESPO.”)

Twitter: twitter.com/GSA_ESPO

GSAs website: www.geron.org/Students

E-mail: gsaespo@gmail.com
School Launches Aging-Focused Legal Degree

The Stetson University College of Law now offers an online Master of Jurisprudence degree in law and aging. The two-year program provides courses on legal foundations, guardianships, public administrative law, housing for elders, long-term care planning, disability law, government and private health benefits, and other topics.

Social Work Site Updates Evidence-Based Information

The Master’s Advanced Curriculum Project of The Council on Social Work Education Gero-Ed Center has recently expanded its evidence-based Resource Reviews on health care to help instructors infuse gerontology into their advanced-level courses. This resource highlights current research on topics such as palliative care, depression, and substance abuse treatment among older adults. Visit depts.washington.edu/geroctr/mac/index.html for complete details.

EPA Grants Boost Universities’ Projects

The U.S. Environmental Protection Agency (EPA) has announced that two universities are being recognized for improving the quality of life of older residents through community planning and strategies that support active aging and smart growth. The University of Maine’s Center on Aging and Portland University will each receive $100,000 as the recipients of the 2009 Building Healthy Communities for Active Aging Training and Demonstration Projects. The program is part of the EPA’s Aging Initiative, which aims to develop a national agenda for the environment and the aging. For more information about the winners, please visit www.epa.gov/aging/grants/winners.htm.

Foundation Expands Arkansas Aging Facility

The University of Arkansas for Medical Sciences’ (UAMS) Donald W. Reynolds Institute on Aging has received a $33.4 million grant from the Donald W. Reynolds Foundation. A majority of the funds ($30.4 million) will pay for construction of four additional floors on top of the existing Institute, as well as a block-long pedestrian walkway to connect the building to the Jackson T. Stephens Spine & Neurosciences Institute. The Reynolds Foundation also awarded $3 million to the Arkansas Aging Initiative, a program of the Reynolds Institute that oversees eight centers on aging across Arkansas. The existing facility is 101,000 square feet. Its construction was made possible as part of a $29.7 million investment from the Reynolds Foundation in 1997. Not counting the new grant, the Reynolds Foundation has given UAMS $51.4 million, of which $48.1 million has gone to the Reynolds Institute on Aging.
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FOR NEW NURSING SCHOOL
THE BETTY IRENE MOORE SCHOOL OF NURSING

At UC Davis, the Betty Irene Moore School of Nursing is founded on a vision to advance health and ignite leadership through innovative education, transformative research and bold system change. The school seeks visionary nurse faculty to join the founding team to establish this new nursing school at the UC Davis Health System Sacramento campus.

IMMEDIATE FULL-TIME academic positions are available at the assistant, associate or full professor-in-residence series for the doctorate, masters and future baccalaureate degree programs. The school will recruit up to eight doctorally-prepared faculty with research and teaching expertise in the following areas of emphasis:

• Population health including rural, aging and minority populations
• Health systems including health policy and systems, leadership and informatics.

FULL POSITION ANNOUNCEMENTS can be found at http://nursing.ucdavis.edu/jobs

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The University of South Carolina invites applications for the endowed Chair in Community and Social Support: SmartHOME®. The SeniorSMART™ Endowed Chair in Community and Social Support: SmartHOME® is in the College of Social Work (www.seniorSMART.org). The SmartHOME® initiative will enable older adults to live independently in home environments through the use of new technologies, social support, and community services.

The successful candidate must have an earned terminal degree in social work, community psychology or related discipline and a demonstrated track record of interdisciplinary scholarly productivity and programmatic support from competitive extramural funding sources. Experience is essential in one or more of the broad fields of geriatrics/gerontology, disabilities, social support, built environment, home technology, and community services. Address specific inquiries to Arlene Bowers Andrews, Ph.D. (Arlene.Andrews@sc.edu), College of Social Work, Chair, Search Committee for SmartHOME®.

The University of South Carolina invites applications for the endowed Chair in Memory and Brain Health: SmartBRAIN™. The SeniorSMART™ Endowed Chair in Memory and Brain Health: SmartBRAIN™ (www.seniorSMART.org). The SmartBRAIN™ initiative will focus on developing methods to promote brain health and reduce the impact of age-associated diseases such as Alzheimer’s, Parkinson’s, and stroke. The SmartBRAIN™ initiative will work closely with the Brain Imaging Center of Excellence (www.bice.sc.edu). The SmartBRAIN™ Endowed Chair will be based in the USC School of Medicine at the rank of associate professor or professor, with opportunity for joint appointment in other academic units at the University of South Carolina and its partners.

The successful candidate will have an MD and/or Ph.D. degree, have a demonstrated track record in interdisciplinary scholarly productivity, and programmatic support from competitive extramural funding sources. Extensive experience in the broad field of neuroscience is essential. Familiarity with the mechanisms for enhancing research value through economic development (e.g., intellectual property, interaction with relevant businesses, translational research activities, etc.) is an important attribute that will build on the South Carolina Centers of Excellence Program. Address specific inquiries to G. Paul Eleazer, MD (paulcleazermd@gmail.com), Chair, Search Committee for SmartBRAIN™.

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Save the Date
Creative Approaches to Healthy Aging

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• Programs to address aging issues
• Approaches to facilitating the aging process

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