inside this issue:

• Take Action Week ...........2
• Health and Aging Policy Fellows ..........4
• GSA’s New Awardees and Fellows ..........7

The Gerontologist Welcomes New Additions

The Gerontologist has unveiled several new features. An International Spotlight section, which orients readers to the aging experience in other countries, launched in the current issue. The journal also is re-instating the tradition of publishing some of GSA’s award-winning lectures. Furthermore, the Practice Concepts and Policy Analysis sections have been separated from one another. A new editor, John B. Williamson was named the editor of Policy Studies; he will oversee manuscripts focused on aging-related public policy programs. Kimberly Van Haitsma will continue to edit Practice Concepts manuscripts.

Program Book Accepting Advertisements

The deadline to place advertisements in the upcoming Annual Scientific Meeting’s Program Book is September 16. Please contact Jason Hawthorne Petty, GSA’s advertising representative, at advertising@geron.org for specifications and further information.

GSA Journals Among Most-Cited Aging Publications

New impact factor metrics released in the latest issue of Journal Citation Reports: Social Sciences Edition show three of GSA’s journals as among the highest ranked in their field. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences took the top spot on the list, and the Journals of Gerontology Series B: Psychological Sciences and Social Sciences and The Gerontologist are both within the top eight.

Impact factor is a measure of the frequency with which articles in a journal have been cited in a given period of time. Journal Citation Reports, one of the most respected publication evaluation tools, is distributed by the Institute of Scientific Information, a division of Thomson Reuters.

The new figures underscore the value of aging research as more than 7,000 American baby boomers turn 65 every day. A strong impact factor indicates the research published in a journal is being widely cited elsewhere, which is often a reflection of the quality of this research. This, in turn, encourages scholars to send their best material to the journal, thereby building on its status.

Continued on page 11

We Are Aging Enthusiasts. We teach, we research, we support ... we celebrate aging.

Join your colleagues by taking part in Membership Month during September to expand the reach of dedicated gerontologists — because together we make a difference. For every member you recruit in September, GSA will send you a $25 Amazon.com gift card! See www.geron.org/enthusiast for more information, including tips on how to recruit new members.

Volunteers Plan Aid for Boston Seniors in November

GSA is offering attendees at the upcoming Annual Scientific Meeting the chance to lend a helping hand to disadvantaged older adults in the local Boston community.

As part of the Gerontologists Giving Back Service Event, individuals are invited to sign up for a morning of volunteer work at Back of the Hill Apartments, a U.S. Department of Housing and Urban Development Section 8 property designed for senior and disabled residents. This is the fourth consecutive year that GSA has coordinated this type of outing, thanks to the arrangements of members Sarah Canham, PhD, and Leanne Clark-Shirley, MGS.

“It’s so wonderful to see this event grow,” said Clark-Shirley, a doctoral student in gerontology at the University of Maryland, Baltimore County. “Every year, no matter what kinds of activities we do, there is such a feeling of camaraderie and pride. It’s a nice complement to all of the other benefits of attending GSA.”

Continued on page 12
Make Your Voice Heard During Take Action Week

By James Appleby, RPh, MPH
jappleby@geron.org

During the past month, GSA has sent several communications to U.S. members about our upcoming Take Action Week, taking place from September 26 to 30. We are asking everyone to reach out to their local congressional offices to advocate for a handful of legislative issues related to aging, particularly federal research funding levels.

The country is giving a large amount of attention to government spending right now, and legislators will be reviewing upcoming budget proposals closely to look for items that can be trimmed or cut altogether. The more voices that speak in support of aging research, education, and training, the more chance there will be that elected officials view it as a vital part of our nation’s business.

Members of Congress and their staffers always are interested to hear about projects that can benefit their constituencies. Perhaps your work has evaluated a program that improved the lives of community members or resulted in a scientific finding that made or has the potential to make a positive difference for older people.

This advocacy opportunity is not just for those who receive direct federal funding for their aging research. The importance of many other vital programs, such as those provided by the Older Americans Act or those related to workforce education and training, must be conveyed to our elected officials.

If you have never taken on an advocacy role before, this is a unique opportunity to make your voice heard. GSA will provide you with the tools you need to be successful. The place to start is at www.geron.org/advocacy. On September 13, GSA is hosting a webinar that will walk participants through the steps of a successful advocacy meeting.

GSA Policy Advisor Brian Lindberg — author of the monthly Policy News section in Gerontology News and an experienced Capitol Hill veteran — will lead the session and take your questions. If you read this newsletter after the webinar takes place or can’t join us live, the entire presentation will be archived on our website for future viewing. We also are providing prepared messages and talking points that you can use regarding a number of important subjects.

The timing of Take Action Week coincides with a scheduled district work period for senators and representatives, so the timing is right to secure a spot for aging research, education, and training on the legislative agenda. Meetings during this week should not represent a once-and-done effort, however. Rather, they should be a starting point for an ongoing relationship between aging advocates and the nation’s decision makers. GSA is playing its role on a national level in Washington, DC, and we urge you to do your part locally.

Take Action Week is sponsored by the GSA Innovation Fund, which launched last year to develop new products, programs, and services. However, this week-long nationwide advocacy initiative is gaining support outside our Society as well. Other organizations, including fellow members of the Friends of the National Institute on Aging coalition, have agreed to partner with us to rally participants throughout the U.S. GSA also will set up a special section on its Facebook page at www.facebook.com/geronsociety where individuals can post questions and share pictures and stories from their visits.

Additional support comes from GSA members and our friends and partners, including the Gerontological Society of America. They will be reaching out to their local congressional offices to advocate for a number of important issues. The more voices that speak in support of aging research, education, and training, the more chance there will be that elected officials view it as a vital part of our nation’s business.

We are asking everyone to reach out to their local congressional offices to advocate for a handful of legislative issues related to aging, particularly federal research funding levels.

The country is giving a large amount of attention to government spending right now, and legislators will be reviewing upcoming budget proposals closely to look for items that can be trimmed or cut altogether. The more voices that speak in support of aging research, education, and training, the more chance there will be that elected officials view it as a vital part of our nation’s business.

Members of Congress and their staffers always are interested to hear about projects that can benefit their constituencies. Perhaps your work has evaluated a program that improved the lives of community members or resulted in a scientific finding that made or has the potential to make a positive difference for older people.

This advocacy opportunity is not just for those who receive direct federal funding for their aging research. The importance of many other vital programs, such as those provided by the Older Americans Act or those related to workforce education and training, must be conveyed to our elected officials.

If you have never taken on an advocacy role before, this is a unique opportunity to make your voice heard. GSA will provide you with the tools you need to be successful. The place to start is at www.geron.org/advocacy. On September 13, GSA is hosting a webinar that will walk participants through the steps of a successful advocacy meeting.

GSA Policy Advisor Brian Lindberg — author of the monthly Policy News section in Gerontology News and an experienced Capitol Hill veteran — will lead the session and take your questions. If you read this newsletter after the webinar takes place or can’t join us live, the entire presentation will be archived on our website for future viewing. We also are providing prepared messages and talking points that you can use regarding a number of important subjects.

The timing of Take Action Week coincides with a scheduled district work period for senators and representatives, so the timing is right to secure a spot for aging research, education, and training on the legislative agenda. Meetings during this week should not represent a once-and-done effort, however. Rather, they should be a starting point for an ongoing relationship between aging advocates and the nation’s decision makers. GSA is playing its role on a national level in Washington, DC, and we urge you to do your part locally.

Take Action Week is sponsored by the GSA Innovation Fund, which launched last year to develop new products, programs, and services. However, this week-long nationwide advocacy initiative is gaining support outside our Society as well. Other organizations, including fellow members of the Friends of the National Institute on Aging coalition, have agreed to partner with us to rally participants throughout the U.S. GSA also will set up a special section on its Facebook page at www.facebook.com/geronsociety where individuals can post questions and share pictures and stories from their visits.
New Publications by Members

- “Whole Person Dementia Assessment,” by Benjamin T. Mast. Published by Health Professions Press.

Members in the News

- Former GSA President Robert Binstock, PhD, and Fernando Torres-Gil, PhD, were quoted in the June 3 edition of The New York Times. They spoke about older voters’ participation in political elections.
- The June 11 edition of the Deseret News featured a quote from GSA Fellow Mark Supiano, MD. He said that a shortage of geriatricians is causing a crisis in care for older individuals.
- GSA Fellow Brian de Vries, PhD, was quoted in a recent issue of The Desert Sun following a talk at the Golden Rainbow Center-SAGE in Palm Springs, CA. He said that the three main challenges LGBT boomers face are the effects of past and present stigma; nontraditional sources of care and support; and unequal treatment under laws, programs and services for older adults.
- On June 22, GSA Fellow John Morley, MD, authored an op-ed on the St. Louis Today website discussing the importance of avoiding excessive dietary salt intake.
- Mark Lachs, MD, was featured in a commentary section during NPR’s “Morning Edition” on June 27. He spoke about rates of disease, disability, and death among the oldest segments of the population.

Member Spotlight

GSA’s website features monthly Q&A sessions with distinguished members. The current spotlight shines on: Cynthia S. Jacelon, PhD, RN, FAAN
Visit www.geron.org/Membership/member-spotlight to ask questions and read previous interviews.

Colleague Connection

This month’s $25 amazon.com gift certificate winner: Karen D. Lincoln, PhD
The recipient, who became eligible after referring new member referred Donald A. Lloyd, PhD, 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/connection.

Cutler Heads To Romania as Fulbright Awardee
Former GSA President Stephen J. Cutler, PhD, has received a Fulbright Award for the 2011–2012 academic year. He will return to the University of Bucharest in Romania, where he previously held a Fulbright position in 2004. He will be affiliated with the Faculty of Sociology and Social Work, where he will teach courses on aging and conduct research on life course implications of Romania’s demographic history. Cutler is an emeritus professor of sociology and the emeritus Bishop Robert F. Joyce Distinguished University Professor of Gerontology at the University of Vermont.

VonDras Awarded Full Professorship
Dean D. VonDras, PhD, has been promoted to full professor of human development and psychology at the University of Wisconsin-Green Bay. He has published on a variety of adult development and aging topics. His current research interests include the areas of stress and memory, self-appraisal of age-associated illnesses, age and cultural influences on social support processes, spirituality and aging, and health education for older adults and their caregivers. VonDras is the founding director of the university’s Gerontology Center and the co-convenor of GSA’s Religion, Spirituality, and Aging Interest Group. He joined the Green Bay faculty in 2000 after serving as an adjunct professor at Webster University and St. Louis Community College at Florissant Valley, both in St. Louis, MO.

Luptak, Wilby Named Endowed Chairs
Marilyn Luptak, PhD, and Frances Wilby, PhD, have been chosen by the University of Utah College of Social Work as the next two Belle S. Spafford Endowed Chairs in Social Work. The chair is a prestigious position dedicated to improving the lives of Utah’s women and their families. It is the only such academic position in a school of social work within the U.S. The pair will be conducting a research study with Salt Lake County Aging Services to determine the future service needs of baby boomers.

Hall Appointed to MedPAC
William J. Hall, MD, has been named to the Medicare Payment Advisory Commission (MedPAC) by Gene L. Dodaro, comptroller general of the U.S. and head of the U.S. Government Accountability Office. MedPAC advises Congress on payments to health plans participating in the Medicare Advantage program and providers in Medicare’s traditional fee-for-service programs. Hall is the Paul Fine Professor of Medicine, Oncology, and Pediatrics at the University of Rochester Medical Center and director of the Center for Healthy Aging based at Highland Hospital. The first geriatric specialist to be elected to the AARP’s board of directors, Hall has also served as president of the American College of Physicians, and as a member of its board of governors and its board of regents, and held leadership positions in the American Geriatrics Society.
By GSA Policy Advisor Brian W. Lindberg, MMHS

New Crop of Health and Aging Policy Fellows Picked

The Health and Aging Policy Fellows Program holds a special place in GSA’s heart. From the program’s beginnings in 2008, GSA has been what I would call a partnering organization. Deputy Executive Director Linda Harootyan, MSW, serves on its selection and advisory committees; we published a Public Policy & Aging Report (Fall/Winter 2010) on the program, and have participated in its annual orientation sessions.

Many of the fellows are GSA members, and a number of our colleagues from the Geriatric Social Work Initiative’s Faculty Scholars Program have moved on to become fellows. And some of us have benefitted from either their educational sessions or receptions at GSA’s annual meeting.

As noted in the Public Policy & Aging Report, the program states: “Our ongoing intent is to analyze policy options related to aging and make those analyses available to the widest possible audience in order that positive policy changes might result. By placing highly qualified fellows in national legislative and administrative offices, the Health and Aging Policy Fellows are able to work in all three arenas: analysis, dissemination, impact.”

I have seen first hand the value of the Health and Aging Policy Fellows Program and its impact on aging policy in both the executive and legislative branches of government. The individuals themselves are quite impressive, bringing to DC and various locations around the country knowledge, commitment, hard work, and inspiration.

The program offers a unique opportunity for health and aging professionals to make a positive contribution to policies that affect older Americans. The core of the program involves an exciting blend of support, education, and opportunities that allows an individual to make the most of her or his creativity and interests in the field of health and aging.

Another strength of the program is choice; a fellow can choose from two models. The residential model offers a 9 to 12 month placement in Congress or a federal agency, while the non-residential model allows a health policy project to be conducted in conjunction with a brief placement(s) at a relevant site(s).

The residential model provides a hands-on experience in a setting that is likely to expose the fellow to a wide range of policy issues, such as a congressional office or an executive branch agency. Fellows who are placed in the House or Senate gain unforgettable and intimate knowledge of the functioning of Congress and the federal government as a whole.

The non-residential model appeals to the professional who wants to stay in her or his current position while completing a specific health policy project with the opportunity for a part-time placement(s) tailored to her or his interests.

The program is funded by The Atlantic Philanthropies and led by Director Harold Alan Pincus, MD, Deputy Director Phuong Trang Huynh, PhD, MPH, both GSA members at Columbia University. The fellows program is conducted in collaboration with The American Political Science Association Congressional Fellowship Program and has several partners, including the Healthy Aging Program at the Centers for Disease Control and Prevention (CDC), which has twice sponsored a non-residential fellow. All together, there are eight to 10 fellowships awarded each year.

The following is a brief outline of the highlights of the program and information on the recently selected new fellows. For more information, please visit www.healthandagingpolicy.org.

Core Program Components

All of the fellows participate in activities and programs designed to prepare them and support them during their fellowship. Mentoring is one of the strengths of the fellowship program. Each fellow is paired with one or more national experts who serve as his or her primary policy mentor. The emphasis is on support, assistance, and building networks.

Each fellow (both residential and non-residential) will develop a set of individualized learning objectives and plan (including post-fellowship career goals) in collaboration with program staff and mentors.

Each fellow will participate in an orientation program organized annually in October by AcademyHealth. The three-and-a-half day session offers an in-depth introduction to the key players, formal and informal policymaking processes, and critical health policy issues. Fellows also will participate in the American Political Science Association Congressional Fellowship Program orientation, which includes a month-long intensive course in November focusing on the legislative process and current congressional affairs.

At the end of each fellowship year, current fellows present their fellowship work at a two-day annual leadership retreat attended by current fellows and alumni. The national fellows program office provides post-fellowship support by maintaining an alumni network.
2011–2012 Fellows
(An * denotes a GSA member.)

RESIDENTIAL:
Dawn Alley, PhD*
University of Maryland School of Medicine • Alley’s work combines an understanding of biological mechanisms of frailty with a demographic approach emphasizing determinants of health at the population level. Her research focuses on two important determinants of disability at older ages: socioeconomic status and obesity. She also has examined the association between mortgage default and health in older adults, the changing association between obesity and disability over time, and the health effects of hospitalization-associated weight loss.

Karon Phillips, PhD, MPH*
Scott & White Healthcare • Phillips’ research interest is centered on the study and ultimate elimination of health disparities among older minority populations through cultural competence, improving health literacy, and community-based interventions. She leads chronic disease self-management program classes to encourage older adults to become better self-managers of their health. As a certified care transition coach, Phillips assists with care transitions in low-income and older adult populations.

Erica Solway, PhD, MSW, MPH*
Family Service Agency of San Francisco • Solway directs a community mental health program for individuals age 55 and over. She also helps to coordinate local and national advocacy efforts and assists with research on the dissemination of evidence-based practices in community settings.

Sally Stearns, PhD
University of North Carolina at Chapel Hill • Stearns’ areas of expertise include Medicare, nursing home use and staffing, health care at the end of life, comparative effectiveness research, and economic evaluation. Her current research focuses on health outcomes and resource use for Medicare beneficiaries with cardiovascular conditions.

NON-RESIDENTIAL:
Julie Bynum, MD, MPH
Dartmouth Medical School • Bynum’s work focuses on the assessment of health system performance for older adults using national Medicare administrative data. She was instrumental in developing a method to link fee-for-service Medicare beneficiaries to the group of physicians and the hospital at which they receive care. This method of creating virtual physician-hospital networks allows the measurement of care delivered and its outcomes for a population served by a specific group of providers. The data from the physician-hospital networks were used to support the conceptual development of accountable care organization legislation.

Mike Fosina, MPH, FACHE
New York Presbyterian/Allen Hospital • Among his many accomplishments, Fosina was instrumental in obtaining support to create the Division of Geriatric Medicine and Aging at the Allen Hospital (a 200-bed community teaching hospital and one of the five campuses of New York-Presbyterian Hospital). He has also led the creation and expansion of several community programs and was recently honored by the Riverdale Senior Services for his outstanding work with their organization and the community. He lectures on patient safety initiatives and other healthcare issues both regionally and nationally.

Tracie Harrison, PhD*
University of Texas at Austin School of Nursing • Harrison’s main research interest is on the intersection between age-related change and functional impairment and how that affects social role performance and subsequent health outcomes in women. She lectures on women’s health, qualitative research, disability over the life course, and health within illness.

Lewis Lipsitz, MD*
Beth Israel Deaconess Medical Center, Hebrew Senior Life, Harvard Medical School • Lipsitz, GSA fellow, was one of the first geriatric medicine fellows funded by the U.S. Administration on Aging. Over his 30-year career in Boston, he has built one of the largest and most successful academic programs in the field of aging, dedicated to improving the health and well-being of elderly people throughout the world.

G. Adriana Perez, PhD, ANP (supported by the CDC)
Arizona State University • Perez’s research focuses on cardiovascular health promotion among older diverse populations. She has addressed the complexities of culturally-relevant, community-based research that emphasizes cultural strengths, resources, and social networks to develop feasible and culturally-relevant interventions to reduce cardiovascular health disparities among older Hispanics. Her policy interest is focused on the translation of effective interventions that promote healthy aging to sustainable community programs.

Looking Ahead to the Next Round

Eligibility: Physicians, nurses, social workers, other clinicians and non-clinicians working in the fields of health and aging with an ability to impact policy for older Americans. Preference given to those qualified applicants who are early or midway through their careers. Emphasis on racial, ethnic, gender, and discipline diversity.

Stipend: Residential fellows receive compensation commensurate with current salary up to $120,000, plus relocation and health insurance support; non-residential fellows submit a budget of up to $30,000 and travel reimbursement also is available.

Next applications due: May 2012
Next finalists selected: July 2012
Next residential placements begin: December 2012
Next fellowship round ends: September 2013
Self Care for ESPO Members: Relationships and Spirituality

As ESPO members begin the school year, now is the time to start caring for oneself. We all have personal goals, which may include completing a school project, getting a grant, getting accepted into a program, successfully defending a dissertation, landing a position, or getting a promotion.

The next two ESPO articles will focus on both student and professional self care, which are essential survival skills.

The University of Buffalo School of Social Work developed a starter kit on self care for students that can also be geared toward professionals. While the kit is extensive in addressing the development of many self care skills, the ESPO Newsletter Task Force will focus on several of interest from members of the team.

This month, doctoral graduate students Nancy Kusmaul (University of Buffalo) and Amanda Holup (University of South Florida) have focused on relationships and spirituality, receptively.

It is our goal that as you read through the article you will consider the use of some of the techniques, resources, and materials mentioned.

To begin, the term “self care” refers to activities and practices one does consistently to maintain and enhance both short- and long-term health and well-being. Developing a self care plan is similar to having an annotated guide for your journey.

Learning the practice (and habit) of caring for yourself now will help you adapt in the future, as there are likely to be challenges, successes, and some disappointments ahead.

Since a one-size-fits-all self care plan does not exist, each of us has the opportunity to develop a plan that is unique to our lifestyle, goals, and dreams we will one day make a reality.

Maintaining relationships, as a student and professional, is essential to self-care. Relationships are reciprocal and require shared responsibility in order to achieve the give-and-take exchange. This involves the investment of time, communication, and commitment. We must determine for ourselves how much time is dedicated to our academics and/or profession.

The balancing of time is equally important for ourselves and for others involved in our lives. Your children, parents, and support network need to know when you are available for spending time together and that they are an important part of your life. All of them can learn why continuing education or working in the aging field is important, too.

Communication, professionally and personally, is another important aspect of self care. When you are feeling overwhelmed, it may be a great opportunity to reach out to a positive person in your support network. This may be a colleague, a family member, or a close friend. These individuals may not understand the pressures you are experiencing, but it is up to us to explain the situation and maintain the flow of open communication.

During these discussions, it is important to identify your academic, professional, and personal commitments. Use your time wisely when working and take breaks to do activities that will refresh you, whether it is time with your significant other or coffee with a special friend.

Self care of sustaining relational health, when externally focused, is more often about those around us than ourselves. As life comprises more than the external, internal experiences that are inspiring, spiritual, or soulful also require attention. Yet, how can one care for that which remains hidden to the physical world?

For many, spiritual self-care begins with an acknowledgement of a higher power or a shared feeling of connectedness to a greater source of energy. Others say that quiet, reflective meditation is essential to balancing their inner thoughts and maintaining harmony.

Meditation is a simple, natural part of life. Take advantage of quiet moments and detach from your thoughts for a few minutes or even a few seconds. Meditation can be conducted through listening to music, exercise (e.g., tai chi), inspirational observations (e.g., poems), or imagery (e.g., photographs).

Contemplation, like meditation, can help us reflect on daily turmoil. When we contemplate, we review an event or decision with our minds and hearts allowing us to look both intellectually and emotionally at a situation.

Take time each day to express gratitude for the unhurried, simple moment in life. Practice humility, forgive yourself for your imperfections, and remember that achieving spiritual well being takes time and evolves across the lifespan. As we mature and further develop in our personal or professional relationships, our spiritual self will continue to blossom in response to our physical world.

To reach the objectives of successful relationships and spiritual awareness, identifying what is valuable and needed in daily life is necessary. The process begins with developing a self care plan.

Next month’s column will continue with a discussion on physical and psychological self care. More materials are available online at www.socialwork.buffalo.edu/students/self-care.

Advertise with Us!

Gerontology News accepts ads for conferences and special events, fellowships, jobs, and degree programs relevant to the field of aging. This newsletter reaches GSA’s 5,400 members both in print and online.

See the current rates on GSA’s website, www.geron.org under the “Support Us” tab.
GSA Honors Outstanding Individuals

Please join us in congratulating our awardees and fellows at the 64th Annual Scientific Meeting in Boston!

GSA salutes outstanding research, recognizes distinguished leadership in teaching and service, and fosters new ideas through a host of awards. The winners’ achievements serve as milestones in the history and development of gerontology.

Society-Wide Awards

Donald P. Kent Award
Presented to Scott A. Bass
American University
Presented at the President’s Plenary Session
Saturday, November 19, 10 a.m.

Robert W. Kleemeier Award
Presented to S. Michal Jazwinski, PhD
Tulane University
Presented at the President’s Plenary Session
Saturday, November 19, 10 a.m.

Maxwell A. Pollack Award for Productive Aging
Presented to XinQi Dong, MD, MPH
Rush University
Sunday, November 20, 5 p.m.

M. Powell Lawton Award
Presented to Robert H. Binstock, PhD
Case Western Reserve University
Sunday, November 20, 3 p.m.

Margret M. & Paul B. Baltes Award
Presented to Denis Gerstorf, PhD
Humboldt University Berlin
Saturday, November 19, 1:30 p.m.

Doris Schwartz Gerontological Nursing Research Award
Presented to and lecture by Terry Fulmer, PhD, RN, FAAN
New York University College of Nursing
Presented at the Nursing Care of Older Adults Interest Group Meeting
Saturday, November 19, 5:30 p.m.
awardees and fellows

Behavioral and Social Sciences

Distinguished Career Contribution to Gerontology Award
Presented to Eva Kahana, PhD
Case Western Reserve University
Presented at the BSS Business Meeting and Award Presentation
Sunday, November 20, 11:30 a.m.

Distinguished Mentorship in Gerontology Award
Presented to Kenneth F. Ferraro, PhD
Purdue University
Presented at the BSS Business Meeting and Award Presentation
Sunday, November 20, 11:30 a.m.

Richard M. Kalish Innovative Publication Award
Presented to Susan Turk Charles, PhD
University of California, Irvine
Presented at the BSS Business Meeting and Award Presentation
Sunday, November 20, 11:30 a.m.

Biological Sciences

Nathan Shock New Investigator Award
Presented to and lecture by
Vishwa Deep Dixit, DVM, PhD
Pennington Biomedical Research Center
Presented at the BS Business Meeting and Award Presentation
Sunday, November 20, 11:30 a.m.

Health Sciences

Joseph T. Freeman Award
Presented to Luigi Ferrucci, MD, PhD
National Institute on Aging, National Institutes of Health
Presented at the HS Business Meeting and Award Presentation
Sunday, November 20, 3 p.m.

Excellence in Rehabilitation of Aging Persons Award
Presented to Alan M. Jette, PT, MPH, PhD
Boston University School of Public Health
Presented at the HS Business Meeting and Award Presentation
Sunday, November 20, 11:30 a.m.
Distinguished Members Granted Fellow Status

GSA’s Executive Committee has approved the following individuals for fellow status within the Society. In addition to being honored at the Fellows and International Reception (Saturday, November 19, 6:30 p.m.) during the Annual Scientific Meeting, they will be presented with fellow certificates and pins at their respective section business meetings and award presentations.

Fellow status is peer recognition for outstanding contributions to the field of gerontology and represents the highest class of membership. This distinction comes at varying points in a person’s career and is given for diverse activities that include research, teaching, administration, public services, practice, and notable participation in the Society.

**Biological Sciences Section**
- Andrzej Bartke, PhD, Southern Illinois University School of Medicine; Matt Kaeberlein, PhD, University of Washington; Warren C. Ladiges, DVM, MS, University of Washington; Charlotte A. Peterson, PhD, University of Kentucky; LaDora V. Thompson, PhD, University of Minnesota Medical School; and Jeanne Y. Wei, MD, PhD, University of Arkansas for Medical Sciences

**Behavioral and Social Sciences Section**
- Charles F. Emery, PhD, Ohio State University; Helene H. Fung, PhD, Chinese University of Hong Kong; Gillian H. Ice, PhD, MPH, Ohio University Heritage College of Osteopathic Medicine; Jyotsna “Josi” M. Kalavar, PhD, Pennsylvania State University; Bo Malinberg, PhD, Jönköping University and Pennsylvania State University; Benjamin T. Mast, PhD, University of Louisville; Jutta Heckhausen, PhD, University of California, Irvine; Jennifer A. Margrett, PhD, Iowa State University; Jason T. Newsom, PhD, Portland State University; Robert W. Schrauf, PhD, Pennsylvania State University; Debra Umberson, MSW, PhD, University of Texas, Austin; Ning Jackie Zhang, MD, PhD, MPH, University of Central Florida; and Richard Zweig, PhD, Yeshiva University Albert Einstein College of Medicine

**Health Sciences Section**
- Cathy A. Alessi, MD, University of California, Los Angeles David Geffen School of Medicine; Meg Bourbonniere, PhD, RN, Thomas Jefferson University Hospital; Barbara W. Carlson PhD, RN, University of North Carolina at Chapel Hill; Diane E. Holland, PhD, RN, Mayo Clinic; Laurie M. Kennedy-Malone, PhD, GNP-BC, University of North Carolina at Greensboro; Christine Mueller, PhD, RN, FAAN, University of Minnesota; and Diana Lynn Woods, PhD, RN, APRN-BC, University of California, Los Angeles

**Social Research, Policy, and Practice Section**
- Mercedes Bern-Klug, PhD, MSW, MA, University of Iowa; Kathy Black, PhD, University of South Florida at Sarasota-Manatee; Ellen A. Bruce, JD, University of Massachusetts Boston; Debra Dobbs, PhD, University of South Florida; Lauren D. Harris-Kojetin, PhD, National Center for Health Statistics; Terry Y. Lum, PhD, University of Minnesota; Thomas M. Meuser, PhD, University of Missouri – St. Louis; Philip A. Rozario, PhD, Adelphi University; Kathy Segrist, PhD, Ball State University; Margaret H. Teaford, PhD, Ohio State University School of Allied Medical Professions; and Deborah P. Waldrop, LMSW, PhD, State University of New York at Buffalo

---

**Task Force on Minority Issues in Gerontology Outstanding Mentorship Award**
Presented to Chandra M. Mehrotra, PhD
The College of St. Scholastica
Saturday, November 19, 5:30 p.m.

**Gene D. Cohen Research Award in Creativity and Aging**
Presented to Barry Bitman, MD
Yamaha Music and Wellness Institute and Meadville Medical Center
Present at the Humanities & Arts Open Business Meeting
Sunday, November 20, 6:30 p.m.
### Sponsors

GSA thanks the following award sponsors:

- New York Community Trust (Pollack Award)
- Polisher Research Institute of the Madlyn and Leonard Abramson Center for Jewish Life (Lawton Award)
- Margret M. & Paul B. Baltes Foundation (Baltes Award)
- Baywood Publishing (Kalish Award)
- American University (GSA Social Gerontology Award)
- National Center for Creative Aging (Gene D. Cohen Award)
- Senior Service America, Inc. (Senior and Junior Scholar Awards; Task Force on Minority Issues in Gerontology Outstanding Mentorship Award)
- RESQCARE Interest Group (Douglas Holmes Award)

**Please check the final program for all dates, times, and room location assignments for award events.**

If you are interested in learning more about GSA’s awards program, please visit [www.geron.org/Membership/Awards](http://www.geron.org/Membership/Awards).
Arthritis Video Series Provides Education for Caregivers

Two nationally recognized organizations have joined forces to educate family caregivers about arthritis. Working with the Arthritis Foundation, the Home Instead Senior Care network has produced a free video series to help those who care for seniors learn more about the effects of arthritis and how they can help patients cope with the condition. The video series can be viewed at www.homeinstead.com.

McNeil Lowers Maximum Acetaminophen Dose

McNeil Consumer Healthcare, the manufacturer of Tylenol, has issued new guidelines regarding the maximum daily recommended dose of acetaminophen. McNeil now advises that patients take 1,000 mg (the equivalent of two Extra Strength Tylenol caplets) every six hours while symptoms last, up to 3,000 mg (the equivalent of six Extra Strength Tylenol caplets) in 24 hours. McNeil previously had recommended up to 4,000 mg in a 24-hour period; the new guidelines have been enacted to reduce the risk of liver damage that may occur following an overdose. As part of its Get Relief Responsibly initiative, McNeil also is asking health care professionals to remind patients never to take more than one acetaminophen-containing medication at the same time, not to exceed the recommended dose, and to always read and follow the label. Patient education resources can be ordered at www.tylenolprofessional.com.

Older Women Experience Spike in Drug-Related Suicides

A new national study shows that from 2005 to 2009, there was a 49 percent increase in emergency department visits for drug-related suicide attempts by women aged 50 and older—from 11,235 visits in 2005 to 16,757 in 2009. This increase reflects the overall population growth of women aged 50 and older. The report by the U.S. Substance Abuse and Mental Health Services Administration also shows that, while overall rates for these types of hospital emergency department visits by women of all ages remained relatively stable throughout this period, visits involving particular pharmaceuticals increased. For example, among females, emergency department visits for suicide attempts involving drugs to treat anxiety and insomnia increased 56 percent during this period—from 32,426 in 2005 to 50,548 in 2009. The report, “Trends in Emergency Department Visits for Drug-Related Suicide Attempts among Females: 2005-2009,” is available online at www.oas.samhsa.gov/2k11/DAWN011/DrugRelatedSuicide_ HTML.pdf.

AARP Paper Quantifies Caregiving Cost

The AARP Public Policy Institute has released a new paper, “Valuing the Invaluable: 2011 Update, The Growing Contributions and Costs of Family Caregiving,” on the economic value of family caregiving, updating the national and state estimates of the economic value of family caregiving using the most current available data. In 2009, about 42.1 million family caregivers in the U.S. provided care at any given point in time, and about 61.6 million provided care at some time during the year. The estimated economic value of their unpaid contributions was approximately $450 billion in 2009, up from an estimated $375 billion in 2007. The report also explains the contributions of family caregivers, details the costs and consequences of providing family care, and provides policy recommendations to better support caregiving families. This document can be accessed at www.aarp.org/relationships/caregiving/info-07-2011/valuing-the-invaluable.html.
Hearst Foundations Grant Bolsters Nursing Initiative

Advancing Care Excellence for Seniors (ACES), a faculty development initiative of the National League for Nursing (NLN), has received a $400,000 grant — with the opportunity for renewal up to $1.2 million — from the Hearst Foundations. This new funding will facilitate the national expansion of ACES, the NLN’s web-based model for teaching care of older adults to nursing students in programs across the academic spectrum. ACES, which includes simulation models, unfolding case studies, curricular resources, and pedagogical tools for both classroom and clinical settings, was piloted in nursing programs across the U.S. with the support of the John A. Hartford Foundation, the Independence Foundation of Philadelphia, and Laerdal Medical. Over the next three years, Integrating Geriatrics into Nursing Education, as the Hearst-funded grant is known, plans a series of day-long workshops in at least 20 states to introduce approximately 2,200 nurse educators to ACES.

Louisville Facility Expands To Accommodate Interdisciplinary Care Coordination

The University of Louisville Cardinal Station Geriatric Medicine Center has reached a fundraising goal allowing it to proceed with a planned expansion that will provide more services for geriatric patients. An anonymous donor provided a gift of $250,000, which was contingent upon the department’s ability to raise a matching amount by June 30. Through the university’s Geriatrics Advisory Board and other donors, an additional $263,285 was raised, surpassing the half-million-dollar mark necessary to build new clinical space in the Health Care Outpatient Center. This new facility will employ the school’s Geriatric Evaluation and Treatment (GET) Program, which is an interdisciplinary approach used to develop a treatment plan for patients. They receive a medical evaluation by a geriatrician; a cognitive evaluation by a psychologist; a review of their medications by a doctor of pharmacy trained in geriatrics pharmacy through the geriatrics polypharmacy initiative; and a psycho-social assessment by a social worker to evaluate their caregiving and support needs. After these four evaluations are conducted, the entire team of geriatrics professionals confers to develop a personalized and comprehensive care plan for the patient.

Continued from page 1 - Volunteers Plan Aid for Boston Seniors in November

She also noted that they are seeking sponsorships of any level to help offset some of the expenses, such as transportation and food costs for the volunteers.

“It’s a great way for organizations to support community volunteerism for a relatively small cost, and is also a good way to get their name out to the gerontology network,” Clark-Shirley said.

The outing will take place the morning of Tuesday, November 22, the final day of GSA’s meeting. Back of the Hill is located in Boston’s Jamaica Plain neighborhood, located three miles from the John B. Hynes Veterans Memorial Convention Center. Volunteers will assist in cleaning the residents’ individual apartments or performing maintenance work on the property’s grounds.

“This event will be a great opportunity for GSA attendees to connect with members of the Boston community who are aging in place and who may otherwise not have the resources or physical abilities to maintain a clean living space,” said Canham, a postdoctoral trainee in the Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health.

During last year’s service event in New Orleans, the GSA team worked to rebuild a home that suffered damage during Hurricane Katrina.

“Not only can GSA conference attendees feel good about the research that they have invested in and are presenting at each year’s conference,” Canham said, “but this event gives those who want to physically improve the lives of older adults in the cities we visit each year a unique opportunity to interact with them and to feel good about this, too.”

This year’s Gerontologists Giving Back Service Event can accommodate up to 20 volunteers. Registration is available as an add-on option to the main meeting registration, which is accessible online at www.geron.org/annualmeeting. The fee to participate is $20 and includes breakfast, lunch, and transportation.

Questions can be addressed to Canham at scanham@jhsph.edu. She said volunteers of all skill levels are welcome to participate, and recommended bringing work clothes and gloves. The group will leave at 9 a.m. from the convention center and return by 2 p.m.

“We are very excited to reconnect with volunteers from the past three years and to meet new volunteers who want to be a part of this exciting event!” Canham said.
Funding for NIH Pioneer Awards, New Innovator Awards Now Available

The National Institutes of Health (NIH) currently welcomes proposals for the 2012 NIH Director’s Pioneer Awards and New Innovator Awards. Both programs are part of the NIH Common Fund and support exceptionally creative scientists who take highly innovative, potentially high-impact approaches to major challenges in biomedical or behavioral research. Pioneer Awards provide up to $2.5 million in direct costs over 5 years and are open to scientists at any career stage. New Innovator Awards provide up to $1.5 million in direct costs over the same period and are for early stage investigators, defined as those who have not received an NIH R01 or similar grant and are within 10 years of completing their terminal research degree or medical residency. The NIH expects to make at least 7 Pioneer Awards and at least 33 New Innovator Awards in summer 2012. The deadline for submitting Pioneer Award applications is October 7. Further details can be found at grants.nih.gov/grants/guide/rfa-files/RFA-RM-11-004.html. The deadline for submitting New Innovator Award applications is October 14. More information is available at http://grants.nih.gov/grants/guide/rfa-files/RFA-RM-11-005.html.

Advancing the Aging Sciences

National Science Foundation funding will allow 28 new doctoral students to study aging over the next 5 years at Oregon State University. This Integrative Graduate Education and Research Traineeship (IGERT) is the first and only IGERT program in the nation with a focus on aging sciences. The program provides a $30,000 stipend and support for tuition and research. Students will be mentored by faculty in existing research cores at Oregon State’s Center for Healthy Aging Research:

1) diet and genetics
2) musculoskeletal
3) psychosocial and
4) gerontechnology.

Students from diverse disciplines, including psychology, sociology, public health, nutrition, exercise sciences, engineering, computer sciences, chemistry, biology, design and other disciplines may apply now for Fall 2012. Dr. Karen Hooker is the program’s Principal Investigator. For more information, visit: http://www.hhs.oregonstate.edu/igert/ or contact Anne.Hatley@oregonstate.edu.

Robert Wood Johnson Program Seeks Population Health Researchers

The Robert Wood Johnson Foundation Health & Society Scholars program provides two years of support to postdoctoral scholars at all stages of their careers to build the nation’s capacity for research and leadership to address the multiple determinants of population health and contribute to policy change. The program is based on the principle that progress in the field of population health depends upon multidisciplinary collaboration and exchange. Its goal is to improve health by training scholars to investigate the connections among biological, genetic, behavioral, environmental, economic, and social determinants of health; and develop, evaluate and disseminate knowledge, interventions and policies that integrate and act on these determinants to improve health. The program is intended to produce leaders who will change the questions asked, the methods employed to analyze problems and the range of solutions to reduce population health disparities and improve the health of all Americans. Up to 12 scholars will be selected for two-year appointments beginning in the fall of 2012. Scholars will receive an annual stipend of $80,000. Individuals may apply through the program’s website at www.healthandsocietysscholars.org. Applications must be received by September 30.

Fellowship Welcomes Emerging Health Policy Scholars

The Robert Wood Johnson Foundation Scholars in Health Policy Research program develops and supports a new generation of creative health policy thinkers and researchers within the disciplines of economics, political science, and sociology. Each year the program selects up to nine highly qualified individuals for two-year fellowships at one of three nationally prominent universities. The program will award up to nine fellowships in this grant cycle. Scholars will receive stipends of $89,000 each year. Applications must be received by September 30. For more information, visit: www.healthandsocietysscholars.org for complete details. Applications are due October 12.

Beeson Award Applications Due Soon

The National Institute on Aging and the National Institute of Neurological Disorders and Stroke, working in part with funds contributed by the John A. Hartford Foundation and the American Federation for Aging Research, invite applications for the Paul B. Beeson Clinical Scientist Development Award in Aging. These grants aim to sustain and promote the research of clinically trained individuals who are pursuing careers in aging. Applicants may seek up to $200,000 in direct costs per year. Direct costs requested across all years may be no more than $600,000 for three-year awards, $700,000 for four-year awards, and $800,000 for five-year awards. Candidates for this award must have a clinical doctoral degree. The application period opens September 27; submissions must be received by October 27. Visit grants1.nih.gov/grants/guide/rfa-files/RFA-AG-12-003.html for complete information.
Japanese Nuclear Disaster Led to Increased Senior Fatalities

The Yomiuri Shimbun has reported that 77 people who were evacuated from nursing homes near the Fukushima Number 1 nuclear power plant died within three months of the accident there. The 77 deaths are more than triple the 25 recorded at the nursing homes during the corresponding period last year. The Yomiuri Shimbun surveyed 15 nursing homes within 30 kilometers of the Fukushima site. According to the survey, 826 older people were evacuated from 12 nursing homes near the nuclear plant in Fukushima Prefecture. The 77 who died after evacuating ranged in age from aged 68 to 104.

Israel Weighs Providing Senior Dental Care

An article appearing in Haaretz states that Israel is debating legislation that would provide state-subsidized dental care for seniors age 65 and older. To cover the costs of the dental treatments, the proposed law would raise the country’s health tax by 0.5 percent to 5.5 percent of wages. Preventative dental care, oral rehabilitation, and preservation, including dentures, would be paid for under the proposed law. The Haaretz article stated that there are over 700,000 Israelis age 65 and older, and 60 percent of them suffer from dental problems, with three-quarters using some form of dentures.

Portuguese Elders Suffering from High Abuse Rates

The Portugal News has reported that, according to the World Health Organization’s new “Report on Prevention of Mistreatment Towards the Elderly,” 39.4 percent of Portugal’s senior population are victims of abuse. The figures show that 32.9 percent are victims of psychological abuse, 16.5 percent are victims of extortion, 12.8 percent have their rights violated, 9.9 percent suffer from negligence, 3.6 percent are victims of sexual abuse and 2.8 percent are physically abused. Of the 53 European countries analyzed in the report, Portugal is among the worst five for the treatment of the seniors, along with Serbia, Austria, Israel, and the Republic of Macedonia.

More Koreans, Particularly Senior Women, Living Alone

A report from Statistics Korea states that the number of one-member households in South Korea is on the rise mainly due to the nation’s fast-aging population, according to an article from the Yonhap News Agency. The number of households composed of a single member totaled 4.14 million as of November 2010, up from the 3.17 million tallied in 2005. Those aged 70 or older make up the largest percentage, 19.2 percent, of the total single-member households, up from 17.3 percent in 2005. The highest percentage of men in single-member households were in their 30s, while the highest percentage of women were over age 70, the report indicated.

---

The University of Maryland, Baltimore is an Equal Opportunity, Affirmative Action Employer. Minorities, women, veterans and individuals with disabilities are encouraged to apply.
The objective of this program is to train fellows to conduct independent and original research in the epidemiology of aging, with an emphasis on the prevention of late life disability and functional decline. The program emphasizes four broad areas: musculoskeletal epidemiology, neuroepidemiology, genetic epidemiology, and the epidemiologic study of long-term care for chronic diseases. The Department of Epidemiology and Public Health at the University of Maryland School of Medicine is a national leader in funded research. For additional information about our multidisciplinary faculty and research programs, please go to http://medschool.umaryland.edu/Epidemiology

Applicants should send a statement of career goals, CV, and contact information for three references to Ms. Allyson Hess (ahess1@epi.umaryland.edu).

Fellowships are supported by an NIH training grant (T32 AG00262); applicants must be a US citizen or permanent resident.

The University of Maryland Baltimore is an Affirmative Action/Equal Opportunity Employer.
LIFESTYLE → LIFESPAN

Obtain a 360° view on the most current research on aging. Exclusively at GSA.

Featuring
Keynote Speaker:
Dan Buettner

The Gerontological Society of America
64th Annual Scientific Meeting
November 18–22, 2011 • Boston, MA

Visit www.geron.org/annualmeeting