

AGING EXCHANGE

TRACKING THE WAY WE AGE

Fall 2010

Relationships and Resilience in Later Life: Mechanisms for Optimal Aging

October 1, 2010, 1:30-5:00 pm West Faculty Lounge, Purdue Memorial Union

Resilience, the ability to recover from setbacks, is vital for optimal aging. Scholars are discovering the factors that enhance resilience - family and friend relationships, life events, spiritual and psychological well-being - and how they manifest over the life course. This symposium offers research on adult development and aging to promote emotional health and hardiness in later life. The symposium concludes with a poster session and reception.



Toni C. Antonucci, PhD, Elizabeth M. Douvan Collegiate Professor of Psychology and Research Professor in the Life Course Development Program, Institute for Social Research, Associate Vice President for Research, University of Michigan



Karl Pillemer, PhD, Hazel E. Reed Professor of Human Development at Cornell University and Professor of Gerontology in Medicine at the Weill Cornell Medical College



Rosemary Blieszner, PhD, Alumni Distinguished Professor, Associate Dean of the Graduate School, Professor of Adult Development and Aging in the Department of Human Development, and Associate Director of the Center for Gerontology, Virginia Polytechnic Institute and State University

Support for this symposium comes from the College of Health and Human Sciences, the School of Nursing, and the College of Pharmacy, Nursing, and Health Sciences.

Go to www.conf.purdue.edu, click on **Attending a Conference**. Go to **Catalog of Events**, choose **Conferences**, then select **Center on Aging and the Life Course Symposium**.

CALC COLLOQUIA Fall 2010

Please join us for our series of colloquia. If you would like advance notice of each program, please email howelle@purdue.edu to request an email notification.

When	Where	Speaker	Presentation
September 10 12:30 pm	Stone B2	Robert J. Phillips Research Assistant Professor, Psychological Sciences	Innervation of the Gastrointestinal Tract: Patterns of Aging
* October 1 Time: registration at 1 pm, program at 1:30	West Fac Lounge PMU	Toni Antonucci, University of Michigan Rosemary Bleiszner, Virginia Tech Karl Pillemer, Cornell University	<i>Symposium theme:</i> Relationships and Resilience in Later Life: Mechanisms for Optimal Aging
November 5 12:30 pm	Stone B2	Philip Troped, Associate Professor, Health and Kinesiology	How Does the Built Environment Influence Physical Activity and Obesity among Older Women?
December 3 12:30 pm	Stone B2	Edward Bartlett, Assistant Professor, Biological Sciences and Biomedical Engineering	Measurement and Modeling of Central Auditory Processing in Aged Animals

* Registration is required for this event. Register online at www.conf.purdue.edu. Look under Program Catalog, then Conferences.

CALC Steering Committee 2010-2011

Special thanks to the members of the Steering Committee for their insightful leadership.

Margaret A. (Peggy) Favorite

Kenneth F. Ferraro

Karen L. Fingerman

Alexander L. Francis

Jeffrey M. Haddad

Gerald C. Hyner

Kimberly S. Plake

Robert W. Proctor

Laura P. Sands

J. Jill Suitor

Nicholas Turiano

Lori M. Ward

David J. Waters

Sharon R. Williams

Save a Tree

Get Aging Exchange, the newsletter of the Center on Aging and the Life Course, via email. Just go to our website: www.purdue.edu/aging and click on **Get an Email** Newsletter. Enter your email address and we'll stop the paper version of your newsletter and send it to you electronically, instead.

If for any reason you would like to stop receiving the newsletter altogether, just let us know. Thanks!



Welcome New Faculty Associates

Ed Bartlett, PhD, Assistant Professor, Biology and Biomedical Engineering

Ed Bartlett graduated from Haverford College with a BA degree in physics, from University of Wisconsin-Madison with a PhD in neuroscience, and went to Johns Hopkins University for his postdoctoral work. Ed has a joint appointment in Biology and Biomedical Engineering at Purdue, with a courtesy appointment in Speech, Language, and Hearing Sciences. Research in the lab is focused on neural representations of sound features in the central auditory pathway in normal and pathological conditions such as aging, dyslexia, and autism. Currently, one of the main lab projects concerns auditory processing in aged rodents.

When not in lab, Ed enjoys spending time with his wife and two children.



Susan K. DeCrane, PhD, Associate Professor, Nursing

Susan DeCrane earned her PhD in Gerontological Nursing from University of Iowa. Her research examines 12-month outcomes (falls, hospitalizations, and mortality) in patients experiencing delirium events in long-term care. She is interested in all cognitive disorders in older adults. DeCrane also has a research interest in injury prevention as her graduate minor was in Epidemiology.

Dr. DeCrane's teaching expertise is Adult Health (a.k.a. Medical-Surgical Nursing) and she is comfortable in both hospital and long-term care settings, and board certified in Adult Health as a Clinical Nurse Specialist. She supervises undergraduate nursing students each semester at the Indiana Veteran's Home.

Philip Troped, PhD, Associate Professor, Health and Kinesiology

Philip Troped received his PhD in health promotion, education, and behavior from the Arnold School of Public Health at the University of South Carolina. His research interests include environmental and policy determinants of physical activity, design and evaluation of physical activity interventions, and objective measurement of physical activity with accelerometers and portable global positioning system (GPS) units in adult and older adult populations. He currently is the Principal Investigator on a National Cancer Institute-funded study investigating the influence of the neighborhood built environment on physical activity and obesity among a large cohort of older women living in three states. His work has also been funded by the Active Living Research Program (The Robert Wood Johnson Foundation) and the Centers for Disease Control and Prevention. He teaches undergraduate and graduate courses in epidemiology, health behavior theories, and physical activity and public health.



Wrinkles – Is that all there is to aging? By Karis Pressler

Last Fall marked my second stab at teaching Social Gerontology (SOC 275) to undergraduates at Purdue. I was full of excitement and anticipation that this class would challenge these young minds to rethink aging, dismiss stereotypes, and to see older adults in a new light.

I started the class by asking students to respond to several questions probing their views of aging. To my surprise, the students stopped pounding the key pads of their cell phones, closed their laptops, and took the exercise seriously. When asked what they think of when hearing the word aging, “wrinkles” was the most common response. One student associated skin creams with the word aging because “most of the commercials nowadays talk about preventing signs of aging by using some cream.” Another shared, “Aging is when someone is past their prime and slowly starting the process of dying.” Aside from wisdom making the occasional appearance, there was an overwhelming negative feel to the words students associated with aging and older adult – fragile, frailty, weakness, death, misery, pain, stern, suffering, grouchiness, slow-eaters, bedridden, dependent, fun-sucker, lonely, stubborn, and the list goes on.

When asked “Are you afraid of aging?” about half of the students responded “yes.” One student said, “Yes, because in our society aging isn’t beauty so why would you want to be ‘aged’ if no one sees you as beautiful.” Another responded with, “Not necessarily afraid, just not looking forward to it. Sort of unsure how my body and mind will react to aging, especially past 45.”

The students were honest – and it was clear that they clung to society’s misconceptions of aging as something to fear and older adulthood as a life stage marked with an overwhelming sense of doom. I compared these students’ responses with a quick survey I took at the end of the previous semester’s Social Gerontology class – a sort of reverse pre-post test experiment, if you will. These are some of the students’ responses to “What did you learn in Social Gerontology?” and their answers provide evidence that learning about aging helped them realize that older adults are people with hopes, fears, and dreams, just like them.

•“SOC 275 has allotted me the opportunity to further understand aging, to not be afraid of aging, and to appreciate those aged individuals in my life. This class has given me new insight into a field I would not have otherwise considered for a career.”

•“I remember Karis saying something such as how lucky we would be to live to 65. I had never thought of it that way, that statement is so true and has really made me think. I also found it very interesting how age, cohort and period play such a big role in how people age and the way in which they act.”

•“I think it has made me more aware of how I will view my own aging in the future and that everyone handles aging differently, mentally and physically.”

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SOC 275 with guest speakers, Sarah Duncan, Ann Howell, and Bill Sabel



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At the end of class I told students to share their survey responses with me only if they were comfortable with their responses appearing in the CALC newsletter. One student raised her hand and asked, "What if I want to compare my perceptions of aging now, to what they are at the end of the semester, can I take this survey again?" Several nodded in agreement expressing their interest in seeing whether Social Gerontology really does influence their attitudes and beliefs of aging. Perhaps I'm reading too much into her question, but if students want to see whether their attitudes toward aging change, aren't they expressing hope that there is something more to aging than what culture has presented in the form of cosmetics and creams that rub away wrinkles? If this is the case, then Social Gerontology has a bright future of not only presenting students with facts and theories related to aging, but encouraging students to see aging in a new light – wrinkles and all.

Lynn Fellowships 2010-2011

The Graduate School has allocated funding for two Lynn Fellowships for interdisciplinary studies in the Gerontology Program. Used as a recruitment tool for promising students in the dual-title PhD program, CALC has awarded two fellowships for the upcoming school year to:

Patricia Morton

Sociology

Dr. Kenneth F. Ferraro, advisor

Lynn Zhu

Sociology

Dr. J. Jill Suitor, advisor

Congratulations to these new gerontology students and their mentors.

New External Funding to CALC Faculty Associates in 2009-2010

Edward L. Bartlett, biomedical engineering, from Deafness Research Foundation, "Cellular Mechanisms Contributing to In Vivo Neuronal Responses in Auditory Thalamic and Auditory Cortical Neurons." \$25,000.

John A. Christian, comparative pathobiology, from INdExx laboratories, Inc., "Cytology Resource Center." \$6,000.

Nancy E. Edwards and **Karen S. Yehle**, nursing, from PHS-HRSA National Center for Health Services Research, "Rural Advanced Practice Nursing; Post Business to MS/DNP." \$303,292.

Wayne W. Campbell, foods & nutrition, from National Cattlemen's Beef Association, "Increased Protein Intakes from Predominantly Meat Versus Soy Protein/Pulse-Based Foods: Effects on Daily and Post-prandial Appetite During Energy Restriction-Induced Weight Loss." \$99,999.

Stephen J. Elliott, Eric P. Kukula, and Shimon K. Modi, industrial technology, from A Optix Technologies, "Evaluation of A Optox Iris System." \$41,662.

Kenneth F. Ferraro, **Sarah A. Mustillo**, and **Daniel K. Mroczek**, sociology, child development & family studies, from PHS-NIH National Institute on Aging, "Enduring Effects of Early Adversity on Adult Health." \$263,043.

James C. Fleet, foods & nutrition, from PHS-NIH National Institute of Environment Health Science, "Diet by Gene Interactions Affecting Calcium and Bone Metabolism." \$367,864.

James C. Fleet and Paul W. Snyder, foods & nutrition, comparative pathobiology, from American Institute for Cancer Research, "Does Vitamin D Status Modulate Colon Cancer Driven by APC Allele Loss?" \$165,000.

Paul W. Snyder and **James C. Fleet**, comparative pathobiology, foods & nutrition, from Abbott Laboratories, "Pathology Fellowship." \$78,674.

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NIA/NIH Training Grant Expands Opportunities for Pre-doctoral Trainees

We are currently beginning the second year of a two year training grant, made possible by ARRA stimulus money through the National Institute on Aging in the National Institutes of Health. This grant provides stipends and travel money for pre-doctoral fellows. A prestigious honor, competition is keen for these awards. In addition to the initial trainees who reflect on their experience here, two new trainees will join them on the CALC training grant for 2010-2011, Aleda Hess Chen, pharmacy practice; and Lindsay Rinaldo, sociology.

I feel like receiving an NIH training grant is an opportunity for me to develop my own talents that will improve the lives of others. The grant has allowed me to work even closer with Drs. Suitor and Fingerman on their projects, and build my skills as a researcher. It has allowed me to develop my interests in aging, family, and intergenerational relations, and I have been able to further my work in these areas. The grant has also provided me with the opportunity to present my work both on and off campus, and also learn from the work of others. I feel truly fortunate to have to the opportunity to interact with and learn from so many talented aging scholars. Overall, I think that the training grant has helped me grow as a scholar. This last year has been very rewarding for me, and I am really looking forward to the next!



Megan Gilligan, sociology

Reflecting on my first completed year as a NIH trainee through the Center on Aging and the Life Course, I am overwhelmingly pleased with the research I conducted. During this first year, I have laid the foundation for several manuscripts investigating how personality influences health status throughout adulthood. Specifically, I found that only a certain facet of the trait openness, namely creativity, protects against earlier mortality. This first year on the NIH traineeship has provided the coursework, funding, and guidance needed to take these findings one step further by investigating the mechanisms underlying the personality-health association. I look forward to a second year as a trainee and the research that will provide a clearer understanding of how personality can influence health over the life course.

Nick Turiano, child development and family studies

During the past year, the NIH traineeship has provided me with several opportunities to engage in interdisciplinary research projects. One of these projects was a systematic review of research on diet, exercise, and sarcopenic obesity among middle-aged and older adults. During this collaboration I worked closely with my mentor, Professor Wayne Campbell, and co-mentor, Professor Laura Sands. Our manuscript has received final acceptance for publication in Nutrition Reviews. I have also been involved in two retrospective analyses on water metabolism in different populations. In addition to manuscript authorship, these interdisciplinary research projects have also given me opportunities to present my findings at various conferences such as the Experimental Biology and American College of Sports Medicine annual conferences, as well as the Purdue University Interdisciplinary Graduate Program poster session. I hope to use these experiences to establish a successful, extramurally funded, independent research program at a research-oriented university and conduct translational research using nutrition and exercise as tools to promote health across the lifespan.

Eileen Weinheimer, foods & nutrition



2009-10 funding, continued from p. 5

Harm HogenEsch, and Stanley L. Hem, comparative pathobiology, industrial & physical pharmacy, from PATH. "Formulation and Testing of BPL-Killed Pneumococcal Vaccine with Aluminum Adjuvant." \$108,475.

Harm HogenEsch, Stanley L. Hem, and T. Cliff, veterinary medicine-administration, industrial & physical pharmacy, agronomy, from Merck Research Laboratories, "Effect of Sterilization by Gamma Irradiation on the Chemical and Immunological Properties of Aluminum Adjuvant." \$44,366.

Harm HogenEsch, comparative pathobiology, from National Institutes of Health, "Institutional Research Training Grants (T32)." \$115,677.

James D. McGlothlin, health sciences, from OraSure Technologies Inc., "Ergonomics." \$11,000.

Michael D. Murray, pharmacy practice, from Regenstrief Institute Inc., "RCHIR Project." \$23,020.

Sarah A. Mustillo, sociology, from Vanderbilt University, "Improving Deployment-Related Primary Care Provider Assessments of PTSD and Mental Health Conditions." \$149,292.

Robert E. Novak, speech, language & hearing sciences, from PHS-NIH National Institute of Deafness and Other Communication Disorders, "Electrophysiological Indices of Attention in Language Processing." \$519,665.

Terry L. Powley and **Robert J. Phillips**, psychological sciences, from PHS-NIH National Institute of Diabetes and Digestive and Kidney Diseases, "Gastrointestinal Tract Innervation: Patterns of Aging." \$98,899.

Amber L. Pond, basic medical science, from National Institutes of Health, "Role of Merg 1 a K+ Channel in the Onset of Skeletal Muscle Atrophy." \$76,250.

Laura P. Sands, nursing, from VA Medical Center/San Francisco, "Improving Assessment of Patient Preferences in Localized Prostate Cancer." \$10,000.

Laura P. Sands, nursing, from University of California – San Francisco, "Patho-physiology of Postoperative Delirium in Older Patients." \$46,654.

Laura P. Sands, **Joseph Thomas**, and Bruce A. Craig, nursing, pharmacy practice, statistics, from PHS-NIH National Institute on

Aging, "Prognostic Significance of Insufficient ADL Help on Health Outcomes/Utilization." \$336,836.

Cleveland G. Shields and **Shelley Wadsworth MacDermid**, child development & family studies, college of consumer & family sciences, from University of California-Los Angeles, "Adaptation of FOCUS for Couples." \$101,957.

Joseph Thomas, pharmacy practice, from Rehabilitation Hospital of Indiana, "Outcomes and Perceived Needs among Individuals with TBI and SCI in Indiana." \$21,979.

Connie M. Weaver, foods & nutrition, from American Yeast, "Vitamin D Potency from Enriched Yeast and Bread." \$26,726.

Connie M. Weaver, and **George P. McCabe**, foods & nutrition, College of Science-Administration, from Genzyme Corporation, "Measure Calcium Kinetics in Patients with Stage 3 / 4 Chronic Kidney Disease (CKD)." \$175,632.

Connie M. Weaver, foods & nutrition, from Wyeth Consumer Healthcare Division, "CT-07-05 Calcium Absorption Study." \$41,198.

Wei Zheng and Yulia N. Pushkar, health sciences, physics, from PHS-NIH National Institute of Environment Health Science, "Choroid Plexus as a Target in Metal-Induced Neurotoxicity." \$339,784.

Wei Zheng, health sciences, from PHS-NIH National Institute of Environment Health Science, "Beta-Amyloid Clearance by Mammalian Choroid Plexus: Effect of Lead Exposure." \$183,906.



a group of grad students enjoy a beautiful Indiana day at Purdue University

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Hanley Hall

The Center on Aging and the Life Course will be located in the new Hanley Hall, as part of the Human Development Institute. CALC offices and research space will be housed with the Military Families Research Institute, the Center for Families, and the department of child development and family studies. We eagerly anticipate the completion of our new building (scheduled for March 2011), moving in May, and many productive collaborations with our new neighbors. The Human Development Institute will encompass scholars and students studying the full range of human life, from early development to old age. Stay tuned for a grand opening event!



Coming Up...

***The 63rd Annual Scientific Meeting of
The Gerontological Society of America
November 19-23, 2010
New Orleans, LA***

Center on Aging and the Life Course

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