

# AGING EXCHANGE

TRACKING THE WAY WE AGE

**CALC**

Center on Aging and the Life Course

Spring 2008

## *The Bridge Program or Early Retirement?*

*-- Karis Pallone*

I remember the first time I drove into the retirement home parking lot that scorching hot Sunday afternoon in July. My mom, grandmother, 10-year old brother, and I had taken two days to drive from Baltimore, Maryland to West Lafayette, Indiana. "I'm 'home'", I thought while turning into the parking lot and feeling a twinge of excitement, curiosity, fear, and uncertainty. I parked my '93 Camry, a recent gift from my grandparents who decided to buy a newer car, outside of my apartment building and smiled. I was there to live, learn, and observe. My first observation -- my car, a mid-sized, tan sedan, looked just like all the other residents' cars in the lot. While my car fit in, I, on the other hand, would not. When I walked into Westminster Village two-and-a-half years ago, I became a resident of this retirement facility at the ripe old age of 24.

Westminster Village (WV), is located about three miles from Purdue's West Lafayette campus. I decided to live at WV to supplement my graduate studies in sociology and gerontology at Purdue. Pressed to describe it -- "it's like living with 200 grandparents." But that statement doesn't even begin to convey the wide array of circumstances, stories, and emotions that I have witnessed and experienced within WV's walls.



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It's impossible to live at WV and *not* think about my own grandparents on a daily basis. It's also impossible to study gerontology and *not* wonder "How will I age?" Sometimes it's scary to look at the loss and pain associated with old age. At WV, I've seen residents become widows and widowers. One of the most touching moments for me came when a resident who has been widowed for 10 years showed me a yellowed comic on her refrigerator door.

In the comic, an older woman is listening to a radio at a kitchen table, while a cherub-like man looks down from a cloud. A song comes on the radio, and the woman recognizes it, in fact, knows it by heart. Reminiscing, she cups her chin in her hands when the man in the cloud asks permission to come down to earth. He comes to the kitchen where the woman is sitting, still sporting his angel wings, and asks her permission to have one more dance to "their song." The last frame shows them having one last dance, before the man presumably returns to heaven. I asked the resident why this comic was on her refrigerator, and she responded that the song playing in the comic was the special song that she and her husband had claimed as theirs.

### The Bridge Program (cont.)

The heavy moments at the retirement home have been punctuated with warm, lighthearted moments. Like the time I walked down the hall at 7pm and could hear the “dings” of turning Wheel-of-Fortune letters emerging from beneath nearly every resident’s door. My high-heeled shoes have been a classic topic of conversation among the residents, who sometimes look at my shoes before looking me straight in the eye to say “hello.” And how will I ever live down my denial when my now-fiancée started frequenting Westminster dinners with me at the start of my retirement home adventure, and my insistence that he was “just a friend”?

Now I’m preparing to leave Westminster Village and embark on a new adventure -- marriage. I credit my Westminster experience with showing me that old age has its own unique set of joys, sorrows, and circumstances. Probably the biggest lesson for me to-date is learning that even though I study aging, I do not *know* what old age is like. This is why living with my Westminster friends has been such a joy and blessing – they have *shown* me some of the key ingredients of successful aging including having a sense of humor, holding onto good friends, and as one resident aptly put it, “being sassy.” I will carry my Westminster experience with me when I leave, and use my observations and experiences to help guide and inspire my research and my life. I extend sincere thanks to Dr. Kenneth Ferraro, Dr. Gerry Hyner, Joe Boorman, and Tetyana Pylypiv Shippee, for allowing and encouraging me to live at Westminster, and to the Westminster residents for their generosity, transparency, and welcoming me into their home.



Know a gerontology student who might be interested in the Bridge program?  
Contact [calc@purdue.edu](mailto:calc@purdue.edu)  
for more information.

### CALC Steering Committee 2007-2008

Special thanks go to the members of the Steering Committee for their thoughtful leadership this year.

\* Angela M. DeMano  
Sharon A. DeVaney  
Margaret A. Favorite  
Kenneth F. Ferraro  
Alan M. Friedman  
\* John O. Greene  
Gerald C. Hyner  
\* George McCabe  
\* Daniel Mroczek  
Markus Schafer  
Cleveland Shields  
J. Jill Sutor  
Joseph Thomas, III  
David J. Waters  
\* Christine M. Weber-Fox

\* those at the end of their term

### Center on Aging and the Life Course

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Kenneth F. Ferraro, Director  
David J. Waters, Associate Director  
Gerald C. Hyner, Associate Director  
Director, Gerontology Program  
Margaret (Peggy) Favorite, Assistant Director  
Ann Howell, Secretary  
John Yamich, Website Support



## Welcome New Faculty Associates



**MELISSA M. FRANKS**, PhD, joined the Family Studies faculty in the Department of Child Development and Family Studies at Purdue University in the fall of 2007. Her research program is focused on marital processes in the day-to-day management of chronic illness. Her current work is funded by the National Institute on Aging.

Melissa received her PhD in Social Psychology from Kent State University. She received postdoctoral training in gerontology through an NIA fellowship at the Institute of Gerontology, University of Michigan. Following her postdoctoral training, she joined the faculty at Wayne State University. She later returned to the University of Michigan in the Institute for Research on Women and Gender.

At Purdue, Melissa is a faculty partner and theme leader in the Center for Families, she is a faculty associate in the Center on Aging and the Life Course and a member of the Ingestive Behaviors Research Center. Her research is conducted through the Relationships and Healthcare Lab, in collaboration with Dr. Cleveland Shields.

After completing a PhD in Nursing from the University of Colorado Health Sciences Center, **ROBERTA SCHWEITZER** spent 2 years in a postdoctoral research fellowship at UCLA focused on health-related quality of life. During that time she was involved with research in interventions for women with chronic debilitating Rheumatoid Arthritis.

Since that time her research focus has been on enhancing quality of life and wellbeing in those living with chronic debilitating illness, with a special interest in the impact of the spiritual dimension and inner strength in coping with suffering. Using qualitative methodology, Dr. Schweitzer has completed exploratory work focused on elder men living with heart failure, and women surviving cancer.

Since coming to Purdue Roberta has been involved with a grant focused on enhancing quality of life and wellbeing in families with children through mental health promotion. She is also developing a collaborative research relationship with Dr. Bill Field and the School of Agricultural and Biological Engineering to promote mental health and enhance coping skills in elders and families in rural farming communities.



**SARAH MUSTILLO** joins the Department of Sociology as an associate professor after serving as an assistant professor at Duke University. Mustillo has a BA from the University of Notre Dame and an MA and Ph.D from Duke University in sociology. She specializes in medical sociology and quantitative methodology and has been an investigator and a statistical consultant on grants from the NIH and several private foundations. Her current substantive research examines gender and race differences in the relationship between maternal and child depression throughout childhood and adolescence, as well as parent-level mediators of that relationship. Her current methodological research is focused on issues related to measuring group differences in change over time in categorical models.

**TANSEL YILMAZER** is an assistant professor and the Cleo Fitzsimmons Young Faculty Scholar in the department of Consumer Sciences and Retailing at Purdue University. Her current research focuses on the factors affecting financial well-being, wealth accumulation, and saving choices of households, and the factors affecting the availability of credit to small businesses and consumers. Tansel received her Ph.D. in economics from the University of Texas at Austin. Prior to her graduate work at Austin, she completed her B.A. in business administration and her M.A. in economics at Bogaziçi University in Istanbul.



## Congratulations to our colleagues in the Center on Aging and the Life Course



The Gerontological Society of America recognized **Kenneth F. Ferraro** and **Tetyana Pylypiv Shippee** for Best Paper in the First Social Gerontology Award Competition, sponsored by the University of Maryland, Baltimore County. The winning paper was entitled *Aging and Cumulative Inequality: How Does Inequality Get Under the Skin?*

**Tansel Yilmazer**, an assistant professor in the Department of Consumer Sciences and Retailing since 2002, was named the Cleo Fitzsimmons Young Faculty Scholar in November 2007. This is a new award to recognize promising young faculty members in Consumer Sciences and Retailing by providing additional support for their research activities for a three-year period. The award is named in memory of Professor Emerita Cleo Fitzsimmons, who joined the Purdue faculty in 1946 as head of the Department of Home Management and is credited with introducing the field of family economics into the college.

**Robert W. Proctor** was named the Distinguished Professor of Psychological Sciences by the board of trustees of Purdue University.

A distinguished professorship is the highest academic distinction at the university, bestowed on professors of outstanding accomplishment. "This special recognition is for a select group of professors of who have achieved national and international prominence in the academic world," said Interim Provost Victor L. Lechtenberg. "Purdue and its students are fortunate to have educators of this caliber."

Proctor, a professor of psychology, has been at Purdue since 1988. His research focuses on the areas of basic and applied aspects of human performance and examines the relationship between perception and action. This includes how to map display components to controls so that response selection is fast and accurate, structure tasks so that more than one can be performed together efficiently, and characterize changes

**Karen Yehle**, assistant professor of nursing, was inducted into Purdue's Teaching Academy on February 26, 2008. The Teaching Academy recognizes scholar-teachers for outstanding contributions to teaching and learning.

At the annual Inventors' Recognition Dinner, recipients were honored for their discoveries that have resulted or may soon result in commercial applications that benefit society. Included in the issued patent holders recognized were **Dorothy Morré**, foods and nutrition, Center on Aging and the Life Course; and **Fred E. Regnier**, chemistry, Outstanding Commercialization Award.

**Mari Plikuhn**, sociology and anthropology, will receive a 2007-08 Purdue University Graduate Student Award for Outstanding Teaching. They were honored at the Celebration of Graduate Student Teaching on April 17, 2008.

in response-selection efficiency with practice and age. He also conducts research dealing with how to design systems and interfaces so that people can easily use them. Proctor has recently been conducting research relating to human



factors in Web security and privacy practices of Web users. His research has been funded by the Army Research office, National Institute on Aging, and National Science Foundation, as well as by private companies.

Proctor is a member of several journal editorial boards, has co-authored six books and co-edited two. He also has published numerous book chapters and journal articles and spoken at several conferences.

He is a fellow of the American Psychological Association and the Association for Psychological Sciences. He also is an honorary fellow of the Human Factors and Ergonomics Society.



## I WOKE UP ONE DAY WITH AN ACHE IN MY BACK

Richard C. Nelson, PhD

*Professor Emeritus, Educational Studies*

I woke up one day with an ache in my back  
Twenty-five years since, alas and alack  
With an ache in my back and a bulge in my belly  
With sags in my abs and my biceps like jelly  
Biceps like jelly and weak in the chin  
Rather poor shape was the shape I was in

A therapist told me, it was no surprise  
He said that I needed to open my eyes  
To open my eyes and to get off my duff  
“Your thoughts on activity just aren’t enough,”  
He said, and right then I went straight to the gym  
Looked at equipment and went for a swim

I went for a swim and I felt some relief  
I felt some relief and confirmed my belief  
That swimming was just what I happened to need  
I resolved to keep swimming in thought, word, and deed  
‘Cause when I missed days, oh the ache came again  
But when I swam often it banished the pain

A month or so passed and I’d kept to my pledge  
And realized then I’d regained my fine edge  
Regained my edge, then, and gone right on by  
The shape I’d been in, and I felt a real high  
I felt such a glow that I kept up the pace  
And now, far past sixty, I’m still in the race

“Your body mass index and treadmill results  
Your blood pressure, heart rate, and your resting pulse  
Are in the top decile for people your age,”  
A therapist told me, then rechecked the page,  
“At your age, you’re well past per cent ninety-nine”  
I beamed, then he checked out just one other line

“You’d be above average,” he announced with a grin  
“For twenty-year-olds, that’s the shape you are in”  
That’s the shape I am in, which I tell not to brag  
If you, just like I had, find your muscles sag  
From your muscles’ sag you can surely escape  
And tone up and get all your muscles in shape  
Your muscles in shape, then, will better your score  
On the scorecard of life, and you’ll love your life more

## Faculty Associates of CALC Research Funding 2007-08

Richard D. Mattes, **Wayne W. Campbell**, James R. Daniel, and **George P. McCabe**, foods & nutrition, College of Science administration, from National Institutes of Health, “Food Rheology and Feeding in Lean and Obese Humans.” \$225,129.

**Wayne W. Campbell**, James R. Daniel, and Richard D. Mattes, foods & nutrition, from National Institutes of Health, “Food Rheology and Exercise in Aging Humans.” \$279,761.

**Sharon A. DeVaney**, consumer sciences & retailing, from Kentucky State University, “Older Minority, Women, Small and Tobacco Farmers Face Strategic Decisions Phase 1 and II.” \$15,000.

**Nancy E. Edwards**, nursing, from Health Resources & Services Administration, “Nurse Practitioner Education in Rural Indiana Settings.” \$22,959.

**Stephen J. Elliott**, industrial technology, from UPEK Inc. “Fingerprint Sensor Enrollment.” \$4,187.

**Stephen J. Elliott**, industrial technology, from American National Standards Institute, “JTC1 Maintenance Contract.” \$5,000.

**James C. Fleet**, and Paul W. Snyder, foods & nutrition, veterinary pathobiology, from PHS-NIH National Cancer Institute, “Colon-Specific Transgenic Mouse for Cancer Research.” \$152,500.

**Alan M. Friedman**, biological sciences, from Dartmouth College, “Integration of Multimodal Experiments for Protein Structure Amendment 2.” \$106,175.

George E. Moore and **Lawrence T. Glickman**, veterinary pathobiology, from Morris Animal Foundation, “Incidence and Breed-Related Risk Factors for NSAID-Associated Adverse Events in Dogs.” \$26,409.

George E. Moore. and **Lawrence T. Glickman**, veterinary pathobiology, from Morris Animal Foundation. “Incidence and Breeding Related Risk Factors for NSAID-Associated Adverse Events in Dogs.” \$5,400.

**Harm HogenEsch**, veterinary pathobiology, from The Jackson Laboratory, “CPDM: Cloning a Gene that Regulates Eosinophil Function.” \$52,460.

**Harm HogenEsch**, veterinary pathobiology, from Dow Agrosciences, “Investigation of Immune-Stimulating Characteristics of a Plant Cell Produced Influenza Vaccine” \$46,726.

Chang H. Kim and **Harm HogenEsch**, veterinary pathobiology, from PHS-NIH The National Institute of Diabetes and Digestive and Kidney Diseases, “Therapeutic Delivery of FOXP3+ T Cells to the Intestine.” \$260,870.

Chang H. Kim, Ourania M. Andrisani, and **Harm HogenEsch**, veterinary pathobiology, basic medical science, from PHS-NIH National Institute of Allergy and Infectious Diseases, “FOXP3+ Regulatory T Cells of Mucosal Tissues.” \$336,548.

**Shelley M. MacDermid**, College of Consumer & Family Sciences, from Families and Work Institute, “2007 National Study of the Changing Workforce.” \$15,000.

Frank S. Rosenthal, Neil J. Zimmerman, and **James D. McGlothlin**, health sciences, from PHS-CDC National Institute for Occupational Health & Safety, “Occupational Safety and Health Training Grant.” \$15,000.

**Dorothy M. Morré**, foods and nutrition, from NOX Technologies, Inc., “Testing of Selected Plant Extracts in Cell Grown in Culture.” \$10,000.

**Daniel K. Mroczek**, child development & family studies, from PHS-NIH National Institute on Aging, “Personality and Well-Being Trajectories in Adulthood.” \$346,291.

**Daniel K. Mroczek**, child development and family studies, from University of Wisconsin-Madison, “Integrative Pathways to Health and Illness.” \$53,344.

**Daniel K. Mroczek**, child development and family studies, from University of Wisconsin-Madison, “Integrative Pathways to Health and Illness, Amendment I.” \$98.

Phillip S. Dunston and **Robert W. Proctor**, civil engineering, psychological science, from National Science Foundation, “Skill Development and Transfer from Virtual Training Systems.” \$130,000.

**Robert W. Proctor**, psychological sciences, from University of Colorado. “Training Knowledge & Skills for the Networked Battlefield.” \$38,126.

**Fred E. Regnier**, chemistry, from National Institutes of Health, “Mitochondrial Proteomics of Aging.” \$231,441.

**Fred E. Regnier**, chemistry, from the University of Texas Health Science Center at San Antonio, “Role of Oxidative Damage to Specific Molecules in Aging – Amendment 4.” \$71,114.

**Fred E. Regnier**, Jiri Adamec, and Xiang Zhang, chemistry, Bindley Bioscience Center, from PHS-NIH National Cancer Institute, “APT: The Analytical Proteomics Team” (a Discovery Park award – Bindley Bioscience Center). \$1,193,024.

**Shirley Rietdyk**, health & kinesiology, from North America Society for the Psychology of Sports and Physical Activity, “Postural Control of Inverted and Upright Stance.” \$500.

**Cleveland G. Shields**, child development & family studies, from PHS-NIH National Cancer Institute, “Racial Differences in Physician-Patient Communications for Cancer Pain Management.” \$159,922.

**Joseph Thomas** and Bruce A. Craig, pharmacy practice, statistics, from Alzheimers Association, “Relationship Between Medication Use and Physical and Cognitive Functioning in Patients with Dementia in Nursing Homes.” \$237,054.

**David J. Waters**, veterinary clinical sciences, from Gerald P. Murphy Cancer Foundation, “Activities that Support the Research and Communication Efforts of Professor David J. Waters.” \$20,343.

**Connie M. Weaver**, foods & nutrition, from Tate & Lyle Ingredients Americas, Inc., “Effect of Various Fibers on Calcium Absorption and Mineral Balance (Tate and Lyle).” \$115,778.

**Connie M. Weaver** and Jon A. Story, foods & Nutrition, from Tate & Lyle Ingredients Americas, Inc., “Effect of Various Fibers on Calcium Absorption and Mineral Balance (Tate & Lyle).” \$44,661.

**Oliver Wendt**, educational studies, from Purdue University, “The Effectiveness of Functional Communication Training for Children with Autism: A Comparative Efficacy Study on the Impact of Different Replacement.” \$20,000.

**Oliver Wendt**, educational studies/speech, language and hearing sciences, from American Speech-Language-Hearing Foundation, “Advancing Academic-Research Careers.” \$5,000.

**Min Zhang**, statistics, from Indiana University, “Early Cancer Detection and Prognosis through Glycomics.” \$57,195.

**Wei Zheng**, health sciences, from National Institutes of Health, “Chorioid Plexus as a Target in Metal-Induced Neurotoxicity.” \$356,346.

#### 2007-2008 Showalter Trust Award

Stacey Mobley, Andy Tao and **Laura Sands**, foods and nutrition, biochemistry, nursing. “Novel Proteomic Approaches for Early Detection of Metabolic Syndrome in Obese Adults.” \$75,000.

#### Clifford Kinley Trust Awards

**Cleveland Shields**, child development and family studies. “The Effectiveness of Guided Imagery in Reducing Bone Cancer Pain: A Pilot Study.” \$20,000.

#### 2007 International Travel Grants:

**Stephen Elliot**, industrial technology, “International Standards Organization Meeting for Biometrics.” Wellington, New Zealand.

**J. Jill Suitor**, sociology, anthropology, “International Sunbelt Social Network Conference.” Corfu, Greece.

#### Seed for Success Awards

**Fred E. Regnier** (PI), Jiri Adamec; Xiang Zhang. *APT: the Analytical Proteomics Team*.

**J. Jill Suitor**, *Parent Adult-Child Relations: Within Family Differences*.

**Connie M. Weaver**, (PI), Jiri Adamec, Mario Ferruzzi, Elsa M. Janle, Daniel M. Raftery. *Protective Roles of Grape-Derived Polyphenols in Alzheimer's Disease*.

### Lynn Fellowships 2008-09

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 fellowships for the upcoming school year to:

**Christine R. Blomeke**

Industrial Technology  
Dr. Stephen J. Elliott, advisor

**Abigail Howard**

Sociology  
Dr. J. Jill Suitor, advisor

We look forward to meeting these new gerontology students and welcoming them to the Center on Aging and the Life Course.



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## Gerontology Courses – Fall 2008

COURSE	TITLE	PROFESSOR	HOURS	CREDITS
CDFS 685M	Multilevel Modeling Development & Family Research	Dan Mroczek	Th 8:30 -11:30	3
SLHS 519A	Aging and Communication	Jessica Huber	M W F 2:30 -3:20	3
SLHS 540	Augmentative & Alternative Communication Cross listed with EDPS 562	Lyle Lloyd	TBD	3
SOC 572	Comparative Health Care	Jim Anderson	T & Th 3:00 - 4:15	3
SOC 573	The Human Side of Medicine	Jim Anderson	T & Th 4:30 - 5:45	3
SOC 681	Selected Problems of Social Research: Longitudinal Data Analysis	Kenneth Ferraro	T & Th 9:00 -10:15	3
CDFS 633	Adult Development and Relationships	Karen Fingerman	T 1:30 - 4:40	3