

AGING EXCHANGE

TRACKING THE WAY WE AGE

Winter 2012

Dual-title PhD: Disciplinary Depth & Interdisciplinary Breadth

Dr. Aleda Chen ('11) is an Assistant Professor of Pharmacy Practice at Cedarville University.

I came to Purdue specifically because of CALC. I couldn't find any other university that offered me the opportunity to study the life course from an interdisciplinary perspective. I consider myself extremely blessed to have been able to spend 5 years learning from & working with the faculty, staff, and students of CALC.



Students graduate from our gerontology program with either a graduate minor or dual-title PhD. But where do they go from here? When the Center on Aging and the Life Course established the first dual-title PhD in gerontology and a related discipline in 2006, one of the advantages was a more expansive job market. Opportunities for academic gerontologists are found in both discipline-based departments and interdisciplinary gerontology departments. Although most of our alumni head for research and teaching in higher education, there are Purdue-trained gerontologists in healthcare, national policy institutions, private therapy practice, medicine, pharmacies, and fitness centers. Purdue gerontology alumni are found all over the world – Canada, Greece, India, Korea, Malaysia, Taiwan – and in twenty of our United States of America.

One graduate at a time, the Purdue Gerontology Program is changing the face of aging research, policy, and practice on a global level. Our unique perspective on aging – through a long lens that focuses on the entire life course – offers insights on optimal aging that apply to all stages of life. It is our goal to equip the next generation of leaders, both in practice and in scholarship, with an understanding of interdisciplinary research and its far-reaching effect. The challenges of aging are different for an individual or a population, and our alumni are well-prepared to assess and address those challenges on any level.

We've been checking in with our alumni, continuously looking for ways to better prepare our students for the world beyond their degrees. Some of their comments about CALC and the Gerontology Program are included here. Be sure to check out their full profiles on our website: www.purdue.edu/aging.

Dr. Tim Wright ('08) is an Assistant Professor of Health Education at the University of Wisconsin-Stevens Point.

During the time that I was working on my Master's degree, I had the opportunity to work with older adults in health and fitness settings. When I discovered that Purdue had an interdisciplinary Gerontology program, I was sold.



Dr. Andres Carrillo ('10) is post-doctoral fellow at the Centre for Research and Technology Thessaly in Trikala, Greece. In August 2012 he will be starting a new position as Assistant Professor at Chatham University in Pittsburgh, PA.



Being a part of this unique program has really changed my professional life. I really appreciate the unique opportunities I was offered by CALC and would recommend this program to any motivated student from any discipline.

Dr. April Stull ('07) is an Instructor at Pennington Biomedical Research Center (PBRC).



It is important for researchers in different disciplines to interact in order to fully understand the aging process. Purdue's Center on Aging and the Life Course provides this type of synergy between researchers and also cultivates well-rounded students that eventually become competitive researchers.

A Learning Summer by Kathy Berlin



I was flattered when asked to write about my research and experience collecting data for the *Aging Exchange*. Then, I was terrified. Write about the *qualitative* portion of my data collection to mostly quantitative researchers?

However, I realized I do have something to share. For my dissertation research, I spent an entire summer interviewing active older women to find out why they stay active. I talked to women involved in four different activities—walking, bowling, golfing, and swimming—to better understand the meanings they attach to leisure time physical activity and how those meanings contribute to successful aging. From June until September, I interviewed 80 women ranging in age from 60 to 91. Although the average age was 72, many of the women I talked to were in their late 70's to mid 80's.

What a summer!

To say this was one of the richest, most fulfilling, times of my life would imply that I lead a rather boring life. I don't. Yet, it *was* a deeply fulfilling and inspirational summer. I walked close to 100 miles while interviewing and recording women. I participated in numerous golf outings, trying to scribble notes in between figuring out which club to use next. I spent mornings in the pool, bobbing up and down while getting to know women who participated in water aerobics and swimming. I hiked Brown County, an eleven mile hike

that was uphill *both ways* and struggled to keep up with the 78 year old man leading the hike. I sat in bowling alleys (smoke free although the smell still lingers) and ate glazed donuts. (Heavenly.) I went to lunch with the “girls,” laughing until my stomach hurt from the carefree banter and insults tossed among “old ladies.” I struggled to keep from crying as a woman broke down and cried during our interview, saying she had not reminisced about her life for years.

I learned that the key to successful aging is to bowl twice a week. I learned that joining a swim team is a good way to meet single men when you're 72 years of age. I learned that living a good life has to do with keeping your marbles as well as your body fit. I found that older women don't like to take their cell phones with them when they leave the house and are almost impossible to interview because they can't find time in their busy schedules to sit and talk. I learned that 76-year

Steering Committee 2011-2012

Kenneth F. Ferraro, Director
David J. Waters, Associate Director
Peggy Favorite, Assistant Director
Kathy Berlin
Alexander Francis
Jeffrey M. Haddad
Kimberly S. Plake
Laura P. Sands
Nicholas Turiano
Sharon R. Williams
Karen S. Yehle

Center on Aging and the Life Course

Suite 310 Hanley Hall
1202 W. State Street
West Lafayette, IN 47907-2055
765-494-9692

www.purdue.edu/aging

See us on facebook, linking research and people.

Ann Howell, Secretary
John Yamich, Website Support

old men would call to find out the phone number of the woman I sat with at the hiking club picnic. I found that women equate lifting weights to watching paint dry and would rather clean house than get on a treadmill. I learned that finding a new activity when you're 74 years of age is challenging, invigorating, and meaningful.

So, what did I experience?

I completed my data collection concerning physical activity and aging at the end of September. I still can't answer the question "what is successful aging?" but I do have a new perspective on the many facets of success. Laughter. Friends. Attitude. Competition. Family. More friends. Wine. Adapting to loss. God. Single men. Good food.

More importantly, I spent the summer experiencing aging through the lives of many vibrant women who live life fully and with energy. To trot beside an 88-year old woman during a six-mile walk and listening to her life narrative is inspiring. To watch a 91-year old

woman throw a 14-pound bowling ball down a lane and get a strike is humbling. To say I was touched by the lives of these women is an understatement; these women truly taught me about living, giving, and growing older.

So what do I have to share? Data collection is rewarding and often exhausting. However, what I thought was going to be an educational foray into data collection actually turned out to be an opportunity to understand aging by those in the latter years of aging. My hope would be that every student of gerontology has this type opportunity to spend with older individuals. May we all live long enough to understand their message on aging successfully.



Kathy Berlin is a dual-title PhD candidate in health & kinesiology and gerontology. Her passionate interest in physical activity is enduring; Kathy formerly owned and operated a strength and conditioning facility and worked with older adults in strength training, core and functional group training, as well as rehabilitation.

TECHNOLOGY ALERT -- NEW RESOURCE

CALC is developing a channel on Utube that will provide pre-screened videos on topics important to the study and experience of aging. If you are cruising Utube and find something you think should be added to our channel, please send the link, via email, to favorite@purdue.edu for consideration.



Thank You for Your Support!

In this issue of Aging Exchange are stories of students and teachers working on the challenges of optimal aging. You can support their research experiences through a gift to the Center on Aging and the Life Course. In 2011, gifts from the following generous donors helped set up our new office suite in beautiful new Hanley Hall, supported monthly colloquia on various aspects of aging research, and allowed our students to attend national professional meetings. We thank them for their philanthropy and ask you to join them, by mailing your contribution in the attached envelope.

2011 Donors

Dr. Wayne W. Campbell
Dr. Aleda M. Chen
Dr. Kenneth F. and Linda C. Ferraro
Mr. Jon Hung and Dr. Ya-ping Su
Dr. Yunqing Li and Dr. Bin Yao

Dr. Michael D. and Jennifer J. Murray
Mrs. Mary A. Perigo
Mr. Robert E. and Mrs. Jean Cue Pownall
Drs. Timothy D. and Laura P. Sands
Dr. Oliver Wendt

2011 Outstanding Graduate Student Paper Award *American Sociological Association Section on Aging and the Life Course*



Both mentees of Dr. Ken Ferraro, Markus H. Schafer, PhD ('11), is an assistant professor of sociology at the University of Toronto and Lindsay Rinaldo Wilkinson is a PhD student in sociology.

This year's recipients are Markus H. Schafer and Lindsay A. Rinaldo for their paper entitled "Childhood Conditions, Educational Attainment, and Adult Health: Who Benefits the Most from College?"

According to Schafer and Rinaldo's abstract, college-educated adults are healthier than other people in the United States, but selection bias complicates our understanding of how education influences health. Their article focuses on the possibility that the health benefits of college may vary according to childhood (mis)fortune and people's propensity to attain a college degree in the first place. Several perspectives from life course sociology offer competing hypotheses as to whether the most or the least advantaged see the greatest return of a college education. Schafer and Rinaldo use a national survey of middle-age American adults to assess risk of two cardiovascular health problems and mortality. Results from propensity score and hierarchical regression analysis indicate that the protective effect of college attainment is indeed heterogeneous. Further, the greatest returns are among those least likely to experience this life course transition. Explanations for this selection effect are offered, along with several directions for future research on the health benefits of completing college.

Mentoring Matters

Mentors make the difference in the Gerontology Program. Mentoring involves student and instructor – or junior and senior colleague – an opportunity for personalized, individual support. All mentors are teachers, whether they stand in front of a classroom or not, but not all teachers are mentors. It takes a mindset and spirit of selflessness and encouragement, dedication to the mentee's potential. Long after the dissertation is deposited and the degree is awarded, the mentoring relationship often remains strong throughout an academic career.

The Center on Aging is proud to recognize Dr. Laura P. Sands, Katherine Birck Professor of Nursing, as the 2011 Outstanding Teacher Award for exceptional teaching and mentoring of emerging scholars in aging. As she accepted the award at the Fall Symposium, Dr. Sands spoke passionately about the joys of watching students grow and evolve into scholars – like blossoms unfolding. Her students consistently remark on her willingness to extend herself and her holistic support throughout the challenges of graduate school, despite her extensive research agenda.



The Behavioral and Social Sciences section of the Gerontological Society of America (GSA) has bestowed on Dr. Kenneth F. Ferraro, Distinguished Professor of Sociology and Director of the Center on Aging and the Life Course the Distinguished Mentorship in Gerontology Award.

The Distinguished Mentorship in Gerontology Award is given to individuals who have fostered excellence in, and had a major impact on, the field by virtue of their mentoring, and whose inspiration is sought by students and colleagues. The mentor must have had an influence on graduate, undergraduate, or professional students or junior colleagues, as evidenced by the number and accomplishments of his or her proteges. The nominee's influence on the next generation of gerontologists also may be evident through training programs, research on and written materials associated with pedagogy (e.g.,

textbooks, articles), supervising research, or providing clinical training.

Dr. Roland Thorpe, Jr. ('04), Assistant Scientist at the Bloomberg School of Public Health, Center for Health Disparities Solutions, Johns Hopkins University was one of Ferraro's nominating mentees. Thorpe concludes his letter of nomination with "... I cannot fathom where I would be or what I would be doing if it were not for Ken's phenomenal mentorship. My mentoring relationship with Ken has given me a blueprint of how I should mentor people when that time comes. That he is a distinguished scholar who has devoted his career to developing young scientists in the field of health disparities and aging is a testament to his selflessness. Ken is well deserving of this Award."



Professor Ken Ferraro (center) with some of his mentees: (from left) Jessica Kelley-Moore, PhD ('03), Associate Professor of Sociology, Case Western Reserve University; Roland Thorpe, PhD ('04), Assistant Scientist, Bloomberg School of Public Health, Johns Hopkins University; Patricia Morton, PhD student in sociology and gerontology; Tetyana Pylypiv Shippee, PhD ('08), Assistant Professor, School of Public Health, University of Minnesota; Janet Wilmoth, PhD, Professor of Sociology and Director of the Gerontology Program, Syracuse University.

CALC faculty associates' research awards

July - October 2011

Edward L. Bartlett; biomedical engineering, from Deafness Research Foundation, "Cellular Bases of Central Auditory Temporal Processing." \$25,000.

Nancy E. Edwards; nursing, from PHS-NIH National Center for Health Resources and Services Administration, "Rural Advanced Practice Nursing: Post Business to MS/DNP." \$279,325.

Melissa M. Franks, Jakob Jensen; Shelley MacDermid Wadsworth; Carol J. Boushey and Connie M. Weaver; child development & family studies, communication, consumer & family sciences, foods & nutrition, from PHS-NIH National Institute of Child Health and Human Development, "Emerging Research on Families and Health." \$6,000.

Jessica E. Huber and James T. Jones; speech, language & hearing sciences, biomedical engineering, from Alfred Mann Institute for Biomedical Development at Purdue (AMIPurdue), "Hypophonia Therapy Device Superficial Femoral Artery (SFA)." \$18,109.

Jessica E. Huber; speech, language & hearing sciences, from Lions Club, "Lions Club Support of Assessment of Respiratory Treatments for Deficits in Speech Naturalness Associated with Parkinsons Disease." \$500.

Shelley MacDermid Wadsworth and Sarah A. Mustillo; child development & family studies, sociology, from Department of the Army, "Understanding Effects of Multiple Deployments and Promoting Resiliency in Families and Children of Deployed Service Members." \$804,262.

Frank S. Rosenthal; James D. McGlothlin, Neil J. Zimmerman, Gary P. Carlson, and Wei Zheng; health sciences, from PHS-CDC National Institute of Occupation, Safety, Health, "Occupational Safety and Health Training Grant." \$103,575.

James D. McGlothlin; health sciences, from Teleflex Medical, "Evaluation and Control of Waste Anesthetic Gas (Nitrous Oxide) in the Post Anesthesia Care Unit (PACU)." \$20,000.

James D. McGlothlin; health sciences, from Multi-Sponsored Industrials, "Ergonomics." \$10,000.

Daniel K. Mroczek; child development & family studies, from University of Wisconsin- Madison, "Integrative Pathways to Health and Illness (Psychosocial Contributors to Health & Illness)." \$43,103.

Daniel K. Mroczek; child development & family studies, from PHS-NIH National Institute on Aging, "Personality and Well-Being Trajectories in Adulthood." \$424,208.

Jon A. Story, Margie E. Snyder, Karen S. Hudmon, and Michael D. Murray; graduate school administration, pharmacy practice, from IU School of Medicine, "Indiana Clinical and Translational Sciences Institute (CTSI) Young Investigator Award." (a Discovery Park award — Bindley Bioscience Center) \$69,693.

Michael D. Murray; pharmacy practice, from Indiana University, "NCRR Administrative Supplement to Advance Translational (T1 & T2) Research CI Net." \$53,127.

Michael D. Murray; pharmacy practice, from Regenstrief Institute, Inc, "Regenstrief Center for Healthcare Improvement and Research (RCHIR) Project." \$27,059.

Murray, Michael D; pharmacy practice, from Indiana University "Indiana Prospect." \$66,170.

Michael D. Murray; pharmacy practice, from Regenstrief Institute, Inc, "Observational Medical Outcomes Partnership (OMOP) 2011 Research Collaborations." \$54,118.

Laura P. Sands; nursing, from University of California - San Francisco, "Patho-physiology of Postoperative Delirium in Older Patients, Amendment 2." \$55,985.

Dorothy Teegarden, Robin S. Adams; Christopher R. Agnew, Deborah W. Knapp, James F. Leary, Sophie A. Lelievre, and Cleveland G. Shields; foods & nutrition, engineering education, psychological science, veterinary clinical science, basic medical science, child development & family studies, from PHS-NIH National Cancer Institute, "Interdisciplinary Cancer Prevention Research Internship." (a Discovery Park award — Oncological Sciences Center). \$310,593.

Joseph Thomas; pharmacy practice, from Pfizer, Inc, "Health Outcomes Research." \$84,920.

Philip J. Troped; health and kinesiology, from American Heart Association, "K. Tamura - 2011 AM Heart Fellowship - Spatial Analysis of Physical Activity, Obesity, and the Built Environment." \$52,000.

Connie M. Weaver and George P. McCabe; foods & nutrition, statistics, from PHS-NIH National Institute of Child Health and Human Development, "Calcium Metabolism in Mexican American Adolescents." \$510,492.

CALC faculty associates' research awards

July - October 2011

Connie M. Weaver; foods & nutrition, from Amorphical Ltd, "The Effect of Amorphous Calcium Carbonate on Rat Bone Strength." \$561.

Connie M. Weaver; foods & nutrition, from PHS-NIH National Institute of Child Health and Human Development, "Calcium Metabolism in Mexican American Adolescents-Diversity Supplement." \$31,912.

Christine M. Weber-Fox; speech, language and hearing sciences, from Lynn Interdisciplinary Graduate Fellowship, "Mohan, Ranjini." \$17,096

Min Zhang; statistics, from Indiana University, "Early Cancer Detection and Prognosis through Glycomics." \$54,163.

Ulrike Dydak, Frank S. Rosenthal, and Wei Zheng; health sciences, from PHS-NIH National Institute of Environment Health Science "Neuroimaging for Early Diagnosis of Manganese Toxicity in Humans and Rodents." \$534,677.

Connie M. Weaver, Richard J. Kuhn, Carol J. Boushey, Wayne W. Campbell, Alan H. Rebar, Jon A. Story, George R. Wodicka, James F. Leary, George P. McCabe, John J. Turek, Stephen R. Byrn, Lynetta Freeman, Richard D. Mattes, George E. Moore, Michael D. Murray, Dorothy Teegarden, William G. Van Alstine, and Steven M. Witz; foods & nutrition, biological sciences, Vice President for Research, Graduate School Administration, biomedical engineering, basic medical science, science administration, industrial & physical pharmacy, veterinary clinical science, comparative pathobiology, pharmacy practice, Bindley Bioscience Center, from Indiana University School of Medicine, "Indiana Clinical and Translational Science Institute (CTSI) Year 4 Funding." (a Discovery Park award Bindley Bioscience Center) \$792,197.

Oliver Wendt, PhD ('06) Dr. Oliver Wendt is an Assistant Professor in the Departments of Speech, Language, and Hearing Sciences, and Educational Studies at Purdue University.

I graduated my first doctoral student last summer (Dr. Miriam Boesch – now assistant professor at the University of Northern Texas) and recently published my first textbook on assistive technology for communication disorders. Again, these accomplishments were possible because of the rich and intense training, and the "spirit" for sound research and mentoring that Purdue and the Gerontology program are modeling. I am looking forward to seeing the Purdue Gerontology Program grow further and am very proud to serve as a faculty associate. It has been and still is an amazing experience!



Faculty Associates Oliver Wendt, PhD ('06) and Lyle Lloyd, PhD, have published a new textbook, *Assistive Technology Volume 4 Principles and Applications for Communication Disorders and Special Education*

This book provides readers with vast knowledge of practical applications, theoretical models, services and evidence-based solutions in the areas of assistive technology (AT) and augmentative and alternative communication (AAC). It aims to equip practicing clinicians, educators and students with the necessary background to use AT and AAC with their clients. This book also sheds light on the many different roles and functions of AT and AAC for a large variety of clinical populations, and suggests solutions the reader can implement immediately. Although a particular focus is set on communication disorders, described applications and resources also apply to individuals with developmental disabilities and sensory impairments. In addition to outlining most recent low and high technology, this book makes a particularly strong effort to teach general principles and guidelines for successful AT and AAC interventions regardless of what particular technology is used.

Spring 2012 CALC Symposia

January 20 12:30pm Hanley 136
Laura P. Sands, Katherine Birck Professor of Nursing
Insufficient Help for ADL Disabilities and Risk for All-Cause Hospitalization

February 17 12:30pm Hanley 136
Jessica Huber, Associate Professor of Speech, Language, and Hearing Sciences
A New Treatment, SpeechVive™, for Patients with Parkinson's Disease

March 23 10:00am-1:30pm Anniversary Drawing Room, PMU
Scholars in the Spotlight and Spring Luncheon

April 19-20 Symposium
Closing Plenary -- Katherine S. Newman
James B. Knapp Dean of The Zanvyl Krieger School of Arts and Sciences, Johns Hopkins University
From Street to Elite: Ethnographies of Youth in the 21st Century
Brian Kelly, PhD, Associate Professor of Sociology and Anthropology

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!