

# AGING EXCHANGE

1965 1970 2025 2035 2045  
**CALC**  
Center on Aging and the Life Course  
*Optimal Aging — For Life*

TRACKING THE WAY WE AGE

Winter 2013

## Research on Healthy Aging with Botanicals

Every year, new information emerges about the important role of plant-foods in reducing age-associated diseases like Alzheimer's, osteoporosis, and cancer. However, many commercially available botanical dietary supplements are not well-investigated, with some even having illegal labeling claims of the ability to treat or prevent disease.

At the same time, researchers repeatedly demonstrate strong evidence of certain eating patterns or even certain foods containing these botanicals which are associated with lowered disease risk. To promote better processing and research techniques, and improve understanding of the role of botanicals in healthy aging, Purdue University and the University of Alabama collaboratively developed the Botanicals Research Center for Age Related Disease.

Investigating botanicals' roles in nutrition and health is a complex process. Basic questions, such as extraction methods, storage stability, and the body's ability to use these plant products, must be examined before disease treatments with food can be pursued. To address this, a highly interdisciplinary team of 17 co-investigators was assembled to investigate foods like grape seeds, isoflavones, and green tea. Connie Weaver, Distinguished Professor and Department Head of Nutrition Science at Purdue, summarized the strategy simply. "Complex problems require interdisciplinary teams to address them," an approach familiar to most of us at the Center on Aging and the Life Course.

Plants have a tremendous amount of variation in biological potential due to factors such as species differences, geographic location, local environment, and storage requirements. As a foundation of the botanicals investigation, Jim Simon of Rutgers University addressed sourcing and quality of the plants. Simon genetically profiled the plants and their extracts, which are now archived for permanent reference. This careful planning provides researchers with quality botanicals to investigate or reproduce in the laboratory.

Several studies have used this work as a foundation to create botanicals enriched with harmless radioactive tags, such as carbon-14 and calcium-41. The enriched research botanicals can then be eaten and further studied based on how the molecules interact with different tissues. These tissues are then collected for further analysis. One noteworthy collection technique includes a special ultrafiltration probe designed in part by Dr. Elsa Janle, an Associate Research Professor in Purdue's Nutrition Science. This technology allows "snapshots" of chemical interactions in an animal's body for a better understanding of how the body changes in response to these foods.

Purdue has unique capabilities that make detection of very small quantities of the radio-labeled chemicals possible. Using Accelerator Mass Spectrometry (AMS), researchers can examine how polyphenols and other potentially health-benefiting chemicals might interact with other foods when eating a meal, how effective the chemical is, what the appropriate dosage would be, and identify potential safety issues.



Connie Weaver, PhD,  
Distinguished Professor and Head of Nutrition Science

“The application of high technology to health questions was very exciting to me,” said Weaver. “We developed the rapid screening method for effective interventions for reducing bone loss in postmenopausal women using Calcium-41 and AMS.” This technology allowed researchers to examine the usefulness of commercial supplemental isoflavones, plant-derived compounds that may mimic estrogen in the body, as estrogen replacement therapy for prevention of bone loss. Weaver’s lab was able to demonstrate that soy isoflavone therapy at 0-135.5 milligrams per day had no effect on decreasing the amount of bone reabsorbed in healthy post-menopausal women. Using previous techniques, it would have required many years to provide similar data.

As part of the Botanicals Research Center for Age Related Disease, investigators also studied how certain foods may reduce inflammation in the body. “Inflammation is an underlying mechanism of many chronic diseases”, explained Weaver. “Many fruits and vegetables contain



Elsa Janle, PhD,  
Associate Research Professor,  
Nutrition Science

many anti-inflammatory compounds.” Grapes and grape seeds extracts (GSE) are of interest for their potential anti-inflammatory benefits, which might protect the brain against age-related diseases such as Alzheimer’s. Rats were given GSE-enriched diets for 6-weeks at which time their brains were examined for changes in certain proteins. The researchers’ findings were consistent with GSE providing

a protective effect to the brain, demonstrating for the first time that specific disease-associated proteins had changed in response eating a complex botanical ingredient.

In addition to research, training new scientists in botanicals and aging was another important component of the Botanicals Research Center. Courses as well as an annual symposium were held for graduate students at Purdue. Some of these students transitioned to post-doctoral fellowships at other Botanical Research Centers, became faculty members at other universities, or obtained research positions in the food industry.

Though the grant that funded the initial development of the botanicals center has expired, collaborations initially established from that work continue to enhance exciting new research and influence future directions. Subsequent grants have been awarded based on data gained from the Botanicals and Bioavailability research core. In 2006, in conjunction with Mt. Sinai Medical School, an NIH Center for Excellence Research for Grape Derived Polyphenolics and Alzheimer Disease was established. Further work on Alzheimer’s Disease has continued under the Center of Excellence for Research on Complementary and Alternative Medicine (CERC).

Research on the role of botanicals in healthy aging continues to be a young, but expanding, field. Based on Purdue’s leading role in this topic through research and training, significant progress is expected to advance consumer health, safety, and potentially longevity through nutrition.



Christine E.M. Keller,  
PhD candidate  
Interdisciplinary Program in  
Nutrition with Gerontology Minor

***Applying Botanical Insights to Healthy Eating:*** Although most of us want clear guidelines for eating specific foods, it may take years of research to develop formal recommendations. Nevertheless, most people can reap the benefits of this botanicals research by simply increasing their intake of fruits and vegetables. Weaver recommends choosing lots of “berries and colorful plant foods” when making food selections. Additionally, personalized dietary recommendations can be found using ChooseMyPlate at [www.supertracker.usda.gov](http://www.supertracker.usda.gov).





## No Age Limit in Blue Yonder: United Flying Octogenarians (UFOs)

While some might argue that flying or even driving takes more concentration and caution for older adults, the United Flying Octogenarians (UFO hereafter) shows that there is no age limit on actively remaining a pilot in command. Presently, the UFO has 942 members spread across the United States and Canada as well as members all around the globe. The group, founded in 1982, hosts annual conventions around the world. There is one condition to join the membership: pilots must have flown an aircraft after turning 80.

These exceptional octogenarian/nonagenarian pilots have retained valuable flying skills through retraining as well as biannual flying check-ups that compensate for the loss of reflexes that comes with older age.

A 2012 survey of 655 UFOs members reveals that the group remains relatively active and healthy—better than the national average for persons their age. Most UFOs were within the normal weight range (83%) and reporting being regular exercisers (82%). Only a few were current smokers.

Their overall good health was also reflected in how they rated their health: most pilots rated their health as excellent or good (88%). Being healthy and active appears to be an

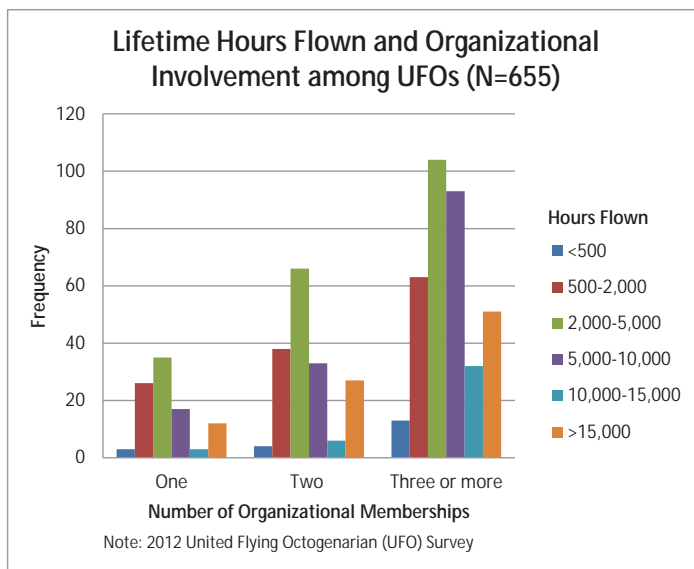
important motivator for older pilots since most of them believe that their good health primarily enabled them to fly at age 80 or older. The regular biannual medical check-ups may be another vital part for the pilots to maintain good health and to retain their license.

Beyond physical activity, these pilots also frequently engage in stimulating cognitive activities. Most of the sample appears to be actively reading (85%) in addition to engaging in problem solving activities such as crossword puzzles or chess. Over half also use the Internet, which is particularly interesting given their age. These pilots also participate in several voluntary associations, with more than half being involved in more than 3 organizations including UFO. This might be a spillover effect of being an active pilot since some pilots might make charitable trips that fly patients to hospitals from home, in addition to flying for leisure.

The majority of these pilots have flown between 2,000 to 5,000 hours over their lives—a remarkable achievement. To address what factors influence their flying hours, we investigated several possible predictors. Two findings are noteworthy. First, older pilots (ages 89 and 90) had accumulated more flight hours, suggesting that older pilots' unique capabilities and experiences enable them to maintain their flying (i.e., use it or lose it). Also, notable advances in aviation technology such as the development of an autopilot system permits them to fly with less concern over the risks associated with pilot error.

The most surprising finding emerged when examining involvement in organizations and accumulated flying time. Although one might think that involvement in other organizations would lead to reduced hours of flying (competition for one's time), we found the opposite: pilots involved in more organizations (3+) generally had accumulated more hours of flying time than those involved in UFO only.





Lopez also noted that many UFO members have long professional careers as lawyers, physicians, and engineers; and may continue to fly to these professional associations.

The question of age limit in active pilots is still a matter of debate within the aviation industry, medical field, and insurance companies. Yet the data from active UFOs show that older pilots love flying so much that they don't hang up their "goggles and helmet" no matter how old they are. Flying might also offer them a form of social engagement and additional health benefits. After all, staying healthy is all about doing what you love.

For more information about UFO, see [ufopilots.org](http://ufopilots.org).

Gerontologists have long drawn attention to the link between social engagement and optimal aging, noting the benefits of productive activities. According to Charlie Lopez, UFO regional manager, these pilots are a very sociable group: "I would guess that close to 80% of our members belong to AOPA (Aircraft Owners and Pilots Association) which has over 400,000 members." And there are many other flight related organizations such as Experimental Aircraft Association and even the secretive Quiet Birdmen.



Patricia Morton, MS,  
Sociology and Gerontology



Seoyoun Kim, MS,  
Sociology and Gerontology

## Transitions

**Edward Bartlett** was promoted to Associate Professor of Biology.

**Kathryn L. Berlin** earned the dual-title PhD (Health and Kinesiology, and Gerontology) and is an assistant professor in the Department of Applied Health Sciences at Indiana State University.

**Angela M. DeMano** earned the dual-title PhD (Health and Kinesiology, and Gerontology) and is a visiting professor at Millikin University.

**Peggy Favorite** joined the Purdue Global Sustainability Initiative in Discovery Park.

**Jeffrey M. Haddad** was promoted to Associate Professor of Health and Kinesiology.

**Shirley Rietdyk** was promoted to Professor of Kinesiology.

Congratulations to Nathan and **Tetyana Shippee** (PhD 2008) on the birth of Milena Mariya Shippee.

**Amber Seidel** earned the dual-title PhD (Human Development and Family Studies, and Gerontology) and is a research associate with the Center on Aging and the Life Course at Purdue University.

In December, **Phil Troped** (Health and Kinesiology) left Purdue for the University of Massachusetts at Boston.

**Nicholas A. Turiano** earned the dual-title PhD (Human Development and Family Studies, and Gerontology) and is a National Institute of Mental Health Postdoctoral Fellow at the University of Rochester Medical Center.

**Ting-Ying Yang** earned the dual-title PhD (Consumer Sciences and Retailing, Gerontology) and is an assistant professor in the Department of Psychology, Asia University.

**Howard Zelaznik** (Health and Kinesiology) was appointed Associate Vice President for Research.

**Min Zhang** was promoted to Associate Professor of Statistics.

# Fellow Status Conferred on Three Distinguished Boilermakers

Three Purdue affiliated scholars were recently named fellows of the Gerontological Society of America (GSA), the largest professional society dedicated to the study of aging. Fellowship—the highest class of membership within the society—is an acknowledgment of outstanding and continuing work in the field of gerontology.

Recognizing his scholarly contributions to the study of aging and cancer, **David J. Waters**, DVM, PhD, was accorded fellow status in Biological Sciences Section. He is one of only 62 biological scientists to ever earn fellow status in GSA. Waters is Associate Director of CALC and Professor of Oncology in Veterinary Clinical Sciences at Purdue. He is also the Director of the Gerald P. Murphy Cancer Foundation.

Waters is the authors of over 90 scientific articles including manuscripts in *Cancer*, *Cancer Research*, *Journal of Gerontology: Biological Sciences*, *Journal of Nutrition*, *Journal of the American Medical Association*, *Prostate*, *Scientific American*, and *Urology*.

Recipient of numerous honors, Waters received the Award for Research in Biological Mechanisms of Aging from the Glenn Foundation for Medical Research. Waters teaches the graduate seminar on the Biology of Aging and has also won acclaim for his instructional excellence.

**Jessica Kelley-Moore** earned the PhD in Sociology with a Gerontology Minor from Purdue in 2002 and earned fellow status from the Behavioral and Social Sciences Section of GSA. She is Associate Professor of Sociology at Case Western Reserve University and is engaged in studies of the causes and consequences of health disparities over the life course, particularly those related to race, socioeconomic status, and disability. Her published research findings appear in *American Sociological Review*, *Journal of Gerontology: Social Sciences*, and *Journal of Health and Social Behavior*.



She is currently leading an intervention project to increase the availability of fresh foods in Cleveland, OH. Working with grocery stores and developing urban gardens, Kelley-Moore's goal is to Bring Healthy Foods to the Neighborhood (more information on YouTube).

**Roland J. Thorpe, Jr.**, PhD, was also accorded fellow status by the Behavioral and Social Sciences Section of GSA. He holds two degrees from Purdue University: MS in Statistics (1997) and PhD in Veterinary Pathobiology (Clinical Epidemiology) with a Gerontology Minor (2004). Thorpe is Associate Scientist in the Department of Health Policy and Management at the Johns Hopkins School of Public Health. He is also affiliated with the Hopkins Center for Health Disparities Solutions.

His research examines relations between race, socioeconomic status, segregation, and health among middle-aged and older adults. Thorpe's published work appears in a wide array of outlets including *American Journal of Epidemiology*, *Archives of Internal Medicine*, *Ethnicity and Health*, *Journal of Gerontology: Social Sciences*, *Journal of Internal Medicine*, and *Research on Aging*. While at Purdue, Thorpe was a leader among the gerontology students and has subsequently assumed leadership positions in the Gerontological Society of America.



We congratulate these three scholars on this special recognition. Purdue Pride lives here.





## Symposium Focused on Aging in Diverse Contexts

CALC's annual fall symposium brought three distinguished scholars to campus to discuss *Health and Aging in Diverse Contexts: From Research to Policy*. The symposium was co-sponsored with the Global Policy Research Institute and the African American Studies and Research Center.

**Kyriakos Markides, PhD**, University of Texas Medical Branch in Galveston, shared findings from his recent research on the *epidemiologic paradox*, a concept that he pioneered. He reported results from a longitudinal



Kyriakos Markides responds to questions at the symposium on September 21, 2012.

study showing that although most Hispanic Americans are socioeconomically disadvantaged, their health status is generally better than Black and White Americans of comparable socioeconomic status. Some studies posit that Mexican American return migration (to Mexico) may explain the paradox, but Markides described recent studies showing that such return migration—also known as the salmon bias—is not responsible for the paradox.

Focusing on Black-White health disparities, **Douglas K. Miller, MD**, from the Indiana University Medical School and Center in Aging Research, discussed the “hard realities of health disparities” in the US. Despite a public focus on health behavior, the majority of health disparities are not due health behavior, patient preferences, and the behavior of healthcare providers. Rather, Miller revealed that street connectivity, segregation, and other neighborhood conditions play major roles in difference in disability between White, African, and Hispanic Americans.

**Toni Miles, MD**, University of Georgia, helped participants ponder how to reshape public policy to more systematically address racial and ethnic health disparities. Miles served as a Health and Aging Policy Fellow on the Senate Finance Committee during the development of the Affordable Care Act. Drawing from that experience, she described the life course antecedents of health disparities observed in later life and how consumer voices are critical for quality care. The availability of health care performance data on the Internet is playing a major role in accountability and amelioration of disparities. She concluded that “all health care is local.”

In addition to campus, the symposium drew participants from the region, including Illinois, Kentucky, and Ohio. Participants praised the speakers for their “ability to speak so eloquently and comfortably on such controversial issues.”

CALC graduate students were afforded the opportunity to visit with the speakers over lunch.

If you missed the event, you can view a video recording of the proceedings on the CALC website (<http://www.purdue.edu/aging/media/>).



Symposium speakers (l to r) Douglas Miller, Toni Miles, and Kyriakos Markides gather with Ken Ferraro, CALC Director.

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*“It is not enough for a great nation merely to have added new years to life, our objective must be to add new life to those years.”*

*John F. Kennedy*

# Professors Haddad and Rietdyk Win Exceptional Engagement Award

The Center on Aging and the Life Course recently conferred the Exceptional Engagement Award on Drs. Jeffrey Haddad and Shirley Rietdyk, Professors in Purdue's Department of Health and Kinesiology and CALC Faculty Associates.

The Center on Aging and the Life Course joined forces in 2009 with University Place, a continuing-care retirement community in West Lafayette, to launch an intervention research initiative. The idea was to enable Purdue scholars to do research that would potentially benefit the participants while advancing the science of aging. Professors Haddad and Rietdyk have led the balance project at University Place since 2009, an intervention research project designed to better understand balance and biomechanics in order to prevent falls by older people.

More than 1/3 of adults over 65 years of age fall at least once a year, so Haddad and Rietdyk devised a training program to see if they could improve balance and reduce falls. About 75 persons participated in the study during the past three years. The study involves an assessment of posture and mobility (before the training) and repeats the assessment after the balance training. The team compared two training methods: wobble board and Biodex. Results revealed that both methods aid postural control and mobility.

The intervention proved beneficial to the residents and community members in multiple ways. The training itself was helpful, but Haddad and Rietdyk also involved more than 50 undergraduate students and three graduate students in the project. By doing so, each study participant received one-on-one training in postural control and fall prevention.



Professors Haddad and Rietdyk receive the CALC Exceptional Engagement Award from Ken Ferraro.

Thus, there was an intergenerational component to the training that was also beneficial. To quote two residents: "I love getting to work with these young people" and "They helped me with my balance, and it was fun."

The students also saw research in action while helping the residents: "This class was tough. However, I learned so much from this class that will translate to my future career." As one student said, "This is by far the best lab that I have taken at Purdue!"

The Center on Aging and the Life Course confers an award each year, and the purpose of the award rotates annually across research, teaching, and service.



# Supporting Discovery on Aging

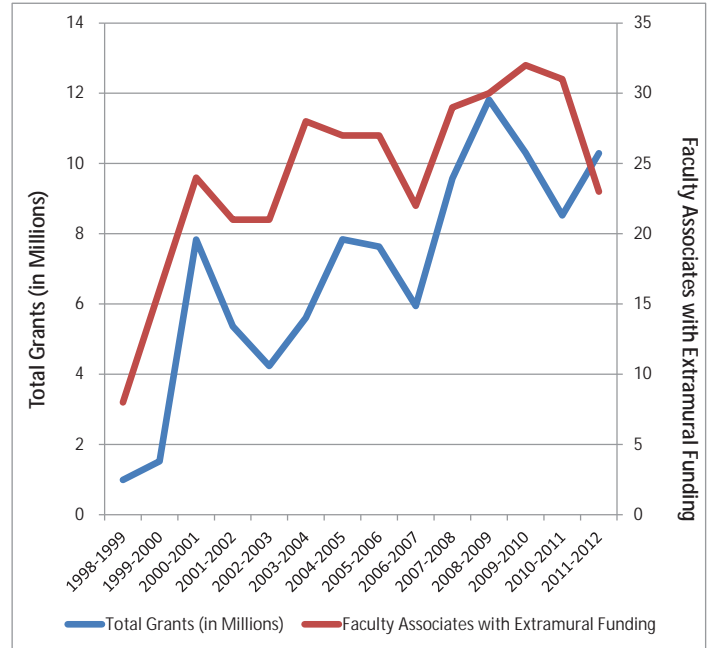
Extramural support for research is a key indicator of the vitality and scope of discovery at any American university. Indeed, in CALC's strategic plan, two key output measures related to discovery are:

- Amount of extramural research funding
- Percentage of faculty associates with extramural research support.

Judging by the data in Figure 1, CALC has made great strides on these outcomes. Plotting data from July of 1998 through June of 2012, the Y-axis on the left of the figure displays the amount of extramural funding related to aging and the life course (blue line). The Y-axis on the right side reflects the number of CALC faculty associates with extramural funding during that year (red line).

When we first started tracking this information in 1998, CALC faculty associates garnered nearly \$1 million in grants. Remarkably, that figure has exceeded \$4 million every year since 2000. Although 2008-09 was the high point of research grants, aided in part by the American Recovery and Reinvestment Act (ARRA) of 2009, extramural grant funding since 2007-08 has exceeded \$8 million per year.

Equally important is the increasing number of faculty with one or more extramural grants. Eight faculty associates served as principal or co-investigator of a grant in 1998-99, but at least 20 colleagues each year of this century have advanced discoveries on aging via extramural research support. Again, the influence of ARRA is noticeable in the peak in 2009-10.



**Figure 1.** Extramural Grants on Aging (in millions) and Number of CALC Faculty Associates Receiving Awards by Year (1998-2012)

Securing extramural research for one's research continues to be challenging. With that backdrop, the success of CALC's faculty associates is all that more remarkable.

## Steering Committee, 2012-2013

### **Kenneth F. Ferraro**

Director, Center on Aging and the Life Course and Distinguished Professor of Sociology

### **Edward L. Bartlett**

Associate Professor of Biology and Biomedical Engineering

### **Elliot M. Friedman**

Assistant Professor of Human Development and Family Studies

### **Jeffrey M. Haddad**

Associate Professor of Health and Kinesiology

### **Erica L. Hegland**

Graduate Student Representative, Speech, Language, and Hearing Studies

### **Laura P. Sands**

Katherine Birck Professor of Nursing

### **J. Jill Suitor**

Professor of Sociology

### **David J. Waters**

Associate Director, Center on Aging and the Life Course, Professor of Oncology, Executive Director, Gerald P. Murphy Cancer Foundation

### **Lindsay Rinaldo Wilkinson**

Graduate Student Representative, Sociology

### **Karen S. Yehle**

Assistant Professor of Nursing



## New Faculty Associates

The Center on Aging and the Life Course recently added three new Faculty Associates. **Elliot Friedman, PhD**, joined Purdue in August 2012 as Assistant Professor of Human Development and Family Studies. Friedman earned his PhD in behavioral neuroscience from the University of Wisconsin, Madison, and was an Associate Scientist in the Institute on Aging and Department of Population Health Sciences since 2007.

Professor Friedman studies psychosocial influences on biological regulation and health in aging adults. He has authored multiple articles on sleep and sleep quality, including a 2009 article in the *American Journal of Epidemiology* that has already been cited over 80 times. Other publications include works in *Brain, Behavior, and Immunity*, *Journal of Gerontology: Social Sciences*, *Health Psychology*, *Psychosomatic Medicine*, and *Social Science and Medicine*.

Graduate students interested in biomarkers are thrilled to have someone with his expertise at Purdue University. In prior studies of inflammation and immunology, he has studied C-reactive protein, interleukin-6 (IL-6), and soluble IL-6 receptor (sIL-6R). Professor Friedman teaches courses related to adult development and aging.



Also joining Purdue in summer 2012 was **Timothy P. Gavin, PhD**, Professor and Head of the Department of Health and Kinesiology. Professor Gavin received three degrees from Indiana University, Bloomington, and completed a post-doctoral fellowship at the University of California at San Diego. He was on the faculty of East Carolina University from 2000 to 2012, rising from Assistant to Full Professor.



Gavin's research interests center on skeletal muscle, both in healthy individuals and in persons with diabetes. His published research appears in a variety of outlets including *Journal of Applied Physiology*, *Journal of Aging and Physical Activity*, *American Journal of Respiratory and Critical Care Medicine*, *Medicine and Science in Sports and Exercise*, and *Journal of Physiology*. His teaching interests include physiology, skeletal muscle, and exercise.

In joining Purdue, he expressed his enthusiasm for his wife's alma mater, "I have long known the impact Purdue University has on the citizens of Indiana, the nation and the world."

**Sharon Christ, PhD**, joined Purdue in the fall of 2010 and recently became a Faculty Associate. She earned the PhD in Sociology from the University of North Carolina specializing in quantitative methods and statistics as well as an MS in Statistics. She also served as a Research Statistician at the Odum Institute for Research in Social Science at UNC. Thus, she joined Purdue University with a joint appointment as Assistant Professor of Human Development and Family Studies and Assistant Professor of Statistics.

Professor Christ has recently taught courses on structural equation modeling, sample survey techniques, and statistical analysis of social psychological data.

Her research interests include longitudinal modeling, adolescent development, child maltreatment, and aging. Published works include articles in *Journal of Gerontology: Social Sciences*, *Journal of Interpersonal Violence*, *Psychological Methods*, *Social Work Research*, *Sociology of Health and Illness*, and *Violence and Victims*.



CALC is delighted to welcome these new Faculty Associates.

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*"Older adults need a dream as well as a memory."*

**Abraham Joshua Heschel**

from the 1961 White House Conference on Aging

## ***Honors and Awards during 2012***

**Wayne W. Campbell**, Nutrition Science, received the Career Research Achievement Award, College of Health and Human Sciences, Purdue University

**Wai Chan**, Human Development and Family Studies, won an Emerging Scholar and Professional Organization (ESPO) Poster award from The Gerontological Society of America.

**Susan K. DeCrane** and **Laura Sands**, Nursing, received the Mary Hanna Memorial Journalism Award from the Journal of PeriAnesthesia Nursing for their article entitled Factors Associated with Recovery from Early Postoperative Delirium.

**James C. Fleet**, Nutrition Science, was named Distinguished Professor by the Purdue University Board of Trustees.

**Erica Hegland**, Speech, Language, and Hearing Sciences, served as the student representative on the Program Committee for the Association for Gerontology in Higher Education (AGHE).

**Kaitlin Johnson**, Sociology, is recipient of a Lynn Fellowship from the Center on Aging and the Life Course.

**Christine Keller**, Interdepartmental Nutrition Program, received the Excellence in Teaching Award for Nutrition Science from the Committee for the Education of Teaching Assistants, Purdue University. She also won First Prize at the PhD level in the Purdue Graduate Student Poster Competition, Forestry and Natural Resources Research Symposium, College of Agriculture.

**Shelley M. MacDermid Wadsworth**, Human Development and Family Studies, received the Morrill Award, created by Purdue University in honor of the 150th anniversary of the Morrill Act for career achievements that have had an impact on society.

**George P. McCabe**, Statistics, received the 2012 Don Owen Award for Outstanding Contributions to Statistical Research, Applications, and Teaching from the American Statistical Association, San Antonio Chapter. He is also serving a three-year term (2011-2013) as President of Mu Sigma Rho: The National Statistics Honorary Society.

**Daniel K. Mroczek** was named the Bill and Sally Hanley Professor of Gerontology in the Department of Human Development and Family Studies.

**Sarah A. Mustillo**, Associate Professor Sociology was named University Faculty Scholar, to recognize her as an outstanding scholar on an accelerated path for academic distinction.

**Marwa Noureldin**, Pharmacy Practice, won First Prize in the Purdue University Sigma Xi Graduate Research Competition and the Purdue Annual Graduate Student Educational Research Best Poster.

**Mari Plikuhn** (PhD 2010) received the University of Evansville Outstanding Teacher Award--the highest award for teaching at the University. She also won the Chi Omega Professor of the Year Award.

**Markus Schafer** (PhD 2011), **Ken Ferraro**, and **Sarah Mustillo**, Sociology, won the Outstanding Publication Award from the Section on Aging and the Life Course of the American Sociological Association.

**David J. Waters**, Veterinary Clinical Sciences, was named a fellow of the Gerontological Society of America, Biological Sciences Section.

**Connie Weaver**, Head and Distinguished Professor of Nutrition Science, received the Herbert Newby McCoy Award, the most prestigious research honor given by Purdue University.

**Christine M. Weber-Fox**, Speech, Language, and Hearing Sciences, received the College of Health and Human Sciences Award for Outstanding Undergraduate Education.

**Oliver Wendt**, Special Education and Speech, Language, and Hearing Sciences received a Kontos Faculty Fellowship from the Purdue Center for Families, Purdue University.

**Lindsay Wilkinson**, Sociology, was elected the Student Representative for the Council of the Section on Aging and the Life Course, American Sociological Association.

**Karen S. Yehle**, Nursing, was elected as a fellow of the American Heart Association for her scientific and professional accomplishments and volunteer leadership and service.

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*“Don’t put an age limit on your dreams.”*

**Dara Torres**, after winning 2 silver medals in swimming at the 2008 Olympics (Beijing)

## ***The Editor's Choice***

Four journal articles authored by five current or former Purdue graduate students and published during 2012 were named Editor's Choice articles. The designation varies by journal but identifies articles that the editor sees as making an especially significant contribution.

**Nicholas A. Turiano, Lindsay Pitzer, Cherie Armour, Arun Karlamangla, Carol D. Ryff, & Daniel K. Mroczek.** (2012). Personality trait level and change as predictors of health outcomes: Findings From a national study of Americans (MIDUS). *Journal of Gerontology: Psychological Sciences*, 67(1), 4-12.

**Markus Schafer & Kenneth F. Ferraro.** (2012). Childhood misfortune as a threat to successful aging: Avoiding disease. *The Gerontologist*, 52(1), 111-120.

**Tetyana P. Shippee, Markus Schafer, & Kenneth F. Ferraro.** (2012). Beyond the barriers: Racial discrimination and use of complementary and alternative medicine among Black Americans. *Social Science and Medicine*, 74(8), 1155-1162.

**Tetyana P. Shippee, Lindsay R. Wilkinson, & Kenneth F. Ferraro.** (2012). Accumulated financial strain and women's health over three decades. *Journal of Gerontology: Social Sciences*, 67(5), 585-594.

## ***With Appreciation to Our 2012 Donors***

Dr. Alan M. and Gail Beck  
Dr. Wayne W. Campbell  
Dr. Victor G. and Jean S. Cicirelli  
Dr. Susan K. DeCrane  
Mrs. Peggy Favorite and Mr. Ed Lausch  
Dr. Ken and Linda Ferraro  
Mrs. Ann Howell

Dr. Jane S. and Mr. James A. Link  
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Dr. Daniel K. Mroczek  
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Mrs. Mary A. Perigo  
Drs. Timothy D. and Laura P. Sands  
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Ann Howell, Secretary  
Allan Appiah, Website Support

## ***Aging Exchange***

We appreciate contributions to this issue by Christine Keller, Seoyoun Kim, and Patricia Morton and technical support from Allan Appiah, Jane Hahn, Ann Howell, Laura Garner, and Lindsay Wilkinson.



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## UPCOMING EVENTS

When	Where	Speaker	Presentation
February 22, 2013 12:30 p.m.	Stone B-2	Elliot Friedman, PhD, Assistant Professor of Human Development & Family Studies	<i>Biopsychological Perspectives on Successful Aging</i>
March 29, 2013 9:00 a.m. - 1:30 p.m.	PMU Anniversary Drawing Room	CALC graduate Students	<i>Scholars in the Spotlight and Spring Luncheon</i>
April 1, 2013 2:00 p.m. - 3:30 p.m.	PMU North & South Ballrooms	Posters by CALC Students	<i>Office of Interdisciplinary Graduate Programs Spring Reception</i>
April 11, 2013 11:30 a.m. - 1:00 p.m.	Mann Hall, Room 203 Discovery Park	Melissa Franks, PhD, HDFS	<i>Spousal support during hospital discharge for diabetic patients</i>
April 24, 2013 8:30 a.m. - 2:30 p.m.	Four Points Sheraton West Lafayette	Jeffrey Haddad, PhD, Associate Professor of Health & Kinesiology Shirley Rietdyk, PhD, Associate Professor of Health & Kinesiology Michael D. Murray, PhD, Distinguished Professor of Pharmacy Practice	<i>Purposeful Living in Retirement, annual conference of the Purdue University Retirees Association</i>
September 20, 2013 1:00 p.m. - 5:00 p.m.	Lawson 1142	Deborah Carr, PhD, Rutgers University Karen Hooker, PhD, Oregon State University Alex Zautra, PhD, Arizona State University	<i>Social Influences on Health Lifestyle Choices in Later Life (annual CALC symposium)</i>