Nutrition and Aging Symposium
Friday, November 5, 1999
10:30 a.m.
Hillenbrand Hall Formal Dining Room

“Caloric Intake, Oxidative Stress, and Aging”
Dr. Richard Weindruch

Dr. Weindruch is a Professor of Medicine at the University of Wisconsin and an investigator with the Geriatric Research, Education, and Clinical Center (GRECC) at the VA Hospital in Madison. He also directs the Shared Aging Rodent Facility at the VA Hospital and the Aging Research Group at the Wisconsin Regional Primate Research Center. Dr. Weindruch is the recipient of the 1998 Kleemeir Award in Aging Research presented by the Gerontological Society of America.

National Academy on an Aging Society
The National Academy on an Aging Society is a Washington-based non-partisan, public policy institute that fosters critical thinking about the implications of an aging society. The Academy studies the impact of demographic changes on public and private institutions and families of all ages. To encourage innovative and responsible thinking, the Academy conducts and synthesizes research on a broad range of topics related to income and health security and conveys the findings to policy makers. Thus, the Academy serves as an information broker on issues often associated with the Social Security, Medicare, and Medicaid programs. Particular topics that have been the focus of Academy projects also include changes in the labor market, employer-provided health and pension benefits, the health care market, and access to health and long-term care.

The Academy publishes reports, policy briefs, and fact sheets, and sponsors policy conferences, press briefings, and roundtable discussions. The Public Policy and Aging Report is the Academy’s quarterly publication. The Academy’s association with The Gerontological Society of America allows the Academy to obtain expert assistance from over 6,000 academics in the field of aging.

For more information contact Dr. Robert B. Friedland, Director, 1030 15th Street, N.W., Suite 250, Washington, D.C. 20005-1503; telephone: 202-408-3375; fax: 202-842-1150; e-mail: info@agingsociety.org; internet: www.geron.org.

AgeLine is Now Available on THOR
AgeLine, produced by the American Association of Retired Persons, is the most comprehensive bibliographic database on the rapidly growing field of aging. With references from both academic and general publications, AgeLine contains indexes and abstracts of books, journals, research reports, consumer guides, and book chapters. AgeLine is a valuable source of information on theories of aging, Social Security, Medicare/Medicaid, marketing to older adults, elder care, Alzheimers, health care costs and policy, financial and retirement planning, fitness, nutrition, housing and more. AgeLine is an important tool for researchers, service providers, caregivers and the general public. http://www.lib.purdue.edu/library_info/electronic/indexes/html

Research Award
Dr. Nancy Edwards, Nursing, was the Hartford Institute Geriatric Nursing Research Scholar at the Hartford Institute of Geriatric Research in New York from June 27 July 2, 1999.

Recent Publications
P.A. Norris, K.J. Shinew, G. Chick, and Dr. Alan M. Beck, Veterinary Pathobiology, coauthored an article entitled “Retirement, life satisfaction, and leisure services: The pet connection” which was published in the Journal of Park and Recreation Administration, Volume 17, pp. 65-83, 1998.


Dr. Janet Wilmott, Sociology and Anthropology, authored the article “Living arrangement transitions among American’s older adults” which was in The Gerontologist, Volume 38, pp. 434-444, 1999.

Recent Grants
Dr. Victor Cicirelli, Psychological Sciences, from Public Health Service, July 15, 1999 through June 30, 2000, “Biomedical death and well being of the oldest old.”

Dr. Victor Cicirelli, Psychological Sciences, from Kinley Trust, July 1, 1999 through June 30, 2000, “Maintaining reciprocity in friendship relationships of chronically ill older women.”

To Boost Mental Powers, Take a Walk

John Glenn credits his celebrated return to orbit at age 77 to daily exercise, including a two-mile power walk. Now, brain researchers finally are catching up with senior pedestrians.

A new study suggests that taking an invigorating walk gives older people’s brains a good workout, boosting memory and sharpening judgment. The experiment was conducted at the University of Illinois and reported in the July 29, 1999 issue of the journal Nature.

Researchers recruited 124 sedentary men and women ages 60 to 75. They were randomly assigned to either a walking program or an anaerobic regimen of stretching and muscle-toning.

The experiment lasted 6 months. Walkers eventually were completing an hour-long loop around the university’s Urbana-Champaign campus 3 times a week.

Arthur Kramer, a cognitive neuroscientist, and others administered a variety of simple tests to gauge the participants’ ability to plan, establish schedules, make and remember choices and rapidly reconsider them if circumstances changed.

The walkers’ ability to switch tasks improved by 25 percent, while the non-walkers’ showed little improvement.


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**Rural Aging Conference**

The international rural aging conference scheduled for June 2000 in West Virginia now has its own website: http://www.hsc.wvu.edu/rural_aging.

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The Role of Program Officers at NIH
Excerpt from the HABIT (Health and Behavior Information Transfer) newsletter:

Want to get funded? Call a program officer!
Making pre-proposal contact with funding officials dramatically increases the likelihood of receiving funding. Program officials can give you advice to help you write an application which the study section will perceive as meritorious.

A) Make Early Contact:
Contact a program official as early in the process as feasible, preferably at least three months prior to submission, so you'll have time to modify your plan and application. Before contacting the program staff, you should:

*Go to the institute Web site(s) to find out about their areas of interest, grant mechanisms supported, and application guidelines. http://www.nih.gov/icd
*Go to the Center for Scientific Review (CSR) Web site to obtain information about the expertise and membership of committees that may be appropriate for reviewing your application. http://www.drg.nih.gov
*Know what you want to study. Call with as firm a idea as possible about your project and how you would implement it.

B) What To Discuss:
Describe your idea and its importance, and seek advice on ways to increase the likelihood that your application will be seen as meritorious. Many program officials are willing to review abstracts or drafts of the proposed projects.

*Find out about your research's fit within the institute's interests.
*Ask about which peer review committee (study section) might be best for your application. Ask about study section idiosyncrasies and about any changes in committee memberships.
*Ask about clarification or information about the application process.

C) Get Comments on Your Draft:
After you prepare your application ask as many colleagues as possible to review your application critically before you submit it. Getting local comments takes a few weeks.

D) Post-Submission Concerns:
If you have questions or concerns after the application is submitted to NIH you may contact the Scientific Review Administrators (SRA) if needed. SRAs are responsible for organizing study questions and ensuring that study section meetings function appropriately.

Questions could include:
*Does the study section have the appropriate expertise? Should the application be assigned elsewhere? Is additional expertise needed on the assigned study section? For questions or concerns after the review, contact the program official listed on your Summary Statement. This official may be able to help clarify reviewers' comments, respond to other questions, and eventually let you know whether your application will be funded or help you improve your chances of success next time.

Many applicants are nervous about making pre-proposal or post-review contact with officials. Common worries include saying the wrong thing, seeming unprepared, talking with an unfriendly person, or unnecessarily taking the official's time. But the developer of the contact list, Fred Altman, Ph.D., National Institute of Mental Health, urges "Don't be hesitant about calling. It's always a good idea to call the program officer."

View the list of behavioral and social science contacts at NIH, http://www1.od.nih.gov/obssr/NIHPIILList.pdf


Untreated Hearing Loss May Lead to Depression in Seniors
A new study shows that older people who suffer from untreated hearing loss experience greater social isolation and depression compared to those who wear hearing aids. In a survey of 2,300 hearing-impaired adults, the National Council on the Aging found that untreated hearing loss causes anxiety and leads to a decrease in social activities.

According to NCOA, hearing loss affects more than 9 million Americans over the age of 65, but three out of five hearing impaired adults do not use hearing aids. And although 10 million Americans ages 45 to 64 have hearing loss, six out of seven middle-aged adults do not use hearing aids.

Why do so many hearing-impaired adults not seek treatment? Most responded by saying, “My hearing is not bad enough,” “It would make me feel old,” or “I’m too embarrassed to wear one.”

The consequences of untreated hearing include not only feelings of sadness, emotional distress and social isolation, but stress for friends and family of the hearing impaired.

For family members and friends of hearing-impaired respondents, the survey included a parallel set of questions. Hearing impaired adults who reported using hearing aids saw significant improvements in many aspects of their lives, including: relations at home, feelings about self, life overall, mental health, self-confidence, sense of safety, social life, sex life, and relations at work.

The study was supported by a grant from the Hearing Industries Association. For more information on the study, visit NCOA’s Web Site at www.ncoa.org. The Nation’s Health, July 1999.
## Graduate Courses in Gerontology at Purdue, Spring, 2000

### Primary Content

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Professor</th>
<th>Days and Times</th>
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</thead>
<tbody>
<tr>
<td>F&amp;N 580</td>
<td>Geriatric Nutrition (2 cr.)</td>
<td></td>
<td>Prof. Morré</td>
<td>MW 8:30</td>
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<tr>
<td>PE 668</td>
<td>Seminar in Exercise Physiology (3 cr.)</td>
<td></td>
<td>Prof. Sedlock</td>
<td>W 6:00-9:00</td>
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<tr>
<td>PSY 535</td>
<td>Psychology of Death and Dying (3 cr.)</td>
<td></td>
<td>Prof. Cicirelli</td>
<td>TTh 3:00-4:15</td>
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<tr>
<td>VCS 602</td>
<td>Biology of Aging (1-3 cr.)</td>
<td></td>
<td>Prof. Waters</td>
<td>To be arranged</td>
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### Related but not primary content

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<tr>
<td>AUS 507</td>
<td>Neural Systems (3 cr.)</td>
<td></td>
<td>Profs. Meisel &amp; Sahley</td>
<td>MWF 12:30</td>
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<tr>
<td>AUS 514I</td>
<td>Augment. &amp; Alter. Com. Inter. Sem. (2 cr.)</td>
<td></td>
<td>Prof. Lloyd</td>
<td>M 4:30-6:20</td>
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<tr>
<td>AUS 531</td>
<td>Language Disorders in Adults (3 cr.)</td>
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<td></td>
<td>MWF 1:30</td>
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<tr>
<td>AUS 538</td>
<td>Motor Disorders of Speech (2 cr.)</td>
<td></td>
<td>Prof. Weber-Fox</td>
<td>MF 9:30-11:20</td>
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<tr>
<td>BIOL 466</td>
<td>Developmental Biology (3 cr.)</td>
<td></td>
<td>Prof. Iten</td>
<td>TTh 2:30</td>
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<tr>
<td>BIOL 466L</td>
<td>Developmental Biology Laboratory (0 cr.)</td>
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<td>Prof. Iten</td>
<td>TTh 3:30-5:20</td>
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<tr>
<td>BIOL 562</td>
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<td></td>
<td>Profs. Meisel &amp; Sahley</td>
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<tr>
<td>CDFS 502</td>
<td>Survey of Human Development (3 cr.)</td>
<td></td>
<td>Prof. Frazier</td>
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<tr>
<td>CDFS 502L</td>
<td>Survey of Human Development Laboratory (0 cr.)</td>
<td></td>
<td>Prof. Frazier</td>
<td>T 2:30-5:20</td>
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<tr>
<td>PSY 512</td>
<td>Neural Systems (3 cr.)</td>
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<td>Profs. Meisel &amp; Sahley</td>
<td>MWF 12:30</td>
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<tr>
<td>PSY 553</td>
<td>Development in the Adult Years (3 cr.)</td>
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<tr>
<td>SOC 475</td>
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<td>SOC 574</td>
<td>Social Organization of Healthcare (3 cr.)</td>
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<td>Prof. Anderson</td>
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<tr>
<td>SOC 674</td>
<td>Seminar in Medical Sociology (2-3 cr.)</td>
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<td>Prof. Ferraro</td>
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The Aging Exchange is developed by Ken Ferraro and Marilyn McCammack of the Gerontology Program. We welcome your suggestions for enhancing the Aging Exchange to better serve you. Please submit news items to Marilyn McCammack, Gerontology Program, Stone Hall [E-mail: gero@cfs.purdue.edu]. Visit Purdue’s gerontology home page [http://omni.cc.purdue.edu/~geron/]

Volume 9, Issue 1