

Aging Exchange

News about the study of aging at Purdue University

Fall 1999

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 Kleemeier 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 policymakers. 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 healthcare market, and access to health and long-term care.

The Academy publishes reports, policy briefs, and factsheets, 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, healthcare 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 titled "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.

"A conceptual model for the mobility patterns of nursing home admissions" by W.J. McAuley and **Dr. Paula M. Usita**, Child Development and Family Studies, appeared in *The Gerontologist*, Volume 38, pp. 726 - 734, 1999.

Dr. Janet Wilmoth, Sociology and Anthropology, authored the article "Living arrangement transitions among American 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."

Dr. Nancy Edwards, Nursing, from Indiana Family and Social Services Administration, 1998, "The utilization of animal assisted therapy in the management of Alzheimer's disease."

Dr. Kenneth Ferraro, Sociology and Anthropology, **Dr. George McCabe**, Statistics, and **Dr. Janet Wilmoth**, Sociology and Anthropology, from Public Health Service, August 1, 1999 through October 31, 1999, "Aging and health status among Black and White adults."

Dr. Kenneth Ferraro, Sociology and Anthropology, S.F. Badylak, D.R. Black, and **Dr. Randall Gretebeck**, Foods and Nutrition, from Public Health Service, August 1, 1999 through June 30, 2000, "Panel study of aging, BMI and health among men and women."

Dr. Dorothy Morr , Foods and Nutrition, and Dr. James Morr , from Pharmanex, April 1, 1999 through March 31, 2000, "tNOX - Ateacatechin and coenzyme Q target."

Dr. Michael Murray, Pharmacy Practice, from Indiana University, June 1, 1999 through May 31, 2000, "Community-based pharmaceutical care: A controlled trial."

Dr. David Waters, Veterinary Clinical Sciences, and **Dr. Kenneth Ferraro**, Sociology and Anthropology, from Brookdale Foundation, April 1, 1999 through March 31, 2001, "Validation of the dog as a mammalian model to evaluate genetic and environmental determinants of aging and to develop strategies for the prevention of human prostate cancer."

D.W. Knapp, N.W. Glickman, P.W. Snyder, and **Dr. David Waters**, Veterinary Clinical Sciences, from Morris Animal Foundation, November 1, 1998 through August 31, 2001, "Phase I/II clinical trial of cisplatin-piroxicam in canine oral cancer."

Dr. Connie Weaver, Foods and Nutrition, D.D. Harrington, M.L. Harrison, M.S. Kinch, J.E. Sojka and J.A. Story, from Protein Technologies International, May 1, 1999 through April 30, 2001, "Women's health effects of soy protein and soy isoflavones."

Dr. Lisa Xu, Mechanical Engineering, from Public Health Service, September 1, 1999 through August 31, 2000, "Thermoregulation in the prostate during hyperthermia."

Dr. Lisa Xu, Mechanical Engineering, from Argonne National Laboratory, May 1, 1999 through April 30, 2000, "Properties and heat transfer enhancement of nanofluids."

Dr. Lisa Xu, Mechanical Engineering, from National Science Foundation, July 1, 1999 through June 30, 2000, "CAREER: Research and Education in Laser Assisted Materials Processing."

Summer Faculty Grants

• **Dr. Carol Baird**, Nursing, "Enhancing nutrition to improve recovery: Older women with total knee replacement"

• **Dr. Michael Flynn**, Health, Kinesiology and Leisure Studies, "Influence of strenuous resistance training on potential mediators of bone resorption in

elderly women"

• **Dr. Amy Neel**, Audiology and Speech Sciences, "Factors in speech understanding by adult hearing aid users: Individual differences in phoneme recognition and effects of hearing aids on the acoustics speech signal."

International Travel Grants

• **Dr. Richard Feinberg**, Consumer Sciences and Retailing, "World Marketing Congress," Qawra Malta

• **Dr. John O'Leary**, Forestry and Natural Resources, "World Conference on the Measurement of the Economic Impact of Tourism Statistics, Economic Analysis and Market Research," Nice, France

• **Dr. Carolyn Perrucci**, Sociology and Anthropology, "11th Conference of North American and Cuban Philosophers and Social Scientists," Havana, Cuba

• **Dr. Debra Street**, Sociology and Anthropology, "Tradition and transition: Aging into the third millennium," Bournemouth, England.

Rural Aging Conference

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

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 aerobic 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.

Joseph B. Verrengia, The Associated Press, *Journal and Courier*, July 29, 1999.

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 Website(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) Website 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 a firm 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 Comment 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 comment 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/NIHPNList.pdf>

View a summary of useful tips from Lynn and Jeremy Miner's recent book, *Guide to Proposal Planning and Writing*, <http://www.oryxpress.com/miner.htm>

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 don't use hearing aids. And although 10 million Americans ages 45 to 64 have hearing loss, six out of seven middle-aged adults don't 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

F&N	580	Geriatric Nutrition (2cr.), Prof. Morré	MW 8:30
PE	668	Seminar in Exercise Physiology (3cr.), Prof. Sedlock	W 6:00 - 9:00
PSY	535	Psychology of Death and Dying (3cr.), Prof. Cicirelli	TTh 3:00 - 4:15
VCS	602	Biology of Aging (1 - 3cr.), Prof. Waters	To be arranged

Related but not primary content

AUS	507	Neural Systems (3cr.), Profs. Meisel & Sahley [BIOL 562, PSY 512]	MWF 12:30
AUS	514I	Augment. & Alter. Com. Inter. Sem. (2cr.), Prof. Lloyd	M 4:30 - 6:20
AUS	531	Language Disorders in Adults (3cr.)	MWF 1:30
AUS	538	Motor Disorders of Speech (2cr.), Prof. Weber - Fox	MF 9:30 - 11:20 Jan 10 - Mar 5
BIOL	466	Developmental Biology (3cr.), Prof. Iten	TTh 2:30
BIOL	466L	Developmental Biology Laboratory (0cr.), Prof. Iten	TTh 3:30 - 5:20
BIOL	562	Neural Systems (3cr.), Profs. Meisel & Sahley [AUS 507, PSY 512]	MWF 12:30
CDFS	502	Survey of Human Development (3cr.), Prof. Frazier [PSY 502]	T 2:30 - 5:20
PSY	502	Survey of Human Development (3cr.), Prof. Frazier [CDFS 502]	T 2:30 - 5:20
PSY	512	Neural Systems (3cr.), Profs. Meisel & Sahley [AUS 507, BIOL 562]	MWF 12:30
PSY	553	Development in the Adult Years (3cr.), Prof. Cicirelli	TTh 12:00 - 1:15
SOC	475	Social Gerontology (3cr.), Prof. Wilmoth	TTh 12:00 - 1:15
SOC	574	Social Organization of Healthcare (3cr.), Prof. Anderson	TTh 1:30 - 2:45
SOC	674	Seminar in Medical Sociology (2 - 3cr.), Prof. Ferraro	TTh 10:30 - 11:45

The *AgingExchange* is developed by Ken Ferraro and Marilyn McCammack of the Gerontology Program. We welcome your suggestions for enhancing the *AgingExchange* 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 homepage [<http://omni.cc.purdue.edu/~geron/>]

Volume 9, issue 1