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Center on Aging and the Life Course
Spring Symposium
Early Origins of Adult Health: Biological Processes

Featured Speaker:
Steven Austad, PhD
University of Idaho
winner of the 2003 GSA
Robert W. Kleemeier Award

The biological processes that contribute to human aging and longevity determination are being elucidated by scientists using a variety of cellular and animal model systems. This symposium will offer a biological perspective on the evidence that early life events significantly influence adult health outcome and longevity. This symposium builds on the growing expertise of Purdue University’s Center on Aging and the Life Course to apply a life course perspective to stimulate interdisciplinary research on aging.

Steven N. Austad, PhD, is a world-renowned expert on the biology of aging. Dr. Austad is the author of “Why We Age”, an insightful treatise that chronicles the scientific progress that has been made to better understand the aging process. The book has been translated into 8 languages. Dr. Austad’s research in the fields of evolutionary biology and comparative zoology has generated great enthusiasm that the study of unconventional animal models (e.g., opossums, wild mice, birds) will yield important clues to the mechanisms of human aging. Dr. Austad serves as science advisor to National Public Radio and his work has been featured in documentaries by the BBC and National Geographic. Because of his encyclopedic knowledge of the profound interspecies differences in the life histories and rate of aging observed across the animal kingdom, Dr. Austad is revered as one of the premier speakers in the field of biogerontology.

Dr. Austad’s research lab investigates one of the central mysteries of biology—understanding the cellular and molecular mechanisms that lead to the huge range of longevities. The long-term goal is to understand the aging process sufficiently to design therapies to slow aging in humans. The more immediate goal is to determine mechanisms that regulate differential rates of aging in different animals. His research has adopted a comparative approach, currently assessing differences at the cellular level (particularly in the response to oxidative stress) between species that are exceptionally successful at aging, for instance bats and birds, with species that are demonstrably unsuccessful at aging, such as mice and various marsupials.

A secondary interest is in the rapid evolutionary changes that organisms undergo as they adapt to the laboratory envi-
ronment after having survived for thousands of generations in the wild. One of these changes is a decrease in longevity, but other changes include muscle weakness, loss of sensory acuity, and an increasing reproductive rate. Since many of these changes mimic changes that occur during aging, understanding the genetic alterations responsible for such changes will lead to understanding about how to minimize, or reverse, such changes.

A renowned writer, some recent publications of Dr. Austad’s include:

- a special issue of Experimental Gerontology on Slowly-Aging Organisms with C.E. Finch.
- Purdue University and the Center on Aging and the Life Course is delighted to welcome Steven Austad, PhD to our Spring Life Course Symposium on April 2, 2004 at the University Inn.

Spring Symposium offers Interdisciplinary Poster Session

The following research posters will be on display at the Spring Symposium, Early Origins of Adult Health: Biological Processes on April 2, 2004.

Comparing the Retirement Savings of the Baby Boomers and Other Cohorts, S.A. Devaney, Ph.D., and S.T. Chiremba, M.S.

A Comparison of Retirement Planning in Mexico and the USA, S.A. Devaney, PhD and A. Rodriguez-Flores, MBA.


The Selenium and Vitamin E Cancer Prevention Trial (SELECT), I. Savikhin, G. Hyner, D.J. Waters.
MARRIAGE & FAMILY STUDY

If you are engaged to be married, you may qualify to participate in an important study of family relationships!

We want to learn more about the effect of marriage on relationships with other family members. To learn more about this study:

- Call us at 496-6427 and leave a message.
- Email Dr. Karen Fingerman at marriagefamily@purdue.edu.

This research is being conducted by Dr. Karen Fingerman, Associate Professor of Child Development and Family Studies, Purdue University and has been approved by the Internal Review Board (IRB) at Purdue University.

People who are eligible and participate will be paid as thanks for their time.

SUBJECTS NEEDED FOR TWO-HOUR STUDIES PAYING $30-40

The Speech Physiology Laboratory in Heavilon Hall at Purdue University is looking for subjects to participate in studies on speech production. The subjects will be asked to read a passage and talk while respiratory and lip and jaw movement is examined.

I

To participate, you must meet the following criteria:
- Age 65-91 years
- Living independently
- Average height and weight
- Normal speech, language, voice, articulation, and hearing
- No history of respiratory problems or asthma
- No history of head, neck, or chest surgery
- No history of neurological disease
- No smoking in the last 5 years
- No voice, singing, or speaking training
- Have a General North American dialect

II

To participate, you must meet the following criteria:
- Neurologic diagnosis of idiopathic Parkinson’s disease
- Speech or voice difficulties due to the Parkinson’s disease
- Average height and weight
- Normal language and hearing
- No history of respiratory problems or asthma
- No history of head, neck, or chest surgery
- No smoking in the last 5 years
- No voice, singing, or speaking training, except speech therapy
- Have a General North American dialect

If you are interested, contact Jessica Huber at (765) 494-6488 for more information.

The Cognitive Aging and Memory Lab (CAMEL)

in the Department of Psychological Sciences, Purdue University, is seeking volunteers to participate in a research study on how memory changes over the lifespan. If you are over 60 years old, in good health, and are a native speaker of American English, you may be eligible to participate. Your anonymity is guaranteed.

There are three parts to each 1-hour experiment:
- A brief, free vision/hearing screening
- A brief questionnaire about your age and health
- A memory test that lasts approximately 30 minutes

For more information: Call: 765-494-7898
Email: camel@psych.purdue.edu
Visit: http://camel.psych.purdue.edu

All studies are conducted under the direction of Professor Ian Neath, (765) 494-7898, Department of Psychological Sciences, Purdue University. All studies have been approved by the Purdue University Committee on the Use of Human Subjects in Research.
Anderson, James G., Ph.D., Professor of Sociology
Baird, Carol L., D.N.S., Assistant Professor of Nursing
Barnes, Sandra L., Ph.D., Assistant Professor of Sociology
Beck, Alan M., Sc.D., Dorothy N. McAllister Professor of Animal Ecology
Campbell, Wayne W., Ph.D., Associate Professor of Foods and Nutrition
Christian, John A., D.V.M., Ph.D., Associate Professor of Clinical Pathology
Cicirelli, Victor G., Ph.D., Professor of Development/Aging Psychology
DeVaney, Sharon A., Ph.D., Associate Professor of Consumer and Family Economics
Edwards, Nancy E., Ph.D., Associate Professor of Nursing
Elliott, Stephen, Ph.D., Assistant Professor of Industrial Technology
Ferraro, Kenneth F., Ph.D., Professor of Sociology
Fingerman, Karen L., Ph.D., Associate Professor of Child Development and Family Studies, Berner Hanley University Scholar
Fleet, James C., Ph.D., Associate Professor of Foods and Nutrition
Flynn, Michael G., Ph.D., Associate Professor of Health and Kinesiology
Friedman, Alan M., Ph.D., Associate Professor of Biological Sciences
Glickman, Lawrence T., V.M.D., Dr.PH, Professor of Epidemiology and Environmental Health
Hannon, Kevin M., Ph.D., Associate Professor of Basic Medical Sciences
Hogenesch, Harm, D.V.M., Ph.D., Professor and Head of Veterinary Pathobiology
Huber, Jessica E., Ph.D., Assistant Professor of Audiology and Speech Sciences
Hyner, Gerald, C., Ph.D., Professor of Health Promotion
Kreisle, Regina A., Ph.D., M.D., Associate Professor of Veterinary Pathobiology
Lehto, Xinran Y., Ph.D., Assistant Professor of Hospitality and Tourism Management
Lloyd, Lyle L., Ph.D., Professor of Education and Audiology and Speech Sciences
Long, Janie K., Ph.D., Assistant Professor of Child Development and Family Studies
Lyle, Roseann M., Ph.D., Professor of Health/Foods and Nutrition
MacDermid, Shelley M., Ph.D., Professor of Child Development and Family Studies
McCabe, George P., Ph.D., Professor of Statistics
McGlathlin, James D., M.P.H., Ph.D., C.P.E., Associate Professor of Health Sciences
Morgan, Melanie, Ph.D., Assistant Professor of Communication
Morre, Dorothy M., Ph.D., Professor of Foods and Nutrition
Morrison, Harry, Ph.D., Professor of Chemistry
Murray, Michael D., Pharm. D., M.P.H., Buckeye Professor of Clinical Pharmacy
Neath, Ian, Ph.D., Professor of Psychological Sciences
Novak, Robert E., Ph.D., Clinical Professor and Director of Clinical Education in Audiology and ASHA Program Director for the Department of Audiology and Speech Sciences
Owens, Timothy J., Ph.D., Associate Professor of Sociology
Perrucci, Carolyn C., Ph.D., Professor of Sociology
Pick, David F., Ph.D., Professor of Psychology, Calumet Campus, Hammond, IN
Proctor, Robert W., Ph.D., Professor of Psychological Sciences
Rajagopalan, Priya, Ph.D., Visiting Assistant Professor of Economics
Rieddy, Shirley, Ph.D., Assistant Professor of Health and Kinesiology
Ringel, Robert L., Ph.D., Professor of Audiology and Speech Sciences
Roy, Kevin M., Ph.D., Assistant Professor of Child Development and Family Studies
Sands, Laura P., Ph.D., Associate Professor of Nursing
Sowinski, Kevin M., Pharm.D., Associate Professor of Pharmacy Practice
Surprenant, Aimee M., Ph.D., Associate Professor of Psychological Sciences
Templin, Thomas J., Ph.D., Head of the Department of Health and Kinesiology;
Walcott-McQuigg, Jacqueline A., Ph.D., Associate Professor of Nursing
Waters, David J., D.V.M., Ph.D., Professor of Veterinary Clinical Sciences
Weaver, Connie M., Ph.D., Distinguished Professor and Head of the Department of Foods and Nutrition
Zelaznik, Howard N., Ph.D., Professor of Health and Kinesiology
Graduate Students on Aging and the Life Course

**Rachael Anderson**, Psychological Sciences
**John Apolzan**, Foods and Nutrition
**Kathryn Bojczyk**, Child Development and Family Studies
**Pei-Chun Chen**, Sociology and Anthropology
**Chan-Ching Chiang**, Veterinary Clinical Sciences
**Krisa Clark**, Sociology and Anthropology
**Dawn Cooley**, Veterinary Clinical Sciences
**Don Crohan**, Educational Studies
**Keren Dimah**, Health and Kinesiology
**Margaret Favorite**, Child Development and Family Studies
**Jennifer Felker**, Health and Kinesiology
**Jie Hong**, Foods and Nutrition
**Angela Henderson**, Sociology and Anthropology
**Kimberly Hurley**, Health and Kinesiology
**Heidi Iglay**, Foods and Nutrition
**Shalon Irving**, Sociology and Anthropology
**Lakshmi Josyula**, Health and Kinesiology
**Yunqing Li**, Sociology and Anthropology
**Brian McFarlin**, Health and Kinesiology
**Steven McKenzie**, Health and Kinesiology
**Michelle Miller**, Child Development and Family Studies
**Tariqah Nurridin**, Sociology and Anthropology
**Tetyana Pylypiv**, Sociology and Anthropology

**Stacy Presley**, Consumer Sciences and Retailing
**Dan Ritchie**, Health and Kinesiology
**Jori Sechrist**, Sociology and Anthropology
**Minjung Seo**, Health and Kinesiology
**John Spruill**, Audiology and Speech Sciences
**Sean Stuckney**, Health and Kinesiology
**April Stull**, Foods and Nutrition
**Chung-Ya Tang**, Child Development and Family Studies
**Roland Thorpe**, Veterinary Pathobiology
**Kyle Timmerman**, Exercise Physiology
**Oliver Wendt**, Educational Studies
**Tim Wright**, Health and Kinesiology

Staff

**Margaret Favorite**, Project Coordinator
**Marilyn McCammack**, Secretary
**Betty Krejci**, Director of Development
**Margaret Tittle**, Director of Development

Lynn Fellowships

The Gerontology Program, the educational component of the interdisciplinary Center on Aging and the Life Course, was allocated four Lynn Fellowships by the Graduate School for the current academic year. Faculty Associates of the Center competed for the fellowships, a recruiting tool for the very best incoming PhD applicants. The Graduate School provides a stipend for the student's first year, with support for the remaining three years from the home department.

The current Lynn Fellows in the Gerontology Program are:

- **Rachael Anderson**, Psychological Sciences
  Robert Proctor, Advisor

- **John Apolzan**, Foods & Nutrition
  Wayne Campbell, Advisor

- **Dan Ritchie**, Health & Kinesiology
  Roseann Lyle, Advisor

- **Timothy Wright**, Health & Kinesiology
  Gerald Hyner, Advisor

The Graduate School has allocated funds for two Lynn Fellowships for the Gerontology Program for 2004-05. These were awarded to incoming students of Sharon DeVane, Consumer Sciences and Retailing and Ken Ferraro, Sociology.
Faculty Support to Write an Extramural Grant Application in Aging

Nancy Edwards, Associate Professor in the School of Nursing, has been awarded the 2004 Center on Aging and the Life Course grant: Faculty Support to Write an Extramural Grant Application in Aging.

Her proposed study, Improving Weight, Nutritional Status and Health with Environmental Enrichment, will examine the value of animal-assisted therapy (AAT), specifically fish aquariums and the improvement of nutritional status in individuals with dementia. The study is a collaboration between Purdue University Schools of Nursing, Veterinary Medicine, and Consumer and Family Science.

Objectives of the proposal are to evaluate AAT-induced changes in food intake and nutritional status in individuals with dementia and to determine the impact of changes in nutritional status and intake on changes in quality of life, independence with activities of daily living and patient behaviors and weight maintenance.

The study will use a time series design incorporating a nonequivalent control group approach and will collect data from two hundred participants in long-term care facilities with dementia units.

Congratulations to Dr. Edwards on this interdisciplinary proposal!

Research Support Grants

The Center on Aging and the Life Course awarded four grants to support the research of its Faculty Associates in March. The competitive grants are for a maximum of $1,000 and can be used to support a variety of research expenses, including the support of a graduate assistant or travel. 2004 awards were made to:

- **Michael G. Flynn, PhD**, Health and Kinesiology
  - Influence of cholesterol lowering (statin) drugs on monocyte markers of inflammation
- **John O. Greene, PhD**, Communication
  - Creative Facility in Older Adults
- **Kevin Hannon, PhD**, Basic Medical Sciences
  - Disease Atrophy Publications
- **Xinran Lehto, PhD**, Hospitality and Tourism Management
  - Web Use as a Leisure Pastime and Older People’s Subjective Well-being

Valuable Resources

**Old Age: “Our Future Selves”**

How do we get students to identify with older people as “our future selves”? How do we encourage them to imagine what old age might be like on a personal basis? One effective means is for students to estimate their own life expectancy based on family longevity, health habits, and so on. To conduct this exercise you can use the web-based Life Expectancy Calculator developed by Thomas Perls, MPH, MD (www.livingto100.com/quiz.htm).

Another valuable Life Expectancy Calculator is available at (www.nmfn.com/tn/learnctr—lifeevents—longevity).

For guidance on how to use such calculators in the classroom, look at the article by Mary Altpeter, PhD, and Victor W. Marshall, PhD, “Making Aging ‘Real’ for Undergraduates.” This article appeared in Volume 29 (pp.739-756) of Educational Gerontology (2003). The authors explain that their article “shared the responses of students to an experiential, web-based exercise ‘Calculating Your Life Expectancy’ that was assigned to ‘situate’ students in the aging process. Our findings demonstrate that this exercise is an excellent transformational learning tool to stimulate student thinking and discussion of their own aging.”

**Teaching Gerontology E-Newsletter**

There’s a free monthly e-newsletter, “Teaching Gerontology,” that provides information about educational resources and pedagogical methods in gerontology. For a sample copy or a subscription, send an e-mail message to teachgero@yahoo.com.

Recent Grants and Fellowships


Michael Flynn, Health and Kinesiology, from Gatorade Sport Science Institute, April 1, 2002 through March 31, 2004, “The Relationship Between Carbohydrate Status and Immune System Function During Early and Late Recovery from Exercise,” $300


Michael Murray, Pharmacy Practice, from Indiana University, September 1, 2000 through August 31, 2004, “Clinical Pharmacology of Loop Diuretics,” $39,122

Fred Regnier, Chemistry, from University of Texas at San Antonio, September 15, 2003 through August 31, 2004, “Role of Oxidative Damage to Specific Molecules in Aging,” $75,000

Fred Regnier, Chemistry, from University of Texas Health Science Center at San Antonio, October 29, 2003 through October 31, 2004, “Ellison Foundation Senior Scholar Award in Aging,” $112,500


Laura Sands, Nursing, from Institute on Aging, October 1, 2002 through August 31, 2004, “Evaluating Outcomes of Adult Day Services,” $10,000

Roger Seehafer and Gerald Hyner, Health and Kinesiology, from Indiana State Department of Health, June 1, 2003 through December 20, 2003, “Greater Lafayette Survey of Exercise Related Patterns and Needs of Older Adults,” $18,710


D. Teegarden, B.A. Craig, and Roseann Lyle, Health and Kinesiology, from University of Tennessee, July 1, 2002 through December 1, 2003, “Role of Dairy Products in Weight Loss: a Multi-Center Trial,” $237,653


Connie Weaver, Foods and Nutrition, David Waters, Veterinary Clinical Sciences, and Wayne Campbell, Foods and Nutrition, from National Institutes of Health, August 1, 2003 through July 31, 2004, “Botanical Center for Age-Related Diseases 1 P50 AT00477 Research Supplements for Underrepresented Minorities,” $125,000

New Faculty Associates

Welcome to these new faculty associates of the Center on Aging and the Life Course: Xinran Y. Lehto, PhD., Assistant Professor of Hospitality and Tourism Management. Ian Neath, PhD., Professor of Psychological Sciences.

We look forward to a long and fruitful association as we continue to investigate and learn about various aspects of aging.
# Fall 2004 Gerontology Courses

## Primary Content

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<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CDFS 565</td>
<td>Multidisciplinary Perspectives on Aging</td>
<td>3 cr</td>
<td>TTh 3:00 - 4:15</td>
<td>Fingerman</td>
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<td>SOC 609D</td>
<td>Aging and the Life Course</td>
<td>3 cr</td>
<td>T 6:00 - 8:50</td>
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## Related Content

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<td>AUS 540</td>
<td>Augmentative and Alternative Communication</td>
<td>3 cr</td>
<td>TTh 4:30 - 5:45</td>
<td>Lloyd</td>
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<tr>
<td>BIOL 559</td>
<td>Endocrinology</td>
<td>3 cr</td>
<td>TTh 1:30-2:45</td>
<td>Anderson</td>
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<tr>
<td>SOC 681</td>
<td>Longitudinal Data Analysis</td>
<td>3 cr</td>
<td>TTh 12:00 - 1:15</td>
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