

Aging Exchange

News about the study of aging at Purdue University

Spring 1999

Waters Named Brookdale Foundation Fellow

Dr. David Waters is the first Purdue University faculty member to receive a Brookdale Foundation Fellowship. Waters is Associate Professor of Veterinary Clinical Sciences and Associate Director of the Gerontology Program.

The Brookdale National Leadership Program in Aging is part of the Brookdale Foundation Group's response to major demographic changes taking place in our society. The Leadership Program, which began in 1985, seeks those who have the professional expertise, capacity and potential to become leaders in the fields of geriatrics and gerontology. Each fellow works with a mentor, and Ken Ferraro, Director of the Gerontology Program, will serve as Waters' mentor for the fellowship.

The Program is an invitational competition among selected institutions. All candidates must demonstrate a commitment to the field of aging, exhibit *leadership* qualities and submit applications endorsed by their institutions.

Dr. Waters' application is entitled "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." Waters proposed that a more complete understanding of mammalian aging will translate into important strides to prevent age-related diseases and decrease human suffering.

"One of the greatest challenges to this field has been the selection of suitable model systems to test important hypotheses. Recently, interest has increased for the use of genetically heterogeneous populations of animals, rather than inbred mice, to study the genetic and environmental determinants of aging. Clearly, there is a need for new, relevant models of mammalian aging. We believe that pet dogs offer a previously overlooked resource for biogerontologists pursuing fundamental questions relevant to mammalian aging and cancer risk."

The Scientific Advisory Board for the project includes: Steven N. Austad, Ph.D., University of Idaho; William Baird, Ph.D., Oregon State University; David G. Bostwick, M.D., Mayo Clinic; Vincent J. Cristofalo, Ph.D., MCP Hahnemann University, Philadelphia; and Raymond Tice, Ph.D., National Institute of Environmental Health Sciences.

Research Assistantship in Gerontology

The Gerontology Program invites applications for a research assistantship beginning July 1, 1999. Students interested in the 0.5 FTE position should send a vita with the names of three references to Marilyn McCammack, Gerontology Program, 1264 Stone Hall. The search will continue until the position is filled but review of applications will begin April 19, 1999. We encourage applications from students in any field of study, but commitment to gerontology is essential. Women and minorities are encouraged to apply.

Awards

Dr. Amy Wohlert, Audiology and Speech Sciences, received the National Student Speech-Language-Hearing Association Award.

The Department of Health, Kinesiology and Leisure Studies recognized **Dr. Roseann Lyle** with a Departmental Teaching Award.

Predoctoral Fellowship

Elaine Lipscomb, Ph.D. student of **Dr. Connie Weaver**, Foods and Nutrition, was awarded a two year minority predoctoral fellowship from NIA to study the "Effect of soy isoflavones on calcium metabolism in postmenopausal women."

Transitions

The Gerontology Program extends its warmest congratulations to **Dr. Clifford H. Swensen**, Professor of Psychological Sciences, on his retirement after 37 years at Purdue University. Swensen provided excellent service to the Gerontology Steering Committee during its formative years.

His research interests focus on clinical psychology, gerontological psychology, psychotherapy, and religion and psychology. Dr. Swensen is the author of over 100 publications. Journal articles appear in: *American Psychologist*, *Journal of Clinical Psychology*, *Journal of Consulting Psychology*, *Journal of Marriage and the Family*, *Journal of Personality*, *Journal of Personality Assessment*, *Omega: Journal of Death and Dying*, and *Psychological Bulletin*.

Congratulations Dr. Swensen!

Recent Research Grants

Dr. John Christian, Veterinary Pathobiology, and J.C. Scott-Moncreiff, Veterinary Clinical Sciences, received funding from Ralston Purina Company for research entitled "Erythroid biomarkers of aging in giant breed dogs" for October, 1998-September 1999.

"Effects of peanut consumption on hunger, ingestive behavior, energy expenditure and coronary heart disease risk" by Dr. Richard Mattes and **Dr. Randall Gretebeck**, Foods and Nutrition, was funded by the University of Georgia for the period May 1998-July, 2001.

Dr. David J. Waters, Veterinary Clinical Sciences, **Dr. Larry T. Glickman**, Veterinary Pathobiology, Dr. D.W. Knapp, Veterinary Clinical Sciences, Dr. P.W. Snyder, Veterinary Pathobiology, and Dr. D.G. Bostwick, Mayo Clinic, were awarded a five-year grant from The Iams Company beginning January, 1999 for their research, "Aging and cancer chemoprevention research initiative."

New Books

Dr. Gerald C. Hyner, Health, Kinesiology and Leisure Studies, is the senior editor of the *SPM Handbook of Health Assessment Tools* (1999), published by the Society of Prospective Medicine and the Institute for Health and Productivity Management. The Handbook brings together over 50 authors to review the state of the art in health assessment, with special attention given to health risk appraisals. It provides a comprehensive inventory of commercial and research assessment procedures. For additional information, see www.spm.org or call 412-647-1087.

The Complete Guide to Alzheimer's-Proofing Your Home, authored by Mark L. Warner and published by the Purdue University Press in 1998, shows how to create a home environment to cope with difficulties associated with Alzheimer's and related dementia. Mr. Warner is a registered architect certified by the National Council of Architectural Registration Boards and a gerontologist. As a co-owner of Ageless Design, Inc., he specializes in environmental design and home modification for seniors based on specific age-related conditions.

IYOP Before Y2K

The United Nations General Assembly (47/5) decided to observe the year **1999** as the **International Year of Older Persons (IYOP)**. This is in recognition of humanity's demographic coming of age and the promise it holds for maturing attitudes and capabilities in social, economic, cultural and spiritual undertakings, not least for global peace and development in the next century. The theme is *Towards a Society for All Ages*. See <http://www.un.org/esa/socdev/iyop/> for more information.

Promotions

Promotions of four gerontology faculty associates were approved by the Board of Trustees on April 2. Faculty associates promoted to Professor are:

- **Glenis R. Long**, Audiology and Speech Sciences
- **Michael D. Murray**, Pharmacy Practice

Faculty associates promoted to Associate Professor are:

- **John A. Christian**, Veterinary Pathobiology
- **Sharon A. DeVaney**, Consumer Sciences and Retailing

Congratulations!

NIA FY99 Appropriations Up 7.2%

Richard Hodes, Director of the National Institute on Aging reported good news to the National Advisory Council on Aging at the February meeting. The FY 1999 appropriation for the NIA is \$596,521,000, an increase of \$40,163,900 (7.2%) over the amount of \$556,358,000 requested in the FY 1999 President's budget as amended, and \$79,439,000 (15.4%) more than the actual obligation of \$517,082,000 for FY 1998. This appropriation funds a total of 1,247 research project grants at a funding level of \$373,300,000.

NIA will allocate \$24 million in Special Emphasis funds to support research on biology of the brain, pathogenesis, and preventive strategies against disease (including demographic studies). Increased funding is included for new training mechanisms for clinical researchers and support for outstanding researchers in the field of demography of aging. Funds are provided for a 25% stipend increase within the training program. The FY 2000 President's Budget requests a total \$614,717,000, a 2.4% increase, for NIA.

Dr. Hodes noted that dramatic ups and downs in funding over the years can lead to problems. NIA has a strategic plan in place with priorities, mechanisms and contingencies to cope with fluctuations in appropriations and to ensure the wise use of funds.

You can link to the NIA website and the NACA Director's Status Report from GSA's home page at <http://www.geron.org>.

The Gerontological Society of America

The Gerontological Society of America (GSA) was established in 1945 to promote the scientific study of aging. Towards that goal, the Society publishes several refereed journals and holds an annual scientific meeting that brings together more than 3,000 professionals for meetings, discussions, seminars, symposiums, exhibits and fellowship. The 1999 meeting of the Society will be in San Francisco, November 19-23. Theme of the San Francisco Meeting will be "New Perspectives on Aging in the Post Genome Era." For more information on the GSA: <http://www.geron.org/>

AoA Requests For Family Caregiver Support

The Administration on Aging's FY 2000 budget request to Congress is \$1,048,055,000. This is an increase of \$166,005,000 over FY 1999 for Older American Act programs. Included is a legislative proposal to establish the National Family Caregiver Support Program under the Title III-D of the Older Americans Act. This program, to be administered by AoA through a partnership of states, local area agencies on aging, and aging and consumer organizations, would make a significant contribution toward providing respite services, counseling, training, information, and assistance to family members caring the their family members.

AoA is requesting \$4,000,000 for a new nationally targeted program to focus efforts on eliminating health disparities among racial and ethnic minorities. This program would provide intervention grants to states, who will collaborate with health departments, public and private sector health and aging associations, and minority organizations to enhance culturally competent service delivery to minority communities, to increase outreach to minority elders, and to build on existing interventions currently in place across the nation.

The request for Title IV, State and Local Innovations and Projects of National Significance is \$18,000,000. AoA is requesting an additional \$35,000,000 in the home-delivered meals program, an increase of 31% over FY 1999. For further information contact the Administration on Aging, 200 Independence Avenue, SW, Washington, DC 20202, 202-401-4541 or <http://www.aoa.gov>. From March, 1999, *Gerontology News*

Glenn Promotes Exercise Program for Older Americans

"You're never too old to get in shape," says 77-year old Sen. John Glenn (D-Ohio).

The former astronaut inspired millions of seniors as he prepared to join the Shuttle Mission last fall. He teamed with the National Institute on Aging to launch a new exercise program focusing on those over 50. The program centers on a free booklet, *Exercise: A Guide from the National Institute on Aging*. With dozens of illustrations and instructions on working out, the guide details four types of exercise that are

key to senior health: endurance, strength, balance and flexibility. Info: NIA, 800-222-2225 or 800-222-4225(TTY). The guidelines are available on the NASA Website, <http://weboflife.arc.nasa.gov/exerciseandaging>. *Senior Health Digest*, 10/98.

Rocking Chairs Improve Quality of Life

Elders who like rocking chairs may not realize it, but new research suggests they are self-medicating. "There's the stereotype of older people on the porch happily going back and forth in their rocking chairs," says researcher Nancy M. Watson, Ph.D., R.N., of the University of Rochester School of Nursing. "It turns out that the activity really does bring peace of mind to some folks."

In an experiment funded by the New York State Department of Health and conducted at Kirkhaven nursing home in Rochester, Watson and colleagues studied 25 patients with dementia, ages 72 to 95 years. For six weeks, the elders were encouraged to rock in platform rockers. Nurses scored them each day measuring depression, anxiety, irritability, withdrawal and disorientation. Then the patients were observed for six weeks unable to rock.

After rocking for a least 70 minutes a day, not necessarily consecutively, 11 patients showed as much as a one-third reduction in their anxiety and depression scores. Seven asked for less pain medication.

"They rocked in a lot of different ways," said Watson. "Some used the tips of toes, some used the whole foot. Some moved it with their body. One person led with her head. Some really vigorous rockers used a motion, like pumping a swing. They really enjoyed it and had great smiles on their faces."

Both the anti-anxiety and pain-reducing effects of rocking, Watson speculated, are connected with the release of endorphins--the brain's natural opiate-like painkillers. Other studies have associated endorphin release with prolonged rhythmic exercise--the so-called "runner's high."

Perhaps the real test of the study is that when it was over, both patients and nursing home staffers continued to use the rocking chairs. (*The Brown University GeroPsych Report*, Sept. 1998, Vol. 2, No. 9, Page 1. Published by Manisses Comm. Group, Inc. 1-800-333-7771.)

We hope to grow old and we dread old age; that is to say, we love life and flee from death. – La Bruyère

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 8, issue 2

Graduate Courses in Gerontology at Purdue Fall, 1999

Primary content

CDFS 565	Multidisciplinary Perspectives on Aging (3 cr.), Prof. Corrigan (HPER 590X)	TTh 4:30-5:45
CSR 530	The Older Adult Consumer (3 cr.), Prof. DeVaney	MWF 9:30
HPER 590X	Multidisciplinary Perspectives on Aging (3 cr.), Prof. Corrigan (CDFS 565)	TTh 4:30-5:45
PSY 536	Psychology of Aging and the Aged (3 cr.), Prof. Cicirelli	TTh 12:00-1:15
PSY 537	Psychology of the Aging Family (3 cr.), Prof. Cicirelli	Th 3:00-4:15

Related but not primary content

AUS 519A	Augment. & Alter. Com. Assess. (2 cr.), Prof. L. Lloyd	M 10:30-12:20
AUS 540	Augment. & Alter. Com. (3 cr.), Prof. L. Lloyd (EDPS 562)	TTh 4:30-5:45
BIOL 503	Introduction to Neurobiology (3 cr)	MWF 12:30
BIOL 559	Endocrinology (3 cr.), Prof. Anderson	TTh 1:30-2:45
CDFS 502	Survey of Human Development (3 cr.), Prof. Offenbach (PSY 502)	T 6:30-9:20
CDFS 605	Seminar in Family Life Course (3 cr.), Prof. Usita	T 8:30-11:20
CSR 631	Consumer Behavior Theories (3 cr.) (PSY 585)	MWF 10:30
EDPS 562	Augment. & Alter. Com. (3 cr.), Prof. L. Lloyd (AUS 540)	TTh 4:30-5:45
PSY 502	Survey of Human Development (3 cr.), Prof. Offenbach	T 6:30-9:20
PSY 585	Psychological Foundations of Consumer Behavior (3 cr.) (CSR 631)	MWF 10:30
SOC 681	Selected Prob. of Social Res.: Longitudinal Data Anal. (3 cr.), Prof. Ferraro	TTh 1:30-2:45

Summer, 1999

Primary content

PSY 679E	Clinical Gerontological Practicum (1-6 cr.)	Arrange
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Related but not primary content

AUS 514I	Augment. & Alter. Com. Interven. Sem. (2-3 cr.), Prof. Lloyd (EDPS 664I)	MW 1:00-2:50
EDPS 664I	Augment. & Alter. Com. Interven. Sem. (2-3 cr.), Prof. Lloyd (AUS 514I)	MW 1:00-2:50