



Outreach



Research



INSTITUTE OF GERONTOLOGY

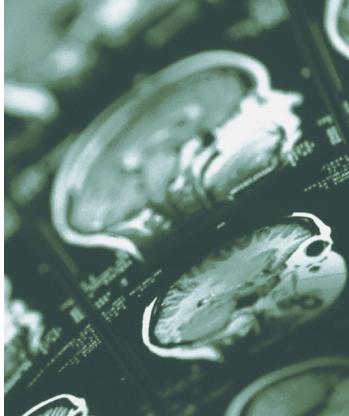


Education



Partnership

2009
ANNUAL
REPORT



Doing More with Less

Pundits call it the Great Recession, the longest and deepest economic decline since 1929. No sector of society escaped this past year's downfall, but older adults may have been hit harder than anyone. Retirement savings shrank. Home values (for those lucky enough to have a home) tumbled. Massive lay-offs often targeted older workers. Medical costs rose. Resources of the poor and needy were especially decimated as charitable donations dwindled and social service organizations rationed their aid.

Tough times test our character. We, at the Institute of Gerontology, are proud that in these times of uncertainty we remained certain of our mission to improve the lives of older adults and their families. As the economy withered, we worked harder to reach record numbers of seniors at our events and forums. We organized hundreds of free health screenings and dozens of health education workshops. We made a successful push to get our SAGE mental health training DVDs into the hands and minds of larger groups of healthcare professionals so they could

recognize the early signs of depression or dementia in patients and get them the help they need. Our Issues in Aging professional development conference broke its 22-year attendance record.

Our research projects thrive through hard work, efficient use of scarce resources, and innovative approaches that transform research breakthroughs into real-life solutions. Our exceptionally talented faculty received new grants this year on a variety of aspects of aging and health, from the economics of medication adherence, to the experience of depression among White, Black and Mexican American older adults.

Research excellence is visible in the quality of work from the students in our aging and urban health research training program, several of whom completed their doctoral dissertations this year. Research requires volunteers to succeed. We streamlined our volunteer recruitment process and now have a record number of 1,072 older adults in our database, each one willing to participate in research projects that match their needs and profile.



Left to right: Volunteers at HBEC Health Reception conduct blood glucose and cholesterol health screenings. Seniors learn *T'ai Chi* for stress relief and fitness at the 2009 *Art of Aging Successfully*.



Dr. Jeffrey Halter, of the University of Michigan Geriatrics Center awarded the distinguished DeVito Memorial Award to Dr. Lichtenberg in May for excellence in geriatrics service and education.

As traditional sources of funding dwindled, we created new models of stewardship. These novel approaches succeed because we carefully select sponsors who can share in our mission and our programs. The American House Foundation, for instance, gives 70% of all the money it raises directly to the frail elderly in need, and 30% to the IOG for ongoing research on aging. An affiliation between the IOG and Heartland Rehabilitation Centers in southeastern Michigan supports scholarship and education for clients and their families. Our speakers' bureau and new portable continuing education seminars also generate income that we invest into additional programs to reach more people. We make maximum use of our cost-effective website to educate visitors about all that we do.

A budgetary review of our programs and publications has meant some trimming (you hold a smaller annual report in your hands this year), but never at the expense of Detroit's older population. In times of loss, we will not lose our focus. In times of cutbacks, we will never cut back on our commitment to help older adults.

Peter A. Lichtenberg

Peter Lichtenberg, Ph.D., ABPP
Director, Institute of Gerontology

Professor of Psychology, Psychiatry and Behavioral Neuroscience, and Physical Medicine and Rehabilitation



MISSION

The Institute of Gerontology at Wayne State University conducts research in the social and behavioral sciences and cognitive neuroscience on issues of aging and urban health.

RESEARCH

Improving our community's health through research

EDUCATION

Preparing tomorrow's leaders in aging research

OUTREACH

Connecting seniors and their families to current knowledge

PARTNERSHIP

Building programs that stand the test of time

Editor: Cheryl Deep / Design: Catherine Blasio / Photography: Rick Bielaczyc

Table of Contents

Faculty Research 2-6

Health Disparities & Disabilities, Social & Behavioral Research, Cognitive Neuroscience, Research Grants

Education 7-10

Pre-Doctoral Trainees, Graduate Student Trainee Awards Alumni Achievements, Faculty Fellowship Program

Outreach 11-13

Issues In Aging Professional Conference, HBEC Program, Art of Aging Successfully Conference

Partnership 14-16

Building Bridges, Corporate & Community Sponsors, Benefactors



Outreach

Partnership

Faculty Research



PETER LICHTENBERG, Ph.D., ABPP
Director

LEADERSHIP

Peter Lichtenberg, Ph.D., ABPP, has been the director of the Institute of Gerontology at Wayne State University since 1999. This year he expanded his directorship to include the Merrill Palmer Skillman Institute for Child & Family Development (MPSI). Both the IOG and MPSI will continue as separate institutes, but Dr. Lichtenberg will use his leadership as an opportunity to pursue integrated research projects that span the life cycle. In the spring, a team of IOG and MPSI faculty received funding from Wayne State University for a planning and research study of children, parents and grandparents. The study is called the LIFHE Project, which stands for Lifespan Investigation of Family, Health and Environment.

In August, Dr. Lichtenberg's role at the American Psychological Association also increased as he assumed the

role of president of the APA's Division 20 (Adult Development and Aging), a nationally respected source of research on psychology and aging, and an advocate for older adults. He continues to be an active member of the Gerontological Society of America, both in the Behavioral and Social Sciences Section and by helping to form and lead a new network of Behavioral and Social Gerontology Program Directors. This group, formed two years ago, will hold its third annual meeting at the 2009 GSA.

RESEARCH

In addition to the newly funded LIFHE project, Dr. Lichtenberg continues as principal investigator on five research projects, co-principal investigator on three others, and co-director of the five-year Michigan Center for Urban African American Aging Research to promote health among older minority populations. His research interests include identifying depression, training home health professionals in assessing older patients, reducing the increased incidence of certain cancers in older African Americans, developing

screening modules to assist in accessing competency, and improving cognitive abilities through systematic training.

MENTORING

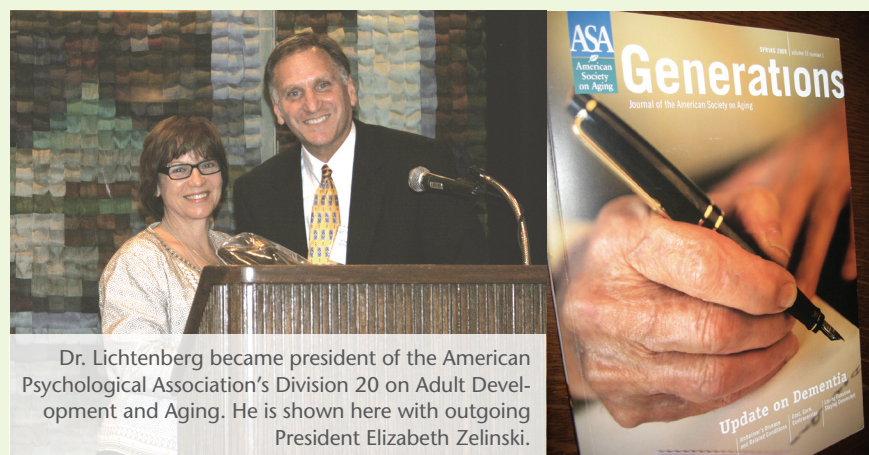
Dr. Lichtenberg was a faculty advisor and mentor for two students who successfully defended their dissertations in the past 18 months. Paul Cernin is now in his third year of post-doctoral studies at UCLA. Brooke Schneider won an internship at the West Los Angeles VA Healthcare Center to work with older veterans suffering from an array of serious health issues. Both Paul and Brooke were part of the IOG's pre-doctoral training program in aging and health.

PUBLICATIONS

Dr. Lichtenberg was the guest editor of *Generations: Update on Dementia*, a special once-each-decade issue of the *Journal of the American Society on Aging*. He is co-author of "Gambling in Older Adults: An Emerging Problem for Nurses," wrote a guest editorial in the *Journal of Addictions Nursing*, and has five additional publications in press.

AWARDS

Gov. Jennifer Granholm conferred a special state tribute and citation on Dr. Lichtenberg for his 10 years of exceptional service to the health and well-being of older adults; and to the Michigan Dementia Coalition, which he has chaired since 1999. Dr. Lichtenberg received this honor at the unveiling of the coalition's new three-year strategic plan which he co-chaired. "Alzheimer's disease and other dementias affect approximately 240,000 Michigan residents," Dr. Lichtenberg said. "We are fortunate that our state leaders understand the far-reaching impact of this problem." He also received the DeVito Memorial Award in May.



Dr. Lichtenberg became president of the American Psychological Association's Division 20 on Adult Development and Aging. He is shown here with outgoing President Elizabeth Zelinski.



Health Disparities and Disability

CATHY LYSACK, Ph.D.
Deputy Director

Dr. Lysack OT(C) is a professor of gerontology and occupational therapy whose research emphasizes the long-term social and physical effects of aging and disability. She is an investigator on the study "Downsizing Possessions for Residential Moves in Later Life" dually located in Detroit and Lawrence, Kansas. This study investigates how people who move to smaller quarters manage their possessions as an adaptation to the vulnerabilities of later life.

Dr. Lysack co-directs the Pre-Doctoral Training Program in Aging and Urban Health and teaches research to occupational therapy students in the Department of Health Care Sciences. "I am committed to insuring that research knowledge is reflected in the contemporary training of graduate students," she said, "and to helping health care professionals translate research findings into meaningful skills in practice." She was instrumental in developing the SAGE DVD training set, which strengthens the mental health assessment skills of occupational therapists. SAGE received national recognition earlier this year when it was officially endorsed by the American Occupational Therapy Association.

In September, Dr. Lysack traveled to China as an invited member of a national occupational therapy delegation created to foster the exchange of current rehabilitation knowledge and best practices.

MARK LUBORSKY, Ph.D.
Director of Aging & Health Disparities Research

Dr. Luborsky is a professor of anthropology and gerontology at Wayne State University. He is a principal investigator on two major research studies: the \$1.1 million

"Hip Fracture: Cultural Loss and Long-Term Reintegration," and the \$528,000 "Downsizing Possessions for Residential Moves in Later Life." As director for aging and health disparities research, he helps to oversee the \$3.3 million Michigan Center for Urban African American Aging Research grant. Dr. Luborsky also shares his grant writing and management skills with researchers in Sweden and at the University of Pennsylvania as a consultant on new grant submissions and continuing projects.

His other research interest is the HIV epidemic in Rwanda. For three years, he has worked with the Rwandan government to provide expertise and skills to help contain the spread of HIV. The regular visits by Dr. Luborsky and his team have shown good success. "We learned, for instance, that the Rwandan ministry did not field-test its prevention programs before implementing them," he said. "So we introduced cutting edge tools for survey, intervention research and field testing so the programs fit the people." His team followed up with extensive training for professional research interviewers.

Dr. Luborsky published four articles this year and made 12 professional presentations. He continues as editor of *Medical Anthropology Quarterly*, the first international journal published at Wayne State University

OLIVIA WASHINGTON, Ph.D.
Director, Healthier Black Elders Center

With a special interest in vulnerable populations, Dr. Washington, PMHCNS-BC, NP, LPC, has spent much of her career working with older African Americans and older homeless women to improve their health and social stability. She is the co-director of the Community Liaison Core for the \$3.3 million Michigan Center for Urban African American Aging Research project, a collaboration between



Dr. Washington addresses a capacity crowd at the 2009 HBEC Health Reception. After 30 years of service to Wayne State University, Dr. Washington will retire in December, but the good works of the HBEC will continue.

the University of Michigan and the IOG. Dr. Washington organizes its annual Healthier Black Elders Center Health Reception, which hosted 1,100 seniors in June for a day of free health screenings, education and exercise. The 2009 event's 930 health screenings broke a seven-year record.

Dr. Washington also is director of the Healthier Black Elders Center. She oversees a year-round educational program and development of the Participant Resource Pool that recruits older African American volunteers who may be interested in participating in research projects. The current database of 1,188 has more than tripled in the last few years. "Our message is getting into the community," said Dr. Washington, an associate professor of nursing and gerontology at the IOG and the College of Nursing. "People understand that research is valuable to them, and we need their help to insure that it is both accurate and meaningful."

Dr. Washington co-authored eight articles this past year, and has an additional four articles and three book chapters in press. She and her colleagues have created a website (to launch in late fall) that showcases their research helping older homeless women leave homelessness and remain domiciled. Homelessness is a problem of increasing magnitude in Detroit and other urban areas as jobs and funding for social service organizations rapidly disappear.

Social & Behavioral Research on Aging

HECTOR M. GONZÁLEZ, PH.D.
Psychology and Epidemiology

Dr. González is an assistant professor of gerontology and family medicine and an expert on minority health and aging, especially within the Latino and Mexican American populations. He recently received a three-year, \$1.2 million grant to fund an Epidemiology of Late-Life Depression and Ethnicity Research Study (ELLDERS) of the prevalence and distribution of major depression among older adults from various racial and ethnic backgrounds.

"Depression is a leading cause of disability in the U.S., but thus far we are seeing very low rates of treatments for ethnic minorities," he said. Results of his National Institute of Mental Health study should provide insights into how to prevent depression in an aging and diverse population.

Over the past year, Dr. González published "Diabetes Awareness and Knowledge among Latinos" in *The Journal of General Internal Medicine*, and "The Health of Older Mexican Americans in the Long Run" in the *American Journal of Public Health*. He has had five other peer-reviewed articles accepted for publication. He was newly appointed to the editorial board of the *Journal of Aging and Health* and was elected to the Gerontological Society of America's Behavioral and Social Science executive committee.

THOMAS B. JANKOWSKI, PH.D.
Associate Director for Research

As associate director for research at the IOG, Dr. Jankowski oversees the IOG's facilities, computers, security, web-

"Treatments are only good if you can get them to the right people."

– Dr. González

sites, and other infrastructure and technological resources. He was awarded a \$275,000 grant to fund *Seniors Count!*, a collaboration with Adult Well Being Services of Detroit to create a data warehouse on the social demographics and service needs of older adults in southeastern Michigan.

An adjunct assistant professor in gerontology and political science, Dr. Jankowski published three articles this past year and was appointed to Wayne State University's graduate student recruitment and scholarly communications committees. He has spoken about aging policy to dozens of local organizations, and he is active in Michigan's aging network. He chairs the advisory council of the Senior Alliance, Michigan Area Agency on Aging 1-C, and sits on its board of directors and executive committee. He serves on the board of the Michigan Society of Gerontology and the steering committee of the United Way of Southeast Michigan's Senior Collaborative initiative, among others.

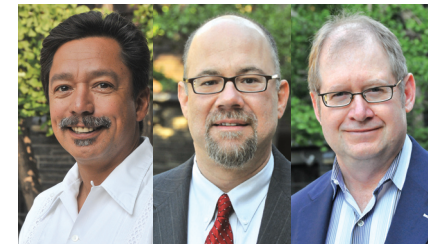
In recognition of his outstanding record of community service, Dr. Jankowski won the 2009 McNamara Award from the Senior Alliance for his pursuit of excellence in local aging services. He also continues to receive national recognition for PhiniseD.org, his online support and discussion website for graduate students. PhiniseD was recom-

mended in a recent *Chronicle of Higher Education* article and featured in several other news sources.

STEWART NEUFELD, PH.D.
Mathematics and Social Science

Jointly appointed between the IOG and the department of anthropology, with a doctorate in mathematics, Dr. Neufeld brings a unique array of knowledge to his work with older adults. An assistant professor of research, Dr. Neufeld's work is concentrated in two areas: how the perception of risk affects health behaviors, and how mathematical applications can help people better understand financial performance. He has recently become interested in the relationship between savings rates, mutual fund fees, perceived risk and investment decisions.

This year Dr. Neufeld made three national conference presentations, has one paper in press and four under review. Much of his writing and research relates directly to issues of risk and behavior, specifically in persons with spinal cord injury, or those having HIV. He served as the methodology and statistical expert for several of the IOG's pre- and post-doctoral students, and also taught statistics to graduate students in medical anthropology.



Dr. Lysack (above right) explains downsizing of possessions on Bob Allison's *Aging Well* radio show. WWJ reporter Pat Sweeting asks Dr. Jankowski about his new research project to accurately count seniors.



KAY CRESCI, PH.D.
Nursing Research

Nursing research and gerontology are a natural fit for Dr. Cresci, R.N.. As an assistant professor, she divides her time between the IOG and the College of Nursing as she conducts research into older adults' use of computers and the internet. She received a Wayne State University Award for her study, "Understanding Urban Elders' Interest and Ability to Use Information Technology to Manage their Health," a natural outgrowth of computer classes she taught to Detroit's inner-city seniors. Two of her publications are currently in press.

Dr. Cresci teaches graduate and undergraduate nursing classes as WSU and continues to serve as an adjunct assistant professor at the Johns Hopkins University School of Nursing, where she taught for many years. She particularly enjoys her time spent as faculty advisor to the IOG's Annual Art of Aging Successfully Conference. "Enhancing the creative side of aging is fulfilling to me," Dr. Cresci said. "The positive energy of Art of Aging is contagious."

GAIL JENSEN SUMMERS, PH.D.
Health Economics

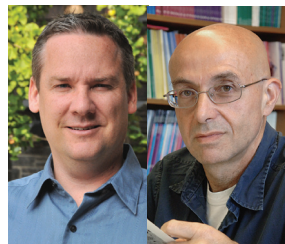
Prescription drug expenses are one of the fastest growing categories of healthcare expenditures in the U.S. Older adults on a fixed income must sometimes decide between paying their electric bill and paying for prescribed medications. Dr. Jensen Summers is studying what happens when older adults don't take their medicine. Her \$370,000 grant, from the Agency for Healthcare Research and Quality in the U.S. Department of Health and Human Services, will be used to analyze the effects of non-adherence on the health and healthcare costs of older adults.

Dr. Jensen Summers is a professor of gerontology and economics at Wayne State University focusing on research in health economics. She has two papers currently under review and several more in preparation. She is a highly regarded teacher in the Department of Economics and is the primary advisor for several doctoral students, two of whom completed their dissertations this year.

SCOTT MOFFAT, PH.D.
Cognitive Neuropsychology

Dr. Moffat was promoted with tenure to associate professor of gerontology and psychology at Wayne State University. He is an exceptionally talented researcher, scholar and teacher concentrating on the impact of hormones on cognitive functioning as we age. He is the principal investigator on a \$1.46 million National Institutes of Health grant to study the effects of the stress hormone cortisol on older adults. His other work has looked at testosterone and cognitive aging, and at changes in our ability to navigate through our environment as we age.

He published four articles this past year, has three other manuscripts under review, and presented at five national conferences. Dr. Moffat advises three doctoral students and has taught three different psychology classes over the past three years. He receives high ratings from his graduate and undergraduate students. "Our role as teacher is to



Cognitive Neuroscience & Aging

cultivate independent thought," Dr. Moffat said, through explanation, inspiration and invention.

NAFTALI RAZ, PH.D.
Director of Lifespan Cognitive Neuroscience

Dr. Raz is the associate director for cognitive neuroscience at the IOG, and a professor of psychology and gerontology. He is also principal investigator on a five-year, \$3 million MERIT Award studying how the brain ages. "People get into a specific field of research for various reasons," he said. "For me, the brain is an aesthetically pleasing object. Whether as a specimen on a lab table or an MRI image on a computer screen, it always fascinates."

Dr. Raz's fascination with the brain's structure and function has motivated a prolific number of achievements. Over the past year, he published 13 peer-reviewed articles, gave eight invited talks across the United States and Europe, and served as guest editor for a special issue of *Neuropsychology Review*. Teaching and mentoring are a high priority. Two of his graduate students completed their doctorates, and two others are near completion. "My students have been successful in continuing productive research . . . in prestigious programs around the country," Dr. Raz said. "We have a responsibility to pass on knowledge in a never-ending relay."

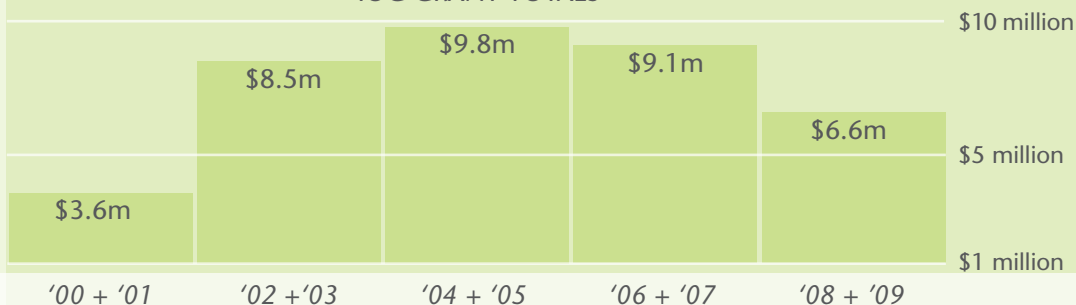
"For me, the brain is an aesthetically pleasing object."

- Dr. Raz

"The quality of our research programs and their impact in the community remains high, despite today's economic challenges."

– Dr. Lichtenberg

IOG GRANT TOTALS



Research Grants

NEW RESEARCH GRANTS 2008-09

Epidemiology of Late-Life Depression and Ethnicity Research Study (ELLDERS) - Dr. Hector González, PI - A three-year, \$1.2 million dollar study funded by the National Institute of Mental Health to extrapolate the rates and types of depression among different ethnic groups, such as Mexican Americans, Puerto Ricans, Cubans, Asians, African Americans and non-Hispanic Whites living in the United States.

Drug Insurance, Medication Adherence and Subsequent Outcomes Among Seniors - Dr. Gail Jensen Summers (IOG) and Dr. Xiao Xu (University of Michigan), PIs - A \$370,000 grant from the Agency for Healthcare Research and Quality of the U.S. Department of Health and Human Services for a two-year analysis of prescription drug regimens and their effects on health and healthcare costs.

Seniors Count! - Dr. Thomas B. Jankowski in collaboration with Adult Well Being Services of Detroit - A grant of \$300,000 to gather, integrate and publish a compilation of the available demographic, economic, health and social data on older adults in Southeast Michigan.

Lifespan Investigation of Family, Health and Environment (LIFHE) Drs. Peter Lichtenberg, Cathy Lysack and John Hannigan, Co-PIs - A longitudinal study of the relationships, health and environmental factors affecting urban children, parents and grandparents, partially funded through a Model Urban University grant of \$35,000 from Wayne State University. This research is a joint project between the IOG and the Merrill Palmer Skillman Institute for Child & Family Development.

Understanding Urban Elders' Interest in and Ability to Use Information Technology to Manage Their Health - Dr. Kay Kresci, PI - A Wayne State University Award of \$10,000 to ascertain how older adults make use of online resources to learn more about their health and to manage diseases and other health-related conditions.

ONGOING RESEARCH GRANTS

Michigan Center for Urban African American Aging Research (MCUAAAR) - Dr. Lichtenberg and Dr. James Jackson of the University of Michigan, Co-Principal Investigators - An extension of \$3.3 million to the nearly \$6.5 million previously granted from the NIH to reduce the health disparities that exist between older African Americans and other ethnic groups through research, faculty mentoring and education.

Neural Correlates and Modifiers of Cognitive Aging - Dr. Raz, PI - The NIH awarded this \$3 million, five-year grant to research the modifiers of cognitive aging from a neuroscience perspective.

Detroit Community Network Program - Dr. Terrance Albrecht of Karmanos Cancer Center and Dr. Lichtenberg, Co-PI - This \$2.5 million, five-year grant is from the National Cancer Institutes to the Detroit Community Network Program (CNP) to find ways to reduce cancer rates among Detroit's older, African American population by networking with community organizations.

Cognitive and Neural Consequences of Long-term Cortisol Exposure in Human Aging - Dr. Moffat, PI - The NIH granted \$1.5 million over four years to examine

the effects of the stress hormone cortisol on brain function over time.

Hip Fracture: Cultural Loss & Long-term Reintegration - Drs. Luborsky and Lysack, Co-PIs - \$1.1 million was awarded from the NIH for a four-year study of how men and women overcome the trauma of a hip fracture and re-engage with their community.

Training Students in Aging and Health - Dr. Lichtenberg, PI - An \$834,000 extension from the NIH to the nearly \$1.83 million previously granted to educate pre-doctoral and post-doctoral students through 2011 about aging and health.

Vascular Depression and Function in Older Latinos - Dr. González, PI - \$753,000 over five years from the NIH to study how depression triggered by poor blood flow to the brain affects functioning in older Mexican Americans.

Advanced Cognitive Training in Vital Elders (ACTIVE) - Dr. Michael Marsiske, PI (University of Florida) and Dr. Lichtenberg, PI (Wayne State University) - An award of \$632,000 from the NIH to conduct a 10-year follow-up to the original ACTIVE research done at the IOG. The study will look at the long-term effects of cognitive training on everyday problem solving and disability.

Downsizing Possessions for Residential Moves in Later Life - Drs. Luborsky and Lysack, Co-PIs, in collaboration with Dr. David Ekerdt, PI, University of Kansas - The Detroit (IOG) site received \$528,000 from the NIH for a three-year study to understand the significance, social function and management of material possessions as people downsize and move in later life

Our students rank among the finest in the nation in their knowledge of aging issues and commitment to improving the aging process.



Education

PRE-DOCTORAL TRAINEES

IOG trainees have distinguished themselves this past year with award-winning research proposals, invitations to present at nationally recognized conferences, and several successful dissertation defenses. Congratulations to Drs. Brooke Schneider, Wassim Tarraf and Kate Machacova who successfully defended their dissertations this year.

Andrew Bender – Experimental Psychology

Emily Briceno – Clinical Psychology

Chris Brunt – Economics

Jean Burton – Anthropology

Cheryl Dahle – Developmental Psychology

Ana Daugherty – Cognitive Psychology

Awantika Deshmukh – Cognitive Psychology

Angela Guy-Lee – Anthropology

Nayoung Kim – Economics

Elham Mahmoudi – Economics

Pamela May – Clinical Psychology

Andrea Nevedal – Anthropology

Edmundo Reyes – Economics

Kirk Rodgers – Cognitive Psychology

Stacey Schepens – Occupational Therapy

Brooke Schneider – Clinical Psychology

Wassim Tarraf – Political Science

Rifky Tkatch – Health Psychology

Yiqin Yang – Cognitive Psychology

Peng Yuan – Bio Psychology

Kate Machacova – Intern from the Czech Republic researching health & disability

GRADUATE STUDENT TRAINEE AWARDS

NATIONAL

Academy Health 2009 Student Poster Award Finalist, Chicago – **Nayoung Kim**

American Psychological Association Division 20 Award for Completed Master's Research – **Brooke Schneider**

National Institutes of Aging Grants Technical Assistance Workshop – **Cheryl Dahle, Awantika Deshmukh**

REGIONAL

Blue Cross Blue Shield of Michigan Foundation Student Award – **Nayoung Kim, Stacey Schepens**

Excellence in Research Award for Students, Blue Cross Blue Shield of Michigan Foundation – **Brooke Schneider**

SEMTEC Instructional Technology Annual Scholarship – **Stacey Schepens**

Wayne State University Representative for Graduate Education Week in Michigan – **Nayoung Kim, Stacey Schepens**

WAYNE STATE UNIVERSITY

Dissertation Research Award – **M. Kirk Rodgers**

Dissertation Research Support Grant – **Stacey Schepens**

Graduate Professional Scholarship – **Emily Briceno, Cheryl Dahle, Stacey Schepens**

Levin Award from the Department of Economics – **Edmundo Reyes**

POSTER SESSION JURIED AWARDS

Institute of Gerontology – **Brooke Schneider (1st), Cheryl Dahle (2nd), Stacey Schepens (3rd)**

Wayne State University Psychology Department Clinical Area Poster Graduate Award – **Pamela May**

TRAVEL AWARDS

American Psychological Association Conference – **Brooke Schneider**

Gerontological Society of America Behavioral and Social Sciences Section – **Cheryl Dahle**

Institute of Gerontology – **Nayoung Kim, Edmundo Reyes**

International Academy of Business and Economics Conference (twice) – **Edmundo Reyes**

International Neuropsychological Society Conference, Atlanta – **Pamela May**

Organization Travel Award – **Cheryl Dahle**

Wayne State University Graduate Student Professional Award – **Nayoung Kim, Stacey Schepens**



Clockwise from upper left: Mary Byrnes helps out at an Alzheimer's center; Waverly Duck teaches Yale undergraduates; Diane Adamo demonstrates the best method to get up after a fall; Karen Rodrigue analyzes brain scans with Dr. Raz.



IOG Trainees Advance & Achieve

Here are just a few of the outstanding scholars who have walked the halls of the IOG, either as trainees working toward their doctorate or as fellows after receiving their doctorate.

Benjamin Mast (Mentor: Peter Lichtenberg)

- IOG pre-doctoral trainee 1996-2002
- Associate Professor (tenured) of Psychological and Brain Sciences, University of Louisville, emphasis on dementia and late-life depression

Waverly Duck (Mentor: Peter Lichtenberg)

- IOG pre-doctoral trainee 1999-2004
- Earned Ph.D. in Sociology, 2004
- Post-doctoral associate in Sociology, Yale University
- Associate Director, Yale Urban Ethnography Project
- Published "Black Male Sexual Politics" in the *Journal of African American Studies*, 2009, which was widely cited in the scientific and lay press

Mary Byrnes (Mentor: Heather Dillaway)

- IOG pre-doctoral trainee 2004-2006
- Earned Ph.D. in Sociology, 2009
- Taught for two years at Loyola University
- Assistant Professor at Western Carolina University

Diane Adamo (Mentor: Cathy Lysack)

- IOG post-doctoral fellow 2006-2008
- Assistant professor, Dept. of Health Care Sciences, WSU
- IOG training program faculty member
- Frequent community outreach forum presenter
- Research on movement and aging translates well into prevention training in falls and balance

Karen Rodrigue (Mentor: Naftali Raz)

- IOG pre-doctoral trainee 2001-2007
- Earned Ph.D. in Psychology (cognitive neuroscience), 2007
- Post-doctoral fellow in the Productive Aging Lab at the Center for Brain Health, Dallas, TX

Kristen Kennedy (Mentor: Naftali Raz)

- IOG pre-doctoral trainee 2001-2007
- The 2006 International Neuropsychological Society Summer Institute Fellow in Xylocastro, Greece
- Earned Ph.D. in Psychology (cognitive neuroscience), 2007
- Post-doctoral fellow in the Productive Aging Lab at the Center for Brain Health, Dallas, TX
- Published three papers with four more in press in 2009 alone

Omar Mahmood (Mentor: Scott Moffat)

- IOG pre-doctoral trainee 2004-2007
- Earned Ph.D. in Psychology (cognitive neuroscience), 2007
- Post-doctoral fellow in Psychology at the University of California at San Diego
- Won highly competitive National Research Service Award, a multi-year fellowship that will fund the majority of his post-doctoral education



"From support staff to faculty members, I was overwhelmed by the level of helpfulness and competence I encountered."

– Dr. Wurm



Faculty Fellowship Boosts Gerontology Research on Campus

Each year of this three-year pilot program, the IOG faculty selects one promising Wayne State faculty member to receive a mini-sabbatical (course buyouts) and spend 50% of the year at the IOG. This year's faculty fellow was **Lee Wurm, Ph.D.**, an associate professor in the College of Liberal Arts & Sciences who specializes in cognitive, developmental and social psychology. "I used the time to tool up for a very important pilot study requested by grant reviewers," Dr. Wurm said of the word recognition and memory study completed during his fellowship. "We collected data from 55 older community residents and an equal number of younger controls." Dr. Wurm has begun the analysis of his data and expects it to lead to at least one major paper and possible additional funding.

Though his year of faculty fellowship has ended, Dr. Wurm will remain as a training faculty member and return for IOG colloquia as his teaching schedule allows. "The small, collegial atmosphere at the IOG was warm and

welcoming," Dr. Wurm said. His discussion of a grant proposal with two colleagues at the IOG led to useful advice on resubmission. "Another colleague suggested a new way to pitch my work," Dr. Wurm added, "which resulted in a brand new grant proposal."

The 2009/10 faculty fellow is **John Woodard, Ph.D.**, who joined Wayne State in 2007. Dr. Woodard is an associate professor in the College of Liberal Arts & Sciences in the area of clinical psychology. "I'm looking forward to interacting with the IOG faculty," he said, "and getting the concentrated time I need to work on grants and papers."

Dr. Woodard's main research interests lie in the neuropsychology and neuroimaging of memory in aging, dementia and Alzheimer's Disease. He has analyzed functional magnetic resonance imaging (fMRI) scans of people's brains as they perform specific tasks, searching for biomarkers that could identify persons destined to get Alzheimer's Disease. One of the cognitive tasks they perform is recognizing age-

appropriate famous names to see how the brain remembers older memories versus newer information. "This helps us understand how the hippocampus is working, which is one of the first areas of change in Alzheimer's," he said. Dr. Woodard also did extensive research with Phase III of the 21-year Georgia Centenarian Study of 244 subjects age 98 or older to determine why and how they achieve longer-than-average mortality.

Heather Dillaway, Ph.D., received an IOG faculty fellowship during the 2007-2008 school year. Dr. Dillaway directly credits the fellowship with helping her publish three journal articles, two book chapters, complete two interview projects, and initiate another interview project that secured an NIH Diversity Supplement for IOG pre-doctoral trainee Jean Burton. Dr. Dillaway was recently awarded a Wayne State University Career Development Chair Award to work on a new interview project on menopausal women and to secure a book contract in the near future.

WAYNE STATE UNIVERSITY FACULTY ASSOCIATES

Faculty associates provide a crucial bridge between the IOG and other areas of Wayne State University to promote excellence in gerontology. The relationships that form across this bridge lead to collaborative research projects, educational forums and a general sharing of knowledge and practice between disciplines. We appreciate the interest and efforts of each of our associates.

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Director, Academic and Clinical Geriatric Medicine

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Assistant Professor, Occupational Therapy

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Suzanne L. Keller, Ph.D.

Clinical Assistant Professor, Psychiatry

Kay Klymko, Ph.D., APRN, BC

Assistant Professor (Clinical), Nursing

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Professor, Pharmaceutical Sciences
Research Career Scientist, Detroit VA Medical Center

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Professor, Psychology

Susan MacNeill, Ph.D., ABPP-CN

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Michael Maddens, M.D.

Clinical Associate Professor, School of Medicine
Chief of Medicine, William Beaumont Hospital

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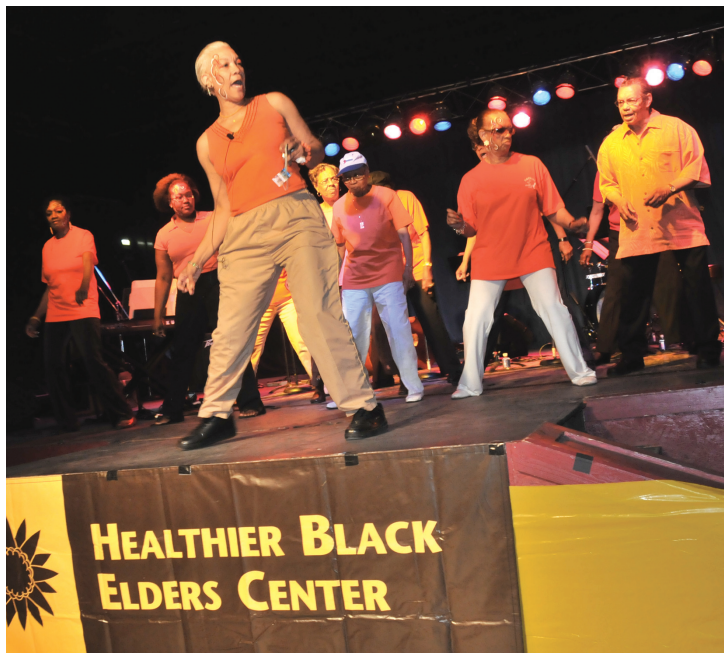
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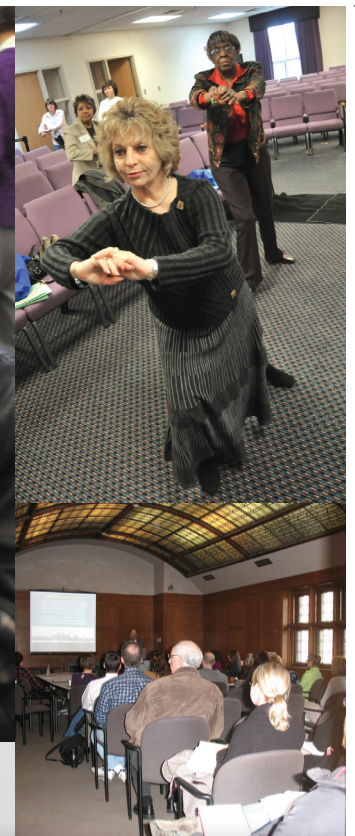
Outreach

"Our outreach efforts not only include seniors, but the healthcare professionals who manage their caregiving, medical and psychological needs. The Issues in Aging Conference provides relevant research findings these professionals can apply to everyday practice. We are expanding our continuing education lecture series in 2010 to include smaller group training on a variety of aging related topics."

– Donna MacDonald, Director of Outreach



Left to lower right: Hustle dancing at Health Reception; sisters Garnet Willow, 88, and Charlotte Beardsley, 98, share an Art of Aging interview; T'ai Chi proves popular with our older guests; students, faculty and other professionals fill IOG educational colloquia.



Latest in Dementia Care Defines 22nd Annual Two-Day Continuing Education Conference



How do Michigan's social workers, nursing home administrators, doctors and nurses stay abreast of the latest treatment approaches for dementia and aging? By attending the IOG's Issues in Aging Conference, a two-day continuing education event now entering its 23rd consecutive year and reaching capacity enrollment. Topics range from the myths of Alzheimer's, to how to tell a patient about dementia, to gambling addiction and preventing falls. "The topics are always timely and the education is serious," said a registered nurse at the

2009 conference. "Every day my patients look to me for help and understanding. The issues in aging never end."

This year, nationally renowned expert Dr. Peter Whitehouse opened the conference with his presentation on the myths of Alzheimer's, followed by many informative sessions on medical and behavioral care for dementia. The second day focused on applying this knowledge in care settings, and learning about recent findings in physical and mental health promotion. The IOG takes pride in its ability to deliver quality material to so many disciplines within one conference. "Most of our attendees return year-after-year," said Donna MacDonald. "This has become their top priority, must-attend conference."

"I know a little about staying in shape. And I know that as I get older, it is harder to do. I applaud you for being here and for making the effort to stay healthy for yourself, your children and your grandchildren."

—David Bing, Detroit mayor and former NBA All-Star addressing 1,100 Detroit area seniors at the 2009 Health Reception



Helping Older African Americans Stay Healthy

African Americans are at increased risk for high blood pressure, diabetes, heart disease and certain cancers as they age. The IOG believes a thoughtful, systematic approach of awareness and education can help to reverse that risk. The Annual Health Reception, organized through the Healthier Black Elders Center (a joint program of the IOG and the University of Michigan), reached 1,100 African Americans in June. These older adults were inspired to take responsibility for their health, to eat nutritiously, to visit their doctor, and to exercise.

Local hospitals and clinics were well-represented at the event and conducted 930 free health screenings for conditions such as high cholesterol and high blood pressure. Keynote speakers, including a panel of experts on pain

control and disability, answered questions from the audience. Hustle dancers and chair exercisers demonstrated aerobic work-outs. A hot and healthy lunch and a live jazz band wrapped up the event as guests danced and sang along. Detroit Mayor David Bing made a surprise visit to share an inspiring message with guests.

Survey results taken from a majority of guests showed that: 78.7% of attendees learned something valuable about their health, 85.6% got a clearer understanding of research and its importance, 72.3% plan to improve their health habits as a result of this year's program, and 95% plan to attend next year.

SPREADING THE WORD BEYOND THE CITY

In addition to the dozens of forums and workshops hosted by the IOG for Detroit's urban seniors, the Institute

has expanded its educational outreach into the near suburbs. The IOG's Windows on the World of Aging, as well as the Speakers' Bureau, have been popular options for older adults to conveniently meet experts in areas such as falls and balance, dementia, successful aging, finances, and housing. The IOG relies on its faculty, associates and partners to provide information and materials at these free events.

The forums take place in easily accessible senior centers, community halls and churches. Partnerships between the IOG, local businesses and service providers give us access to a broader audience for education, research participation and expanding our volunteer core.

This past year alone, the IOG reached more than 2,500 seniors and professionals at 46 presentations. "I trust the information that the IOG gives us," said one of the attendees. "I know they're looking out for me."



Page 12 clockwise from upper left: Mayor Bing motivates the crowd; a finger prick reveals cholesterol levels; Dr. Lichtenberg receives compliments about the Health Reception, Dr. Washington emcees the educational presentations; Ernie Clark teaches chair exercises. This page: Varied art forms highlight the diversity in Art of Aging creative submissions.

**Revitalize
Rejuvenate
Refresh**
*Art of Aging
Successfully*

The Secret to Living Well and Feeling Wonderful

by showcasing amateur art in an array of creative forms. Presenters, from age 55 to 90, displayed nearly 100 items, including oil paintings, wood sculptures, quilting, mosaics, needlework, watercolors, photography, woven baskets, greeting cards, poems, memoirs and fiction. The day-long conference began with a humorous and inspiring speech by master storyteller Dr. Mildred Mat-

lock. The 450 seniors in attendance then chose two of six break-out sessions that included *T'ai Chi*, genealogy, emergency preparedness, and holistic healing.

lock. The 450 seniors in attendance then chose two of six break-out sessions that included *T'ai Chi*, genealogy, emergency preparedness, and holistic healing.

Director of Community Outreach Donna MacDonald said that the energy and enthusiasm of the older adults who attend the conference consistently impresses her. "The creative process adds a spark to daily life," she said. "It helps us age better in ways we don't even fully

understand." Dr. Kay Cresci, IOG faculty advisor to Art of Aging, added, "Much of what makes aging successful is outlook and attitude." These sentiments are echoed by the participants. Dorothy Weems has displayed her photographs at the conference for several years, certain that her passion for photography stimulates her brain. "Feeding my brain has kept me feeling young," she said. "It peels away the years."

"Creativity helps us age better in ways we don't fully understand."

– Kay Cresci, Ph.D., *Art of Aging* faculty advisor

"We are grateful for all of our partners. Their commitment to older adults in Detroit is unparalleled and we are privileged to work with them in furthering our common mission."

Terri Bailey, Development Officer

Partnership



A Common Mission Builds Bridges in the Community

During this year of considerable challenge, the corporate and community partners of the IOG rolled up their shirt sleeves and went to work! With the same ingenuity and hard work that is at the heart of the Detroit community, we built upon our common mission to provide greater support for older adults than ever before. The result has been a year of increased outreach, educational programming and research. The following stories illustrate just a few of the many new bridges our partners have helped us build.



AFFILIATING WITH THE IOG

By creating an Affiliation Partnership with the IOG, Heartland Health Care is able to let the public know what's in their heart: a commitment to the health and well-being of their patients and families and the desire to enrich the lives of older adults. Through a combined effort, Heartland and the IOG have created a package that every patient and family member will receive that will give them the opportunity to become a part of the IOG community, to receive current information, participate in events and research, volunteer and to donate to

our programs. Through this affiliation, IOG information will be made available to over 30,000 people every year who pass through Heartland's doors. We also will provide educational information and training to employees, residents and vendors helping Heartland to provide the best care possible. By integrating with Heartland Health Care, everyone wins.



NEW BRANCHES OF OUTREACH & RESEARCH

While the IOG has provided outreach to the community of a mostly educational nature, through the partnership with the American House Foundation, we have been able to expand our outreach to include direct care for older adults in need. Now in its second full year of operation, AHF is providing goods and services to over 300 adults in need and growing every year. This includes (but certainly isn't limited to) assistance for items such as home repair, dentures, eyeglasses, and help with utilities and food supplementation. Because AHF also believes in looking for long-term solutions for older adults, their support of IOG research has allowed us to begin the Seniors Count! project. As a grassroots

organization, AHF understands the necessity for strong partners to build support for their great works. They collaborate with local non-profit agencies to identify and provide for older adults in need, and they've teamed up with the Kresge Foundation and Community Foundation of SE Michigan to support research at the IOG. The relationships forged by AHF and through American House Senior Living Residences are also partnerships for the Institute of Gerontology and have helped us to expand our mission of education, outreach and research while helping those in need.



HEALTH ALLIANCE PLAN

As a long-term supporter of IOG research and outreach, Health Alliance Plan is fully engaged in our shared mission. As partners working to promote successful aging, we both provide announcements about and attend each other's health events. We write about advancements and new knowledge in each other's publications. We speak at each other's events. HAP recognizes that the more involvement they have with the IOG, the better it is for their population and their commitment to our programming continues to deepen.



Corporate and Community Sponsors

OCTOBER 1, 2008 to SEPTEMBER 30, 2009

Nelson Mandela said, "Education is the most powerful weapon you can use to change the world." The mission of the IOG is to dispel the myths of aging – to change the way the world views older adults and the process of aging. We can only do this through education and we can only provide education through the support of our corporate and community partners. We acknowledge and honor the many people, and the organizations they represent, for their support of our common mission to promote successful aging in the Detroit community and beyond.

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Novartis Long Term Care
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St. Andrew's Society of Detroit
Sunrise Senior Living
Visiting Physicians Association
WDET-Detroit Radio Information Service

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It is with both pride and pleasure that we acknowledge the many people who contributed to the IOG in fiscal year 2009. Our donors share our commitment to the promotion of successful aging. Their generosity is deeply appreciated.

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Clockwise from top left: Roger Myers, CEO of Presbyterian Villages of Michigan, donates the 2009 BOV Faculty Research Award; Bob Bickley with Betty Welsh; Tom Trainer; Frances Shani Parker; Gene and Jean Pisha; l-r Karen Bacsanyi, Gloria Sniderman and Joan Reyes; James LoPrete with daughter-in-law Ruth.

BOARD OF VISITORS LEADERSHIP COUNCIL

The IOG's Board of Visitors (BOV) meets quarterly to discuss the mission of the Institute and design a blueprint for fund-raising and development. Members are civic or corporate leaders with a proven dedication to improving the quality of life for older adults. Many BOV members volunteer at key IOG events. In 2009, BOV efforts were credited with raising more than one-third of the IOG's total gifts, most of it designated for education and scholarship.

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Betty Welsh
Professor *Emerita*, Wayne State University

* Member of the IOG's Elder Law and Finance Committee



STEERING COMMITTEE

The steering committee reviews the IOG's strategic initiatives and guides its overall direction through periodic visits and a yearly report.

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Sharon Gire, M.S.W.
Director, Michigan Office of Services to the Aging

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