

LIFE COURSE AND AGING CENTER

LSU'S INTERDISCIPLINARY CENTER FOR TODAY, TOMORROW, AND BEYOND

Volume 4, Issue 1, Fall 2005



Lilly Allen with Michael Leavitt

Michael Leavitt, the Secretary of the Dept. of Health and Human Services, visited Baton Rouge in July, 2005 to provide information on prescription coverage under the new Medicare Part D program. Audience members included local citizens, stakeholders, and researchers invested in the new policy targeted for Medicare beneficiaries. General questions were answered related to this long-awaited policy.

Faculty Highlights

Dr. Betsy Garrison, School of Human Ecology

This spring Dr. Garrison and her Families And Disaster (FAD) team will embark on a longitudinal, mixed-method study investigating resilience in families and communities impacted by Hurricanes Katrina and Rita. This exploratory research will provide important information about the family system and community level-processes involved in disaster recovery. The focus of the project will investigate family strengths, challenges, and barriers to successful recovery, as well as protective factors that influence recovery over the next two years. Collaborating faculty include, Dr. Loren Marks (HUEC-FCCS), Dr. Diane Sasser (HUEC-Extension) and Dr. Michelle Livermore (LSU School of Social work). Other FAD team members include, Vicky Tiller, Mandy Swanson, Robin Knowles, and Karlie LeJeune.

Dr. Katie Cherry, Department of Psychology

Dr. Cherry's research team will explore the role of adaptive coping and resiliency in participants of the Louisiana Healthy Aging Study (LHAS) in the wake of hurricanes Katrina and Rita that hit south Louisiana in August and September of 2005. This longitudinal assessment will focus on cognition, psychosocial function and mental health in the oldest-old. The research team consists of Dr. Katie Cherry, seven graduate students, and three undergraduate assistants. Three research assistants are hurricane displaced students enrolled in the University of New Orleans, two in the Psychology Department and one in the Gerontology and Lifespan Human Development program.

Life Course and Aging Center Updates

- New undergraduate concentration in Aging Studies is moving into the Bachelor's of Arts in Liberal Arts Program at LSU and was approved by the Arts & Sciences Curriculum Committee on March 8, 2006 for future adoption.
- LCAC and Department of Kinesiology co-sponsored Dr. Wojtek Chodzko-Zajko as part of the Chancellor's Distinguished Lecture Series. See our story on page 4 for more details.
- We welcome our new adjunct faculty members: Bonnie Hatchett of ULM, Ann O'Hanlon of UNO and Melda Kunduk of LSU/SAHP and our new graduate students funded through LCAC graduate enhancement awards: Iina Antikainen, Jenny Denver, Fernanda Holton, Brad Manor, and Ryan Russell.
- Please visit <http://www.lsuagingstudies.com>

Get up-to-date with the latest research being done by center members! Our third annual community partners luncheon will be held on March 17, 2006.

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Hurricane rescue scene drawn by great-grandson of a 93-year old LHAS research participant, after evacuating from New Orleans to stay with Great-grandpa in Baton Rouge.



Faculty Highlights continued on page 5

Student Highlights

LCAC-funded students make strides toward degrees

Iina Antikainen, Department of Kinesiology

Iina graduated from the University of Florida in 2001 with a B.S. in Exercise and Sport Science and specialization in exercise physiology. She worked in corporate fitness for four years before enrolling in the Kinesiology Ph.D. program at LSU in the fall of 2005. Iina is funded by a research assistantship through the Louisiana Healthy Aging Study/National Institute of Aging and the LCAC enhancement award. She is currently involved in various projects with Dr. Gardner and Dr. Wood including the NEW Project, the Louisiana Healthy Aging Study, and Falls Prevention.

Jenny Denver, Department of Psychology

Jenny is a first year LCAC Enhancement Student. She is currently in the cognitive/developmental psychology doctoral program and is working with Dr. Katie Cherry on the Louisiana Healthy Aging Study. Her primary area of research is related to cognitive aging and features of episodic memory. Jenny received her bachelor's and master's degrees in psychology from the University of Tennessee at Chattanooga where she was involved in research related to psycho-oncology, autobiographical memory and aging, early education practices in urban populations, and instruction and curriculum development of an undergraduate research methods course. She has also researched several aspects of forensic psychology through her work with two faculty members at Harvard University and an affiliated forensic consulting practice.

Fernanda Holton, Department of Kinesiology

Fernanda is a first year LCAC enhanced doctoral student, with a concentration in Exercise Physiology under the direction of Dr. Robert Wood. Her research interests include fall prevention in older adults, autonomic disorders as fall risks, and physical function and disability in older adults. She recently completed an internship at the Leo S. Butler Community Center in Baton Rouge (summer 2005), and she is currently working on fitness programming and health education for seniors.

Holly Kihm, School of Human Ecology

Holly successfully defended her dissertation on Feb 1, 2006. Her dissertation research focused on childhood weight status and adult quality of life, particularly in relation to weight-based teasing experienced during childhood. She is currently working with LCAC members Drs. Monroe, Laird, and Kosma. For detailed information on her research findings, look for her dissertation in LSU's library of Electronic Theses and Dissertations (ETDs) off the Graduate School webpage; it will be posted there by late March, 2006

Micah Klumpp, Department of Communication Sciences and Disorders

Micah, an audiologist and doctoral candidate in Communication Sciences and Disorders, is a fourth year doctoral student studying the normal and pathological aging of the auditory and vestibular systems. She is funded through a recently awarded dissertation fellowship through the LSU Graduate School as well as an annual enhancement award from the LCAC. Currently, Micah is working on her dissertation, "The Effects of Vestibular Rehabilitation in Chronic Vestibular Patients". She is examining movement strategies and subjective and objective physical function in chronic vestibular patients at the pre-rehabilitation stage. She and her co-major professor, Dr. Jan Hondzinski (Assistant Professor, Department of Kinesiology) recently presented some of the preliminary data of this project at the Society for Neuroscience in Washington, D.C. in November 2005.

Brad Manor, Department of Kinesiology

Brad is a first year LCAC enhanced doctoral student with an emphasis in Biomechanics under Dr. Li Li. He is currently working on the "Peripheral Neuropathy Intervention Program" and researching the reliability of various functional tasks, as well as the effects of Tai Chi and/or infra-red light therapy on both physiological variables and functional status within this population. He will be presenting the preliminary results of his research at the upcoming 2006 NASPSA conference and the LCAC student convention.

Emily Olinde, Department of Psychology

Emily is a second year doctoral student in developmental psychology under the direction of Dr. Katie Cherry. Currently, she is helping to conduct research for the cognitive component of the Louisiana Healthy Aging Study. She is also collecting research for her thesis entitled, "Spaced-retrieval effects on memory for scenes in older adults with probable Alzheimer's disease." It is a memory intervention to help improve the memories of older adults with Alzheimer's disease. Emily has three publications in press that relate to cognitive aging. At last year's Life Course and Aging Center Research Student Seminar, Emily presented a poster of her research with the spaced-retrieval memory intervention technique. She also presented research in the form of a poster at the Southeastern Psychological Association Conference in Nashville. This spring, Emily is presenting a poster at the Cognitive Aging Conference in Atlanta as well as the Life Course and Aging Center Research Student Seminar.

Ryan Russell, Department of Kinesiology

Ryan is a second year doctoral student in exercise physiology under Dr Robert Wood. His past work has included various publications from Pennington including aspects of insulin sensitivity, energy expenditure measurement, dietary fats and CV risk factors, calorie restriction on muscle and liver lipid, dietary fats on endurance performance, diet and intermuscular substrate recovery, and a first publication on reproducibility of endurance testing. Currently he is writing about ghrelin and PYY in relation to diet and exercise, and his most current work is with the Oxygen Uptake Efficiency Slope for both Continuous Scale Physical Function and Performance, and a graded treadmill test.



Micah Klump, Todd Hamilton, Lilly Allen, Erdman Palmore, Katie Cherry and Todd Pourciau at the Annual Luncheon for LCAC's community partners in March, 2005.

Luncheon with Community Partners a Fun and Educational Event

by: *Betsy Garrison*

The LSU Life Course and Aging Center (LCAC) held its second annual Community Partners Luncheon on March 4th at the Atchafalaya Room in the LSU Union. More than 50 people attended including LSU LCAC faculty and students, LCAC adjunct faculty from LSU-Shreveport, University of Louisiana at Monroe (ULM), University of New Orleans, and Our Lady of the Lake College. Community partners included James Blouin, Capital Area Agency on Aging; Peggy Essick, Advocacy Center Ombudsman Program; Ken Ritter, St. James Place; Charles Tate, Director of Planning, Governor's Office of Community Programs; Ron Blereau, Deputy Assistant Secretary, Governor's Office of Elderly Affairs; and Jane Arieux Thomas, Elder Louisianians Development & Education Resource, Inc.

Before beginning the luncheon, guests were given the opportunity to view research posters presented by undergraduate and graduate students from various departments across LSU. Exhibiting posters at the luncheon were Yongqin Cui and Melissa DeVeer from Kinesiology, Nadia Edwin and Mariah McMasters from Chemistry, Karri Hawley from Psychology, Holly Kihm and Olena Nesteruk from Human Ecology, Micah Klumpp from Communication Disorders, and Sonja Pruitt from Communication Sciences.

The luncheon began with a welcome from Harold Silverman, Vice Chancellor of the LSU Office of Research and Graduate Studies. Alan Baumeister, Chair of Psychology and Guillermo Ferreyra, Dean of Arts and Sciences of LSU were also recognized. Following the welcome, Katie Cherry, LCAC Director, introduced the afternoon's keynote speaker, Erdman Palmore,

Professor Emeritus at Duke University. Palmore, a leading scholar on ageism, spoke on "Keys to Overcoming Ageism" based on his book.

Following the talk was a brief question and answer session. The luncheon concluded with remarks from Lilly Allen, LCAC Associate Director. Serving on the committee for the luncheon were Allen, Cherry, Betsy Garrison, Jan Hondzinski, and Jennifer Sherwood. The student poster committee was chaired by Hondzinski and included Emily Elliott and Shaum Bhagat.

News from LCAC Alumni

Karri Hawley, August 2005 graduate of the LSU Department of Psychology and previous student of Dr. Katie Cherry is planning to begin an associate investigator position in April for the Veterans Administration at Emory Clinic in Atlanta, Georgia. She will primarily be working on a study entitled, "Sensory and Cognitive Aging Effects on Health."

Rania Mekary, May 2005 graduate of the LSU School of Human Ecology, Division of Family and Consumer Sciences, and previous student of Maren Hegstead, is currently working on a post-doctorate fellowship from at Harvard University's School of Public Health. She is working on different epidemiological projects, looking at the correlation between dietary factors and cancer end-points in different body sites. One project is designed to evaluate the association between the FRAP score (Ferric Reducing Ability of Plasma) that measures the TAC (Total Antioxidant Capacity) intake from foods and supplements and the risk of colon, proximal colon, distal colon, and rectal cancer in the Nurses' Health Study and the Health Professionals Follow-up Study. Another project is designed to measure the Heterocyclic Amine (HCA) in hair as a biomarker of grilled/stir-fried meat and fish intake and study its association with colorectal adenomas and colorectal cancer. A third project involves the assessment of the role of physical activity patterns throughout the life course with weight change patterns in the Nurses Health Study II.

Denese Ashbaugh Vlosky (pictured below), 2003 graduate, with a centenarian in the Pengshan Province of China. Denese attended a Conference on Healthy Longevity and presented a paper using the Chinese Longitudinal Healthy Longevity Survey. She is currently a post doctoral fellow at the Center for Demographic Studies at Duke University.





LCAC students form local chapter of Sigma Phi Omega national academic honor and professional society at LSU

SPO seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/aging studies and related fields. Membership is open to undergraduate and graduate students who are majoring or minoring in gerontology/aging studies and related fields, and who are in at least their second term of enrollment. Faculty, alumni, professional, and honorary memberships are also available.

Charter members will be formally inducted into the new Delta Upsilon Chapter of Sigma Phi Omega at the LCAC Community Partners Luncheon on March 17, 2006.



Peripheral Neuropathy Intervention Study

Dr. Li Li and several other members of the LCAC are leading a study that concerns Peripheral Neuropathy patients, a collaborative project with Baton Rouge NeuroMedical Center. Peripheral Neuropathy is a debilitating disease that affects about 20 million Americans. It is estimated approximate 48,000 people are affected by this disease in the greater Baton Rouge area alone. Severe cases of the disease often lead to amputation and loss of mobility. There is currently no medical treatment to help the patients of this terrible disease except for some pain killers to comfort the excruciating neurological pain. The LCAC researchers are investigating ways to combat this disease and help patients improve their quality of life. The picture above shows a group patients practicing Tai Chi with a resident Tai Chi Grand Master. Evidence shows that Tai Chi and other interventions can help patients fight the disease and take control of their own lives again. For more information, please call 225-578-2036 and inquire about the "Peripheral Neuropathy Intervention Study."



DR. CHODZKO-ZAJKO WITH DR. ROBERT WOOD

DR. CHODZKO-ZAJKO VISITS FOR DISTINGUISHED LECTURE

Students, faculty, staff and citizens joined the LSU community in welcoming Dr. Wojtek Chodzko-Zajko to the Chancellor's Distinguished Lectureship Series. For the past three years, Dr. Chodzko-Zajko has served as the principal investigator of the National Blueprint Project, a coalition of more than 50 national

organizations with a joint commitment to promoting independent and active aging in the 50-plus population.

On Wednesday, November 9, Dr. Chodzko-Zajko spoke about Developing a National Strategy to Promote Healthy and Independent Aging. Dr. Chodzko-Zajko is Professor and Chair of the Department of Kinesiology at the University of Illinois, Champaign-Urbana.

Dr. Chodzko-Zajko served on the World Health Organization, Scientific Advisory Committee which issued the Guidelines for Physical Activity in Older Adults.

He chairs the Active Aging Partnership, a national coalition in the area of healthy aging linking the American College of Sports Medicine, the National Institute on Aging, the Centers for Disease Control and Prevention, the American Geriatrics Society, the National Council on the Aging, the American Association for Retired Persons, and the Robert Wood Johnson Foundation.

Dr. Robert Wood of the LSU Department of Kinesiology served as primary host for this visit. Co-sponsors included Dr. Katie Cherry and the Life Course and Aging Center.

The Life Course and Aging Center

is an interdisciplinary initiative out of the Office of Research and Graduate Studies at LSU

Katie Cherry, PhD, Director of LCAC, Department of Psychology

Lilly Allen, PhD, Associate Director of LCAC, School of Social Work

Mark Batzer, PhD, Department of Biological Sciences

Alan Baumeister, PhD, Department of Psychology

Joan Benedict, PhD, School of Human Ecology

Teresa K. Buchanan, PhD, Department of Curriculum and Instruction

Nathan Call, PhD, Department of Psychology

Rita Culross, PhD, Department of Curriculum and Instruction

Thomas Durant, Jr, PhD, Department of Sociology

Emily Elliott, PhD, Department of Psychology

Kristin Gansle, PhD, Department of Curriculum and Instruction

Rebecca Ellis Gardner, PhD, Department of Kinesiology

Betsy Garrison, PhD, School of Human Ecology

Gary Gintner, PhD, Department of Educational Leadership, Research, and Counseling

Kevin Grobman, PhD, Department of Psychology

Maren Hegsted, PhD, School of Human Ecology

Petra Munro Hendry, PhD, Department of Curriculum and Instruction, Director of Women and Gender Studies

Geraldine Johnson, PhD, School of Human Resource Education

Jan Hondzinski, PhD, Department of Kinesiology

Yoshinori Kamo, PhD, Department of Sociology

Maria Kosma, PhD, Department of Kinesiology

Roger Laine, PhD, Department of Biological Sciences, Biochemistry and Molecular Biology Division; Department of Chemistry; Adjunct, Department of Entomology

Robert Laird, PhD, School of Human Ecology

Sean Lane, PhD, Department of Psychology

Li Li, PhD, Department of Kinesiology

Janet McDonald, PhD, Department of Psychology

Pam Monroe, PhD, Associate Dean, Graduate School

Janna Oetting, PhD, Department of Communication Sciences and Disorders

Carol O'Neill, PhD, School of Human Ecology

Loretta Pecchioni, PhD, Department of Communication Studies

Todd Pourciau, Assistant Vice Chancellor, Office of Research and Graduate Studies

Becky Ropers-Huilman, PhD, Department of Educational Leadership, Research, and Counseling

George M. Strain, PhD, Comparative Biomedical Sciences

Georgianna Tuuri, PhD, School of Human Ecology

Robert Wood, PhD, Department of Kinesiology

Michael Welsch, PhD, Department of Kinesiology

Life Course and Aging Center Adjunct Faculty

Stanley P. Brown, PhD, Dean, School of Health Sciences, Our Lady of the Lake College

Norman A. Dolch, PhD, Louisiana State University – Shreveport

John Fortenberry, PhD, Louisiana State University – Shreveport

Bonnie Hatchett, PhD, Department of Gerontology, University of Louisiana at Monroe

S. Michal Jazwinski, PhD, Department of Biochemistry and Molecular Biology, Louisiana State University Health Sciences Center

Melda Kunduk, PhD, CCC-SLP, Department of Communication Disorders, LSU/SAHP, LSU-Otolaryngology-head and Neck Surgery

Ann O'Hanlon, PhD, Department of Human Performance and Health Promotion, University of New Orleans

Helen K. Powell, PhD, Louisiana State University – Shreveport

Eric Ravussin, PhD, Pennington Biomedical Research Center

Faculty Highlights *(continued from page 1)*

Dr. Jan Hondzinski, Department of Kinesiology
Dr. Hondzinski attended the 35th Society for Neuroscience annual conference in Washington, DC from November 12-16, 2005. She exchanged information with other specialists, disseminating results on movement difficulties in vestibular patients with balance difficulties. Hondzinski was also able to attend a special dialog where the Dalai Lama of Tibet spoke on The Neuroscience of Meditation, promoting brain health and mental well-being.

Dr. Robert Wood, Department of Kinesiology
Dr. Wood has organized the Louisiana Active Aging Partnership, a coalition of community organizations working to increase physical activity in older adults. Current objects include implementation of a Falls Risk Screening, Assessment, and Prevention Plan along with research on the Health Impact of the Old-South Baton Rouge Revitalization Project.