

# ADVANCES *in Aging*

## Researchers Study the Genetics of Osteoporosis in Different Ethnic Groups

Osteoporosis is a skeletal disease that causes decreased bone strength and an increased susceptibility to fractures, especially of the hip, spine, and forearm. It is among the leading causes of disability in the elderly, with 1.5 million new fractures occurring each year, and affects about 25 million people in the U.S.

Women and men have a 15 percent and 8 percent lifetime risk, respectively, of breaking their hip as a result of osteoporosis-related bone weakness. Once they are over 80 years of age, however, their risks increase to 25 percent and 20 percent,



Elizabeth Streeten, MD



Braxton Mitchell, PhD

respectively. And, if an individual suffers one fracture, his or her chances of experiencing another increase dramatically. For example, after an acute spine fracture, the risk of another spine fracture within the next year is 20 percent. Men and women from all races develop osteoporosis; those most susceptible, however, are older Caucasian and Asian women. Susceptibility, which research shows is at least in part genetic, varies among ethnic groups as well.

Finding the genetic factors that predispose individuals to osteoporosis is vital to preventing the disease and its public health consequences. The cost of treating hip fractures in the U.S. is estimated at between \$10 and \$16 billion. What's more, studies show that a quarter of those who suffer hip fractures die within a year, often from con-

ditions brought on or exacerbated by the resulting sedentary lifestyle.

**Elizabeth Streeten, MD**, an assistant professor in the School of Medicine's Division of Endocrinology, Diabetes, and Nutrition, has been working with **Alan Shuldiner, MD**, who heads the division, and other colleagues on the Amish Osteoporosis Study since 1998.

The study focuses on the Old Order Amish (OOA) who live in Lancaster County, Pa. The OOA are a genetically homogenous population whose members lead similar lifestyles; they are an ideal population to study because genetic variations are easier to find in populations that are genetically similar.

Streeten, Shuldiner, and **Braxton Mitchell, PhD**, also a professor in the School of Medicine's Division of Endocrinology, Diabetes, and Nutrition, completed a study in 2003 showing that the OOA, particularly Amish women, have 42 percent fewer hip fractures than would be expected in Caucasians. The researchers also found that the OOA have higher bone mineral density, a measure of bone health, than Caucasians, a finding perhaps related to the more active Amish lifestyle.

The researchers are now attempting to identify genes in the OOA population that confer some protection from osteoporosis. Streeten, Mitchell, and Shuldiner, with colleagues **Jeff O'Connell, PhD**; **Dan McBride, PhD**; **Toni Pollin, PhD**; **Kathy Ryan, MPH**, and **Susan Ott, BS**, are evaluating the results of a genome scan of the 1,200 Amish Osteoporosis Study participants. "It took seven years to collect and evaluate the data," says Streeten, who is currently preparing a paper with her colleagues on the Amish Family Osteoporosis Study genome scan results.

"One main finding is that an individual's susceptibility to osteoporosis is very hereditary, particularly one's peak bone mass—the best bone mass that one attains. Approximately 75–80 percent of peak bone mass is determined by genes," Streeten says. (People achieve their peak bone mass by their early 20s and start losing bone mass in their 40s–50s.)

"We have identified promising genetic linkages on several chromosomes that may influence bone strength and risk of osteoporosis," Streeten says. "Our next step is to narrow down the locations on the chromosomes where linkages were found and try to identify specific genes that influence bone strength."

Future directions for the study will be in two different areas, Streeten adds. "The first area will try to identify specific genes related to bone mass. In the end, it will probably turn out that multiple genes are important," she says.

The second area of research will look into why the OOA have higher bone mass than other Caucasians. "We would like to measure bone mass in OOA children and adolescents, to determine if their bone mass is higher than in the general population. We speculate that the higher exercise level of the OOA may be an important factor in their stronger bones," Streeten explains.

The researchers hope to answer several questions. "Is it only the OOA girls who have higher peak bone mass? If so, is this because they lead a more physically active lifestyle than other Caucasians?" Streeten asks. "Or is it because of genetics?"

Additionally, Braxton Mitchell has been studying the genetics of osteoporosis in a different ethnic population, Mexican-American families in Texas who are part of the San Antonio Family Osteoporosis Study (SAFOS). *[continued on page 2]*

### inside

Research Highlights, 2

Faculty, Student and Staff News, 4

Education Highlights, 7

[from page 1]

Mitchell has been working on the study with collaborators at the South Texas Veteran's Health Care System, the Department of Medicine at the University of Texas Health Science Center, the Department of Human Genetics at the University of Pittsburgh, and the Department of Genetics at the Southwest Foundation for Biomedical Research since 1996. SAFOS has 895 participants, ages 18–96, and is one of the largest family studies of bone mineral density (BMD) to date.

“The goal is to localize genes that influence bone mineral density. We conducted a genome linkage study and found that a region on chromosome four may harbor a gene that affects BMD,” Mitchell says. “Now that we know that BMD is highly heritable, we want to find out in what ways. Genetics could influence the peak BMD an individual can reach, or may affect the rate of BMD loss.”

The second goal of the genome linkage analysis is zeroing in on genes on chromosome four. “It is likely that a number of variants are at work. With evidence that particular variants are related to BMD, the next question is, what do the variants do, and how does this lead to lower BMD?” Mitchell asks.

The ultimate goal of the research, Mitchell adds, is to someday create a test to determine which individuals may be at risk for rapid BMD loss and prevent it with treatment.

As the genes that influence osteoporosis become known, one question arises: will the same genes that influence osteoporosis in the Old Order Amish also influence development of the disease in the general Caucasian population, or in other racial or ethnic populations?

“About eleven genome linkage studies [focusing on the genetics of osteoporosis] have been done around the world,” says Streeten. “All these studies suggest that multiple genes are important for bone strength, and although there is some agreement, they do not all find the same chromosomal areas harboring these genes.”

“That’s an interesting question,” Streeten says. “We don’t know the answer to this yet.” ■

## University Selected as Site of New Research Center

The University of Maryland, Baltimore (UMB), has been selected as one of 13 national centers to conduct research on comparative medication effectiveness and outcomes under the aegis of a new program just inaugurated by the federal Agency for Healthcare Research and Quality (AHRQ) known as the DEcIDE Network (for Developing Evidence to Inform Decisions about Effectiveness).

The director of the UMB DEcIDE Center is **Bruce Stuart, PhD**, a professor in the Department of Pharmaceutical Health Services Research in the School of

using secondary data sources. The UMB Center has several partners who will be providing data for this effort, including the Centers for Medicare and Medicaid Services, the Veterans Administration, Thompson/Medstat, and Omnicare. The initial contract to UMB is for two years beginning September 30, 2005, with up to three annual extensions thereafter.

More information on the UMB DEcIDE Network may be obtained from the Peter Lamy Center Web site <http://www.pharmacy.umaryland.edu/lamy>. AHRQ also has established a Web site to highlight the efforts of the new DEcIDE Network <http://www.effectivehealthcare.ahrq.gov>.

AHRQ has awarded \$150,000 to UMB for a DEcIDE Network Task Order titled,



**Bruce Stuart, PhD**



**Ilene Zuckerman, PharmD, PhD**



**Ann L. Gruber-Baldini, PhD**

Pharmacy. Dr. Stuart is also executive director of the Peter Lamy Center for Drug Therapy and Aging and holds the School's endowed Parke-Davis Chair in Geriatric Pharmacotherapy.

**Ilene Zuckerman, PharmD, PhD**, and **Charlene Quinn, RN, PhD**, will serve as Associate Directors of this new endeavor.

The UMB DEcIDE Center brings together the talents of more than 50 investigators and senior staff from the schools of pharmacy, medicine, and nursing to address questions relating to drug effectiveness and safety in treating elderly patients. The initial focus of the UMB Center will be on the treatment of dementia among Medicare beneficiaries residing in both community and in nursing facilities. A unique aspect of the work under the DEcIDE Network is the emphasis on finding out what works and what doesn't in actual practice settings

"Methods for Studying Dementia Treatment and Outcomes in Observational Studies," which brings together an interprofessional team of researchers in the School of Medicine and School of Pharmacy. The project director is **Ann L. Gruber-Baldini, PhD**, with co-investigators **Bruce Stuart, PhD; Ilene Zuckerman, PharmD, PhD; Linda Simoni-Wastila, PhD; Douglas Bradham, DrPH; Nicole Brandt, PharmD; and Ram Miller, MD**.

This task order will provide: (1) an update and evaluation of the scientific literature on the effectiveness of drug therapies used to treat dementia; (2) an assessment of sample sizes and measures for conducting comparative effectiveness studies of dementia treatments in four large national databases; and (3) the development of a research project plan using one or more of these datasets to examine dementia treatments and outcomes. ■

## Medication Check-Ups Reaching Out To Baltimore County

This past summer, under the leadership of Dr. Nicole Brandt of the Peter Lamy Center, faculty members and about 45 students from the School of Pharmacy reached out to approximately 160 seniors at 19 senior centers in Baltimore County for "medication check-ups." A public health initiative in Healthy People 2010 indicates that seniors should have their medications reviewed by either a pharmacist or physician at least once a year. This is because of the large burden of medication management and adverse outcomes commonly seen in older individuals due to the disproportionate number of medications they are taking.

During the medication check-up, a medication screen to identify individuals at high risk for medication-related problems (see table 1) was done, and blood pressures were taken by the students and evaluated one-on-one by a pharmacist. Participants ranged in age from 59 to 93 years, with an average age of 75.8 years. The population consisted of approximately 71 percent females and 29 percent males. Most of the issues and rec-

ommendations surrounded administration of medications, drug-drug interactions, side effects, and education.

Reoccurring themes for recommendations were: adding a multivitamin to ensure proper nutrients; calcium supplements for bone strength; medication costs, and timing of meds (in relationship to the time of day as well as to other meds), blood pressure education, limiting herbal/vitamins, and signs and symptoms of hypoglycemia. Many questions were generated on Medicare Part D, and approximately 20 referrals were made to Baltimore County Senior Health Insurance Program workers.

The program was viewed as a success by the senior center directors, participants, and all involved. It appears that the partnership will continue for 2006 and will focus on addressing not only medication check-ups but also issues of prescription and substance abuse and misuse. ■

## New Video Press Productions Released This Fall

The award-winning University of Maryland School of Medicine production company Video Press is releasing a series of new videos for its geriatrics series. Susan Hadary and William Whiteford have produced the following productions, which complement the current catalogue listings: "A Good Day in Long-Term Care: The Resident's Perspective," "Great Nursing Assistants: The Resident's Perspective," "Alzheimer Disease: The Patient's Perspective," "Mental Illness and the Older Person," "Caring for Patients with Late Stage Dementia," "Pressure Sores: Tips for the GNA," "Resident Safety: Tips for the GNA," and "Mental Illness and the Older Person." The full Video Press catalogue can be found at [www.videopress.org](http://www.videopress.org) or by calling 800-328-7450. ■

### MEDICATION-RELATED PROBLEM QUESTIONNAIRE

Question	Outcome
Do you currently take five or more medications?	78% Yes
Do you take 12 or more medication doses each day?	31% Yes
Do you take any of the following medications: carbamazepine, lithium, phenytoin, quinidine, warfarin, digoxin, phenobarbital, procainamide, theophylline?	15% Yes
Does more than one physician prescribe medications for you on a regular basis?	64% Yes
Are you currently taking medications for three or more medical problems?	79% Yes
Do you get prescriptions filled at more than one pharmacy?	27% Yes
Does someone else bring any of your medication to your home for you?	18% Yes
Is it difficult for you to follow your medication regimen or do you sometimes choose not to?	14% Yes
Have your medications or the instructions on how to take them been changed four or more times in the past year?	10% Yes
Of all your medications, is there any particular medicine for which you do not know the reason for taking it?	18% Yes

*Advances in Aging* is published by the University of Maryland Center for Research on Aging, the University of Maryland Geriatrics and Gerontology Education and Research program, the Claude D. Pepper Older Americans Independence Center, and the Geriatrics Research, Education and Clinical Center of the VA Maryland Health Care System, Baltimore, Maryland. For further information about the newsletter and gerontology programs at the University of Maryland, Baltimore, call 410.706.4567, or visit our web site, [gerontology.umaryland.edu](http://gerontology.umaryland.edu)

#### CONTRIBUTORS

Nicole Brandt  
Reba Cornman  
Leanne Clark  
Lynn Keimig  
Karen Klinedinst  
Danielle Sweeney

## Understanding Assisted Living from The Inside

Over the past 20 years, the assisted living industry (AL) has experienced tremendous growth and is now established as a viable option for the more than one million persons who cannot live on their own, but are not in need of nursing home care. The Center for Aging Studies at the University of Maryland, Baltimore County, is home to one of the largest studies of subjective experiences in AL.

“**Transitions from Assisted Living: Sociocultural Aspects**” is funded by the NIA to study experiences of multiple stakeholders as residents move into, throughout, and out of AL. **Drs. Kevin Eckert, Bob Rubenstein, and Leslie Morgan** from UMBC, and **Dr. Sheryl Zimmerman** from the University of North Carolina, Chapel Hill, have been leading a multidisciplinary team that uses qualitative methods to collect information from six AL residences in Maryland over a five-year period. “Transitions” focuses on the nature of everyday life within facilities, to understand how residents, their families, and staff interpret signs of decline, improvement, normalcy, and change in the AL environment.

Analysis of in-depth interviews and participant observation reveals findings relevant to providers and consumers alike. First, AL is a dynamic industry with great variability that impacts everyday life within the facility. For example, the interplay of administrator attitudes and management style with corporate philosophies impacts living arrangements, styles of care, and daily routines or special events within the setting. Second, relationships abound in AL: between residents and staff, family members and staff, and residents with other residents. These relationships provide the context within which each resident moves into AL and navigates his or her personal autonomy, privacy, and independence. Finally, “Transitions” shows that life in AL is all about change. From changes in resident status, facility-level shifts, and external socio-political shifts, the flexibility and

negotiation skills of residents, staff, and family members become key factors in daily life. “Transitions” has enrolled 300 participants and has produced more than 3,500 hours of fieldwork, resulting in 700 documents detailing stories of life in AL.

“Transitions” also provides assistantship support to three doctoral students from the UMB/UMBC intercampus gerontology program. **Joanna Samsell**, a fourth-year doctoral student, and **Leanne Clark**, a second-year student, perform data management, analysis, and write-up, and benefit from the unique experience of working with a large, multidisciplinary team. Fourth-year student **Tommy Piggee** received a supplemental grant through the NIA to quantitatively explore transitions in AL. Mr. Piggee performs a battery of functional, cognitive, and health-related quality-of-life assessments on select residents in each facility every six months, supplementing their subjective experiences.

A second supplemental grant, “Transitions in Assisted Living: Physician Practices,” directed by **Dr. John Schumacher**, focuses on the physician’s role in AL. Forty ethnographic interviews with physicians are being conducted on physician practices and attitudes towards AL. Information collected to date documents the heterogeneity of physician practices in AL across several domains including site of care (AL-based vs. office-based), communication patterns, level of engagement with AL, collaboration/partnerships, and overall role in resident transitions. The research also identifies the emerging formal and informal arrangements being negotiated among facilities, physicians, families, and residents.

“Transitions” is one of a series of studies conducted under the auspices of The Collaborative Studies in Long-Term Care, a coordinated research effort of the Center for Aging Studies at the University of Maryland, Baltimore County, the University of Maryland, Baltimore; and the Cecil B. Sheps Center for Health Services Research at the University of North Carolina, Chapel Hill. ■

**Alan Shuldiner, MD**, a professor in the School of Medicine’s Department of Medicine, head of the School’s Division of Endocrinology, Diabetes, and Nutrition, and director of the School’s Program in Human Genetics, has been named Research Lecturer of the Year by the University of Maryland, Baltimore. Dr. Shuldiner delivered the annual faculty research lecture titled “Quilting Needles, Lancaster Haystacks, and the Search for Genes for Common Diseases” on October 19, 2005.



**Jacob Blumenthal, MD**, has been awarded a \$350,000 two-year Veterans Administration Medical Research Service Advanced Career Development Award titled “Cytokines, Central Obesity, and

Fat Metabolism in Aging.”

This grant is focused on the potential age-related (regional) differences in adipokine expression and secretion—as well as their body composition and systemic metabolic and inflammatory correlates. It also endeavors to examine possible mechanisms by focusing on macrophage infiltration in adipose tissue as well as the amount and distribution of adipose tissue – i.e., relative amount of subcutaneous or visceral fat. Further, it looks for potential modification(s) in adipokine expression, secretion, or circulating levels of inflammatory mediators after a weight loss and aerobic exercise intervention. Finally, it relates these changes to those in metabolism to examine the hypothesis that changes in adipocytokines mediate the metabolic improvements seen after weight loss and exercise training.

**Nancy Miller, PhD**, an associate professor of public policy at the University of Maryland, Baltimore County (UMBC), won UMBC’s 2005 UR Great Award, an annual honor given to an outstanding professor who has demonstrated a commitment to teaching, scholarship, and mentoring at the graduate level. The prestigious award carries a \$500 cash award, a plaque, and a name plate in the showcase on the third floor of the Commons. Dr. Miller also received the USM Regents Faculty Award for Mentoring in 2004.

## The Maryland Regional Interdisciplinary Geriatrics Training Grant

The Johns Hopkins School of Medicine, Division of Geriatric Medicine and Gerontology, and Division of Geriatric Psychiatry and Neuropsychiatry, and the Department of Health Promotion and Policy, Division of Health Services Research of The University of Maryland Dental School have received funding from Health Research Services Administration (HRSA) to initiate a unique, interdisciplinary two-year fellowship for clinician-educators in geriatric dentistry, medicine and psychiatry. **Dr. Janet Yellowitz** of the Dental School and **Drs. Constantine Lyketos** and **Samuel Durso** at JHU are the co-investigators.

As a result of this training, fellows in each discipline will be able to work within a health care team and coordinate a comprehensive health care plan for frail, older adults that addresses multiple medical illnesses, cognitive and mental health disorders and oral health needs.

**Dr. Carrie Choi** (DDS, '03) has been selected as the first Geriatric Dental Fellow. During her senior year at The University of Maryland Dental School, Dr. Choi served as a Geriatric Dental Clerk. For the past two years, Dr. Choi has been at Columbia University School of Dental and Oral Surgery, Advanced General Dentistry Program, helping to establish a Geriatric Dental site for the Advanced General Dentistry residents. ■



**Karen S. Kauffman, PhD, CRNP, BC**, an associate professor and program director of Community/Public Health in the School of Nursing, has been elected to the national board of the Alzheimer's

Association. Dr. Kauffman also sits on the board of the Greater Maryland Chapter of the Alzheimer's Association, where she chaired the State Public Policy Committee for the past five years



**Leslie Morgan, PhD**, a professor of sociology and anthropology at UMBC, has been named associate dean of the Erickson School of Aging Studies. Dr. Morgan has also re-assumed the co-

directorship of the Doctoral Program in Gerontology and has been recently awarded a three-year grant from the National Institute on Aging entitled, Stakeholders' Models of Quality in Assisted Living for \$873,535.



**Charlene C. Quinn, RN, PhD**, an assistant professor, Division of Gerontology, Department of Epidemiology & Preventive Medicine, School of Medicine received a grant from the

National Institute on Aging entitled, "Nursing Home Co-morbid Depression Care Management Intervention Project."

The grant is funded from September 30, 2005 through July 31, 2007 for \$213,098.

This planning grant (R21) will facilitate the development of an intervention study aimed at improving sub-acute care rehabilitation outcomes and reducing health care costs among nursing home residents with co-morbid depression and need for rehabilitation. The intervention targets continuity of care and person-centered care by involving the resident, family and outside primary care physician. Further, the protocol has the potential to be adopted on a large scale within the U.S. long-term care system.

### School of Pharmacy Welcomes New Faculty Member

**Dr. Chanel Agness** was appointed assistant professor in the area of Geriatric Pharmacotherapy within the Department of Pharmacy Practice and Science in August 2005. Dr. Agness earned both her Bachelor of Science and Doctor of Pharmacy degrees at Rutgers University. She completed a Managed Care Pharmacy Practice Residency at Kaiser Permanente in Southern Maryland in 2004, and spent the last year at the Baltimore VA Medical Center as a Primary Care Specialty Resident and adjunct clinical instructor for the University of Maryland School of Pharmacy.

Her research interests include: chronic kidney disease in the elderly and humanistic outcomes assessment in the elderly. Practice sites include: a multidisciplinary geriatrics assessment clinic with Union Memorial Hospital, a pharmacy nephrology service at the VA, as well as promoting health education to the elderly community in the Baltimore area.

### Grantmakers in Aging Recognize Pharmacy and Gerontology Doctoral Students

**Julie Caler**, School of Pharmacy and **David Van Dussen**, Doctoral Program in Gerontology have both been chosen by the Grantmakers in Aging (GIA) to present their work at the GIA's conference to be held in Baltimore from October 26-28. Ms. Caler and Mr. Van Dussen will be able to attend the conference and present research work to staff and trustees involved in aging related philanthropy. **Leanne Clark**, Doctoral Program in Gerontology has been chosen as an alternate for the GIA conference.

### DOCTORAL PROGRAM IN GERONTOLOGY

**Kelly J. Niles**, a doctoral candidate in the Doctoral Program in Gerontology, has been selected chair-elect of the Emerging Scholar and Professional Organization (ESPO) of the Gerontological Society of America. The purpose of ESPO of GSA is to provide students and trainees with an opportunity to be active in the field of gerontology. All GSA members who are full-time students (undergraduate or graduate), and postdoctoral trainees/fellows are considered to be ESPO members. During Ms. Niles' three-year appointment she will serve on several important GSA committees including the Program, Nominations, and Finance committees.

### DOCTORAL PROGRAM IN GERONTOLOGY WELCOMES NEW STUDENTS

**Sarah Canham** has joined the psychosocial track. She has a BA in Human Studies from St. Mary's College. Her current research interests are gender differences in older adults and the gender-specific risks of substance abuse and suicide, older adult activities, improving the quality of life for older adults, as well as examining the negative stereotypes of older populations. Ms. Canham will be working with Dr. Robert Rubinstein on "The Experience of Suffering in Old Age" project.

*[continued on page 6]*

[from page 5]

**Hannah Day** just received her BA in Spanish, with a Gerontology minor, from Penn State University. She is in the epidemiology track and will be working with Dr. Ann Gruber-Baldini and Dr. Marc Hochberg. Her current interests include epidemiology of aging and minority populations.

**Maria Theresa Okafor** comes to us with a BS in Psychology from Texas A&M and an MS in Clinical Gerontology from Baylor University. She also is in the epidemiology track and will be working with Dr. Charlene Quinn. Ms. Okafor's research interests include epidemiology of aging, implementing local, evidence-based health promotion programs; diabetes and Alzheimer's disease in minority populations; etiology of aging-related disorders in minority populations; sociology of aging in minority populations; and age-related bone loss studies.

**Janet Schreck** entered into the epidemiology track this fall as a part-time student. She works as a speech-language pathologist and as a full-time clinical faculty member in the Department of Speech-Language Pathology/Audiology at Loyola College. Ms. Schreck also received her BA and MS in speech pathology from Loyola. She is most interested in researching cognitive-communication changes and disorders in the elderly.

### SCHOOL OF PHARMACY

**Rhona Limcangco** and **Puneet Singhal** completed their doctoral degrees. Dr. Limcangco is a Research Analyst, Center for Delivery, Organization & Markets, Agency for Healthcare Research & Quality, and Dr. Singhal is Manager of Health Economics, Merck Vaccine Division, Worldwide Economic Affairs.

**Christopher Blanchette**, a doctoral student who is affiliated with the Peter Lamy Center for Drug Therapy and Aging, received a prestigious NRSA/NIMH two-year, pre-doctoral award to complete his doctoral degree in Pharmaceutical Health Services Research at the School of Pharmacy. Mr. Blanchette's dissertation is titled "Prevalence and Outcomes of Depression Following Acute Myocardial Infarction in Medicare Beneficiaries."

### GERIATRIC MEDICINE FELLOWSHIP PROGRAM

The University of Maryland Fellowship Program has welcomed four internists to the program, which has the Baltimore VA Medical Center, Union Memorial Hospital, and Franklin Square Hospital as affiliates. The four fellows are:

**Saadah Alrajab, MD**, who completed his residency in internal medicine at Newton-Wellesley Hospital in Massachusetts in June 2005. In addition to his interest in geriatric medicine, Dr. Alrajab is also interested in pulmonary medicine. Dr. Alrajab is a graduate of Aleppo University in his native Syria.

**Saadia Husain, MD**, completed her residency in internal medicine at Prince George's Medical Center in June 2005. During her residency, she helped to develop an ambulatory curriculum for the program. She is a graduate of Ayub Medical College in Pakistan.

**Hmu Minn, MD**, completed his residency in internal medicine at the Greater Baltimore Medical Center, where he also served as Chief Medical Resident. He is a graduate of the Institute of Medicine in Myanmar (formerly known as Burma), where he practiced medicine under extreme conditions before coming to the United States.

**Emmanuel Osei-Boamah, MD**, completed his residency in internal medicine at St. Agnes Hospital in Baltimore. He is a graduate of the University of Science and Technology in Ghana. Prior to coming to the United States, Dr. Osei-Boamah served as a physician with the United Nations peace-keeping troops in Lebanon.

### UMB at the Gerontological Society of America Conference

University of Maryland, Baltimore, faculty and students are well represented at this year's Gerontological Society of America Annual Meeting, which will be held in Orlando, Fla.

Please visit the UMB and Doctoral Program in Gerontology booths. The Erickson School of Aging Studies at the University of Maryland, Baltimore County, will also have a booth this year.

### Friday, 11/18/05

#### Workshop

- "Quality of Care and Quality of Life in Assisted Living: Priorities of Researchers, Providers, and Funders," Hernandez, Zimmerman, Ball, Eckert, Hyer, Kane, Spector, Stahl, Wilson, Mitty, and Tilley

### Saturday, 11/19/05

#### Paper Presentations

- "Inappropriate Medication Use and Transition to Nursing Home," I.H. Zuckerman, P. Byrns, M. Baumgarten, D. Orwig, P. Langenberg, J. Magaziner
- "The Cultural Basis of Suffering in Later Life," Kim DeMichele and Bob Rubinstein
- "Suffering and the Life-Worlds of Older People", Bob Rubinstein
- "The Cultural Meaning of Food in Long-Term Care," Bob Rubinstein
- "Caregiving and the Workplace: What Employees Report, What Managers Believe," Leanne Clark
- "Lessons from the Arkansas Cash and Counseling Program: Consumers Address Policymakers' Concerns," Patricia San Antonio, Simon-Rusinowitz, Loughlin, Eckert, and Mahoney

#### Poster Presentations

- "The Causal Relationship Between Self-Assessed Health and Depression: A Replication," Donald Stull, Karl Kosloski, Kyle Kercher, and Dan Van Dussen
- "Coping Dispositions as Buffers of the Adverse Effects of Normative Stressors on Quality of Life Among the Old-Old," Kahana, Kahana, Kelley-Moore, and Tascar
- "Family Caregiving and Intergenerational Relations," Kelly Niles
- "Depression and Community-Dwelling Older Adults," Dan Van Dussen
- "The Efficacy of Workplace Eldercare Programs," Kelly Niles, Wagner, and Matthews

## Symposia

- **THE AGING BODY: PERCEPTIONS AND PERSPECTIVES FROM ASSISTED LIVING**, Frankowski, Discussant: Bob Rubinstein
  - “The Body and the Metaphor of Decline in Later Life,” Bob Rubinstein
  - “The Aging Body in Assisted Living: Family Perspective,” Lynn Keimig
  - “The Politics of Bodywork: Body, Power, and Influence in Assisted Living,” Ann Frankowski
  - “The Able Aging Body,” Roth
  - “Intimacy and Sexuality in Long-Term Care: Resident Perspectives and Experiences,” Leanne Clark
- **INTERPERSONAL DYNAMICS IN ASSISTED LIVING: THEORETICAL AND PRACTICAL EVIDENCE**, Leslie Morgan and Kevin Eckert, Discussant: Hyde
  - “Stigma in Assisted Living,” Dobbs, Rubinstein, Keimig, Clark, and Frankowski
  - “A Family’s History: Assisted Living as a Case Study of Improved Relationships,” Roth, Frankowski, Keimig, Wright, and Zimmerman
  - “AL Social Spaces: Facility Variations and Use by Residents,” Joanna Samsell, Leslie Morgan, and Zimmerman
  - “What It’s Like to Work in Assisted Living,” Zimmerman, J. Schumacher, K.E. Eckert, and T. Piggee
  - “Relationships with Medical Care Providers in Assisted Living,” J. Schumacher, Wright, J. Samsell, T. Piggee, Zimmerman, and Sloane
- **COMMUNITIES OF CARE: ASSISTED LIVING FOR AFRICAN-AMERICANS**, Ball, Perkins, Whittington, and Eckert
- **ASSISTED LIVING IN AMERICA’S FUTURE: HOW SUCCESSFULLY WILL IT COMPETE WITH OTHER ALTERNATIVES?**, Hyde and Golant
  - “The Fragile Future of Small Board and Care Residences,” Kevin Eckert and Leslie Morgan

## Sunday, 11/20/05

### Paper Presentations

- “Health Services Outcomes Among Diabetic Nursing Home Residents: Differences by Dementia Status,” Charlene C. Quinn
- “Pressure Ulcers as Predictors of Length of Stay and Death,” Mona Baumgarten

### Poster Presentations

- “Applying International Field Experiences to Multidisciplinary Perspectives,” Daniel Andersen, Leanne Clark, and Rebecca Perron
- “An Exploratory Factor Analysis of Perceived Emotional Relationship Quality,” Dan Van Dussen
- “Can Characteristics of a Neighborhood Explain Small-Area Variation in Mortality?,” Priscilla Ryder and Sandra Black
- “Self-Reported Sleep Problems and Sleep Hygiene Practices Among Peri- and Post-Menopausal Women,” Magadalena Tolea, Hua Ling, Carolyn Poppell, Jingyi Li, and Olivia Carter-Pokras

- “A Comparison of Spousal Caregivers and Non-Caregivers Living in a Continuing Care Retirement Community (CCRC),” Katherine Bintrim, Jean Gaines, Barbara Resnick, and John Parrish

### Symposia (Refereed Roundtable)

- **BEHAVIORAL AND SOCIAL SCIENCES**, Andrea Rubin, Jean Gaines, John Parrish, Katherine Bintrim, and Yu-Ling Shao
- **VASCULAR DISEASE AND COGNITION: MULTIDISCIPLINARY APPROACHES**, Chairs: Christopher Brady and Avron Spiro, III
  - “Stress-Induced Blood Pressure Reactivity, Cognitive Function, and Silent Cerebrovascular Disease in Older Adults,” Shari Waldstein, Eliot Siegel, David Lefkowitz, Abraham Obuchowski, and Les Katzel

## Monday, 11/21/05

### Paper Presentations

- “Racial Residential Segregation in Rural Areas: Identifying the Pathways of Health Disparity Among Black and White Older Adults,” Jessica Kelley-Moore
- “Medicare Cost Differentials Between Black and White Elders Before and After Nursing Home Admission,” Verita Custis Buie

### Poster Presentations

- “Disparities in Healthcare Among Elder Whites, Blacks, and Hispanics,” Myra Schneider and Mona Baumgarten
- “Why Does ‘Place’ Matter?: Influence of Social and Physical Environment on Health over the Life Course,” Kelley-Moore, Lloyd, Ayd-Simpson, Kitner-Triolo, Donohue, Evans, and Zonderman
- “Use of Dietary Supplements in a Continuing Care Retirement Community,” Anita Bercovitz
- “Comparison of Medical Costs at End-of-Life Between Nursing Home Residents and Discharges,” Anita Bercovitz
- “Looking Beyond the Social Model: Identifying Emergent Models Operating in Assisted Living,” John Schumacher, Kevin Eckert, and Leslie Morgan
- “Factors that Influence Older Adults’ Participation in Consumer-Directed Programs,” Kelly Niles and Patricia San Antonio
- “Maryland Access Point (MAP): Development of a No-Wrong Door Model for Consumers of Long-Term Care Services,” Rebecca Perron and Donald Stull
- “Proxy Data Assessing Assisted Living Residents: Stability and Prediction of Outcomes,” Tommy Piggee and David Hamilton
- “Utility of the Maryland Assisted Living Functional Assessment Tool,” Barbara Resnick
- “The Treatment Risk Paradox in Medication Use by Medicare Beneficiaries with Diabetes,” Bruce Stuart

## Symposia

- **TWO MONTHS POST-HIP FRACTURE: ARE OLDER WOMEN READY TO GET BACK ON THE HORSE?**, Barbara Resnick
- **RE-EXAMINING COMMON WISDOM IN ASSISTED LIVING**, Barrett, Street, and Zimmerman, Discussant: Stahl
  - “A ‘Press-Competence’ Model of Autonomy in Assisted Living and Its Relation to Individualized Care,” Bob Rubinstein, Kevin Eckert, and Lynn Keimig

## Tuesday, 11/22/05

### Paper Presentation

- “Concentration of Residents with Dementia in Nursing Homes and Its Effects,” Ajith Silva

### Symposium

- **CLINICAL TRIALS AND TRIBULATIONS: CHALLENGES TO REALIZING INTERVENTION RESEARCH**, Marianne Shaughnessy, Denise Orwig, Barbara Resnick, Kathleen Michael, Eun-Shim Nahm, and Susan Kopunek

# UMB Educational Programs for 2005–06

## Annual Dementia Conference, November 29, 2005

**The Environment of Care: Maximizing Cognition, Function, and Behavior**, will take place November 29, 2005, at the Sheppard Pratt Conference Center. The program is co-sponsored by the University of Maryland, Baltimore, the Geriatrics and Gerontology Education and Research Program, The Alzheimer's Association—Greater Maryland Chapter, and the Maryland Gerontological Association.

The program will include presentations by nationally known speakers **Eric Tangalos, MD; Constantine Lyketsos, MD; Jason Brandt, PhD; Nicole Brandt, PharmD; Ann Morrison, PhD; and Lisa Fagan, MS, OTR/L**. This conference is planned for professionals and will offer CEU's. For further information please call 410-561-9099.

## Cancer and the Older Adult: Treatment Expectations and Support, December 6, 2005

**Cancer and the Older Adult: Treatment Expectations and Support** is a conference for health professionals sponsored by the GGEAR Program, Eastern Shore Area Health Education Center, and the Johns Hopkins Geriatric Education Center. The program will be held at the Hyatt Regency Hotel in Cambridge, Md. on December 6, 2005. To request a brochure, please call 410-706-4327.

## Seminar: Conducting Clinical Research with Vulnerable Populations: Addressing Ethical and Legal Issues, December 8, 2005

The seminar will discuss how clinical researchers working with vulnerable populations face an array of ethical challenges in their research. Panelists, **Timothy Keay, Jack Schwartz, and Anita Tarzian** will discuss specific case-based, ethical challenges in relation to topics such as: enrolling the cognitively impaired, phase I studies and therapeutic misconceptions, and research with the terminally ill. In addition, panelists will suggest strategies for addressing the practical, methodological, and analytical challenges associated with working with vulnerable populations. The program, which is sponsored by the Gerontology Lecture Series and the law school's Law and Health Program, will be held at 4 p.m. at the Student Center located at the University of Maryland, Baltimore. For further information, please call 410-706-4567 or e-mail [alefever@epi.umaryland.edu](mailto:alefever@epi.umaryland.edu) for a flyer.

## Managing Geriatric Emergencies Conference, March 31, 2006

The Baltimore Veterans Affairs Medical Center, the Geriatric Research Education and Clinical Center, the University of Maryland Medical Center, and the Geriatrics and Gerontology Education and Research Program are sponsoring a conference on the care of the older adult in crisis. **"Managing Geriatric Emergencies"** will include lectures and case studies in the

identification, assessment, and appropriate care of the older adult in the emergency room setting for many of the most common presenting problems, including trauma, cardiac crisis, abdominal complaints, and mental status changes.

CME's are available for physicians, physician assistants, nurse practitioners, and nurses.

The conference will be held March 31, 2006, 7:30 a.m. –3:00 p.m. at the HSF II Auditorium, University of Maryland, Baltimore, campus. For more information, call Lucy Equale at CHEP 410-642-1857 or e-mail [lequale@chepinc.org](mailto:lequale@chepinc.org)

## Annual Poster Day Scheduled for April 6, 2006

The Annual Poster Day, co-sponsored by the University of Maryland Center for Research on Aging, and the Women's Health Research Group, will be held April 6, 2006, in Westminster Hall at the University of Maryland, Baltimore (UMB). The program will be held from 10:30 a.m. – 2:00 p.m.

Pre- and postdoctoral graduate students and junior faculty are invited to participate in the day by displaying posters representing their research. UMB and University of Maryland, Baltimore County, faculty will score the quality of the posters and winners. Charles Longino, PhD, a professor of public health sciences at Wake Forest University, will be the keynote speaker that afternoon. Dr. Longino will assume the presidency of the Gerontological Association of America conference in November, 2005.

UNIVERSITY OF MARYLAND  
BALTIMORE

GGEAR Program  
515 W. Lombard Street, 4th floor  
Baltimore, MD 21201

Non-Profit Org.  
U.S. Postage  
**PAID**  
Baltimore, MD  
Permit No. 6955