

ADVANCES *in Aging*

Researchers Study the Genetics of Longevity in the Old Order Amish

The current life expectancy of members of the Old Order Amish community is about 72 years, nearly the same as the life expectancy of the average American. Nearly, that is, except for two significant differences. First, among the Amish, the 72-year life expectancy is for men and women, while in the general population women tend to outlive men by about seven years. Second, the Amish have had a 72-year life expectancy not only for the past few decades, as have most Americans, but for the last



Alan Shuldiner, M.D.



John Sorkin, M.D., Ph.D.

300 years—since they settled in the United States in the 1700s, when most people living in America were dying in their 40s.

This, in spite of little or no medical or preventive care and eating a high-fat diet, behaviors that would seem to contribute to, if anything, an early death.

What gives the Amish their exceptional longevity? This is a question that Alan Shuldiner, M.D., John Sorkin, M.D., Ph.D., Braxton Mitchell, Ph.D., and their research team at the University of Maryland are trying to answer in their five-year study of the genetics of longevity among the Old Order Amish of Lancaster County, Pa.

They theorize that the Old Order Amish, or “plain people,” have genes that contribute in some way to their living longer. Humans have an estimated 30,000 to 40,000 genes, which are chromosome pieces whose chemical building blocks (called nucleotides) determine how, when, and where the body makes the proteins required for life. The average gene consists of 3,000 nucleotides, although some have many more. These genes are assembled on chromosomes,

which are passed from parent to child through the generations.

Shuldiner, who heads the Division of Endocrinology, Diabetes, and Nutrition at the University of Maryland School of Medicine, first began studying the genetics of the Amish community in 1993, with a study focused on the genes associated with Type 2 (adult-onset) dia-

betes. (While the Amish have a similar rate of obesity as other Americans, they boast half the rate of diabetes.) Additional studies on the genetics of osteoporosis, hypertension, and heart disease soon followed.

The Old Order Amish are an ideal population in which to study genes because they are both genetically isolated and comparatively speaking, a young population, with only 12-to-14 generations born since they arrived in America in the 1700s. Additionally, the entire Old Order Amish population is derived from a small number of ancestors. (Two-thirds of the Old Order Amish family members can trace their heritage to a single

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founder, Christian Fisher, who was born in 1727 and lived to be 83.) The advantage of researching such a young population is that there has been less time for their genes to “shuffle.” The small number of ancestors, along with minimal “shuffling,” results in less genetic complexity in the Amish than in other populations, says Sorkin, chief of biostatistics and informatics at the Baltimore VA Medical Center, Division of Gerontology. Less genetic complexity may make it easier to find genes associated with longevity or genes that forestall the development of age-related disease.

The Amish, Sorkin says, are also socially and behaviorally homogenous. The Amish population of Lancaster County consists of about 30,000 members who share a common standard of living and a lifestyle that is remarkably similar to the one they have lived for the past 300 years. Their diet has changed little (they primarily eat the foods they grow), and they avoid alcohol and tobacco.

The five-year genetics of longevity study, which is funded [*cont. pg. 2*]

inside

Research Highlights, 3

Education Highlights, 4

Gerontology Lecture Series, 5

Faculty, Student and Staff News, 6

GSA Conference, 7

VideoPress Training Films, 8

[from pg. 1] by four grants, began in 2001. Shuldiner is the lead researcher, and Sorkin runs the day-to-day operations, which are carried out with the help of half a dozen each of nurses and “Amish liaisons.” The liaisons act as intermediaries between the research team and the Amish community, which is still quite insular.

The research team recruits for the study through word of mouth, door-to-door visits, and field work. “The Amish don’t have phones in their homes,” Shuldiner says, “so we often have to go out and find them.” Still, locating volunteers has not been difficult. “The Amish are very cooperative. Plus we’ve earned respect in the community. They know we are there for the long term,” says Shuldiner, who established a central location out of which to conduct the studies, the Amish Research Clinic, in Strasburg, Pa., in 1995.

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

CONTRIBUTORS

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For the longevity study, the research team is recruiting members of the community aged 90 and over, their children, and their children’s spouses. The 90-and-over group (called probands) and their children are the study’s primary focus. The team is surveying their entire genome (all of their chromosomes) to see which regions the probands share more often than would be expected.

Study participants complete a two- or three-hour questionnaire that records their health history and measures their activity levels and mental health. A nurse comes to their home to assist them with the questionnaire and perform a physical assessment, including taking their blood pressure and pulse and measuring their body fat, peak lung flow, and physical mobility. Nurses also take several blood samples, from which participants’ genetic material is obtained.

The team so far has recruited about 100 volunteers. (Their goal is 300.) Fifteen are probands, and the rest are their children and their children’s spouses, who serve as controls.

For the Amish, participation in this and other medical studies offers short- and long-term benefits. “The short-term benefits are free medical care and medical tests—which are especially valuable because the Amish don’t have health insurance—and advice on how to deal with and treat health problems,” Shuldiner explains. The long-term benefit, he says, is knowledge. “The Amish are knowledgeable people and are curious about modern medicine and research. They know a lot about genetic diseases first-hand. Some incredibly rare and severe genetic diseases are not uncommon in the Amish community,” he says.

Sorkin emphasizes that the Amish don’t have “different” genes from the general population’s. “Rather, the Amish copy of a certain gene may have a unique sequence that tells the body how to make a protein that prolongs or contributes to a longer life,” he says.

The team has not yet located these genetic variations in their Amish subjects, the researchers say. But if Shuldiner were to speculate, he says they are likely to find two classes of genes: one is a class that protects humans from diseases that kill, such as cancer, cardiovascular disease, and diabetes; the other is a class that likely controls the biological clock. “Discovering these variations could lead to new insights into the aging process or into how to slow it down.”

Once the variation(s) is located, the researchers hope to ultimately recreate it in the form of a drug or therapy that might replicate the gene’s effects. Sorkin says the research, regardless of its success, will take time. “Even after we find the genetic variation, we’ll have the task of determining what protein or proteins it makes and how these proteins affect lifespan.” He draws a parallel to Tay-Sachs disease research. “The medical community knew early on that a genetic variation causes Tay-Sachs, but it took many more years to discover just how the variation actually leads to the disease.”

Lamy Center Study Examines Prescription Drug Coverage for Retirees



Standing from left: Puneet K. Singhal, Jalpa Doshi, Cheryl Fahlman; seated from left: Bruce Stuart, Becky Briesacher.

The national debate over prescription drug coverage for older adults has been the focus of attention for months as Congress attempts to form legislation that might provide some prescription drug coverage to Medicare beneficiaries. The articulated need for this type of coverage has been present for years. However, there has been no action by Congress to meet the heightened financial burden placed on older adults with fixed incomes who are without prescription drug coverage or who have diminishing coverage.

A study published in *Health Affairs* (July 15, 2003) titled “Employer-Sponsored Health Insurance and Prescription Drug Coverage for New

Retirees: Dramatic Declines in Five Years,” underscores the urgency of providing coverage for retirees. The study was authored by Peter Lamy Center for Drug Therapy and Aging faculty and trainees led by **Bruce Stuart, Ph.D.**, a professor and executive director of the center, and included **Becky Briesacher, Ph.D.**, the center’s director of research, and a team of Pharmacy Health Services Research Program doctoral students: **Puneet K. Singhal, Cheryl Fahlman, and Jalpa Doshi.** The work was supported by a Commonwealth Fund grant.

The article in *Health Affairs* summarizes findings from interviews conducted with Medicare beneficiaries aged 65 to

69. The findings indicate that recent workers are retiring with fewer benefits than their predecessors. The number of these younger beneficiaries who are covered by a prescription drug benefit fell from 46 percent in 1996 to 39 percent in 2000. The proportion with drug coverage from an employer declined from 40 percent in 1996 to 35 percent in 2000.

The study, which was reported in the *New York Times*, *The Washington Times*, *The Wall Street Journal*, and other newspapers and economic news services throughout the United States, indicates concern over the diminishing options available to retirees who seek and need prescription drug coverage. Only a small number of retirees will qualify for publicly funded programs, and none of the Medigap policies provide coverage comparable to employer-coverage policies. The authors anticipate that the erosion of benefits will not stop and the percentage of retirees covered by employer plans will continue to diminish. As the availability of Medigap policies shrinks, the financing of state-funded programs will decline under current economic travails, and fewer and fewer retirees will enjoy the prescription drug benefits they had hoped for at retirement.

Stuart concludes that “this research underscores the need for a publicly funded program which assists in meeting the needs of a larger and still growing group of older adults.”

For reprints of the article, visit www.healthaffairs.org and search under Web exclusives.

EDUCATION *Highlights*

TRAINEES AND RESEARCH INTERESTS

Department of Medicine, Division of Gerontology and Baltimore VA Medical Center

Colleen Damcott, Ph.D., the genetics of complex human diseases such as obesity, diabetes, and cardiovascular disease.

Paul Ermer, Ph.D., the mechanisms underlying the effect of adrenergic agonists on the regulation of leptin release from adipocytes.

Richard Horenstein, MD, cardiovascular disease risk in diabetes and related metabolic conditions, and in people with the gene implicated in the autosomal recessive disease, sitosterolemia

Tom Tittelbach, PhD, the regulation of adipocyte lipolysis, the role of perilipin in human obesity and non-insulin dependent diabetes mellitus, and the mechanisms underlying racial differences in regional fat metabolism in obese African American and Caucasian older women.

Karma Rabon Stith, Ph.D., genes regulating metabolic responses to resistive and aerobic exercise training

The four physicians participating in the Geriatric Medicine Fellowship are:

Bolanle Akakabota, M.D., **Ali Mirza, M.D.**, **Emad Shoukry, M.D.**, **Eskandar Yazaji, M.D.**

Epidemiology and Preventive Medicine, Division of Gerontology

Patrick McArdle, M.S., epidemiology of aging, genetic epidemiology and pressure ulcers

Elizabeth Pradhan, MPH, research methodology for complementary and alternative medicine

Priscilla Ryder, MPH, women's health and health disparities

Department of Physical Therapy and Rehabilitation Services

Chris Mizelle, effect that both normal aging and ischemic injury have on plasticity in the nervous system.

Stephanie P. Gracylalny, development of interventions and measurement tools for addressing motor recovery of dynamic balance and gait following stroke

UMB Pre and Post Doctoral Training Programs Prepare the Next Generation of Researchers

Four departments located within the School of Medicine offer outstanding pre and post doctoral training grant opportunities to trainees interested in pursuing intensive research opportunities in gerontology. The goals of all four training programs are to mentor trainees to become independent, academic researchers by defining their own areas of research interest under the guidance of experienced UMB faculty. The training programs are funded by the National Institutes of Health and directed by **Andrew Goldberg, M.D.** in the Division of Gerontology, Department of Medicine, and VA Medical Center; **Jay Magaziner, Ph.D., M.S., Hyg.**, Division of Gerontology, Department of Epidemiology and Preventive Medicine; **Richard Macko, M.D.** in the Department of Neurology; and **Mary Rodgers, Ph.D.**, Department of Physical

Therapy and Rehabilitation Science.

The fellowship program within the Department of Medicine, offers training in clinical and basic research, as well as in the principles and practice of geriatric medicine. The program engages over 50 multidisciplinary faculty who prepare the trainees to be independent, academic researchers or clinical educators and geriatricians. The curriculum is individualized to provide a comprehensive research experience in clinical and basic laboratory investigation in exercise physiology, metabolism, obesity, nutrition, functional genomics and molecular biology with the translation of research findings from the gene to molecular-integrative biology, and then clinical medicine. The clinical program provides mentored training for M.D.'s in geriatric assessment and interdisciplinary management, rehabilitation medicine, gero-psychiatry, Alzheimer's



Training grant principle investigators, from left: Richard Macko, Jay Magaziner, Mary Rodgers, Andrew Goldberg

Gerontology Lectures Series Inaugurated at UMB and UMBC

A consortium of centers and programs in aging education and research at the University of Maryland Baltimore and University of Maryland Baltimore County has planned an outstanding lecture series for the 2003-04 academic year. The consortium includes the UM Center for Research on Aging; The Geriatrics and Gerontology Education and Research Program; Doctoral Program in Gerontology; The Claude D. Pepper Center; the Geriatric Research Education and Clinical Center; the Peter Lamy Center for Drug Therapy and Aging, University of Maryland School of Pharmacy; UMBC Center for Aging Studies and the University of Maryland School of Social Work's Aging Specialization.

The series of lectures began in September with Ronen Roubenoff, MD, MHS, Millennium Pharmaceuticals who spoke on Wasting, Cachexia, and Sarcopenia: The Three-Lane Highway of Muscle Loss. The lecture series continues with the following programs:

DECEMBER 4, 2003

Beyond 2003: Prospects for Medicare's Future

Marilyn Moon, Ph.D.

Vice President, American Institutes for Research

4 p.m., Davidge Hall, UMB

FEBRUARY 19, 2004

Linking the Two Ends of Life: What Gerontology Can Learn from Childhood Studies

Richard Settersten, Ph.D., Associate Professor and Co-Director, Schubert Center for Child Development, Department of Sociology, Case Western Reserve University

4 p.m., UMBC, Albin O. Kuhn Library, 7th floor lobby

MARCH 18, 2004

The Challenges of Recruitment and Retention of Minority Older Persons

Sue Levkoff, Ph.D., Associate Professor, Brigham and Women's Hospital Department of Psychiatry, Harvard Schools of Medicine and Public Health

Westminster Hall, UMB, The lecture will be part of the annual Aging-Women's Health Research Group Poster Day. Time TBA

APRIL 22, 2004

Update on Drug Related Problems in the Elderly

Joseph T. Hanlon, Pharm.D., M.S., Professor and VFW Endowed Chair- Pharmacotherapy for the Elderly, University of Minnesota School of Pharmacy

4 p.m., Davidge Hall, UMB

The lecture series is publicized on the Gerontology Programs at the University of Maryland Baltimore web site, www.gerontology.umaryland.edu. For additional information you can call Reba Cornman, 410-706-4327 or rcornman@umaryland.edu.

disease, and chronic care within the hospital, rehabilitation units, outpatient clinics, and long-term care facilities by fulltime geriatric medicine faculty.

The Department of Epidemiology and Preventive Medicine training grant mentors pre- and post-doctoral students to conduct independent and original research in the epidemiology of aging with an emphasis on the prevention of late-life disability and functional decline. The program takes advantage of the interdisciplinary expertise of over 50 UMB and UMBC faculty who provide methodological and substantive training. The five broad substantive areas of interest within the program are: musculoskeletal epidemiology, neuro-epidemiology, minority aging and health disparities, women's health and long term care.

The program in the VA Neurology and Geriatric Research, Education and Clinical Center (GRECC) offers advanced postdoctoral training for M.D. and Ph.Ds in translational research investigating mechanisms by which exercise-based stroke rehabilitation reduces disability, with a focus on muscle molecular biology, insulin resistance and neuroplasticity. Trainees receive intensive clinical and laboratory training from a collaborative research team of 25 funded faculty investigators in an enriched academic environment.

The fourth training program is the Advanced Rehabilitation Research Training Program in the Department of Physical Therapy and Rehabilitation Science and led by **Dr. Rodgers**. The program offers both pre and post-doctoral trainees the opportunity to pursue research regarding long-term neurological, musculoskeletal or immunological dysfunction, with an emphasis on amelioration of declines in mobility and

functional activity. Three substantive areas of focus are: stroke, spinal cord injury and rheumatological and immunological disorders, which reflect the extensive research experience and on-going interdisciplinary research projects of its 30 faculty.

Research opportunities for trainees include studies involving innovative upper and lower extremity exercise paradigms in subjects with a variety of disabilities, parallel mechanistic studies, and epidemiologic studies.

NEWS

Faculty, Students & Staff

Faculty Honored by Campuses for Outstanding Contributions in Gerontological Research

Barbara Resnick, PhD, CRNP, FAAN, associate professor in the School of Nursing has been named the 2003 Research Lecturer of the Year at the University of Maryland Baltimore. The award is bestowed each year to a faculty member in commemoration of the University's annual Founders Week celebration. Dr. Resnick is being recognized for research initiatives in the areas of exercise and motivation in the older adult. During the past five years she was Principal Investigator on 78 completed and published research projects and is currently the Principal Investigator on 4 funded grants including 2 RO1's totaling over \$5.7 million. As part of the Founders Week program, Dr. Resnick will present her lecture entitled, "Motivating Older Adults to Engage in Healthy Behaviors" on October 22 at 4 p.m. in the School of Nursing auditorium.

J. Kevin Eckert, Ph.D., co-director of the Doctoral Program in Gerontology and Professor, Department of Sociology and Anthropology, UMBC, has been named the UMBC Presidential Research Professor, 2003-06. Dr. Eckert is honored for his impressive publication record and success in obtaining research funding in the field of gerontology. "Dr. Eckert's work as a scholar, teacher and professional is clearly aligned with UMBC's mission in the area of public policy, and his work enhances UMBC's national reputation as a graduate research institution," says Mary Stuart, chair of the Department of Sociology and Anthropology. Dr. Eckert has also been the recipient of several awards, including

the University System of Maryland Board of Regents Faculty Award for Excellence, a Robert Wood Johnson Health Policy Fellowship and a Senior Fellowship from the National Institutes of Health's National Research Service Award program.

John A. Hartford Foundation Scholar Awards To Social Work Faculty And Doctoral Candidate

Carmen Morano, Ph.D. and **Mitsuko Nakashima, Ph.D.** of the University of Maryland School of Social Work have both received \$100,000 grants from the prestigious Hartford Geriatric Social Work Faculty Scholars Program administered by the Gerontological Society of America. The overall objective of the Hartford Geriatric Social Work Faculty Scholars Program is to enhance the effectiveness of faculty scholars as academic leaders, role models and mentors for future generations of social work professionals working in geriatrics. They are two of nine scholars chosen in 2003 to be honored by the Hartford program.

Dr. Morano's project is entitled, *A Longitudinal Design Testing the Effectiveness of a Culturally Informed Psychoeducational Intervention with African American Alzheimer's Disease Caregivers*. Though the use of psychoeducational groups have previously been proven to be a successful intervention for caregivers coping with the strain of providing care, there has been little research that has examined the use of these types of interventions among African American caregivers. A culturally informed psychoeducational program, which was previously developed with funding through the campus' DRIF program, will be used in the Hartford funded project. The DRIF



From left: Eunice Park, Carmen Morano, Mitsuko Nakashima

funded project was implemented with the assistance of the Alzheimer's Association, Greater Maryland Chapter and through the cooperation of community caregiver support groups.

Dr. Nakashima's project is entitled, *Japanese and Korean Elders' Use of Traditional and Western Health Services in the US: Cultural Values, Beliefs and Behaviors in Health Maintenance*. Her work will use an ethnographic approach and ask the following questions in the project: What are the health beliefs, values and behaviors of Japanese and Korean elders in the U.S. who use traditional health methods alone or combined with Western medicine? How do individual factors and their social work environment affect their decision making in health care utilization?

The John A. Hartford Foundation and The Gerontological Society of America (GSA) have selected **Eunice Park** as a Hartford Doctoral Fellow. Ms. Park, a doctoral student in the School of Social Work at the University of Maryland, Baltimore will receive a \$40,000 grant plus \$20,000 in matching support from her home institution to support her dissertation research project. Park's dissertation topic examines Korean elderly in America and their everyday life experiences and subjective well-being. Dr. Julianne Oktay, Professor, School of Social Work is Ms. Park's Dissertation Chair.

The Hartford Scholars Program was developed, in part, to enhance interest in the field of geriatric social work among outstanding doctoral candidates.

UMB-UMBC Aging Programs Faculty and Students at Gerontological Society of America – Join Us!

The University of Maryland Baltimore Center for Research on Aging and the UMB-UMBC Ph.D. Program in Gerontology will be sponsoring booths **115** and **117** in the Exhibition Hall at the Gerontological Society of America conference to be held in San Diego from November 21 to 25, 2003.

Many University of Maryland Baltimore, University of Maryland Baltimore County affiliated faculty and students will be participating in symposia, paper and poster sessions. The following is a list of the faculty and students with the titles of their presentations:

SYMPOSIUM:

SPECIAL ISSUES IN THE BALTIMORE HIP STUDIES: CHALLENGES IN STUDYING OLDER ADULTS

Chair: **Jay Magaziner** Division of Gerontology, Department of Epidemiology and Preventive Medicine (E&P)

Papers:

- Recruitment of Frail Older Women: Lessons Learned from the Baltimore Hip Studies, **Denise Orwig** (E&P), **Verita Custis-Buie** ((E&P), **Barbara Resnick** (SON), **Michelle Werner** (E&P)
- Measurement Challenges in BHS, **B. Resnick**, **Eun Shim-Nahm** (SON), **D. Orwig**
- Data and Safety Monitoring in Exercise Intervention Trials with Older Women Post-Hip Fracture, **B. Resnick**, **E. Shim-Nahm**, **D.Orwig**
- Challenges of Pressure Ulcer Research Among Hip Fracture Patients, **Mona Baumgarten** (E&P), **William Hawkes** (E&P), **Patricia Jones** (E&P), **Patricia Langenberg** (E&P), **David Margolis** (Penn), **D.Orwig**, **Mary Palmer** (UNC), **Robert Sterling** (SOM)

SYMPOSIUM:

EXCESSIVE NUTRIENTS AND THE “METABOLIC SYNDROME OF AGING”

Co-Chair: **Andrew Goldberg**, M.D. (GRECC, SOM)

SYMPOSIUM:

MEDICARE COSTS FOR PATIENTS WITH DEMENTIA IN NURSING HOMES: RESULTS FROM THE EPIDEMIOLOGY OF DEMENTIA IN NURSING HOMES STUDY

Co-Chairs: **Ann Gruber-Baldini**, **Charlene Quinn** (E&P), **Michael Weiner** (Indiana U)

Papers:

- Treatment Costs Differences Between Nursing Home Patients Admitted with and without Evidence of Dementia, **Bruce Stuart** (UM Pharmacy, Lamy Ctr), **Cheryl Fahlman** (UM Pharmacy, Lamy Ctr).
- Summary of Prevalence, Utilization and Morbidity Outcomes from the Epidemiology of Dementia in Nursing Homes Study, **Jay Magaziner** and **Richard Hebel** (E&P)
- Medicare Costs for Dually Eligible Related to Timing of Eligibility, **Lynda Burton** (Hopkins), **Van Doren Hsu** (UM Pharmacy), **Ilene Zuckerman** (UM Pharmacy)

- Sensitivity of Nursing Home Cost Comparisons to Method of Dementia Diagnosis Ascertainment, **Gruber-Baldini**, **Conrad May** (SOM), **Steven Kittner** (SOM)
- Home Care Utilization and Costs Prior to Nursing Home Utilization: Comparison by Dementia Status, **Quinn**, **Nancy Early** (SOM)

SYMPOSIUM:

SCREENING OLDER ADULTS FOR EXERCISE: LESSONS LEARNED FROM THE BEHAVIORAL CHANGE CONSORTIUM

Chairs: **Barbara Resnick**, **Terry Bizzare** (RWJ Fdn), **Mace Coday** (Tenn), **Marcia Ory** (Texas A&M).

Papers:

- Screening Guidelines in the Hip Study, **D.Orwig**, **Perry Colvin** (UM SOM), **Marc Hochberg** (UM SOM), **B.Resnick**
- Screening for Physical Activity Among Older Adults: Clinician, Researcher and Patient Perspective, **B. Resnick**, **Coday**, **M.Ory**

SYMPOSIUM:

RESIDENT TRANSITIONS IN SMALL ASSISTED LIVING FACILITIES,

Chair: **J. Kevin Eckert** (UMBC). (all presenters are from UMBC unless otherwise noted)

Papers:

- Defining and Deconstructing Resident Transitions, **J.K. Eckert**, **Carolyn North**, **Louise C. Mead**, **Robert Rubinstein**
- The Real Meaning of Assessment in Assisted Living, **Paula C. Carder**, **J.K. Eckert**, **Tommy Piggee**, **Sheryl Zimmerman** (UNC)
- Interactions with Healthcare Professionals: Perspectives of Assisted Living Residents, Family and Staff, **John Schumacher**, **J.K. Eckert**, **P. C. Carder**, **Arnette Wright**
- “Settling In:” Acculturation in Two Small Assisted Living Facilities. **C. North**, **J.K. Eckert**, **Louise C. Mead**, **David Hamilton**
- Two Lives in Transition: Complex Meanings in Transition Events. **Leslie Morgan**, **C. North**, **L.C. Mead**
- Intergenerational Issues: A Vision for the Future. **John Rother**, **Paula Dressel**, **Donna Butts**, **Karen N. Kolb**, **Eric R. Kingson**, **Kelly J. Niles**

PAPERS:

- Recognition and Treatment of Depressive Symptoms among Residents with Dementia and Assisted Living as part of symposium, **How Well Do Residential Care/Assisted Living Facilities and Nursing Homes Assess and Treat Cognitive and Social Needs of Residents with Dementia?** **Ann Gruber-Baldini**, et.al.,
- Effective Sampling of Rare Population Elements: Black Female Caregivers and Noncaregivers, paper as part of symposium: **Beyond Convenience: The Costs and Benefits of Sophisticated Sampling Strategies.** **Sandra Picot** (SON)
- Mixed-Mode Interviews in Panel Data: Implications for Research on Black and White Older Adults. **Jessica Kelley-Moore** (UMBC) & **K.F.Ferraro**
- Caregivers in the Arkansas and New Jersey Cash and Counseling Demonstration Programs. **Patricia San Antonio** (UMBC), **J. Kevin Eckert**, **Kelly Niles**

POSTERS:

- Portable Ambulatory Monitoring Following Stroke. **Marianne Shaughnessy** (Baltimore VA, GRECC), **Garfield Cross** (SOM), **Richard Macko** (SOM)
- Hypertension Wins, Cholesterol Loses: Cardiovascular Risk Factor Management in Chronic Stroke Survivors. **Kathy Michael** (Pepper Center), **Leslie Katzel** (SOM), **Richard Macko** (SOM), **Sarah Witten** (BVAMC)
- Qualitative Analysis of Grief Reactions in Male Caregivers. **Sara Sanders** (U Iowa) and **Carmen Morano** (SSW)
- Relationship Between Social Support and Grief in Male Caregivers of Individuals with Alzheimer’s disease. **S.Sanders** and **C.Morano**
- Antecedents of Avoidable Hospitalization over the Life Course. **Jessica Kelley-Moore**, **Kenneth F. Ferraro**, & **A.S.Cameron**
- The Color of Hospitalization over the Life Course. **K.F.Ferraro**, **G. McCabe**, **R. Thorpe**, **A.S.Cameron**, **J.A. Kelley-Moore**.
- Diabetes and Infectious Disease Among Older Male Prison Inmates. **Priscilla Ryder** and **Sandra Black** (E&P).
- Characteristics of Nursing Home decedents. **A. Bercovitz**, **L. Burton**, **L., & Gruber-Baldini**
- An Organizing Framework for a Diverse Field: Typology of Residential Care/Assisted Living. **N.S.Park**, **Zimmerman**, **Philip Sloane**, **Gruber-Baldini**, **Eckert**
- Racial Disparities in ADL Change and the Impact on Hospitalization: A Latent Growth Model. **Daniel Van Dussen** (Gerontology Ph.D. Student), **Donald Stull**, and **Karl Kosloski**.
- Knowledge and Attitudes of Aging Services in Orleans County: A Rational Choice Approach. **Daniel Van Dussen** and **Kelly J. Niles**
- Application of a Needs Assessment: How Howard County, Maryland Plans for the Future of its Seniors. **Joanna Samsell**, **Rebecca Perron**, **Jian Ye**, **Magda Tolea**, and **Tommy Piggee** (Gerontology Ph.D. Students)
- Reminiscence and Literary Form: A Preliminary Investigation. **Kathryn DeMedeiros**, Gerontology Ph.D. Student.

Video Press Completes New Geriatric Training Films

Video Press, the award winning production company at the University of Maryland Baltimore, has produced a new series of videos which will give care providers valuable guidance in working with frail older adults. The series also provides a strong appreciation for the contributions of the geriatric nursing assistant in the field of long term care. The productions each offer unique insights into the world of the frail older adults thus giving care providers a sense of greater purpose and ultimate success in working with this population.

Peter Rabins, M.D., Barbara Resnick, Ph.D., CRNP and Georgia Stevens, Ph.D., APRN, BC has each developed three tape series with the production company.

Dr. Rabins' series is entitled, **The Guide for Providing Quality of Life for Alzheimer Patients** and includes: *Communicating with the Alzheimer Patient, Maintaining Independence and Involving the Alzheimer Patient, and Recognizing Pain.*

Dr. Resnick's series, **Quality Indicator: Resident Function** has:



Improving Function – Improving Life, The Nursing Assistant's Role as Cheerleader and Personal Trainer, and Function – A Quality Indicator: The GNA's Role.

Dr. Stevens' series, **Delirium: Recognizing, Reporting and Responding for Quality Care** includes *Delirium: Signs, Contributing Factors and Causes; Delirium First Alert: Early Recognition of Risks and Symptoms, and Delirium: Strategies for Quality Care.*

In addition to these series, individual programs entitled, **Quality of Life, Indicators of Quality; Living in Long-Term Care: The Resident's Perspective;**

and Pain: The Resident's Perspective provide clinical vignettes and resident interviews again emphasizing the important role of the geriatric nursing assistant and/or the resident's voice in sensitizing staff to the issues most important to the long term care resident.

For further information about the entire Video Press catalogue, www.videopress.org or 1-800-328-7450.

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