

ADVANCES *in Aging*

The University of Maryland Center for Research on Aging

Six Years of Growth

When the Center for Research on Aging was initiated six years ago, **Andrew P. Goldberg, M.D.** and **Jay Magaziner, Ph.D., M.S., Hyg** agreed to co-direct in order to create, facilitate and expand the interdisciplinary collaborations in aging research among investigators. The Center's goal is to further the development of academic excellence in key areas of clinical, epidemiologic, basic-biomedical, health services and population based research in gerontology. Through this vision, the Center has connected existing research and research training programs in gerontology which has enabled the University to be a setting for interdisciplinary research rather

than a venue for many individual, independent efforts mounted within the six professional schools of the university (dental, law, medicine, nursing, pharmacy and social work). Towards this end, the Center has been able to involve investigators from UMB and UMBC campuses in collaborations with investigators from University of Maryland College Park, the Johns Hopkins University, the National Institute on Aging Gerontology Research Center, community hospital centers, local and state government agencies, and community organizations who are also committed to the conduct of collaborative, interdisciplinary research and research training in gerontology. As a result

of these activities, the Center has helped to bring national stature to research programs in gerontology at the university.

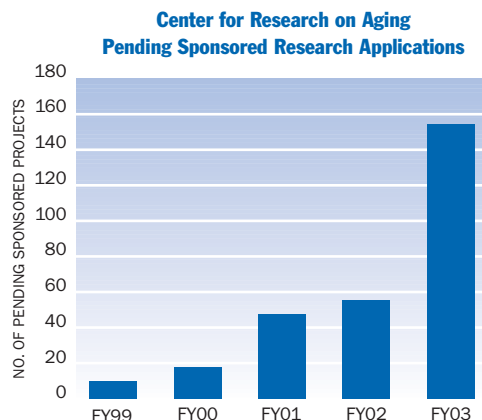
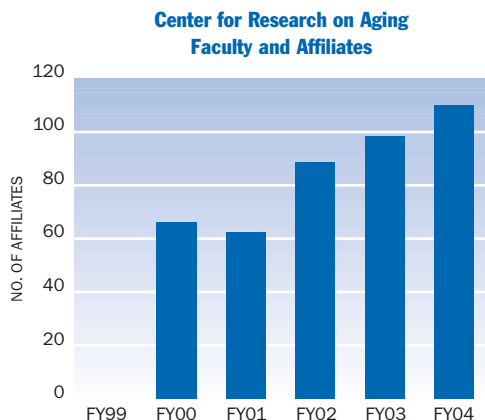
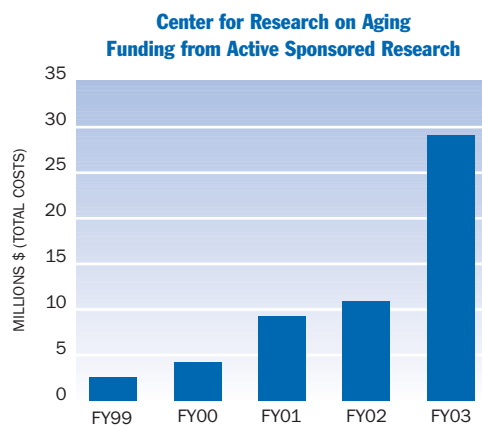
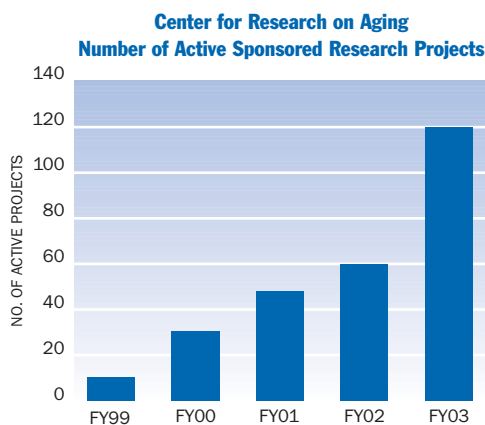
Major campus-wide research initiatives that rely on and support the Center are the Claude D. Pepper Older Americans Independence Center, the Geriatric Research Education and Clinical Center in the Veterans Affairs Medical Center, the Baltimore Hip Studies Program, the Maryland Long-Term Care Project, as well as a series of major investigator-initiated projects.

The exponential growth of Center activities – specifically in research – during the past six years has been impressive. The graphic representations provide a vivid portrait of the influence the center has had on submitted and funded research during the last six years.

It is also notable that the number of affiliated faculty has increased only modestly over the period from 2000-2004 so that funding increases cannot be attributed to an increase in the number of affiliated faculty alone. Consistent with these trends, the number of pending applications by affiliated faculty also has increased significantly from 16 in 2000 to 155 in 2003. Currently, Center-affiliated faculty have \$29,700,000 in funded research.

The growth in external funding support by Center investigators can be attributed, in part, to the Center's efforts to serve as a catalyst in bringing researchers together by developing and strengthening many of the existing research resources in gerontology on the campus; creating opportunities for faculty to learn about each others work through greater intellectual exchange among scientists from multiple disciplines; and assisting and encouraging faculty to work together to compete for new funding.

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Andrew P. Goldberg, M.D.



Jay Magaziner, Ph.D., M.S., Hyg.

The Center continues to move forward in shaping new projects and programs in order to expand the breadth of the gerontological research terrain at UMB. Notably, these new initiatives include the design of the Pepper Center renewal application, which will be submitted in the summer of 2005, and the development of projects in translational research in minority health and aging in West Baltimore.

A community advisory board will be established in the coming year to assist faculty and students in identifying critical problems and to recommend ways of addressing them in a participatory research context in the West Baltimore community. The Geriatrics Research, Education and Clinical Center and the Pepper Center both have committed resources to this endeavor and doctoral students in the gerontology program work in the community to gather and analyze data related to older adults living in that community and elsewhere in Baltimore City. A demographic survey to assess the characteristics and present cardiovascular risk factors of the congregation of the First United Church of Jesus Christ in West Baltimore to map out a program of health promotion, exercise and nutrition classes is being prepared for distribution this fall. A Parkinson's disease research group is assembled to examine health disparities in the identification and treatment of Parkinson's disease in West Baltimore. Additionally, the UM Center for Alternative and Complementary Medicine has provided funds to the Center to study

prescription and other medication use in this community as part of a larger pilot study being undertaken on the identification of chronic diseases in West Baltimore.

Center Support Activities provide informal vehicles for multidisciplinary faculty discussion concerning a topic of common interest, which is best approached from an interdisciplinary perspective. The Center has established a series of Research

Workgroups, which have served to effectively convene faculty together to foster the development of new projects and programs. Work groups include: Falls in Frail Older Persons; Minority Health and Aging; Parkinson's Disease; Women's Health and Aging; Obesity Research; Rehabilitation Research in Neurodegenerative Diseases; Management of Obesity in Veterans Everywhere (MOVE!); Muscle and Adipocyte Biology; Applications of Technology to Health Problems in the Aged; and Pharmacoepidemiology.

The Center provides invaluable support to faculty in preparing interdisciplinary research proposals. This is accomplished by a combination of mentoring by directors and other senior faculty who work with groups to help initiate project development and guide the scientific and practical development of the project, and by providing administrative and clerical support to prepare budgets and other related documents required to submit successful applications.

Drs. Goldberg and Magaziner and the faculty leadership group, which is comprised of faculty from each of the UMB professional schools as well as UMBC who are involved in geriatric-gerontologic research, perceive the Center as continuing to orchestrate the above mentioned projects and programs, as well as continue to cultivate new academic alliances for the purpose of implementing inventive and important research contributing to the overall well being of the older adult. ■



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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

**Nicole Brandt
Reba Cornman
Ann Gruber-Baldini
Jay Magaziner
Karen Klinedinst**

The Lamy Center Examines The Medicare Modernization Act

Translating Research into Clinical Practice: Bridging the Two Worlds

The Peter Lamy Center on Drug Therapy and Aging's practitioners and researchers are learning a great deal about the implications of the Medicare Modernization Act (MMA) and its rippling effects on seniors. The Peter Lamy Center's faculty, staff, resident and students are actively involved in different facets of the implication of the MMA. The collaboration of researchers and clinicians working on MMA related projects for the Lamy Center reflects the Center's mission of striving to improve the outcomes of pharmaceutical care for elderly patients through scientific knowledge and practical application.

Researchers, Drs. **Bruce Stuart**, **Linda Simoni-Wastila** and **Ilene Zuckerman** at the Center are currently working on six research projects focused on various aspects of the new Medicare drug benefit. One sponsored by the Commonwealth Fund addresses the needs of beneficiaries with multiple chronic conditions and persistently high medication use. Another funded by the Kaiser Family Foundation examines the stability of the Medicaid safety net for the poorest disabled and elderly Medicare beneficiaries. The Robert Wood Johnson Foundation is funding a Center project that examines the impact of benefit gaps on medication regimens and outcomes for beneficiaries at risk for falling into the MMA's notorious "doughnut hole." Two Federal agencies—The Centers for Medicare and Medicaid Services and the Office for Disability, Aging, and Long-Term Care under the Assistant Secretary for Planning and Evaluation—sponsor three interrelated Center projects focused on the cost and quality of medication use in nursing homes and assisted living facilities. The fruits of these research efforts are just beginning to reach publication. The next year and a half will see a steady stream of papers and presentations by Lamy Center faculty on the



Lamy Center faculty, staff and students shown left to right: Second Row: Puneet Singhal, Bruce Stuart, Robyn Durchanek, Chris Blanchette, Jennifer Hardesty. First Row: Tom Shaffer, Linda Simoni-Wastila, Nicki Brandt, Chris Blumenfeld, Fatima Baysac, Rhona Limcangco, Ilene Zuckerman. Not shown: Xiaogang Ren

prospects and problems facing Medicare beneficiaries as they prepare for the new drug benefit.

On the practice side, the Lamy center has an ongoing partnership with Baltimore City Commission on Aging (CARE) to address medication management issues in the community. Over the last several months since the announcement of the Medicare Discount Cards and transitional assistance cards, the Lamy center and CARE have partnered to increase education as well as enrollment into various assistance programs including but not limited to the Medicare assistance program. Various programs such as the A, B, C and D's of Medicare raised the awareness of various seniors in the community to the Medicare programs available and the future changes proposed. The project staff learned that seniors are confused regarding the multiple options that exist, namely 30 nationwide programs included in the 49 different cards.

A true case example is that of a 79 year old woman who has a monthly income of \$1044.51 which is just slightly less than the \$1,048 monthly limit for the \$600 credit per year. Her son had submitted an application for a Medicare drug discount card but had only filled out the discount application not the transitional assistance care program which waives the \$30 enrollment as well as provides \$600 a year for the years 2004 and 2005. The Lamy Center and the CARE Program teamed to implement a medication and benefit checkup which resulted in

allowing her to benefit fully for the programs she qualified for. The additional "detective work" needed to insure this individual her full benefits entailed examining her paperwork and then pursuing program eligibility by phoning entities providing prescription reimbursement or subsidy. Without the time spent by the Lamy and CARE staffs this woman would not have received the \$1200 credit that she deserves.

A new grant just received by CARE will insure the partnership to build on its expertise and ability to fulfill the outreach objectives of the partnership. The Centers for Medicare and Medicaid Services has just awarded CARE a 6 month, \$40,000 grant to continue work with the Lamy Center in educating Baltimore City older adults about the Medicare Discount Drug Program.

Through the dedication of Lamy faculty, **Drs. Jennifer Hardesty**, **Cherokee Layson-Wolf** and **Nicole Brandt**, staff—**Robyn Durchanek**, clinical pharmacist; **Dr. Marcus Carson**, geriatric pharmacy resident, **Dr. Amie Taggart**, pharmacy students who are partnering with CARE staff, Thelma Winn and Lisa Veale additional cases will be identified which will hopefully improve the quality of care and services older individuals deserve and need. ■

Join Us at GSA

The University of Maryland Baltimore and the University of Maryland Baltimore County (UMBC) will be well represented at this year's Gerontological Society of America (GSA) 57th Annual Scientific Meeting, which will be held in Washington, DC from November 19th-23rd, 2004. The Doctoral Program in Gerontology and the Center for Research on Aging will occupy booths 210 and 212. Many faculty and trainees will be presenting both paper and poster presentations during the meetings as well as participating on GSA committees. Included is a list of faculty and trainee sessions:

SATURDAY, NOVEMBER 20, 2004, 8:30-10:00 A.M.

Paper Presentation/Symposium

- **Participant Perspectives on Issues of Transitions from Assisted Living.** Eckert, JK; Morgan, L; Frankowski, AC; Rubinstein, R; Dobbs, D; Hamilton, D.

Paper Presentations:

- **Reliability and Validity of the Outcome Expectations for Exercise Scale-2 (OEE-2).** Resnick, B.
- **How Standardized Assessment Relates to Subjective Perceptions of Well-Being in Assisted Living.** Piggee, T; Eckert, JK; Zimmerman SI; Morgan, L.
- **Medications Use in Assisted Living: Family, Staff, and Resident Perspectives.** Schumacher, J; Eckert, JK; Zimmerman, SI; Piggee, T; Wright, A.
- **Socio-cultural Aspects of Transitions from Assisted Living for Residents with Dementia.** Zimmerman, SI; Mead, L; Eckert, JK; Schumacher, J.
- **The Aging Body in Assisted Living: Image, Power, and Text in Resident Transitions.** Frankowski, C; Roth, E; Acevedo, C.

Poster Presentation

- **Community Based LongTerm Care Utilization for the Elderly Relative to Individuals with Developmental Disabilities.** Miller, N; Kitchener, M; Harrington, C; Rubin, A.

SATURDAY, NOVEMBER 20, 2004, 10:30 - NOON

Paper Presentation/Symposium

- **The Critical Role of Gerontology/Aging Studies Doctoral Programs.** Burr, J; Eckert, JK; Gugliucci, M; Hummert, ML; Ingman S; Kunkel S; Magaziner, J; McEvoy, C; Watkins, J; Zelinski, E.

SATURDAY, NOVEMBER 20, 2004, 1:30-3:30 PM

Paper Presentation

- **Physical Performance Tests to Identify Assisted Living Residents Who are at Risk for Adverse Health Outcomes.** Giuliani, C.; Gruber-Baldini, AL; Park, NS; Schrodt, L; Sloane, PD; & Zimmerman, SI.
- **Caregiving, Culture and Physiological Stress Response: Cortisol Research Among Diverse Caregiving Samples.** McCallum, TJ; Picot, SJ; Knight, BG; David, S; Longmire, CF; Seeman, T; Shurgot, GS; Rider, KL; Gallagher-Thompson, D; McKibbin, CL; Singer, L; Goins, RT; Spencer, SM.

Poster Presentation

- **Health Status and Medical Expenditures Following Stroke among Medicare Beneficiaries.** Singhal, PK; Stuart, B; Menis, M; Kamal-Bahl, S; Silva, A.

SATURDAY, NOVEMBER 20, 2004, 3:30 – 5:00 P.M.

Paper Presentations:

- **Multiple Pathways to Population Aging: The Experience of the Americas, Europe, and Asia.** Silva, A; Tolea, M.; Ye, J; Andersen, D; Van Dussen, D.
- **Does Ethnicity Make a Difference in Appraisal, Coping and Well-being?** Morano, C.
- **Mentoring in Aging: A Life Course Perspective.** Morano, C; Corley, C; Sanders, S.

SUNDAY, NOVEMBER 21, 2004, 8:30-10:30 AM

Paper Presentations:

- **How Stable is the Medicaid Safety Net for the Poorest Medicare Beneficiaries?** Stuart, B; Singhal, P.
- **Frail Older Men Have Lower Bone Mineral Density.** Tracy, JK; Meyer, WA; Flores, RH; Hochberg, MC.

SUNDAY, NOVEMBER 21, 2004, 10:30 A.M. - NOON

Paper Presentations:

- **Restorative Care in Nursing Homes: Where We Are and Where We Need to Go.** Resnick, B; Bercovitz, A; Gruber-Baldini, A; Remsberg, R; Zimmerman, SI.
- **Trunk Muscle Composition as a Predictor of Reduced Functional Capacity in Health ABC: The Moderating Role of Back Pain.** Hicks, GE; Simonsick, EM; Harris, TB; Newman, AB; Weiner, DK; Nevitt, MA; Tylavsky, F.
- **Post-Retirement Employment of Participants in a Japanese Employment Program.** Harley, K; Heimovitz, HK; Bass, SA; Weiss, R; Oka, M.

Poster Presentation

- **Strategies for Recruitment of Older Adults into a Longitudinal Study in a CCRC.** Bintrim, K; Gaines, J; Resnick, B; Parrish, J.

SUNDAY, NOVEMBER 21, 2004, 1:45-3:15 PM

- **Perception of Cardiovascular Risk in a Faith Community.** Shaughnessy, M.;Goldberg, AP.

SUNDAY, 11/21/04, 3:30-5:00 PM

- **Fall Risk in Elderly Nursing Home Residents: Intrinsic, Extrinsic, and Interactive Factors.** Hill-Westmoreland, EE; Gruber-Baldini, AL; Spellbring, AM.

Poster Presentation

- **A Longitudinal Analysis of the Reciprocal Effects of Self-Assessed Global Health and Depression.** Kosloski, K; Stull, DE; Kercher, K; Van Dussen, D.

MONDAY, NOVEMBER 22, 2004, 8:30-10:00 AM

Paper Presentation/Symposium

- **Aging Parents and Care for Adult Children with Developmental Disabilities: Findings from the Cash and Counseling Demonstration.** Eckert, JK; San Antonio, P; Niles, KJ.

Poster Presentation

- **Narrative Positioning and Expressed Themes: An Expansion of Narrative Analysis.** de Medeiros, K; Black, H; Cotten, S; De Michele, K.
- **Feminine Perspectives on Generativity in the Ninth Decade.** DeMichele, K; Black, H; Cotten, S; de Medeiros, K; Rubinstein, R.

Kevin Eckert, Leslie Morgan, Charlene Quinn and Carmen Morano (back to camera) at the 2003 booth in San Diego.



MONDAY, NOVEMBER 22, 2004, 10:30-12:00 NOON

Paper Presentations:

- **Is Retention the Only Problem? Impact of Attrition and Interview Mode Conversion on the Measurement of Health Disparities in Panel Studies of Older Adults.** Kelley- Moore, JA; Ayd-Simpson, LM.

Paper Presentation (Open Round Table Discussion)

- **Strong Minds, Gentle Hands: Training the Next Generation of Physicians to Care for Elders.** Clark, L.

Poster Presentation

- **Prevalence Studies of Parkinson's Disease in the Elderly: A Quantitative Literature Review.** Baumgarten, M; Ye, J.
- **Health Care Utilization of Nursing Home Residents.** Bercovitz, A; Burton, L; Gruber-Baldini, AL; Hebel, JR

MONDAY, NOVEMBER 22, 2004, 1:30-3:00 PM

- **Is high body mass index risk factor for delayed breast cancer diagnosis?** Priscilla T. Ryder, PT; Fox, PJ; Arnsberger, P; Azzam, H.

MONDAY, NOVEMBER 22, 2004, 3:15-4:45 PM

- **Comparative Theoretical Perspectives on Healthy Aging: Implications for Research, Practice, and Policy.** Niles, KJ (moderator); Bengtson, VL; Moody, HR; Olson, LK; Hudson, RB.

Poster Presentation

- **Facility Transitions: Identifying and Examining Changes in Assisted Living Settings.** Morgan, L; Eckert, JK; Piggee, T; Hamilton, D

MONDAY, NOVEMBER 22, 2004, 5:00-6:30 PM

Paper Presentation

- **Patient-Provider Health Communication Across the Continuum of Care.** Schumacher, J; Levy-Storms, L; Frank, J
- **Usability of Health Web Sites for Older Adults.** Nahm, ES; Preece, J; Resnick, B; Mills, ME.

Poster Presentation

- **Depressive Symptoms as a Risk Factor for Osteoporosis and Fractures among Older Mexican American Women.** Tolea, M; Black, S; Kling, M; Carter-Pokras, O.

TUESDAY, NOVEMBER 23, 2004, 8:30-10:00 AM

Paper Presentation

- **Translating Research into Practice and Promoting Health: Testing the SESEP in Senior Centers.** Vogel, A; Resnick, B.

Poster Presentation

- **Work Organization, Economic Inequality, and Depression among Nursing Assistants: A Multilevel Modeling Approach.** Van Dussen, DJ; Muntaner, C.

Pepper Center Announces Junior Faculty Scholar Awards

The Claude D. Pepper Older American Independence Center is pleased to announce that Drs. Frederico Villagra, Ram Miller, Eun-Shim Nahm, Jacob Blumenthal and Kris Ann Oursler have received Junior Faculty Scholars awards. Drs. Miller, Blumenthal and Oursler received two year awards and Drs. Nahm and Villagra received one year grants.

The awards are made to faculty interested in pursuing academic research careers in gerontology and geriatric medicine. Each of the Scholars selects a Pepper Center mentor and is encouraged to identify an additional scientific mentoring from faculty not necessarily affiliated with the Pepper Center.

The projects of the five awardees are described below:

Jacob Blumenthal, MD, will be investigating whether inflammatory cytokine production in viscerally obese subjects increases with age, and contributes to problems with insulin resistance, glucose tolerance, and dyslipidemia.

Ram Miller, MDCM, MSc, will conduct a study to determine whether higher levels of inflammatory cytokines are associated with adverse functional outcomes in elderly persons after hip fracture. He also plans to collect data on body composition, metabolism, and inflammatory processes in older patients after hip fracture. This information will lay the groundwork for a future study to investigate the effects of a post-hip fracture exercise intervention on chronic inflammation and body composition.

Eun-Shim Nahm, PhD, RN, will examine the efficacy of a health-promoting web site for older adults, with an emphasis on hip fracture prevention and management of osteoporosis.

Kris Ann Oursler, MD, plans to study the effects of aging on physical functioning and body composition in older persons living with HIV infection, and determine the effects of an exercise training program in modifying declines in functional performance.

Federico Villagra, PhD, will determine the feasibility, efficacy, and neuroplastic adaptations of a novel arm exercise program for use after stroke, which will contribute to understanding the principles and mechanisms underlying stroke rehabilitation.



Exercise and Diet Programs Coming Out to West Baltimore

Dr. Marianne Shaughnessy, an investigator in the Baltimore VA GRECC has received \$50,000 from the University of Maryland Statewide Health Network Grant Program to export successful GRECC exercise and nutrition programs to the Transformation Church of Jesus Christ, a large, primarily African American congregation in West Baltimore. Entitled "PRAISED" (People Reducing Risk And Improving Strength through Exercise and Diet), the program includes weekly nutrition education classes and three times weekly exercise classes for its participants. "The idea is to increase awareness of activity patterns and food choices we make in our lives everyday, and through that awareness, motivate a change in behavior" says Shaughnessy. To help increase this awareness, participants will be given pedometers to record their daily step counts, and food record analysis several times over the course of the study. Sessions will begin and end with prayers, in keeping with the tradition of the faith community. Study outcomes will examine reduction in cardiovascular risk and will include exercise and nutrition knowledge, weight, BMI, body measurements, lipid profiles, and walking speed.

UMB Welcomes New Gerontology Faculty



Gregory Hicks, PT, PhD is an orthopedic physical therapist with nine years of clinical experience and a motivation to lessen the burden of musculoskeletal problems in older adults.

He joined the School of Medicine faculty in July 2004, after completing postdoctoral research at the National Institute on Aging. Hicks' undergraduate and physical therapy degrees are from the University of Delaware, and his PhD in Rehabilitation Science is from the University of Pittsburgh.

For his dissertation research, Hicks developed a preliminary clinical prediction rule to determine which patients with low back pain are most likely to respond to a lumbar stabilization exercise program. This prediction rule is currently being validated in a study funded by the Orthopedic Section of the American Physical Therapy Association. During his recent postdoctoral experience, focused on epidemiology of aging, he investigated the impact of back pain and trunk muscle composition on physical function in older adults.

Hicks will have a primary faculty appointment in the Department of Physical Therapy and Rehabilitation Science and a secondary appointment in the Department of Epidemiology and Preventive Medicine. He will teach in the musculoskeletal curriculum for the physical therapy department. As a researcher, he will continue to expand his work in the area of spinal health and physical function in older adults. Also, in his continued affiliation with NIA, he is one of the lead investigators for a study designed to determine the impact of dietary fat intake on inflammatory markers in older adults.



Ram Miller, MDCM, MSc, joined the Division of Gerontology, Department of Epidemiology & Preventive Medicine as an assistant professor in July, 2004. Dr. Miller received his medical

degree from McGill University in 1995 and completed his residency training at the University of British Columbia in Vancouver where he served as Chief Medical Resident in 1999. He subsequently completed his fellowship training in Geriatric Medicine at Boston University from 2000-02. He also received his Masters of Science in Epidemiology at the Boston University School of Public Health.

His area of research involves the exploration of factors that influence functional recovery in older adults, and has examined the role of disease on recovery from disability—recently been exploring the role of chronic inflammatory processes on frailty in older adults. In addition he has been studying falls in skilled nursing facilities in an effort to better understand the circumstances that surround these fall events.

FACULTY AND STAFF KUDOS



Reba Cornman, MSW, Director of the GGEAR Program will be joining the Medical-Scientific Advisory Board of the Alzheimer's Association, Central Maryland Chapter. She is also on the advisory board of the

Anne Arundel Community College Gerontology Program and the University of Maryland, University College Gerontology Program.

Barbara Resnick, Ph.D., School of Nursing received a Behavior Change Consortium Challenge Grant for Measurement of Physical Activity in Older Adults.

Ann Marie Spellbring, PhD, RN, associate professor, OSAH, received \$40,000 from the Erikson Foundation for the project, "Palliative Care On-Line Curriculum Project," to conduct a demonstration and pilot program evaluation pertaining to the possible benefits of engagement by staff providing long-term care in an on-line continuing education curriculum for adult learning about palliative care

STUDENT AND TRAINEE NEWS



From left to right: **Leanne Clark, Wen Jing Wang, Tesfamichael Mehari, Katherine Bintrim.**

The Doctoral Program in Gerontology is welcoming four students this fall to the Program: Katherine Bintrim, Leanne Clark, Tesfamichael Mehari and Wenjing Weng.

Katherine Bintrim, MPH is a gerontology student in the Sociocultural/Behavioral track. She received a Bachelor of Arts degree in Psychology from Duquesne University and her Master's degree in Public Health from the University of Maryland College Park. Her interests include caregiving and Alzheimer's disease.

Leanne Clark, MA is a gerontology student in the Sociocultural/Behavioral track. She received a Bachelor of Arts degree in Psychology and Gerontology and a Master's degree in Gerontological Studies from Miami University. Her interests include training healthcare professionals to meet the needs of the elderly and how social programs and policies impact individuals.

Tesfamichael Mehari, MD, MPH is a gerontology student in the Epidemiology track. He received an MD degree from Addis Ababa University and a Master's degree in Public Health from Johns Hopkins University. His interests include neuroepidemiology, Alzheimer's disease, dementia, and healthcare in Africa.

Wenjing Weng is a gerontology student in the Epidemiology track. She received a Bachelor of Arts degree in Stomatology from Beijing University. Her interests include women's health and diabetes.

The Doctoral Program, which was started in 2001, now has 20 students enrolled in the program.

Postdoctoral Fellow, **Elizabeth Hill-Westmoreland, PhD, RN**, with Assistant Professor, **Ann Gruber-Baldini, PhD**, both from the Department of Epidemiology and Preventive Medicine, Division of Gerontology in the School of Medicine, have an article accepted by the *Journal of the American Geriatrics Society* entitled, "Falls Documentation in Nursing Homes: Agreement of the Minimum Data Set with Chart Abstractions of Medical and Nursing Documentation." The article, which will be published in 2005 expands on analyses which Dr. Hill-Westmoreland presented at the 2004 Aging and Women's Health Research Poster Day where she won one of the first place prizes.

Kathryn de Medeiros, a fourth year doctoral student in the Gerontology Doctoral Program, has been awarded the Ruth L. Kirschstein National Research Service Award Individual Predoctoral Fellowship. It is funded through the NIMH. The title of her project is, "Depression in Old Age: Attributions in Life Narratives."

During the Graduate Research Conference held in April, 2004 by the joint Graduate School of UMB/UMBC, two gerontology doctoral students placed in their assigned categories. **David Hamilton** was awarded 3rd place in the Humanities category for his poster entitled, "Sleep Apnea in the Non-Community Dwelling Elderly."

Andrea Rubin was awarded 2nd place in the Health Sciences category. The title of her project was, "Medicaid Home and Community Based Waiver Programs: Analysis of Variation of Services by State."

Ellen Binder Visits Faculty And Staff Of The Baltimore Hip Studies

Ellen F Binder, M.D. visited the UMB campus on Wednesday, July 21, 2004 to meet with faculty and to discuss her research on hip fracture recovery and exercise. Dr. Binder is a geriatric researcher in the Division of Geriatrics and Nutritional Science at Washington University School of Medicine in St. Louis, Missouri, and is also the Director of the Long Term Care Research Consortium at Washington University and the Research Director of the Jewish Center for Aged in St. Louis. Her research interests focus on preventing physical frailty in older adults, improving outcomes after a hip fracture, and improving nursing home care. She has studied estrogen and hormone replacement therapy and exercise in older adults, and hip fracture rehabilitation. In addition, she has studied care of older adults with pneumonia in the long-term care setting.

As part of her visit, she presented a talk on "Rehabilitation Intensification After Hip Fracture: Does It Work?" in which she discussed her recent research that appeared in the August 18, 2004 edition of the Journal of the American Medical Association. Her ground breaking work showed that by extending supervised outpatient rehabilitation by six months helps community-dwelling elderly patients more fully recover from hip fractures. The study also showed for the first time that these individuals can benefit from progressive resistance exercise training. Compared with individuals receiving low-intensity home exercise, these individuals improved in physical function, had reductions in overall disability, and experienced an improved quality of life. ■



Ellen F Binder, M.D.

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