

# ADVANCES *in Aging*

## The Maryland Parkinson's Disease Center Offers Comprehensive Care



William J. Weiner, M.D. and Lisa M. Shulman, M.D.

From Miami's coast to Baltimore's Inner Harbor, William J. Weiner, M.D. and Lisa M. Shulman, M.D. bring their expertise in the field of Parkinson's disease to the University of Maryland School of Medicine. Upon their arrival from the University of Miami in September 2000, they established the Maryland Parkinson's Disease and Movement Disorders Center—building on existing strengths of the Department of Neurology and the Division of Neurodegenerative Disorders.

Weiner, professor and chair of the Department of Neurology and director of the center, and Shulman, associate professor in the Department of Neurology and co-director of the center, have worked collaboratively for the past eight years. Weiner's involvement in clinical and basic research of Parkinson's disease (PD) dates back to 1969, when he participated in the first clinical trials of levodopa in the treat-

ment of PD. "I was interested in neurology and the particular problems people had in controlling movement. There is a whole series of diseases that fall within this category—and this was the first time an effective therapy was introduced," explains Weiner.

Shulman, a well-recognized authority on PD and related disorders, has worked in this field for 10 years. Her interests in chronic illness and in finding ways for patients to live well with PD and other chronic illnesses fuels her work. "Parkinson's disease has a range of therapies available that are highly effective," Shulman says. "Improving patient and caregiver self-management skills also improve over-all quality of life. The potential is always there to make a difference." says Shulman.

In an area of care that offers promise—coupled with a talented, dedi-

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cated and growing staff—the Maryland Parkinson's Disease and Movement Disorders Center delivers by providing a full-service comprehensive diagnostic treatment and research facility for Parkinson's disease and related disorders. Weiner and Shulman are pleased to have recruited Stephen Reich, M.D. as co-director of the Movement Disorders Center. Dr. Reich is a nationally known movement disorders expert with an extensive clinical research background. He is well known locally, and has been a full-time faculty member at The Johns Hopkins University for the last 15 years.

Clinical research has expanded dramatically as increasing numbers of patients from the community and the region arrive at the clinic for evaluation. Shulman notes that the center is involved in a large number of pharmaceutical trials for the early and advanced stages of PD; multiple drug trials for Huntington's disease; and a pharmaceutical trials for neuroprotective agents, that could prevent onset or slow progression of the neurodegenerative disorders. The National Institutes of Health (NIH) has selected the center as a site for large-scale, long-term neuroprotection trials in PD. *[cont. on pg. 2]*

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### Gerontology PhD Students Seek Understanding of Aging in Community Context

Critical to the training of gerontologists as interdisciplinary researchers is to understand the multiple determinants of the aging process through communities and networks to behavioral, sociocultural, psychological, and health outcomes.

Through a core course taken in the first semester of the Gerontology Ph.D. program, seven students developed the *West Baltimore Community Project* (WBCP). The WBCP was a group project in which students identified and characterized the predominantly African-American community, which is located between the campuses of UMB and UMBC, using a variety of methods including gathering data on socio-economic indicators, services and public programs, historic trends, health statistics, crime statistics, and social systems.

Kelly Niles, who worked on the project and plans to continue the work during her second year, explained, "The idea of the project was to look at West Baltimore and to figure out what we might want to do from there. It really worked well for us because each one of us was able to put our own experiences and interests into it."

The group began by trying to define West Baltimore, which was not as easy as it might sound.

"Everyone knew what West Baltimore was—in a different way," said Dave Hamilton, who also worked on the project and plans to continue this year. "Even now, we're still defining what it is."

[from pg. 1] Weiner reflects on the advances made throughout the years: "The most spectacular being the introduction of levodopa, followed by the introduction of additional medicines—like the dopamine agonists, the re-introduction of newer and advanced surgical procedures, and the discovery of the role of genetics in the etiology of Parkinson's disease," he says.

Surgical treatment of PD also has been affected by remarkable improvements in technology, Weiner adds. Neurosurgeons are able to treat patients without destroying any brain tissue by implanting removable stimulating electrodes in certain brain regions, explains Weiner. "Very good improvement in patients with advanced disease can result," says Weiner. The faculty of the center has drawn on the expertise of Paul Fishman, M.D. PhD, a neurologist and neurophysiologist who directs the basic science research

component of the center, and stereotactic neurosurgeons Howard Eisenberg, M.D., professor and chair of the, Department of Neurosurgery, and Larry Chin, M.D., an associate professor, in the Department of Neurosurgery, to form the Functional Neurosurgery Program for PD patients.

Despite new and better treatments and a greater understanding of the disease, Weiner and Shulman want to do more to care for patients. The center established a physical rehabilitation program for PD patients at Kernan Hospital. Also, Shulman and Weiner share a growing interest, as do many colleagues, that behavioral symptoms are a significant source of disability. As part of their interest and concern, Weiner and Shulman recruited Karen Anderson, M.D., a psychiatrist with special expertise in treating behavioral problems in movement disorders. The center will also participate in an NIH-funded trial examining treatment options for depression associated with PD.

The center's staff is rounded out by George Oyler, MD, PhD, assistant professor of neurology; Kelly Dustin, RN BS, clinical research coordinator; and Melissa Spriggs, RN, CRNP, nurse practitioner.

Weiner and Shulman have hit Baltimore soil running. Though the past two years have been productive, both doctors visualize the center, in time, to be even more collaborative and comprehensive. "We want to offer more services and have more coordinated services built into the environment, so the patient doesn't have to do it all," says Shulman. ■

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#### CONTRIBUTORS

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Nancy Volkers  
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The project report uses census tracts to define the community, and includes a history of the city and of West Baltimore dating back to 1729. Students collected data on race, sex, age, marital status, family makeup, income, and education, as well as on crime rates and mortality rates in the neighborhood. This information is now in a centralized database that all students can access.

The report also includes information on available resources for substance abuse, housing, education, health, elders, and emergency needs.

Phase I, as students call it, “helped us figure out where we wanted to go and what we want to look at,” Niles explained. Phase II, continuing this year, will see three of the original students—Niles, Hamilton, and Dan Van Dussen—stay with the project, each following their own interests.

In Phase II, “I’m interested in some of the aging issues, of course, but it’s really across the board for me,” Niles said. “What are the indicators of need and how are they being met? The oldest old with health issues who are living alone—can they access any services? What are the policy aspects of that? Are they getting meals on wheels? Can they make it to a grocery store?”

To help answer these questions, Niles will be using geographic information system [GIS] technology, which will allow her to map variables. Using GIS will allow her to map data by age, race, income, and other variables, and superimpose these maps to reveal clusters of people in need—for example, people over age 80 living alone below the federal poverty level.

“We want to get a feel for everything about West Baltimore,” Hamilton said.

“We also want to talk to key personnel—people from the mayor’s office, the police department, churches...people who provide resources to the neighborhood. I’d like to be involved in learning more about the schools, because information about those can tell us not just about the kids but about the families,” he said. “Even though that doesn’t relate to aging per se, everything relates to aging eventually.”

Kevin Eckert, Ph.D., professor of sociology and anthropology at UMBC, who directs the course with Carmen Morano, Ph.D., assistant professor of social work, at UMB explains that, “The community research experience is helping trainees make the connection between ethnicity, race, gender, socioeconomic status and community and individual outcomes associated with health, disease and the processes of aging,” Eckert said. “The project has focused trainees’ attention on health disparities in Baltimore that place older adults at risk for heart disease, cancer, diabetes, stroke, HIV and receipt of acute and long-term care in the community.” ■

*For further information about the project, contact the PhD in Gerontology office, 410-706-4926.*



## External Advisory Committee Reviews

*UMB Claude D. Pepper*

*Older Americans*

*Independence Center*

Six external reviewers, composed of senior investigators in aging, rehabilitation, neuroscience and muscle metabolism research visited the University of Maryland Baltimore (UMB) for the annual research review of the Claude D. Pepper Older Americans Independence Center.

Andrew P. Goldberg, M.D., Professor of Medicine and Principal Investigator of the Center, provided an overview of the Center’s focus in stroke rehabilitation, and the examination of the efficacy of novel rehabilitation strategies on functional and neuromuscular performance in older persons disabled by hemiparesis due to stroke, hip fracture, vascular or neurologic disease. In the Pepper Center, 35 faculty from multiple disciplines at the University of Maryland Baltimore and Johns Hopkins University School of Medicine, Sinai Hospital of Baltimore, University of Maryland Baltimore County and Tubingen, Germany examine the mechanisms by which exercise rehabilitation affects physical, musculoskeletal and neural (brain) function in older persons disabled by chronic disease.

Rebecca Craik, Ph.D., Professor and Chair of the Department of Physical Therapy at Arcadia University in Glenside, PA and Scott Brown, M.D., Chairman Department of Rehabilitation Medicine, at Sinai Hospital (LifeBridge Health) of Baltimore, MD and Associate Chief and Medical Director of the Sinai Rehabilitation Center *[cont. on pg. 4]*



**EAC Faculty (back row, left to right): Frederick Ivey, Ph.D.; Daniel Hanley, M.D.; Charlene Hafer-Macko, M.D.; Richard Macko, M.D.; John Sorkin, M.D., Ph.D.; Steven J. Kittner, M.D., M.P.H.; Sandra McCombe Waller, M.S., P.T.; Larry Forrester, Ph.D.; Mary Rodgers, Ph.D., P.T. (front row, left to right): Gerald V. Smith, Ph.D., P.T.; Jill Whittall, Ph.D.; Leslie I. Katzel, M.D., Ph.D.; Jay S. Magaziner, Ph.D., M.S. Hyg.; Andrew P. Goldberg, M.D.**



**EAC Members (left to right): Neil Alexander, M.D.; Sue Donaldson, R. N., Ph.D.; Scott Brown, M.D.; Lana Konigsberg, R. Ph., PharmD(C); Randolph (Randy) J. Nudo, Ph.D.**

[from pg. 3] of Baltimore, MD reviewed the Recruitment and Epidemiology Core, led by Steven Kittner, M.D., MPH, Professor of Neurology. They provided advice on the Core's regional recruitment strategies and studies of effects of disabling diseases and their rehabilitation on quality of life, social outcomes, comorbidities, cognitive function and health costs. Neil B. Alexander, M.D. Associate Professor, Division of Geriatric Medicine, and Director of the Mobility Research Center at University of Michigan and Dr. Craik reviewed the Intervention Development Study (IDS) examining the effects of lower extremity, task-oriented treadmill exercise training in hemiparetic stroke. The Principal Investigator, Richard F. Macko, M.D., Associate Professor, Department of Neurology and Division of Gerontology provided an overview of the study's design for the

examination of the neural and muscular mechanisms underlying the functional and cardiovascular outcomes of the clinical trial. Randy Nudo, Ph.D., Professor, Department of Molecular and Integrative Physiology and Interim Director of the Center on Aging at the University of Kansas Medical Center and Dr. Scott Brown reviewed the second IDS examining the effects of repetitive upper extremity training for chronic stroke, led by Jill Whittall, Ph.D., P.T., Associate Professor and Sandra McCombe -Waller, M.S., P.T., Assistant Professor in the Department of Physical Therapy. The reviewers provided insight as to the best techniques and performance measures to identify changes in the central nervous system control of the arm with training, and were intrigued by the preliminary findings that the upper extremity training paradigm, with rhythmic cueing, caused

plastic changes in the brain, providing evidence of a neural basis for functional improvements even years after conventional rehabilitation.

These intervention studies utilize the resources of the Functional Performance and Neuromuscular Core led by Gerry Smith, Ph.D., P.T., Assistant Professor and Mary Rodgers, Ph.D., P.T., Chair of the Department of Physical Therapy and the Clinical/Applied Physiology Core led by Dr. Les Katzel, Associate Professor, Division of Gerontology, to study neural and muscle mechanisms underlying the effects of upper and lower rehabilitation on the paretic limb. Drs. Craik and Nudo provided Dr. Smith and Co-Investigators, Dr. Daniel Hanley (Professor, Department of Neurology, Johns Hopkins University and Larry Forrester, Department of Physical Therapy) with advice on the functional measures of dynamic strength in the lower extremities, endurance testing in the upper extremities and methodologic refinements in transcranial magnetic stimulation and functional magnetic resonance imaging to standardize stimulation, reproducibility of motor tasks and muscle activation. Dr. Sue Donaldson, Professor of Nursing and Physiology at Johns Hopkins University and Dr. Scott Brown advised Dr. Katzel and Dr. Charlene Hafer-Macko (Assistant Professor, Department of Neurology) on measures of functional capacity and cardiovascular fitness, and additional techniques to measure muscle metabolism to assess the cardiovascular and metabolic mechanisms by which lower extremity training improves walking, strength, insulin action and muscle metabolism in the paralyzed limb. Drs. Nudo and Alexander provided a careful review of the Biostatistics and Data

## Video Press Produces New Geriatric Training Series

VideoPress, an award winning video production group directed by Susan Hadary and William Whiteford, has completed production on several outstanding geriatric training tape series entitled, *Abuse Triggers*, *Controlling Pain*, and *Nursing Home Confessions*.

The *Abuse Triggers* series was produced with Peter Rabins, MD, MPH, and explores six behaviors that long-term care facility staff often cope with: physical violence, verbal violence, resistance behavior, repetitive behavior, incontinence and other physical problems, and non-responsive behaviors. Dr. Rabins and a group of geriatric nursing assistants discuss the proper approaches to caring for residents who are exhibiting these behaviors.

The *Controlling Pain* series was produced with Debra Wertheimer, MD, and explores the following topics: reporting symptoms of pain, assessing and re-assessing response to pain management, and non-pharmacologic approaches to pain management. Dr. Wertheimer discusses these topics with a group of nursing assistants who explain approaches to care addressing these issues. Testimonials from residents about the pain they experience adds an urgency to the need for adequate pain control interventions.

The third series, *Nursing Home Confessions* produced with Georgia Stevens, PhD, RN, CS discusses with geriatric nursing assistants the stress inherent in working in a long-term care facility. Nursing assistants share their personal stress triggers as well as their personal methods of both preventing loss of control and regaining control.

These three new tape series, and its geriatric training programs, can be purchased through Video Press, [www.videopress.org](http://www.videopress.org). VideoPress is an internationally known video production company that has won numerous awards, including an Academy Award for *King Gimp* and Emmy Awards for a number of productions, including *Grace*. ■

Management Core led by Dr. John Sorkin, Assistant Professor, Division of Gerontology. Insightful suggestions were provided for strategies of patient inclusion/exclusion and blocking for age in order to target an older cohort where the response to the training paradigm, and mechanisms underlying task-oriented rehabilitation strategies may differ in stroke patients.

Drs. Alexander, Nudo and Lana Konigsberg, R.Ph., Regional Medical Scientist for Boehringer-Ingelheim Inc. reviewed the Research Development Core (RDC) led by Dr. Jay Magaziner, Professor of Epidemiology and Preventive Medicine and Co-PI of the Center with Dr. Goldberg. The RDC coordinates the research and training of junior faculty and research fellows in clinical, biomechanical, epidemiologic, and biomedical aspects of interventional rehabilitation research in aging. Dr. Magaziner discussed the Center's methods for funding pilot research and junior faculty to support their mentored research training in gerontology. He presented the Center's plans to extend our research from the "laboratories" at the University of Maryland to the community, by bringing our research programs into the patient's home and senior centers. Dr. Konigsberg provided advice for obtaining funding to develop training, lectures and disease management programs in the community. Dr. Scott Brown suggested outreach would be enhanced by expanding our rehabilitation programs into the community through collaborations with Sinai Hospital and their community-based rehabilitation sites. Junior faculty researcher, Dr. Larry Forrester, Assistant Professor, Department of Physical Therapy, described his research using

transcranial magnetic stimulation to examine the short-term effects of treadmill exercise on corticospinal excitability in chronic hemiparetic stroke patients. Dr. Fred Ivey, Assistant Professor, Division of Gerontology, reported on his research examining the mechanisms by which treadmill exercise training affects blood vessel function, insulin-glucose metabolism and fibrinolysis, the body's natural clot dissolving system that protects against recurrent stroke.

Pepper Center investigators benefitted from the constructive advice provided by the Advisory Committee. Several committee members planned collaborations for studies of hip and upper extremity

motor control, muscle metabolism, neural plasticity and functional outcomes in the upper and lower extremity rehabilitation programs. There was enthusiasm for the expansion of recruitment to include older stroke patients and the implementation of community-based sites to better translate Center-based outcomes into the "real world." The Advisory Committee was uniformly impressed by the conduct of the clinical trials, and the exciting mechanistic approaches to the study of task-oriented exercise as a new model to optimize functionality in older persons with chronic disability. ■

## NEW FACULTY APPOINTMENTS AT THE GRECC

**Andrew P. Goldberg, M.D.**, Professor and Director, Division of Gerontology, Department of Medicine and Director of the Geriatrics Research, Education and Clinical Center at the Baltimore Veterans Affairs Hospital is pleased to announce the appointment of three new faculty members, **Jacob Blumenthal, M.D.**, **Susan K. Fried, Ph.D.** and **Heidi Ortmeyer, Ph.D.**



**Jacob Blumenthal**

### **Jacob**

### **Blumenthal, MD:**

Dr. Blumenthal received his M.D. degree from Brown University in 1994, completed internship at the University of Michigan and resi-

residency training at Brown University in the Rhode Island Hospital. He was a fellow in geriatric medicine at Johns Hopkins Bayview Medical Center from 1997-2000. During his training, he received an academic geriatric fellowship award from the American Federation for Aging Research, Hartford Foundation, to study the role of neuropeptide  $\gamma 1$  and  $\gamma 5$  receptors in appetite, energy expenditure, obesity, and diabetes. In the GRECC, Dr. Blumenthal will focus his research on studies of obesity, fat cell metabolism, and genetics under the mentorship of Drs. Goldberg and Shuldiner.

**Susan K. Fried, PhD:** Dr. Fried joined the Division of Gerontology in July 2002, as a Professor of Medicine. Dr. Fried studies the intricate processes by which our bodies store fat when an excess of



**Susan K. Fried**

calories are consumed, and release it when energy is needed by the other cells in our bodies. In addition, she is studying some of the newly-discovered functions of fat

cells. It is now realized that fat cells produce a number of hormones that are released into the blood and travel to other organs. The fat cell hormone leptin signals the brain that our fat cells are 'full' and that less should be eaten. If this mechanism worked perfectly, we would never get fat. However, as we age, our ability to detect leptin appears to decrease. Dr. Fried's lab is studying how the fat cell regulates its production of the hormone leptin. This is important because if our fat cells could not gear up their leptin production when needed, we might become even fatter!

Other projects are studying how fat cells control the release of energy when we are not eating (e.g. during a fast or diet); and why fat cells from different regions of the body differ in their metabolic activity. This is important because fat deposition in the belly is associated with a high risk for heart disease and diabetes, while fat deposition in the thighs and hips does not increase our risk for these diseases.

Before coming to the GRECC, Dr. Fried was a Professor in the Department of Nutritional Sciences at Rutgers, the State University of NJ for the past 12 years. She was also the Director of the Nutritional Sciences Graduate Program at Rutgers. She has broad interest in nutrition and aging. Recently, Dr. Fried

served as a member of the Committee on Macronutrients of the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. This panel's 1,000 page scientific report, released a few weeks ago, will guide recommendations for dietary fat, protein, carbohydrate, energy and fiber intake for different age groups to promote health and prevent chronic disease.



**Heidi Ortmeyer**

### **Heidi Ortmeyer,**

### **Ph.D.** is a

Research Physiologist/ Assistant Professor in the Division of Gerontology, UMB, Department of Medicine and Research

Physiologist in the Baltimore VA GRECC. Dr. Ortmeyer received her doctoral degree from the University of Maryland, Baltimore and became an Assistant Professor in the Department of Physiology in 1997. Her research examined the mechanisms by which calorie restriction improves insulin sensitivity in rhesus monkeys, a species highly susceptible to develop obesity and type 2 diabetes. In her current research, Dr. Ortmeyer will examine the cellular mechanisms underlying insulin resistance and the accumulation of fat in muscle and visceral adipose tissue in postmenopausal women, and the effects of exercise and weight loss on regional fat cell and muscle metabolism.

## SCHOOL OF SOCIAL WORK WELCOMES NEW FACULTY MEMBER



Mitsuko Nakashima

**Mitsuko (“Miko”) Nakashima, MSW, Ph.D.**, is a new assistant professor at the University of Maryland School of Social Work. She received her doctoral education

from the University of Kansas and has just completed her dissertation titled, “A qualitative inquiry into psychosocial and spiritual well-being of older adults at the end of life.” She was a Hartford Doctoral Fellow. Her interests in teaching and research in the field of aging include cultural diversity, end-of-life care, and spirituality. She hopes to collaborate with other aging and health care researchers to conduct studies related to these topics.

## UM SCHOOL OF SOCIAL WORK AGING SPECIALIZATION PROGRAM ENHANCEMENTS

The Aging Specialization at the University of Maryland School of Social Work has been enhanced so that students will now have the opportunity to select a practice elective from one of the school’s numerous advance practice classes. This will allow students who might have an interest in substance abuse, mental health, family therapy, and or chronic physical illness, among others, to examine these substantive areas within the context of an aging population. In addition to providing students with an opportunity to expand their knowledge within these subspecialties, this enhancement will also allow non-aging specialization students to learn about older adults within the context of these practice areas.

The School of Social Work is proud to announce that GGEAR has generously funded three stipends for field work in interdisciplinary settings for the 2002 - 2003 school year.

## FACULTY, TRAINEE AND STAFF NEWS

**Reba Cornman**, Director, GGEAR Program has joined the Communicatyon Advisory Board for the Anne Arundel Community College Gerontology Program.

**Mary M. Rodgers, PhD, PT**, Chair of the Department of Physical Therapy is President-Elect, International Society of Biomechanics

**Jill Whittall, Ph.D.**, Department of Physical Therapy gave the keynote address at the 3rd Motor Behavior Conference in Gramado, Brazil in September. Her topic was “Applications and integration of motor behavior principles in rehabilitation.”

Dr. Whittall was recently elected Secretary-Treasurer of the North American Society for the Psychology of Sport and Physical Activity.

**Bruce Stuart, Ph.D.**, Director of the Peter Lamy Center and Professor, School of Pharmacy has been awarded a grant from Abt Associates and the Centers for Medicare and Medicaid Services for his role as Principal Investigator on the “Impact of Prescription Drug Coverage on Medicare Program Expenditure: A Case Study of the Evaluation of the United Mine Workers’ (UMWA) Demonstration.” This grant aims to assess the impact of prescription coverage on Medicare Part A & B, and to develop an analytic approach for UMWA evaluation.

The Lamy center welcomed aboard **Dr. Jennifer L. Hardesty**, a recent graduate of the PharmD program at the University of Maryland School of Pharmacy. Dr. Hardesty is the new Geriatric Pharmacotherapy Resident and Clinical Instructor. Some of her responsibilities will include implementing a diabetes diseased-state-management program in a skilled nursing facility, initiating a primary care collaborative practice focusing

on depression, and serving as a mentor for the university’s PharmD students.

**Puneet Singhal, PhD** candidate in the Pharmaceutical Health Services Research Graduate Program, is the 2002-2003 recipient of the Novartis Pre-Doctoral Fellowship in Pharmaceutical Health Services Research. Under the direction of Dr. Becky Briesacher, this fellowship is a collaborative effort between Novartis Pharmaceutical Corporation and the Peter Lamy Center to train pre-doctoral candidates.



Verita Custis Buie

A minority supplement was awarded to **Verita Custis Buie**, Division of Gerontology, Dept. of Epidemiology as part of the Epidemiology of Dementia in Aged Nursing Home

Patients Study. The funding will provide Ms. Buie the opportunity to enhance her research skills and knowledge in the area of gerontology and to develop me as an independent, competitive research investigator. As a part of this supplement, she will be granted access to a previously collected dataset with a considerable sample of elderly black nursing home residents in order to explore the patterns of social support among black elders who are admitted to nursing homes. Her findings will be incorporated into her dissertation work through The Johns Hopkins School of Public Health.



Left to right: Reba Cornman, GGEAR director; Sue Fryer Ward, Secretary of the Maryland Department on Aging; and Gene Carter, Director of the St. Mary's County Office on Aging.

## **GGEAR and Southern Maryland Agencies Receive Governor's Proclamation**

The Geriatrics and Gerontology Education and Research Program (GGEAR) and the Calvert, Charles and St. Mary's County Offices on Aging received a State of Maryland Proclamation in honor of the 10th anniversary of the partnership, which annually sponsors the Southern Maryland Caregivers Conference. Sue Fryer Ward, Secretary of the Maryland Department on Aging, presented the proclamation to Reba Cornman, GGEAR director; Gene Carter, St. Mary's County; Tina Dubas, Calvert County; and Cindy Olmsted, Charles County, in honor of the partnership, which has attracted thousands of caregivers and professional staff to its programs over the past decade. This year's conference took place on April 26 in St. Mary's County and included information on medication management, management of difficult behaviors, depression and caregiving, stress reduction through the use of yoga, hospice care, community services, elder law, and the use of humor in coping with caregivers' stress. The conference also includes an exhibitor area that enables families to learn more about local programs that serve frail community-dwelling older adults. The partnership is pleased to announce the beginning of its second decade of programs with the Eleventh Annual Caregivers Conference, which is scheduled for April 11, 2003 in Calvert County. ■

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