

ADVANCES *in Aging*

Football Legend Active in Center Research

by L. Jean Hetmanski

Staying physically fit has always been a way of life for sports champion Ordell Braase. His athletic ability and desire to play earned him a basketball scholarship to the University of South Dakota. In 1957, he began a 12-year professional football career as defensive right end for the Baltimore Colts. A year later, he was part of what history has proclaimed, "The Greatest Game Ever Played," as the Colts beat the New York Giants in professional football's first overtime championship game.

Now in his mid-60s, Braase has teamed up with the Baltimore Veterans Affairs Maryland Health Care System Geriatric Research, Education and Clinical Center (GRECC) to tackle some important issues facing older adults.

The former Colts player coordinated a 40th anniversary reunion banquet and a luncheon at Martin's West in November 1998 for members of the '58 championship team with proceeds going to ALS research at Johns Hopkins School of Medicine. (ALS stands for amy-



Ordell Braase

trophic lateral sclerosis, known as Lou Gehrig's Disease.) Braase's efforts were motivated by personal experience: he lost his wife, Janice, to ALS in 1997. More than 1,600 people attended the event, which raised \$200,000 to support the search for a cure.

The GRECC, directed by Dr. Andrew Goldberg, invited the players who attended the reunion to participate in a new research program. The study, named the Colts Project, examines whether former athletes are at a lower risk

for developing cardiovascular disease than non-athletes.

Each former athlete's cholesterol level, blood pressure, oxygen consumption, and body composition were measured, as well as his history of physical fitness, and a profile of genetic factors which may be associated with risk for cardiovascular disease. This was a unique opportunity to gather health data on a large group of former professional athletes for research purposes. In addition, the former players who participated in the one-day study came away with valuable medical information that would normally have required multiple visits to various clinics and medical specialists.

Braase enthusiastically endorsed this research effort and was instrumental in encouraging the participation of former Colts, Giants, and Redskins players. A dedicated participant himself, Braase has been involved in Dr. Goldberg's exercise and nutrition studies since 1992. He started with the group in a study, *Fitness After Fifty*, which was funded through an NIH Teaching Nursing Home Grant. "Physical fit-

ness is so important," Braase says. "It is all about your quality of life. Coming here and working out with a group has given me the discipline to stick to a regular exercise program."

He has seen marked improvement in the health and physical fitness levels of other participants. "When you are exercising in a group it makes you want to exercise more. It is great motivation being involved in a study, regardless of your fitness level or your walk of life." Braase currently works out twice a week at the Senior Exercise and Rehabilitation Center (SERC) located in the VA Medical Center, and exercises at Kernan Hospital.

Braase attends nutrition classes as part of Dr. Susan McCrone's IMPACT study in the GRECC. "I do not diet," Braase says. "I avoid foods high in fat and am learning to monitor my food portions. I have always had a tendency to eat too much and too fast."

"Kelly Barton, the dietitian in the IMPACT study, is really good. She is showing me how to measure portions and to take my time when I eat meals. I try to get as much fiber into my meals as possible. My favorite meal is breakfast."

Training programs followed by today's athletes are very different from when Braase was in training as a Baltimore Colt. "Now there is great emphasis on strength training and stretching," Braase says. "Back then, it was taboo to lift weights. It was thought to make you muscle bound. However, I was light for my position when I first started with the Colts and my trainer, Ed Block, put me on a strength training program and it worked."

"When I was in training, if you had to stop during practice to get a drink, you were thought to be out of shape," Braase recalls. "Today, the whole team takes breaks to replenish fluids. Now they know how important it is to get plenty of liquids, especially when exercising."

Ordell Braase offers a strong testament, not only for seniors and athletes, but for everyone, on the importance of striving for better health and improved physical fitness. "Successful aging means staying independent and free—free of ailments and having freedom of movement," Braase says. "Remember, your level of physical fitness affects your outlook on life."

For information on the Colts Project, contact Co-Investigator Nicole Lynch, Ph.D., 410.706.1543.

UNIVERSITY OF MARYLAND
CENTER FOR RESEARCH ON AGING LECTURE SERIES

presents

WILLIAM R. HAZZARD, M.D.

March 24, 1999

(See page 3.)

Introducing the Center for Research on Aging

The establishment of the Organized Research Center in Gerontology in February 1997 reflects the growth and development of collaborative research and training in critical areas of aging research and geriatric medicine at the University of Maryland, Baltimore (UMB).

Now named the University of Maryland Center for Research on Aging, the center's mission is to coordinate and focus research and research training in aging at UMB that transcend traditional disciplinary lines in gerontology. Its efforts will complement those of the Geriatrics and Gerontology Education and Research Program (GGEAR), the six professional schools and the graduate school at UMB and University of Maryland, Baltimore County (UMBC), and the University of Maryland Medical System, to develop, nurture and expand clinical, epidemiologic, biomedical, mental health, legal, and health services research in key areas of gerontology. Through multidisciplinary collaboration, the Center for Research on Aging will pursue research addressing how aging affects the well being and health of our society.

The Center for Research on Aging has identified a number of methods for expanding research and training in aging at the University of Maryland. Center investigators have established core facilities to promote

ANDREW P. GOLDBERG, M.D.
Co-Director, Center for Research on Aging
Director, Claude D. Pepper Center
and Veterans Affairs Geriatric Research,
Education and Clinical Center



research and training linkages among faculty and students. The center provides opportunities for the study of established populations of older subjects followed longitudinally in the Baltimore Hip Studies, Maryland Long-Term Care Project, the Geriatric Research, Education and Clinical Center, the Claude D. Pepper Older Americans Independence Center, and the Study of Osteoporotic Fractures.

In order to make the best use of existing research resources and populations, center endeavors emphasize areas where there are substantial funded initiatives and nationally recognized programs in gerontology. Collectively, center programs will support pilot projects, data collection, grant preparation, and the dissemination of information and research findings.

Through continued institutional and federal support of aging research at UMB, center programs will strengthen research and training in primary and secondary aging, the pathogenesis of disease, and the processes and mechanisms by which the health status of the elderly can be improved through the innovative translation of research into clinical practice.

We hope that you will enjoy learning about the activities of the Center for Research on Aging in *Advances in Aging*.

JAY MAGAZINER, Ph.D., M.S.Hyg.
Co-Director, Center for Research on Aging
Director, Division of Gerontology
Department of Epidemiology &
Preventive Medicine



Reba Cornman

Welcome to *Advances in Aging*

The Geriatrics and Gerontology Education and Research Program (GGEAR) is pleased to be working with the University of Maryland Center for Research on Aging to provide former GGEAR newsletter readers with this expanded and more informative quarterly publication. *Advances in Aging* will describe the many and varied interprofessional educational and research opportunities in the field of aging coordinated by GGEAR and the Center for Research on Aging available on the University of Maryland, Baltimore (UMB) campus, as well as the educational activities they offer throughout the state.

In addition to *Advances in Aging*, our new web site, <http://gerontology.umaryland.edu>, will provide an excellent vantage point for University of Maryland faculty, students and staff, and healthcare professionals throughout the region, to learn about the multiple resources in the field of aging at UMB.

For further information about GGEAR and the University of Maryland Center for Aging Research, call 410.706.4327 or 410.706.4567, or visit our web site.

Reba Cornman, Director, GGEAR

<http://gerontology.umaryland.edu>

Gerontology Programs at the University of Maryland, Baltimore (UMB), can now be reached via the World Wide Web. The site is an excellent resource for faculty, students and individuals interested in learning about the research and educational activities in aging on the UMB campus. The site provides a comprehensive directory of research and education programs; a list of faculty whose work is devoted to the field of aging education and/or research; a complete list of courses in the field of aging sponsored by the six professional schools; an education calendar; and links to related web sites.

Visit <http://gerontology.umaryland.edu> today.

Pioneer in Geriatric Medicine to Speak at UMB

DR. WILLIAM R. HAZZARD, professor of internal medicine and senior advisor to the J. Paul Sticht Center on Aging at Wake Forest University, will speak at the University of Maryland, Baltimore on March 24, 1999 at 10 am in Davidge Hall. His talk is titled



William R. Hazzard

“Preventive Gerontology: Successful Aging for Women and for Men, Common and Gender Specific Strategies.” The program is sponsored by the University of Maryland Center for Research on Aging. The Women’s Health Research Group is the co-sponsor.

William R. Hazzard is a well-known educator, researcher, and practitioner in gerontology and geriatric medicine. He is founder of

programs in geriatrics and gerontology at the University of Washington, Johns Hopkins University School of Medicine, and Wake Forest University. His contributions to the field have been recognized with awards from the American Federation for Aging Research, National Institute on Aging, the Gerontological Society of America, and the American Geriatrics Society.

A light breakfast will precede the lecture. To RSVP for the program and for further information, call the Center for Research on Aging, 410.706.4567.

New Center Seeks to Improve Drug Therapy for Aging Adults

Established in July 1998, The Peter Lamy Center on Drug Therapy and Aging in the University of Maryland School of Pharmacy is dedicated to improving drug therapy for aging adults through innovative research, education, and clinical initiatives.

The Lamy Center will strive to produce new scientific knowledge that has practical application in improving outcomes of pharmaceutical care for elderly patients; to provide students, practitioners, and the elderly with up-to-date and accessible information on best practices in geriatric pharmacotherapy; and to strengthen the tie between geriatric education and the field of practice.

The center is named in honor of Peter P. Lamy, Ph.D., Sc.D., a renowned scholar of geriatric pharmacotherapy who taught at the University of Maryland for 31 years until his death in 1994.

The Warner Lambert Foundation recently contributed \$50,000 to support the work of the center as part of the School of Pharmacy’s capital campaign. In addition, two contracts from the Parke-Davis Company will allow the center to update current publications and to develop additional consumer brochures. With the title, “Know Your Medicine,” the new pamphlets will explain the appropriate drug use for elderly patients with diabetes, depression, hypertension, hypercholesterolemia, seizure disorders, and congestive heart failure.

Director of the Lamy Center is Bruce Stuart, Ph.D., an economist and health services researcher with extensive experience in pharmaceutical outcomes and policy studies pertaining to the elderly. Stuart holds the School of Pharmacy’s Parke-Davis Chair in Geriatric Pharmacotherapy.

For further information about the Lamy Center, contact Bruce Stuart at 410.706.2434, or bstuart@pharmacy.ab.umd.edu. The Lamy Center can also be found at the UMB Gerontology Programs web site, <http://gerontology.umaryland.edu>.

NEWS

RESEARCH

Highlights

Improving the Quality of Life of Older Women

The World Development Report (1993), published by the World Bank, concluded that while women worldwide have fewer premature deaths, they suffer significantly more disability than men. Along with colleagues across the nation, researchers at the Baltimore Veterans Affairs Maryland Health Care System Geriatric Research, Education and Clinical Center (GRECC) are seeking to improve a woman's chances for healthy and productive later years.



BARBARA NICKLAS, Ph.D., assistant professor, is a co-principal investigator on an NIH RO1 grant to investigate, "The genetic contribution to weight loss responses in older women." Overweight women tend to develop metabolic complications such as hyperinsulinemia, dyslipidemia and hypertension that are risk factors for cardiovascular disease (CVD) and associated morbidities. Because of the important health benefits of successful weight loss in obese, postmenopausal women who are at high risk for CVD, Nicklas and colleagues are interested in developing weight loss treatments that are effective in reducing obesity, especially in the abdominal region.

The purpose of this study is to determine whether women with variants in genes associated with total and abdominal obesity respond differently to a hypocaloric diet than women without these gene variants. Nicklas' hypothesis is that women who are genetically susceptible to obesity will lose less body fat and have less favorable metabolic adap-

tations to the hypocaloric diet. These unfavorable adaptations may include decreases in total and resting energy expenditure, fat oxidation rate, and adipose tissue lipolysis, and/or increases in adipose tissue lipoprotein lipase activity. These conditions will increase the likelihood of weight regain during a subsequent follow up.

"The results of this study will enhance understanding of hereditary factors that influence obesity, body fat distribution, and metabolic CVD risk factors in postmenopausal women," Nicklas states. "The findings may provide a rationale for prospective genetic screening to identify women who might benefit from dietary-based treatments for obesity. Furthermore, identification of women who might not benefit from hypocaloric diet therapy will allow them to seek other potentially more effective treatments for obesity such as exercise or pharmacological therapy."



NAOMI TOMOYASU, Ph.D., clinical psychologist, received AHA/Maryland Affiliate and UMB Intramural grants to investigate, "Effects of stress-induced eating on cardiovascular risk factors in obese, postmenopausal women." Older women have age-related life stressors (e.g., loss of parents/spouse, multiple caregiver role responsibilities) which may elicit bouts of overeating and impact CVD risk factors. Results of Tomoyasu's study show that older, obese women who eat in response to stress have high body mass indices,

greater abdominal obesity, poorer glucose control, higher triglycerides, and lower HDL-C than women who do not eat during stress. Women who eat under stress also reported greater anger, more eating in response to negative moods, and greater cardiovascular reactivity to laboratory-based mental stressors.

Tomoyasu states, "These findings suggest that stress-induced eating increases the risk for CVD in a subgroup of postmenopausal, obese women. The results have significant implications for improving the health of older women through the development of a targeted treatment that will lower weight-related comorbidities and maintain a higher quality of life."



Comstock, Inc.



DORA M. BERMAN, Ph.D., assistant professor, received an NIH Mentored Research Scientist Development Award to investigate, “Race and metabolic cardiovascular risk in postmenopausal obese women.” Compared to Caucasian women, African-American women have nearly double overall prevalence of obesity and a greater degree of upper body obesity. Berman’s study includes comparisons of metabolic cardiovascular risk factors and activity of a key enzyme in the metabolism of triglyceride (TG)-rich lipoproteins, adipose tissue lipoprotein lipase (AT-LPL), in African-American postmenopausal women and Caucasian postmenopausal women of comparable age.

Based on her findings, Berman proposes that a lower exercise capacity, greater adiposity, and higher insulin levels may increase cardiovascular risk in obese African-American women compared to Caucasian peers, and the lower TG levels in African-American women are not associated with an increased AT-LPL activity.

According to Berman, “Understanding the mechanisms responsible for the increased metabolic cardiovascular risk factors will help design interventions to attenuate the mortality and morbidity rates from obesity-related diseases in African-American women.”



ALICE RYAN, Ph.D., assistant professor, received an NIH Mentored Research Scientist Development Award to study, “The disorders of glucose homeostasis in women at high risk for type 2 diabetes and the mechanisms by which weight loss or weight loss and aerobic exercise improve carbohydrate metabolism.” Ryan’s hypothesis is that for women with this medical history, a structured weight loss program combined with aerobic exercise will be more effective than weight loss alone in reducing intra-abdominal fat and increasing aerobic capacity and glycogen storage to enhance insulin sensitivity; thereby improving glucose tolerance.

The study will first determine the pathophysiology of gestational diabetes mellitus (GDM) by comparing the metabolic difference of older women with a history of GDM who have normal glucose tolerance with older women with a history of GDM who have developed IGT or type 2 diabetes. The second part of the study is to conduct a randomized trial to determine the effects of weight loss alone and weight loss with aerobic exercise on body composition, aerobic capacity, and insulin sensitivity of women in the second group.

There are many studies of the diabetic state during pregnancy, but little is known about what predisposes these women to develop type 2 diabetes. Ryan’s research is the first controlled study in this area. “There would be strong health and social benefits from an intervention that might reduce the severity and economic impact of diabetes in women with a history of GDM,” Ryan states.

“This research is ongoing and we are actively recruiting women to participate in our study,” she says. “We firmly believe that changes in lifestyle resulting from participation in this project will greatly enhance a woman’s health.”

For more information on these studies or about other ongoing research at the Division of Gerontology or Baltimore VA GRECC, please contact the recruitment line, 410.605.7179, or visit the GRECC web site, <http://grecc.ab.umd.edu>.

GRECC Cognitive Functioning Symposium for Health Care Providers

The GRECC symposium, “Cognitive Functioning in Adulthood: Assessing the Challenges and Enhancing Resources” will be held April 12, 1999 from 8:30 am to 3:30 pm in the John Dennis Auditorium, Baltimore Veterans Affairs Maryland Health Care System, 10 North Greene Street. This program will provide health care providers with the most up-to-date information on neuropsychological assessment, pharmacologic and non-pharmacologic management of challenging behaviors, key legal issues in the cognitively challenged, and the support of optimal cognitive functioning in adults. The fee (for non-VA employees) is \$70 (\$60 before March 29). The fee for VA employees is \$5.00. To register, call the Chesapeake Health Education Program, 410.642.1195.

NEWS

Faculty & Staff



Mona Baumgarten

MONA BAUMGARTEN, Ph.D., joined the UMB faculty in October 1998 as associate professor, Department of Epidemiology and Preventive Medicine, Division of Gerontology. Baumgarten received her Ph.D. in Epidemiology and Biostatistics from McGill University in 1990, and joined the faculty of the University of Montreal the following year. Her major work has been on the epidemiology of dementia, behavior disturbance, and cognitive impairment in community-residing patients with dementia; the impact of day centers for the frail elderly; the use of physician services among patients with dementia and their caregivers; and the reliability of proxy reporting in case-control studies of Alzheimer's disease. Baumgarten played a key role in the design, implementation, and analysis of the Canadian Study of Health and Aging (CHSA), a multicenter study of epidemiology of dementia in Canada. She was the principal investigator for the Montreal center of CHSA. Prior to coming to UMB, Baumgarten was assistant professor of epidemiology in the Department of Biostatistics and Epidemiology at the University of Pennsylvania for five years.

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Mary H. Palmer

MARY H. PALMER, Ph.D., RNC, associate professor, School of Nursing, is the new chair-elect of the Clinical Medicine Section of the Gerontological Society of America (GSA). She assumed office in November at the Society's annual meeting and will serve on the GSA Council for three years. As chair-elect, Palmer is responsible for the section's program content for GSA's 1999 Annual Scientific Meeting to be held in San Francisco in November. Palmer has also been elected chair of the Board of Directors of Roland Park Place, a continuing care retirement community located in Baltimore.

ANDREW COGGAN, Ph.D., associate professor, Division of Gerontology, Department of Medicine, joined the Geriatric Research, Education and Clinical Center (GRECC) in June 1998 as director of the Mass Spectrometry Laboratory. Coggan will also serve as a member of the selection and training committee for the NIH Postdoctoral Research Training Program in Gerontology and Exercise Physiology. He received his Ph.D. in Exercise Physiology from the University of Texas, Austin in 1986. His research skills are in the area of muscle metabolism using stable isotope and GCMS methodology and free fatty acid kinetics. Before joining the University of Maryland, Baltimore faculty, Coggan was director of the Physiology Core Laboratory, General Clinical Research at the University of Texas Medical



Andrew Coggan

Branch (UTMB). He was also an assistant professor, Department of Anesthesiology at UTMB, and a Fellow of the UTMB Sealy Center on Aging. Coggan has 40 publications in peer-reviewed journals, including the *American Journal of Physiology*, the *Journal of Applied Physiology*, and the *Journal of Gerontology*. He is holder of an ROI grant to compare the effects of exercise training on free fatty acid and muscle metabolism in older and young individuals.

REBA CORNMAN, director, Geriatrics and Gerontology Education and Research Program (GGEAR), received the 1998 John M. Dennis Award from the Western Maryland Area Health Education Center (WMAHEC) in recognition of her work in the field of geriatric education with GGEAR and in collaboration with WMAHEC; and for her dedicated advocacy for education and research to improve geriatric care.

Eight UMB faculty — ZIMMERMAN S.I., SMITH H.D., GRUBER-BALDINI A.L., FOX K.M., HEBER J.R., KENZORA J., FELSENTHAL G., MAGAZINER J., SHORT—are co-authors of *Term persistent depression following hip fracture: A risk factor and target to increase resiliency in the aged*, to be published by Social Work Research (in press).

BOOK PREVIEW

AGING RIGHTFULLY: A PREVIEW OF AGING, RIGHTS, AND QUALITY OF LIFE: PROSPECTS FOR OLDER PEOPLE WITH DEVELOPMENTAL DISABILITIES

by Stanley S. Herr*

Older people with mental retardation and other developmental disabilities are an especially vulnerable population. Although there is no precise census data, specialists generally estimate that this population constitutes 4 in 1,000 of the older United States population.

For long periods of our history, older people with developmental disabilities have received little support to enjoy human rights, choices, and a dignified and decent quality of life. Indeed, until recent decades, people with such diagnoses rarely survived to an old age. Fortunately this is all changing, as Germain Weber and I have documented in the



Stanley S. Herr

book, *Aging, Rights, and Quality of Life: Prospects for Older People with Developmental Disabilities*.

This work explores the scientific literature, public policy initiatives, and the day-to-day tasks that can help to assure rights, dignity, and humane living environments for this cohort. Scheduled for publication in May by Paul H. Brookes Publishers (www.pbrookes.com), *Aging,*

Rights, and Quality of Life identifies, analyzes and recommends ways to advance international human rights and quality assurances for older persons with such intellectual disabilities.

The book is a multinational collaboration with contributors not only from Austria and the United States but also from England, Sweden, the Republic of Ireland, and Northern Ireland. Both here and abroad, there is consensus among specialists that the needs of this group have not received their due political, legal or research attention. *Aging, Rights, and Quality of Life*, as well as the 1999 International Year of Older Persons, should help to bring greater visibility to the needs and aspirations of this marginalized group.

Locally, the state of Maryland and the UMB campus have begun to respond to these needs. Governor Glendening and the General Assembly last year committed themselves to a five-year initiative to end the waiting list for residential and day services for people with developmental disabilities. The Clinical Law Office at the University Maryland School of Law was part of the coalition to end the waiting list and law school representatives testified before the Maryland legislature in support of the action.

Aging, Rights, and Quality of Life derives a considerable measure of support from this campus. A research grant from the Geriatrics and Gerontology Education and Research Program (GGEAR) provided key funding.

*President, American Association on Mental Retardation; Mary Switzer Distinguished Research Fellow for 1999-2000, the National Institute on Disability and Rehabilitation Research, U.S. Department of Education; Professor, University of Maryland School of Law.

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

Editorial Staff

Rosemary Faya Prola

L. Jean Hetmanski

New Educational Products from UMB

Allen Raskin, Ph.D., University of Maryland School of Medicine, has developed a handbook and video for professional caregivers of the chronically mentally ill residing in community residences. The video features an interdisciplinary discussion regarding several gero-psychiatric cases in addition to a gero-pharmacologist's presentation. The 41-page handbook includes information about schizophrenia, depression, bipolar disorder, anxiety disorders, drug addiction, alcoholism, dementias, the proper use of mental health medications, behavior managements, and nutrition. The project was funded by a GGEAR educational grant. The video and handbook are available through the GGEAR office for \$50 (check or money order). For further information, contact Reba Cornman, 410.706.4327, or rcornman@umaryland.edu.

HI BUDDY is a video produced by Video Press in cooperation with the Alzheimer's Association, Central Maryland Chapter through funding from the GGEAR Program. The video introduces the viewer to Roger, a 53-year-old man with Down's Syndrome and Alzheimer's, and provides essential information for family and professional caregivers working with individuals with this dual diagnosis. For further information, contact Video Press, 410.706.5497 or 1.800.328.7450, or www.videopress.org.

CALENDAR *of Events*

A quarterly listing of educational programs on aging research and clinical practice in the mid-Atlantic region. Contact information is listed with each program.

March 24, 1999

UM Center for Research on Aging Lecture Series
Preventive Gerontology: Successful Aging for Women and for Men, Common & Gender Specific Strategies

William Hazzard, M.D., Wake Forest University School of Medicine
Davidge Hall, UMB
9:30 - 11am
410.706.4567

Medical Grand Rounds,
UM Medical Center

Why Women Live Longer Than Men: 1999

William Hazzard, M.D., Wake Forest University School of Medicine
410.706.4567

March 25, 1999

UMB Dept of Epidemiology and Preventive Medicine
Epidemiology of Alzheimer's Disease
Claudia Kawas, M.D., Johns Hopkins University
410.706.0539

April 8, 1999

UM Center for Research on Aging Lecture Series
Research Involving Decisionally Impaired Subjects: Ethical and Legal Issues
Maryland Attorney General's Office
Jack Schwartz, Assistant Attorney General, State of Maryland
Room 2A104
Baltimore VA Medical Center
410.706.4567

April 9, 1999

Maryland Consortium for Gerontology in Higher Education Program
Internships and Service Learning in Gerontology
Towson University
410.830.4221 or palr@towson.edu

April 12, 1999

GRECC Symposium
Cognitive Functioning in Adulthood: Assessing the Challenges and Enhancing Resources
Baltimore VA Medical Center
8:30 am - 3:30 pm
410.642.1195

April 22, 1999

The 16th Annual Peter Lamy Conference on Therapeutic Dilemmas in the Geriatric Patient
Emerging Drug Therapies for the Older Patient
Sponsored by the UM School of Pharmacy
Sheppard Pratt Conference Center, Towson, 410.706.0133

April 24, 1999

Johns Hopkins University School of Medicine
Alzheimer's Disease and Other Dementias
Renaissance Harborplace Hotel, Baltimore
410.955.2959

April 27, 1999

UM School of Social Work Continuing Professional Education
Working with Older Adults and Their Families: Intergenerational Considerations and Clinical Interventions
UMB, 410.706.1839

May 4, 1999

UM School of Social Work Continuing Professional Education
Psychotropic Drug Use in Older Adults: Management Strategies
UMB, 410.706.1839

May 6, 1999

GGEAR and St. Mary's County Office on Aging
Seventh Annual Southern Maryland Caregivers Conference
Great Mills, St. Mary's County
410.706.4327

May 13, 1999

UM Center for Research on Aging, GRECC, GGEAR and Claude D. Pepper Center
Geriatrics Day: Cognitive Dysfunction in Aging
Shock Trauma Auditorium, UMB
410.605.7185

May 14, 1999

UM School of Social Work Continuing Professional Education
Older Adults with Dementia: Structure-Function and Practical Interventions
UMB, 410.706.1839

May 17, 1999

Maryland Gerontological Association Annual Conference
Omni Hotel, Balto 410.675.3324

May 19 - 23, 1999

American Geriatrics Society and American Federation for Aging Research Annual Scientific Meeting
Philadelphia, Pennsylvania
www.americangeriatrics.org

Abbreviations

UM - *University of Maryland*
UMB - *University of Maryland, Baltimore campus*
GRECC - *Baltimore VA Maryland Health Care System Geriatric Research, Education and Clinical Center*
GGEAR - *UM Geriatrics and Gerontology Education and Research Program*

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Division of Gerontology
VA Maryland Health Care System
BT/18/GR
10 North Greene Street
Baltimore, MD 21201-1524

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