

Center on Aging

Spring 2019 | musc.edu/aging



03 Spring has officially sprung and it's time for the MUSC Center on Aging Senior Expo! Be sure to read about all of the outstanding things in store this year at the North Charleston Convention Center on April 11th!

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From the Director

Welcome to spring, Charleston! The azaleas are blooming and the sky is blue! The best part of spring for us, at the Center on Aging, is getting the chance to meet so many wonderful people at the MUSC Center on Aging Senior Expo!

This year we are thrilled to announce that we have moved the event to the North Charleston Convention Center. Over the last year we have enjoyed working with the City of North Charleston and their new senior centers and we are looking forward to making this the best Senior Expo yet!

Guests will enjoy FREE entrance, FREE parking, and FREE shuttle service to the entrance, where over 120 carefully selected exhibitors await. There will be MUSC clinics and programs from a variety of areas offering FREE health screenings and information. Don't forget to stop by the scheduling desk on your way out to set any follow up appointments.

Additionally, there will be live entertainment, courtesy of Dorchester Seniors and interactive fitness presentations by the MUSC Wellness Center and Revolution Therapy & Fitness. We will even have a special "hello" from Mayor Summey!

We are grateful to all of the people that have come together to help make this event truly a showcase of the Center on Aging's mission to provide education, research, and service to the lowcountry and the state.

Thank you for all of your support and we look forward to seeing you in April!

Heather Boger, Ph.D.
Associate Professor and Interim Director
Center on Aging



2019 MUSC Center on Aging Senior Expo

Thursday, April 11th

9:00 am - 1:00 pm

North Charleston Convention Center

5000 Coliseum Dr, North Charleston

What is the Senior Expo?

The MUSC Center on Aging is hosting the 3rd Annual Senior Expo, on Thursday, April 11th, 2019. Seniors, caregivers, families, and service providers are invited to attend this **FREE** event to learn about valuable resources available in the lowcountry.

Top MUSC physicians and researchers are offering complimentary health screenings, information, and opportunities to learn about the latest research taking place. There will be live fitness demonstrations, healthy cooking, and entertainment throughout the day. Also, featured will be non-profit organizations and a wide assortment of local vendors and service providers to help seniors navigate everything from support groups to safety programs.

What kinds of screenings will be offered?

There will be a wide assortment of health screenings available at no cost including, hearing checks, fall risk assessments, blood pressure checks, memory screenings, glucose checks, bone density screenings, vision exams, etc.

What kinds of other exhibitors will be there?

Both for profit and non profit organizations have been invited to share information on their services from a huge array of specialties. There will be experts on site in the areas of home health care, hospice care, abuse support, insurance, public services, care management, retirement and assisted living communities, etc.

What is new this year?

Every year we enjoy getting to work with new exhibitors and fresh entertainment.

Additionally, besides the event moving to the North Charleston Coliseum, this year we will also be providing



free parking and shuttle service from the parking lot to the entrance for those who require assistance.

The Mount Pleasant Police Department will also be bringing a Prescription Drug Take Back box, so be sure to bring your unwanted medications to be properly disposed of.

Email dillonk@musc.edu for information or follow MUSC Center on Aging on Facebook and Twitter!

- **All seniors, caregivers and senior service providers welcome!**
- **Free parking | Free admission**
- **Open to the Public**
- **Free health screenings, exhibitors, and raffle prizes**
- **Prescription Take-Back Box**

2019 MUSC Center on Aging Senior Expo Preview

Be sure to stop by these MUSC Teams:

- Advocacy Program
- Anatomical Gft Program
- Biomedical Informatics Center
- Cardiology
- CARES Clinic
- CARES Clinic (PT and OT services)
- Carroll A Campbell Jr. Neuropathology Laboratory
- Division of Physical Therapy
- Elder Abuse Training and Treatment Program
- Geriatrics
- Health Patient Access Center (Scheduling)
- Hearing Research Program
- Hollings Cancer Center - Breast Cancer
- Institute of Psychiatry - Mental Health ICCE
- Library - Hands On Health SC
- Movement Disorders Program
- Musculoskeletal Institute
- Neuropsychology
- Neurosciences Department
- Palliative Care Program
- Project Quit
- Prosthetic Orthotic Services
- Senior Mentor Program
- Stroke Program
- Stroke Recovery Research Center
- Urban Farm
- Wellness Center

Please be sure to come out and spend some time with these folks to learn about how they are making a difference in the lives of adults and their families in the lowcountry!



Prescription Drug Take Back

The Mt. Pleasant Police Department will be on site with a prescription drug take back box. Proper drug disposal addresses a crucial public safety and public health issue. According to the 2016 National Survey on Drug Use and Health, 6.2 million Americans misused controlled prescription drugs. The study shows that a majority of abused prescription drugs were obtained from family and friends, often from the home medicine cabinet.

(Statistics provided by DEA.gov)

Schedule of Live Events

9:00	Doors open
9:55	Raffle drawing
10:05	MUSC Wellness Center
10:30	Raffle drawing
10:35	Revolution Therapy and Fitness
11:00	Mayor Keith Summey and City of North Charleston Senior Centers
11:30	Raffle drawing
11:35	Dorchester Seniors Line Dancing
12:00	Raffle drawing
12:15	Dorchester Seniors Clogging
12:40	Raffle drawing
12:50	Dr. Heather Boger



THANK YOU

We could not have hosted the Senior Expo without the generosity of these sponsors.



Be sure to stop by their tables at the Senior Expo!

MARK YOUR CALENDARS

DATE	EVENT	FOR MORE INFO
April 29	Respite Care Charleston 15th Annual Golf Tournament <i>Seabrook Island Club</i>	respitcarecharleston.org 843-647-7405 sara@respitcarecharleston.org
May 18	Parkinson's Moving Day: A Walk for Parkinson's <i>Jame Island County Park</i>	www.MovingDayCharleston.org 800-473-4636

Research: Rising Researchers

2018 Student Research Day Center on Aging Award for Excellence in Aging Research

Congratulations to these students for placing first and second out of over 30 applicants with their abstracts with a focus on aging research in November. We are proud of the work they are doing!

1st Place James Dias

“Age-Related Spatial Hearing Difficulty Predicted by the White-Matter Integrity of the Auditory ‘Where’ Pathway”

2nd Place (Tie) Ahmed ElMansi

“DPP-4-Cleaved SDF-1b Diminishes Migration and Osteogenic Differentiation Capacities of Bone Marrow Mesenchymal Stem Cells”

2nd Place (Tie) Kaitlin Cassidy

“Factors affecting health status in community-residing older adults in low-income communities in the tri-county area: A qualitative study”

Departments of
Otolaryngology – Head & Neck Surgery
Hearing Research Program



Adults
Age 18 Years and Older
with
Normal Hearing or Hearing Loss
needed for
Hearing Research Studies

Compensation Provided

For more information or a screening appointment call:
792-7415 or email: edwam@musc.edu



New Geriatric Medicine Fellowship

A new Geriatric Medicine Fellowship program at MUSC has received initial accreditation and is seeking applicants to begin their training in July 2019.

Led by Program Director Mark A. Newbrough, M.D., associate professor in the Division of General Internal Medicine, this new fellowship program will address a critical need in South Carolina by training physicians to become specialists in the care of older adults. This is especially important now because South Carolina is one of the most rapidly aging states in the U.S. By 2023, 25% of the Lowcountry’s population will reach age 65 or older, making it the fastest growing segment of the Lowcountry’s population. MUSC, and its Division of General Internal Medicine, is actively growing clinical, education, and research programs to meet the specialized health related needs of older adults and their families. The Geriatric Medicine Fellowship program will serve as an anchor for a variety of efforts aimed at ensuring the Lowcountry has a qualified and stable workforce to meet those needs for decades to come.

Newbrough joined MUSC in October 2016 from the University of Virginia where he served as section head for geriatrics and medical director for Blue Ridge PACE (Program for All-inclusive Care of the Elderly) for four years. Other key clinical faculty include William Moran, M.D., Amanda Overstreet, D.O., and Julianna Marwell, M.D.

The Accreditation Council for Graduate Medicine Education (ACGME) approved the geriatrics program in September 2018 for two fellowship slots annually for the one-year training program.

Service: The “Traveling Brain”

We all hear a lot of information about brain health these days: what to eat, what not to eat, how much physical activity to get... We even hear about how social engagement is key to preventing cognitive decline. With all of our effort and focus on protecting this miraculous organ, not many can say they have been able to engage with an actual human brain!

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research. Every March, BAW unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Activities are limited only by the organizers’ imaginations and include open days at neuroscience labs; exhibitions about the brain; lectures on brain-related topics; social media campaigns; displays

at libraries and community centers; classroom workshops; and more.

MUSC participates in Brain Awareness Week every year, but there is a year-round volunteer program where schools and other groups can request that the “traveling brain” come to them with a whole preserved human brain, spinal cord, human brain sections, rat brain, and mouse brain. Depending on the area of study or interest, graduate students will present on various topics related to the brain and its functions.

In addition to local schools, recently seniors at Daniel Point Retirement Community had a chance to check out the brains and spinal cord during a presentation by Dr. Heather Boger. As you can see, their excitement and enthusiasm was contagious!





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MUSC Center on Aging
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THE MEDICAL UNIVERSITY OF SOUTH CAROLINA

Founded in 1824 in Charleston, The Medical University of South Carolina is the oldest medical school in the South. Today, MUSC continues the tradition of excellence in education, research, and patient care. MUSC educates and trains more than 3,000 students and residents, and has nearly 13,000 employees, including approximately 1,500 faculty members.

The Center on Aging is a research, service, and education center at the Medical University of South Carolina. The center was approved by the South Carolina Commission on Higher Education December 3, 1987, giving it the status of the oldest research center at the University.

Under the leadership of Interim Director, Dr. Heather Boger, the Center on Aging is committed promoting health, longevity and improving the quality of life for South Carolina's seniors.