



CHANGING WHAT'S POSSIBLE

MUSC Center on Aging Annual Report FY 19-20

muscd.edu/aging

280 Calhoun Street, MSC 140

Charleston, SC 29425



MUSC Center on Aging

Message from **Heather Boger, Ph.D.**

Interim Director | Associate Professor

This fiscal year has provided a lot of excitement for the Center on Aging and MUSC, even in the mist of the COVID-19 pandemic.

We have continued to provide support to the community by sponsoring and chairing the 4th Annual Meals on Wheels Holiday Harvest Gala which raised over \$13,000 to benefit seniors in need of warm and healthy meals. We provided speakers and resources for community educational events such as the City of Charleston Lunch and Learn Series, Summerville YMCA Health and Wellness Fair, and Franke at Seaside Health Fair just to name a few. We have also presented the needs and concerns of South Carolina seniors to the LTC Health Solutions Leadership Assembly and to the SC Department on Aging Advisory Committee at the Statehouse. The Center on Aging continued to support and promote aging-related research projects at MUSC by awarding two research teams with pilot funding, as well as awarded well-deserving students, residents, and post-docs with Center on Aging Student Research Day awards for projects of excellence related aging.

It should be mentioned that all of the above occurred prior to the arrival of COVID-19 in our state. Since then, we have continued to provide support, either in real-time or virtually to our community groups, such as fund-raising or goods collection for seniors in need and isolation due to COVID-19. The MUSC Center on Aging, in conjunction with USC and Clemson University have initiated a pilot collaboration with SC AARP to address health-related disparities among seniors in our state, a very timely project we are all excited to pursue. As we end this fiscal year, we continue to express our appreciation and gratitude to the MUSC Center on Aging Executive Committee and our community partners. Without each and every one of you, our missions/visions wouldn't become realities, as depicted in this annual report.





CENTER ON AGING

Overview

The Center on Aging (CoA) is a research, service, and education center at the Medical University of South Carolina. Dr. Heather Boger was appointed by the Provost as Interim Director in July 2016. Dr. Boger and her team are committed to executing the Center on Aging's strategic plan to promote health, longevity and improving the quality of life for South Carolina's seniors.

Strategic Goals

- To serve as the center for interdisciplinary aging research and education across all colleges within MUSC
- To optimize current and new technology and innovations for older adults in South Carolina
- To promote communication and interaction with local and state-wide organizations to improve healthcare access and research in the field of aging
- To cultivate public and private partnerships to expand collaborative and entrepreneurial efforts in aging services
- To connect the MUSC community of students, researchers, and practitioners

Staff

Kelly Franklin

Administrative Coordinator

Public Relations Chair, Lowcountry Senior Network



WHAT WE DO

EDUCATION

- Organize interprofessional symposiums around age-related topics and concerns.
- Initiate interprofessional, collaborative opportunities across all MUSC colleges.
- Expand geriatric education.
- Support volunteer opportunities for MUSC students in the field of senior services.

RESEARCH

- Strengthen the network of aging research and healthcare at MUSC.
- Establish interdisciplinary relationships with research teams at MUSC in conjunction with community partners.
- Develop a world-class aging center to generate innovative research.
- Create career development opportunities for young and mid-career faculty in areas of aging under the guidance of academic leaders.
- Collect community feedback to address need and explore various funding opportunities.

SERVICE

- Host age-related symposiums for the local and state community.
- Conduct active, hands-on workshops to address the concerns of the community seniors.
- Serve as a trusted resource for information related to aging research, education, and healthcare.
- Expand education and outreach for community programs.
- Curate a list of expert speakers to educate the community.

CoA Executive Committee



Vanessa Hinson, MD, PhD
CoA Deputy Director

Professor
College of Medicine
Department of Neurology
Director of Movement Disorders



Annie Simpson, PhD
CoA Deputy Director

Associate Professor
College of Health Professions
Department of Healthcare
Leadership and Management



Federica del Monte, MD, PhD

Associate Professor
College of Medicine
Division of Cardiology



Mark Newbrough, MD

Associate Professor
College of Medicine
Division of Internal Medicine



Mary Catherine Dubois

Social Worker
Palliative Care Program



Amanda Overstreet, DO

Assistant Professor
College of Medicine
Division of Internal Medicine



Hermes Florez, MD, PhD, MPH

Professor & Chair
Department of Health Sciences



Catrina Robinson, PhD

Assistant Professor
College of Medicine
Department of Neurology



Chris Gregory, PhD

Associate Professor
College of Health Professions
Department of Health Sciences and
Research



Center on Aging: **Education**

City of North Charleston Lunch and Learn Speaker Series

The CoA partnered, once again, with the City of North Charleston Mayor's Office to arrange MUSC speakers for their 2019-20 Lunch and Learn Series for the Senior Center at Dorchester Road and the Senior Center at Northwood.

July 10, 2019 - Elder Abuse Prevention and Identification Program

Mara Allport

August 14, 2019 - Yogic Breathing for Health

Dr. Sundar Balasubramanian

September 11, 2019 – ADConnect Study

Dr. Jane Joseph

October 9, 2019 – Nutrition and Cognition

Dr. Catrina Robinson

December 11, 2019 – Movement Disorders Program

Nicole Cool

January 8, 2020 – Aging Brain and Alzheimer's disease

Dr. Anya Benitez

February 12, 2020 - Staying Safe As We Age

Gabrielle Frook & Theresa Skojec

March 11, 2020 - Exploring the Gut

Dr. Peter Cotton

POSTPONED DUE TO COVID-19

Drug Discovery and CBD - *Dr. Mark Hamann*

Staying Active While Aging - *Gabrielle Frook & Theresa Skojec*

Hosted the SC Lowcountry Aging Group

July 17, 2019

The SC Lowcountry Aging Group facilitates educational opportunities for professionals, seniors and those who provide care for seniors, to come together in order to learn about available resources and the needs of our aging population. By discovering the needs of citizens, learning of available local services, and researching best practices, businesses, governing bodies, planning agencies, and individuals can work together toward a common cause. The common cause being: resources are planned for, secured and available so that people will have the best possible chance to thrive as a senior citizen in the SC Lowcountry.

The MUSC Center on Aging was asked to host the group and provide an overview on aging research and clinical initiatives that are currently being conducted. The 2-hour long session was attended by SC Department on Aging Director, Steve Morris and Policy and Planning Director, Gerry Dickinson, and packed with exciting information on:

Center on Aging Strategic Goals *Dr. Heather Boger*

Olfactory Research *Dr. Rodney Schlosser*

Clinical Geriatrics *Dr. Mark Newbrough*

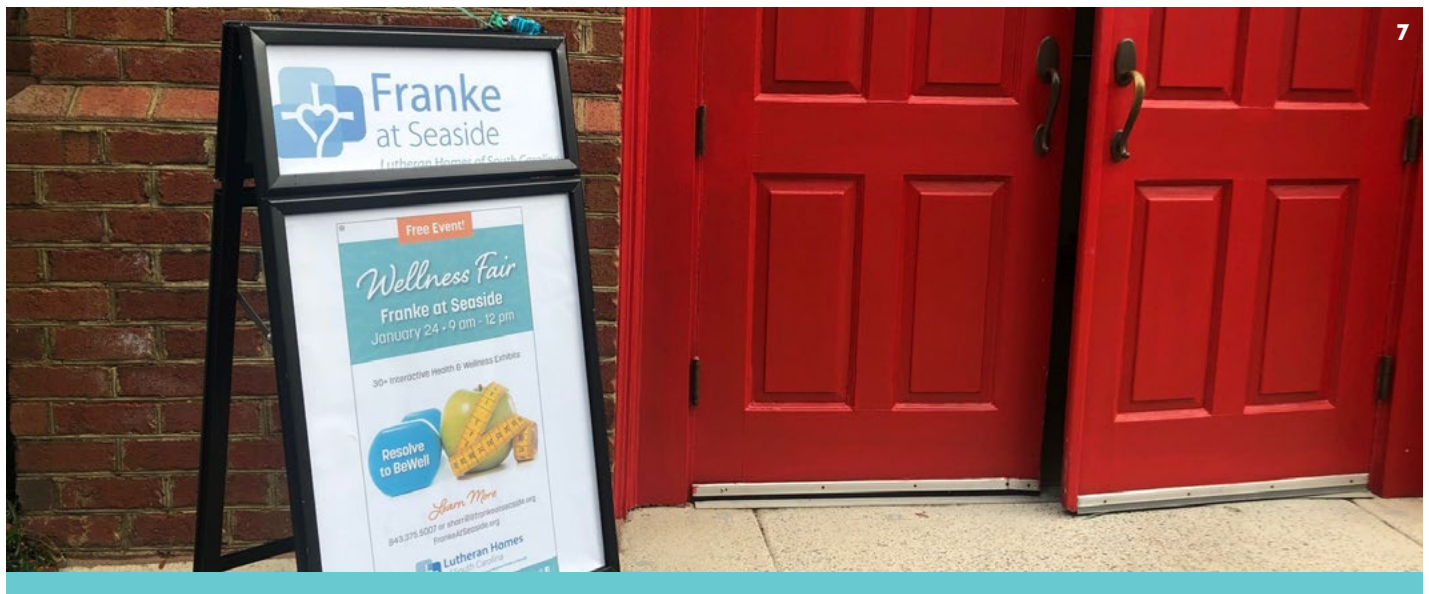
Movement Disorders *Dr. Christine Cooper*

Stroke Rehabilitation Research *Drs. Addie Middleton and*

Chris Gregory

Palliative Care *Mary Catherine Dubois*

Hearing Research *Lois Matthews*



Community Leadership Assembly

August 5, 2019

Dr. Heather Boger was invited to Columbia, SC to present on Aging Brain Health to the LTC Health Solutions Leadership Assembly.

LTC University Podcast

August 13, 2019

Dr. Heather Boger was interviewed by Jamie Preston, host of LTC University podcast. They discussed ways we can keep our mind sharp in the ineffability of aging, as well as Alzheimer's and the ways we can cope through the disease. (<https://podcasts.apple.com/us/podcast/episode-024-dr-heather-boger-the-aging-brain/id1454008873?i=1000446480646>)

Mount Pleasant Senior Resource Summit

September 21, 2019

Addie Middleton attended this resource event to promote MUSC Center on Aging programs and research at the Mount Pleasant Senior Center.

Human Brain Presentation

October 1, 2019

Dr. Heather Boger brought a human brain and presented Aging Brain Health information to members of the Lowcountry Senior Center.

Summerville YMCA Health and Wellness Fair

October 10, 2019

Kelly Franklin attended this event, hosted by the ARK for caregivers and seniors to share information with attendees about MUSC programs and research.

Coastal Carolina Fair Senior Day

November 6, 2019

Kelly Franklin attended and met hundreds of seniors that she shared information with about MUSC programs and research.

Franke at Seaside Health Fair

January 24, 2020

Kelly Franklin participated in the Franke at Seaside Health Fair with an information table resources for the community's residents.

Charleston Health and Wellness Expo

January 31, 2020

Kelly Franklin assisted in promoting this event, hosted by the HealthLinks magazine and shared information about our programs and the MUSC CoA Senior Expo.

Moultrie News

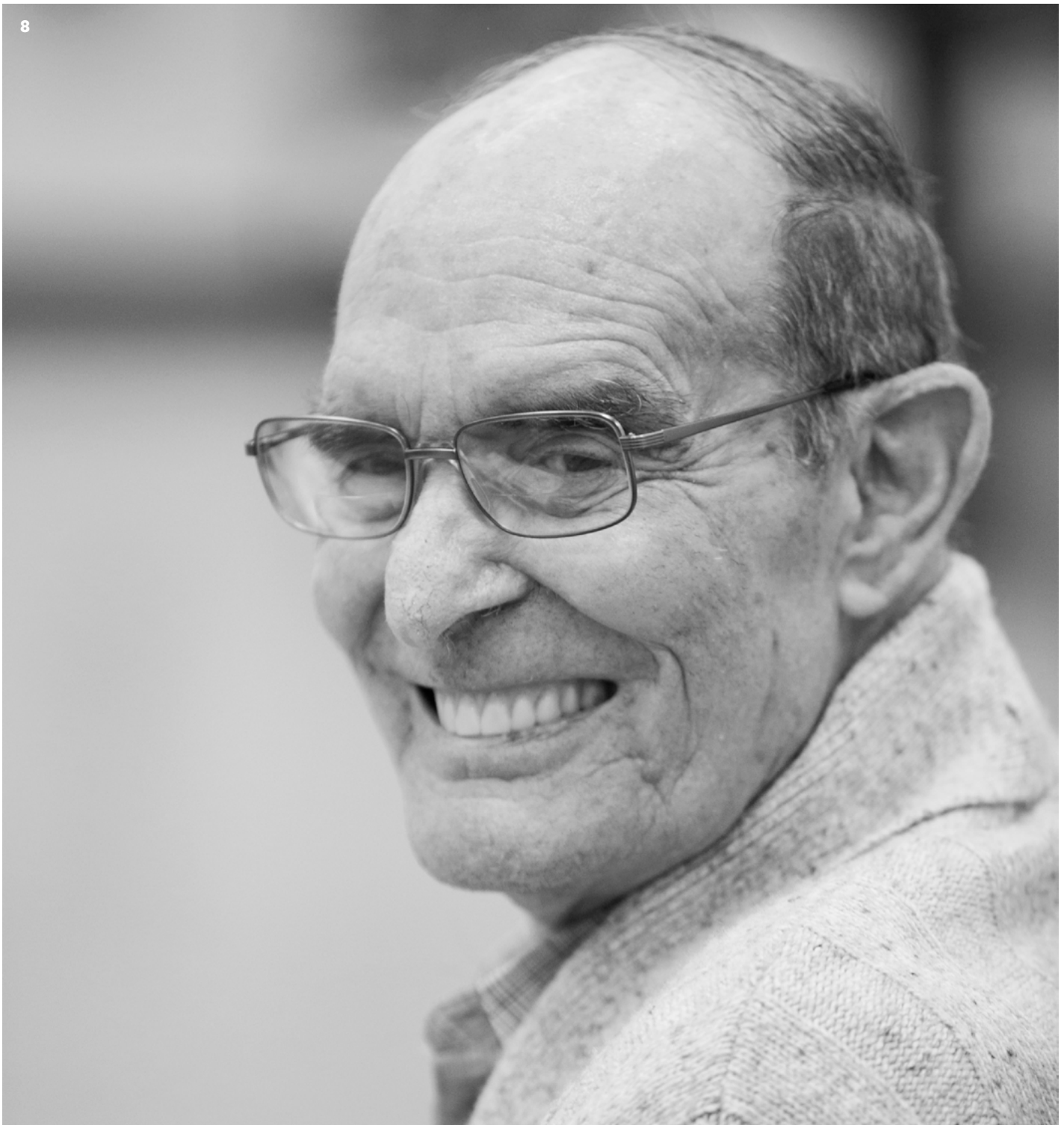
March 24, 2020

Dr. Heather Boger was interviewed by Cecelia Brown for her article, "Practicing Social Distancing to prevent the coronavirus" (https://www.postandcourier.com/moultrie-news/coronavirus/practicing-social-distancing-to-prevent-the-coronavirus/article_1fca8561-8bab-55d0-9e33-b8e30f47c9f4.html)

Senior Advisory Board

May 7, 2020

Kelly Franklin was invited to participate in a virtual board meeting with leaders in the aging care provider community to discuss projects that are being conducted during the pandemic.



The MUSC Palliative Care Program was awarded with The Circle of Life Award from the American Hospital Association in July 2019. This Citation of Honor celebrates innovation in Palliative and End-of-Life Care.



Center on Aging: **Education (continued)**

Better Future for Healthy Aging 2020

June 3-5, 2020

Dr. Hermes Florez presented at the International Conference “Better Future for Healthy Aging 2020” organized by the Croatian Government and supported by the European Union as one of the activities for the start of the World Health Organization (WHO) Decade for Healthy Aging (2020-2030).

As discussed with members of the MUSC Center on Aging (CoA) and the Miami Geriatric Research, Education and Clinical Center (GRECC), they shared preliminary data supporting the proposal of healthy aging through the ICOPE (Integrated Care for Older People) and the implementation of lifestyle interventions for diabetes prevention.

Given the high rate of disability in South Carolina associated with the large prevalence of obesity and diabetes, they consider adapting evidence-based interventions such as the Look-AHEAD study and the US Diabetes Prevention Program, using the mental health and physical function strategies proposed in ICOPE. In perspective, lessons learned promoting healthy longevity with their multi-disciplinary team could be applied in other populations, using easy to implement prevention strategies, overcoming challenges of access and potentially reducing healthcare costs, while improving physical, mental, and social well-being for people as they age.

The partnership of academic and public health leaders with the community and policy makers will facilitate the

future adoption in the State Plan on Aging and help fulfill the promise of healthy longevity in South Carolina, the U.S. and beyond.

Virtual Community Resource Library

Ongoing

Since April 2020, The CoA has been compiling video, audio, and slide presentations from MUSC participants and community partners on topics that concern seniors. These resources are being shared electronically and via social media and will be cataloged for continued use by seniors, caregivers, and families to help access useful information on health, research, and quality of life. This resource has become particularly important during the COVID-19 pandemic, when our speakers have not been able to conduct face-to-face presentations.

Some of the presentations include:

Do you know what AGEs are? Dr. David Turner

Aging Brain and Inhibitory Control Dr. Susan Teubner-Rhodes

Exercise for people with Alzheimer's Kyle Hopfensperger

Tricounty Community Resources Deeanna Enfinger

Science of Yogic Breathing Dr. Sundar Balasubramanian

Social Isolation in Older Adults During the Pandemic Dr. Mark Newbrough



Center on Aging: **Research**

2019 Center on Aging Pilot Grant Awards

Alcohol Use Disorder as a risk factor for Alzheimer's Disease: insights from functional connectome analysis

Jane Joseph, PhD

Alzheimer's Disease (AD) is a prevalent neurological disorder that currently affects 5.3 million people in the United States and the prevalence is rapidly increasing. Current research is focused on risk factors for AD and discovering biomarkers associated with increased risk. Although Alcohol Use Disorder (AUD) has been identified as a risk factor for AD, the NIH has recognized that more research is needed to identify potential mechanisms that confer risk for AD due to chronic alcohol use and abuse.

One issue that needs to be addressed is that there is a lack of data examining AUD as a risk factor for AD during mid-life (45-65 years of age), when vulnerability to aging-related diseases is high. Another weakness of prior research is that gold-standard assessments of AD and AUD have not always been used. To address this urgent public health issue and gaps in prior research, the present study will use fMRI to examine brain network profiles in mid-life AUD.

In addition, this study will employ gold-standard assessments for cognitive profiles in AD research and for diagnosis of AUD. The overall hypothesis is that AUD is associated with accelerated brain aging which makes brain networks vulnerable to aging-related

disorders, like amnesic mild cognitive impairment (aMCI), a significant risk factor for AD. Neuroimaging is a powerful, non-invasive technique with the potential to be translated into clinical practice. Hence, the long-term goal of this research is to develop neuroimaging biomarkers that can be used to assess risk for AD and related dementias.

Aim 1 will examine accelerated brain aging in mid-life AUD. Network features that predict age in healthy control subjects will be examined in mid-life AUD. Network features will be graph-theory properties of functional brain sub-networks. The prediction is that features of healthy brain aging will also be associated with age in mid-life AUD but will show a steeper slope as a marker of accelerated brain aging.

Aim 2 will examine network profiles of cognitive impairment in mid-life AUD. Network features that predict cognitive scores in aMCI will be examined in mid-life AUD. Network features will be graph-theory properties of functional brain sub-networks.

The prediction is that network features of aMCI will be associated with cognitive scores in mid-life AUD, demonstrating that brain network changes associated with some aspects of aMCI are present in mid-life AUD.

Pilot funding from the Center on Aging will provide preliminary data for a grant submission in response to recent relevant NIH funding announcements



(e.g., NOT-AA-19-026: “Impact of Alcohol on the Onset and Progression of Alzheimer’s Disease and Its Related Dementias”). This pilot study will also support experimental protocol development and establish feasibility of subject recruitment. Because this research requires expertise in neuroimaging, cognitive testing and AUD, pilot funding will provide an excellent opportunity to enhance collaborations among Neuroscience (Dr. Jane Joseph), Psychiatry (Dr. Julianne Flanagan) and Neurology (Dr. Andreana Benitez) faculty with complementary expertise.

Age-related macular degeneration and the role of sex-based differences in immune cell response *Gloriane Schnabolk, PhD*

Age-related macular degeneration (AMD) is the leading cause of blindness among the elderly in the United States. Consisting of two types, wet (choroidal neovascularization) and dry (geographic atrophy), AMD is an inflammatory disease, characterized by increased cytokine response, oxidative stress, and deregulation of the complement cascade. AMD has many environmental and genetic risk factors including family history, smoking, race and obesity.

In addition, it is observed that females are more likely to develop this disease, though the role that sex-based differences play in this disease is largely unknown. Interestingly, Chaychi, et al., observed an increased electroretinogram response in rats of reproductive age compared to males [Chaychi S, et al (2015), PLoS One. 10(8)]. Similar results were also observed in humans [Ozawa, GY., et al., Optom Vis Sci (2014) 91(6):602-7].

Additional studies have also found that wet AMD is increased in women taking hormone replacement therapy [Feskanich, D., et al. Arch Ophthalmol (2008) 51(4):519-24] or in women taking contraceptives during reproductive age [Virgerling, J.R., et al. BMJ (1995) 14(3):202-8], suggesting that estrogen levels play a role in AMD disease progression. As estrogen is found to effect inflammatory response through modulation of various immune cells [Rainer, S. (2007) Endocrine Reviews 28(5): 521-574] our long-term objective of this study is to better understand the role of aging and sex-based differences on local inflammation in the eye and AMD.

Therefore we hypothesize that sex-based differences in inflammation results in changes in immune cell response in dry and wet AMD pathogenesis of aged mice. Guided by strong preliminary data, this hypothesis will be tested by pursuing the following specific aim: to determine if sex-based difference in aged mice results in changes in immune cell response in dry and wet AMD pathogenesis. By using mouse models of wet and dry AMD in age- and sex-matched mice, we will be able to identify changes in immune response in mouse eyes through flow cytometry.

This analysis will serve to provide a foundation by which predictive biomarkers may be identified and used to identify patient susceptibility to AMD. Once this analysis is established in mouse models, it is our long-term goal to use it for clinical analysis.

Center on Aging: **Research (continued)**

2017 Center on Aging Pilot Grant Update

Novel radiographic measures of olfactory dysfunction in aging

Rodney J. Schlosser, MD

Ganjaei KG, Soler ZM, Mappus ED, Worley ML, Rowan NR, Garcia GJM, Matthews LJ, Dubno JR, Eckert MA, **Schlosser RJ**. Radiologic changes in the aging nasal cavity. *Rhinology* 2019;57(2):117-124.

2018 Center on Aging Pilot Grant Update

Respiratory muscle strength training in Presbyphonia

Heather Bonilha, PhD, CCC-SLP

Dejardins M, Halstead L, Simpson AN, Flume P, **Bonilha HS**. (2020). Respiratory muscle strength training to improve vocal function in patients with presbyphonia. *Journal of Voice*. E-published ahead of print.

Dejardins M, Halstead L, Simpson AN, Flume P, **Bonilha HS**. (2020). The impact of respiratory function on voice patients with presbyphonia. *Journal of Voice*. E-published ahead of print.

NFAM1 stimulation of osteoclast differentiation in Paget's disease of bone

Sakamuri Reddy, MD

Ethiraj P, Sambandam Y and **Reddy SV**. NFAM1 regulates SAPK/JNK signaling to enhance Osteoclast Differentiation and Bone Resorption in Paget's Disease of Bone. ASBMR annual meeting at Seattle, 2020

MUSC Science Cafe

October 29, 2019

Dr. Federica del Monte presented at the Science Cafe series to present Mind the Heart! Heart Failure and Alzheimer's - a Tangled Web.

MUSC Student Research Day

November 1, 2019

Each year, on the first Friday in November, MUSC holds its annual Perry V. Halushka Research Day (RD). This year, Research Day was held on Friday, November 1, 2019. RD is run like a major meeting and gives presenters a chance to practice delivering oral or poster presentations in a "safe" environment. MUSC RD is open to all undergraduates (high school, college), students in all six colleges, postdoctoral fellows, clinical fellows and residents, as well as staff scientists and research specialists who performed research in the year leading up to RD. The number of presentations has increased steadily each year, with over 200 this year, divided into sections for undergraduates, clinical-professional-masters, PhD, postdoc-resident-fellow, as well as staff scientists and research specialists. Awards are also given in special categories including the Center on Aging's award for aging-related research.

1st Prize Poster: **Ashish Solanki, PhD**

Motor protein MYO1C participates in retinal function by regulating STRA6 trafficking

2nd Prize Poster: **Carolyn McClaskey, PhD**

Age-related hearing loss and the potential role of disinhibition and neural synchrony in the recovery of auditory-evoked cortical responses

1st Prize Presentation: **Amanda Vatinno, MS, OTR/L**

EEG as a Predictor of Post-Stroke Recovery: A Systematic Review and Meta-Analysis

2nd Prize Presentation: **Janina Wilmskoetter, PhD**

Residual brain white matter integrity predicts aphasia severity and recovery in patients with chronic left hemispheric stroke

Research Study Recruitment and Promotion

Ongoing

Hearing Research Program

ADConnect

IAM Study

Cardiovascular Clinical Studies

Olfactory Research

AARP Health Disparities Research Project

March 24, 2020 - Ongoing

Dr. Heather Boger and the CoA are collaborating with SC AARP, SCARN, Clemson University, the SC Hospital Association, with plans to add SC Blue Cross Blue Shield in developing a research proposal for AARP funds to explore health disparities of seniors. There is a need to learn from older adults themselves about their concerns during this pandemic in order to better understand how factors such as ethnicity, social isolation, and social determinants of health affect their health. This project could be the perfect project to combine efforts in the area of health disparities of older adults which, unfortunately, have been exacerbated with Covid- 19. The group has gained the support of State Director, Connie Munn, upon presenting the project at the June 10th SC Department of Aging Advisory Council Meeting.

CoA Executive Committee Member Publications

Cassarly C, Matthews LJ, **Simpson AN**, Dubno JR (2020). The Revised Hearing Handicap Inventory and Screening Tool Based on Psychometric Reevaluation of the Hearing Handicap Inventories for the Elderly and Adults. *Ear and Hearing*. 41(1):95–105, JANUARY/FEBRUARY 2020 DOI:10.1097/AUD.0000000000000746, PMID: 31124792

Simpson AN, Matthews LJ, Cassarly C, Dubno JR (2019). Time from Hearing Aid Candidacy to Hearing Aid Adoption: A Longitudinal Cohort Study. *Ear Hear*. 2019 May/June;40(3):468-476. doi: 10.1097/AUD.0000000000000641. [Publication of Year Finalist from the Journal of Ear and Hearing]

Cassarly C, Matthews LJ, **Simpson AN**, Dubno JR (2019). Development and refinement of patient-reported outcomes for hearing: A brief introduction to nonparametric item response theory. *American Journal of Audiology*, 28, 806–809. https://doi.org/10.1044/2018_AJA-HEAL18-18-0167

Farrand AQ, Verner R, McGuire R, Helke KL, **Hinson VK**, **Boger HA**. Differential effects of vagus nerve stimulation paradigms guide clinical development for Parkinson's disease. Accepted to *Brain Stimulation*; 6/2020.

Farrand AQ, Helke KL, Aponte-Cofresí L, Gooz MB, Gregory RA, **Hinson VK**, **Boger HA**. Effects of vagus nerve stimulation are mediated in part by TrkB in

a parkinson's disease model. *Behav Brain Res*. 2019 Nov 5;373:112080. doi: 10.1016/j.bbr.2019.112080. Epub 2019 Jul 10.

Buie JNJ, Hammad SM, Nietert PJ, Magwood G, Adams RJ, Bonilha L, **Sims-Robinson C**. Differences in plasma levels of long chain and very long chain ceramides between African Americans and whites: An observational study. *PLoS One*. 2019;14(5):e0216213. PubMed PMID: 31067249; PubMed Central PMCID: PMC6505935.

Watson LS, Hamlett ED, Stone TD, **Sims-Robinson C**. Neuronally derived extracellular vesicles: an emerging tool for understanding Alzheimer's disease. *Mol Neurodegener*. 2019 Jun 10;14(1):22. PubMed PMID: 31182115; PubMed Central PMCID: PMC6558712.

Buie JJ, #Watson LS, #Smith CJ, **Sims-Robinson C**. Obesity-related cognitive impairment: The role of endothelial dysfunction. *Neurobiol Dis*. 2019 Dec;132:104580. PubMed PMID: 31454547; PubMed Central PMCID: PMC6834913.

Watson LS, Stone TD, *Williams D, Williams AS, **Sims-Robinson C**. High-Fat Diet Impairs Tactile Discrimination Memory in the Mouse. *Behav Brain Res*. 2020 Mar 16;382:112454. PubMed PMID: 31926214; PubMed Central PMCID: PMC7129774.

Buie JNJ, Zhao Y, Burns S, Magwood G, Adams R, **Sims-Robinson C**, Lackland DT. Racial Disparities in Stroke Recovery Persistence in the Post-Acute Stroke Recovery Phase: Evidence from the Health and Retirement Study. *Ethn Dis*. 2020 Spring;30(2):339-348. PubMed PMID: 32346280; PubMed Central PMCID: PMC7186057.

Lackland DT, **Sims-Robinson C**, Buie JNJ, Voeks JH. Impact of COVID-19 on Clinical Research and Inclusion of Diverse Populations: A Perspective. *Ethn Dis*. 2020;30(3):429-432.

Williams A, Lowry T, **Sims-Robinson C**. The development of a cognitive rehabilitation task for mice. *Neurobiol Learn Mem*. 2020 Aug 9; PubMed PMID: 32784042

CoA Executive Committee Member Recognitions

Vanessa Hinson, MD, PhD received the Josephine Tucker Morse Chair for Parkinson's Disease.

Catrina Robinson, PhD received the 2020 MUSC Excellence in Diversity Award College of Graduate Studies

Center on Aging: **Service**

Alzheimer's Association Walk to End Alzheimer's

September 14, 2019

The CoA compiled a team of walkers that raised \$1,055 for the SC Alzheimer's Association and gathered at North Charleston Waterfront Park to raise awareness for the disease.

Lowcountry Senior Network Angel Tree

November 14, 2019

Kelly Franklin chaired the Angel Tree Program that fulfilled the holiday wish lists of over 70 socially isolated seniors. This year we included hand painted greeting cards designed by students of Orange Grove Charter School.

4th Annual Holiday Harvest Gala

December 5, 2019

The CoA sponsored and Kelly Franklin chaired the 4th Annual Holiday Harvest Gala to support Charleston Meals on Wheels through the Lowcountry Senior Network. This event raised over \$13k to directly benefit the over 200 individuals on the waiting list to receive Meals on Wheels services in Charleston. Over the last 4 years this event has raised over \$55k, bringing meals to hundreds of previously unserved homebound seniors.

Lowcountry Senior Network Produce Drive

March 10, 2020

Kelly Franklin organized a fresh produce drive with LSN membership and collected over 200 pounds of fresh produce that were distributed to under-served seniors via the Charleston Area Senior Citizens, South Santee and Awendaw Senior Centers. Additionally, 100 recipients were given "I Love Vegetables" cookbooks to inspire healthy eating.

Parkinson's Foundation Virtual Moving Day

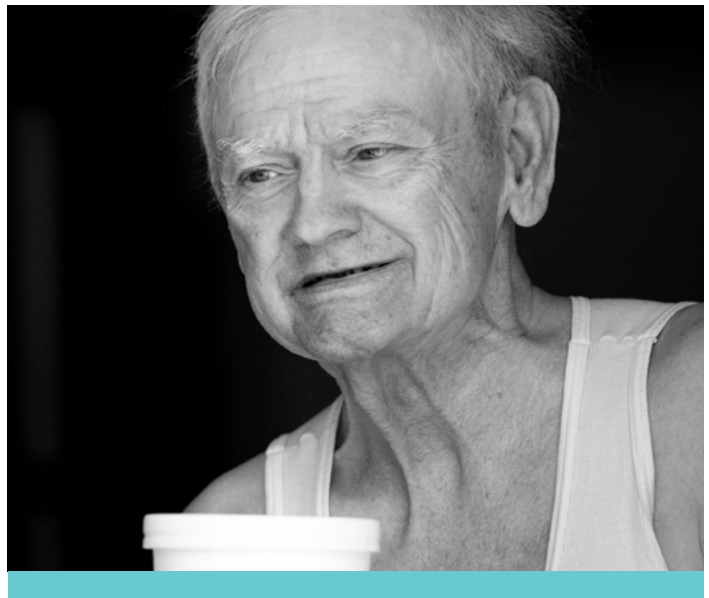
May 9, 2020

Moving Day is the Parkinson's Foundation's annual fundraising walk event - which was adapted to a virtual format in response to COVID-19. www.movingdaywalk.org

2020 MUSC Center on Aging Senior Expo - POSTPONED

Scheduled for March 19, 2020

Due to the COVID-19 pandemic, the 4th Annual



Senior Expo was postponed until further notice. The Senior Expo is a free event for seniors, caregivers, families, and service providers to learn about valuable resources available in the lowcountry.

150 exhibitors were scheduled to participate including MUSC physicians and researchers, live fitness and cooking demonstrations, non-profit organizations and a wide assortment of local vendors and service providers to help seniors navigate everything from support groups to safety programs. Health screenings that were to be on-site included, hearing checks, fall risk assessments, blood pressure checks, glucose checks, bone density screenings, etc. There was also a Yogic Breathing Workshop area for sessions throughout the morning.

We are eager to continue with plans for the next in-person senior Expo as it is deemed safe for seniors to attend.

Emergency Senior Supply Drive

March 18, 2020 - Ongoing

The MUSC Center on Aging partnered with the Trident Area Agency on Aging to organize and distribute food and supplies to lowcountry seniors, due to the impact of the COVID-19 pandemic.

Donations of non-perishable meals (box dinners, soups, stews, vegetables, fruit, beans, etc.), personal care items (soap, toilet paper, tissues), cleaning supplies (disinfectant wipes and sprays, paper towels, etc.) were all collected from MUSC and throughout the community and distributed to at-risk seniors.

Community Impact: **Service**

Organizations promoted

AARP
 ADT Health
 Alzheimer's Association
 Bridges for End-of-Life
 CARTA
 Charleston Area Senior Center - Meals on Wheels
 Charleston County Public Library
 DHEC
 Franke at Seaside
 Franklin and Associates
 Harleston Neighbor 2 Neighbor
 Interim HealthCare
 Lowcountry Food Bank
 MUSC CARES Clinic
 MUSC College of Graduate Studies
 MUSC College of Health Professions
 MUSC College of Medicine
 MUSC Elder Abuse Training and Treatment Program
 MUSC Geriatrics
 MUSC Health Charleston Health and Wellness Expo
 MUSC Health Orthopedics
 MUSC Health Primary Care
 MUSC Health Vision Center
 MUSC Hollings Cancer Center
 MUSC Movement Disorders Clinic
 MUSC Palliative Care
 MUSC Research Day
 MUSC Science Café
 MUSC Senior Mentor Program
 MUSC Stroke Recovery Research Program
 MUSC Urban Farm
 National Academies of Sciences Engineering Medicine
 National Institute on Aging
 Parkinson's Foundation
 Respite Care Charleston
 SC Respite Coalition
 Senior Directory
 The ARK
 Tricounty Community Resources
 Trident Area Agency on Aging

Topics

Advanced Care Planning
 Aging In Place
 Alcohol and Medicine
 Alzheimer's disease
 At-Home Workouts

Balance and Aging
 Caregiving
 Charleston Area Meals on Wheels Volunteer Recruitment
 Cognitive Health
 COVID-19 Testing for Nursing Home Residents and Staff
 Dentistry and the Coronavirus
 Diet and Alzheimer's Prevention
 Estate Planning and COVID-19
 Exercise Safety
 Exercising with Chronic Conditions
 Global Efforts to address impacts of COVID-19 on older adults
 Healthy Eating on a Budget
 How to Prepare for Virtual Doctor's Appointments
 Hydration and Aging
 Improving balance
 Improving Communication for Older Adults for Physicians
 Integrating the Science of Aging and Environmental Health Research
 Long-Term Care
 Mental Health Tips for Socially Isolated Seniors
 Nursing Home Safety during COVID-19
 Personal Emergency Response Systems
 Pranayama
 Preventing Medicare Fraud
 SC Senior Farmers' Market Nutrition Program
 Signs of Alzheimer's Disease
 Stress and COVID-19
 Stroke Prevention
 The Longest Day – Virtual
 Virtual Education Programs from Alzheimer's Association
 Virtual Entertainment Opportunities
 Virtual Older Adult Therapeutic Group
 Virtual Support Groups
 World Elder Abuse Awareness Day

Media coverage:

Lowcountry Live
 Let's Talk Boomers
 WTAT Fox 24
 LTC University podcast
 Moultrie News
 All About Seniors
 WCBD News 2
 The Post and Courier



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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 to promoting health, longevity and improving the quality of life for South Carolina's seniors.

Changing What's Possible