

# Center on Aging

Winter 2020 | [musc.edu/aging](https://musc.edu/aging)



**05** Cheers to a new year and a new decade! The Center on Aging is swinging into 2020 with a jam packed calendar filled with opportunities to share research, education, and resources for healthy aging on campus and around the lowcountry.

Winter | 2020



## INSIDE:

- 02 Director's Note
- 03 Senior Expo
- 04 Geriatric Psych Fellow
- 05 Education
- 06 Research

For questions or comments about the Center on Aging Newsletter contact:  
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Administrative Coordinator  
dillonk@musc.edu

## From the Director

Hello everyone,

I hope you are greeting this New Year with health and happiness! We are excited for all that 2020 has in store and more opportunities to work together with our MUSC family and community partners.

The 4th Annual MUSC Center on Aging Senior Expo is just around the corner on March 19th. We hope you will join us to speak with all of the excellent MUSC physicians and researchers, learn about community resources, volunteer opportunities, and of course, lots of fun! This year we invite you to enjoy a special feature in our Yogic Breathing Workshops, led by Dr. Sundar Balasubramanian. MUSC has also partnered with the Gibbes Museum, who will be sharing "The Healing Arts" with attendees.

Check out page 5 and mark your calendars for some great new topics that MUSC faculty and staff will be covering at the City of North Charleston Senior Center Lunch and Learn Series. We appreciate all of those who are donating their time to share their knowledge with local seniors.

Congratulations to our 2019 Center on Aging Pilot Grant Award recipients! See page 6 to find out what new studies are being launched this year. You can also learn more about the progress of one of our past awards and find out how you can get involved.

Thank you for your continued support and we look forward to a busy and wonderful year!

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



## 2020 MUSC Center on Aging Senior Expo

**Thursday, March 19th**

**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 4th Annual Senior Expo, on Thursday, March 19th, 2020. Seniors, caregivers, families, and service providers are invited to attend this **FREE** event to learn about valuable resources available in the bwcountry.

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, glucose checks, bone density screenings, 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.

Be sure to follow the MUSC Center on Aging on Facebook and Twitter to learn about all of the great groups that you will find at this year's Senior Expo.

Need more information or want to be an exhibitor? Email [dillonk@musc.edu](mailto:dillonk@musc.edu) (Exhibitor registration will close on February 27th)





## Geriatric Psychiatry Fellowship Program

This program provides training in the assessment and management of elderly patients with a wide variety of psychiatric problems.

Training encompasses the biological and psychosocial aspects of normal aging; the psychiatric impact of acute and chronic physical illnesses; the pathology of primary psychiatric disturbances beginning in or continuing into older age; medical and iatrogenic aspects of illness; and sociocultural, ethnic, economic, ethical, and legal considerations that may affect or impinge on psychiatric management.

The director of this program is Dr. Jessica Broadway. Applicants must have completed an Accreditation Council for Graduate Medical Education (ACGME) accredited psychiatry residency prior to entering the program. The training period in geriatric psychiatry is 12 months. There are two positions open each year.

For more information about the program, visit: <https://medicine.musc.edu/departments/psychiatry/education/residency-and-fellowships/geriatric-fellowship>

MUSC also offers fellowship programs in:

- Geriatric Medicine
- Health Services
- Palliative Care

We spoke to one of MUSC's current Geriatric Psychiatry Fellows, Eleanor Santy D.O. to learn about her experience.

**Q: What inspired you to focus your study on the geriatric population?**

**A:** I find it fulfilling to help patients and their families find meaning and dignity with aging.

**Q: What has been most fulfilling for you personally in this area of work?**

**A:** Working with patients who have dementia.

**Q: What is your biggest challenge you see facing your patients?**

**A:** Lack of access to care



MUSC HEALTH MOVEMENT DISORDERS PROGRAM PRESENTS

### "Living with Parkinson's Disease"

A symposium for patients and families living with Parkinson's Disease. This event is hosted by the MUSC Health Movement Disorders Program, and the Parkinson's Foundation. Educational sessions will be led by MUSC faculty and invited guest speakers.

**Date:** March 14, 2020

**Time:** 8:00 a.m. to 3:00 p.m.

**Location:** Charleston Marriott Hotel  
170 Lockwood Blvd., Charleston, SC 29403

**\$20 per person**  
(Includes refreshments & lunch)

[MUSChealth.org/movementdisorders](https://MUSChealth.org/movementdisorders) | 843-792-7262

#### Accommodation Information:

A block of rooms has been reserved at the Charleston Marriott Hotel at the discounted rate of \$219.00. This special rate will be offered until February 13, 2020, however, the room block may be filled prior to this date. In such a case, neither the discounted rate nor guest room availability can be guaranteed. We recommend you make your reservation as soon as possible. For reservations, call the hotel directly at 1-800-228-9290.



## Education: Lunch & Learn Series



The Center on Aging has a great 2020 line up for the City of North Charleston Senior Centers. The following MUSC experts are scheduled to present this year:

### Senior Center at Northwood 8708 S. Antler Drive, North Charleston

March 11  
Exploring the Guts: The Story of the Digestive Endoscopy  
Dr. Peter Cotton, College of Medicine

May 13  
Staying Active While Aging  
Gabrielle Froom and Theresa Skojec, College of Nursing

July 8  
Virtual Urgent Care Services  
Peter Wilson, Emergency Medicine/Telemedicine

September 9  
Fall Risk  
Regina Creech, Trauma Program

November 4  
Yogic Breathing  
Dr. Sundar Balasubramanian, Radiation Oncology

### Senior Center at Dorchester Road 6255 Dorchester Road, North Charleston

February 12  
Staying Safe as We Age  
Gabrielle Froom and Theresa Skojec, College of Nursing

April 8  
Drug Discovery and CBD Facts vs. Myths  
Dr. Mark Hamann, College of Pharmacy

June 10  
Staying Active While Aging  
Gabrielle Froom and Theresa Skojec, College of Nursing

August 12  
Movement: The Key to Unlocking Strength and Stability  
James Johnson, MUSC Wellness Center (tentative)

October 14  
Nutrition and Disease  
Dr. David Turner, College of Medicine

December 9  
AD Connect Alzheimer's Research  
Dr. Jane Joseph, College of Medicine

All programs are from 1:00 - 2:00 pm.

For more information visit:

<https://www.northcharleston.org/residents/parks-and-recreation/senior-centers/>



## Research: 2019 CoA Pilot

The awardees for the 2019 Center on Aging research pilot grants were announced in December.

For the last three years this program has been open to junior, mid-level or senior faculty and post-doctoral fellows and requires a focus on research related to healthy aging or aging related diseases and conditions.

These awards are designed to provide short-term funding to help researchers gather preliminary data for future extramural funding in research related to improving the health and well-being of older people.

Congratulations to the pilot grant awardees for 2019:

### Jane Joseph, PhD

Department of Neuroscience

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

### Gloriane Schnabolk, PhD

Department of Ophthalmology

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

## CoA Pilot Update

Dr. Rodney Schlosser received the Center on Aging Pilot Award in 2017 for his study: **Novel radiographic measures of olfactory dysfunction in aging.**

His work for this study has resulted in publications in *The American Journal of Rhinology & Allergy*, *The Laryngoscope*, and *The Rhinology International Journal* and is likely to lead to further external grant funding.

Dr. Schlosser's group is currently seeking research participants. The goal of this study is to identify the prevalence of olfactory (smell) loss in adults over 50 years of age and determine potential causes, the impact of olfactory loss upon quality of life and risk factors associated with future olfactory loss.

Subjects are asked to complete olfactory testing via marker type devices, complete questionnaires and allow nasal mucus to be collected.

See below for details on participation.




### Research Participants Needed

The MUSC Hearing Research Program is seeking participants for a research study investigating the impact of aging on the sense of smell

Participants needed:

- Age 50 or older
- Normal or reduced sense of smell
- Involves:
  - smell testing
  - completing questionnaires
  - collection of mucus from the nose
  - 2 visits to MUSC (scheduling is flexible)

Payment for participation is provided

If you would like to learn more about our study or schedule a screening appointment, please call (843) 792-9496 or e-mail [sinus-research@musc.edu](mailto:sinus-research@musc.edu)

Hearing Research Program  
Medical University of South Carolina  
Department of Otolaryngology-Head and Neck Surgery  
135 Rutledge Avenue, MSC550  
Charleston, SC 29425-9500



**Register Now!**  
**We Care. We Fight. We Move.**

The Parkinson's Foundation  
**MOVING DAY CHARLESTON**  
*A Walk for Parkinson's*  
**Saturday, May 16, 2020**  
**James Island County Park | Charleston**  
Activities Begin: 9:00 a.m. | We Move Ceremony: 9:30 a.m.  
**Bringing together the Parkinson's Community to be Engaged, Empowered and Educated!**  
All Captains who register before March 6, 2020 will be invited to a very special event featuring retired NASA Astronaut, Richard Clifford!  
**Register your team today at [MovingDayCharleston.org](http://MovingDayCharleston.org)**  
Questions please contact Diana Parrish at [dparrish@parkinson.org](mailto:dparrish@parkinson.org) or 336-817-4190

**Parkinson's Moving Day Charleston**

MOVING DAY NATIONAL PARTNERS:  
ADAMAS, ACORDA, Right at Home, amneal, ACADIA Pharmaceuticals, Boston Scientific, Medtronic, Lundbeck, sunovion



### WANT TO HELP FIGHT ALZHEIMER'S DISEASE?

Healthy Volunteers Needed for Brain Imaging, Aging, and Memory (IAM) Research Study

The Medical University of South Carolina (MUSC) is conducting a brain imaging research study of 300 cognitively healthy men and women who:

- Are in general good health between the ages of 65-85 years with no memory problems or other medical conditions that affect cognition
- Can come to MUSC twice for study visits
- Can return to MUSC in 2 years for a follow up visit
- Can bring a Co-Participant to study visits who you have at least weekly contact with

Compensation will be provided for those who qualify!

### Contact Us

For more information:

Katrina Madden  
843.792.9186  
[IAMstudy@musc.edu](mailto:IAMstudy@musc.edu)

Go to: <http://bit.ly/IAMstudy>



March 19, 2020 | 9:00 am - 1:00 pm

## MUSC Center on Aging Senior Expo

Charleston Area Convention Center  
5000 Coliseum Drive  
North Charleston, SC 29418

- All seniors, caregivers and senior service providers welcome!
- Free health screenings, exhibitors, and raffle prizes

[musc.edu/aging](http://musc.edu/aging) | email: [dillonk@musc.edu](mailto:dillonk@musc.edu)



Changing what's possible



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MUSC Center on Aging  
[musc.edu/aging](http://musc.edu/aging)

## 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.

Changing What's Possible