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.
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 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, 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 (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

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 is your biggest challenge you see facing your patients?
A: Lack of access to care

Q: What is your biggest challenge you see facing your patients?
A: Working with patients who have dementia.

Q: What has been most fulfilling for you personally in this area of work?
A: Working with patients who have dementia.

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.

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 available 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 Frook and Theresa Skojec, College of Nursing
August 12 Movement: The Key to Unlocking Strength and Stability
James Johnson, MUSC Wellness Center (tentative)

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

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

Questions please contact Diana Parrish at dparrish@parkinson.org or 843-877-4900

Find more information at MovingDayCharleston.org

Want to Help Fight Alzheimer’s Disease?

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

If you are a healthy individual between the ages of 65-85 who is able to drive or has a driver available, there is an opportunity to help uncover the secrets of how the brain changes over time and how these changes affect your memory and day-to-day life.

- Visit the I A Study website to learn more at IAMstudy@musc.edu
- Complete an online consent form and be contacted about study eligibility
- If eligible, a research staff member will come to your home to conduct the first visit
- Participants receive a $125 gift card for their participation

Contact Us

For more information

Katrina Madden
843.792.8186

IAMstudy@musc.edu

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

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

MUSC Center on Aging Senior Expo
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.