

Center on Aging

Summer 2019 | musc.edu/aging



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From the Director

Happy Summer!

As the summer months storm through, MUSC and the Center on Aging keep rolling along. In the past few months, we graduated another class of health care workers, hosted our 3rd Annual Senior Expo, welcomed in a new Deputy Director, celebrated research funding of those in the aging field, and provided the community with information on clinical and research initiatives occurring at MUSC to improve the quality of life for South Carolina seniors.

We are even in planning mode for the future, such as offering pilot grant opportunities once again to the MUSC research community, partnering with community groups to participate in outreach opportunities, such as the Alzheimer's Association Walk to End Alzheimer's and the Lowcountry Senior Network's Holiday Harvest Gala, recruitment of senior mentors for the COM Class of 2023, and finalizing a date for our 4th Annual MUSC Center on Aging Senior Expo to be held in 2020.

As I close out my 3rd year as Interim Director, I have been able to reflect back on the successes of MUSC, the Center on Aging, and community partners, and determined we live by the motto, "There is no I in team!" What I have seen is a team that has touched many lives, by supporting basic and clinical research programs and initiatives related to aging; providing education to students, medical professionals, senior, caregivers, and families; and participating in community outreach events to improve awareness and care for our seniors.

So to end, I would like to remind everyone of the words of Helen Keller, "Alone we can do so little; but together we can do so much", and thank you all for your continued support and partnerships with the Center on Aging!

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



New Deputy Director Named



Join us in congratulating long time Center on Aging Executive Committee Member, **Annie Simpson, PhD, to her new role as Deputy Director.**

In addition to being an active member and champion of our aging initiatives, especially in the area of growing research, Dr. Simpson is an Associate

Professor in the Departments of Healthcare Leadership and Management (primary) and Otolaryngology – Head & Neck Surgery (secondary) at the Medical University of South Carolina (MUSC).

Dr. Simpson is a Health Services Researcher and Biostatistician who specializes in methods development for bias reduction in observational studies. She has over 15 years of experience as an analysis and database specialist for multiple observational and investigational health care studies, including international multi-center clinical trials.

Dr. Simpson is a Principal Investigator of grants from NIH/NIDCD and the MUSC CTSA's Carolinas Collaborative and is a Co-Investigator on multiple research teams across the MUSC campus. She is a primary quantitative scientist for the first ever HRSA Telehealth Center of Excellence. Dr. Simpson teaches doctoral level classes in statistical programming, multivariable linear modeling, and evidence-based decision-making/comparative effectiveness study methods.

Dr. Simpson also serves as a Co-Director and teaches Biostatistical methods and research design in the PhD program in Health and Rehabilitation Science within the MUSC College of Health Professions.

We are very fortunate to have her leadership and expertise behind the Center and look forward to working with her to continue our mission of furthering aging research, education, and service in the lowcountry.

Age-Friendly Health System

Mark A. Newbrough, MD, the MUSC Section Head Geriatrics and Geriatric Medicine Fellowship Director is helping lead the way in the lowcountry to create an Age-Friendly Health System.

The United States is aging. The number of older adults, individuals ages 65 years and older, is growing rapidly. As we age, care often becomes more complex. Health systems frequently are not prepared for this complexity, and older adults suffer a disproportionate amount of harm while in the care of the health system.

To address these challenges, in 2017, The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA), set a bold vision to build a social movement so that all care with older adults is age-friendly care, which:

- Follows an essential set of evidence-based practices;
- Causes no harm; and
- Aligns with What Matters to the older adult and their family caregivers.

Becoming an Age-Friendly Health System entails reliably providing a set of four evidence-based elements of high-quality care, known as the "4Ms," to all older adults in your system. When implemented together, the 4Ms represent a broad shift by health systems to focus on the needs of older adults.



Information cited from the Institute for Healthcare Improvement.

Senior Mentor Program



Graduating medical students celebrated their milestone with their Senior Mentor, Mary Ellen Millhouse.

The Class of 2019 College of Medicine students and their Senior Mentors attended the annual Graduation Luncheon in April for one last visit and celebration of their hard work together over the last four years.

All of the medical students at MUSC are paired with a Senior Mentor that they build a unique working relationship with throughout their time in the program.

In their regular meetings, the students have a chance to learn from real-life experience through a variety of geriatric focused assignments that correlates to their curriculum, such as fall risk assessments, nutrition review, advanced care planning, etc.

Jennie Buckner was chosen as the 2019 recipient of the Paul "Put" Putman Geriatrics Training Award for demonstrating excellence and compassion in caring for geriatric patients.



Dr. Kern presents the 2019 Putman Award to Jennie Buckner.

Thank you so much to **Mary Catherine Dubois** for being the guest speaker at the luncheon and sharing her wisdom with the graduating class.

Finally, a big thank you to all of the dedicated Senior Mentors for opening up your homes and your lives to our students to help shape them as physicians! To learn more about the Senior Mentor Program: 843-792-0460 or seniormentor@musc.edu

MARK YOUR CALENDARS

| DATE | EVENT | FOR MORE INFO |
|---------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| August 24 7:45 am | 20th Annual Thrivent Financial Race For The ARK Summerville, SC | www.thearkofsc.org/race-for-the-ark-2/ 843-471-1360 |
| September 14 9 am | Walk to End Alzheimer's Riverfront Park, North Charleston | www.alz.org 843-614-6608 |
| October 23-26 | Allied Team Training for Parkinson's Disease Charleston, SC | www.muschealth.org/attp 305-537-9938 |
| December 5 6 pm - 9 pm | LSN Holiday Harvest Gala to benefit Charleston Meals on Wheels Cooper River Room, Mount Pleasant, SC | 843-792-0712 dillonk@musc.edu |

Education: SC Lowcountry Aging Group



Dr. Rodney Schlosser spoke about his research on the correlation between olfactory decline and morbidity.



SC Department on Aging Director, Steve Morris, and Policy and Planning Director, Gerry Dickinson came from Columbia to attend the meeting.

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.

If you'd like to learn more about the SC Lowcountry Aging Group and be notified of upcoming meetings, email dholtvoigt@agapehospice.com or visit their page on Facebook: @SCLowcountryAging.

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.



For the July meeting, 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.

Registration is now open.

The 2-hour long session was packed with exciting information on:

- Center on Aging strategic goals by Dr. Heather Boger
- Olfactory research by Dr. Rodney Schlosser
- Clinical Geriatrics by Dr. Mark Newbrough
- Movement Disorders by Dr. Christine Cooper
- Stroke Rehabilitation research by Drs. Addie Middleton and Chris Gregory
- Palliative Care by Mary Catherine Dubois
- Hearing research by Lois Matthews

The Allied Health Team Training for Parkinson's Disease (ATTP[®]) is a 3.5 day on-site course designed by the Parkinson's Foundation and provided in partnership with MUSC Health to increase knowledge about Parkinson's disease and build capacity for comprehensive interprofessional care in the treatment of the disease.

October 23 - 26, 2019
Charleston, SC
MUSCHealth.org/attp

Registration is complimentary for students (limited to 2 per discipline) and Movement Disorders fellows.

This dynamic, interactive course features a combination of online courses and an intensive curriculum including:

- CME/CEU credit for physicians, nurse practitioners, physician assistants, nurses and allied health professionals
- Online educational prerequisites
- Interactive case presentations & care planning with people with Parkinson's and caregivers
- Discipline specific breakout sessions
- Interdisciplinary team development sessions
- Patient and caregiver panels
- Individual and team planning for linking back to the workplace
- Opportunity to network with regional and national health professionals

This course is designed for:
Physicians
Physician assistants
Nurse practitioners
Nurses
Physical therapists
Occupational therapists
Social workers
Speech language pathologists

*USF Health is the accredited provider for CME/CEU activity for this course.

Research: KL2 Grant Recipient

CoA Executive Committee Member, Addie Middleton, PhD, DPT, is a current scholar of the SCTR KL2 (K12) Multidisciplinary Scholars Program in Clinical and Translational Science.

This program is intended to train a multidisciplinary workforce of both clinical and non-clinical research scientists. SCTR support provides 75% protected time for research for up to three junior faculty each year.

Project Summary:

Despite evidence indicating that exercise improves mobility, cognition, and health-related quality of life after stroke, approximately 82% of ambulatory stroke survivors do not meet physical activity guidelines for adults.

Discharge from rehabilitative services is a component of community reintegration recognized by the American Heart Association as an optimal time to engage individuals with stroke in exercise programs.

In-person delivery of structured, progressive home exercise programs during the subacute phase of stroke recovery has documented efficacy; however, in-person programs are resource-intensive and not economically sustainable.

Advancements in telehealth are opening new avenues for efficient and scalable delivery of services. In this new study, we will examine “tele” delivery of an important component of post-stroke care, exercise during community reintegration.

The exercise program will include structured, progressive strengthening and balance activities delivered in 36 sessions over 12-14 weeks (target, 3/week).

The long-term goal is to develop an effective, scalable, and sustainable exercise program with the potential to improve the long-term health and function of stroke survivors.



Have you or a loved one been experiencing issues with memory or already been diagnosed with a memory problem?

MUSC is conducting a non-treatment brain research study in healthy older adults and people with memory problems.

If you are between 45 and 85 years of age and interested in participating, please call or email Laura for more information: 843-792-7709 or lohnes@musc.edu

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**

Service: 2019 MUSC Center on Aging Senior Expo

For the third year, we had an outstanding day meeting area seniors at the 2019 MUSC Center on Aging Senior Expo last April!

This was our first year at the North Charleston Convention Center and it was a blast! Whether guests were interested in taking advantage of free health screenings, or wanted to learn about long term care planning, there were experts on site to help with all of their questions.

With over 100 exhibitors, including non-profit organizations and a wide assortment of local vendors and service providers, guests had the opportunity to get information on not only their health questions, but also local and state resources on housing, equipment, insurance, home care, real estate, and so much more.

MUSC offered free blood pressure and glucose checks, bone density screenings, fall risk and mobility assessments, and more. Hearing and vision screenings were also available from participating exhibitors.

Live fitness and dance presentations were a big hit this year and got everyone moving! The Mt. Pleasant Police Department was on site with a prescription drug take back station for guests to safely dispose of unwanted prescription drugs.

We all know that transportation in the lowcountry is a challenge. CARTA gave guided tours and demonstrations for riders and discussed the transportation options available. Charleston Green Taxi was also on hand to educate guests about their programs, specifically for seniors.

Thank you so much to the City of North Charleston and our Platinum Sponsors: Absolute Total Care, Bintelli Powersports, and Overture 55+ Active Adult Apartment Homes, as well as the other sponsors and exhibitors for helping to make this even a truly successful community resource for our seniors!

We are already working on the 2020 event and have a tentative date at the North Charleston Convention Center for March 19th. For information, email dillonk@musc.edu.





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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.