

Center on Aging

Fall 2019 | musc.edu/aging



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For questions or comments about the Center on Aging Newsletter contact:
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From the Director

Hello everyone,

2019 is quickly coming to a close, and as always there is so much happening. The fall has once again brought so many opportunities for education - including our new class of medical students joining the Senior Mentor Program, the Geriatric Medicine Fellow working to become a specialist for older adults, research students competing with posters and presentations for age-related research recognition.

Our calendars are full of community events for the end of the year with the Holiday Harvest Gala, as well as for the spring with the 4th Annual MUSC Center on Aging Senior Expo - March 19th.

This is also a wonderful chance to thank our hard-working Center on Aging Executive Committee for their hard-work and dedication to fulfilling the center's commitment to promoting health, longevity, and improving the quality of life for South Carolina's seniors.

As we near the holiday season and the start of a new decade, we wish you all health and happiness. We look forward to more opportunities to further our efforts in aging research, education, and service in the lowcountry and beyond.

Thank you for all of your support in 2019!

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



Geriatric Medicine Fellowship Program

This year MUSC welcomed Natalie Christian, MD as its first Geriatric Medicine Fellow. We appreciate Dr. Christian taking some time to help us get to know her and discuss some of the challenges she sees facing her patients.

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

NC: During my medical training, I have naturally been drawn to working with older adults. I was able to work with a geriatrician during my family medicine rotation and seeing how this small town doctor knew all of his patients and their families really shaped how I practice now. In residency, I was able to work in retirement communities and skilled nursing facilities, which allowed me to spend more time with patients, getting to talk to them, learning about their lives and finding out what is most important to them, and what gives them purpose, which in turn, led me to find my own purpose in caring for them. I have personally seen the impact of aging in loved ones and the far-reaching impact it has, not only on individuals, but their families, friends and support systems. I want to be able to provide time for my patients and to be alongside them in the aging process, to navigate it with grace, dignity and vitality.

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

NC: I went into primary care because of the strong relationships that can be forged with patients and that we are able to make decisions about their care as a team. It is so humbling and rewarding to have a person put their trust in you as his or her physician - to be an advocate for their health and well-being. I love being able to work with individuals and their families towards a common goal, so that each patient gets individualized care. It is so fulfilling to work alongside patients with such a wealth of life experience, knowledge and know-how and to learn from them.

What is your biggest challenge you see facing your patients?

NC: I often see patients struggling with the uncertainty that comes along with aging; determining what is normal vs abnormal while they navigate this new age of "elderhood". It is so important for them to maintain who they are and to keep living a fulfilled life. I see it as my job to help ease some of those fears of the unknown, working together to be informed, and to be an advocate for patients.

MUSC also offers fellowship programs in:

- Geriatric Psychiatry
- Health Services
- Palliative Care



Senior Mentor Program



First year medical students meet their Senior Mentors for the first time at the orientation lunch on October 8.



The lunch is the beginning of the 4 year partnership between students and their Senior Mentors who volunteer their time to work with them on aging curriculum.

The Center on Aging welcomes the The Class of 2023 College of Medicine students to MUSC. On October 8th students met with their Senior Mentors, who they will work with for the next four years to enhance their understanding and compassion for older patients.

The Senior Mentor Program is a volunteer program that connects ALL of MUSC’s medical students with individuals over the age of 65 that they will then visit with throughout their training to complete assignments that correlate with their medical curriculum.

Assignments include tasks such as nutrition analysis, fall risk assessments, patient interview skills, and introducing conversations about advanced directives. The aim of the program is to enhance positive attitudes, reduce stereotypes, and overall improve how these future physicians care for older patients, who will make up a large share of their patient population as the Baby Boomers enter their golden years.

Thank you to all of the dedicated Senior Mentors, both new and returning, who volunteer time to teach our students!

To learn more about the Senior Mentor Program: call 843-792-0460 or email seniormentor@musc.edu

Education: Resources for Movement Disorders Patients



PD Net: Caregiver Assistance Program

Our program is based on the premise of empowering community members close to the people with Parkinson’s Disease (PD) to be trained as volunteer caregivers or an as-needed helper, depending on defined needs by the people with Parkinson’s. Some of the services caregivers could provide include companionship, time, reading to patient, taking a walk, assistance with light housekeeping, shopping, transportation, or meal prep.

Two-Hour Caregiver Class

Class is offered once per month with focus on the following, but specific to the needs of patient and abilities of volunteer caregiver:

- Motor and non-motor symptoms
- Psychological stressors
- Treatment
- Safety and fall prevention
- Swallowing precautions
- Importance of medication compliance
- Coping
- Exercise
- Relaxation

For More Information:

Email MUSC Health Parkinson’s Foundation Center of Excellence Nurse Coordinator Nicole Cool, BSN, RN, at cool@musc.edu.

Parkinson’s Disease Orientation for Newly Diagnosed Patients & Caregivers

Anyone that is “newly diagnosed” (within one year or less) will learn:

- Introduction to Parkinson’s Disease and current treatment options
- Introduction to MUSC Health Parkinson’s Foundation Center of Excellence Team
- Community resources locally and globally
- Tips and recommendations from Occupational Therapy on Parkinson’s Disease and work life
- Role of Physical Therapy in early Parkinson’s Disease and overall importance of exercise
- Overview of research in Parkinson’s Disease, how to stay informed and get involved

MUSC Health Movement Disorders Team

- Movement Disorders Physicians
- Parkinson’s Foundation Center of Excellence
- Nurse Coordinator
- Neuropsychologist
- Physical Therapy/Occupational Therapy

2020 Dates Offered

- February 21, 2020
- June 19, 2020
- October 16, 2020

RSVP for date of choice to cool@musc.edu.

MARK YOUR CALENDARS

DATE	EVENT	FOR MORE INFO
November 24, 2019 5:30 pm	Community Candlelight Memorial <i>Hampton Park, Charleston, SC</i>	www.muschealth.org/attp 305-537-9938
December 5, 2019 6 pm - 9 pm	LSN Holiday Harvest Gala to benefit Charleston Meals on Wheels <i>Cooper River Room, Mount Pleasant, SC</i>	843-792-0712 dillonk@musc.edu
January 31, 2020 10 am - 7 pm	Charleston Health + Wellness Expo <i>Omar Shrine Temple</i>	www.charlestonphysicians.com/expo
March 19, 2020 9 am - 2 pm	MUSC Center on Aging Senior Expo <i>North Charleston Convention Center</i>	843-792-0712 dillonk@musc.edu

Research:

Student Research Day

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. RD also functions as a showcase for the wealth of research being conducted at MUSC and is the day the University truly celebrates its research mission.

RD is a great opportunity to practice presentation skills and receive constructive criticism. Awards are also given in special categories including the Center on Aging’s award for aging-related research.

Congratulations to this year’s CoA Award winners:

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



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:

The Lowcountry Senior Network (LSN) will host the 4th Annual Holiday Harvest Gala to raise funds to support the Charleston Area Meals on Wheels program on December 5th, 2019 in the Cooper River Room at Mt. Pleasant’s Memorial Waterfront Park.

Over the past three years this event has raised \$43,000 to benefit the organization and help fill the void in their waiting list.

This fundraising event was conceived by members of Lowcountry Senior Network as a response to the staggering number of individuals in the area that are on wait lists to receive Meals on Wheels services due to lack of funds.

Charleston Area Meals on Wheels, a Charleston Area Senior Citizens (CASC) program, not only provides a nutritious meal, but also a friendly visit and a safety check that helps keep seniors living independently in their own homes from the Cooper River to the Edisto. The money raised by the gala allows the program to reach hundreds more who are currently waiting to receive services.

A pair of tickets to the Holiday Harvest Gala cost \$110 and equals the cost to feed one Meals on Wheels client for an entire month. Since the heart of this fundraiser involves food, LSN once again teamed up with the outstanding culinary team from Franke at Seaside who provided an unforgettable menu! Live music, delicious signature cocktails from the open bars, outstanding raffle baskets, and fabulous silent auction items all make this an evening to remember!

Tickets: www.lowcountrydsn.com



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 | email: dillonk@musc.edu



Changing what's possible



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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.