

CENTER *on* AGING

www.musc.edu/aging

Summer 2015



Lotta Granholm, PhD/DDS
Director, Center on Aging

Dear Readers,

I hope everyone is having a wonderful and restful summer. In this issue of the CoA Newsletter, you can read about wellness activities at MUSC (including the Urban Farm pictured here), support for aging legislature, Downs syndrome conferences, Senior Mentor Program Graduation Luncheon, upcoming community events, and the new Harleston Village that MUSC is excited to be on board with.

There are some major changes for the Center on Aging coming in the next year. I have accepted a position as the inaugural Director for the Knoebel Center on Aging at the University of Denver, and will move in July 2016. In preparation for this move, there is currently a call for nominations of 1 or 2 Deputy Director(s) for the CoA, who would be in operation already in the fall of 2015 to ease the transition.

It is also with sadness that I tell you that Dr. David Bachman, who has been the Co-Director for the CoA for many years and a strong advocate for aging research and education programs at MUSC retired from his role as Co-Director in June. Dr. Bachman will continue to work with us on specific projects, and is one of the leaders for

the new Strategic Planning group for Alzheimer's disease and other dementias at MUSC.

The other major change to our program is that the affiliated CCNL Brain Bank will officially move to the Department of Pathology, under the leadership of Chairman Dr. Steven Carroll. This transition will prove to enhance funding, research, and clinical data collection for brain bank donors and lead to stronger programmatic research in this area at MUSC.

Throughout these transitions, the Center on Aging will continue with our research, education and community outreach missions. We are in the process of organizing the 12th Annual Aging Research Day, which will be held in Charleston in February 2016. Our invited keynote speaker will be Dr. Nicholas Bazan, a world-renowned researcher in age-related vision research. For more information on this conference, please see page 7.

Warm regards,

Lotta



MUSC Wellness Center Healthy Aging Week

May 26th-29th, the MUSC Wellness Center held Healthy Aging Week for all in the community 50+ in celebration of active aging and healthy lifestyles.

There were daily nutrition topics, balance and stability classes, functional fitness testing and fall-risk screenings. The classes were led by certified instructor and MUSC Dietetic Intern, Stephanie Wadsten. They simulated balance and mobility tasks of daily life that challenge sensory, motor, and cognitive systems through

Center of Gravity Control Training, Multi-Sensory Training, Postural Strategy Training, Gait Pattern Enhancement & Variation Training, Strength and Flexibility Training.

Functional Fitness Testing and Fall-Risk Screenings included analysis of results compared to fitness standards and normative data.

For information on other upcoming events or membership to the MUSC Wellness Center, please visit www.musc.edu/hsc.



In keeping with our mission to improve health and maximize quality of life through education, research and patient care, MUSC has developed a half-acre of the North Garden as an educational garden with the goal of creating opportunities for our community to learn how to eat for health.

The MUSC Urban Farm is designed to be a living classroom where students, faculty, staff, and the community come together to explore the connection between food and health through hands-on learning about the many varieties of vegetables, fruit, and herbs grown in South Carolina.

To get involved or learn about volunteer opportunities, visit their website below. Be sure to like their Facebook page to keep up with Farm happenings and how they are connecting food and health at MUSC.

www.musc.edu/urbanfarm

Located off of Bee St. near President St.

Summer Weekly Work & Learn Sessions

Wednesdays (7:30 - 8:30 am) Early Bird Maintenance

Thursdays (4:00 - 5:00 pm) Sunset Work and Learn

Saturday: July 11, 18; August 1, 15 (9:00 - 11:00 am)
Family Friendly Work and Learn

3rd Thursday July 16; August 20 (12:15 - 12:45 pm)
Lunch + Learn/Tour the Farm

Bring your lunch and take a break in a serene, relaxing setting and enjoy an interactive discussion on a variety of topics. No need to register for this event. Stay as long as your schedule permits.



*We would like to thank
Dr. David Bachman for serving as
the Center on Aging
Co-Director since 2011.
His leadership and support have
been invaluable to the
Center's mission since joining the
Executive Committee in 2001.
We appreciate his dedication as he
retires from this post.*

1st International Conference of the Trisomy 21 Research Society

Changing Paradigms in Down syndrome



For years the rather small international community of researchers committed to understanding the effects of trisomy 21 and to use this knowledge to expand opportunities for people with Down syndrome has struggled to obtain resources to support research, to recruit new generations of investigators to this area, and to enable investigators to communicate with each other to reach common goals.

A core group of those investigators have established the Trisomy 21 Research Society, an international professional organization for those engaged in Down syndrome (DS) research. The society will provide a nexus for organizing communication between researchers and with organizations that have the means to disseminate this news to families; to assure that young researchers see the excitement and potential of a career in a rapidly advancing area that is making contributions to the quality of life for people with Down syndrome every day; and to coordinate a biannual international meeting of investigators.

The first meeting was held in Paris in the new Brain and Spine Institute building of Hospital Pitié Salpêtrière on June 4-7, 2015.

This three and half day event discussed many aspects of Down syndrome from development to aging to clinical trials in an informal academic setting. Topics for discussion included molecular mechanisms, animal modelling, drug discovery and care. With plenty of opportunity for networking and debating, this international meeting brought researchers up to date with current research and thinking regarding Down syndrome.

MUSC's delegation to the conference included, Lotta Granholm, Aurélie Ledreux and Eric Hamlett. Eric presented on a novel treatment strategy using mice models and utilizing pro-resolution compounds to counter-affect enhanced inflammation that is observed in the brains of the individuals with DS. Dr. Granholm gave a talk about biomarkers in Down syndrome-related Alzheimer's disease and generated a lot of interest while presenting some exciting new finds.

Eric was enthusiastic about his experience at the conference, saying that he enjoyed the program having such a strong focus on cutting edge science being conducted around the world. While, many conferences offer presentations with clinical-based information, this was specifically research related, which made it a unique opportunity to learn about the most novel advancements.

Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment: ISTAART Professional Interest Area (PIA)

Dr. Granholm is the Chair, along with Dr. Cynthia Lemere and Dr. Marwan Sabbagh, of an international group focusing on Down syndrome-related Alzheimer's disease (DS-AD). Through Dr. Granholm's work with the National Alzheimer's Association, this group received funding for a workshop held May 21-22 in Chicago at the Alzheimer's Association Headquarters and featured investigators from more than 20 research groups in the USA, several funding agencies, and 6 research groups in Europe. The workshop focused on a plan for an international research consortium on DS-AD. The ISTAART PIA group currently has more than 250 members from over 38 countries.

By forming this multi-site collaborative team for clinical trials and neuropathology repositories, it is more likely to yield breakthrough results than individual efforts. The intention of the ISTAART PIA is to meet two times per year as a group in order to form a national tissue repository, and set up a data sharing network and work with industry to develop treatment targets and biomarkers for DS-AD.



SENIOR VILLAGE MOVEMENT

Emerging in Charleston

Individuals interested in learning more about the project should contact John Milkereit at johnmilkereit@me.com or 843-722-1185.

A group of neighbors meet in November to learn more about a prospective senior village in the Harleston Village area in downtown Charleston. Pictured, from left to right, are: Gail McKenna (seated), Joan Ustin, Peg Eastman, Angela McLester (seated), Nancy Black and Les Black. Also in attendance at the gathering were the hosts, Sherry and Sonny Ray, as well as Mark Bloom, Karen Del Porto, Emmye Johnston, Caroline (Jones) Franz, Susan Lyons, Joanne Milkereit, John Milkereit, and Judy Sawyer.

A group of volunteers in downtown Charleston has been working toward establishing a "senior village" in the Harleston Village neighborhood. A senior village is an organization that provides residents with access to needed services as they age, so they can remain in their homes as long as possible.

The group has drawn on the experience of similar ventures in Hilton Head, SC, and Chapel Hill, NC, where there are thriving senior villages. The primary model is Beacon Hill Village in Boston, MA, which began in 2001 as a grassroots effort.

Organizationally, the village can be informal, whereby neighbors volunteer to help neighbors; or it can be a more formal entity, typically a nonprofit, that employs staff members to deliver services to residents who pay a fee for membership. There are now over 140 villages throughout the U.S.

The Harleston Village volunteers have been conducting research to identify programs and services that would be of interest to residents. They have had help from Mayor Riley's office in defining the demographics of the Harleston Village neighborhood. They've also conducted informal neighborhood gatherings to educate residents about senior villages and to identify people who may be interested in participating.

Preliminary feedback received from the Harleston group's outreach

efforts indicated a wide array of needs, including help with home maintenance, legal services and computer technology; transportation to doctors' appointments; grocery shopping and meal preparation; organized physical activities, like walking groups; and simply having access to neighbors' contact information.

Earlier this year, with the assistance of the Harleston Village Neighborhood Association, the group conducted an electronic survey of approximately 360 residents. The response rate exceeded 20%.

Overall, the survey results confirmed what the group had been learning from their informal outreach efforts – principally, that home maintenance, the need to make physical accommodations (to stairs, bathrooms, etc.), and health issues would be the major barriers that would prevent people from staying in their homes. Because many Harleston Village residents live in old homes, the need for maintenance assistance was not surprising.

Following are other key findings:

- 70% of those responding said they would be interested in having access to daily living/home services such as help with meal preparation, shopping, caregiver relief or transportation; contact phone calls for those living alone; and/or referrals for services to plumbers, handymen, etc.
- Over 70% said they would be

interested in organized physical activities (such as walking or yoga groups), social activities, and/or continuing education classes.

- 75% said they would be interested in becoming a member of a senior village.
- Over 70% said they would be willing to pay a fee for senior village services.
- Almost two-thirds said they would be willing to serve as a volunteer for a senior village.

Based on the survey findings, the Harleston Village group is developing a list of preferred vendors and contractors to make available to the approximately 70 residents who have thus far expressed interest in participating in the senior village.

The group is also planning a reception this fall at Gage Hall, 4 Archdale Street, in an effort to reach out to a larger number of neighborhood residents to raise awareness and elicit participation.

The Harleston group believes that their downtown location near two major hospitals, two colleges and the Charleston School of Law would afford particularly rich opportunities for collaboration and provision of services. The volunteers have initiated discussions with these institutions to explore the possibilities.

The Harleston Senior Village volunteer steering committee consists of John Milkereit, Sally Smith, Ann Marconi, and Joan Ustin.

SAVE THE DATES

Mark your calendars for these events



Walk to End Alzheimer's (photo courtesy of Alz.org/sc)

Walk to End Alzheimer's

September 19, 2015
Riverfront Park, North Charleston
More Info: www.alz.org/sc

The Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide and 9 locations in our region, this inspiring event calls on participants of all ages and abilities to reclaim the future for millions.

Once again, the MUSC Center on Aging has formed a team for this event and hope that you will support us for the walk. To join or donate, visit alz.org/sc and find the MUSC Center on Aging team.



RCC participants create artwork for Moments on Canvas

5th Annual Moments on Canvas Art Show and Sale

October 1, 2015 from 6 to 9 pm
Founder's Hall at Charlestowne Landing
More info: laura@respitcarecharleston.org

This event pays tribute to the creative spirit in those with dementia. It features a special art sale of work by Respite Care Charleston participants and a silent auction of other items. Also featured this year will be photography by Seabrook Island artist and long-time Respite supporter, Bob Hider. They are currently requesting and accepting silent auction items for the event.



Buddy Walk (photo courtesy of BuddyWalk.org)

Buddy Walk 2015

October 4, 2015
Etiwan Park, Daniel Island
More Info: www.dsalowcountry.org

The Buddy Walk® was established in 1995 by the National Down Syndrome Society to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. Etiwan Park is located on beautiful Daniel Island and easily reached by 526 and I26. They will continue the Lowcountry Buddy Walk traditional mega jump castle row, lunch, live music, and one mile fun walk through tree-lined Daniel Island neighborhoods.

Senior Mentor Program

BECOME A SENIOR MENTOR

The Senior Mentor Program is a volunteer program that connects medical students from the Medical University of South Carolina with people aged 65 years and older living in the greater Charleston, SC area. This program aims to encourage medical students to have positive attitudes about caring for older adults. It also focuses on helping reduce stereotypes about aging while striving to improve the way future doctors care for older persons.

To sign up or to find out more about the Senior Mentor Program please visit musc.edu/senior or call (843) 792-0460.

CONGRATS TO THE CLASS OF 2015 COLLEGE OF MEDICINE GRADUATES!

Below are a few graduates and their mentors from the Graduation Luncheon in April



Mr. Paul Putman, known to his friends and family members as "Put," was dedicated to the Senior Mentor program. He and his wife, Smiley, had both served as mentors for years when Put passed away. Smiley, who is still an active mentor, and their children contacted us and expressed a desire to do something special in Put's honor to acknowledge students each year who showed exceptional empathy and compassion, and demonstrates these skills specifically well with senior patients. This year the Putman family graciously extended the award to include 3 graduating medical students. All three students will work extensively with geriatric patients in their chosen field.

CALLING NEW MENTORS!

The fall will be approaching soon with new medical students ready to meet their Senior Mentors.

If you would like to volunteer to be a mentor for the Class of 2019, please contact 843-792-0460



Paul "Put" Putman Award Recipients of 2015
Kaighn Morlok, Jim McAlpine, Katie Anderson

AGING RESEARCH DAY 2016

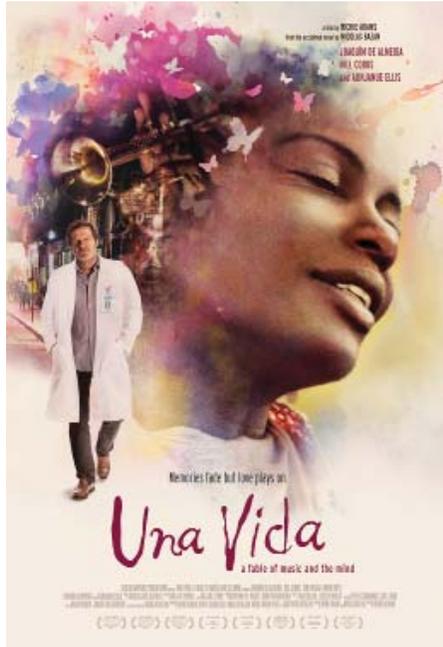
“Sensory Systems in Aging”

The theme for the 12th Annual Aging Research Day is “Sensory Systems in Aging” and will include interesting lectures and posters related to this topic. Hosted by MUSC, the conference will be held on **Friday, February 26th**.

We are pleased to announce our keynote speaker will be Dr. Nicolas Bazan, who is internationally recognized for his contributions to neuroscience and research in vision and ophthalmology, as well as an author, educator, mentor, developer, music enthusiast, and art lover.

Dr. Bazan’s first novel was adapted into the award winning film, *Una Vida*, *A Fable of Music and the Mind*, which was a large part of the inspiration for this year’s theme on sensory systems.

The film features Joaquim De Almeida, Terri Abney, Aunjanue Ellis, and James Whalen. This is a touching tale about a New Orleans jazz singer (Ellis) with Alzheimer’s disease and her connection with an Alzheimer’s researcher (De Almeida). The movie has won several prominent awards and will be screened in conjunction with the conference.



“Neuroscientist Dr. Alvaro Cruz, haunted by dreams of the mother he lost to the disease that is the 6th leading cause of death in the U.S., finds solace in discovering, assisting, and eventually reuniting a family

torn asunder by poverty and disease. Aunjanue Ellis, who masterfully portrays the afflicted Una Vida and also appears in ‘The Help’, has the ability to lose focus in her eyes, snapping back to reality when music or memories stir her to do so. Her singing voice, sorrowful and beautiful, drives the narrative and enraptures Dr. Cruz and the audience,” says Brad Williamson, of Breck Film Fest.

For more information on the film, visit www.unavidafilm.com.

Joining Dr. Bazan, will be top researchers from MUSC, Clemson, USC and other institutions discussing how aging and age-related diseases affect all of the senses.

The conference will be open to the public, but registration is required. For more information, please contact Kelly Dillon at dillonk@musc.edu.

SC Legislators Bring Brain Bank Initiative to the Hill

Senator Tim Scott’s Aide, Daniel Bunn, toured the CCNL to learn about its research on May 26th after meeting with Dr. Steve Carroll, Dr. David Bachman and Dr. Kumar Sambamurti. They discussed how the Brain Bank is providing valuable tissue samples to support cutting edge research, not only in SC, but internationally. Earlier this year, Senator Scott presented to Congress the work being done at MUSC and the Brain Bank to promote healthy aging and advancement of research for age-related diseases.



Dr. Nicolas Bazan, Keynote Speaker



 **MUSC**
MEDICAL UNIVERSITY
of SOUTH CAROLINA
CENTER *on* AGING
19 Hagood Avenue, Suite 806
MSC 510
Charleston, SC 29425

www.musc.edu/aging

fax: 843.792.0679

office: 843.792.0712

The Circle: A Walk With Dementia is a personal tale of one family's journey through the battle of Alzheimer's disease. The author, Mrs. Sally Hughes Smith, has donated all proceeds from the sale of this book to the MUSC Center on Aging to support research into Parkinson's and Alzheimer's diseases, dementia, vision and hearing loss, and other age-related problems.

The 1st edition of *The Circle* has brought in over \$35,000. Most of this income has been used to fund research on Alzheimer's disease, as well as bring world-renowned speakers on age-related research topics to MUSC.

The 2nd edition has just been printed and is now available for purchase on Amazon or email dillonk@musc.edu



Lotta Granholm-Bentley, DDS, PhD - Director, Center on Aging
Co-Director, Carroll A. Campbell, Jr. Neuropathology Laboratory
granholm@musc.edu

Heather Boger, PhD - Director, Senior Mentor Program
boger@musc.edu

Laura Columbo - Brain Donation Coordinator
columbo@musc.edu
843-792-7867

Susan McLintock - Administrative Coordinator
mclintoc@musc.edu
843-792-0712

Kelly Dillon - Administrative Coordinator
dillonk@musc.edu

CENTER *on* AGING STAFF