

Center on Aging

Summer 2018 | musc.edu/aging



05 Seniors can often be targets for abuse and exploitation in many different ways. Find out what's being done to educate health care providers, first responders, and the community on how to identify and prevent abuse in the elderly.

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

With the passing of each afternoon thunderstorm, summer seems to be flying by! We hope you are enjoying some of the wonderful activities and events that the Lowcountry has to offer this time of year.

We are excited to share with you some outstanding news about MUSC's Movement Disorders Program and new research funding for aging related studies.

The Senior Mentor Program just sent off the 2018 graduates and we are welcoming the class of 2022 to MUSC.

Be sure to read about the collaboration of the Mayor's Office on Aging, Charleston Police Department, City of Charleston Prosecutor's Office, My Sister's House, and Trident Area Agency on Aging with the Enhanced Training and Services to End Abuse in Later Life (ALL) grant on page 5. The ALL grant focuses on changing how victim services and the criminal and civil justice systems respond to domestic violence, dating violence, sexual assault or stalking, neglect, and financial exploitation against victims who are 50 years of age and older.

This issue also introduces you to one of the Center on Aging's newest executive committee member, Addie Middleton, PhD, DPT. Dr. Middleton is an Assistant Professor in the College of Health Professions.

Finally, we look back at the 2018 Senior Expo that was held in May. We are already jumping ahead to next spring to plan for 2019. Thank you to those who attended and sponsored the event.

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



Movement Disorders Program

MUSC Movement Disorders Program Named Parkinson's Foundation Center of Excellence

Congratulations to the Center on Aging's Deputy Director, Vanessa Hinson, MD, PhD and her team at the MUSC Movement Disorders Program on being named a **Parkinson's Foundation Center of Excellence**. Dr. Hinson is the Director of the program that is now designating MUSC as one of 42 centers around the world, including only 28 in the United States.

According to the Parkinson's Foundation, Parkinson's Foundation Center of Excellence status is the most respected and sought after designation in the field of movement disorders, with each center required to meet rigorous clinical, research, professional education and patient service criteria including:

- providing expert care to more than 127,000 people with PD
- setting the highest standards of care worldwide for people with PD
- advancing research to improve the lives of everyone with Parkinson's treated at centers and beyond, and for future generations
- providing patient education programs, community outreach programs and specialized Parkinson's training for healthcare professionals

The MUSC Movement Disorder Program is seeking participants who have Parkinson's disease, and are interested in participating in research.

Currently, there are research studies being conducted for the following conditions:

- Early untreated Parkinson's disease
- Mild to moderate Parkinson's disease
- Moderate to advanced Parkinson's disease
- Advanced Parkinson's disease with wearing off symptoms
- Freezing of gait with Parkinson's disease
- Cognitive impairment in Parkinson's disease
- Progressive Supranuclear Palsy
- Vascular parkinsonism

If you are interested in participating in a clinical trial, please call the MUSC Movement Disorders Program at 843-792-9115.

CoA Pilot Grants Awarded

The awardees for the 2018 Center on Aging research pilot grants were announced in June.

In its second year, this program is open to junior, mid-level or senior faculty and post-doctoral fellows and required 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.

The recipients of the pilot grants for 2018 are:

Heather Bonihla, PhD, CCC-SLP
 Department of Health Science and Research
Respiratory Muscle Strength Training in Presbyphonia

Sakamuri Reddy, PhD
 Children's Research Institute
NFAM1 stimulation of osteoclast differentiation in Paget's disease of Bone

Vanessa Hinson, MD, PhD
 Department of Neurology
Transcutaneous Auricular Vagal Nerve Stimulation (taVNS) in Mild to Moderate Parkinson's Disease



Senior Mentor Program



Graduating medical students celebrated their milestone with their Senior Mentor, Minnie Britt.



Senior Mentor Program Director, Dr. Heather Boger and Senior Mentor, Paul Franklin

The Class of 2018 College of Medicine students enjoyed a well-earned graduation luncheon in April to thank their Senior Mentors for their contributions to their medical training 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. During their sessions, 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.

Mohammed Dany was chosen as the 2018 recipient of the Paul “Put” Putman Geriatrics Training Award and we wish him continued success as he embarks on his internship at Brigham Women’s Hospital at Harvard and then residency in Dermatology at University of Pennsylvania.

Thank you so much to Dr. Mark Newbrough for being the guest speaker at the luncheon and of course to all of the dedicated Senior Mentors. This program would not be possible without you!

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

MARK YOUR CALENDARS

DATE	EVENT	FOR MORE INFO
August 31 (9 am - 1:30 pm)	Senior Lifestyle Fair <i>Dorchester Seniors, Inc.</i>	www.dorchesterseniors.com 843-871-5053
September 15 (9 am)	Walk to End Alzheimer’s <i>Riverfront Park, North Charleston</i>	www.alz.org 843-614-6608
September 22 (10 am - 2 pm)	Senior Resource Summit <i>Mt Pleasant Senior Services Center</i>	www.seniorresourcesummit.com 800-473-4636
November 29 (6 pm - 9 pm)	LSN Holiday Harvest Gala to benefit Charleston Meals on Wheels <i>Cooper River Room</i>	843-792-0712 dillonk@musc.edu

Education: Training and Services to End Abuse in Later Life



(L-R) Jamie Roper (City of Charleston), Mayor John Tecklenberg, Stephanie Blunt (Trident Area Agency on Aging), and Cheryl O’Donnell (City of Charleston)

In 2016 the City of Charleston Mayor’s Office on Aging was selected as one of eight grantees to receive the Enhanced Training and Services to End Abuse in Later Life (ALL) grant.

The goal with this grant is to improve how we, as a community, respond to elder abuse. They have started a program to train those professionals who have an integral role in identifying when abuse may be happening, who can provide support services to victims, and hold their abusers accountable for their crimes. There are ambitious goals to train more than 400 officers in the Charleston Police Department on identifying signs of and investigating cases of elder abuse, with about 150 officers already complete. They are also offering a multidisciplinary trainings where Adult Protective Services, domestic and sexual violence victim advocates, healthcare providers, and other senior service providers can learn about the dynamics of abuse that older adults experience, review available community resources, and examine how we can work together to enhance older victims’ safety and quality of life.

As of July 2018, 54 professionals have been trained from a variety of fields and there will be three more trainings this year. In addition to the trainings offered, they have sponsored participation from local judges and prosecutors to attend week-long trainings on prosecuting elder abuse cases. Trainings have been well received by attendees, particularly the interactive exercises and case studies reviewed during the sessions. They are helping to open people’s eyes to the choices older victims are forced

to make when seeking safety and justice, particularly when their abuser is their spouse, adult child, or even grandchild.

In order to change how the community responds to abuse, we need to make sure everyone is on the same page about what elder abuse is, why it occurs, and how to work with victims to ensure their safety. In addition to training, now self-assessments are being conducted to evaluate practices within and across key intervening agencies to improve how they coordinate to support victims of abuse.

Currently there are preparations for a one-day training, specifically for police detectives and investigators, focused on financial crimes against seniors. In addition to the trainings already offered, there are hopes of developing a training for firefighters and other first responders. They are often called for non-emergency assistance and it is imperative that they know what signs to look for, as well as when and to whom they should report suspected abuse.

For more information about the ALL program, contact Cheryl O’Donnell at 843-965-4190.

MUSC’S ROLE IN ELDER ABUSE PREVENTION AND IDENTIFICATION:

Within the MUSC Enterprise, the MUSC Elder Abuse Assessment Training & Mental Health Services Program, directed by Dr. Melba Hernandez-Tejada, offers training to health care providers on how to identify and refer cases of elder abuse within their practice. The program has successfully trained more than 1000 providers (from MDs to students) in the past 18 months. Mara Steedly, coordinator of the training component, highlighted that beginning September 1st, this 1-hour training will be available through the CME office for all healthcare providers and also through MyQuest to all MUSC employees and providers. The training is also available externally to healthcare providers in the tri-county area of the Lowcountry. Training is both available online and in person.

For more information: 843-792-2910 or steadlem@musc.edu

Research: Meet Addie Middleton, PhD, DPT

Dr. Addie Middleton is a tenure-track faculty in the Division of Physical Therapy at MUSC. She established “big picture” quantitative analysis skills through a BA in Economics with a minor in Mathematical Sciences, followed by a clinical doctorate in physical therapy. Immersion in the clinical field provided a unique perspective for recognizing the issues impacting rehabilitative care. Additionally, she is a Faculty Fellow supported by the Foundation for Physical Therapy’s Center of Excellence in Physical Therapy Health Services and Health Policy Research and Training (CoHSTAR) Grant. The focus of her fellowship is training and hands-on experience conducting mixed methods research in the area of implementation science.



Dr. Addie Middleton is an Assistant Professor in the Division of Physical Therapy and has proved to be a valuable asset to the Center on Aging Executive Committee.

“My research interests are a product of my clinical experiences as a physical therapist. Although I worked in a variety of settings, my first job was in an acute care hospital and my final job was in a skilled nursing/long-term care facility. In both settings, I watched patients cycle through the acute to post-acute continuum, and this cycling was often accompanied by functional decline. My decision to leave full-time clinical practice was motivated by my desire to play a role in the development and implementation of strategies to prevent the decline and sequela (a condition that is the consequence of a previous disease or injury) that can occur among older adults following an illness or injury.

I currently conduct health services research focused on care delivery and outcomes among older adults. Hospitalized older adults spend most of their stay in

bed. Although bed rest may be required during medical management of the precipitating illness or injury, there are detrimental consequences, including loss of lean muscle mass and declines in strength and aerobic capacity. Notably, functional decline occurs during hospitalization, even among previously healthy older adults. Following a hospitalization, many older adults receive post-acute rehabilitative care.

Some of my prior research focused on outcomes among older adults receiving post-acute rehabilitative care. The goal of this care is to improve functional independence; however, recovery is rarely 100%, and patients are often discharged with residual functional limitations.



“Hospitalized older adults spend most of their stay in bed.”

Subsequently, even after post-acute care, older adults are at increased risk for undesirable outcomes, such as rehospitalizations and institutionalizations. Based on my prior work, I believe functional status should be emphasized as a modifiable risk factor for adverse events across the continuum of care. I am interested in understanding how we can better prevent functional decline and maximize functional recovery among older adults who experience an illness or injury.

Moving forward I hope to continue to contribute to efforts to advance geriatric rehabilitative care and prevent the decline and sequela that can occur among older adults following an illness or injury. Intervening during this critical period to improve functional independence can have long-term impacts, such as reduced health care utilization, ability to “age in place” (community versus institutional setting), and improved quality of life.”

Service: 2018 MUSC Center on Aging Senior Expo



Physical therapy students performed free screenings.

The 2nd Annual MUSC Center on Aging Senior Expo was on May 24th at the Omar Shrine Convention Center in Mount Pleasant.

Hundreds of seniors, their families and caregivers attended this free event to learn about programs and services available at MUSC, but also throughout the state of South Carolina. Overall health and wellbeing was the focus of the day with over 25 MUSC programs, clinics, and student groups in attendance. Whether guests wanted to sample a taste from the Lowcountry Food Bank’s live cooking station, get in a safe and effective work out with the MUSC’s Wellness Center demonstrations, or have their hearing screened - there was something for everyone.

Between visiting the more than one hundred vendors, clinicians, and researchers, guests could also watch live presentations to learn about diabetes prevention and management from the Summerville YMCA, ask questions to MUSC’s geriatricians, discover the power of yogic breathing in managing stress with Dr. Sundar, and



Dr. Newbrough and Dr. Marwell took audience questions.



MUSC Wellness Center led group exercises.

even win some incredible raffle prizes.

Since overall wellness can mean more than just physical aspects, many of the resources gathered involved specialized services available to help seniors from all walks of life.

In addition to our focus on research and education, the Center on Aging’s mission is to continue to create opportunities for the community to become involved in our aim to improve the quality of life for South Carolina’s aging population. If you have feedback on this event or suggestions for future events, we would love to hear from you.

You can also continue to learn about events, research, and opportunities throughout the year with our Facebook page: @MUSCCenterOnAging.

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MUSC volunteer, Margaret Eargle, explained the Senior Mentor Program.



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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.

Changing What's Possible