
LIFE COURSE AND AGING CENTER

LSU'S INTERDISCIPLINARY CENTER FOR TODAY, TOMORROW, AND BEYOND

Volume 3, Issue 1, Fall 2004



Life Course and Aging Center Status Approved

The Louisiana Board of Regents approved the proposal for center status on September 22, 2004. This important designation of "center status" is essential for future development, and plans include a physical space for LCAC on LSU's campus.

Life Course and Aging Center Updates

- The LCAC is an interdisciplinary initiative out of the Office of Research and Graduate Studies at LSU comprising 34 scholars from 14 LSU departments, as well as the Pennington Biomedical Research Center, LSUHSC, Our Lady of the Lake College, and LSU-S.
- LCAC and the School of Human Ecology co-sponsored Dr. Pauline Boss as part of the Chancellor's Distinguished Lecture Series. See our story on page 4 for more details.
- Please visit us at <http://www.lsuagingstudies.com> or email us at lcac@lsu.edu.
- We welcome our new graduate students, Jennifer Depew, Payton Mincey, and Emily Olinde. They are funded through LCAC graduate enhancement awards.

Get up-to-date with the latest research being done by center members! Our luncheon with the community partners will be held on March 4, 2005.

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Faculty Highlights

LCAC Faculty travel news

Dr. Lilly Allen, School of Social Work

In January 2004, Dr. Allen had the opportunity to travel to Mumbai, India to attend the International University Consortium for International Social Development to research aging issues in India having profound global implications. Scholars and practitioners from over 35 countries were present, including Dr. Brij Mohan and Dr. Mary Ellen Kondrat of LSU's School of Social Work. Allen authored a chapter entitled "Gerontological Social Work: Implications for Practice in India". This is an invited Chapter for the *Encyclopedia of Social Work in India*.

Dr. Allen (pictured below) with children in India



Dr. Rita Culross, Department of Curriculum and Instruction

Dr. Culross traveled to Alberta Canada to present a paper entitled "Developmental Potential Among Creative Scientists" at the Sixth International Congress of the Institute for Positive Disintegration in Human Development in June of this year. In addition, she received a Faculty Travel grant in the amount of \$1,000 from the LSU Office of Research and Graduate Studies.

Student Highlights

LCAC-funded students make strides toward degrees

Micah Klumpp, Department of Communication Sciences and Disorders

Micah, who recently completed her general exams, is entering her third year of her doctoral studies in normal and pathological aging of the auditory and vestibular systems. She is funded through a USDA grant obtained by several faculty members of LCAC as well as an annual enhancement award from the LCAC. She is continuing to serve as recording secretary for her second year and has previously served as a member of the LCAC website, newsletter, and poster session committees. In June 2003, Micah presented her work on a doctoral research project with Dr. Richard Magill entitled, "Discovery vs. Guided Learning of Hearing Aid Insertion" at the 2004 Conference of the North American Society for the Psychology of Sport and Physical Activity in Vancouver, CA. Currently, Micah is working on her dissertation, "The Effects of Vestibular Rehabilitation in Chronic Vestibular Patients". She plans to examine movement strategies and subjective and objective physical function in chronic vestibular patients at the pre- and post-rehabilitation stages. In conjunction with this project, Micah is instrumental in the data collection and analysis of two other projects: (1) "Aging and the Vestibulosympathetic Reflex" with Dr. Robert Wood (Associate Professor, Department of Kinesiology) and her co-major professor, Dr. Jan Hondzinski (Assistant Professor, Department of Kinesiology); and (2) "Age-Related Changes in Vestibular Evoked Myogenic Potentials" with Dr. Shaum Bhagat (Assistant Professor, Department of Communication Sciences and Disorders). Micah plans to present her experiment with Dr. Bhagat to the 2005 Association for Research in Otolaryngology in New Orleans, LA, in February 2005, as well as more comprehensive results of that study to the 2005 American Academy of Audiology Convention in Washington, D.C., in April 2005.

Rania Mekary, School of Human Ecology

Rania, a fourth year student in Human Ecology/Nutrition, passed her general exams in January 2004. Rania has completed a minor in Epidemiology, a minor in Kinesiology, and is currently completing her Masters in Statistics. She is funded through a research assistantship from Human Ecology through the AgCenter, as well as an annual enhancement award from the LCAC. Rania has been an active member of the LCAC since 2002. Currently, Rania is working on her dissertation, "Osteoporosis

and Osteopenia Management: Prevention, Treatment, and Follow-up", a three-part research project. The first project entails a survey of physicians within the Baton Rouge and New Orleans areas regarding their common practices in the diagnosis, prevention, treatment, and follow-up with osteoporotic patients. Secondly, a case-referent study of post-menopausal women with osteoporosis/osteopenia is being conducted to determine the rate of change in bone density based on the treatment being followed. Lastly, a randomized controlled trial is being executed to determine if strength exercises, targeted on the lower back area in post-menopausal women who suffer from low bone density, have a positive effect on lumbar mineral density, muscle strength, and physical function in osteopenic women. Rania plans to graduate in May of 2005 and hopes to continue her work in a post-doctoral fellowship.

Karri Hawley, Department of Psychology

Karri, a fifth year student, has been funded by the LCAC Student Enhancement Award from 2003-2004, and is also receiving assistance through her research on the LA Healthy Aging Project with Dr. Katie Cherry and through her position as instructor for a course on Lifespan and Development. For the LA Healthy Aging Project, Karri and fellow LCAC members, Drs. Robert Wood and Katie Cherry, presented findings at the Annual Meeting of the Gerontological Society in San Diego, California. The abstract, entitled "The relationship among physical function, cognitive function and quality of life in older adults" was published in November of 2003. She is currently involved in data collection for her dissertation, "Spaced-retrieval effects on quality of life in older adults with probable Alzheimer's disease" which is an extension of Karri's thesis research. Spaced-retrieval, a method of exposing a client to new information repetitively, and at increasingly longer time intervals, has been shown to aid persons with Alzheimer's in learning new information. Karri's thesis work applied the spaced-retrieval method to the task of remembering names and faces. Her dissertation now involves training participants on the name of a familiar person such as a grandchild, and measuring the effects of this spaced-retrieval training on the client's quality of life.

Holly Kihm, School of Human Ecology

Holly, a second year student, published work from her masters thesis entitled, "Using Educational Interventions to Improve the Handwashing Habits of Preschool Children" in the July 2004 issue of the Journal of Early Child Development and Care. Additionally she has written an abstract that was accepted for Child Life's National Conference in Nashville in June 2005. The conference presentation is titled: "Changing for Good: Using Change Theories in Child Life Clinical Practice." Her dissertation research will focus on childhood obesity and quality of life. She is currently working with LCAC members Drs. Monroe, Laird, and Kosma.

Peripheral Neuropathy Intervention Study

LCAC members **Drs. Gardner, Hondzinski, Li, Welsch** and **Wood** recently conducted an exercise intervention study on individuals diagnosed with peripheral neuropathy. Peripheral Neuropathy is a neural disorder that affects sensory perception and motor control of the extremities. Most patients of the disease are among the elderly population. Common symptoms are numbness, burning and/or pain in the feet and lower legs and reduced postural stability. Current medical treatment of the disease is limited to pain control. The study was aimed at studying the effects of two different types of physical activity training on the physiological and mental health, functionality, as well as the quality of life of the patients. After six weeks of supervised training, either gait or Tai Chi, improvements were observed in several physiological and functional tests. The researchers are planning to investigate the interaction of different attributes of quality of life among the patient population and how physical activity can be best employed to help the patients to improve their quality of life.

Luncheon with Community Partners a Fun and Educational Event

LCAC held its first annual Community Partners Luncheon at the Lod Cook Alumni Center. More than 35 people attended including: **Stan McGee**, Director of Evangeline Economic Planning District; **Peggy Eysneck**, Ombudsman Program, Louisiana Department of Health and Human Services; **Deborah Roe**, Executive Director of Catholic Community Services; **Todd Hamilton**, Catholic Community Services; **Ann O'Hanlon**, University of New Orleans; **Ray Williams**, Regional Communication Specialist, Experience Works; **Elizabeth Yielding**, Older Worker Program, University of Louisiana at Monroe; **Bonnie Hatchett**, University of Louisiana at Monroe; **Beth Manning**, Woman's Hospital; **Robin Maggio**, Woman's Hospital; **Pete Arceneaux**, Executive Director of Governor's Office of Elderly Affairs; **Virginia Pearson**, Executive Director of Baton Rouge Health Forum; **Suzie Folse**, Administrative Director, Ollie Steele Burden Manor Nursing Home; **Art Landry**, Lagniappe Studies Unlimited of LSU. The program began with a welcome from **Kevin Smith**, Vice Chancellor of the LSU Office of Research and Graduate Studies. Following, some of the LCAC faculty spoke about their research. **Janna Oetting**, Assoc. Prof. of Communication Sciences and Disorders, talked about her research

project entitled "Tips about Talk," a program geared towards teen mothers and their children and supported by the Louisiana Children's Trust Fund. Next, **Katie Cherry**, LCAC Director and Professor of Psychology, and **Todd Hamilton**, from Catholic Community Services, discussed their research entitled "ELDER-LA: Statewide Needs Assessment." Last, **Michal Jazwinski**, Professor of Biochemistry and Molecular Biology at the LSU Health Sciences Center presented his research project, "Louisiana Healthy Aging Study." The program concluded with remarks from Lilly Allen, Assistant Professor of Social Work.

New Course Initiative with LSU-S

LCAC and the Institute for Human Services and Public Policy at LSU-Shreveport will launch an initiative to share courses in aging this spring. Professor Gerri Johnson will deliver her course titled "Principles of Adult Education" to the Shreveport campus. LSU-S is developing courses in long-term care administration, demographics of aging, and older Americans in community organizations.

News from LCAC Alumni

Denese Ashbaugh Vlosky, December 2003 graduate of the LSU School of Human Ecology, Division of Family and Consumer Sciences program, and student of Pamela A. Monroe, Associate Dean of the Graduate School, is currently working on a post-doctorate fellowship from the National Institute on Aging (NIA) at Duke University's Center for Demographic Studies. She was offered the fellowship by Dr. Kenneth Land, Director of the Duke Center for Demographic Studies, also a professor in the department of sociology. She will work with Drs. Zing Yi from the Duke Center for Demographic Studies and Department of Sociology, and Danan Gu from the Stanford Institute of Public Policy on a database entitled "Determinates of Healthy of Healthy Longevity in China: A Longitudinal Study". It is co-sponsored by the U.S. National Institute on Aging (NIA), the United Nations Fund for Population Activities (UNFPA), and the China National Foundation for Social Sciences. The study focuses on gaining a better understanding of healthy longevity in humans. **Ashbaugh Vlosky** will initially be working with Drs. Yi and Gu on living arrangements of Chinese elderly, and longevity and well being outcomes. Generally, researchers are interested in using demographic and statistical methods to determine which social demographic factors play an important role in healthy longevity. The research boasts a population set of over 20,000 elderly Chinese, the largest of its kind anywhere. For more information please see the following web site:
<http://www.pubpol.duke.edu/centers/ppa>.

LCAC Logo Contest

Last October, the LCAC conducted an art design contest to help develop a creative piece of artwork that people can associate with LCAC. Member Jan Hondzinski contacted high school principals and art teachers in Baton Rouge and surrounding areas to create a design to develop a visual identity that represents the theme of development throughout life. Photos of the entries were displayed at the annual Advisory Board Luncheon on February 13, 2004 and LCAC members voted Clint Berry as the contest winner and recipient of a \$100.00 gift certificate. Second place went to Ashley Barrow. Clint and Ashley studied art at Scotlandville Magnet High School from Amy Griffin. Photos of the contest entries can be viewed on the LCAC website.



DR. PAULINE BOSS
VISITS FOR
DISTINGUISHED LECTURE

BY DR. BETSY GARRISON

Students, faculty, staff and citizens joined the LSU community in welcoming **Dr. Pauline Boss** to the Chancellor's Distinguished Lectureship Series. **Dr. Boss** has been studying family stress and coping for over 30 years and is an internationally acclaimed author, scholar, and therapist. During her lectureship, **Dr. Boss** presented two lectures to more than 300 attendees.

On Wednesday, March 10, following a welcome by **Betsy Garrison**, Graduate Coordinator in the LSU School of Human Ecology, and an introduction by **Katie Cherry**, Director of LCAC, **Dr. Boss** spoke about Ambiguous Loss. She conveyed her message through real-life examples from the Sept. 11th tragedies as well as

her own family's ambiguous losses. She also discussed war, adoption, and Alzheimer's disease. **Diane Sasser**, Associate Professor of the School of Human Ecology closed the session with some applications of **Boss'** work especially as it relates to the efforts of the Family and Consumer Science professionals within the LSU AgCenter. Prior to Wednesday's lecture, students and faculty from sponsoring units were given a special opportunity to meet with **Dr. Boss** at a luncheon in the lobby of the Human Ecology building. Over 40 attendees engaged in informal chat with **Dr. Boss** about her life, research, and work experiences. In addition, LCAC sponsored a poster session at Lod Cook Alumni Center in which graduate student research from six different academic areas was exhibited. From Communication Studies was **Jon Croghan**; from

The Louisiana Healthy Aging Study*

By Drs. Katie E. Cherry and S. Michal Jazwinski

The Louisiana Healthy Aging Study is an interdisciplinary research collaboration with faculty from LSU and the Pennington Biomedical Research Center in Baton Rouge and the LSU Health Sciences Center in New Orleans. We have received funding from the Louisiana Board of Regents through the Millennium Trust Health Excellence Fund [HEF(2001-06)-02] to undertake a Multidisciplinary Study of Longevity and Healthy Aging in the Louisiana Population in the Center for Healthy Aging. Recently, we have secured additional grant funding from the National Institute on Aging to further explore the determinants of human longevity and healthy aging. We recognize that genes, the environment, and chance events affect aging. Our goal is to understand how these three factors influence the aging process so that we can develop preventative and compensatory interventions to slow the progress of aging.

*Mark Batzer, PhD; Evest A. Broussard, MS; Pauline Callinan, BS; Katie E. Cherry, PhD; Yu-Wen Chiu, DrPH, MPH; Annie Cooper, BA; James P. DeLany, PhD; Elizabeth T.H. Fontham, DrPH, MPH; Madlyn Frisard, MS; Paula Geiselman, PhD; Karri S. Hawley, MA; Scott W. Herke, PhD; S. Michal Jazwinski, PhD; Darla Kendzor, BS; Sangkyu Kim, PhD; Beth Kimball, BS; Li Li, MD; Kay Lopez, DSN; Eric Ravussin, PhD; Yolanda Robertson, APRN, MSN, FNP; Henry Rothschild, MD, PhD; Beth Schmidt, MSPH; Donald Scott, PhD; F. Nicole Standberry, BS; L. Joseph Su, PhD, MPH; Hui-Yi Lin, MS, MSPH; Crystal P. Traylor, APRN, MSN, WHNP; Robert H. Wood, Ph.D.; Pili Zhang, PhD

Kinesiology were **Jennifer Fabre** and **Melissa Nelson**; from Psychology was **Laura Fountain**; from Communication Sciences and Disorders were **April Garrity** and **Micah Klumpp**; from Human Ecology were **Michele Kelly**, **Holly Kihm**, **Rania Mckary**, **Olena Nesteruk**, **Katrina Hopkins-Williams**, **Mandy Swanson**, and **Tanya Davis**; and from Social Work was **Martha Novoa**. At the same time as the poster session, the **LSU Hurricane Center** also displayed their work.

Co-sponsors of the lectureship series included the LSU Schools of Human Ecology and Social Work; the departments of Educational Leadership, Research, and Counseling and Sociology; LCAC and Hurricane Center; the LA Association for Marriage and Family Therapy, and the LA Extension Association of Family and Consumer Sciences.

The Life Course and Aging

Center is an interdisciplinary initiative out of the Office of Research and Graduate Studies at LSU

Katie Cherry, PhD, Director of LCAC, Department of Psychology

Lilly Allen, PhD, Associate Director of LCAC, School of Social Work

Mark Batzer, PhD, Department of Biological Sciences

Shaum Bhagat, PhD, Department of Communication Sciences and Disorders

Joan Benedict, PhD, School of Human Ecology

Teresa K. Buchanan, PhD, Department of Curriculum and Instruction

Nathan Call, PhD, Department of Psychology

M. Jane Collins, PhD, Department of Communication Sciences and Disorders

Rita Culross, PhD, Department of Curriculum and Instruction

Christine DiStefano, PhD, Department of Educational Leadership, Research, and Counseling

Thomas Durant, Jr, PhD, Department of Sociology

Emily Elliott, PhD, Department of Psychology

Kristin Gansle, PhD, Department of Curriculum and Instruction

Rebecca Ellis Gardner, PhD, Department of Kinesiology

Betsy Garrison, PhD, School of Human Ecology

Gary Gintner, PhD, Department of Educational Leadership, Research, and Counseling

Maren Hegsted, PhD, School of Human Ecology

Petra Munro Hendry, PhD, Department of Curriculum and Instruction, Director of Women and Gender Studies

Geraldine Johnson, PhD, School of Human Resource Education

Jan Hondzinski, PhD, Department of Kinesiology

Yoshinori Kamo, PhD, Department of Sociology

Maria Kosma, PhD, Department of Kinesiology

Roger Laine, PhD, Department of Biological Sciences, Biochemistry and Molecular Biology Division; Department of Chemistry; Adjunct, Department of Entomology

Robert Laird, PhD, School of Human Ecology

Sean Lane, PhD, Department of Psychology

Li Li, PhD, Department of Kinesiology

Janet McDonald, PhD, Department of Psychology

Pam Monroe, PhD, Associate Dean, Graduate School

Janna Oetting, PhD, Department of Communication Sciences and Disorders

Carol O'Neill, PhD, School of Human Ecology

Loretta Pecchioni, PhD, Department of Communication Studies

Todd Pourciau, Assistant Vice Chancellor, Office of Research and Graduate Studies

Becky Ropers-Huilman, PhD, Department of Educational Leadership, Research, and Counseling

George M. Strain, PhD, Comparative Biomedical Sciences

Georgianna Tuuri, PhD, School of Human Ecology

Robert Wood, PhD, Department of Kinesiology

Michael Welsch, PhD, Department of Kinesiology

Life Course and Aging Center Adjunct Faculty

Stanley P. Brown, PhD, Dean, School of Health Sciences, Our Lady of the Lake College

Norman A. Dolch, PhD, Louisiana State University – Shreveport

John Fortenberry, PhD, Louisiana State University – Shreveport

S. Michal Jazwinski, PhD, Department of Biochemistry and Molecular Biology, Louisiana State University Health Sciences Center

Helen K. Powell, PhD, Louisiana State University – Shreveport

Eric Ravussin, PhD, Pennington Biomedical Research Center



(above) Drs. Katie Cherry and Michal Jazwinski and (below) Advisory Board Members at the Annual Luncheon for LCAC's community partners in February, 2004.

