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# LIFE COURSE AND AGING CENTER

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

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## Dr. Edward J. Golob and Dr. Emily Elliott Speak at 2013 LCAC Annual Luncheon

The LCAC hosted the 10<sup>th</sup> Annual Community Partners luncheon on Friday, February 22, 2013. To celebrate a decade of LCAC excellence, our keynote speakers included LCAC member, Dr. Emily Elliott (LSU Psychology) and LCAC adjunct faculty member, Dr. Edward Golob (Tulane University, Psychology). Dr. Elliott has conducted many studies on short-term and working memory using auditory stimuli (such as speech sounds) to understand how people direct their attention and remember information in the presence of distraction. Dr. Elliott's address was entitled, "The Effects of Irrelevant Sounds on Cognitive Performance: A Developmental Perspective." She described several findings from recent experiments where she has found age-related differences in the size of the irrelevant speech effect in children. Dr. Edward Golob's expertise is in the area of cognitive neuroscience, focusing on attentional control and memory. He uses the auditory system as a model for understanding cognitive and neurobiological changes that occur in healthy aging and dementia. His work has been funded by the National Science Foundation and the National Institutes of Health. Dr. Golob's address was entitled, "Music and Brain Aging." In his address, he noted that music provides a model for understanding brain aging. By studying musicians we may better understand the role of lifestyle and experience in healthy brain aging. Overall, our 10<sup>th</sup> annual luncheon was a huge success and the two presentations were exciting and relevant to LCAC members and community friends.



*(left to right): Drs. Jan Hondzinski, Neila Donovan, Katie Cherry, Priscilla Allen, William Jenkins, Emily Elliott, and Ed Golob*

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## Speakers Golob and Elliott



## Gero Certificate

The LSU School of Social Work launched the Gerontology Certificate Program in 2009. We currently have 22 students in the current Social Work Gerontology Certificate Program offering student a range of exposure to field experience in the area of work with older adults. Such a need has been highlighted by The National Institute on Aging estimating the need for 70,000 social workers in older adult services by 2020. Given these statistics, social work professionals require current knowledge about a broad range of fundamental issues that encompass the older adult experience.

The Graduate Certificate in Gerontology Program (GCGP) in the LSU MSW Program, in cooperation with the LSU Life Course and Aging Center (LCAC), addresses the educational needs of full time and part time students who aspire to be engaged in planning, administration, and/or provision of services for older adults. Goals of the GCGP are to prepare students to practice in the field of gerontological social work –

1. To carry out professional roles and responsibilities consistent with the values and ethics of social work as they relate to practice with older adults
2. To prepare students to understand the biopsychosocial, economic, administrative, service delivery, and social policy contexts of aging within the parameters of social work practice in a health care setting;
3. To provide students with an interdisciplinary, educational experience and raise awareness of perspective and skills from a health or human service discipline additional to social work; and
4. To provide students with a gerontological field experience that enhances understanding of social work practice relationships based on empowerment and respect for the values of human dignity and worth, cultural diversity, self-determination, and social justice.

## School of Social Work's Dr. Allen Leads Professional Trainings in Fiji

School of Social Work associate professor Dr. Priscilla Allen travelled to Fiji National University (FNU) in Nasinu, Fiji in December, 2013 to provide training sessions to three groups over the course of a week. FNU runs a training institute primarily for educating business leaders in the community in the fields of banking, education, health care, housing and news/media. Dr. Allen's presentation provided humanistic hands-on leadership skills training under the topic "Collaborative Leadership" using constructs of social work and counseling and interpersonal skills, conflict negotiation, body language communication and communication working from a strengths perspective.

The two-day program aimed to advance communication styles and innovations in the corporate world and everyday exchanges by using techniques based in interviewing and counseling methods with a multicultural focus in the context of changing demographics. The programs targeted managers, team leaders and professionals at all levels who want to become more effective within their business and gain the ability to coach and motivate others.



"It was an amazing experience and marvelous to represent LSU," Dr. Allen shared. "I can't say enough about having the opportunity to connect with people from universities across the globe to highlight the vitality and synergy of the College of Human Sciences & Education. LSU is a well-regarded institution that has so much to offer, and making the time to present is mutually beneficial to scholars and to those we work with as I, at least, learn as much from my audience as they do from me."

## New Faculty Highlights

**Neil M. Johannsen**, Ph.D., is an Assistant Professor in the School of Kinesiology at Louisiana State University. In 1998, he graduated from South Dakota State University with a Bachelor of Science in Chemistry. His graduate training was conducted at Iowa State University where he obtained a Ph.D. within the Department of Health and Human Performance in 2007 with a focus on the Biologic Basis of Exercise, in particular, exercise metabolism and physiologic responses to fluid intake during exercise. During his time at Iowa, he was awarded the Future Faculty Fellowship Award for demonstrating outstanding scholarship and promise for becoming a faculty member in higher education. From 2007- 2012, he was at Pennington Biomedical Research Center as a Post-doctoral Researcher and Instructor, in the Department of Preventive Medicine. His research focus at Pennington was the study of physical activity and exercise training effects on chronic disease and special populations where he played an integral role in more than 10 research studies involving populations ranging from young lean adults to older adults, overweight/obese people, individuals with type 2 diabetes, and women with a history of breast cancer. Dr. Johannsen remains on the Preventive Medicine team at Pennington as an Adjunct Assistant Professor.



*Neil M.  
Johannsen, PhD*

**Michael MacLellan** is a new Assistant Professor in the School of Kinesiology at Louisiana State University. He completed his B.Sc. and M.Sc. in kinesiology at the University of Waterloo in Canada. He then went on to complete his Ph.D. in experimental medicine at Laval University (Canada). Before coming to LSU, he worked for 2.5 as a postdoctoral researcher at Fondazione Santa Lucia, a rehabilitation hospital in Rome, Italy. Dr. MacLellan's research examines how humans adapt their walking patterns to the environment in healthy and pathological populations. In particular, he observes the coordination of lower limb motion as well as the activities of multiple muscles during these tasks. His past work has studied pathologies such as stroke, cerebellar ataxia, and cerebral palsy. At LSU, he plans to continue his work in people with a previous stroke and has an interest in determining the coordination changes this population displays while attending a physical rehabilitation program.



*Michael  
MacLellan, PhD*

**Kenny Fasching-Varner** earned a PhD in Curriculum and Instruction from The Ohio State University in 2009. Kenny combines the complex intersections of identity with the socio-culture foundations of education both in his teaching and scholarship. As the director of the Holmes Elementary Master of Arts in Teaching program, Kenny has helped as the director of the



*Kenneth J.  
Fasching-  
Varner, PhD*

Holmes Elementary Master of Arts in Teaching program, pre-service teachers make connections not only with students but also families and the community across the life-span continuum. The questions of “who we are?” and “why do our identities matter?” permeates his scholarship, teaching, and service. The recipient of the College of Human Sciences and Education's Early Career Award in 2013, Kenny is a collaborator both within his department and across the university. To encourage teachers to have a stronger and more listened to voice, Kenny collaborates with his pre-service teacher graduate students toward publications. In November 2013, Kenny along with 3 colleagues, two doctoral students, and nine pre-service MAT students published the book *Student Teaching: A Journey in Narratives* to share auto-ethnographic research of pre-service teachers about their preparation to becoming teachers.

**Sara A. Winges**, Ph.D., is an Assistant Professor in the School of Kinesiology at Louisiana State University. She earned a B.A. in Psychology from the University of Minnesota, Duluth (1999) and Masters (2002) and Ph.D. (2005) degrees in Exercise Science from Arizona State University where she was an NSF-IGERT fellow. Her graduate research focused on



*Sara A. Winges,  
PhD*

use of vision during grasping and neural control of hand muscles. Her postdoctoral research in the Department of Neuroscience at the University of Minnesota included object manipulation, skilled finger movement, the influence of vision on perception of arm movements, and prediction during visual tracking. In 2012 Dr. Winges joined the faculty in the School of Kinesiology at LSU where she continues to focus on neuromuscular control of the hand. Dr. Winges is interested in short and long-term changes in muscle patterns due to training, injury, and disease throughout life. She is also interested in evaluation and creation of rehabilitation strategies to improve hand function.

## Student Highlights

**Christopher Aiken** is a third year doctoral student studying Motor Learning and Control under the direction of Dr. Arend Van Gemmert; also serving as the chapter president of the Sigma Phi Omega. In 2007 he graduated from UNLV with his B.A. in Psychology and Criminal Justice. He then attended the University of Tennessee and received his M.S. in kinesiology with and emphasis is Motor Behavior and Sport Psychology. In 2012 he won the American Kinesiology Association Student Writing Award for his paper “The effects of self-controlled video feedback on the learning of the basketball set shot”. His current research is about the acquisition of motor skills and how various stressors effect motor skill learning. His interests also include how learner controlled feedback influences skill learning across various age groups. Christopher also serves as a reviewer for Frontiers in Psychology.

**Tera Andrew** is a first-year doctoral studying Motor Learning and Control under the direction of Dr. Arend Van-Gemmert. She graduated with her Bachelor of Science degree in Occupational Therapy from the University of South Alabama, and also a Master of Health Science degree in Occupational Therapy from the University of Florida. She has been an occupational therapy practitioner for thirteen years, with clients aging from infants to elderly adults. Her current research interests involve motor learning and control issues in handwriting and fine motor tasks.

**Beth Lyon** is a second year graduate student in the Cognitive and Developmental Psychology program, working under the direction of Dr. Katie Cherry. She received her bachelor's degrees in Psychology and Biology from Augustana College in Illinois. Beth is currently researching subjective memory appraisals in older adults, particularly nonagenarians.

**Missy Mitchell-Williams**, a first year doctoral student in social work and Louisiana Board of Regents/SREB Scholar, studies elderly adults and dementia. She graduated with her first bachelor's degree in French from Louisiana Tech University in 2001, her second bachelor's degree in social work from Grambling State University in 2004, and her master's in social work from Louisiana State University in 2009. Before returning to LSU to pursue her doctorate in social work, she worked as a geriatric social worker at a psychiatric hospital. Her research interests include the usage of and access to dementia care resources across cultures, cultural differences in caregivers, neuroscience and communication disorders as they relate to dementia.

**Nikki Ourso** is a first year doctoral student studying neurogenic speech-language pathology under the direction of Dr. Neila Donovan at Louisiana State University. She received her bachelor's degree in Communication Disorders in 2006 from LSU. She graduated from New York University in 2009 with a master's degree in Speech-Language Pathology. Nikki worked in various settings as a Speech-Language Pathologist before returning to LSU to pursue a doctorate degree. Her current interests include language and cognitive deficits in patients with traumatic brain injuries, stroke and neurodegenerative diseases.

**Zhujun Pan** is a fifth year doctoral student in the School of Kinesiology under the direction of Dr. Arend Van Gemmert. She graduated with her bachelor's degree in electronic science and technology from the Southwest Jiaotong University in 2005. She graduated from Capital institute of physical education with her master's degree in sport psychology in 2009. She won the American Kinesiology Association graduate scholar award in 2012. Her current study involves Parkinson's disease and bimanual coordination and plans to graduate this summer.

**Antonius Skipper** is a first year doctoral student in social work. He graduated with his Bachelor of Science degree in Exercise Science from Georgia State University before graduating with a Master of Arts degree in Gerontology in 2012, also from Georgia State University. His current research interests include the role of spirituality on healthcare decisions for older adults and falls risk in older adults.

**Chantelle Varnado** is a second year doctoral student under the direction of Dr. Neila Donovan. She graduated from Southeastern Louisiana University with her B.A. in 1999 and her M.S. in 2001. Chantelle practiced as a school-based speech pathologist (SLP), diagnostician, and interventionist in Livingston Parish Public Schools for seven years followed by serving as an outpatient SLP at Children's Hospital of Richmond at Virginia Commonwealth University. Her current work, “Treatment effect of chest mobilization protocol on speech outcomes for a child with severe motor impairments: A single-subject design”, is currently under review by the Journal of Pediatric Rehabilitation Medicine. She foresees research agenda that expands in the areas of treatment efficacy on speech outcomes of abdominal binders, motor learning associated with abdominal binder application, relationships between respiratory measures and speech measures, and development of a chest mobilization protocol to improve respiratory function for increased speech outcomes.



## Sigma Phi Omega Annual Luncheon Induction Ceremony



(left to right): Christopher Aiken, Jan Hondzinski, Chantelle Varnado, and Beth Lyon

Sigma Phi Omega (SPO) is a national academic honor and professional society of gerontology. Beth Lyon (Psychology Dept.) and Chantelle Varnado (COMD) were inducted into the Delta Upsilon Chapter at LSU at the 2013 LCAC luncheon.

## LCAC Alumni Corner

**Dr. Alicia Briganti** is an Assistant Professor of Psychology at Dalton State College (DSC) in Dalton, GA. She graduated from LSU's Department of Psychology in May, 2013. Briganti began her faculty appointment in the same year that DSC received approval from Georgia's Board of Regents to



Alicia Briganti,  
PhD

begin offering a BS degree in psychology. She has an integral role in helping to develop the psychology program. She currently teaches Introduction to Psychology, Child Psychology, and Careers in Psychology courses. Dr. Briganti received an Academic Enhancement mini-grant from the college, and she plans to use the funds to take students to a regional psychology conference in March. She is also involved in the campus community by serving on the Academic Programs Committee as well as the Liberal Arts Scholarship Selection Committee, and serving as a proposal reviewer for the 5th Annual Dalton State Teaching & Learning Conference in March, 2014.



Micah Klumpp,  
PhD

**Dr. Micah Klumpp** graduated in May 2010 with a doctoral degree from Louisiana State University under the direction of interdisciplinary co-major professors: Dr. Jan Hondzinski (Associate Professor, Department of Kinesiology); Dr. Paul Hoffman (Professor, Department of Communication Sciences and Disorders). Klumpp was funded throughout her academic career as a

doctoral student through a USDA doctoral fellowship and enhancement award through LCAC, and a dissertation fellowship through the LSU Graduate School.

She is currently a vestibular research audiologist with the Our Lady of the Lake Hearing & Balance Center and a gratis assistant professor for the LSUHSC Department of Otolaryngology. Since graduation, she has presented two poster presentations regarding complex vestibular case studies at the 2013 American Academy of Audiology convention as well as a poster discussing the sensitivity and specificity of electrocochleography at an otolaryngology convention, co-lectured an instructional course on vestibular assessment and treatment at an international otolaryngology convention, published a book review on "The Complete Idiot's Guide to Hearing Loss" in *Otology & Neurotology*, published two textbook chapters on the translabyrinthine approach to acoustic neuroma removal as a second author, and given annual audiologic/vestibular training to the LSUHSC ENT residents. Most recently, she was the second author for an oral presentation entitled "Subjective and objective findings in patients with true dehiscence versus thin bone over the superior semicircular canal" to be given at the 2014 American Neurotology Society Meeting. Her contribution to this project included study design with incorporation of the subjective and objective correlations, the statistics, methodology, and results. This presentation and future publication was selected for the prestigious 2014 Nicholas Torok Vestibular Award, which has not been given in over six years. Her current research includes the effects of migraine-associated vertigo on the recovery of superior semi-circular canal dehiscence repair and the subjective and objective relationship between dizziness handicap and elevated vestibulo-ocular reflex gain.

## LCAC Faculty in the Community

LCAC faculty offer research outcomes and expert advice to local community groups. Drs. Jan Hondzinski and Katie Cherry presented on *Exercise and Dementia* at the May Lunch N Learn with Alzheimer's Service. Attendees learned about appropriate communication practices and good practice strategies of how to initiate an exercise program in this population.

Hondzinski also presented at the 2<sup>nd</sup> Annual Parkinson's Conference at the Pennington Biomedical Center. In her talk entitled, "Moving it" to improve physical function in Parkinson's disease, she presented data linking exercise to successful outcomes and offered tips for those interested in starting an exercise program (<http://www.youtube.com/watch?v=2AedbKIGFWk>).

# **The Life Course and Aging Center** *is an interdisciplinary initiative out of the Office of Research and Economic Development at LSU*

## **Community Partners**

Barbara Auten, Executive Director Alzheimer's Services of the Capital Area  
Ken Ritter, President/CEO St. James Place  
Gwen Moore, PhD, St. James Place Retirement Community  
David Aguillard, Executive Director, Catholic Charities  
Todd Hamilton, Executive Director, O'Brien House  
Kathy Vilas, JD, LCSW, Executive Director, Grief Recovery Center  
Karen Giradot, LCSW, Hospice of Baton Rouge  
Linda Beauvais, Executive Director, Capital Area Agency on Aging  
Teri Fonenot, President/CEO, Woman's Health Foundation  
Leigh Loe, Women's Hospital  
Dr. Susan E. Nelson, Geriatrics, Lake Senior Care  
Hugh Eley, Assistant Secretary, LA Department of Health and Hospitals  
Jane Arieux Thomas, Governor's Office on Elderly Affairs  
Lois Smyth, Baton Rouge Area Foundation

## **Faculty**

Katie Cherry, PhD, LCAC Executive Director, Department of Psychology  
Priscilla Allen, PhD, Associate Executive Director of LCAC & Director of Development, School of Social Work  
Mark Batzer, PhD, Department of Biological Sciences  
Jennifer Baumgartner, PhD, School of Education  
Teresa K. Buchanan, PhD, School of Education  
Renee M. Casbergue, PhD, School of Education  
Jane Cassidy, PhD, School of Music  
Cyndi DiCarlo, PhD, School of Education  
Neila Donovan, PhD, Department of Communication Sciences and Disorders  
Margaret-Mary Sulentic Dowell, PhD, School of Education  
Susan Dumais, PhD, Department of Sociology  
Emily Elliott, PhD, Department of Psychology  
Kenneth Fasching-Varner, PhD., School of Education  
Gary Gintner, PhD, School of Education  
Cecile Guin, PhD, School of Social Work  
Petra Munro Hendry, PhD, School of Education  
Ed Holton, PhD, School of Human Resource Development and Workforce Education  
Jan Hondzinski, PhD, School of Kinesiology  
Neil Johannsen, PhD., School of Kinesiology  
Jennifer Jolly, PhD, School of Education  
Yoshinori Kamo, PhD, Department of Sociology

Eugene Kennedy, PhD, School of Education  
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Sean Lane, PhD, Department of Psychology  
Catherine Lemieux, PhD, School of Social Work  
Loren Marks, PhD, School of Social Work  
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Janet McDonald, PhD, Department of Psychology  
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T. Gilmour Reeve, PhD, School of Kinesiology  
Tracey Rizzuto, PhD, School of Human Resource Development and Workforce Education  
Sudipta Sarangi, PhD, Department of Marketing  
George M. Strain, PhD, Comparative Biomedical Sciences  
Arend W.A. Van Gemmert, PhD, School of Kinesiology  
Scott Wilks, PhD, School of Social Work  
Sara Winges, PhD, School of Kinesiology

## **LCAC Adjunct Faculty**

Charles Cefalu, MD, MS, Department of Family Medicine, Louisiana State University - Health Science Center  
Marion Cahill, PhD, Our Lady of the Lake College  
Alo Dutta, PhD, Department of Rehabilitation and Disability Studies, Southern University  
John Fortenberry, PhD, Louisiana State University – Shreveport  
Erin C. Goforth, Ph.D., Department of Psychology, Loyola  
Edward Golob, Ph.D., Department of Psychology, Tulane University  
Jackie Guendouzi, PhD, Southeastern University  
S. Michal Jazwinski, PhD, School of Medicine, Tulane University  
Jeffrey Keller, PhD, Pennington Biomedical Research Center  
Micah Klumpp, PhD, Our Lady of the Lake Neuropsychology  
Russell Nolan, MA, Science, Technology, Engineering and Mathematics, Baton Rouge Community College  
Ann O'Hanlon, PhD, Department of Human Performance and Health Promotion, University of New Orleans  
Stacy Overstreet, Ph.D., Department of Psychology, Tulane University  
Todd Pourciau, Director of Teaching and Learning, Baton Rouge Community College  
Eric Ravussin, PhD, Pennington Biomedical Research Center  
Meghan Collins Savage, PhD. Southeastern University  
Wanda Spurlock, PhD, School of Nursing, Southern University  
Tiffany Stewart, PhD, Pennington Biomedical Research Center  
Carl Weems, Ph.D., Department of Psychology, University of New Orleans  
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