



Dr. Owen Carmichael Addresses Vascular Aging and Brain Health



(left to right: Arend Van Gemmert, Pam Bloom, Katie Cherry, Lilly Allen, Emily Elliott, Owen Carmichael)

On April 17, 2015, the Life Course and Aging Center at Louisiana State University held their 12th Annual Community Partners Luncheon in the Lod Cook Alumni Center. The luncheon's keynote speaker was Dr. Owen Carmichael, Ph.D., Associate Professor and Director of Biomedical Imaging at Pennington Biomedical Research Center in Baton Rouge.

Dr. Carmichael spoke to attendees about the link between brain health and heart health in a talk entitled, "Vascular brain aging: Testing the healthy heart, healthy mind hypothesis." He showed evidence that cardiovascular conditions, such as high blood pressure, have an abundant impact on brain health and cognitive function in aging adults. Brain integrity, as measured by functional Magnetic Resonance Imaging (MRI), may be reduced in prehypertensive and hypertensive adults of all ages; younger and older adults alike. In the future he plans to determine if effective treatment of cardiovascular problems will help people maintain good brain health. Our 12th annual luncheon was a great success made possible by sponsorships from the LSU College of Humanities and Social Sciences, Department of Psychology, College of Human Sciences and Education; Schools of Social Work and Kinesiology, and Amedisys Home Health Services.

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Annual Louisiana Parkinson's Conference

LSU has joined a task force aimed at disseminating information about combating Parkinson's disease throughout Louisiana. LCAC member and previous conference speaker, Dr Jan Hondzinski, has joined the organizing committee of local researchers, neurologists, and Parkinson's patients. The conference is designed to inform and/or remind attendees of the importance of combating Parkinson's with multiple successful strategies. Attendees include but are not limited to researchers, clinicians, people with the disorder, and caregivers. With assistance from the College of Human Sciences and Education personnel, LSU will help disseminate the complex issue of Parkinson's disease facing Louisiana and the nation to person's interested in combating Parkinson's by helping those with the disorder optimize their health-related quality of life.

This year's conference entitled "Back to the Basics" will include presentations on medical treatments, nutrition, and activity with keynote speaker, Dr. Maria De Leon, a motivational speaker and Neurologist with Parkinson's. The conference date is scheduled for Saturday July 23rd from 8:30 am to 1:30 pm in the Main Hall of the C. B. Pennington, Jr. Building at Pennington Biomedical Research Center; 6400 Perkins Road; Baton Rouge, LA 70808. For more information or to register online, please visit: <http://www.pbrc.edu/events/parkinsons/>.

Those interested in becoming an event partner or exhibitor can contact Rachel Henry at chseproed@lsu.edu | 225-578-8783.

LCAC Student Alumnus and Adjunct Faculty Member Dr. Chantelle Varnado

Dr. Chantelle Varnado is an Adjunct Professor at Southern Louisiana University and founder of Launch Therapy Center in Denham Springs. She obtained her PhD in Communication Science and Disorders in May of 2015. LCAC members, Dr. Neila Donovan (advisor) and Dr. Arend Van Gemmert, served on her dissertation committee. In her research she studied the influence of speech breathing treatments on children with spastic cerebral palsy. She will be presenting her dissertation research at The Conference on Motor

Speech in Newport Beach, California March 3 to 6, 2016. As the founder of Launch, a non-profit organization that provides programs for children with disabilities and their families, she strives to provide high-quality evidence-based practices to her patients. Moreover, she offers students the opportunity to gain clinical experience with children at the Launch Therapy Center. She is excited about the future of Launch and the ongoing collaborative projects with LCAC members, Dr. Neila Donovan and Dr. Meghan Savage.



Drs. Neila Donovan and Chantelle Varnado

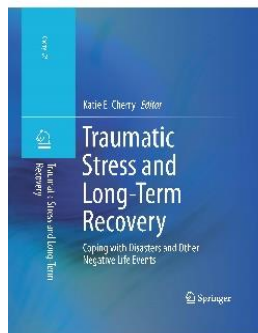
Launch website: <http://www.launchpeds.com/>

Dr. Katie Cherry Discusses Psychological Impact of Hurricanes Katrina and Rita Ten Years Later

Katie Cherry, Ph.D., Professor of Psychology and Executive Director of the Life Course and Aging Center, presented her research on the psychological impact of 2005 Hurricanes Katrina and Rita at the 10-year commemorative symposium, “*Katrina & Rita: A Decade of Research and Response*” sponsored by LSU’s Office of Research and Economic Development (ORED).

Cherry (pictured on the right) also provided a Science Café community presentation at Chelsea’s Café in Baton Rouge for the Katrina and Rita anniversary. Cherry interviewed coastal residents and commercial fishers directly affected by the 2010 BP Deepwater Horizon oil spill. Over 190 storm and oil spill-affected residents, who reside in St. Bernard and Plaquemines parishes, completed interviews and quantitative measures of storm exposure and stressors, religiosity, mental health, and perceived social support. Her findings showed participants who had recent and severe trauma related to the natural (Hurricanes Katrina and Rita) and technological or man-made disasters (BP Deepwater oil spill) were more likely to be at risk for adverse psychological outcomes even years after the storms. In addition, Cherry found that more than half of the commercial fishermen (51.6%) reported symptoms of depression.

In her new edited volume *Traumatic Stress and Long-Term Recovery* (Springer 2015), Dr. Cherry along with scholars from across the nation and around the world discuss the sources of traumatic stress, including natural disasters, man-made / technological disasters, mass shootings, war captivity, and other events that change peoples’ lives. Consequences of these events and traumatic stress exposure on everyday life, as well as ways to promote recovery, resilience, and healing are examined.



School of Social Work Serves as Oversight Organization for Dementia Training

Dr. Lilly Allen, Executive Associate Director of the LSU LCAC is serving as the statewide reviewer for Nursing Facility & Adult Residential Care Facility Dementia Training. The Department of Health and Hospitals, Office of Aging and Adult Services (OAAS) designated LSU School of Social Work as the Oversight Organization for the review and approval of dementia training curricula used in long-term care settings. Any provider, organization, entity or individual may submit a curriculum for approval. This required training is a result of Act No. 571 enacted in the Regular Session of the Louisiana Legislature in 2008. The legislation is to define requirements for dementia training in Adult Residential Care and Nursing Facilities. The legislation requires that all employees in these facilities be trained according to the provisions of Act No. 571. Furthering the education on dementia is a way to advance care treatment and quality of life in our state’s facilities that serve older adults and persons with disabilities who have a diagnosis of dementia.

Information on existing curricula and application requirements can be found on the LSU School of Social Work Website. www.lsu.edu/chse/socialwork/resources/dementia.php

New Faculty Highlights



Guillaume Spielmann, Ph.D., is a new Assistant Professor in the School of Kinesiology at LSU and an adjunct Assistant Professor at Pennington Biomedical Research Center. He earned a B.Sc. in Immunology and Toxicology at Napier Edinburgh University

(Scotland) and a M.Sc. in Exercise Science at the University of Houston. He obtained his Ph.D. in Exercise Immunology from Napier Edinburgh University, before working for 3 years on a NASA-funded project as a postdoctoral fellow. Dr. Spielmann's research focuses on the impact of various psychological and physiological stressors on the immune system. In particular his research centers on the influence of obesity, physical inactivity, microgravity and poor aerobic fitness on premature immune aging. At LSU, he plans to further characterize the mechanisms behind accelerated immune aging, in order to identify and implement novel countermeasures aimed at improving the immune response in the elderly.



Paul J. Frick, Ph.D. is the Roy Crumpler Memorial Chair in the Department of Psychology at LSU. Dr. Frick received his Ph.D. in Clinical Psychology from the University of Georgia in 1990. He was on the faculty at the University Alabama from 1990 to 1999.

From 1999 until 2015, he was on the faculty at the University of New Orleans, where he was chair of the Department of Psychology from 2007 to 2015. Dr. Frick has published over 200 manuscripts in either edited books or peer-reviewed publications and he is the author of 6 additional books and test manuals. A continuing line of research focuses on understanding the different pathways through which youth develop severe antisocial behavior and aggression and the implications of this research for assessment, treatment, and public policy. His work has been funded by the National Institute of Mental Health, Office of Juvenile Justice and Delinquency Prevention, and the John T. and Catherine D. MacArthur Foundation. In 2008, he received the MacArthur Foundation's Champion for Change in Juvenile Justice Award for the state of Louisiana. Dr. Frick was awarded the 2015 Robert D. Hare Lifetime Achievement Award from the Society for the Scientific Study of Psychopathy.

Brian A. Irving, Ph.D., is an Assistant Professor in the School of Kinesiology at LSU and an Adjunct Assistant Professor in Human Genomics at Pennington Biomedical Research Center. He received his B.S. in Exercise and Sports Sciences from Oregon State University in 2000. He also received his M.S. in Health



Evaluation Sciences in 2004, and his PhD in Exercise Physiology in 2006 from the University of Virginia, followed by a post doc at the Mayo Clinic.

Dr. Irving's laboratory is interested in developing a more thorough understanding of the short- and long-term metabolic and proteomic adaptations to exercise, diet, and medical interventions in young and old adults with and without cardiometabolic diseases. Specifically, his laboratory is interested in skeletal muscle adaptations that provide protection against cardiometabolic diseases; understanding the independent and combined effects that prolonged sitting and physical inactivity have on skeletal muscle and whole-body physiology; and identifying mechanisms of exercise intolerance and functional impairment in overweight/obese older adults.

Wendy A. Jumonville, M.S., CCC-A is a Clinical Instructor in the Department of Communications Sciences and Disorders. She obtained her B.A. in Speech and Hearing from St. Mary's Dominican College in New Orleans and her M.S. in



Audiology from Purdue University in West Lafayette, Indiana. Wendy has been on faculty in the Department of Communication Sciences and Disorders since the fall of 1988. Since 2006, she has served as The Coordinator of Clinical Services. Wendy is the COMD undergraduate advisor for 300+ majors. She was instrumental in helping to develop "The Nana Project", a COMD-wide volunteer project which places undergraduate COMD students at St. James Place as communication partners for the residents. Wendy is a Past- President of the Louisiana Speech-Language-Hearing Association. Additionally, she has served as an adjunct faculty member in the Allied Health Program at LSU Health Services Center in New Orleans in their AuD Program.

The LCAC Welcomes You

Delta Upsilon Annual Luncheon Induction Ceremony

Delta Upsilon became LSU's Academic Honor Society in Life Course and Aging topics and is open for membership to students working with or on behalf of all people across the life span. Katie Stanko (Psychology) and Missy Williams (Social Work), and were inducted into the LCAC's Academic Honor Society at LSU at the 2015 LCAC luncheon.

Pictured left to right is: Beth Lyon, Dr. Jan Hondzinski, Katie Stanko, and Missy Williams.



Current LCAC Student Members

- **Bethany A. Lyon** is a fourth year graduate student in the Cognition and Brain Sciences Ph.D. program in the Psychology Department, working under the direction of Dr. Katie Cherry. Beth completed her master's thesis research in 2014 and is currently conducting a study on prospective memory in younger and older adults.
- **Missy Mitchell-Williams** is a third year doctoral student in the School of Social Work and Louisiana Board of Regents/Southern Regional Education Board Scholar. She received the 2014 Association of Gerontological Social Workers Pre-Dissertation Award. Missy's research interests are cognitive impairment among aging prisoners and the general increases in the aging prison population and the financial strain those increases have placed on the criminal justice system.
- **Antonijs Skipper** is a Huel D. Perkins Diversity Fellow and third year doctoral candidate in the School of Social Work. His current research interests include strengths-focused coping and resilience in African American communities, the role of spirituality in healthcare decisions for older adults, and falls risk in older adult populations.
- **Katie Stanko** is a second year Huel D. Perkins Diversity Fellow and graduate student in the Cognition and Brain Sciences Ph.D. program in the Psychology Department under the direction of Dr. Katie Cherry. Her current research includes older adults' responses to disaster, and holistic successful aging in the oldest-old (age 85 yrs.+).



*Pictured Left:
Katie Cherry,
Farra Mughal,
and
Kyle Ryker*

*Pictured right:
Dave and Vicki
Brubaker
with Beth Lyon*



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; Capital Area
Dana Territo, Director of Services, Alzheimer's Services; Capital Area
Tom Farrell, Chief Executive Officer, St. James Place
Janet Dewey, Community Relations Manager, St. James Place
Katherine Martin, Resident Services Director, St. James Place
Gwen Moore, PhD, Blue Cross / Blue Shield
Leslie Keene, People's Health
Susan Guido, People's Health
David Aguilard, Executive Director, Catholic Charities
Darlene Woods, Foster Grandparent Program, Catholic Charities
Todd Hamilton, Executive Director, O'Brien House
Kathy Vilas, JD, LCSW, Executive Director, Grief Recovery Center
Kathryn Grigsby, CEO, Hospice of Baton Rouge
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, Medical Director, PACE of Baton Rouge
Tara LeBlanc, Interim Assistant Secretary, LA Department of Health and Hospitals
Robin Wagner, Deputy Assistant Secretary, LA Department of Health and Hospitals, Office of Aging and Adult Services
Linda Sadden, DHH Office of Aging and Adult Services
Jane Arieux Thomas, Governor's Office on Elderly Affairs

Faculty

Priscilla Allen, PhD, LCAC Executive Associate Director, School of Social Work
Mark Batzer, PhD, Department of Biological Sciences
Jennifer Baumgartner, PhD, School of Education
Matt Calamia, PhD, Department of Psychology
Renee M. Casbergue, PhD, School of Education
Jane Cassidy, PhD, School of Music
Katie Cherry, PhD, LCAC Executive Director, Department of Psychology
Amy Copeland, PhD, Department of Psychology
Cyndi DiCarlo, PhD, School of Education
Neila Donovan, PhD, LCAC Director of Community Outreach, Department of Communication Sciences and Disorders
Margaret-Mary Sulentic Dowell, PhD, School of Education
Emily Elliott, PhD, Department of Psychology
Kenneth Fasching-Varner, PhD., School of Education
Paul Frick, PhD., Department of Psychology
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 M. Hondzinski, PhD, School of Kinesiology
Brian Irving, PhD, School of Kinesiology
Neil Johannsen, PhD., School of Kinesiology
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Guillaume Spielmann, PhD, School of Kinesiology
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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

Susan Brigman, PhD, Our Lady of the Lake College
Charles Cefalu, MD, MS, Department of Family Medicine, Louisiana State University - Health Science Center
Fayron Epps, PhD, New Iberia Rehabilitation Hospital
Alo Dutta, PhD, Department of Rehabilitation and Disability Studies, Southern University
John Fortenberry, PhD, Louisiana State University – Shreveport
Erin C. Dupuis, Ph.D., Department of Psychology, Loyola
Edward Golob, Ph.D., Department of Psychology, Tulane University
Jackie Guendouzi, PhD, Southeastern University
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Jeffrey Keller, PhD, Pennington Biomedical Research Center
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Loren Marks, PhD, Family Studies, Brigham Young University
Russell Nolan, MA, Science, Technology, Engineering and Mathematics, Baton Rouge Community College
Stacy Overstreet, Ph.D., Department of Psychology, Tulane University
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