Welcome to the Summer 2017 NewsBlast.

Another academic year has passed, and the UWM campus is coming alive with new and returning student faces eager to learn and engage. Thinking of this, and in reflection of the Center's mission and goals, it is pleasing and inspiring to read the student spotlight of Amal Ali-Al-Ghassani, as she puts her newly acquired knowledge to a purpose of improving the health of older adults in Oman. The necessity to expand critical knowledge specific to older adults and increase the number of working professionals in support of our aging society continues to escalate and, as such, the Center's overall education efforts will continue to grow.

Within this edition we highlight an excellent cadre of community-driven professional education opportunities, and make special note to the multiple awards given to the new undergraduate class - Aged to Perfection: An Introduction to Aging, a class that is part of the Undergraduate Certificate in Healthy Aging.

Faculty and students continue to add to scientific and translational knowledge, and the Health Research Symposium highlights some of this excellent work and achievement. Please be sure to read how the Center Scientists have been in the news. These reports truly emphasize the breadth and diversity of the work being conducted.

We greatly appreciate any feedback and suggestions you may have, and thank you in advance for taking the time to read this Summer edition.

Scott Strath, PhD, FACSM
CATR Director
COMMUNITY UPDATES

2017-2018 Professional Development offerings announced

We’ve finalized another exciting season of Professional Development offerings! Continuing Education Hours (CEHs) are available to eligible professionals. Visit our Professional Development webpage for full course descriptions, registration details, printer-friendly season-at-a-glance, and much more.

Standing Together to Prevent Falls: Strategies for Fall Prevention in Older Adults
Friday, September 22, 2017
9:00-12:00
Saint John’s On The Lake
Instructor: Nancy Shea, RPh, BCGP

Activities and Dementia Care: Engaging with Rhythm
Friday, October 6, 2017
9:00-12:00
Brookfield Rehabilitation
Instructors: Diane Baughn, MA & Tom Gill, BS

A Delicate Balance: Yoga’s Effect on Fall Prevention
Friday, October 20, 2017
8:30-12:30
Milwaukee Catholic Home
Instructor: Paul Mross, E-200 RYT, LMT

As Life Wanes: Hospice Basics and the Ethical Challenges at End of Life
Friday, December 1, 2017
8:30-12:30
Alzheimer’s Association
Instructors: Megan Federighe, BA & Dimitri Mills, PhD

Caring, Living, and Laughing: Helping Caregivers Have a Life While Caring
Friday, January 19, 2018
9:00-12:00
Alzheimer’s Association
Instructors: Diane Baughn, BA & Lynda Markut, MS

Expanding Awareness: Mindfulness-Based Techniques for Aging Well
Friday, February 9, 2018
8:30-12:30
Milwaukee Catholic Home
Instructor: Marietta Pucillo, CYT, RYT

LGBTQ+ Populations and Aging
Friday, March 2, 2018
9:00-12:00
Saint John’s On The Lake
Instructors: Jen Murray, BA & Jeanette Martin, MAEd

Supporting Caregivers: The Art of Connection
Friday, April 20, 2018
9:00-12:00
Jewish Home and Care Center
Instructors: Diane Baughn, MA & Lori Stahl, BM

Aging Well: Yoga in Later Life to Connect the Mind, Body, and Spirit
Friday, May 11, 2018
8:30-12:30
Alzheimer’s Association
Instructor: Paul Mross, E-200 RYT, LMT

Healing or Harming: Prescription Drug Use in Older Adults
Friday, June 8, 2018
8:30-12:30
Brookfield Rehabilitation
Instructor: Nancy Shea, RPh, BCGP

Contact Director of Education and Programming Rachelle Alioto with any questions: (414) 229-7316.
EDUCATION UPDATES

New CATR course turns heads at national conferences and beyond

CATR’s Director of Education and Programming, Rachelle Alioto, has been working for months with Donna Spars (Vice President) and MaryBeth Peterson (resident) at Saint John’s On The Lake to offer an intergenerational learning environment in our new course *Aged to Perfection: An Introduction to Aging* where students spend the class period interacting with residents at Saint John’s.

The three presented this innovative new course at two conferences this spring, and received two awards for their work.

Donna Spars (Saint John’s On The Lake), Rachelle Alioto (UWM Center for Aging & Translational Research), and MaryBeth Peterson (Saint John’s On The Lake) after presenting in Chicago this spring.

**PRESENTATIONS**

- **Forty-third Annual Meeting and Educational Leadership Conference**
  Association for Gerontology in Higher Education
  Miami, Florida; March 2017

- **Aging in America Conference**
  American Society on Aging
  Chicago, Illinois; March 2017

**AWARDS**

- **2017 Promising Practices Award**
  Mather Lifeways Institute on Aging; March 2017
  Recognizes new and innovative approaches in aging well.

- **2017 Innovation Award**
  LeadingAge; July 2017
  Recognizes programs and services that are models of innovation and excellence in aging.

“This unique collaboration drew on the skills and experience of residents, who helped create the course curriculum and led the classes; playing an active role in contributing, rather than serving as subjects of study or passive learners.”

-Mather Lifeways of Aged to Perfection
CATR students and staff recognized at HBSSW Awards Ceremony

The Center for Aging & Translational Research had a big presence at the Helen Bader School of Social Welfare Awards Ceremony on Friday, May 19, 2017.

(Above, fourth from left) **Lydia LaGue**, CATR Program Associate, was awarded a Random Act of Kindness award.

(Right) Three **Helen Bader Age and Community Scholarships** were awarded to students enrolled in CATR’s Graduate Certificate in Applied Gerontology. The winners are (left to right) **Brittany Heintz**, pursuing her PhD in Kinesiology; **Austin Holik**, pursuing his Master’s in Social Work; and **Jeffrey Peterson**, pursuing his PhD in Kinesiology.

(Bottom left) **Austin Holik**, a student enrolled in our Graduate Certificate for Applied Gerontology, was awarded the Irene Frye Scholarship for Gerontology.

(Bottom right) **Melinda Kavanaugh, PhD LCSW**, a Center Scientist, was awarded the Helen Bader School of Social Welfare Excellence in Research Award for her work with young caregivers.

[Click here to see the full list of award-winners.](#)
Student Spotlight: Amal Ali-Al-Ghassani

Meet Amal! Amal recently completed our Certificate in Healthy Aging, entirely while living in Oman.

We interviewed her about the field of aging in Oman and how she plans to use the knowledge gained in our program to improve lives there.

Why did you choose to pursue a certificate in aging studies?

The area of aging became a topic of interest for me when working with nursing students and as a volunteer to provide social support for families who were caring for older adults, especially those with dementia. It was often observed by me and verbalized by caregivers, including family members and community health nurses, that caring for older adults often makes caregiving extremely challenging. This is worsened by a lack of understanding of the challenges older adults face, and the factors that contribute to those challenges.

Most of all, my inspiration had always been my father-in-law, who was an influential leader in the community before he suffered a stroke in 2013 and required full assistance with his daily living activities. He was 96 years old when it all started.

I concluded that, as a caregiver, I should be able to not only understand older adults’ behaviors, but also learn to decode the communication signals to meet their needs more effectively. I was convinced that pursuing this certificate would further enlighten me in the field of aging and prepare me with adequate knowledge and understanding to provide effective care for older adults in Oman.

How do you intend to use your certificate to impact lives in Oman?

There are currently no nursing home facilities for older citizens in Oman, and the government does not encourage the establishment of such facilities because they believe that the community will be able to take care of its older adult population, as religion and tradition emphasize.

I am exploring the idea to construct an institute on aging that aims to bring together the expertise of researchers, educators, scholars, and clinicians with leading local, national, and international partners to mutually develop and provide better care, better systems, and better resources through qualified training and research for older adults and their caregivers in Oman.

I am very optimistic that earning this certificate along with my PhD is the right step toward achieving my goal to improve the field of aging and the health of older adults in Oman.

Read the full interview with Amal on the Certificate Alumni Spotlight page of our website.
Seven CATR students present at 2017 Health Research Symposium

The Health Research Symposium on May 5, 2017 was hosted by the College of Health Sciences, the College of Nursing, and the Joseph Zilber School of Public Health. It offered an opportunity for graduate and undergraduate students to introduce their research projects and showcase their work in a public setting before their peers, professors, and the community.

The Center for Aging & Translational Research is proud to highlight the work of the following seven students who are conducting research under the direction of our CATR Scientists.


Marijam Frahmand

Associations between Genetic Risk for Alzheimer’s Disease and Hippocampus-Dependent Memory and Learning in Healthy, Middle-Aged Adults

Department: Psychology
Faculty Sponsor: Ira Driscoll

Jenna Blujus, Christine Kaiver, Enrique Gracian, Deborah Hannula & Ira Driscoll

Using Eye Movements to Dissociate Memory Performance in Normal and Pathological Aging

Department: Psychology
Faculty Sponsor: Ira Driscoll

Marijam Frahmand

Associations between Genetic Risk for Alzheimer’s Disease and Hippocampus-Dependent Memory and Learning in Healthy, Middle-Aged Adults

Department: Psychology
Faculty Sponsor: Ira Driscoll
Laura Korthauer
KIBRA Polymorphism and Brain Integrity in Middle Age
Department: Psychology
Faculty Sponsor: Ira Driscoll

Rachel Lecher
Survey on Screening for Lead Poisoning in Children’s Hospital of Wisconsin Primary Care Clinics
Department: Public Health
Faculty Sponsor: Helen Meier

Nicholas Lerma
Isotemporal Substitution of Sedentary Behavior and Physical Activity on Functional Performance in Older Adults
Department: Kinesiology
Faculty Sponsor: Scott Strath

Taylor Rowley
Predicting Maximal Oxygen Uptake in Adults Using a Walk Test
Department: Kinesiology
Faculty Sponsor: Scott Strath

Hannah Scherkenbach
Complement Receptor type 1 Polymorphisms Associated with Reduced Cortical Volume and Thickness in Healthy Middle-Aged Adults
Department: Psychology
Faculty Sponsor: Ira Driscoll

Photos: Meg Zimont, CATR
CATR Director receives $2.82 million grant for research

Congratulations to Scott Strath who received R01 funding from the National Institutes of Health, National Cancer Institute totaling $2.82 million!

The award started April 1, 2017 and will go through March 31, 2022. The project, “Calibrating free-living physical activity characteristics across functionally-limited populations using machine-learned accelerometer approaches,” will employ whole room calorimetry, doubly labeled water, and free-living video-feed direct observation to develop and train machine learning wearable technology algorithms to assess physical activity energy expenditure, domain, type, and location in 380 individuals with and without physical function limitations.

Read the full story here.

CATR Scientists in the news

Dr. Xiao Qin

“Roads Scholars”
UWM Report
April 14, 2017

Dr. Christine Kovach

“UWM researcher studying nighttime agitation in Alzheimer’s patients”
UWM Report
April 26, 2017

Dr. Melinda Kavanaugh

“The Young Caregivers”
UWM Report
April 6, 2017

“When a parent is in need, every day is Mother’s Day”
Journal Sentinel
May 12, 2017
Recent Publications


Keenan KG, Huddleston WE, Ernest BE. Altered visual strategies and attention are related to increased force fluctuations during a pinch grip task in older adults. Journal of Neurophysiology. DOI: 10.1152/jn.00928.2016. 2017.


Recent Presentations

Ellis J. Reducing resident-on-resident abuse. Kansas Adult Care Executives Conference; Wichita, KS. 2016.


Fueger C, Petrovska L, Huddleston WE. The effects of increasing cognitive and motor demand on visuomotor behavior. College of Health Sciences Spring Research Symposium; Milwaukee, WI. 2016.
Presentations, continued.


Kavanaugh MS. How to recognize and support children who act as caregivers. Wisconsin Public Radio Interview; Milwaukee, WI. 2016.


Ruppel EK, Burke TJ, Cherney MR, Dinsmore D. Social competence and communication with parents in the transition to college. International Association for Relationship Research; Toronto, ON. 2016.

Ruppel EK, Fylling SQ, Cherney MR, Alvarez S. “They call me”: Older adults’ use and perceptions of mediated communication in close relationships. International Association for Relationship Research; Toronto, ON. 2016.

Recent Grant Submissions

**Calibrating Free-Living Physical Activity Characteristics Across Functionally-Limited Populations Using Machine-Learned Accelerometer Approaches**
National Institute of Health
$3,495,026 - Funded
PI: Scott Strath, PhD, FACSM

**Lessons from Healthy Obese: Longitudinal Studies, Weight Loss, and Animal Models**
Medical College of Wisconsin
$175,152 - Pending
PI: Scott Strath, PhD, FACSM

**Update and Novel Validation of the Pregnancy Physical Activity Questionnaire (PPAQ)**
University of Massachusetts - Amherst
$164,282 - Pending
PI: Scott Strath, PhD, FACSM

**Prediction and Prevention of Falls in Older Adults**
Leighton Foundation
$50,000 - Funded
PI: Kevin Keenan, PhD

The Integration of Standing Desks in Elementary Schools to Reduce Daily Sedentary Behavior
Safeco Products, Co.
$38,420 - Funded
PI: Ann Swartz, PhD

**Ischemic Pre-conditioning Improves Leg Function Post Stroke**
Marquette University
$11,690 - Pending
PI: Chris Cho, MS

**Intervention to Reduce Sedentary Behavior at Work**
Medical College of Wisconsin
$5,054 - Pending
PI: Scott Strath, PhD, FACSM

**The Effects of Ischemic Preconditioning on Walking Function Post Stroke**
Medical College of Wisconsin
$2,096 - Pending
PI: Chris Cho, MS

Research Participant Registry continues to grow

The Center's Research Participant Registry has increased by 17.3% since January 1! Our dedicated student callers have made tremendous progress in recruiting and maintaining this invaluable resource available to CATR scientists.

For more information about the Research Participant Registry, please visit our website.