The Alzheimer’s Association Memory Walk

This year’s Alzheimer’s Association Memory Walk, organized by Sigma Phi Omega (SPO) took place on a sunny, Sunday morning in Cambridge, on September 26th. The UMASS Boston team enthusiastically walked 6 miles to raise awareness and funds for this great cause.

The UMASS team had a fundraising goal of $1,250 but ended up surpassing that goal, nearly doubling it! A record total of $2,435 was raised which will support Alzheimer’s research in the hopes that we can soon live in an Alzheimer’s disease-free world.

All are looking forward to next year’s walk and we would once again like to thank everyone who supported us in our fundraising efforts!
The UMASS Boston Gerontology team fueling up for the walk with “Purple with a Purpose” doughnuts, created to raise Alzheimer’s Awareness and funds for the Alzheimer’s Association.

The Alzheimer’s Association Memory Walk was established in 1989, and has since raised over $300 million to help in the fight against Alzheimer’s.

The 2010 Memory Walk was very successful, with a large turnout that brought together students from various points in their Graduate careers. Everyone was in great spirits as the morning started and continued to be cheerful as we made our way around the Charles River! Plans are already underway for next year’s event!

The UMASS Boston Gerontology team, post 6 mile walk is pictured below, from left to right, top row: Chae Man Lee, Lauren Martin, Lori Michaud-Richardson, Jane Tavares, Kelli Barton, & Stella Kanchewa; bottom row: Mai See Yang, Maryann Nguyen, & Corina Oala.
Welcome New Students!

The Gerontology Department is pleased to welcome our new doctoral students into the program!

The new faces of the UMASS Boston Gerontology PhD program, pictured from left to right: Hyo Jung Lee, Mai See Yang, Emma Quach, Maryann Nguyen, and Kristen Porter.
New Student Biographies

Congratulations to the new Gerontology PhD students!

Every one of our new students comes from very diverse educational and occupational backgrounds with the common goals of pursuing higher learning in the field of Gerontology and to further develop their research skills.

Please read the following brief biographies to get better acquainted with our new students!

Hyo Jung Lee

Hyo Jung, who also likes being called “HJ”, is a full-time student who has received BA’s in German Language and Literature as well as Psychology, along a MSW. HJ received her degrees in Korea. Her previous work experience includes working as a research assistant for the Department of Psychiatry and Behavioral Science at the College of Medicine, at Seoul National University, in Korea. HJ also participated in two nationally funded epidemiological studies of mental illness as well as several other projects, which focused on the elderly who suffer from mental illness and their caregivers. HJ is most interested in health care for older adults as well as mental health services, retirement, and housing issues. In her free time, HJ enjoys traveling, cooking, and going to see movies. She also used to play the saxophone, but didn't bring it to Boston with her. Recently, HJ found out that she is the only one (in her cohort) who does not work out regularly. As a result of these findings she is trying to develop a new lifestyle, in order to age optimally, by going to the gym at least twice a week!

Maryann Nguyen

Maryann is also full-time student in the PhD program. She received her BS in Mathematics from Villanova University in 2009. Maryann was a part-time pharmacy technician at CVS for 5 years, and she also worked as a nanny for about 8 months, in Maryland. Her interests in the field of gerontology are varied, but include various forms of elder abuse, physical activity levels in older adults, polypharmacy, and eastern medicine. Maryann’s hobbies are arts and crafts, playing the piano, reading fiction novels, internet surfing, folding origami pieces, listening to an eclectic mix of music, watching TV shows, and being involved in community service. She was born in New York City and moved to the suburbs, where she grew up, in Connecticut. Since she has gotten over her initial shyness factor, she likes to have fun and interact with people. Maryann loves learning about people and their interests and coming from an Augustinian education tradition, is very interested in discussions. She is still adjusting to Boston and the initial shock of being in this program; however, she is beyond excited!
Kristen Porter

Kristen Porter is a first year PhD student in Gerontology. She holds a Masters in Acupuncture from New England School of Acupuncture (NESA), an undergraduate degree from Boston University School of Management, and post graduate completion of BU’s Institute for Nonprofit Leadership, where she served as an executive mentor. Kristen has been working in the integrative health field for two decades. She is an Assistant Professor in NESA’s graduate school, a columnist for the national publication Acupuncture Today, and holds an appointment to the Massachusetts Board of Medicine. Kristen has been a co-investigator on several research studies in the field of acupuncture and has published and presented extensively both nationally and internationally. Kristen is a social entrepreneur, having founded several organizations with community-minded missions in varied fields including integrative medicine, nightlife/ entertainment, and marketing consulting. She was the first in the state to develop integrative acupuncture programs in hospitals including MGH, BMC, and Tufts NEMC to name a few. She loves to travel and hosts international yoga and marketing retreats through her company OM Business Bootcamp where she will be teaching in Belize during the winter break. She is an avid crafter, stained glass artist, and former jewelry designer. Her Gerontology research interests include new business models for long term care, holistic approaches to quality of aging, and aging with HIV/AIDS.

Emma Quach

Before becoming a full-time student at UMASS Boston, Emma received her Master’s in Public Administration from the University of Washington in Seattle. Her Bachelor’s degree is in Political Science from Holy Cross College. Emma has conducted policy analysis for UMASS Medical School and the Government Accountability Office. She is currently very interested in learning research methods (qualitative and quantitative) and would like to conduct her own research involving older adults in the context of their families. Having grown up in Worcester (central Massachusetts), Emma now lives there with her husband, Michael, and nearly 7-year old son, Zachary. As she is writing this bio, Emma is also expecting another son! What she loves to do consistently is running, reading the New Yorker’s very long articles (at least 3 pages in length), laughing with her "boys", and being in school! When she has the time for it, Emma also really likes to garden.

Mai See Yang

Mai See Yang is a full-time graduate student in the Gerontology program. An experienced mental health community researcher, Mai See has assisted in the development of Culturally and Linguistically Appropriate Services for the UC Davis Health System and the State of California. Her past research project focused on antidepressant adherence in Southeast Asian populations, the relationship between underrepresented communities and clinical trials enrollments, and suicide in the Hmong youth population. Mai See’s academic interests are in mental health, equality care, and aging in Southeast Asian communities. She is an alumnus from University of California, Davis (Human Development, with a minor in Aging and Adult Development) and California State University, Sacramento (Special Master: Therapy in Aging and Adult Development). She enjoys cycling and other outdoor activities.
Recent Accomplishments

Awards:

Dr. Yung-Ping (Bing) Chen is the 2010 winner of the Gerontological Society of America’s Robert W. Kleemeier Award for outstanding research. Chen is a fellow in the Gerontology Institute and a professor emeritus. He was the inaugural holder of the Frank J. Manning Eminent Scholar’s Chair in Gerontology from 1988–2009.

Deborah Gray was the recipient of the Gerontology Service Award, from the Gerontology Department, at the University of Massachusetts Boston, in June 2010.

Publications and Reports:


Miller, S.C., **Miller, E.A.**, Jung, H-Y, Sterns, S. Clark, M. & Mor, V. (2010). Nursing Home Organizational Change: The “Culture Change” Movement as Viewed by Long-Term Care Specialists. Medical Care Research and Review. 67(Supp 4), 65S-81S.


Mor, V., **Miller, E.A.**, & Clark, M. (2010). The Taste for Regulation in Long-Term Care. Medical Care Research and Review. 67(Supp 4), 38S-64S.


**Presentations and Workshops:**

**Nadash, P.** organized two sessions at the International Conference on Evidence-Based Policy in Long-Term Care, London, England, September 8–11, 2010. She also moderated a plenary session on CLASS Act, the new voluntary long-term care insurance program included in the health care reform bill.


Szinovacz, M. (May 2010). The Distribution and Dynamics of Caregiving Among Adult Children, 23rd Distinguished Wilson Abernethy Lecture, University of Toronto, Ontario, Canada. For webcast, please visit the following link: http://hosting2.epresence.tv/AGING/1/watch/33.aspx

Grants:

Bruce, E. received a 3 year renewal of the Pension Counseling Grant at UMass Boston’s Pension Action Center from the U.S. Administration on Aging in the sum of $600,000.

Bruce E. also renewed a one year contract for the National Pension Lawyers Network in the amount of $20,000.

Miller, E.A. (co-Principal Investigator) together with Orna Intrator from Brown University (Principal Investigator) received, from the U.S. Department of Veterans Affairs Health Services Research and Development Service, funding for a project entitled “Determinants and Consequences of Veterans’ Access to Nursing Home Care.” Funds are for the period June 1, 2010 - May 30, 2013, in the sum of $869,783.

Mutchler, J.E. (co-Principal Investigator), together with Prigerson, H., & Maciejewski, P. received a grant from an NIH/NCI project funded as part of the UMass Boston/Dana Farber Harvard Cancer Center U54 Partnership. The project is titled “Latino End-of-Life Care: Patient, Provider, & Institutional Effects”.

Other Accomplishments:

Two graduate students, **Chae Man (Jay) Lee** and **Lauren Martin** participated in a symposium at the Massachusetts Association of Councils on Aging annual conference October 7, 2010. Jay and Lauren presented research completed as part of the prestigious National Center on Senior Transportation Student Scholar award program. Professor Nina Silverstein chaired the session.

The National Center on Senior Transportation (NCST) was established in 2006 to increase transportation options for older adults and enhance their ability to live more independently within their communities. The Student Scholars Program is a key initiative. The UMB gerontology program is the only program in the nation to have 3 students win these awards (Kelli Barton was a student scholar in 2009)! Applications for 2011 NCST student scholar awards are due November 30th. Please see Drs. Beth Dugan or Nina Silverstein for more information.

**Deborah Gray** is now a Project Manager at Massachusetts General Hospital of a study that investigates the effect of a practice change comprising of a focused patient and family-centered intervention on the effective and efficient use of Medical Intensive Care Unit (MICU) services and family perceptions of the patient-centeredness of MICU end of life care.

**Edward Alan Miller** was appointed to the Nominating Committee of the Health Politics & Policy Section of the American Political Science Association. Additionally, he was asked to serve as a panel chair and/or discussant for the following: “National Policy Issues and Aging II,” Annual Meeting of the Gerontological Society of America, New Orleans, November 19-23, 2010; “Commissioning and Regulation,” International Conference on Evidence-based Policy in Long-Term Care, London, September 8-11, 2010; and “Intergovernmental Policy and Politics: The Many Faces of Medicaid,” Annual Meeting of the American Political Science Association, September 2-5, 2010. Furthermore, Eddie served as guest co-editor of a special August 2010 supplemental issue of *Medical Care Research & Review* on the Commonwealth Fund Survey of Long-Term Care Specialists.

**Ellen Bruce** appeared on Women’s Issues, Women’s Voices a show on KOPN, a Missouri Public Radio, on Thursday, September 30, 2010 to discuss the impact on women of potential changes to Social Security.

Congratulations to Ellen Bruce who was named the Gerontology Institute Director!
The Gerontology Institute Colloquium Speaker Series welcomed Dr. Carmen Castaneda Sceppa on September 20th, 2010. Dr. Sceppa is an Associate Professor in the Bouve College of Health Sciences at Northeastern University and adjunct Associate Professor of Nutrition at Tufts University. Her presentation was titled: “A Community-Based Intervention for Puerto Rican Adults’ Heart Health: Center for Population Health and Health Disparities.” I had the pleasure of interviewing Dr. Sceppa in order to get better acquainted with her background and research interests.

**Dr. Carmen Castaneda Sceppa**  
M.D., Ph.D.  
Associate Professor of Health Sciences at Northeastern University.

**Corina Oala:** How is it that you became interested in gerontology as well as other related research interests?

**Dr. Sceppa:** Early on in my career as a medical doctor in Guatemala, I became acutely aware of the health risks that older adults experience. This rapidly growing population worldwide is affected by age-related losses of muscle mass and function (i.e. sarcopenia), poor dietary intake, physical inactivity, and chronic diseases. As a result I have devoted my research career on the development, evaluation and dissemination of nutrition and exercise interventions to promote healthy aging. My goal is to provide evidence base information on health behaviors interventions that can be translated into practice/policy.

**CO:** What can you share with us about your previous work?

**Dr. S.:** My interdisciplinary training in medicine, aging, nutrition, and exercise science has been instrumental for my research career which is based on translational research. This includes the conduct of randomized controlled trials and participatory community-based interventions on health behavior (nutrition and exercise) promotion.

**CO:** What advice do you have for today's gerontology graduate students? Is there anything you wish someone had told you while you were in graduate school?

**Dr. S.:** In terms of gerontology as a discipline, it is important to understand the relevance of the "aging process" and the various facets of "healthy aging" from a physical, mental and social/cultural perspective. In terms of one’s research career, it is important to create/establish ones area of research and become an expert in it, while allowing oneself to learn/be exposed to the bigger picture of the research and its implications. Furthermore, it is also important to network early on and establish good relationships that could become important collaborations, attend and become an active member of professional societies, and also to identify a committed mentor or mentors.
On October 18th, 2010 Dr. Robert B. Hudson, Pd.D. came to campus for the Gerontology Institute Colloquium Speaker Series. Dr. Hudson is a Professor and Chair, at the Department of Social Welfare Policy, at Boston University's School of Social Work. His presentation was titled: “The Transformation of the Aged as a Target Population.” I had the wonderful opportunity to interview Dr. Hudson after his presentation to find out a bit more about his background and interest in gerontology.

**Corina Oala: How did you get involved in the field of gerontology?**

**Dr. Hudson:** An opportunity came up, which I took advantage of, to join a major research study at Brandeis University at the Heller School.

**CO: What more can you tell us about the work that you do?**

**Dr. H:** I am interested in politics and policies of aging. I am especially interested in what is responsible for the aging policies we have in place and how they differentially affect various older populations.

**CO: Do you have any advice for current graduate students?**

**Dr. H.:** My advice is to be flexible. As a graduate student always be willing to try out different things as they come up. Also, keep your eyes and ears open for potential projects of interest.

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**Editorials**

We welcome contributions to GeroNews and encourage you to submit opinion pieces and letters to the editor in one of the following ways:

1.) Leave typed items in the GeroNews mailbox located in the Gerontology Institute mailbox on the 3rd floor of Wheatley. Please type contributions; handwritten letters will not be accepted.

2.) Opinion pieces and letters may be submitted by email to: Corina.Oala001@umb.edu

*All submissions may be edited for clarity, style, size, and content.

GeroNews Editorial Board
Faculty Advisor: Dr. Beth Dugan, Beth.Dugan@umb.edu
Managing Editor: Corina Oala, Corina.Oala001@umb.edu
### Interesting Resources

If you find the time for some leisurely reading and learning, here are a couple of different resources for you to enjoy - recommended by our faculty and guest speakers!

| HBO: The Alzheimer's Project | Momentum in Science, is a two-part, two-hour documentary produced by John Hoffman and Susan Froemke. The documentary has been in the making for two years and takes viewers across the country, inside laboratories and research clinics of leading physicians and scientists who are studying the disease, extensively, from a variety of perspectives. Contributing genetic and environmental factors that either cause or protect against Alzheimer’s are explored.

To view the documentary online, please follow the link below:

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**How Policies Make Citizens: Senior Political Activism and the American Welfare State**

By: Andrea Louise Campbell

“Many political scientists share a hunch that Big Government has a large influence on civic engagement, but there are precious few studies that offer convincing evidence of this impact and even fewer that trace individual-level policy feedback effects over time. In this meticulous yet creative analysis of political mobilization around the Social Security program, Andrea Campbell demonstrates empirically just how powerful a force American government has become in the lives of citizens. In so doing, she advances a compelling framework for future research on the links between public policy and political participation. This excellent book will be read with great interest by scholars of political behavior, the policymaking process, and American political development.”

-Eric Patashnik, University of Virginia.
On Friday September 24, 2010, students in the gerontology doctoral program and the Frank J. Manning gerontology certificate program attended a site visit at the Executive Office of Elder Affairs in Boston, MA. The students met with several Elder Affairs employees and discussed a variety of services for elders available in the state such as protective services, the nutrition program, and long-term care.

Attendees are pictured above:

**Front Row**—Carole Malone and Emmett Schmarsow.

**Back Row**—Deborah Wheeler Ramos, Jacey Vaughan, Jocelynn Kelly, Lauren Martin, Abigail Butt, Dr. Nina Silverstein, and Patience Sanusi.
In the News

UMASS Boston Gerontology faculty help shape new driving law.

Governor Deval Patrick signed “An Act Relative to Safe Driving” into law on July 2nd. The new law took effect September 30th and is best known for banning texting while driving. However, tucked into the law are provisions designed to promote older driver safety. Associate Professor Beth Dugan and Professor Nina Silverstein served on a coalition (aptly named “Safe Roads Now”) of aging service professionals, transportation safety researchers, AAA, AARP, Mass Medical Society, and clinicians who worked with Representative Kay Khan to draft the bill. For the past year the coalition met with lawmakers, provided policy briefs, and committee testimony about senior driving safety. The final bill reflects the researchers’ recommendations – requiring in-person renewal procedures for drivers age 75 and older and improving the MA medical reporting system.

Bill signing pictured below:
Secretary of Elder Affairs Ann Hartstein (UMB gerontology alumni), Joint Committee on Transportation Chair Senator Steven Baddour, Governor Deval Patrick, Representative Kay Khan.

Pictured above: Chairman of the Joint Committee on Transportation Steven Baddour, Dr. Beth Dugan, and Senate President Therese Murray
Activities and Announcements

~ Upcoming Conferences ~

Gerontological Society of America Conference
GSA’s 63rd Annual Scientific Meeting
Hilton Hotel, New Orleans Riverside
New Orleans, LA
November 19-23, 2010

AGHE’s Annual Meeting
AGHE’s 37th Annual Meeting and Educational Leadership Conference
“Living the Old Age We Imagine: Higher Education in an Aging Society”
Hilton Hotel, Cincinnati Netherland Plaza
Cincinnati, Ohio
March 17-20, 2011

American Society on Aging
Annual Conference of the American Society on Aging
Hilton Hotel, San Francisco Union Square
April 26-30, 2011
San Francisco, CA

~ Upcoming Activities ~
SPO Induction Ceremony—April 2011—More details to follow

Attention Honor Society Members
The time has come to renew your SPO memberships.
To do so, please visit:
or please email Corina.Oala001@umb.edu if you would prefer a paper renewal form.
### Academic Calendar

#### Fall Semester 2010
- **September 6**  Labor Day
- **September 7**  Classes Begin
- **September 14**  Add/Drop Ends
- **October 11**  Columbus Day
- **October 18**  Mid-Semester
- **November 1**  Spring '11 Registration Begins
- **November 11**  Veterans Day
- **November 11**  Course Withdraw Deadline
- **November 11**  Pass/Fail Deadline
- **November 19 - 23**  GSA Conference
- **November 25 - 28**  Thanksgiving Recess
- **November 29**  Classes Resume
- **December 14**  Classes End
- **December 15**  Study Period
- **December 16 - 22**  Final Exam Period
- **December 23**  Snow Day

#### Winter Session 2011
- **January 3**  Classes Begin
- **January 17**  Martin Luther King Day (holiday)
- **January 21**  Classes End