UMass Boston Gerontology Strongly Represents at Annual GSA Conference

Twenty-five student and faculty members from the Gerontology department attended the 66th annual Gerontological Society conference. The conference took place November 20th through the 24th, and was held at The Sheraton and The Marriott hotels in downtown New Orleans, LA. Students and faculty presented nearly 40 posters and presentations at this year's conference. Prior to attending the conference, Sigma Phi Omega sponsored a practice day for students to present their posters to faculty, staff, and other students. The event was held at UMass Boston on November 18th during seminar and was a great opportunity for students to prepare and receive constructive feedback.

Story continued on page 6

Healthy Aging Data Report Released

Faculty and graduate student researchers at McCormack Graduate School’s Gerontology Institute have completed a first-of-its-kind, comprehensive report providing data on nearly 100 healthy aging indicators from the state’s 351 cities and towns as well as 16 neighborhoods in Boston. These profiles were created to help community residents, agencies, providers, and governments achieve a better understanding of the older residents. The research team included Professors Elizabeth Dugan, Frank Porell, and Nina Silverstein and gerontology graduate students Chae Man Lee, Kristina Turk, Brittany Gaines, and Joo Suk Chae. The report was commissioned by the Tufts Health Plan Foundation, in collaboration with the Massachusetts Healthy Aging Collaborative and the Massachusetts Health Policy Forum. The Massachusetts Healthy Aging Data Report: Community Profiles was unveiled at the Massachusetts Health Policy Forum titled “Healthy Aging in the Commonwealth: Charting a Path Forward” on January 24th in Newton, MA.

Story continued on page 5
Dr. Lin Presents Research on Behavioral Health Disorders

On Monday, October 21, Dr. Wen-Chieh Lin visited campus to present his research to the Gerontology Seminar Series. Dr. Lin is the Senior Project Director in the Research and Evaluation Unit at the Center for Health Policy and Research at the University of Massachusetts Medical School in Worcester. He also is an Assistant Professor in the school’s Department of Family Medicine and Community Health. In his presentation entitled, “Behavioral Health Disorders in Older Adults: Prevalence, Service Utilization, and Expenditures,” Dr. Lin discussed the rising prevalence of elders with psychiatric disorders and the increased complexity in treating people with behavioral health disorders due to their multiple medical comorbidities. Even further complicating treatment and adherence are the high number of older adults with substance use disorders, often times coupled with mental illness. Dr. Lin presented estimates suggesting that in 2005 one in five Massachusetts residents over the age of 65 had a behavioral health disorder whereas 38.8% of dual eligibles (elders with both Medicaid and Medicare), had the diagnosis. Older adults with both substance use disorders and mental illness are at a higher risk of having more chronic conditions and cost the system on average $17,000 per year more than those who do not have a substance abuse or mental illness. Dr. Lin closed by discussing the importance of integrated care for these older adults in order to continue to provide care for them in the community setting.

SPO Hosts Event to Explore Savin Hill Cove on Kayaks

Sigma Phi Omega hosted a fall event at the Fox Point Landing on UMass Boston’s campus. The dock offers free access for students to go kayaking and sailing from the beginning of May to the end of September. Students, Bon Kim, Brittany Gaines, Ping Xu, ShuangShuang (Wendy) Wang, and Andrea Lindemer enjoyed a warm day out on the water socializing, getting some exercise, and taking a break from their studies!

Sigma Phi Omega is the Gerontological Honors Society. UMass Boston’s chapter is Gamma Upsilon.

For more information about Fox Point Landing, visit [http://boatinginboston.com/boston/](http://boatinginboston.com/boston/)
Dr. Bernard Steinman presented on December 2nd as part of the Gerontology Department Speaker Series on the important issue of health disparities of older adults with vision impairment. Vision impairment among elders is extremely common. The number of elders with vision loss is projected to exceed 13 million, or 19% of all older adults by 2030. These older adults are at an even greater disadvantage as research has found that they are significantly more likely to experience more chronic diseases, functional and mobility limitations, and difficulties with activities of daily living and instrumental activities of daily living. This may be because, as older adults lose their vision, they are less likely to be physically active, resulting in faster decline in other systems.

Dr. Steinman is currently a Research Fellow at the Center for Social and Demographic Research at UMass Boston where he works with Dr. Jan Mutchler. He received is BA in English, a MS in psychology from Mississippi State University, and an MS and Ph.D. in Gerontology from the University of Southern California. Dr. Steinman continues to be interested in sensory impairments and their relationship to the health of older adults. Dr. Steinman’s current work with the Center for Social and Demographic Research primarily focuses on assisting local communities prepare for the aging of their population. Dr. Steinman is part of a team that assists these communities by conducting needs assessments, which include a town survey, focus groups, and interviews.
Professor Emeritus, Dr. Frank Caro, was recently recognized by the Brookline Community Foundation to honor exemplary commitment and leadership in the community. Dr. Caro was selected for his work with the Brookline Community Aging Network (BrooklineCAN). The mission of BrooklineCAN is to ensure a high quality of life for senior residents of Brookline who wish to age in their homes and continue to be vital members of their community. Dr. Caro first became involved when he and his wife were approached to participate in a pilot program to help older citizens remain in their homes as they age. Instead of participating as a client, Dr. Caro decided to get involved in the project alongside the programs sponsor, Jewish Family and Children’s Service (JF&CS). Dr. Caro has assisted with the project in many ways, including bringing together people to help the project expand to all of Brookline and serving as the co-chair of BrooklineCAN. Through Dr. Caro’s vision, BrooklineCAN has become a volunteer-based organization with extensive collaborators, including the Council on Aging, local business, Brookline town departments, and local nonprofits. Membership by Brookline’s older citizens has grown to 300 people, and 50 businesses have joined to offer discounts to the members. BrooklineCAN will celebrate its year anniversary this April.

Dr. Caro has not only taken a leading role within the BrooklineCAN organization, he also leads the Livable Community Advocacy Committee, which works with local organizations and town departments to advocate for changes that will allow Brookline’s older residents by more successful age in the community.

Journal Editors Give Students Tips for Publishing

On December 9, 2013, Dr. Jeffrey Burr and Jane Tavares, editors for the journal Research on Aging and Dr. Frank Caro and Robert Geary, editors for the Journal of Aging and Social Policy, presented at the Gerontology Seminar. The Editors Panel Discussion focused on giving students tips and suggestions to successfully submit a manuscript in hopes of having it published. The panel described several mistakes students often make and gave guidance on how to avoid them. A couple of the panel’s key suggestions include:

- You should think about which journal you want to submit to even before you do the research, this can help guide your work.
- Look at the journal’s statement of purpose when you are trying to determine a journal to submit your manuscript.
- Get to know the articles in the journal as this may help you when writing your manuscript.
- Know the journal’s requirements for submissions—each journal is different.
- Make use of the journal’s website—they often offer tools and resources for authors.
- The abstract is very important as reviewers often judge your paper solely by the quality of the abstract.
- Do not get discouraged if you receive harsh critiques from reviewers—take the comments seriously.
Gerontology Department Throws Annual Holiday Party

On December 12th, students, faculty and staff celebrated the end of the semester at the annual holiday party. The party was held in the Gerontology classroom and was hosted by Gerontology graduate students. Staff members from the Gerontology Institute also participated, bringing together over thirty-five people celebrating together. Attendees brought along a wide array of appetizers, entrees, and desserts for all to share. Party-goers also participated in a fun holiday game—teaming up to guess holiday songs. The team that scored the highest on the game were able to choose from an array of prizes donated by the McCormack Graduate School Dean’s Office. Dean Ira Jackson was also in attendance to enjoy the food and visit with students and faculty.

Release of Final Report at the Tufts Healthy Aging Forum

Continued from page 1. The research team pulled together secondary data from the Census, Centers for Medicare and Medicaid Services, and the Behavioral Risk Factor Surveillance System conducted by the Massachusetts Department of Public Health to create a broad spectrum of indicators for individual communities. Guided by the “Ingredients of Healthy Aging,” shown here (left), the indicators include measures of the socio-demographic composition and living arrangements of older persons in each Massachusetts city or town, and estimates of their physical and mental health, nutrition and diet, wellness and prevention activities, access to care, and Medicare service utilization rates. Each community profile also contains selected indicators of environmental factors that may influence the health of its older residents, such as a community’s walkability, its crime rates, and living costs. Finally, each profile contains some preliminary data on older adults’ access to transportation and whether the town is a Department of Public Health (DPH) Mass in Motion Community or has a Keep Moving Walking Club.

Community profiles may be accessed from the new Massachusetts Healthy Aging Collaborative website: http://www.mahealthyagingcollaborative.org/. The website also contains interactive state maps for healthy aging indicators as well as a directory of more than 150 evidence-based and other healthy aging programs in Massachusetts, which can be searched by community or topic area.

In the coming year, the Gerontology Institute research team will perform some statistical analyses of the community-level data and work to understand some of the major factors contributing to the geographic variations in healthy aging indicators across communities in the state. In future iterations of this report, researchers will attempt to incorporate additional indicators related to family caregiving, disability, asthma, and social issues like housing and volunteerism.
The theme for this year’s conference was “Optimal Aging Through Research.” Nearly 3,600 gerontologists participated in over 400 symposia, paper and poster presentations. In addition to presenting, students and faculty also assisted at the UMass Boston booth, where attendees could stop by and learn about UMass programs. Additionally, the department hosted an evening event on Friday, November 22nd, at the conference where faculty, students, alumni, and friends were invited to network and visit. Next year’s conference will be held in Washington D.C. from November 5-9, 2014.

Below is a list of UMass Boston faculty, students, and alumni’s GSA posters and presentations:

**Chae Man Lee & Elizabeth Dugan.** *A Longitudinal View of Driving Cessation among Older Adults from the Health and Retirement Study (2006-2010)*, poster.

**Kristina M. Turk.** *Cognitive Reserve: Does Education Moderate the Effect of Diabetes and Hypertension on Cognition?*, poster.

**Elizabeth Dugan, Chae Man Lee, Maria Frances Devine, & Brittany Gaines.** *Is Driving Good for Mental Health? Findings from the Health and Retirement Study*, poster.


**Mai S. Yang & Jeffrey A. Burr.** *Older Chinese in the Greater Boston Area: Living Arrangements and Health Decision*, poster.

**Caitlin Coyle.** *Loneliness, Social Isolation, and Hypertension in Later Life: Gender Differences*, poster.


**Emma D. Quach, Maximiliane E. Szinovacz, & Frank W. Porell.** *Cross-Effects of Disability and Caregiving on Spouses’ Distress*, poster.


**Andrea Lindemer.** *What Contributes to Satisfaction with Medicare Part D Plan Selection?*, poster.

Bernard A. Steinman, Jan E. Mutchler, & Susan M. Allen. Participation in Everyday Activities and Self-Reported Health Among Older Adults, poster.

Sae Hwang Han & Hey Jung Jun. Paid Work, Volunteering and Mental Health: Complex Reality of Productive Activities among Older Adults with Different Economic Situations, poster.

Kerstin G. Emerson, Tamar E. Shovali, & Kyriakos Markides. Loneliness Among Very Old Mexican Americans, presentation.

Kristen Porter & Sean Cahill. Congregate Meal programs: A Potential Resiliency Factor in Successful Aging for LGBT Older Adults, presentation.

Kristen Porter, Samantha Sass, & Aimee Van Wagenen. Serving Vulnerable Older Adults: LGBT Participation in Title III Congregate Meal Sites, presentation.


Kelli Barton & George S. Gotto. Evaluation of Missouri’s Partnership for Hope Medicaid Waiver: Findings and Implications, presentation.


Bruce R. Haimowitz & Elizabeth Dugan. SES and Loneliness: Comparing Results Using Direct and Indirect Measures of Loneliness, poster.


Constance Inacio. Physical Performance as a Determinant of Balance Confidence, poster.

Lien Quach, David R. Gagnon, & Elizabeth Dugan. How do Falls by Older Adults Vary by Race and Gender? Findings from the Health and Retirement Study, poster.
Continued from page 7.


**Mary Carter**. *Emergency Department Use for Attempted Suicide by Older Adults*, poster.


**Edward A. Miller**, Divya Samuel, Susan M. Allen, Amal Trivedi, & Vincent Mor. *Implications of Rhode Island’s Global Waiver for Designing and Implementing Long-Term Care Reform*, presentation.

**Edward A. Miller**, Divya Samuel, Susan M. Allen, Amal Trivedi, & Vincent Mor. *Implications of Rhode Island’s Global Medicaid Waiver for Rebalancing Long-Term Care under the ACA*, presentation.
Awards and Honors

Kristen Porter was selected to receive the Alumni Community Advocacy Award, New England School of Acupuncture, 2013.

Jan Mutchler, Caitlin Coyle, and J. Kramer were awarded the Borchard Foundation Center for Law & Aging Academic Research Grant Program. The title of their project is: "Bridging Aging and Disability: The role of Aging and Disability Resource Centers in serving adults aging with Intellectual Disabilities and their family caregivers." [$20,000]

Hyo Jung Lee was awarded the Gerontology Scholarship Award from the Department of Gerontology, McCormack Graduate School of Policy and Global Studies, in May 2013.

Caitlin Coyle, Hayley Gleason, & Elizabeth Chen were selected to participate in the State Health Policy Student Forum, sponsored by Brandeis University. The event gives advanced graduate students access to the workings of state government. The forum was held on January 7th and 8th, 2014.

Publications and Reports:


Student Accomplishments continued onto page 12.
Recent Faculty Awards, Publications & Presentations

Faculty of the Gerontology Department have been busy receiving awards, publishing books and articles, and presenting at local and national conferences. Below is an excerpt to highlight their work:

Faculty Awards and Service:
Associate Professor Edward Alan Miller joined the editorial board of the British Journal of Health Informatics & Monitoring and the Advisory Committee of the Long Term Services and Supports Interest Group AcademyHealth. He was also asked to serve on Rhode Island’s Integrated Care Initiative Consumer Advisory Council chaired by Lt. Governor Elizabeth Roberts. Dr. Miller served as the Chair of the Policy, Costs, and Service Utilization in State Medicaid Programs Panel at the GSA Conference in New Orleans, LA. On November 3, 2013, he was interviewed on WUMB91.9’s Commonwealth Journal for the program “Aging, the Affordable Care Act, and Medicare,” which can be found here: http://wumb.libsyn.com/affordable-care-act-and-medicare

Faculty Publications and Reports:

Presentations and Workshops:
Miller, E. A. (Keynote Speaker). “The Affordable Care Act and Long-Term Care: Marginal Advancement on the Status Quo.” Osher Lifelong Learning Institute, University of Massachusetts Boston, Boston, Massachusetts, October 16, 2013. [Oral]

Miller, E. A. “Implications of Rhode Island’s Consumer Choice Compact Medicaid Waiver for Rebalancing Long-Term Care Under the Affordable Care Act.” 141st Annual Meeting of the American Public Health Association, Boston, Massachusetts, November 2-6, 2013. [Oral]

Gerontology Alumni Receive Grants, Publish, and Present

Alumni Awards and Service:
Jennifer Sullivan was awarded two VA grants in 2013: “Examining the Relationship of Culture Change, Adverse Events and Costs in CLCs” (IIR 11-356) and “Evaluating Implementation of Project Re-Engineered Discharge (RED) in VA” (RRP 11-387).

Turner Goins was awarded a 4-year NIH grant on September 15, 2013, as part of the Native American Research Centers for Health entitled, “Mental Health and Diabetes among Older American Indians.”

Alumni Publications and Reports:
Alumni Publications and Reports (continued from page 10):


**Caspi, E.** (2014). Does self-neglect occur among older adults with dementia when unsupervised in Assisted Living? An exploratory, observational study. *Journal of Elder Abuse and Neglect*. Estimated publication date: Jan 14, 2013 (online) and Feb 11, 2014 (Print).


Alumni Presentations and Workshops:


*Alumni accomplishments continued on page 12.*
Program Alumni Present Around the Country

Alumni Presentations and Workshops (continued from page 11):


Students Present their Research throughout MA

Presentations and Workshops (continued from page 9):


Upcoming National Conferences 2014

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Celebrating Student, Alumni and Faculty’s Big Moments

The Gerontology Department would like to offer its Congratulations to:

Alumna, **Jennifer Sullivan**, on the birth of her daughter, Kaia Rose, in July 2013.

PhD student, **Corina Ronneberg**, on accepting an adjunct teaching position at Northeastern Illinois University in their undergraduate gerontology minor program. She will be teaching Psych 328-Seminar in Aging: Exploring Aging Programs, Policy, and the Long-Term Care Continuum.

PhD student, **Caitlin Coyle**, on her new position as an adjunct professor in the Sociology Department at Emmanuel College in Boston. She will be teaching Sociology 2119: Age & Generations, in the Spring semester.

Alumna, **Suzanne Herzberg**, on her new position as a practice facilitator for the patient-centered medical home model, under the auspices of Brown University and Memorial Hospital of Pawtucket, RI. She will be working with physician practices to improve health outcomes and increase patient and staff satisfaction.

Aluma, **Turner Goins**, on her new position as the Jeanette Hyde Distinguished Professor at Western Carolina University in the College of Health and Human Sciences.

**Cathy Wong** on her successful defense of her dissertation, “Gender, race, and ethnic differences in the effects of education on depression in later life: The mediating roles of mastery and stress” on January 22, 2014. Her committee members included: Dr. Jeff Burr, Dr. Frank Porell, and Dr. Kelly Trevino from Rowan University.

And **Jiyoung Lyu** on the completion of her PhD! Jiyoung’s dissertation was entitled “The impact of childhood SES on decline in cognition among older adults.” She defended her dissertation in front of faculty and students on December 13, 2013. Her committee included Dr. Jeff Burr, Dr. Elizabeth Dugan, and Dr. Fengyan Tang from the University of Pittsburgh.
Upcoming Gerontology Events:

Thursday, February 6, 2014 (10:30-11:45AM)
“Supporting Well-Being among Medically Underserved Older Adults” with Silvia Sorensen, PhD, Research Associate Professor, Department of Psychiatry, Center for Community Health, University of Rochester School of Medicine and Dentistry, Rochester, NY.

Monday, February 10, 2014 (10:30-11:45AM)
“Innovative New Practices in Resource-Poor Nursing Homes: Comparing Culture Change & Palliative Care” with Denise Tyler, PhD, Research Assistant Professor, Center for Gerontology and Health Care Research, Department of Health Services, Policy and Practice, Brown University, Providence, RI.

Monday, February 24, 2014 (10:30-11:45AM)
“If We Are All Created ‘Equally,’ Then Why Am I Treated Differently?: Examining the Psychosocial Factors Influencing the Pain Experience in Older Adults” with Tamara Baker, PhD, Associate Professor, School of Aging Studies, University of South Florida, Tampa, FL.

Friday, February 28, 2014 (11:00AM)
Dissertation Defense for Judith Poey
Dissertation Title: “The social environment, APOE e4, and dementia: The social environment as a moderating factor among individuals genetically predisposed to develop dementia.

Monday, March 3, 2014 (10:30-11:45AM)
“Preparing for the Final Phase of Life: Growing Challenges in Elder Care” with Kathrin Boerner, PhD, Associate Professor, Brookdale Department of Geriatrics and Palliative Medicine, Icahn School of Medicine at Mount Sinai, New York, NY.

Friday, March 7, 2014 (10:30-11:45AM)
“Title - TBD” with Susan Enguidanos, PhD, Assistant Professor of Gerontology, Leonard Davis School of Gerontology, University of Southern California, Los Angeles, CA.