Dear Readers,
Welcome to another edition of the Center on Aging Newsletter! In this issue, we will hear from Dr. Kathy Wiley who will be the next Director for the Senior Mentor Program in July 2008. Dr. Wiley is a board certified geriatrician with many years of experience working with older adults. We are very lucky to have her on board to lead the organization of this educational program!

It is time again for Brain Awareness Week, organized by the Neuroscience Department at MUSC. Faculty members and students will be going to area schools, bringing with them human brains and spinal cords to teach children about life style choices including drug abuse, exercise, and high cholesterol diets. We have to assume responsibility for future generations, and increase awareness among all generations in our state. South Carolina ranks 5th in the nation in obesity rates, with more than 25% above the obesity level. The rates of obesity are worse in minority and rural populations, with 48% of African American children in rural areas of South Carolina obese. More than 50% of children in our state do not participate in after school physical activities because they are not available for them. We need to push for better organization and more funding for after-school activities in our state. In order to enhance state-wide support for aging research, service, and outreach, the South Carolina Aging Research Network (SCARN) was founded in the summer of 2006. SCARN is working with Health Sciences South Carolina (HSSC) and has been funded for several pilot projects, including a prevention program for stroke and a Vitamin D deficiency program in older adults.

If you would like to learn more about aging and age-related disease, please listen to our MUSC podcasts on aging! We currently have 63 of these programs on Aging, Geriatrics and Caregiving. They are produced by Linda Austen and feature interviews by local author and artist, Sally Hughes-Smith. The podcasts are very popular and have generated a lot of interest in this field. You can find them at: http://feeds.feedburner.com/musc-aging-podcast. I would like to extend an invitation to all of you to our annual Aging Research Day, to be held at the Clemson University Madren Conference Center, March 30-April 2, 2008. Dr. Cheryl Dye at Clemson University has done an excellent job in terms of attracting distinguished speakers, with an overall theme of Aging and Mobility. Next spring, it is our turn again to host this Aging Research conference in Charleston. A possible theme for next year's conference is Stroke. Wishing you a wonderful spring in the Low Country!

Thank you for all your help and support!

Lotta Granholm, Ph.D., D.D.S.
The Center on Aging proudly welcomes Dr. Kathleen Wiley as Director of the Senior Mentor Program starting this summer. Dr. Wiley received her M.D. degree from the University of Kentucky and completed her internship and residency in Internal Medicine at MUSC. She joined the faculty of the Medical University of South Carolina in General Internal Medicine in 1980, first as an Instructor and later as an Assistant Professor.

Dr. Wiley has a strong interest in medical student education. She served as Director of the Introduction to Clinical Medicine courses for several years. From 1993 to 2000, she served as the Medical Director of the Parallel Curriculum, a problem-based learning track for 18 – 24 students. She received an Excellence in Teaching Award in 1990 and was a Golden Apple nominee in 1990, 2000, 2004 and 2005.

In her clinical practice, Dr. Wiley was Medical Director of the Medical Acute Care Unit from 1992 – 2000. She has been Director of University Diagnostic Center, the academic general internal medicine clinic, since 1990. Her clinical work has earned her recognition as one of the “Best Doctors in American”. Dr. Wiley is a member of the Geriatrics Society and the American College of Physicians. In 1996, she attained fellowship in the American College of Physicians.

From Dr. M. Kathleen Wiley

“My areas of major interest and responsibility are in clinical care and education. In the area of clinical care, I have an active private practice at the University Internal Medicine which is a source of great personal satisfaction. Areas of particular interest are Geriatrics and Health Promotion/Disease Prevention. Besides direct patient care, I am involved in resident and student education at the University Internal Medicine clinic.

Student and resident education has been an interest for many years. My involvement in the Introduction to Clinical Medicine Curriculum has developed this interest through experience in course direction and development. I was also involved in the exciting problem-based curriculum, the Parallel Curriculum, in the College of Medicine at the Medical University from 1993-2002.”
Senior Mentor Spotlight

Mrs. Lucille MacLennan was one of our first mentors at the MUSC Center on Aging and is more active than the students she is mentoring. She makes sure to keep her mind sharp and her body in shape by keeping up with her passions and activities and by walking a mile every morning. She lives independently and insists on helping her neighbors, often delivering the morning newspapers to their front stoop. She likes dogs, cats and people, and lives abiding by her Christian faith with the philosophy to grow old and still live an active and interesting life. Mrs. MacLennan was born in Hartwell, Georgia, on July 30, 1920, and today has the same vibrant personality as she did when she was a student at Agnes Scott College studying French and Bible. Although she has several ailments, she feels like a fifty year old. Mrs. MacLennan began gardening at the age of 7 and still keeps up with the hobby by maintaining her renowned wild flower garden and knows the names of each of the plants in Latin.

Mrs. MacLennan says that she likes her age now. She has the freedom to do whatever she wants and is the happiest spending time with her six grandchil-

dren. She believes her current age and functional changes have not altered her outlook on life. She still teaches Sunday school as she has for the past sixty years and keeps up with her studies and travels. Brought up in and schooled in a strong Christian environment, she stands by her faith and lets it guide her life.

Mrs. MacLennan’s advice to students is to make friends and take every opportunity to continue to learn more. Education is a powerful tool.

Student Spotlight

Shakaria Johnson is a first-year MD/MHA student at MUSC. A native of Sumter, SC, she attended Clemson University, where she received her undergraduate degree in biochemistry. After completing a Master’s of Public Health from Emory University, she was selected for the U.S. Department of Health and Human Services Emerging Leaders Program. For two years, she served in various organizational and program management roles as public health intern at the National Institutes of Health (NIH), the Centers for Disease Control and Prevention and The Children’s Inn at NIH.

**Shakaria Johnson says:**

“When I was a little girl, my grandfather always told me, “When you become a doctor, make sure that you know how to take care of my toe.” I would always say in return, “Of course granddaddy. If I don’t take care of your foot, who will?” I didn’t fully understand the wisdom that my grandfather imparted in telling me that time and time again nor did I understand the significance of my reply. My grandfather passed away before I graduated from college, however, his brothers and sisters still tell me the same thing. I have been charged to learn how to care for more than feet. This list has expanded to eyes, ears, joints, and hypertension (to name a few). My grandaunts and granduncles are in pretty good health; however, they suffer from illnesses, which elders often endure. When I check on them, I am often inundated with reports of their doctor visits and what great (or terrible) care they receive as well as the things that I should or should not do or say as a physician that takes care of “older folks.”

My road to becoming a physician has always been driven by my passion to be a servant in my community through medical service. However, my grandfather and my experience in public health influenced me to not only devote my life to learning how to clinically treat disease, but also, to genuinely care for all people regardless of how great or small their condition may seem. That is why I desire to treat patients across the lifespan. I’ve yet to decide on a specialty, but I am certain of being equipped to treat seniors with the same compassion, competency and respect that I will with my own grandaunts and granduncles. If no one else does, who will?”
Upcoming Dates to Remember:

2008 Aging Research Conference: "Movement and Mobility"
March 30 - April 1, 2008, Madren Conference Center Clemson, SC
The 2008 South Carolina Aging Research Conference will provide the platform for disseminating best practices in increasing physical activity levels of older adults and assessing functionality and fall risk factors in order to enhance movement and mobility. It will feature basic science and clinical research on movement disorders such as Parkinson's disease. The format of the conference features keynote speakers, as well as concurrent sessions on basic science, clinical research, and the assessment of movement, mobility and driving. For information about the conference, please visit the conference website: [http://www.clemson.edu/aging/2008conference.html](http://www.clemson.edu/aging/2008conference.html)

The Circle by Sally Smith:
The Circle was published with a vision of helping families and caregivers of aging, mentally frail loved ones cope with the ongoing realizations of dementia. This book is unique in that it addresses the emotional and human side of this disease while most available books concentrate on the dry medical practicalities. Sally Smith, whose inspiring personal account--closing the family home and moving her mother into an assisted living facility--resulted in a book that critics have said is "healing, hilarious and very helpful to those of us sharing similar experiences." The manuscript was given as a gift to the Medical University of South Carolina and published to raise awareness and support for research into Alzheimer's disease, Parkinson's disease, dementia, vision and hearing loss and other age-related problems. 100% of the net proceeds will benefit research into these issues. For more information, or to learn how to order a copy please visit [http://www.musc.edu/aging/circle.htm](http://www.musc.edu/aging/circle.htm).

The Carroll A. Campbell, Jr. Memorial Golf Classic
April 21, 2008 at the Windermere Club, Blythewood, SC
Please contact Kate Sweeten to register or for sponsorship opportunities: 800.636.3346 or kate.sweeten@alz.org.

Forget-Me-Not Ball: Alzheimer’s Association
May 16, 2008 at the Francis Marion Hotel, Charleston, SC
Please visit [http://www.alz.org/sc/in_my_community_events.asp](http://www.alz.org/sc/in_my_community_events.asp)

For more updates feel free to visit our website: [www.musc.edu/aging](http://www.musc.edu/aging)