Dear Readers,

I would like to welcome you to this issue of the Center on Aging newsletter. As we are rapidly getting into the fall (the semester for the students starts the last week of August), we have many exciting events coming up. Be sure to sign up for the Alzheimer Foundation Memory walk, which occurs October 24, 2009 (see www.alz.org/memorywalk).

I would also like to announce that there will be a state-wide Aging Research Conference on February 19-20, 2010. The last conference we had was in 2008 at Clemson University and was attended by more than 160 scientists, clinicians, students, and residents! We are hopeful that the event will be equally well attended this spring. Call for abstracts will be announced shortly and the overall theme will be: Stroke in South Carolina: Unbuckling the Stroke Belt. Please contact Ms. Rebekah Hardin at the Center on Aging if you are interested in participating and/or would like to help with sponsoring this event (843-792-3699).

It is well recognized that volunteerism is one of the cornerstones of aging services in South Carolina; for example helping with distributing meals, working in senior centers, or serving as senior mentors in the two Senior Mentor Programs (the USC and MUSC programs). The Lt. Governor André Bauer recognized South Carolina’s top senior volunteer this year, Beverly Stevens, with the Network Volunteer Service Award for her more than 800 hours of volunteer service in one year. “As nearly 77 million individuals born between 1946 and 1964 retire, there will be a wealth of manpower available to the volunteer pool, bringing high levels of education, experience, skills and enthusiasm to the aging network” stated a press release from the Office on Aging. These numbers bode well also for our programs, where senior mentors provide information, skills, and encouragement to medical and pharmacy students at MUSC. I would like to take this opportunity to thank our many volunteers. Without them, organizations such as ours would not be as successful.

Our partners throughout the state continue to work together in the South Carolina Aging Research Network (SCARN) to improve health care and research opportunities in our state. A major undertaking generated by this organization is the SeniorSmart program (www.seniorsmart.org). This program (Director: Dr. Paul Eleazzer) focuses on fostering independence for senior citizens. The Center’s work falls under three major themes: SHARP BRAIN (helping seniors maintain intellectual activity); SMART WHEELS (promoting independent mobility outside the home for seniors); and SMART HOME (helping seniors maintain independent mobility inside the home). Another activity within SCARN is the geriatric education center (Palmetto State GEC), which was funded to provide education on geriatrics and gerontology to interdisciplinary groups of health sciences students (Director: Dr. Victor Hirth, USC). The MUSC Center on Aging is proud to work with these talented and productive partners.

I would like to end this letter by reminding everyone of the impending hurricane season; stay safe out there! There is an excellent hurricane guide online (South Carolina 2009 Hurricane Guide, www.scemd.org/index.htm) which tells you what to look out for, what to pack and the best evacuation routes. Stay safe and have a wonderful fall season in the Low Country!

Sincerely,

Lotta Granholm,
Director Center on Aging
President, South Carolina Aging Research Network
Larry Middaugh, Ph.D. - Professor Emeritus, Senior Mentor

A recently retired faculty member who remains active in research and volunteers as a senior mentor.

Dr. Middaugh received his Ph.D. in Psychology/Physiology from the University of Tennessee. He joined MUSC in 1970 and enjoyed working here for 39 years. He runs to stay physically and mentally healthy, keeping his bridge run times under 60 minutes.

From Dr. Middaugh:
“My work at MUSC has been one of the main attractions of my life. I’m particularly enthusiastic about working with young scientists. Mentoring graduate students, postdoctoral students, and young faculty members on various aspects of research and laboratory management has been the favorite aspect of my work. Recently, the mentoring was expanded to include exposing two medical students to an aging (not aged!) adult in the Senior Mentor Program. It introduced me to the idea of thinking about how I should manage my aging process, both physically and mentally.”

Dr. Middaugh’s research at MUSC utilized murine models to examine long term consequences of exposure to various psychoactive drugs administered to developing, young adult or aging adult animals. The emphasis has been to relate various aspects of behavior to brain neurotransmitter function in a format applicable to human problems.

Rebekah Hardin

Program Coordinator, Center on Aging

Rebekah Hardin received her Bachelor of Science in Finance from the University of South Carolina in 2003. She worked at an insurance brokerage firm in Columbia after graduation as an Account Manager which sparked an interest in the healthcare field. In 2006, Rebekah decided to move to Charleston and enroll in the Masters in Health Administration program at MUSC. During her time in this program she participated in various internships within the hospital and university. Upon graduation she accepted a position with University Risk Management at MUSC to help facilitate a new employee wellness program. After the successful launch of this program, Rebekah moved to the Division of Neurosciences: Center on Aging in 2009. In her current position as Education Coordinator for the Center on Aging and Senior Mentor Program she enjoys building relationships with community organizations as well as seniors in the community. Presently, she is organizing Aging Research Day 2010, launching a new website for the Center on Aging and Senior Mentor Program and spends time speaking to organizations around South Carolina about the Center on Aging research and programs the center offers.
Mentor Spotlight - Mr. & Mrs. Paul Walter

Mr. & Mrs. Walter moved to Charleston from Ohio in late October 2008 and are both volunteers in the Senior Mentor Program for the Class of 2012. They have 2 children, 6 grandchildren and have been married for 55 years.

Paul went to college at Miami University on a football scholarship and made it to the Athletic Hall of Fame. Prior to retiring he worked as a Teflon plastics plant manager and Ester was a schoolteacher for Kindergarten and the 1st grade, earning the Outstanding Teacher of the Year Award in her school system. The Walters stay involved in their church and are happy to live in the Villas at Somerby because they still feel largely independent and enjoy all the great services Somerby offers. They are both involved in water aerobics while Paul is an avid golfer and Ester enjoys reading, playing bridge and book clubs.

The Walters were attracted to the Senior Mentor Program because of the growing needs of the increasing aging population and wanted to help expose medical students to the elderly. The Walters’ find their medical students extremely interesting and describe mentoring them as an enriching experience. One of Mr. Walter’s students is an aspiring heart surgeon and the other is an aspiring orthopedic surgeon. This is an excellent fit for Mr. Walter since he has practical experience to offer both of them. Both Paul & Ester mentioned many times that their students are wonderful young people who will make great doctors. They love their students and feel privileged to be a part of this program.

-Thank you for your service Mr. and Mrs. Walter!!

Student Spotlight - Courtney Abrams

Courtney Abrams is in her second year of Medical School at MUSC. She grew up in Charleston across the street from the MUSC Baruch Auditorium and has many childhood memories of medical students coming and going to class. With an undergraduate degree in Political Science from the State University of New York, Courtney did her honors thesis on the structure and sustainability of the Canadian single-payer health care system and received the Alan Shank Outstanding Senior in Political Science Award. Courtney completed graduate work at the University of Massachusetts Amherst in Public Health and Political Science.

*From Courtney Abrams:

“I first became interested in medical school during my freshman year of high school. I remember sitting in Biology and learning about cell replication; when the teacher explained that cancer cells were simply those that did not stop dividing, I was hooked. Medicine fascinates me, both as a science and the art of practice—the blend of science and humanity, the opportunity to help people when they are at their most vulnerable, and the ability of doctors to make a tremendous difference in the lives of their patients. At this point in my training, I’m most interested in Emergency Medicine and Family Planning, but am looking forward to being on rotations during 3rd and 4th years and getting to explore so many different fields of medicine. My experience with the Senior Mentor Program thus far has been enormously positive. I’ve so enjoyed getting to know Mrs. Wise and her husband, and am incredibly grateful for the insight she’s provided me. It’s certainly a background I don’t think I could’ve otherwise gained.”
In January, the Senior Mentor Program will introduce the Class of 2013, with a student body of 155! Please tell your friends or use the nomination form inside.

### Senior Mentor Program Dates

**4th Year - Class of 2010**
- Advanced Care Planning: Due at the End of Student’s Medicine Rotation

**3rd Year - Class of 2011**
- Fall Risk: Due at the end of Student’s Internal Medicine Rotation
- Life Review: Due at the end of Student’s Psychiatry Rotation

**2nd Year - Class of 2012**
- Nutrition: September 21, 2009
- Pharmacology: April 25, 2010

**1st Year - Class of 2013**
- Physiology of Aging: TBD
- Medical History: TBD

---

### Aging Research Day

**Stroke: Unbuckling the Stroke Belt**
The 6th Annual Aging Research Day will be **February 19 & 20, 2010** at the Holiday Inn on Folly Beach. Please contact Rebekah Hardin at 792-3699 or hardinr@musc.edu with questions or for information on fundraising opportunities.

---

### Alzheimer’s Association 2009 Memory Walk

**Where:** Charleston Harbor Resort & Marina Charleston, SC
At the Lookout Pavilion

**When:** October 24, 2009
9 a.m. Registration/Check-in; 10 a.m. Walk Starts

**Contact:** Cameron Renwick (843) 571-2641
Are you interested in participating in research?

Alzheimer’s Research & Clinical Programs (ARCP) was developed by the Medical University of South Carolina to serve as a statewide resource for patients, families, and physicians. ARCP is located in North Charleston, conveniently off of Interstate 26. The program provides a full spectrum of services designed to minimize, and ultimately end, the devastating effects of Alzheimer’s disease. A wide range of clinical drug trials and other types of research studies are offered for older adults with Alzheimer’s disease, other types of dementia, behavioral disturbances, depression and other psychiatric disorders. Cognitive testing, medical monitoring and study medications are offered at no cost to qualified participants of clinical drug trials. If you or a loved one is interested in participating in Alzheimer’s disease research, call Stephanie for enrolling studies at 843-740-1592 X 14, or go to our website at www.musc.edu/arcp.

The Circle by Sally Smith

The Circle began as a journal when Mrs. Smith was documenting her experiences leading up to placing her mother, who had dementia, into assisted living. Because she found so little reading material available for people in her situation, Mrs. Smith decided to develop her journal as guidance for others, at the same time benefiting the MUSC Center on Aging, which receives 100% of the book sale profits to further their research on age related health issues. Order your copy by calling (843) 792-5721. Proceeds from this book have already been utilized to initiate the South Carolina Brain Bank. The South Carolina Brain Bank was founded this year and is perceived as one of the most important cornerstones for successful research in age-related disorders such as Parkinson’s and Alzheimer’s disease. While animal models for disease may tell us suspected mechanisms or treatment avenues for the disease, we can only truly make breakthrough research when examining the human brain. This region of the country does not currently have a brain bank, so the South Carolina Brain Bank will fill an important function for the entire region. If you are interesting in becoming a donor or in supporting this endeavor, please see important contact information below.

Contact Information:
Development program:
Debbie Bordeau (bordeau@musc.edu)

South Carolina Brain Bank:
Director: Dr. Kumar Sambamurti (sambak@musc.edu)
Co-Director: Dr. Lotta Granholm (granholm@musc.edu)
Coordinator: Rebekah Hardin (hardinr@musc.edu)

Considering a special once in a lifetime gift to MUSC through your estate or will? Check our website www.MUSCGiving.org for the information and financial calculators needed to explore your options.
Center on Aging Staff

Lotta Granholm-Bentley, DDS, PhD
Director, Center on Aging
granholm@musc.edu

Nyssa Sturbin
Business Manager
sturbin@musc.edu
843-792-5678

Debbie Bordeau
Development Director
bordeau@musc.edu
843-792-4342

Rebekah Hardin
Program Coordinator
hardin@musc.edu
843-792-3699

Kathleen Wiley, MD
Director, Senior Mentor Program
wileyk@musc.edu

Alyssia Barnes
Administrative Assistant
843-792-5721
barnea@musc.edu