Spring is in the air and we are excited for another chance to get into the community with the MUSC Center on Aging Senior Expo! We hope you will join us for a fun and informative day at the Omar Shrine Convention Center in Mount Pleasant on May 24th.
What is the Senior Expo?
The MUSC Center on Aging is hosting the 2nd Annual Senior Expo, on Thursday, May 24, 2018. Community seniors, their caregivers, and service providers are invited to attend this free event to learn about some outstanding resources available in the Lowcountry.

Top MUSC physicians and researchers are offering complimentary health screenings, information, and opportunities to learn about the latest research taking place. There will be live fitness demonstrations and health-related talks throughout the day. Also, featured will be non-profit organizations and a wide assortment of local vendors and service providers to help seniors navigate everything from support groups to safety programs.

What kinds of screenings will be offered?
There will be a wide assortment of health screenings available at no cost provided by the Colleges of Medicine, Nursing, Pharmacy, Psychiatry, and Dental Medicine - as well as independent businesses. Some of these will include hearing checks, fall risk assessments, blood pressure checks, memory screenings, and many more.

Is the Senior Expo just for seniors?
Absolutely not! We invite the entire family to join for fun activities and to learn about the resources available in our community and state.

What kinds of other exhibitors will be there?
Both for profit and non-profit organizations have been invited to share information on their services from a huge array of specialties. There will be experts on site in the areas of home health care, hospice care, abuse support, insurance, public services, care management, retirement and assisted living communities, etc.

Is there a cost to attend?
The event is free and open to the public. Health screenings will be offered at no cost to all seniors.

Is it too late to be an exhibitor or sponsor?
If you would like to be involved in the Senior Expo, there is still time! Sponsorships are due by April 20 and exhibitor registrations are due by May 1.

Email dillonk@musc.edu for registration forms and information.

Follow the MUSC Center on Aging on Facebook or visit www.musc.edu/aging for all Senior Expo updates!
2018 MUSC Center on Aging Senior Expo Preview

We still have a few spots available for sponsors and exhibitors for this year’s event, but so far we have an exciting lineup of MUSC teams and outside participants confirmed for the day.

MUSC Teams:
- Advocacy Program
- Anatomical Gift Program
- College of Dental Medicine
- CUR for DAD & IAM Studies (Alzheimer’s)
- Dept. of Neurology - Stroke Division
- Digestive Health
- Elder Abuse Training & Treatment Program
- Geriatrics
- Hearing Research Program
- Institute of Psychiatry
- MUSC Health
- Palliative Care Program
- Stroke Program
- Stroke Recovery Research Center
- Structural Heart & Valve Center

Thank you to our Gold Sponsors:
- 55 Plus Homes - Caldwell Banker
- Absolute Total Care
- Access Health Care Services
- HealthSouth Rehab
- Home Care Assistance
- Hospice of South Carolina
- Lowcountry Companions
- Sandpiper Rehab and Nursing
- Senior Helpers
- The Bridge at Charleston
- The Crossings at West Ashley
- The Palmettos Assisted Living
- Trident Area Agency on Aging

Please be sure to come out and spend some time with these folks to learn about how they are making a difference in the lives of adults and their families in the lowcountry! You can also visit our Facebook page learn about these and other groups that will be at the Senior Expo.

Education: Lunch and learn series at new senior centers

The Center on Aging is excited to be involved in the upcoming lunch and learn series at the brand new City of North Charleston Senior Centers. The following MUSC experts are scheduled to present on these topics:

Otranto Senior Center
8708 S. Antler Drive, North Charleston

May 9th
Nutrition for Caregivers
Dr. Elaine Amella, College of Nursing

July 11
Elder Abuse: Prevention & Identification
Mara Steedley and Jordan Hardy, College of Nursing

September 12
Mild Cognitive Impairment Research
Dr. Anya Benitez, Dept. of Neurology

November 14
Yogic Breathing
Dr. Sundar Balasubramanian, Dept. of Radiation Oncology

Senior Center at Dorchester
6255 Dorchester Road, North Charleston

June 13
Brain Health
Dr. Heather Boger, Dept. of Neuroscience

August 8
Palliative Care & End of Life Decisions
Mary Catherine Dubois, Palliative Care

October 10
Human Brain Presentation
Ariana Farrand, Dept. of Neuroscience

December 12
Dental Health for Older Adults
Dr. Joni Nelson, College of Dental Medicine

All programs are from 12:00 - 1:00 pm.

ABOUT THE SENIOR CENTERS:

Membership is open to anyone 50 years or older and will include access to a 16-by-16 pool, a gym, and a room for yoga and tai chi. Meeting rooms will cater to events, such as birthday parties and “Lunch and Learns” with health care professionals. The centers will also include card rooms, a cafe and an outdoor space for cornhole and pickleball.

Membership is $10 per month or $100 per year for city residents and $20 per month or $200 per year for non-residents.

For more information:
843-740-5806 or www.northcharleston.org

MARK YOUR CALENDARS

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>FOR MORE INFO</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 15 (1 pm - 4 pm)</td>
<td>What Matters Most: An Inter-Generational Festival Exploring the Art of Living Fully to the End Mt. Pleasant Waterfront Park</td>
<td><a href="http://www.bridgessc.org">www.bridgessc.org</a> 843-216-7323 <a href="mailto:jonathan@bridgessc.org">jonathan@bridgessc.org</a></td>
</tr>
<tr>
<td>May 24 (9am - 2pm)</td>
<td>MUSC Center on Aging Senior Expo Omar Shrine Convention Center</td>
<td><a href="http://www.musc.edu/aging">www.musc.edu/aging</a> <a href="mailto:DillonK@musc.edu">DillonK@musc.edu</a></td>
</tr>
<tr>
<td>June 15 (10a - 2p)</td>
<td>World Elder Abuse Awareness Day MUSC Horseshoe</td>
<td>843-792-2910 <a href="mailto:steedlem@musc.edu">steedlem@musc.edu</a></td>
</tr>
</tbody>
</table>
Research: Brain Imaging to detect early stages of Alzheimer’s

“My dad had Alzheimer’s, and he passed away two years ago. You always feel helpless when there’s a disease that doesn’t have a treatment. This is kind of my way of feeling like I can do something about it,” says MUSC Neuroscience researcher, Jane Joseph, Ph.D.

Many of us have had a loved one affected by Alzheimer’s disease or dementia. Whether it has been a family member or a dear friend, the impact of the disease is far-reaching. Caregivers, family and friends are often at a loss for how to cope with the changes that our loved one is experiencing.

There is currently no cure for Alzheimer’s disease and treatments that do exist are limited in effectiveness. Over the next 30 years, the number of people diagnosed with Alzheimer’s disease in the state of South Carolina is expected to increase by 44% to 72%. The National Institute on Aging has recognized the need to do more research to address this increase in prevalence.

Dr. Joseph, along with MUSC researchers Dr. Joseph Helpern and Dr. Jacobo Mintzer, are working to shed light onto the early signs of Alzheimer’s with the help of recent grants from the National Institutes of Health, totaling more than $7 million.

They are leading a project that will use brain imaging to see if there are indicators of dementia before a person is even diagnosed with Alzheimer’s disease.

These early indicators might be seen as changes in brain structure, such as white matter pathways, or they might surface as changes in how different brain regions communicate with each other.

In the coming months this study will recruit approximately 200 individuals who have been diagnosed with Alzheimer’s disease or cognitive impairment and about 300 individuals who have not been diagnosed and are otherwise healthy.

The study will use brain imaging and cognitive testing to track changes in brain structure and function over a two-year period. This information will be used to discover which of these changes are most related to dementia and cognitive impairment.

“The overall goal is to use neuroimaging, in particular MRI, to really come up with a biomarker or biomarkers to predict someone’s risk for Alzheimer’s disease,” Joseph said. MRI stands for magnetic resonance imaging.

By using this brain imaging to detect early disease markers, individuals can be informed of their risk for developing Alzheimer’s disease. With this knowledge in hand, people can make changes to their health habits to try and prevent or delay dementia.

Service: Volunteer Ombudsman Program

The Long Term Care Ombudsman Program sponsors Volunteer Ombudsman who visit with residents at nursing homes on a regular basis. The volunteers help to educate residents and families on residents’ rights.

The Volunteer Ombudsman diminish the sense of isolation experienced by residents, especially those without family. They provide encouragement and assist the resident in achieving a sense of self-determination.

Volunteer Ombudsman are special people who make a significant contribution. Through their efforts, they improve the quality of life for many seniors in our community. They ensure that the lines of communication between residents and staff remain open. What is required to be a Volunteer Ombudsman?

Because residents in long term-care facilities may be at risk of exploitation, the Lt. Governor’s Office on Aging maintains high standards. Volunteers must:

• Be 18 years of age or older.
• Have a valid driver’s license and transportation.
• Not use controlled substances.
• Not have a criminal record.
• Pass a criminal background check.
• Have acceptable verbal, listening and writing skills.
• Be available for a minimum of 1-2 hours each week to visit a designated facility.
• Be free from any conflicts of interest.
• Not have a member of their immediate family, friend, or other relative in the facility that they serve.
• Abide by The Ombudsman Code of Ethics.

What are Volunteer Ombudsman services?
Volunteer Ombudsman can provide information and education to residents, their families, and facility staff about residents’ rights.

Their interaction with residents and facility staff improves the quality of life and can enable facilities to improve quality of care.

Make a difference in someone’s life, become a Volunteer Ombudsman for the Trident Area Agency on Aging.

Call: 843-554-2275
Email: volunteerombudsman@tridentaaa.org

60% OF THE RESIDENTS IN LONG-TERM CARE FACILITIES HAVE NO VISITORS.
Founded in 1824 in Charleston, The Medical University of South Carolina is the oldest medical school in the South. Today, MUSC continues the tradition of excellence in education, research, and patient care. MUSC educates and trains more than 3,000 students and residents, and has nearly 13,000 employees, including approximately 1,500 faculty members.

The Center on Aging is a research, service, and education center at the Medical University of South Carolina. The center was approved by the South Carolina Commission on Higher Education December 3, 1987, giving it the status of the oldest research center at the University.

Under the leadership of Interim Director, Dr. Heather Boger, the Center on Aging is committed promoting health, longevity and improving the quality of life for South Carolina’s seniors.