The Center on Aging (CoA) is a research, service, and education center at the Medical University of South Carolina. Dr. Heather Boger was appointed by the Provost as Interim Director in July 2016. Dr. Boger and her team are committed to executing the Center on Aging’s strategic plan to promote health, longevity and improving the quality of life for South Carolina’s seniors.

Strategic Goals:

- To serve as the center for interdisciplinary aging research and education across all colleges within MUSC
- To optimize current and new technology and innovations for older adults in South Carolina
- To promote communication and interaction with local and state-wide organizations to improve healthcare access and research in the field of aging
- To cultivate public and private partnerships to expand collaborative and entrepreneurial efforts in aging services
- To connect the MUSC community of students, researchers, and practitioners

18% of SC residents are over 65

1 in 5 SC residents will be over 65 by 2029

30% increase in population of 85-94 year-olds
CoA Executive Committee Members

DeAnna Adkins, PhD
Deputy Director
Assistant Professor
Department of Neuroscience

Chris Gregory, PhD
Member
Assistant Professor
College of Health Professions
Department of Health Sciences & Research

Vanessa Hinson, MD, PhD
Deputy Director
Director, Movement Disorders Program
Associate Professor
Department of Neurology

Annie Simpson, PhD
Member
Assistant Professor
Department of Healthcare and Management

Elaine Amella, PhD
Member
Professor, College of Nursing

Amanda Overstreet, DO
Member
Assistant Professor, Department of Internal Medicine

Mary Catherine DuBois
Member
Social Worker
Palliative Care Program

Meredith Breen
Member
Community Liaison
Breen Consulting

Center on Aging Staff:
Kelly Franklin
Administrative Coordinator
- National Aging in Place Council Member
- Lowcountry Senior Network Public Relations Chair
- Forget Me Not Committee Member
- Elders Council Member
- Holiday Harvest Gala Event Co-Chair

CoA Vision
Promote health, longevity, and improving the quality of life for South Carolina’s seniors.
Education

The CoA serves as a center for interdisciplinary aging research and education across all colleges within MUSC and in the community.

- Organize interprofessional symposiums around age-related topics and concerns
- Initiate interprofessional, collaborative opportunities across all MUSC colleges
- Expand geriatric education, including the Senior Mentor Program
- Support volunteer opportunities for MUSC students in the field of senior services

AGING GRACEFULLY CONFERENCE
July 29, 2016
The Aging Gracefully conference is dedicated to bringing information regarding the various issues faced by the aging adult through education and preparation.

LET’S TALK BOOMERS
August 23, 2016
Dr. Boger was invited as a guest on Newsradio 94.3 WSC’s “Let’s Talk Boomers” radio program, hosted by Rebecca Imholz. She explained the Senior Mentor Program to listeners and shared the mentor’s valuable contribution to MUSC’s medical students to expand the scope of recruitment in hope of diversifying the volunteer pool for the program. Let’s Talk Boomers airs on Saturdays at 9:30 am.

HEALTHY AGING PRESENTATION: MOMENTS ON CANVAS ART PREVIEW
September 20, 2016
Dr. Boger presented a 30 minute talk on healthy aging practices and research to guests at the Moments on Canvas Art Preview at Franke at Seaside.

MUSC FALL PREVENTION FAIR
September 22, 2016
The CoA exhibited at the MUSC Fall Prevention Fair as a part of the Remembering When™ Program in which Regina Creech, MUSC Injury Prevention Coordinator, was chosen to help communities reduce fire and fall injuries and deaths among older adults.

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HEALTH FOCUS RADIO SHOW
November 7, 2016
Bobbi Connors spoke with Dr. Boger about specific routines and habits that encourage healthy aging for adults 65 years and older.

NATIONAL AGING IN PLACE ANNUAL CONFERENCE
December 1-2, 2016
The National Aging in Place Council (NAIPC) aims to be a primary informational resource to allow seniors to remain active and healthy throughout their retirement years. NAIPC has established a network of professionals from the private, public and non-profit sectors who can help plan for future housing and care needs. As an active member of NAIPC, the Center on Aging was pleased to be able to host the 2016 Annual Meeting on campus at the historic Baruch Auditorium. Thursday, December 1st the conference commenced with a council of chapters meeting to include all of the NAIPC chapters represented from across the country. This was followed by a chapter roundtable, networking, discussion on collaborating with other organizations and a presentation by the Charleston Chapter on local programs and initiatives. The schedule for day 2 comprised of the ACT III Road Show that featured five panels to discuss issues of housing, personal finance, transportation, health and wellness, and social engagement, including how these areas pertain to successfully aging in place. ACT III is a valuable resource and guide for understanding how proper preparation and expectations can impact one’s ability to remain active and comfortable with the quality of life that they desire. To learn more about ACT III, or to search NAIPC’s approved service professionals, visit www.naipc.org.

CHARLESTON HEALTH & WELLNESS EXPO
January 9-10, 2017
The Cooper River Bridge Run teamed up with the Health Links and City of Charleston to host the Charleston Health & Wellness Expo, presented by MUSC, at the Charleston Gaillard Center. This was a free event to promote health and wellness to the entire Charleston community. The CoA exhibited with information on programs, research, and the Senior Mentor Program.

BEWELL HEALTH FAIR
January 27, 2017
The CoA was invited to share information on programs and the Senior mentor program to the residents of Franke at Seaside for a day-long health fair.

HEALTH FOCUS RADIO SHOW
February 14, 2017
Bobbi Conner spoke with Dr. Heather Boger about the Senior Mentor Program, a training and education program for medical students, emphasizing caring for older adults (65+).

ALZHEIMER’S SPEAKER SERIES PANEL OF EXPERTS
February 18, 2017
The CoA joined a panel of experts to take questions from families affected by dementia, presented by Franke at Seaside.

SENIOR MENTOR PROGRAM TALK AT BISHOP GADSDEN
March 20, 2017
Dr. Boger spoke to Bishop Gadsden residents about the volunteer opportunities with the Senior Mentor Program.
“It is impossible for a man to learn what he thinks he already knows.”
- Epictetus

“LIVING WITH PARKINSON’S DISEASE” SYMPOSIUM
March 11, 2017
The CoA promoted and had a table at this symposium for patients and families living with Parkinson’s Disease. Educational sessions were led by members of the MUSC Health Movement Disorders Program team and invited guest speakers.

SENIOR MENTOR PROGRAM INTERVIEW
March 29, 2017
Dr. Boger was interviewed for a story by Sully Witte from Moultrie News to discuss the importance of this geriatric education program.

ACP/BEING MORTAL EVENT
April 3, 2017
The CoA helped promote and volunteered at the Advanced Care Planning Panel and Screening of Dr. Atul Gawande’s film, Being Mortal. The event was organized by Mary Catherine Dubois, MUSC Palliative Care, and CoA executive Committee Member. This event was open to the public, students, and faculty.

ACP EDUCATION AT BISHOP GADSDEN
April 17, 2017
Mary Catherine Dubois spoke to Bishop Gadsden residents about the importance of advanced care planning and the role of palliative care.

DEMENTIA SYMPOSIUM
May 16, 2017
The Center on Aging brought together four MUSC researchers to speak to caregivers and professionals about a variety of topics associated with dementia at the Franke at Seaside Dementia Symposium. The event was open to the public and included CEUs. The agenda included:

Understanding the Biology of Dementia and Therapeutics (Heather Boger, PhD; Assistant Professor in Dept. of Neuroscience)

Smart Nutrition for Caregivers and People Living with Dementia (Elaine Amella, PhD, RN; College of Nursing)

Brain Aging and Early Detection of Dementia (Andreana Benitez, PhD; Assistant Professor in Dept. of Neurology and Radiology)

Yogic Breathing for People Living with Dementia and Their Caregivers (Sundar Balasubramanian, PhD; Research Assistant Professor in Dept. of Radiation Oncology)

STROKE CAREGIVER SUMMIT
June 17, 2017
The Center on Aging promoted and exhibited at this event to support the care partners of stroke survivors with education and engagement. This event highlighted the latest in stroke medical care build networks of support, addressed caregiver anxiety and ideas for coping, as well as provided opportunities in rehabilitation research.
Research

The CoA connects the MUSC community of students, researchers, and practitioners and optimizes current and new technology and innovations for older adults in South Carolina.

- Strengthen the network of aging research and healthcare at MUSC
- Establish interdisciplinary relationships with research teams at MUSC in conjunction with community partners
- Develop a world-class aging center to generate innovative research
- Create career development opportunities for young and mid-career faculty in areas of aging under the guidance of academic leaders
- Collect community feedback to address need and explore various funding opportunities and healthcare
- Expand education and outreach for community programs
- Curate a list of expert speakers to benefit community programs

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CENTER ON AGING PILOT GRANT
March 17, 2017
The Center on Aging funded three pilot grants. The principal goal of the Pilot Project Program was to provide funding for scientifically meritorious, new and innovative projects through a competitive program with open solicitation and peer review.

The program was open to junior, mid-level or senior faculty and post-doctoral fellows and was required to focus on research related to healthy aging or aging related diseases and conditions. These awards are designed to provide short-term funding to help researchers gather preliminary data for future extramural funding in research related to improving the health and well-being of older people.

The 2017 recipients are:

DR. RODNEY SCHLOSSER
Professor, Dept. of Otolaryngology
“Novel Radiographic Measures of Age-related Olfactory Dysfunction”

DR. ANDY SHIH
Assistant Professor, Dept. of Neuroscience
“All Optical Dissection of Small Vessel Disease in the Aged Human Brain”

The recipients of these grants will present their projects and any preliminary data at the upcoming 2017 SCTR Scientific Retreat on Aging Related Research that the CoA is co-hosting on October 20, 2017.

RECRUITMENT FOR HEARING STUDY
Winter 2016
The Center on Aging assisted in the recruitment of study participants for the MUSC Hearing Research Program via the CoA quarterly newsletter. They were seeking participants for a research study investigating the connection between hearing and the brain. They recruited healthy adults age 60 and older with either normal hearing or mild hearing loss.

RECRUITMENT FOR MIND STUDY
Spring 2017
The Center on Aging assisted in the recruitment of study participants for a MIND (MR Imaging of Neurodegeneration) for Mild Cognitive Impairment via quarterly CoA Newsletter, SPIN (Senior Professional Industry Network), and scheduling presentations and screenings in the community at Summerville Estates, Sandpiper Rehab & Nursing Center, and Bishop Gadsden.

The goal of the study is to improve the detection of brain diseases of aging at the very earliest stages. This study is sponsored by the NIH and is conducted at MUSC.

In 2017 the Center on Aging funded 3 pilot grants.

Na Jin Seo, PhD, Associate Professor from the College of Health Professions.

AGING RESEARCH DAY
April 7, 2017
The 13th Annual Aging Research Day: Health and Technology Supports for Aging-in-Place was presented by the South Carolina Aging Research Network (SCARN). There were both junior and senior faculty from all of the research institutions in South Carolina. It was held in Columbia and hosted by the University of South Carolina.

MUSC was proud to be represented by Na Jin Seo, PhD, Associate Professor from the College of Health Professions.

Dr. Seo’s presentation on targeting sensation to enhance hand function and the development of TheraBracelet technology was enthusiastically received by all. Her work, combining a background in mechanical engineering and neurorehabilitation, has resulted in novel approaches to stroke upper limb rehab technology.

The TheraBracelet is a wristband applying imperceptible random-frequency vibration to skin. TheraBracelet is efficacious, as it has been shown to immediately improve chronic stroke survivors touch sensation and hand dexterity in preliminary studies. Dr. Seo’s discussion of this research was a fantastic contribution to the day’s presentations on technology supports.
Service

The Center on Aging cultivates public and private partnerships to expand collaborative and entrepreneurial efforts in aging services.

- Host age-related symposiums for the regional and state community
- Conduct active, hands-on workshops to address the concerns of the community seniors
- Serve as a trusted resource for information related to aging research, education, and healthcare
- Expand education and outreach for community programs
- Curate a list of expert speakers to benefit community programs

Over $9,000 was raised for Meals on Wheels.

LOWCOUNTRY SENIOR NETWORK: HOLIDAY HARVEST GALA
December 1, 2016
The Center on Aging was a proud sponsor and co-chair of this inaugural event, hosted by the Lowcountry Senior Network to benefit Charleston Area Senior Citizens and the Meals on Wheels Program. This first year’s event raised $5,000 to benefit local residents currently on the waiting list to receive services. The Meals on Wheels program not only provides a nutritious meal, but also a friendly visit and a safety check that helps keep seniors living independently in their own homes from the Cooper River to the Edisto.

LOWCOUNTRY SENIOR NETWORK: ANGEL TREE
December 14, 2016
CoA helped organize the donations for four senior citizens that were “adopted” as a part of the Lowcountry Senior Network’s Senior Angel Tree program that provides wish list items, such as adult diapers, slippers, and blankets, for area seniors in need. Over $450 was raised and all of their wish list items were purchased, as well as gift cards.

WHAT MATTERS MOST: A CREATIVE ARTS FESTIVAL EXPLORING LIVING FULLY AND DYING WELL
April 23, 2017
Presented by Bridges for End-of-Life, the CoA sponsored and exhibited this unique event featuring live performances by a singer-songwriter, poet, & professional storyteller as well as art exhibits, pet therapy dogs, creative & fun hands-on activities & games, food trucks & more.

LOWCOUNTRY SENIOR NETWORK: WADMALAW SENIOR CENTER LUNCH + LEARN
June 13, 2017
The CoA organized a group of 15 LSN members to bring a healthy lunch buffet to the members of the Wadmalaw Senior Center. While they ate, they were given an informal presentation on simple ways to obtain a healthy balanced diet.
Bringing It All Together

MUSC CENTER ON AGING SENIOR EXPO
March 23, 2017

The Center on Aging brought all 3 areas of their mission-education, research, and service-together by hosting its first Senior Expo at the Omar Shrine Convention Center in Mt. Pleasant.

The number of outstanding exhibitors, researchers, clinicians, and sponsors that participated was fantastic for this inaugural event. While there are some events in the area put on throughout the year that offer information on healthy living and services, the CoA strived to include an array of FREE health screenings to complement the education.

Over 400 attendees were able to receive on-site cognitive tests, vision screenings, fall risk assessments, medication reviews, blood pressure checks and many more evaluations. Additionally, after completing the assessments, the MUSC Schedulers were on-hand to assist with making any follow-up appointments. See opposite page for complete list of exhibitors, with MUSC participants highlighted.

The talented culinary staff from Franke at Seaside performed live cooking demonstrations of healthy smoothies and savory salmon tacos. MUSC’s Wellness Center provided guided exercises and stretches that were suitable for nearly all fitness levels.


The 2nd Annual Senior Expo is scheduled for March 2, 2018.

2017 EXHIBITORS

- 55 Plus Real Estate
- AccessHealth TriCounty Network
- Advanced Hearing Care
- Agapé Hospice
- AllCare Living Services
- Alzheimer’s Association
- Amedysis
- BeWell @ Home
- Bridges for End-of-Life
- BrightStar Care
- Caris Healthcare
- CARTA
- Charleston Area Senior Citizens
- Charleston Counseling Center
- Charleston County Public Library
- Charleston Fire Department
- Charleston Health Consultants
- Charleston Legal Access
- Comfort Keepers
- Dorchester Seniors, Inc.
- First Choice VIP Care Plus
- Five Star Properties
- The Palms of Mt. Pleasant Rehabilitation
- Forever Young
- Fox Rehabilitation
- Franke At Seaside
- Greater Charleston PD Support Group
- Greater Charleston Village Coalition
- HealthSouth Rehabilitation Hospital
- Home Instead Senior Care
- Homewatch Caregivers
- Hospice Care of SC
- Interim Healthcare
- Johns Island Rehab + Healthcare
- Let’s Talk Boomers
- Lowcountry Companions
- Lowcountry Foodbank
- Lowcountry Slush
- Mayor’s Office on Aging: City of Charleston
- McAlister-Smith Funeral & Cremation
- MUSC Brain Bank
- MUSC CARES Clinic
- MUSC Center of Telehealth
- MUSC College of Nursing
- MUSC College of Pharmacy
- MUSC Dept. Neurology & Radiology
- MUSC Health Primary Care
- MUSC Hearing Research Program
- MUSCIOG & Digestive Health
- MUSC Medicine/Endocrinology
- MUSC Movement Disorders Program
- MUSC Nutrition Services
- MUSC Palliative Care
- MUSC Psi Omega Dental Fraternity
- MUSC Pulmonary
- MUSC Senior Mentor Program
- MUSC Stroke Program
- MUSC Stroke Recovery Research Center
- MUSC Urban Farm
- MUSC Wellness Center
- MUSC WISSDOM Center
- MUSC Dept. of Radiation Oncology
- National Aging in Place Council
- Office of Congressman Mark Sanford
- Organize Senior Moves
- Palmetto Goodwill
- PharmRight Corporation
- Respite Care Charleston
- Roper Community Home Care Liaison
- Roper St. Francis CBRI
- Savannah Place
- SC DHEC Division of Healthy Aging
- SC Legal Services
- SC Office of the Attorney General
- SC Thrive
- Senior Ride Connection
- Somerby of Mt. Pleasant
- The ARK of SC
- The Blake at Carnes Crossroads
- The Village at Summerville
- Town of Mt. Pleasant Fire Department
- Town of Mt. Pleasant Police Department
- Trauma Association of South Carolina
- TriCountY Elder Law
- Trident Area Agency on Aging
- UnitedHealthCare
- Utopia Healthcare
- Veterans Affairs
- We Care Home Care
- Winning Health
- Wireless Clique

CENTER ON AGING

Senior EXPO
All seniors, caregivers and senior service providers welcome!

Thursday, March 23, 2017
9:00 am - 1:00 pm

Omar Convention Center
176 Patrician Point Street
Mount Pleasant, SC

More info at www.musc.edu/aging or
Email dilrank@musc.edu

FREE Admission
- Health Services & Info
- Food & Beverages
- Door Prizes
- Entertainment