Letter from the Director

Dear Friends,

Thank you for making FY 2017-2018 another remarkable year for the MUSC Center on Aging! This year marked another successful year of service, outreach, and research for the Center, as laid out in our annual report. This annual report is a true testament to the commitment and compassion of MUSC, the Executive Committee, and our community partners.

A few highlights from this year:

- Hosted our 2nd Annual Senior Expo for seniors, family members, and caregivers in Mount Pleasant, SC. Over 400 participants enjoyed free clinical screenings, exercise demos, and learning about community resources available to our senior population.
- Sponsored and chaired the 2nd annual Meals on Wheels Holiday Harvest Gala, in which $18,000 was raised to benefit over 200 seniors in need of warm and healthy meals.
- Continued our support of aging-related research by providing pilot funds for three research projects being conducted at MUSC. These grants are to further our understanding and treatment strategies of Parkinson’s disease, Paget’s disease, and Presbyphonia.
- Provided the necessary expertise and resources for participation in community education events, such as the City of Charleston Lunch and Learn Series, and the Ending Elder Abuse in Later Life Project. Center on Aging participation in these events are vital to provide geriatric awareness and education to our community.

As you will see, the Center on Aging is flourishing and we look to continue to grow within the MUSC and greater Charleston communities for years to come to continue our mission of improving the health, longevity, and quality of life of our SC seniors.

Thank you for all you do to help our seniors! We look forward to expanding our efforts in FY 2018-2019!

Heather Boger, Ph.D.
Associate Professor and
Interim Director
Center on Aging

Center on Aging

Promoting health, longevity and improving the quality of life for South Carolina’s seniors.

Overview
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
In 2017-2018 the Center on Aging expanded its Executive Committee adding faculty from the College of Medicine and College of Health Professions. Drs. Mark Newbrough, Addie Middleton, and Federica del Monte have been a fantastic addition to this well rounded group of advisors in planning and promoting programs to carry out the CoA’s strategic goals.

Mark Newbrough, MD joined the MUSC faculty in October, 2016 in the Division of General Internal Medicine and Geriatrics as the section head for a new section of geriatrics. He specializes in caring for older adults with complex medical needs and frailty, and in working with patients and their families to make sure that the health care they receive is appropriate for their condition and in line with their values and wishes.

Addie Middleton, PhD, DPT is an Assistant Professor in the College of Health Professions in the Division of Physical Therapy. She established “big picture” quantitative analysis skills through a BA in Economics with a minor in Mathematical Sciences, followed by a clinical doctorate in physical therapy. Immersion in the clinical field provided a unique perspective for recognizing the issues impacting rehabilitative care.

Federica del Monte, MD is an Associate Professor in the College of Medicine in the Division of Cardiology. Her academic areas of interest include heart failure, neurodegenerative diseases, and calcium.

**EXECUTIVE COMMITTEE UPDATE**

Vanessa Hinson, MD, PhD
CoA Deputy Director
Professor
College of Medicine
Department of Neurology
Director of Movement Disorders
Academic Focus:
Movement disorders
Parkinson’s disease
Dystonia

DeAnna Adkins, PhD
CoA Deputy Director
Associate Professor
College of Medicine
Department of Neuroscience
Academic Focus:
Traumatic brain injury, stroke, recovery of function
Neural plasticity
Brain stimulation, motor learning

Elaine Amella, PhD, RN, FAAN
Professor
College of Nursing
Department of Nursing

Federica del Monte, MD, PhD
Associate Professor
College of Medicine
Division of Cardiology

Mary Catherine Dubois
Social Worker
Palliative Care Program

Kelly Franklin
Administrative Coordinator
Center on Aging

Chris Gregory, PhD
Associate Professor
College of Health Professions
Department of Health Sciences and Research

Addie Middleton, PhD, DPT
Assistant Professor
College of Health Professions
Division of Physical Therapy

Mark Newbrough, MD
Associate Professor
College of Medicine
Division of Internal Medicine

Amanda Overstreet, DO
Assistant Professor
College of Medicine
Division of Internal Medicine

Annie Simpson, PhD
Associate Professor
College of Health Professions
Department of Healthcare Leadership and Management
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

Lowcountry Senior Network Presentation
August 8, 2017
Dr. Amanda Overstreet presented at the monthly Lowcountry Senior Network membership meeting to discuss current trends and challenges in geriatric care.

Trident Hospital Presentation
August 23, 2017
Dr. Heather Boger spoke about Healthy Aging for the Brain at Trident Hospital to a support group from Agape Hospice.

Charleston Health and Wellness Expo
January 10, 2018
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.

Franke at Seaside Health Fair
January 26, 2018
Mary Catherine Dubois participated in the Franke at Seaside Health Fair with an information table.

Advanced Care Planning Lecture
February 22, 2018
Mary Catherine Dubois and Wilma Rice presented on Advanced Care Planning to the 1st year MUSC College of Medicine students.

City of North Charleston Lunch and Learn Series
April 2018
Kelly Franklin partnered with the City of North Charleston to schedule MUSC speakers for their 2018 Lunch and Learn Series for two new senior centers.

Advanced Care Planning Presentation
May 22, 2018
Mary Catherine Dubois presented for a senior group with Palmetto Presbyterian in Wild Dunes about Advanced Care Planning and the Senior Mentor Program.

Summerville YMCA Healthy Senior Day
May 30, 2018
Kelly Franklin spoke to seniors and passed out information to senior members at the Summerville YMCA Healthy Senior Day.

Elder Abuse Awareness Panel
June 6, 2018
The CoA planned and promoted Elder Abuse Awareness Panel in conjunction with the College of Nursing Elder Abuse Prevention and Treatment Program and World Elder Abuse Awareness Day.

Elder Abuse Resource Fair
June 15, 2018
The CoA planned and promoted Elder Abuse Resource Fair with vendors and community groups in the MUSC Horseshoe in conjunction with the College of Nursing Elder Abuse Prevention and Treatment Program and World Elder Abuse Awareness Day.

SUMC Stroke Caregivers Summit
June 16, 2018
Dr. Addie Middleton spoke to attendees at the MUSC Stroke Caregivers Summit and distributed information program information.

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Ending Elder Abuse in Later Life Project
September 7, 2018
Dr. Heather Boger spoke about the Center on Aging programs and the Senior Mentor Program at the Rotary Club in North Charleston.

Ending Elder Abuse In Later Life Project
September 29, 2017
Kelly Franklin participated in City of Charleston Mayor’s Office on Aging Ending Elder Abuse In Later Life Project Kick-off event hosted by the College of Nursing.

Franke at Seaside Alzheimer’s Panel of Experts
February 20, 2018
Dr. Heather Boger participated on the Franke at Seaside Alzheimer’s Panel of Experts to answer audience questions from residents and caregivers on the latest in research related to Alzheimer’s disease and dementia.

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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
RESEARCH CONT’D.

Session 5: Center on Aging Pilot Project Awardees Presentations & SCTR Pilot Funding Opportunities
Moderator: DeAnna Adkins, PhD, Associate Professor, College of Medicine, Neuroscience, MUSC

All Optical Dissection of Small Vessel Disease in the Aged Human Brain
Ian Grant, on behalf of Andy Shih, PhD, Assistant Professor, College of Medicine, Neuroscience, MUSC

Radiographic Assessment of Age-related Olfactory Dysfunction
Rodney Schlosser, MD, Professor, Medicine, Otolaryngology, MUSC

Sphingolipids and Brain White Matter in Aging and Mild Cognitive Impairment
Andreana Benitez, PhD, Assistant Professor, College of Medicine, Neurology, MUSC

SCTr Institute Pilot Project Program Grant Opportunities
Dayan Ranwala, PhD, Research Assistant professor and Associate Director, Pilot Project Program and Team Science Program, SCTR Institute

SCTr Special Populations Lunch and Learn
December 13, 2017
Dr. Boger presented on strategies and resources to optimize recruitment and retention of geriatric populations at the SCTr Special Populations Lunch and Learn

South Carolina Leadership Visit
April 4, 2018
Hosted Lt. Gov. Kevin Bryant and State Director of the Office on Aging Darryl Broome to discuss encouraging statewide research collaborations and revitalization of South Carolina Aging Research Network (SCARN)

Study Recruits
Ongoing
The Center on Aging includes studies that are actively recruiting participants in newsletters, on social media and via email. Some of the studies included have been investigating hearing loss, mild cognitive impairment, etc.

Promote Science Cafe Series
Ongoing
The Center on Aging includes information on the MUSC Science Cafe Series in newsletters, on social media and via email, including Dr. Hinson’s presentation on June 19 on Parkinson’s disease.

CONGRATULATIONS

Congratulations to the Center on Aging’s Deputy Director, Vanessa Hinson, MD, PhD and her team at the MUSC Movement Disorders Program on being named a Parkinson’s Foundation Center of Excellence. Dr. Hinson is the Director of the program that is now designating MUSC as one of 42 centers around the world, including only 28 in the United States.

According to the Parkinson’s Foundation, Parkinson’s Foundation Center of Excellence status is the most respected and sought after designation in the field of movement disorders, with each center required to meet rigorous clinical, research, professional education and patient service criteria.

CENTER ON AGING AGING RESEARCH PILOT GRANT

The Center on Aging broadcast an RFA and in June 2018 a review committee chose three aging related research pilot grants. 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.

2018 RECIPIENTS:

Heather Bonilha, PhD, CCC-SLP
Department of Health Science and Research
Respiratory Muscle Strength Training in Presbyphonia

Sakamuri Reddy, PhD
Children’s Research Institute
NFAM1 stimulation of osteoclast differentiation in Paget’s disease of Bone

Vanessa Hinson, MD, PhD
Department of Neurology
Transcutaneous Auricular Vagal Nerve Stimulation (taVNS) in Mild to Moderate Parkinson’s Disease
2017 AGING RESEARCH PILOT GRANT PROGRESS REPORTS

The three recipients of the 2017 Center on Aging Research Pilot Grants presented their projects and preliminary data at the 2017 SCTR Scientific Retreat on Aging Related Research that the CoA is co-hosted on October 20, 2017. They also attended the March Center on Aging Executive Committee meeting to update on their progress.

Dr. Andreana Benitez
Assistant Professor, Dept. of Neurology
“Sphingolipids and Brain White Matter in Aging and MCI”

The goal of this MUSC Center on Aging Pilot Grant is to investigate the cross-sectional and longitudinal associations between circulating sphingolipids (SLs) and MRI measures of brain white matter integrity in cognitively unimpaired older adults (CU) and patients with Mild Cognitive Impairment (MCI).

The funds from this grant were primarily allocated to sphingolipidomics analysis of 156 plasma samples and attendance of a lipidics conference (for P1 Benitez and Co-I Hammad). In addition, this grant has allowed Dr. Benitez to more broadly conceptualize the hypotheses in this study to include the role of inflammation on circulating SLs. Funds were therefore used to obtain multiplex assays of cytokines from an outside vendor.

We have completed quality control analyses and we conclude that the results are accurate. Our preliminary results indicate complex associations between SL and disease. Compared to the CU group (n=70), the MCI group (n=28) demonstrated significantly greater C22 ceramide, S1P, dhS1P, C14 and C16 sphingomyelins, and significantly lower C18:1 and C24 sphingomyelins. We have follow-up data on several of the CU (n=45) but unfortunately only for a few of the MCI (n=7).

Nonetheless, we have abundant data to achieve the following goals.

First, we are writing a paper to publish these baseline and longitudinal values in CU, describing the influence of lipid profiles, statin use, glucose, and inflammation. Next, we have reached out to the Bioinformatics Core to discuss methods for analyzing these data using machine learning, given the variegated and complex relationships between the many variables under study. Once a parsimonious data reduction strategy has been implemented, we will examine associations between the resultant variables with the imaging data. (The high dimensionality of the data necessitates an initial data-driven approach prior to hypothesis testing using the imaging data.) We anticipate using these results as preliminary data for an R01 to be submitted in 2019.

Dr. Rodney Schlosser
Professor, Dept. of Otolaryngology
“Novel Radiographic Measures of Age-related Olfactory Dysfunction”

Aim 1 To validate radiographic assessment of olfactory foramina in the cribiform plate with anatomic measurements of cadavers, followed by non-invasive radiographic measures of age-related bony stenosis of olfactory foramina in older adults.

Aim 2 To determine age-related variations in nasal airflow patterns and odorant deposition in the olfactory cleft. We have defined nasal cavity and olfactory cleft volumes. Preliminary analysis on our first 10 patients confirms our hypothesis that airspace volumes increase with aging as many of these are already significant.

Aim 3 To determine the extent to which age-related changes in olfactory structures and olfactory airflow predict age-related changes in olfactory function. This aim required IRB approval and payment to patients.

IRB approval has been obtained and we are nearly finished with linking payments for CT scans and to patients with electronic medical record. Once this is completed, we have a database of 100 patients with complete olfactory data that will be included to obtain CT and then radiographic analysis will be conducted using validated methods above and correlated with olfactory function.

Manuscripts


Grants
Olfactory dysfunction in aging, R01 submitted June 2018.

Findings to date: Our group has developed and validated novel radiographic measures to assess peripheral and central olfactory structures in a non-invasive fashion. We have found age-related anatomic changes in these structures. Our final aim is ongoing and is investigating the impact of these anatomic changes upon olfaction in older adults.

Dr. Andy Shih
Assistant Professor, Dept. of Neuroscience
“All Optical Dissection of Small Vessel Disease in the Aged Human Brain”

Specific Aim Determine how the 3-D morphology of multi-lumen vessels (MLVs) differ from normal arterioles. We will test several tissue clearing methods to identify one optimal for visualizing vasculature in human brain tissue. We will use this method to test the working hypothesis that the morphology of MLVs differ from that of normal brain arterioles. Computational methods will be used to simulate blood flow through reconstructed MLV and normal arteriole networks to examine blood flow distribution in cerebral cortex.

Progress The goal of this project is to visualize the 3-D structure of human cerebral microvessels using novel optical clearing and imaging technology. Specifically, we are interested in a novel type of vascular pathology known as MLVs which arise in the brain of elderly individuals. Our original effects on this grant have been to optimize our optical clearing protocol. We have primarily used a technique called SeeDB which is a simple, but effective way to clear tissues. It consists of a series of incubations with solutions with graded concentrations of fructose. We also explored a recently published tissue clearing method called SWITCH, which supposedly produced tissues with greater optical access and better compatibility with antibodies. However, in practice we found that SeeDB worked better with respect to the degree of background auto-fluorescence after treatment. Moving forward, we plan to rely more on SeeDB. We also plan to add an additional method called PACT, which like SeeDB, relies of index matching to achieve optical clearing.

Products We are co-authors on a publication written by our collaborators at U. Kentucky. This manuscript entitled “A Neuropathologic Feature of Brain Aging: Multi-lumen Vascular Profiles” will be the first to describe MLVs. We applied the tissue clearing/imaging technique to their tissues to provide 3-D images. They were very excited to see these results, as all their images had been from ultrathin paraffin-embedded sections prior to this, and they could not fully understand the structure of these vessels. This manuscript is in final preparation for submission.
SERVIE

The CoA 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 program

Lowcountry Villages Coalition September 25, 2017
Hosted Lowcountry Villages Coalition and guests for live webcast of interview with Dr. Atul Gawande

National Aging in Place Council Annual Conference October 5-6, 2017
Attended National Aging in Place Council Annual Conference at Franke at Seaside Continuing Care Retirement Community to meet with community leaders and discuss models that are effectively helping others throughout the country age in place.

Moments on Canvas October 26, 2017
Sponsored Moments on Canvas Fundraiser to support Respite Care Charleston. RCC provides day programs to those with Alzheimer’s and related dementias to provide respite for their caregivers.

Senior Center Ice Cream Day October 27, 2017
Organized Ice Cream Socials for 3 area senior centers as Public Relations activity for Lowcountry Senior Network and distributed Hurricane Preparedness guides to members

Coastal Carolina Fair Senior Day November 1, 2017
Worked information table and passed out hurricane preparedness brochures to seniors at the Coastal Carolina Fair Senior Day

Bridges for End-of-Life Candlelight Ceremony November 19, 2017
Sponsored and promoted Bridges for End-of-Life Candlelight Ceremony to help bring awareness to palliative care and grief resources

2nd Annual Holiday Harvest Gala November 30, 2017
Sponsored and chaired 2nd Annual Holiday Harvest Gala to support Charleston Meals on Wheels through the Lowcountry Senior Network. This event raised nearly $18k to directly benefit the over 200 individuals on the waiting list to receive Meals on Wheels services in Charleston.

Senior Angel Tree December 12, 2017
Organized Senior Angel Tree gift giving program to benefit over 100 area seniors in need through the Lowcountry Senior Network and provide clothing, blankets, and other household items.

Bridges for End-of-Life What Matter’s Most Arts and Cultural Festival April 15, 2018
Promoted and sponsored Bridges for End-of-Life What Matter’s Most Arts and Cultural Festival to educate the community on end-of-life considerations and resources.

Ongoing Activities
- Elder Alliance Senior Advocacy Group (monthly)
- Lowcountry Senior Network (monthly and served on Board as Public Relations Chair)
- National Aging in Place Council (quarterly)
- SC Lowcountry Aging Meetup (met bi-monthly)
- Cross promoting events, symposiums, research studies, etc. for MUSC and other organizations with email lists and Facebook posts
The Center on Aging organized and hosted the 2nd Annual MUSC Center on Aging Senior Expo at the Omar Shrine Convention Center where over 400 people were provided education and free health screenings.

Top MUSC physicians and researchers offered complimentary health screenings, including fall risk assessments, dental checks and hearing screenings.

Ongoing presentations included interactive fitness and yogic breathing demonstrations, health-related Q&A, and live cooking lessons.

Over 100 exhibitors attended, including non-profit organizations and a wide assortment of local vendors and service providers to help seniors and their families navigate everything from moving to financial planning.

EXHIBITORS

55 Plus Homes - Coldwell Banker
Absolve Total Care
Access Health Care Services
Advanced Hearing Care
Aging Life Care Association
All About Seniors
AllCare Living Services
Allwell
Alzheimer’s Association
AmeriLife of Charleston County
Amada Senior Care SC Coastal
American Patriot Service Corp
Ashley River Plantation - Five Star Senior Living
At Your Service Concierge
BelWell Home Services & Lutheran Hospice
Bishop Gadsden Home Care
Bridges for End-of-Life
Bryton’s Home Improvement
CapTel Outreach
Carolina Funeral Home & Cremations
CARTA
Charleston Area Senior Citizens
Charleston County Library
Charleston Fire Department
City of North Charleston
ClearCaptions
Clinical Trials of South Carolina
Crescent Hospice
Doctors Care Hearing Services
Exhibitor Breakfast Area
Exhibitor Registration
First Choice VIP Care Plus
Franke at Seaside
Franklin and Associates
HealthLinksCharleston Magazine
HealthSouth Rehab
Heartland Hospice
Holy City Hearing
Holy City Hearing
Home Care Assistance
Home Instead Senior Care
Hospice Care of South Carolina
Hospitality
Humana
Interim Healthcare
Intrepid Home Health/Intrepid Hospice
Kindred at Home
Let’s Talk Boomers
Lowcountry Companions
Lowcountry Food Bank
Lowcountry Senior Villages
Lt Governor’s Office on Aging
McAlister-Smith Funeral & Cremation
Merrill Gardens
Mount Pleasant Gardens
Mount Pleasant Magazine
MSA Home Health and Hospice
Mt. Pleasant Police Department
MUSC & VA Neurology - Stroke Division
MUSC Advocacy Program
MUSC Anatomical Gift Program
MUSC Cardiology
MUSC CARES Medical Clinic
MUSC College of Dental Medicine
MUSC CUR for DAD & IAM Studies
MUSC Digestive Health
MUSC Elder Abuse Training & Treatment Program
MUSC Health
MUSC Hearing Research Program
MUSC Hollings Cancer Center
MUSC Institute of Psychiatry
MUSC Movement Disorders Clinic
MUSC Neuropsychology
MUSC Palliative Care Program
MUSC PC Geriatrics
MUSC PT
MUSC Planning and Development
MUSC Public Affairs
MUSC Scheduling
MUSC Senior Mentor Program
MUSC Stroke Program
MUSC Stroke Recovery Research Center
MUSC Structural Heart and Valve Center
MUSC Urban Farm
MUSC Wellness Center
Palmetto Audiology & Speech Therapy and The Hearing Shoppe
Palmetto Family Homecare
Palmetto Goodwill
Palmetto Lowcountry Health Behavior Health
People Against Rape
Ralph H. Johnson VMAC
Regency Southern Care Hospice
Respite Care Charleston
Right at Home
Roper St Francis Healthcare Post Acute care Services
Roper St. Francis Healthcare Stoke Program
Roper St. Francis Research & Innovation Center
Sandpiper Rehab and Nursing
SC Department of Social Services
SC Department of Health and Human Services/ Community Longterm Care
SC DHEC
SC Thrive
Senior Helpers
Simplicity Lowcountry Cremation & Burial Service
Somerville at Mt. Pleasant
South Bay at Mount Pleasant
South Carolina Attorney General Securities Division
South Carolina Autism Society
Summerville YMCA
Medical University of South Carolina
In 2019 we are looking forward to expanding the Senior Expo, possible to a larger venue. Ease of access for our guests and central location will be key in deciding where to hold the next event.

The guests were very interested in the live demonstrations as well. Expanding the relevant content and keeping them engaging will also be a primary goal.

Including as many MUSC clinics, research groups and programs will continue to be at the forefront of our objectives, as this is a one-of-a-kind opportunity to interface directly with the aging population and their families. This engagement is especially valuable to our target demographic to build rapport and trust.

We hope that the 2019 Senior Expo will continue to foster these relationships and reflect MUSC positively with the Lowcountry’s older adult population.

Thank you so much to the support of our sponsors (listed on opposite page) in making this such a diverse and unique event for the community.
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...