Dr. Heather Boger has been appointed as the interim director of the MUSC Center on Aging. Her interest in aging and Parkinson’s disease began when her grandfather, Paul D. Boger, Sr., was diagnosed with the early stages of Parkinson’s disease in 1995. In 2001, a few months into her graduate training at MUSC, her grandfather passed away. His struggle and strong will to survive has been Dr. Boger’s inspiration to remain dedicated unlocking this disease and find answers that will help individuals suffering from Parkinson’s disease, as well as their families. Dr. Boger’s work has resulted in multiple publications and grants being funded related to aging and neurodegeneration.

After receiving her BS in biology in 2001 from Presbyterian College, Dr. Boger received her PhD in biomedical sciences from the Medical University of South Carolina in 2006. Following graduation, she went to Umeå, Sweden as a post-doctoral fellow. In 2007, she returned to the Medical University of South Carolina to continue her post-doctoral work related to aging and neurodegeneration, specifically Parkinson’s disease.

Dr. Boger was appointed Assistant Professor in the Department of Neuroscience in 2011, at which time she became director of several educational programs within the MUSC College of Medicine, including the Senior Mentor Program. Due to her dedication and compassion for the elderly and for geriatric medical training, she was named Interim Director of the MUSC Center on Aging in August 2016. Through the Center on Aging, she will continue to work on increasing geriatric education, research, and outreach in the Charleston area.
CENTER ON AGING MISSIONS

In order to continue to grow and adapt to the increasing demand for senior resources, we have focused the future missions of the Center on the three areas below.

With representation from all of MUSC’s colleges, there are countless opportunities to provide outstanding contributions in all of the areas listed.

EDUCATION //
Organize interprofessional symposiums with age-related issues, such as senior advocacy
Collaborate with all MUSC colleges to create interprofessional opportunities
Write grants to promote age-related education, such as exploring potential opportunities involving the Senior Mentor Program
Connect students with volunteer opportunities that support seniors

RESEARCH //
Build MUSC Aging Network
Establish Interdisciplinary Research Teams
Develop Center/Program project grants
Create Junior PI (Principal Investigator) career development opportunities in aging
Develop extramural research and funding
Facilitate mid-career PI “retooling”

SERVICE //
Offer community aging symposiums
Conduct educational workshops on healthy aging
Provide resources to community with information on age-related clinical, research and education opportunities at MUSC
Write grants to expand community outreach
Organize speaker list of MUSC experts for community programs

A VOICE IN THE COMMUNITY

Dr. Boger has already been quite busy in her new role as Interim Director! She has brought her expertise on healthy aging into the community with presentations to the Lowcountry Senior Network and caregivers at the Moments on Canvas Art Preview and Dementia Educational Series.

During Dr. Boger’s talks she covered healthy brain aging, including brain pathology and function associated with normal aging, factors that can increase the risk of developing dementia and mechanisms by which the onset of dementia can be reduced with aging.

If would like to request a Center on Aging faculty member to speak to your group or at an event, please email dillonk@musc.edu.

NOW REGISTERING EXHIBITORS AND SPONSORS!

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 Patriots Point Street
Mount Pleasant, SC

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

FIND COGNITIVE IMPAIRMENT (MCI)

Do these apply to you?

• Have you been diagnosed with MCI by your healthcare provider?
• Have you seen a doctor in the past year?
• Are you between the ages of 60-85?
• Are you generally healthy?
• Are you interested in a study that involves:
  - A 1-hour initial screening visit to confirm your eligibility
  - A brain MRI scan, memory testing, and a fasting blood draw

The goal of our 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.

For more information, call: (843) 876-2475 or visit: http://bit.ly/MIND-study
Congratulations to Regina Creech, MUSC Injury Prevention Coordinator, for earning a scholarship to the 2016 Remembering When™ Conference, hosted by the National Fire Protection Association (NFPA). The conference will be held in San Antonio, TX this November. Captain of Ashley River Fire Department, Jeremiah Lee, is the co-recipient of this scholarship and will also be attending.

In order to receive this scholarship, the two had to join to create a team that consisted of two or three people, including a life safety educator who is a member of the fire department, a home health visiting professional or volunteer from an agency serving older adults, or an optional third member who fits one of the above categories and strengthens the team.

The teams must be ready and able to oversee local implementation of the Remembering When Program through group presentations, home visits, and training for additional program implementers. One team member agency must already have a home-visit mechanism in place.

After receiving the training, the team must meet the community follow-up obligations to be fulfilled in the year following conference attendance, consisting of a minimum of five Remembering When group presentations for older adults, at least 25 home visits with Remembering When materials integrated into each visit, at least one training session for new home visitors, at least 20 completed participant surveys collected through the new mobile app, and submission of a midyear report and a final report to NFPA.

As a strong advocate of fall prevention education, for both their medical students and senior mentors, The Senior Mentor Program supplied a letter of support for this scholarship and is very excited to work along side their efforts in the community.

To learn more about Fall Risk and Prevention education, please contact Regina Creech: 843-792-1068 creec@musc.edu

The Center on Aging is helping the Lowcountry Senior Network organize the Holiday Harvest Gala to benefit the Charleston Area Meals on Wheels program. See calendar and back page for details.

The Center on Aging Team enjoyed the 2016 Walk to End Alzheimer’s on September 17th at Riverfront Park in North Charleston.

The Alzheimer’s Association surpassed their goal by 129% this year, raising $252,284.77 (Walkers, Kelly and Jack Franklin pictured below)
The Senior Mentor Program Orientation Luncheon will be held on October 31st.

Mentor: Doris Reinhart
I spent 35 years as a senior executive in healthcare management and consulting with general medical, behavioral health, rehabilitation and outpatient organizations. Throughout my career I focused on providing management and strategic direction for growing organizations, developing strong management teams, development and implementation of new services, product lines and programs, and implementation of approaches to integrate systems and processes. In the 11 years before retirement I opened and was the Administrator of Adventist Rehabilitation Hospital of Maryland and was secretary of its Board of Directors. I was also Chairman of the Board of the Head Injury Association of Maryland. In 2012, I was honored by the Maryland Association of Health Care Executives with the Lifetime Achievement Award.

We have owned property on Seabrook Island since 2003. We retired in 2012 and moved full time to Seabrook at that time. I am active as a volunteer with Backpack Buddies and with the Seabrook Island Natural History Group, serving on its Board for 3 years as the Volunteer Coordinator. I am currently serving on the Seabrook Island Club Operations Committee (3 years) and the Finance Committee (1 year).

We have two children, Laura and Sean, and four grandchildren, Heather, Kristen, Trevor and Hamish.

I enjoy playing golf, travelling the world and staying fit by working out, including strength training three times a week and yoga classes twice a week. Having spent my life in healthcare, I recognized the need for medical students to be exposed to “real world” experiences and seek to share my knowledge with students.

Interested in Becoming a Senior Mentor?

We are currently working on our mentor list for the class of 2020 and we are always looking for new mentors! If you, or someone you know is interested in becoming a mentor, please have them contact us now for more information and to sign up!

Phone: (843) 792-0460
Email: seniormentor@musc.edu

On August 23rd 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.

Student: Harry “Buddy” Blanke
I am a non-traditional student, who came to medical school after serving on active duty in the Air Force for nearly 28 years. I retired as a Colonel working in the Cyberspace and Information Technology field much of my career. After retiring, I wanted to do something I felt was important to the community, involved teamwork, and would be challenging and stimulating.

I love spending time with my wife, Regina, and my two boys, Alex and Andrew. Regina and I love riding bikes, walking and running the Ravenel bridge every weekend we are in town and off from work. We both love to travel, read, learn, and expand our horizons. We are basically nerds at heart.

The Senior Mentor program is a great longitudinal learning program that allows medical students to follow the same patient over the course of 4 years. I feel like the program has sensitized me more to look for specific problems and changes associated with aging. Oftentimes I feel like our society tends to marginalize people as they age, and medicine is one area where we can try to preserve life and functional capability/capacity rather than trivialize it. Alex Haley once said that the greatest untapped treasure in our society is our elderly. I think there is great truth in his statement.

My senior mentor has taught me that chronological age is just a number, but you can still live life to its fullest even when you are 70 or 80 years old. She is a much stronger and fitter lady than her chronological age because she does CrossFit and Yoga several times per week. You should not let your chronological age determine your capacity for activity. Thus, the adage, “we are not active because we are young, we are young because we are active.”

Take time to get to know your senior mentor as a person. There is a wealth of knowledge hiding in your mentor’s head and heart, if you choose to unlock the door to it. You will be better able to treat your senior mentor if you know him/her as a person beyond the vitals and the labs.

“"We don’t grow older, we grow riper.” “
- Pablo Picasso
ATTENTION RESEARCHERS:

The MUSC Foundation’s Charles and Dianne Barmore Fund for Parkinson’s Research Pilot Grant RFA has been released.

Applications are due November 1st. Email dillonk@musc.edu for information.