

NEWSLETTER



Image from Meals on Wheels delivery. Photo by: Kelly Franklin

Winter 2016

Let me start off by welcoming you all to 2017! With the start of a New Year, we often find ourselves reflecting on the previous year and what we can do moving forward to make the year to come better than ever. At the MUSC Center on Aging, we are doing exactly that, following a very busy fall of 2016.

On October 31st, we started our 13th year of the Senior Mentor Program, in which we introduced the 180 members of the College of Medicine Class of 2020 to their 90 Senior Mentors. At the luncheon the Charleston Chapter of the National Aging in Place Council also took a moment to recognize one of our Senior Mentors for her long-standing participation and support of the program.

In early December, we had the privilege to host the National Aging in Place Council's Annual National Meeting in the MUSC Baruch Auditorium. We also worked with the Lowcountry Senior

Network to organize the first Holiday Harvest Gala to benefit Meals on Wheels. Thank you to all who participated in these great events!

As we move into the new year, it is time to look forward to events we are currently working on. On March 23, 2017 we are proud to announce that we will be hosting our first Senior Expo at the Omar Convention Center in Mount Pleasant. This event will include local organizations that specialize in services designed for the elderly population.

Additionally, we are currently working on the 13th Annual Aging Research Day which will take place April 7, 2017 in Columbia.

At this time, we want to take the time to thank you all for your dedication and support of the Center on Aging. We look forward to a great New Year and working with all of you over the coming months. With that being said, we wish you all good health and happiness as you embark on 2017!



IN THIS EDITION

- NAIPC Annual Meeting
- CoA Senior Expo
- Holiday Harvest Gala
- Calendar
- Senior Mentor Program
- PD Support
- Aging Research Day
- Village Movement Celebration

www.musc.edu/aging

On December 1st-2nd the Center on Aging hosted the National Aging In Place Council's Annual Meeting and Road Show at the Baruch Auditorium.



Dr. Heather Boger, Teresa Lee (Alliance for Home Health Quality and Innovation), and Sheena Janse (Care for Life) were panelists during the Health and Wellness session.

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.

WHAT EXACTLY IS ACT III?

ACT III is a template designed to help you make your own plan for Aging in Place. When you complete answering the questions in all of the areas, you will be given a "My Needs Summary." This summary will provide you with resources and information on the areas that you may need assistance, based on your answers to the questions. When you complete the ACT III template, you should have a clearer picture of your own future. The aim is to walk you through the essential concerns to sustain a safe and secure lifestyle in your home. The questions are primarily about what you now have and what you might need. The key areas evaluated are:

- Housing
- Health and wellness
- Personal finance
- Transportation
- Community and social interaction
- Education and entertainment



NAIPC Executive Director, Marty Bell, discussed how to utilize ACT III at the meeting.

NOW REGISTERING EXHIBITORS AND SPONSORS!

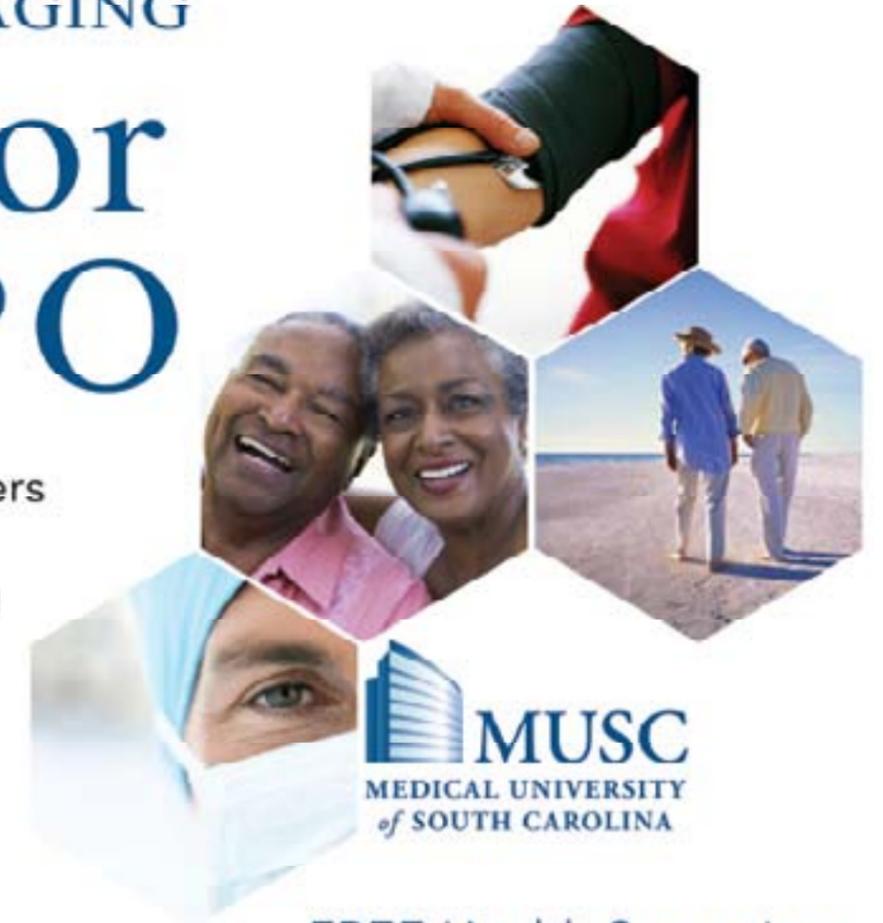
MEDICAL UNIVERSITY of SOUTH CAROLINA

CENTER on AGING

Senior EXPO

All seniors, caregivers and senior service providers welcome!

FREE Admission



FREE Health Screenings
by MUSC for those 65+

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

Omar Convention Center
Mount Pleasant, SC

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

- Memory Screenings
- Fall Risk Assessment
- Bone Density Scans
- Pulmonary Checks
- Movement Disorders
- Stroke Rehab
- Cooking + Exercise Demos
- Exhibitors + Food





Lowcountry Senior Network

An Organization of Senior Service Providers



Mayor Tecklenburg performed with Ann Caldwell and Jerry Bellow at the Holiday Harvest Gala

Holiday Harvest Gala

On Thursday, December 1, 2016 Lowcountry Senior Network members, friends, and the community gathered to celebrate **Charleston Area Senior Citizens and the Meals on Wheels Program** at the Cooper River Room, located within Mt. Pleasant's picturesque Memorial Waterfront Park. Together, this first year's event raised **\$9,000** to benefit Meals on Wheels of Charleston and those local residents currently on the waiting list to receive services.

The Holiday Harvest Gala was filled with networking, amazing cuisine, thanks to Franke at Seaside's culinary team, more than 30 raffle prizes, music by Charleston's own Ann Caldwell and Roger Bellow, and even an unforgettable duet with special guest, Mayor John Tecklenburg!

The Lowcountry Senior Network, Charleston's premier networking organization committed to providing quality services to seniors, caregivers, and adult children, is thrilled to announce plans for the 2nd Annual Holiday Harvest Gala, scheduled for Thursday, November 30, 2017.



Charleston Area Senior Citizens Staff (L to R) Melissa Gilsoul (Foster Grandparents Program Director), Mary Chris Pittman (Disaster Preparedness for Seniors Coordinator), Sammy Smith (Meals on Wheels Driver), Karen Westmoreland (Ansonborough House Property Manager), Donna Cook (Executive Director), Chris Schaper (Ansonborough House Maintenance Staff), Rebecca Jackson (Retired Senior Volunteer Program Director), Ebony Harper (Client Services Director), Tiffany Brush (Meals on Wheels Director), Berita Martin (Senior Companion Program Director)

Charleston Area Senior Citizens, a non-profit organization established in 1967, provides opportunities for older persons to pursue mutual interests, receive services and participate in programs and services which will enhance their dignity, improve their health, support their independence, and encourage their involvement in the community. Through a network of dedicated staff and sustained by giving volunteers, 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.

The MUSC Center on Aging was a proud sponsor of this inaugural event along with: Care for Life, Compassus Hospice and Palliative Care, Franke at Seaside, BrightStar Care, Stephen Martindale with Mutual of Omaha, Homestead Hospice, and Utopia Home Care.

Thanks to all who made this event such a wonderful success!



Paul and Barbara Franklin enjoying the Holiday Harvest Gala

Thank you so much to everyone who donated to the four senior citizens that were "adopted" by the Center on Aging as a part of the Lowcountry Senior Network's Senior Angel Tree program. Over **\$450** was raised and all of their wish list items were purchased, as well as gift cards. Your generosity is very much appreciated!



Chase and Lucas Dillon (above) helped make the purchases with the funds collected.

UPCOMING EVENTS

DATE	TIME	EVENT	LOCATION	CONTACT
Jan 24	9 am - 11 am	Dementia Caregiver Support Group	MUSC Center on Aging; 19 Hagood Ave., Suite 806, Charleston	Diane Sancho, MSW 843-277-4000 diane.sancho@yahoo.com
Jan 25	10 am - 2 pm	Volunteer Fair	Lowcountry Senior Center; Charleston	843-990-5555
Jan 27	9 am - 12 pm	BeWell Health Fair	Franke at Seaside; Mt Pleasant	Paige Kessler 843-856-4725 pkesler@frankeatseaside.org
Feb 13	4 pm - 6:30 pm	15th Anniversary Celebration: BHV & The Village Movement	MUSC Drug Discovery Building	John Milkereit johnmilkereit@me.com
Feb 18	6:30 pm - 7:30 pm	Alzheimer's Speaker Series Panel of Experts	Franke at Seaside; Mt Pleasant	Paige Kessler 843-856-4725 pkesler@frankeatseaside.org
Mar 11	8 am - 4 pm	Symposium: "Living with Parkinson's disease"	Charleston Marriott Hotel 170 Lockwood Blvd. Charleston	Movement Disorders Program 843-792-7262
Mar 23	9 am - 1 pm	Center on Aging Senior Expo	Omar Convention Center; Mt. Pleasant	Kelly Franklin 843-792-0712 dillonk@musc.edu
Apr 7	TBD	13th Annual Aging Research Day	Columbia Marriott, Columbia, SC	Eliza Ballou 803-777-9435 balloues@mailbox.sc.edu
Apr 23	1 pm - 5 pm	What Matters Most: A Creative Arts Festival Exploring Living Fully and Dying Well	Waterfront Park, Mount Pleasant, SC	Julie Phillips 843-216-7323 julie@bridgessc.org

SENIOR MENTOR PROGRAM

Mentor Spotlight



Mentor:
Terry L. Walker

"I grew up in Southwest Missouri. My father was a railroad man, and I grew up around small town depots in an age when every town had a train station.

I graduated high school and college in Springfield, Missouri. I have a B.S. Degree in Public Administration from Missouri State University. I also hold an M.S. Degree in Criminal Justice Administration from the University of Central Missouri. Most recently (2002), I received a J.D. from the University of South Carolina School of Law and am a member of the South Carolina Bar.

My employment history ranges over a number of jobs and professions. I have taught full-time at the university level for three years. I am a retired police officer, having worked for the North Charleston and Hanahan Police Departments in South Carolina. My last position was Chief of Police in Hanahan. Since 2002 I have been an active member of the South Carolina Bar, with my first two years as an Assistant Solicitor (prosecutor) in the First Judicial Circuit, working mostly in Orangeburg, then with my own private practice in Hanahan. For the last two years, I have restricted my practice and consider myself semi-retired.

I have been married 45 years and have two grown sons, (an attorney and the other an IT professional) and eight year-old and three month-old granddaughters. I was already a grandpa "on steroids," but now I am turbo-charged. There is nothing more wonderful than being grandparent.

My one real hobby is reading. I am a history buff, and read mostly histories and biographies, as well as try to keep up with current events. My wife and I also enjoy traveling and seeing new places. I am a member of the Old Fort Fire Department Board

"Change is the result of all true learning."

- Leo Buscaglia

of Commissioners in Dorchester County. My wife and I are active members of Northside Baptist Church, North Charleston.

My wife officially retired from MUSC in 2012, but still works there part-time. She suggested I become a Senior Mentor. I decided to volunteer to help medical students gain a better understanding of potential patients, especially those of an older age, and because I thought it would be fun to get to know these younger people and encourage them in their journey toward becoming physicians.

I thoroughly enjoyed interacting with my students the second year. As they probed even more in depth into my health matters, I got to know them in more detail and took great pleasure in getting to know them as people. They emerged as quite remarkable and focused young people, yet without seeming to forfeit the enthusiasm of being young and looking forward to the future. They seem to be real, well-rounded young people - they are not just grinds with tunnel vision. Both seem very family-oriented, which in my view, is a very positive and healthy mind set. I am very much looking forward to addressing them with the title of "Doctor."

In our first one or two meetings my students were very personable, but seemed to have some uncertainties about the task on which they were embarking. They related to me some of the very hectic academic workload they were undergoing. However, as time passed, especially as they got into their clinical year, I saw a gradual gaining of confidence. It appeared that they were now confident in what they had learned and were confident that they would be able to assimilate and properly apply the medical knowledge they were gaining in the future. It was a delight to watch this progression."

Student Spotlight



Student: Year 4
Kaileen Yeh

"I was born and raised in Columbia, South Carolina. My parents moved over from Taiwan in the late 80's to attend graduate school at USC and decided to settle down to raise my older brother and I in Columbia.

I picked up the piano at age 5 and cello during middle school and continued to play through high school and college. I also played tennis in high school. I attended college at the University of Pennsylvania in Philadelphia and moved back to South Carolina for medical school. I plan to pursue ophthalmology residency after graduation.

My view on caring for geriatric patients was pretty biased from just observing my grandparents and thinking most geriatric care resembled the doctor appointments I attended with them. After meeting my Senior Mentor, I realized how active geriatric patients continue to be and how each patient is unique and has to be treated as such.

Through his stories, I learned that it is never too late to pursue a dream of yours, whether big or small. I was so inspired when I learned that after retiring from the police force, he pursued a law degree.

I would advise students to make the most out of their time with their mentors - everyone has such a unique perspective and as future physicians. It will be important for us to understand health from the patient's point of view."



Thank you to **Paige Kessler**, Director of Memory Support with Franke at Seaside (left), and **Dana Madanski**, Director of Marketing for McAlister Smith Funeral & Cremation (right), for volunteering at the SMP Orientation Luncheon!



(L-R) Dana Madanski, Dr. Heather Boger, Margaret Eargle, Dr. Debra Hazen-Martin, Dr. Keri Holmes-Maybank

SENIOR MENTOR HONORED BY THE NATIONAL AGING IN PLACE COUNCIL

The National Aging In Place Coalition (NAIPC) is a non-profit organization advocating for people to prepare to remain in their residence independently, comfortably, and safely.

On October 25th NAIPC held The Gifts of Aging Celebration, honoring individuals who are being recognized as community role models. These honorees are leading the way and showing all of us the ways to age successfully!

Each honoree was nominated by an organization or individual that participates in NAIPC. They have been nominated based on the following criteria: continuing to learn, getting satisfaction from life, service to others, resilience, and other notable qualities.

The Center on Aging was pleased to honor **Margaret Eargle**, who has volunteered for the MUSC Senior Mentor Program for nearly a decade and has graduated a record number of medical students. She has been a valuable advocate of the program in the community and was named 2012 Mentor of the Year. Ms. Eargle's encouraging attitude and enthusiasm for life are contagious to all around her. In her own words, "I just love all of my little med students...keep 'em coming!"

Ms. Eargle's dedication to helping others, especially her beloved students, is inspiring and we were proud to nominate her for this honor.



(L-R) Kevin Keith, Dr. Deborah Hazen-Martin and Kemp Anderson at the AAMC Meeting

Senior Mentor Program Abstract Presented at 2016 Association of Medical Colleges Annual Meeting

Because of the impact and innovation of the Senior Mentor Program, several of our College of Medicine students submitted this abstract and were selected to present a poster on the program at the American Academy of Medical Colleges Annual Meeting in Seattle, WA this past November. Congratulations to Kevin Keith, Kemp Anderson, Kelsey D. Wilson on this great accomplishment!

TITLE: An Innovative Approach to Geriatric Medicine Preparedness: The MUSC Senior Mentor Program

AUTHORS: Kevin Keith, Kemp Anderson, Kelsey D. Wilson, Debra Hazen-Martin, Donna Kern, Heather Boger



ServiceMaster provided FREE ice cream treats to area senior centers this fall with coordination by the Lowcountry Senior Network and will also be present at the MUSC Center on Aging Senior Expo with more cool treats! Don't miss it!



WELCOME CLASS OF 2020 MENTORS AND STUDENTS!

On October 31st, we kicked off the 13th year of the Senior Mentor Program with the annual Orientation Luncheon. 90 Senior Mentors, consisting of both returning mentors and new volunteers, were introduced to the 180 members of the College of Medicine Class of 2020 at the Holliday Alumni Center.

Senior Mentor Program Director, Dr. Heather Boger (pictured above) welcomed the students and mentors and provided a brief overview of the program's goals over the next 4 years.

Dr. Keri Holmes-Maybank also spoke and provided inspirational words to the students as to the importance of getting to know each patient and their needs, regardless of their age.

Best of luck to all on this unique educational opportunity!



PARKINSON'S DISEASE SUPPORT GROUPS AND EVENTS

Jay and Marilyn Phillips work to help those with Parkinson's and their Care Partners to attain and maintain the best possible Quality of Life. To learn more about these and other support group meetings and events related to PD, please contact them to be added to their mailing list at: jayphillips@homesc.com

Sunday, January 22 at 1:30 pm

Panera Bread
5070 International Boulevard, North Charleston

The Charleston PD Caregivers group will have an informal gathering for conversation and information sharing. Some may choose to have a bite to eat or a beverage and the meeting breaks up by 3:00.

Please RSVP: marilynphillips@homesc.com

Tuesday, January 24 at 3:30 pm

Ralph H. Johnson VA Medical Center.
Main Auditorium

The Charleston Veterans Parkinson's Disease Support Group will have a 30-minute exercise program led by VA physical therapists, followed by our regular discussion group at 4:00. Please feel free to attend either or both groups. Open to all vets with PD and their partners. This is a great place to find out how your fellow vets are mastering PD, including the various programs offered by the VA (e.g., LSVT-BIG and care partner counseling). Contact Jay at jayphillips@homesc.com for more information, or just show up!

Saturday, March 11

Charleston Marriott
170 Lockwood Blvd., Charleston

The 2017 MUSC Parkinson's Disease Symposium takes place in Charleston. Registration and other information will be provided as soon as available.

To register, call: 843-792-7262

Saturday, April 29

Wescott Plantation Golf Club

The 9th Annual Putting for Parkinson's (P4P) Golf Tournament will tee off. All funds go to The Murray Center at MUSC to support Parkinson's research. The 2016 event raised over \$88,000! You don't have to be a golfer – you can contribute items for or participate in the auction(s), sponsor a hole, or just donate.

Email jayphillips@homesc.com for more information

“Be strong, be fearless, be beautiful. And believe that anything is possible when you have right people there to support you.”

- Misty Copeland

SAVE THE DATE

What Matters Most:

A Creative Arts Festival Exploring Living Fully and Dying Well

Sunday, April 23, 2017, 1:00 - 5:00 pm

Mt. Pleasant Waterfront Park

Free & Open to the Public

Please plan to join us for some “serious fun” 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.

Presented by Bridges for End-of-Life

13th Annual Aging Research Day

Health and Technology Supports for Aging-in-Place

Friday, April 7th, 2017



Plans for the 13th Annual Aging Research Day, presented by the South Carolina Aging Research Network (SCARN) are underway!

This year's conference will be held on Friday, April 7th at the Downtown Columbia Marriott and is being hosted by Sue Levkoff, Professor and Endowed Chair of SeniorSMART within the College of Social Work at the University of South Carolina.

The day's agenda is taking shape, and so far the following speakers are already scheduled to share information and research related to the theme, "Health and Technology Supports for Aging-in-Place":

Wendy Rogers, PhD, Khan Professor in Applied Health Sciences at the University of Illinois, will present as the Keynote Speaker on "Technology Supports for Aging-in-Place."

Meera Narasiimhan, MD, Professor and Associate Provost for Health Science and Professor and Chair of the Department of Neuropsychiatry and Behavioral Sciences at the University of South Carolina

Jasun Tate from Krebs on Security will discuss "Cyber security for older adults."

Stacy Fritz, PhD, PT from the Department of

WHAT IS SCARN?

The mission of SCARN is to provide a platform for collaborative work on age-related disease and healthy aging in South Carolina through close collaborations with members of this organization.

Current issues in SCARN are multi-institutional IRB protocols, grant applications and shared development funding between South Carolina Universities and Hospital Systems to promote collaborative projects across our state.

Exercise Science, School of Public Health at the University of South Carolina will educate on exercise, mobility, and safety in the home.

Danielle Friedman, PhD, MSc from the Department of Health Promotion, Education and Behavior, School of Public Health from the University of South Carolina will discuss the "Healthy Brain Research Network."

In addition to the presentations given by these speakers, as well as the others still to be confirmed, there will also be a panel discussion including older adults, and informal and formal caregivers.

As in past years, Aging Research Day will hold an abstract contest for all students, post-docs, fellows, and residents.



For more information or to register, contact:

Eliza S. Ballou
(803) 777-9435
balloues@mailbox.sc.edu

VILLAGE MOVEMENT CELEBRATES 15 YEARS

The Village Movement started with Beacon Hill Village in Boston 15 years ago and today there are over 200 open Villages and more than 150 in development in 45 states and the District of Columbia. In 2010, the Village to Village Network – a national organization that collaborates to maximize the growth, impact and sustainability of individual Villages and the Village Movement – was formed. The Network provides expert guidance, resources and support to help communities establish and maintain their Villages. Village to Village Network and the Village Movement works not only impact Villages and their members, but the lives of countless families, caregivers and members of the broader community they serve.

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village is delighted to invite Villages to participate "virtually" in an event featuring renowned surgeon, public health researcher and writer Dr. Atul Gawande, MD, MPH, author of the seminal book **Being Mortal**.

The event will be held on **Feb. 13, 2017 from 5pm-6pm** at the Boston Public Library and will be live-streamed to Villages across the United States, at which Dr.

Gawande will speak about the value of community and opportunities as we grow older and answer questions from Villages around the country.



The Harleston Village Neighborhood of Charleston is organizing an opportunity for Lowcountry residents to take part in this event and hopes to draw an audience from the new senior village in I'On, a new organizing group in Mt. Pleasant, and other agencies in the community associated with aging programs and services.

If you'd like to attend, please email John Milkereit at johnmilkereit@me.com for more information!

YOU'RE INVITED:
February 13th at 4:00 pm
in the MUSC Drug Discovery
Building for the Live Stream of
Dr. Gawande's talk
from Boston.

RESEARCH PARTICIPANTS NEEDED FOR HEARING STUDY

The MUSC Hearing Research Program is seeking participants for a research study investigating the connection between hearing and the brain. We are recruiting healthy adults age 60 and older with either normal hearing or mild hearing loss.

Payment for participation is available for study participants and scheduling time for research visits is flexible. This study takes between 8-9 hours to complete over the course of 3 visits.



If you would like to make a screening appointment or learn more about our study, please call **(843) 792-5916** or email maxwelam@musc.edu.



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