

Case Study

Older Adults, Social Techniques, and Memory

Karla K. Ziegenbalg, Ph.D.

Educational Objectives

1. To use a social psychological perspective to examine memory abilities of older adults.
2. To understand in what ways the social environment, through direct social interaction, affects the memory performance of older adults.
3. To find out what, if any, social factors support memory performance in older adults.

Background

The effects of social interaction on memory performance, in general, are little understood, while even less is known about how social interaction affects the memory ability of older adults specifically. The general consensus among laypersons and scientists alike is that the decline

in memory abilities of older adults makes them vulnerable to memory problems that may affect their daily functioning and competence levels. If this is the case, then ascertaining what, if any, factors support memory performance in older adults would be the logical goal.

Case Study

Forty older adult (>65 yrs) and forty younger adult (<65 yrs) subjects were shown a biographical documentary film using video equipment. The video was shown in either a classroom or social event environment. Performance on memory and learning was assessed using post-exposure survey instruments (questionnaires) that were created with an eye to providing classroom-style quizzes with unambiguous memory questions regarding information that was presented in the video. Subjects were tested in two ways; first, as individuals, by giving them Questionnaire #1 and asking them to respond to the questions singly (as per a classroom-style quiz); second, as a member of a pair, with two subjects putting

their heads together to respond to Questionnaire #2. The experimental paradigm was created to parallel the research of Dixon (1993), and yield evidence regarding his finding that older adults' memory performance increases to near young adults' performance when they are tested as (married) pairs.

The results of this experiment suggest that older adults may increase their memory performance through social collaboration with a partner, as do the younger adults (older

Karla Ziegenbalg, PhD, is a General Psychology researcher who specializes in social psychology, with an emphasis on memory and the older adult population. Her interest in memory and aging began during her graduate student days while working at the Setting Priorities for Retirement Years (SPRY) Foundation in Washington, DC. Her research was conducted with the assistance of the Virginia Center on Aging's Elderhostel Program in Ft. Monroe, Hampton, Va.

adult mean percentage increase = 92.2%; younger adult mean percentage increase = 70.9%, $p = .062$). Another important finding of this study is that the enhanced performance of older adult pairs tends not to be related to the degree or nature of the attachment, or to the length of the relationships. Many of the pairs in both age groups were married couples, and data were collected on length of their relationships. The length of the relationship was then considered as a potential support factor, and the possible effect of a long-term attachment relationship on the subsequent increase in memory performance scores was evaluated as well.

Interpretation and Discussion

The results of this research confirmed the principal expectation that older adults would increase their memory performance in the paired recall situation (72% of the older adults scored higher in the paired condition). Who profited more from the shift from individual to collective remembering? In terms of memory performance score, more of the younger adults (97%) increased their memory performance than did the older adults. However, a closer look at the data using percentage increase of scores (older adult mean increase = 92.2%; younger adult mean increase = 70.9%) reveals that both older adults and

younger adults improve substantially from the paired situation.

Both older and younger adults were gaining a valuable memory resource in their partner, since the presence of a social collaborator made a marked difference in their ability to answer the questionnaire correctly.

Among the couples, there appears to be no significant difference in the increase in scores between the couples who have been together more than two years, and those who have been together for less than two years ($p = .176$).

The fact that memory enhancement did not seem to be dependent upon being in a long-term relationship with a partner or spouse is important information for older adult caregivers, and may have practical applications for older adult learning programs. In an older adult learning environment such as Elderhostel, one can easily envision using the simple intervention of asking the older adults to find a study partner to attend the classes with them, when comprehension of some particular content is desired.

The surprising finding that long-term attachment does not play a large role in the subsequent memory performance of older adults in the paired condition

may make sense when it is taken into account that well-acquainted friends may function with the same level of social skill as long-term couples. Moreover, the finding that friends may help each other's memory performance to the same degree as attached couples may simply expand the known boundaries of the benefits of social interaction in a recall situation. Easy conversation in a relaxed setting with a well-acquainted partner may be a key to enhanced memory performance, with neither the length of the relationship nor the nature of the attachment that defines the relationship being critical.

Age in Action

Volume 17 Number 3
Summer 2002

Edward F. Anello, Ph.D.
Director, VCoA

Jay W. DeBoer, J.D.
Commissioner, VDA

Iris A. Parham, Ph.D.
Executive Director, VGEC

Jason A. Rachel, M.S.
Editor

Age in Action is published quarterly. Submissions, responses to case studies, and comments are invited and may be published in a future issue. Mail to: Editor, *Age in Action*, P.O. Box 980229, Richmond, VA 23298-0229, fax to 804-828-7905, or send to jarachel@vcu.edu.

Fall 2002 issue deadline:
September 13, 2002

It may be that the key to understanding the benefits of social interaction on memory performance lies in familiarity, rather than mode of attachment or longevity of relationship. Interestingly, Dixon & Gould (1998) found that older and younger adult married couples performed equivalently in the proportion of items they answered correctly in a knowledge-of-spouse set of questions. Extrapolating further along these lines, it is possible that familiarity among friends may provide the bedrock for smooth social interaction, which Dixon & Gould term “expert interaction.” So, expert interaction between friends rather than the individual’s married status may be central to memory enhancement. Future research with married couples, friends, and unacquainted pairs using similar stimulus materials with a sharper focus on the particular details of the moment by moment interaction would do much to elucidate this issue.

The finding of improved memory through pairing may yield beneficial results for older adults if applied research is undertaken. For instance, studies examining the memory performance of older adults confronting difficult situations requiring immediate, high-level memory performance might show enhanced memory performance if the older adults confronting the situation are

with either a spouse or a friend who might provide expert interaction. Investigating such applied situations as mental and medical health care interventions for older adults could generate valuable results, leading to better and more efficacious intervention techniques. For instance, one might perform experiments to determine whether pairing older adults with partners who are briefed together (as a pair) on a medication schedule by a health practitioner would produce an effect upon medication compliance. If so, were the effects dependent upon characteristics of the pair such as health or cognitive status, etc?

The results yield strong support for the concept that social collaboration is helpful for increasing memory performance by both younger and older adults, with older adults gaining a larger percentage benefit to their scores from the interaction than the younger adults.

The results reported here also add support to the view that social interaction is a foundational aspect of memory. Investigating how older adults actively use social resources while they are remembering should be a high priority for further research.

Study Questions

1. Discuss the possible ways in which social collaboration with a

partner may be used in different older adults environments, for example, a therapeutic setting, to support and assist memory performance for older adults.

2. In a social context with a collaborator, does it matter if the two (or more) collaborators know each other well? If so, does a long-term attachment relationship support enhanced memory performance better than do other types of relationships?

References

- Dixon, R. & Backman, L. (Eds.) (1995). Compensating for psychological deficits and declines: Managing losses and promoting gains. New Jersey: Lawrence Erlbaum Associates.
- Dixon, R.A., Gagnon, L.M. & Crow, C.B. (1998). Collaborative memory accuracy and distortion: Performance and beliefs. In M.J. Intons-Peterson & D.L. Best (Eds.), Memory distortions and their prevention. Mahwah, NJ: Lawrence Erlbaum Associates.
- Dixon, R. & Gould, O. (1998). Younger and older adults collaborating on retelling everyday stories. Applied Developmental Science, 2, No.3, 160-171.
- Dixon, R. & Gould, O. (1996). Adults telling and retelling stories collaboratively. In P.B. Baltes & U.M. Staudinger

(Eds.), Interactive minds: Life-span perspectives on the social foundation of cognition, 221-241. New York: Cambridge University Press.

From the
**Executive Director,
Virginia Geriatric
Education Center**

Iris A. Parham, Ph.D.

In this issue of the newsletter there will be photos of several sessions of the highly successful Kids-Into-Health Careers program (including the graduation on May 8th of the high school group) that is being led by Dr. Ayn Welleford, as well as photos of the May, 2002 graduation ceremony and reception for the Department of Gerontology. Included will be photos of our first distance-based gerontology specialty Ph.D. graduate, Dr. Mary Corrigan. The May 10th geriatrics mentorship conference was highly successful under the leadership of Dr. Jim Cotter and we are rapidly moving forward to finalizing the day for the fall session.

We are delighted to announce that Ms. Naomi Feil, the founder of Validation Therapy, will be coming to Richmond in July for a one-day session, open to the public for a nominal fee (see related announcement). Additionally, April 2, 2003 has been chosen for the date of our national

videoconference on palliative care. This national videoconference will be co-sponsored by our GEC colleagues at the Mountain State GEC, the Pennsylvania GEC, and the Western Reserve GEC. In the next issue the speakers and topics will be announced. We are also in the process of planning for two joint fall workshops on grant writing, one with the School of Social Work and one with William and Mary and the Crossroads Center of Excellence in Geriatrics.

I am pleased to announce that with the next issue, regular articles on the progress of the Reynolds grant that was funded to the School of Medicine will begin. We are happy to have Dr. Peter Boling, the Reynolds grant Principle Investigator, contribute to the newsletter.

Lastly, I am delighted to welcome Ms. Kathleen Watson to the faculty of the Department and to the Senior Project Coordinator role for the VGEC. Ms. Watson just received her M.S. in Gerontology in December and has much hands-on experience in geriatric education. Sadly, we will miss Ms. Angela Rothrock, our previous senior project coordinator, who is now in Alabama, but happily she is working in the aging field and will be attending the remaining validation therapy training sessions here in Richmond.

From the
**Director, Virginia
Center on Aging**

Edward F. Ansello, Ph.D.

There's a gem in our midst that is too little recognized. It's our older adult education program, both the Elderhostel "franchise" and the Lifelong Learning initiative. Each helps us to satisfy our mandate to offer educational programs to older persons, "to include ...recreation and self-development." At the same time, the high quality of these programs has been attracting learners from outside the Commonwealth who contribute substantially to Virginia's economy.

Elderhostel is a national and international not-for-profit organization, headquartered in Boston, dedicated to providing exceptional learning opportunities at affordable value. Each year we conduct more than 60 Elderhostel programs across Virginia, featuring instructors and topics drawn from the rich history and special qualities that typify our regions. Learners study Appalachian heritage, art and architecture, marine biology, Revolutionary and Civil War history, genealogy, jazz and swing, and much more at our learning sites in Hampton/Yorktown, Richmond, Petersburg, and Natural Bridge. The educational experience may be hands on, involve travel and field trips, or require substantial interaction with sites,

instructors, and fellow learners; programs tend to range from two to seven days in length. Our Elderhostel short programs and weekenders tend to attract Virginians.

VCoA's Elderhostel program, for each of the past seven years, has brought to Virginia about a million dollars from non-Virginians, through their tuition and discretionary spending. They support the hotels that are our learning sites, our instructors, charter bus companies and museums, as well as restaurants, shops, theatres, etc., both during and after the course.

VCoA has been the largest provider of Elderhostel in Virginia for the last two quarters, and is one of the top providers in the Middle Atlantic region. Between 1999 and 2001 our Elderhostel attendance has increased 11%, while nationally and regionally numbers were down 8% and 13%, respectively. Our programs in Richmond so far in 2002 have attracted double the numbers for this period in 2001. In a state known for its summer heat, we are pleased that all 10 of the programs scheduled at Richmond and Natural Bridge for mid-June to mid-July are filled to maximum capacity with waiting lists.

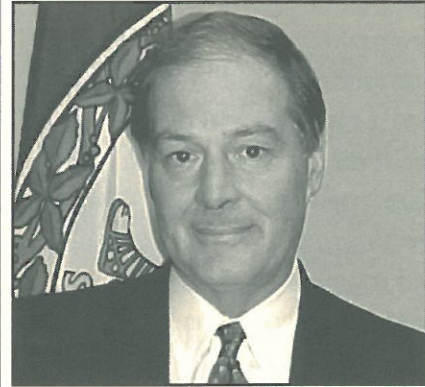
VCoA's Elderhostel offerings have been selected for special commendation. For example, our six day program

scheduled for October 2002, "Virginia Visionaries: Washington, Jefferson, Henry, and Their Acts of Rebellion" is one of only four in the nation to be featured on the cover of the Elderhostel U.S. & Canada Catalog.

Our Lifelong Learning initiative brings short programs to retirement communities, senior centers, church and synagogue groups, and others interested in maintaining personal growth or satisfying their itch for learning. For some time we have offered older Virginians an away-from-home learning experience at the Chamberlin Hotel on or near Valentine's Day that we call, with some tongue in cheek, "Love of Learning." This past February our Ninth Annual Love of Learning drew 89 Virginians for a two-night program of history, poetry, and music, with on site explorations of Fort Monroe and Old Towne Smithfield.

We remain committed to quality education for older adults. We are especially proud that VCoA's Assistant Director of Education, Dr. Jane Stephan, and our Richmond and Natural Bridge Elderhostel Coordinators, Catherine Dodson and Jim Gray, have put that commitment to practice with such positive effect.

From the
**Commissioner, Virginia
Department for the
Aging**



Jay W. DeBoer, J.D.

*Virginia Department for the
Aging Welcomes New
Commissioner*

On April 25, 2002, Governor Mark R. Warner appointed Jay W. DeBoer to serve as Commissioner of the Virginia Department for the Aging. Born in 1953 in Petersburg, Virginia, Mr. DeBoer received his Bachelor of Arts degree in Government from the College of William and Mary in 1975, and his Doctor of Jurisprudence from the Marshall-Wythe School of Law at the College of William and Mary in 1979.

Mr. DeBoer was an attorney in private practice in the Petersburg area from 1979 until 2002. He was elected to the Virginia House of Delegates in 1982, and from 1983 until 2002, represented the 63rd House District in the General

Assembly. He served as Co-Chair of the Health, Welfare and Institutions Committee, and was a member of the Finance, General Laws, Claims, Interstate Cooperation, Science and Technology, and Agriculture Committees. Mr. DeBoer was also a member and past Chair of the Joint Commission on Health Care, member and past Chair of the Virginia Code Commission, and member of the Joint Legislative Audit and Review Commission (JLARC).

Mr. DeBoer is enthusiastic about his new position and the opportunities it presents to influence aging services positively in the Commonwealth. "I am eager to resume VDA's historical role of cooperation and collaboration with our natural partners in the Aging Network, both public and private, throughout Virginia. It will take all of our combined efforts and talents to prepare Virginia for the great influx of "Baby Boomers" into our Aging Community. This challenge will be great, and it is time to "get going"." The staff at the Virginia Department for the Aging welcomes their new leader, and looks forward to working with him to better serve members of Virginia's aging population.

Focus on the Virginia Geriatric Education Center



Kathleen Watson

Kathleen Watson is the Senior Project Coordinator for the Virginia Geriatric Education Center. She began working at the VGEC in September, 2000 as a Research Specialist while enrolled in the Master's program in Gerontology. Her responsibilities include organization of projects related to the ten-objective grant that runs from 2000-2005. Kathleen is also an instructor for the Department of Gerontology.

Kathleen received her BS in Administration of Justice and Public Safety in December, 1988 from Virginia Commonwealth University. She then began a career in retail management where she successfully ran stores for Garden Botanika, Paul Harris Stores, and The Cosmetic Center. Kathleen always has enjoyed the company of older adults. She had the opportunity

to learn first hand about what older adults and their caregivers face while caring for an aging family member. This experience prompted her to enroll part time in the Gerontology program in 1998. Kathleen received her MS in Gerontology with a concentration in Adult Education in December, 2001.

Kathleen enjoys time with her husband, daughter, and three cats. She also spends as much time as possible outdoors in the spring and summer months and hopes to live by the ocean someday.

Focus on the Virginia Center on Aging



Nathan McAnally

Nathan McAnally joined the VCoA staff in August of 2001 as a program assistant to the Elderhostel program. He assists with the registration and preparation for the programs, and with inquiries about program details.

Nathan is a graduate of

Colonial Heights High School, 1997. He then attended Richard Bland College for two years, graduating with an Associate in Science, where he made Dean's List twice. Following Richard Bland, he transferred to VCU and graduated with a B.S. in Psychology in May of 2002.

Nathan, son of a retired Army Warrant Officer, lived and traveled throughout Europe, Asia, and North America. In 1992, he settled in Colonial Heights with his mother and father. He enjoys reading, learning, and maintaining physical fitness.

Healthcare Provider Information Project

The Virginia Board of Medicine provides an easy way to search for information on doctors of medicine, osteopathic medicine, and podiatry anytime at www.vahealthprovider.com. You can search for doctors by name, locality, specialty, or hospital affiliation. Doctors' profiles include primary and secondary practice addresses, translating services at the primary practice address, graduate school and year of completion, post graduate school and year of completion, board eligibility, board certification, self-designated practice areas (specialties), years in active clinical practice, Medicaid participation, hospital privileges and affiliations, academic

appointments, publications, disciplinary action by other organizations or state boards, and paid claims in the most recent ten years. Optional information that doctors may choose to report includes: Medicare participation, telephone numbers at practice addresses, translating services at secondary practice addresses, continuing education hours, and honors and awards.

Information on the website, with the exception of the Virginia Board of Medicine Notices and Orders and licensing information, is self-reported by the doctor.

Realizing that not all citizens have computer access, the Board also offers a call center (804-643-4337), Monday through Friday, 9:00 a.m. - 5:00 p.m., where the public can call for information on licensees over the telephone or request a paper summary be mailed or faxed to them for review.

Age in Action seeking Submissions!

If your agency or organization is sponsoring an event or has information to share with others in the field of aging, please submit your information to the Editor at (804) 828-1525 or email at jarachel@vcu.edu.

Occupational Therapy Professor Receives Fellowship

Al Copolillo, Ph.D., OTR/L

Al Copolillo, Ph.D., OTR/L, Assistant Professor of Occupational Therapy at VCU, is a 2002 recipient of the Distinguished Mary Switzer Fellowship from the National Institute for Disability and Rehabilitation Research (NIDRR). His study, *Use of Low Vision Assistive Devices: The Decision-Making Process of Older Adults with Visual Impairments*, is part of a line of research on assistive technology use that seeks to understand how older adults make decisions about initiating use of devices and incorporating them into their daily routines. Dr. Copolillo worked closely with Dr. Iris Parham to develop the fellowship proposal, as part of the formal mentoring program of the current VGEC project. Their collaborative efforts were key to Dr. Copolillo's success in receiving the fellowship.

Alzheimer's Association Safe Return

Tara Beatty, M.S.
Alzheimer's Association

Ten minutes. Not a long time to most people, but priceless to an Alzheimer's caregiver. In 10 minutes, a caregiver can register a loved one in the Alzheimer's Association Safe Return program.

Safe Return is the only nationwide program that assists in the identification and safe, timely return of individuals with Alzheimer's Disease or another dementia who wander and become lost. Since 1993, Safe Return has helped locate and return over 6,700 individuals to their homes. The success rate is nearly 100 percent.

Wandering is a common and potentially life-threatening behavior that may accompany Alzheimer's Disease. Nearly 60 percent of the four million Americans with Alzheimer's Disease may wander off and become lost during the course of the disease. **Unless found within 24 hours, nearly half of these wanderers will die of dehydration or hypothermia.**

If you would like more information, please call Tara Beatty, the Safe Return Coordinator at the Greater Richmond Chapter of the Alzheimer's Association at (804) 967-2583.

Grant Expert to Conduct Local Workshop

The Virginia Geriatric Education Center and the VCU Department of Gerontology, in conjunction with the VCU School of Social Work will present a Grant Writing Workshop September 18, 2002, conducted by Nancy Morrow-Howell, Ph.D. Dr. Morrow-Howell is the Chair of the George Warren Brown School of Social Work's Doctoral Program at Washington University in Saint Louis. She is currently working on several federally funded grant projects on depression as well as on productive engagement in older adults.

The workshop will take place from 9:00 a.m. to 12:00 noon at the VCU School of Social Work, 1001 W. Franklin Street. For further information on the Grant Writing Workshop, please contact Kathleen Watson at (804) 828-9060 or by email at kdwatson@mail2.vcu.edu.

Volunteers Needed For Elderhostel

VCU Elderhostel, sponsored by VCoA, is currently seeking volunteers to assist at its Richmond programs.

Volunteers will be responsible for hosting day and/or evening activities, accompanying groups on field trips, and assisting the Elderhostel coordinator with some of the other responsibilities during a program. Free meals, free admission, free parking, great social atmosphere, meet and greet people from all over the United States, and learn about your city!

Please contact Catherine Dodson or Jane Stephan at the Virginia Center on Aging, (804) 828-1525.

Prescription Drug Assistance Card Programs for Seniors

Nine pharmaceutical companies have recently announced voluntary discount or fee programs for senior citizens. The specifics of these programs and combined card benefits are described below.

GlaxoSmithKline	Novartis	Pfizer	Lilly	Together Rx (Abbott Laboratories, AstraZeneca, Aventis, Bristol-Myers Squibb, GlaxoSmithKline, Johnson & Johnson and Novartis.)
NAME				
"Orange Card"	"CareCard"	"Share Card"	LillyAnswers Card	Together Rx
ELIGIBILITY				
Seniors age 65 and older and the disabled enrolled in Medicare	Medicare eligible	Seniors age 65 or otherwise a Medicare enrollee	Medicare eligible	Medicare enrollee
Annual income below \$26,000 single/ \$35,000 couple (approximately 300% of poverty)	Annual income below \$26,000 single/ \$35,000 couple (approximately 300% of poverty)	Annual income below \$18,000 single/ \$24,000 couple (approximately 200% of poverty)	Annual income below \$18,000 single/ \$24,000 couple (approximately 200% of poverty)	Annual income below \$28,000 single/ \$38,000 couple (approximately 310% of poverty)
Must not have public or private insurance coverage for prescription medicines	Must not have public or private insurance coverage for prescription medicines	Must not have public or private insurance coverage for prescription medicines	Must not have public or private insurance coverage for prescription medicines	Must not have public or private insurance coverage for prescription medicines
DISCOUNTS/FEES				
Discounts are 25% off the wholesale list price of GSK outpatient drugs	Discounts are 25% off the wholesale list price of Novartis outpatient drugs	Patients pay a \$15 fee for each 30-day supply of a Pfizer prescription medication at participating pharmacies	Patients pay a \$12 for a 30-day supply of any Lilly prescription medication at participating pharmacies	Anticipated savings are approximately 20-40% off retail prices. Each company sets its own level of savings independently with a minimum discount of 15% off its list price to wholesalers. Actual consumer savings will vary depending on the pharmacy's customary pricing for the specific drug.
Participating pharmacies charge card holders no more than a negotiated price	Participating pharmacies charge card holders no more than a negotiated price			
GSK expects card holders to realize average savings of 30-40% off retail prices	Novartis expects card holders to realize average savings of 30-40% off retail prices			
COVERED DRUGS				
All GSK outpatient prescription drugs	All Novartis outpatient prescription drugs	All Pfizer outpatient prescription drugs	All Lilly outpatient prescription drugs	Together Rx maintains a list of more than 150 covered drugs manufactured by the participating companies
CONTACT				
888-ORANGE6	866-974-CARE	800-717-6005	877-RX-LILLY	800-865-7211

COMMONWEALTH OF VIRGINIA

Alzheimer's and Related Diseases Research Award Fund

2002-2003 ALZHEIMER'S RESEARCH AWARD FUND RECIPIENTS ANNOUNCED

The Alzheimer's and Related Diseases Research Award Fund (ARDRAF) was established by the Virginia General Assembly in 1982 to stimulate innovative investigations into Alzheimer's disease (AD) and related disorders along a variety of avenues, such as the causes, epidemiology, diagnosis, and treatment of the disorder; public policy and the financing of care; and the social and psychological impacts of the disease upon the individual, family and community. The ARDRAF competition is administered by the Virginia Center on Aging at Virginia Commonwealth University in Richmond. The four grant recipients of the 2002-2003 awards are as follows:

VA Tech Paul R. Carlier, Ph.D. (Department of Chemistry) "Structure-Based Design of Dimeric Memory Enhancing Drugs"

Current FDA-approved therapies for alleviating AD-related memory loss are based on the use of enzyme inhibitors to increase the brain concentration of the neurotransmitter acetylcholine. Unfortunately, the side effects of these drugs (acetylcholinesterase inhibitors) often lead to discontinuation of therapy. Since in many cases these side effects are due to unwanted interaction of the drug with other biological targets, drug tolerability could be improved by increasing the selectivity for the intended biological target. The funded study aims to achieve this goal by designing drugs which can simultaneously bind to the intended target in two different locations, further increasing the potency and selectivity for acetylcholinesterase. (Dr. Carlier can be reached at 540/231-9219)

VCU J. James Cotter, Ph.D., E. Ayn Welleford, Ph.D. (Department of Gerontology) and K. Vesley (Chesapeake Bay Agency on Aging, Inc.) "Improving the Capacity of Home Care Aides in Rural Areas Serving Persons with Alzheimer's Disease and Related Disorders"

The quality of long-term home care for persons with AD and related disorders is one of the most important challenges confronting the health care system. Training initiatives are needed to increase the quality of this care provided by home care aides. This study will investigate the potential of a specialized training program and proactive clinical support to improve the ability of aides to handle more effectively home care patients with AD who live in rural areas. The investigation will also determine how a partnership between an academic research unit and an area agency on aging can improve research and enhance community-based services. This timely study will have important implications for persons with AD, their informal and formal caregivers, and administrators of community-based home care programs. (Dr. Cotter et al. may be contacted at 804/828-1565)

JMU Merle E. Mast, Ph.D. and Marylin Wakefield, Ph.D. (Department of Nursing) "Rural Family Caregivers' Perceptions of Facilitators and Deterrents to the Use of In-Home Respite"

Although caregivers of persons with AD cite respite as a pressing need, many caregivers do not use respite services or delay using them until very late in the disease process. To date, research has noted but has not gained an understanding of this phenomenon. Little is known about the degree to which caregivers judge various possible interventions to be what they need or find useful. This qualitative study will use Grounded Theory to explore rural family caregivers' perspectives of the factors that either enhance or deter the use of in-home respite. The results will enable the development of respite interventions that are tailored to the needs of caregivers. (Drs. Mast and Wakefield may be contacted at 540/568-6314)

*Virginia Center on Aging/Virginia Commonwealth University/Medical College of Virginia Campus
P.O. Box 980229/Richmond, VA 23298-0229/(804) 828-1525*

UVA Elana Farace, Ph.D. and Mark E. Shaffrey, M.D (Department of Neurological Surgery) "Neurocognitive Discrimination of Alzheimer's from Normal Pressure Hydrocephalus Verified by Brain Biopsy"

Many elderly patients with dementia are referred each year to neurosurgeons for evaluation and possible placement of a brain shunt to drain excess cerebral spinal fluid as a means of treating Normal Pressure Hydrocephalus (NPH), a disease characterized by dementia, gait problems, and urinary incontinence. However, only 30-50% of patients will have improved cognition after shunt placement, and the procedure carries a substantial complication rate. Approximately 10% of these patients actually have AD, either along with NPH, or misdiagnosed as NPH, and these patients typically do not benefit from shunt placement. Presently, there are no brief, non-invasive tests to discriminate accurately between AD and NPH. Our preliminary studies have shown that items on brief neurocognitive tests may improve the prediction of shunt benefit. This study will determine how well baseline neuropsychological testing predicts shunt benefit, compared to a definitive diagnosis of dementia with intra-operative brain biopsy during shunt placement. (Drs. Farace and Shaffrey may be contacted at 434/243-4806)

2002-2003 Awards Committee

Paul Aravich, Ph.D.

Eastern Virginia Medical School

Katie Benghauser, M.S.

SeniorNavigator.Com

Wendell Combest, Ph.D.

Shenandoah University

Jorge Cortina, M.D.

Hampton VA Medical Center

Erik J. Fernandez, Ph.D.

University of Virginia

Alison Galway, Ph.D.

Virginia Tech Adult Day Services

Nitya R. Ghatak, M.D.

Virginia Commonwealth University

Samuel A. Green, Ph.D.

University of Virginia

Douglas M. Gross, Ph.D.

Eastern Virginia State Hospital

David Hess, Ph.D.

Virginia Commonwealth University

Suzanne Holroyd, M.D.

University of Virginia

Peter Kennelly, Ph.D.

Virginia Tech

Richard Lindsay, M.D.

University of Virginia

Elizabeth O'Keefe, M.D.

Virginia Commonwealth University

Deborah Perkins, M.S., R.N., C.S., G.N.P.

Bon Secours Memorial School of Nursing

Janet H. Watts, Ph.D., O.T.R.

Virginia Commonwealth University

Creator of Validation Method Speaks in Richmond

Kathleen Watson, M.S.
Virginia Geriatric
Education Center

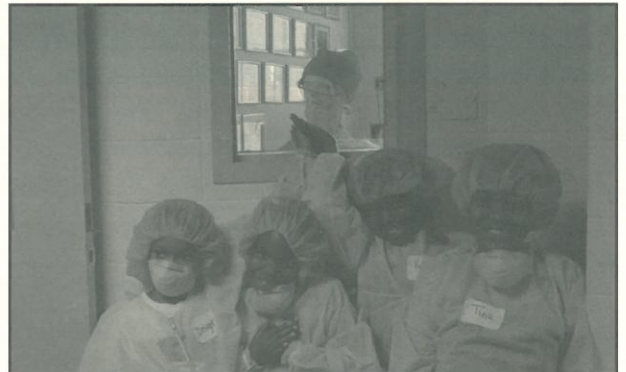
The Virginia Geriatric Education Center proudly hosted Naomi Feil, MSW, author of *The Validation Breakthrough* and creator of the Validation method, as she presented a one-day workshop on Saturday, July 13, 2002 at Lakewood Manor, 1900 Lauderdale Dr., Richmond, Va.

The workshop was very successful with over 150 registrants. Naomi Feil's enthusiastic speaking style provided participants with an educational demonstration of the Stages of Disorientation and methods of communicating with confused older adults.

Validation is a tested model of practice for caregivers and professionals who interact with disoriented older adults affected by Alzheimer's type dementia. The principles taught in Validation can benefit a disoriented or mentally frail older person by tuning into his or her inner world, which can reduce stress and enhance dignity.

If you would like more information about Naomi Feil or Validation, contact Kathleen Watson at (804) 828-9060, or kdwatson@hsc.vcu.edu.

Kids Into Health Careers



Discovering Treatments and Improving the Care of Persons with Dementia

The 2nd Biennial Conference of the Alzheimer's and Related Diseases Research Award Fund

On June 28, 2002, the Virginia Center on Aging and the Alzheimer's Association - Greater Richmond Chapter presented the 2nd Biennial Conference of the Alzheimer's and Related Diseases Research Award Fund, *Discovering Treatments and Improving the Care of Persons with Dementia*.

The program featured sessions of special interest to two basic groups of participants, professionals (health care, social work, disabilities, etc) and family caregivers. The conference was extremely successful in meeting its goal of informing researchers, health care professionals, legislators, human service providers, advocates, caregivers, and members of Virginia's Aging Network. The presentations highlighted emerging findings regarding the causes, treatments, and consequences of Alzheimer's disease, as well, demonstrating the importance of ARDRAF as a resource in combating dementia.

The conference would not have not been so successful without the splendid contributions of our speakers who dedicated themselves to

communicating their research findings to an audience of professionals and family caregivers. Lectures, discussions, hallway conversations, and shared experiences added to participants' growing knowledge of dementing illnesses. We would like to give a special thank you to each speaker for providing innovative and stimulating findings on Alzheimer's Disease and related dementias.

We thank all 162 participants for making this conference so informative.

ARDRAF Conference Speakers

Cameron Camp, Ph.D
Frank Castora, Ph.D.
John Colletti, Ph.D.
Mary Corcoran, Ph.D., O.T.R.
Jonathan Evans, M.D.
Barbara Freund, Ph.D., R.N.
Kathleen Fuchs, Ph.D.
Judy Hennessy, M.S.N.
Suzanne Holroyd, M.D.
Elizabeth O'Keefe, M.D.
Catherine Kelso, M.D
Richard Lindsay, M.D.
Anna Marshall-Baker, Ph.D.
Yuxin Men, M.D.
Robert Schaefer
Sherry Schofield-Tomschin, Ph.D.
Elias Shaheen
Patricia Slattum, Pharm.D., Ph.D., C.G.P.
Russell Swerdlow, M.D.
Jodi Teitleman, Ph.D.
Jurgen Venitz, M.D., Ph.D.
Janet Watts, Ph.D., O.T.R.
Mark Williams, M.D.

VCU Elderhostel Recognizes Coordinators

Recently, Elderhostel Boston recognize several of VCU's Elderhostel Coordinators and their years of service. VCoA would like to thank the site Coordinators for their dedication and commitment to the success of VCU's Elderhostel programs. The following awards were given to our Elderhostel Coordinators:

15 year pins

Nancy Phelps, Hampton Site Coordinator
Jane Stephan, Director of Education

10 year pins

Catherine Dodson, Richmond Site Coordinator
Jim Gray, Natural Bridge Coordinator
Susan Mullen, Hampton Site Coordinator

VCoA's 25th Anniversary!

In 2003, The Virginia Center on Aging will celebrate its 25th anniversary as a unique state-wide resource on aging. If you have any photos, stories, or reminiscences to share, please submit them to Jason Rachel at (804) 828-1525 or by email at jarachel@vcu.edu for inclusion in a celebratory issue.



Helen Keller National Center

Invites you to join us
in New York for our

Senior Adult Program September 30 - October 11, 2002

Come and join a group of mature adults, age 55+
who are experiencing vision and hearing loss.

Participants will:

- enhance their knowledge about vision and hearing loss
- learn strategies for continued independence
- gain valuable information about resources and technology
- meet others experiencing vision and hearing loss
- HAVE FUN!

In a group setting participants will gain basic information and experience in **cooking and kitchen safety, orientation and mobility, communication skills and techniques, computer access, low vision and leisure activities.**

If you, or someone you know, would like to
take advantage of this special two-week program,
please call or email:

Anne Sedewitz, Admissions Coordinator
at 516 - 944 - 8900 ext 258
hkintake@aol.com

You may obtain an application, and information
about funding, by contacting your HKNC Regional
Representative listed on the
following page.

Program Costs:

Tuition	\$400 per week
Room & Board	\$250 per week

For more information contact:

Older Adult Program

Paige Berry

Department of Rehabilitation Counseling

Virginia Commonwealth University

P O Box 980330

Richmond, VA 23298

V/TTY: 804/827-0920

Fax: 804/828-1321

hkncpaigeoap@aol.com

Helen Keller National Center
111 Middle Neck Road
Sands Point, NY 11050
(516) 944-8900
TTY: (516) 883-9059
Fax: (516) 883-9060
[Http://www.helenkeller.org/national/](http://www.helenkeller.org/national/)

Region I - New England
152 Lincoln Road,
PO Box 266
Lincoln, MA 01773
(781)-259-7100
Voice and TTY: (781)259-4245
CT, ME, MA, NH, RI, VT
Mary Ellen Barbiasz
Hknc1meb@aol.com

Region II - Mid-Atlantic
111 Middle Neck Road
Sands Point, NY 11050
(516) 944-8900 ext. 259
TTY: (516) 944-8637
NJ, NY, PR, VI
Michael Brennan
hknc2mb@msn.com

Region III - East Central
4351 Garden City Drive, Suite 645
New Carrollton, MD 20785
(301) 459-5474
TTY: (301) 459-5433
DE, DC, MD, PA, VA, WVA
Cynthia Ingraham
Hkncreg3cl@aol.com

Region IV - Southeastern
1003 Virginia Ave., Suite 104
Atlanta, GA 30354
(404)766-9625
TTY: (404) 766-2820
AL*, FL*, GA*, MS*
KY, NC, SC, TN
*Susan Lascek
slhknc4@aol.com
Monika McJannet-Werner
Mw4hknc@aol.com

Region V - North Central
485 - 42nd Ave., Suite 5
East Moline, IL 61244
V/TTY: (309) 755-0018
IL, IN, OH, MI, MN, WI
Laura Thomas
Hknc5ljt@aol.com

Region VI - South Central
4230 LBJ Freeway, Suite 340, LB#31
Dallas, TX 75244-5998
V/TTY: (972) 490-9677
AR, LA, NM, OK, TX
C. C. Davis
ccfutbol@aol.com

Region VII - Great Plains
4330 Shawnee Missions Pkwy, Su 108
Shawnee Mission, KS 66205
V/TTY: (913) 677-4562
IA, KS, MO, NE
Beth Jordan
Hknc7bj@aol.com

Region VIII - Rocky Mountain
1880 South Pierce St., Suite 5
Lakewood, CO 80232
V/TTY: (303) 934-9037
CO, MT, ND, SD, UT, WY
Maureen McGowan
hkncmo@tde.com

Region IX - Southwestern
6160 Cornerstone Ct., East
San Diego, CA 92121
V: (858) 623-2777, ext. 389
TTY: (858)646-0784
AZ, CA, HI, NV, Guam, Samoa
Cathy Kirscher
Ckirscher@alliant.edu

Region X - Northwestern
2366 Eastlake Ave, East, Suite 209
Seattle, WA 98102-3366
(206) 324-9120
TTY: (206) 324-1133
AK, ID, OR, WA
Dorothy Walt
nwhknc@juno.com

**VCU Department of Gerontology
Graduation 2002**



The 2002 graduates (back row from left) Wanda Hall, Kandi Watson, LaQuana Fulton, Rita Jablonski, Janina Bogнар, and Adrienne Martin (front row from left) Catherine Duke, Bert Waters, Mary Corrigan, and Lucy Lewis.



Wanda Hall (left) and Rita Jablonski display their A.D. Williams awards. Faculty members (left to right) are Dr. Iris Parham, Kathleen Watson, Dr. Ayn Welleford, Dr. J. James Cotter, and Dr. Nancy Osgood.



Karen Lawson, recipient of the Alumni of the Year award.



Kandi Watson and Lucy Lewis following the graduation ceremony.



Mary Corrigan, the first doctoral graduate with a specialization in Gerontology from the Health Related Sciences program, pictured with the Gerontology Staff.



Student of the Year, Bert Waters, sits with his daughter, Isabel, and the Gerontology faculty.

**Virginia Commonwealth University
Department of Gerontology
Fall 2002 Courses**

12659 001	GRTY 410	Intro. To Gerontology 11-12:15P.M.	Watson	T & R BUSN-1106
12660 901	GRTY 410	Intro. To Gerontology 6- 8:40p.m.	Osgood	Tuesday Lyons B20
12661 001	GRTY 501	Physiological Aging 2-4:40 p.m.	Harkins	Wednesday Sanger 8-036
12663 901	GRTY 602	Psychology of Aging 7-9:40 p.m.	Belyea	Monday Randm 120
12664 901	GRTY 603	Research Methods I 6-8:40pm.	Owens	Wednesday Lyons B20
12666 901	GRTY 604	Problems Issues & Trends In Gerontology 4-6:40p.m.	Cotter	Tuesday
12667 901	GRTY 605	Social Gerontology 6-8:40p.m.	Osgood	Thursday Randm 120
12668 901	GRTY 606	Aging and Human Values 7-9:40p.m.	Welleford	Tuesday Randm 120
12670 901	GRTY 615	Aging & Mental Disorders 6-8:40 p.m.	Wood	Thursday

DISTANCE EDUCATION

12658 C90	GRTY 410	Introduction To Gerontology	Harkins & Welleford	
12662 001	GRTY 601	Bio. & Physio. Aging	Harkins	
12665 001	GRTY 604	Problems Issues & Trends in Gerontology	Cotter	
C90	GRTY 410	Introduction To Gerontology to be held at Westminster Canterbury of Blue Ridge 5:50-8:10pm August 26 - December 9, 2002	Givens	Monday

For
information
regarding
these
courses, the
registration
process, or
the
gerontology
program,
please
contact the
VCU
Department
of
Gerontology
at **(804) 828-
1565**

Calendar of Events

July 28, 2002

Benefit Concert for the VCU Department of Rehabilitation Counseling. New Orleans-style singer/songwriter and pianist, Rodd Barnes, will be performing at the Ashland Coffeehouse at 5:00 p.m. For more information or ticket sales, call (804) 827-0922.

July 29-31, 2002

Miami Area Geriatric Education Center's Annual Intensive Geriatric Training. To be held at the Miami Veteran Affairs Auditorium. To register or to receive more information, please call (305) 243-6270.

August 19-22, 2002

The Florida Conference on Aging 2002 - A Community United. The conference will be held at the Tampa Marriott Waterside, Tampa, FL. For more information go to <http://www.fcoa.org> or call at (850) 222-8877.

September 6, 2002

22nd Annual Countywide Senior Picnic. This annual picnic will be held at Shady Grove United Methodist Church in Mechanicsville, VA from 10 a.m. to 2 p.m. For more information call (804) 365-4695.

September 19-21, 2002

Linking Mental, Behavioral, and Physical Health: Quality-of-Life Issues, Outcomes, and Strategies for Health Promotion. The 2002 National Rural Women's Health Conference will be held at the Westin Grand Hotel, Washington, D.C. For more information call (800) 778-8632.

October 3-5, 2002

3rd Annual World Congress & Exposition on Disabilities. The conference will be held at the Orange County Convention Center in Orlando, FL. For more information call (877) 923-3976 ext. 844.

October 7-8, 2002

Religious Influences on Health and Well-Being in the Elderly. The conference is sponsored by the Penn State Gerontology Center and will be held at the Penn State Conference Center Hotel, State College, PA. For more information call (814) 863-5100.

October 24-25, 2002

Effective Partnering to Improve Eldercare Services. The Virginia Association on Aging/Virginia Coalition on Aging Annual Joint Conference will be held at the Omni Richmond Hotel in Richmond. For more information call Dr. Ayn Welleford at (804) 828-1565.

January 15, 2003

Legislative Breakfast. Annual gathering sponsored by the Virginia Center on Aging to report to the General Assembly and colleagues. St. Paul's Episcopal Church, Richmond, VA. For info contact (804) 828-1525.



Virginia Center on Aging

at Virginia Commonwealth University,
Richmond, Virginia.

views.vcu.edu/vcoa

Staff:

Director

Edward F. Ansello, Ph.D.

Elderhostel Coordinators

Catherine Dodson, M.S. - Richmond

Jim Gray, M.S. - Natural Bridge

Nancy Phelps - Hampton

Asst. Director for Research

Constance L. Coogle, Ph.D.

Asst. Director for Education

Jane F. Stephan, Ed.D.

Research Specialist

Paula Knapp Kupstas, Ph.D.

Research Specialist

Breonte Guy

Accountant

Bert Waters

Public Relations Assistant Specialist

Jason A. Rachel, M.S.

Secretary

Barbara Brandon

Advisory Committee:

Saundra C. Rollins, M.S.S.W., Chairman

Thomas C. Barker, Ph.D.

Beverly S. Beck, R.N., M.Ed., M.B.A.

E.T. Buchanan, Ph.D.

Peggy Byrd, RN, MS

Jean Cobbs, Ph.D.

MaryEllen Cox

Jay W. DeBoer, J.D.

William F. Egelhoff, Director Emeritus

Patricia Giesen

Timothy L. Gresham

William J. Hagood, M.D.

Hon. Franklin P. Hall

David H. Harpole, M.D.

Suzanne Holroyd, M.D.

Paul G. Izzo, J.D.

Hermes A. Kontos, M.D., Ph.D.

Richard Lindsay, M.D.

Kenneth J. Newell, M.S.

Mary C. Payne

Martha Pulley

Karen A. Roberto, Ph.D.

David Sadowski

Beverly Soble

Charlotte Wilhelmi, MA.Ed., C.A.G.S.

University Council:

Robert D. Holsworth, Ph.D.

Ronald J. Hunt, D.D.S., M.S.

Iris A. Parham, Ph.D.

Ronald P. Reynolds, Ph.D.

Linda C. Sawyers, Ph.D.

Robert L. Schneider, D.S.W.

Ralph E. Small, Pharm.D.

Virginia Geriatric Education Center

in the School of Allied Health Professions at Virginia Commonwealth University.

Cecil B. Drain, Ph.D., **Dean**
School of Allied Health Professions
Virginia Commonwealth University

views.vcu.edu/sahp/gerontology/vgec

Staff:

Executive Director

Iris A. Parham, Ph.D.

Senior Faculty Advisors

E. Ayn Welleford, Ph.D.

J. James Cotter, Ph.D.

Program Support Technician

Michelle Utterback

Senior Project Coordinators

Kathleen D. Watson, M.S.

Secretary Senior

Nancy Bynum

Office Services Specialist

Tameka M. Hill

Research Specialists

Tracey Gendron, M.S.

Lucy Lewis

Office Assistants

Andrea Bloomfield

Nikeisha Wyatt

Web and Multimedia Developer

Derek Neely

Executive Council:

Edward F. Ansello, Ph.D.

Linda W. Baughan, D.D.S.

Peter A. Boling, M.D.

David X. Cifu, M.D.

Albert E. Copolillo, Ph.D.

Jeffrey Delafuente, M.S.

Rita Jablonski, M.S.N., R.N., C.S.,
A.N.P.

Mary Ann Kirkpatrick, Ph.D.

Brian T. McMahon, Ph.D.

Amie Modigh, R.N., M.S.N., G.N.P.

Thomas M. Mulligan, M.D.

F. Ellen Netting, Ph.D.

Fred Orelove, Ph.D.

Otto Payton, Ph.D.

Michael A. Pyles, Ph.D.

Robert L. Schneider, D.S.W.

Patricia Slattum, Ph.D., Pharm.D.

Ralph E. Small, Pharm.D.

Jodi L. Teitelman, Ph.D.

Victor Viewig, M.D.

Thomas T.H. Wan, Ph.D., M.H.S.

Janet H. Watts, Ph.D.

Victor A. Yanchick, Ph.D.

Virginia Department for the Aging

www.aging.state.va.us

Staff:

Commissioner: Jay W. DeBoer, J.D.

Robin Brannon, M.B.A., Director of
Communications

Kevin Byrnes, Demographer

Faye Cates, M.S.W., Program

Coordinator

Tim Catherman, M.H.A., Director of

Support Services

Rochelle Clarke, Info. Systems Spec.

Pat Cummins, M.A., Program

Coordinator

Carol Driskill, Program Coordinator

Leonard Eshmont, Info. Systems Admin.

Ben Garrett, Information Specialist

Janet Honeycutt, Dir. of Grant Ops.

Becky Hunley, Accountant

Trudy Maske, Program Coordinator

Warren McKeon, Fiscal Manager

Marsha Mucha, Admin. Staff Assistant

Ellen Nau, Program Coordinator

Charlotte Peterson, Accountant Senior

William H. Peterson, Ph.D., Director of

Programs

Terry Raney, M.B.A., J.D., Public

Guardianship Coordinator

Janet Riddick, Dir. of the Center for

Elder Rights

Cecily Slasor, Information Specialist

Jane Snead, Contracts/Grants Coord.

Jackie Taggart, Executive Secretary Sr.

Raymond Williams, External Auditor

Commonwealth Council on Aging:

Members

Eleanor Field Bradshaw

John W. Burton

Mary Lee Cantor

David L. Cash

Hon. Rosalyn R. Dance

Catherine Galvin

Vy Hansen

Jack Hilton

Vincent L. Knaus

Hilda Marcus

Adolphus L. Nelum

Suzanne S. Obenshain

Mary C. Payne

Judi G. Reid

Shirley C. Rogers

Raymond Spalek

Barbara C. Taylor

Erica F. Wood, Esq.

Ella Brown Wright

Ex Officio Members

The Hon. Jane Woods, Sec. of

Health and Human Resources

Jean Sheil, Deputy Commissioner, DSS

Diana Thorpe, DMAS

The Southern Gerontological Society

*Professionals exploring issues, applications, and answers in the field of aging.
Dedicated to Bringing Research and Practice Together*

24th Annual Meeting: New Elders, New Care

April 9 - 12, 2003
Richmond, Virginia
Sheraton Richmond West Hotel

Respond to the Call for Presentations

<http://www.wfu.edu/Academic-departments/Gerontology/sgs/>

"Even though the meetings have the feel of an extended family reunion, SGS provides state of the art training to its members. SGS defines what it means to network between academicians and practitioners." Lorin Baumhover (Appalachian State University, NC)

Virginia Commonwealth University is an equal opportunity/affirmative action institution and does not discriminate on the basis of race, gender, age, religion, ethnic origin, or disability. If special accommodations are needed, please contact Dr. Edward F. Ansello, VCoA, at 804/828-1525 or Dr. Iris A. Parham, VGEC, at 804/828-1565.



Virginia Commonwealth University
Age in Action
Department of Gerontology
P.O. Box 980228
Richmond, VA 23298-0228

Nonprofit Organization
U.S. POSTAGE PAID
Permit No. 869
RICHMOND, VIRGINIA

Return Service Requested

