

Annual Report
Of the
Virginia Center on Aging
Virginia Commonwealth University
www.vcu.edu/vcoa

Accomplishments in 2004

And
Goals for 2005

Overview

This report summarizes activities of the Virginia Center on Aging (VCoA) during calendar 2004. This year saw changes in our geographic and administrative locations. In June we moved from the Lyons Dental Building, our home for a decade, to the West Hospital. On July 1st we became a unit within the School of Allied Health Professions. We welcome the opportunity to collaborate with new partners. We have organized this report by calendar year because of the practice of providing an annual report to the Virginia General Assembly when it convenes in January.

We did meet our Goals for 2004 despite a reduction in our appropriation from the 2003 Session of the General Assembly, which appropriated \$257,500 to VCoA in calendar year 2004 (half of FY 03's \$252,500, half of FY 04's \$262,500). These monies partially helped to support the Center's core staff positions (*Director; Associate Director for Research and Administrator of the Alzheimer's and Related Diseases Research Award Fund [ARDRAF]; Assistant Director for Education; Elderhostel Coordinator - Richmond; and Accountant*) and included monies to award in the ARDRAF seed grant program.

In the enabling legislation, VCoA was charged with 10 responsibilities, encompassing three principal functions: 1) interdisciplinary studies, including training in aging-related topics and the education of older adults; 2) research; and 3) information sharing. VCoA maintains a statewide commitment, conducting at least one of its three principal functions in all five geographic regions of Virginia every year. We annually list agencies and businesses that we have worked with by geographic region. In calendar year 2004, VCoA partnered with at least **296** regional and **29** statewide businesses, departments, coalitions, and non-profit organizations, and **32** units of Virginia Commonwealth University (VCU) in satisfying its legislated mandates. (See *Appendix A for a listing of those we worked with.*) These partnerships enabled us to accomplish our work, augmenting our staffing level and compensating somewhat for decreases in our funding streams.

In calendar 2004 the Virginia Center on Aging's annualized appropriation from the General Assembly of \$257,500 produced \$1,622,000 in non-state grants; non-resident Elderhostel tuition, course related expenditures and discretionary spending by our Elderhostelers; and documented ARDRAF seed grant consequences. In other words, for every dollar that the General Assembly invested in the Virginia Center on Aging, we generated \$6.30 in direct economic returns.

Mission

The General Assembly, in creating the Virginia Center on Aging by amendment to the Code of Virginia in 1978, charged it to be **“an interdisciplinary study, research, (and) information and resource facility for the Commonwealth of Virginia...”** It is the only such Center in the Commonwealth.

The Virginia Center on Aging (VCoA) is satisfying its mandate from the General Assembly and is operating across Virginia, in a statewide capacity. Characteristically, the VCoA is accomplishing its activities through partnerships with various units, both across the Commonwealth and within Virginia Commonwealth University. VCoA believes that these partnerships serve the aging-related needs of Virginia in a most cost-effective manner and broaden the capacity of units within VCU and across Virginia to conduct aging-related research, education, and community service.

Under **“interdisciplinary study,”** the General Assembly’s mandate includes:

- Continuing education and in-service training for those who work with the elderly
- Education and training of older persons
- Educational preparation of non-gerontology students

Under **“research,”** the General Assembly’s mandate includes:

- Conduct of research in the field of gerontology
- Dissemination of research findings

Under **“information and resource facility,”** the General Assembly’s mandate includes:

- Collection and maintenance of data about older persons statewide and regionally
- Serving as a resource to the State Office on Aging (now called the Virginia Department for the Aging) and to all organizations and state agencies involved in aging-related planning and service delivery

In 1982 the General Assembly also charged VCoA with responsibility for administering the **Alzheimer’s and Related Diseases Research Award Fund (ARDRAF)** as a stimulus for research into the causes, consequences and treatments of dementing illnesses.

Activities in 2004

During calendar 2004 the Virginia Center on Aging interacted and collaborated with colleagues in state, regional, and local agencies and organizations, both public and private, with businesses, and with units of Virginia Commonwealth University, in order to achieve its responsibilities.

The following are representative activities:

- ◆ VCoA and the VCU Police Department, both members of the Central Virginia Task Force on Older Battered Women, completed a yearlong training project for law enforcement and domestic violence agency personnel on preventing and responding to abuse, exploitation, and violence against older women. The project, supported by a grant from the Virginia Department of Criminal Justice Services, administering federal funds, met its objectives and has been re-funded for calendar 2005.
- ◆ VCoA maintained its position as the largest provider of Elderhostel programs in Virginia and the 16th largest provider in the United States of approximately 800 providers, by designing new Elderhostel programs and increasing the diversity of program formats. VCoA's VCU Elderhostel has held these distinctions since 2003, despite challenges and competition. This is a creditable distinction, since Virginia itself is not one of the top 20 states for Elderhostel enrollments.
- ◆ VCoA launched the Lifelong Learning Institute in Chesterfield (LLI) with the first semester of classes in March 2004. Summer and fall semester courses followed. The LLI, modeled as an Elderhostel Institute and sponsored officially by VCoA, is an educational program for older adults that is administered and operated by its volunteer members and sponsors. Co-sponsoring partners include the Brandermill Woods Foundation, Chesterfield County Public Schools, and the Brandermill Woods Retirement Community. The LLI is housed in the Watkins Annex Building in Midlothian. During 2004, LLI enrollments exceeded goals, and VCoA worked with its co-sponsors toward developing By-Laws, tax exempt status, and administrative procedures for the Institute.
- ◆ VCoA served throughout 2004 as a contributing member of the Geropsychiatric Work Group, in the Task Force charged by the Commissioner of DHMRSAS with "Restructuring Virginia's Mental Health Mental Retardation, and Substance Abuse Services System." The Work Group and Task Force submitted its recommendations to the Commissioner early in 2005.

- ◆ VCoA administers the Alzheimer's and Related Diseases Research Award Fund (known as ARDRAF) for Virginia-based researchers. The Center solicits research applications, screens, awards, and monitors small seed grants for promising lines of study into the causes, consequences, and impacts of dementia. Since 1982 the Center has awarded 92 seed grants, averaging \$13, 800 each, for a total outlay of \$1. 27 Million. These awards have, in turn, brought back to Virginia over \$15.3 Million in larger grants from the likes of the National Science Foundation and the National Institutes of Health. This translates to a \$12.07 return on investment for each dollar appropriated.
- ◆ VCoA's partnered V-STOP project on domestic violence against older women produced a case study on Henrico County's multidisciplinary team approach to incidents of elder abuse. This case study was so well received that it was excerpted for national publication by the National Center on Elder Abuse in September.
- ◆ VCoA's VCU Elderhostel, with program locations at Richmond, Natural Bridge, Hampton and Petersburg, is part of the Elderhostel, Inc., network of program providers in North America and more than 100 countries around the world. VCoA, during calendar 2004, offered 44 Elderhostel residential programs that drew over 1300 older learners to Virginia, infusing approximately \$600,000 into the Commonwealth from instruction-related expenditures and discretionary spending by non-Virginian participants.
- ◆ VCoA lent Virginians some 160 films from its audiovisual collection to individuals, groups, agencies, and organizations across the Commonwealth, including nursing home staffs, family caregivers, and instructors in secondary and post-secondary education.
- ◆ VCoA continued to serve as a member of the Virginia Arthritis Task Force (VATF), which, during 2004, began developing the next steps to the VATF Action Plan Prioritization. Priorities set included increasing public awareness of the signs of arthritis, encouraging early professional diagnosis, and improving self-management skills.
- ◆ VCoA staff's expertise led to at least a dozen presentations overall in 2004 at professional meetings and publications in professional journals, including presentations on teaching about aging in grades K-12, given at the 30th Annual Meeting of the Association for Gerontology in Higher Education, in Richmond in February, and on VCoA's model for improving intersystem cooperation, given at the 28th Annual Ohio Professional and Student Conference on Aging, in Columbus in April; the 25th Annual Meeting of the Southern Gerontological Society, in Atlanta in April; and the national conference "Crossing Network

Lines: Facilitating Partnerships and Building Coalitions across Aging and Disability Service Networks to Improve Service," in St. Louis in October.

- ◆ VCoA is a member of the project, *Abuse and Neglect of Children and Adults with Developmental Disabilities: A Problem of National Significance*. This initiative, directed by the Partnership for People with Disabilities at VCU and funded by the US Administration on Developmental Disabilities, has worked to develop a web-based course for health care professionals. During calendar 2004, the project refined and tested 13 self-guided modules that include video interviews and interactive content. Subjects include Risk Factors, Assessment and Documentation, Considerations in the Use of Medications, and Reporting and Testifying. After additional updates and improvements throughout 2004, the web course modules became available nationally on February 1, 2005.
- ◆ VCoA's Director represented VCU in a series of events in Tokyo to help launch educational gerontology in Japan. Despite a proliferation of geriatrics programs at its medical schools, Japan has only one gerontology program. VCoA's director delivered the keynote address at the first "Gerontology International General Symposium," held at the Tokyo Chamber of Commerce and Industry; lectured at a workshop for 30 government ministers, business leaders, and educators; and consulted with academic professionals and practitioners at Obirin University in Tokyo. He was one of only two Americans to be invited to these events.
- ◆ VCoA is directing evaluation of the grant project "Medicaid Waiver Personal Care Workers and Certified Nursing Assistant Training and Professionalization Initiative and Supplement." VCoA's Associate Director of Research is Director of Evaluation on these primary and supplemental contracts between the VGEC and the Virginia Department of Medical Assistance Services.
- ◆ VCoA hosted two of its "Love of Learning" programs for older Virginians, one at Natural Bridge and one at Kendal of Lexington, for some 70 lifelong learners.
- ◆ VCoA, in partnership with the Virginia Department for the Aging, received a competitive grant from the AARP Foundation/National Legal Training Project to provide training on domestic violence in later life and on coalition building. VCoA conducted this training in Richmond in April 2004.
- ◆ VCoA sponsored three well-attended, related events in March on spirituality and the quest for meaning. Each featured renowned speaker Harry R. Moody, Ph.D.: *Conscious Aging*, a dinner seminar; *The Journey of the Soul: Spirituality in the Second Half of Life*, a full-day conference developed with colleagues at VCU and Union-PSCE; and *Spirituality and the Search for Meaning in Geriatric*

Practice, a combined Grand Rounds, co-sponsored with VCU's Departments of Psychiatry and Patient Counseling, and School of Social Work. Financial supporters included Bon Secours Richmond Health System; the Office of the Vice President for Health Sciences and the Sanger Fund of Virginia Commonwealth University; Thompson & McMullan, P.C., Elder Law Section; the Catholic and Episcopal Dioceses; John B., Judith, and Laurence Levy; Pfizer; Hermitage at Cedarfield; Paul G. Izzo, Esq.; MaryEllen Cox; and Bill Egelhoff.

- ◆ VCoA's Associate Director of Research developed and implemented for the VGEC in spring 2004 a statewide promising practices in homecare competition to recognize programs that demonstrate outcome based quality improvements or exemplary organizational models. The VGEC Promising Practices in Home Care Awards program aims to: 1) facilitate identification of the critical components of optimal home care, 2) increase awareness about creative problem-solving techniques, and 3) promote the skills-building processes needed for successful implementation and replication of promising practices. Two of the awardees were recognized and made presentations at the Virginia Association for Home Care's Annual Conference and Trade Show, in May 2004, in Lynchburg.
- ◆ VCoA had two gubernatorially appointed commissioners on the Commonwealth of Virginia Alzheimer's Disease and Related Disorders Commission. The Commission has several Work Groups that are developing and launching a statewide virtual Comprehensive Alzheimer's Disease Center. VCoA's members chaired the Databases Work Group, charged with developing a statewide bio-informatics system to include clinical, public health, and epidemiological databases as a resource for research on services utilization, and the Training and Education Work Group, charged with establishing a statewide program to disseminate validated knowledge on diagnosis, treatments, care, services, and other practical information to families, practitioners, and service providers.
- ◆ VCoA partnered with statewide aging-related organizations in order to provide research findings and training for professionals across Virginia. VCoA co-sponsored the Tenth Annual Conference of the Virginia Coalition for the Prevention of Elder Abuse, in Virginia Beach in June; and the 2004 Mini-Conference of the Virginia Association on Aging, in Richmond in October.
- ◆ VCoA was a key participant in the collaborative planning of a national videoconference on diagnostic and treatment challenges associated with treating alcohol and other drug abuse in older adults. The videoconference will air in Spring 2005.

- ◆ VCoA's Dr. Connie Coogle became Training Evaluator for the project *Recognition, Respect, and Responsibility: Transforming the Direct Service Community*, awarded in May 2004 to DMAS by the Centers for Medicare and Medicaid Services under the New Freedom Initiative: Demonstration to Improve the Direct Service Community Workforce program. VCoA, the VGEC, and other partners will test the job retention potential of offering health insurance benefits for workers who provide personal assistance. The initiative intends to address the complex issues of recruitment and retention of direct service workers through a series of objectives dealing with benefit provision, multi-level training interventions, and initiatives dealing with recruitment and worker recognition.
- ◆ VCoA is partnering in the Area Planning and Services Committee (APSC) for Aging with Lifelong Disabilities, a broad coalition of family caregivers and leaders across metropolitan Richmond in disabilities, health care, aging services, communities of faith, parks and recreation, and more. The APSC membership is assessing needs and designing strategies to assist both those who age with lifelong disabilities, such as mental retardation and cerebral palsy, and their family caregivers.
- ◆ VCoA again fielded an energetic team of fund-raising walkers for the annual fall Memory Walk benefiting the Alzheimer's Association – Greater Richmond Chapter.
- ◆ VCoA continued its initiative to educate clergy and lay leaders in communities of faith in matters of aging and wellness, conducting programs for older adult ministries in Glen Allen, Midlothian, and Richmond, and for parish nurses in Richmond.
- ◆ VCoA co-sponsored with the Loudoun Senior Interest Network a program on aging with lifelong disabilities for family caregivers and service providers entitled "*Permanency Planning for Adult Children's Continuing Well-Being*," in Sterling in December.
- ◆ VCoA staff gave substantial services to Virginia's agencies and citizens by serving on the boards of some dozen non-profit organizations, providing leadership, technical assistance, and *pro bono* services to groups such as the Shepherd's Center of Richmond, the Virginia Quality Healthcare Network, the Senior Center of Richmond, the Alzheimer's Association, the Central Virginia Coalition for Quality End-of-Life Care, and the Virginia Elder Rights Coalition.

Short recaps of selected activities in 2004 follow, organized according to the respective mandate from the General Assembly:

a. **Interdisciplinary Studies**

▪ Domestic Violence Against Aging Women.

VCoA co-developed and implemented with the Central Virginia Task Force on Older Battered Women its second grant-funded project supported by the Virginia Department of Criminal Justice Services. This project is part of the Virginia Services, Training, Officers, and Prosecution (V-STOP) program, which is funded by the federal Violence Against Women grant program of the U.S. Department of Justice. The VCoA-Task Force partnership addresses the unique needs of middle-aged and older women who are victims of domestic violence or sexual assault. This goals of the projects include increasing awareness and education on domestic violence and sexual assault in later life, promoting more specialized services and training to address the problem, and enhancing collaboration among law enforcement, legal services, criminal justice, aging services, advocates, and allied professionals. The project is a collaborative effort involving more than 15 aging, domestic violence, law enforcement, legal services, and criminal justice organizations serves the jurisdictions of Chesterfield, Hanover, and Henrico Counties, and the City of Richmond. VCoA's Dr. Paula Kupstas and Sgt. Barbara Walker of the VCU Police Department s are project co-directors. Some of the key activities for 2004 include: 1) Regional training, funded by the AARP Foundation, on March 16th, with speakers Bonnie Brandl, Wisconsin Coalition Against Domestic Violence, and Ada Albright, AARP Foundation; 2) Regional conference on the criminal justice response to domestic and sexual violence, on April 26th, with consultant Candace Heisler, JD; 3) Five law enforcement trainings, including a workshop at the 2004 Triad State Conference in September; 4) Workshop at Congregational Health Ministries Consortium's parish nurse conference on October 30th; 5) Attendance at the National Aging and Law Conference as a scholarship recipient in October; and 6) Publication of a case study on Henrico County's law enforcement/APS team approach to elder abuse cases, in the fall issue of *Age in Action*. This case study was subsequently excerpted for national publication in the National Center on Elder Abuse newsletter in September.

▪ Area Planning and Services Committee

VCoA helped establish the Area Planning and Services Committee for Aging with Lifelong Disabilities (APSC) in metropolitan Richmond as a research-based model strategy to address issues related to the unprecedented aging of adults with lifelong disabilities, such as autism, cerebral palsy, and intellectual

disabilities, and the general lack of preparation of human services systems to respond to their needs and abilities. Composed of family caregivers and officially designated representatives of a dozen organizations from mental retardation to healthcare to banking, the APSC explained itself as a model in the case study of the fall 2004 issue of *Age in Action*, and conducted three workshops in 2004 for the public, planners, and service providers on "Down syndrome and dementia." It is planning a spring 2005 conference on "Spirituality, Loss, and Aging."

- Healthy and Unhealthy Lifestyles in Later Life. VCoA and the VCU Department of Gerontology received funding in mid-2001 from the Delaware Division of Services for Aging and Adults with Physical Disabilities for a multi-part project to help older adults who wish assistance to break unhealthy habits. The project, entitled *More Life Left to Live: Educating Older Adults About Healthy and Unhealthy Lifestyles*, continued its work throughout 2004. The project is constructing a special statewide model education and prevention program for older adults and service professionals in aging, health, mental health, and substance abuse. This model intervention uses a "train the trainer" approach to broaden the project's impact, and focuses on such unhealthy behaviors as compulsive gambling, smoking, alcoholism, depression, and suicidal ideation. In 2004, the project produced two versions of an educational booklet, *More Life to Live!*, one for older adults and one for service providers. These joined a 25-minute video produced in 2003. Both the booklets and the video illustrate how the process of change in addiction is predicated on the principles of behavioral substitution. Readers and viewers learn about the "protective factors" that decrease the risk of destructive behaviors in older adults, such as the creative arts, healthy eating, pets, and lifelong learning.

b. **Research**

- Alzheimer's and Related Diseases Research Award Fund. VCoA manages this seed grant program for the Commonwealth without administrative cost. ARDRAF appropriations support promising lines of inquiry by Virginia researchers into clinical, biochemical, behavioral, pharmaceutical, and other aspects of dementing illnesses, in order to better understand their causes, consequences, and treatment. In 2003, the General Assembly decreased the ARDRAF appropriation to \$77,500 annually. In 2004, the state appropriation, supplemented by \$2,500 from VCoA's operating fund, was sufficient to support two awards to the Department of Neurology at UVA, one award to the Center

for Gerontology at Virginia Tech, and one award to Mountain Empire Older Citizens, Inc., an area agency on aging in southwest Virginia. One UVA study will employ MRI brain scans in examining the functional abilities of individuals with mild cognitive impairment, specifically whether changes in financial management and driving skills have implications for other activities of daily living and progression to Alzheimer's disease. The second UVA study will use computerized tracking of the eye movements of persons with mild cognitive impairment to determine if abnormal eye movement predicts Alzheimer's disease. The Virginia Tech study will interview family members involved in the end-of-life care of persons with Alzheimer's disease in order to develop a teaching tool to improve the support health care providers might give these families. The Mountain Empire project will link high school students and older family caregivers in an innovative strategy to benefit both generations: the project would train the students in Alzheimer's and family caregiving topics and the students, in turn, would train the family caregivers to use the Internet as a resource for Alzheimer's care. *(See Appendix B for summaries of the 2004-2005 awards and the review committee and Appendix C for abstracts of the Final Reports of the 2003-2004 ARDRAF awardees)*

- Virginia Geriatric Education Center (VGEC) Core Grant. VCoA is partnering in this five- year (2000-2005) grant project, directed by the VCU Department of Gerontology and funded by the Bureau of Health Professions, Health Resources and Services Administration, USDHHS. VCoA's Dr. Connie Coogle is directing evaluation of each objective to improve the training in geriatrics of pre-service and in-practice health professionals, including curriculum development, faculty and practitioner training, and the clinical training of students. Featured initiatives include: 1) Geriatric Case Management Training and 2) a Geriatric Health Professional Mentoring Program.

1) The Geriatric Case Management Training initiative has focused attention this calendar year on two contractual arrangements; the first was between the VGEC and the Virginia Department of Medical Assistance Services (DMAS) in support of the Enhanced Care Assistants Training program. The original contract that funded VCoA for two years to evaluate the Medicaid Waiver Personal Care Workers and Certified Nursing Assistant Training and Professionalization Program ended in September of 2004. This two-year project offered opportunities for professionalization to 400 personal care attendants and nurse aides who provide home care to Medicaid waiver recipients, with an overall focus on the development of care management and other career-related skills. This contract was supplemented in October 2004 with an additional year of funding to develop and implement a comprehensive training curriculum for supervisors of the trained direct care workers

The second Geriatric Case Management Training initiative was a contractual arrangement between the Virginia Center on Aging and the Virginia Department for the Aging, in cooperation with the Alzheimer's Association Greater Richmond. While continuing to collect data that documented the results of the statewide dementia-specific training to encourage Person Centered Care, VCoA evaluated an effort to conduct train-the-trainer sessions for selected individuals who participated in the statewide training. VCoA also collected follow-up data to discover how the train-the-trainer intervention enabled trainees to handle challenging situations and whether their work situations had improved as a consequence of the training. A longitudinal study of the impact of the combined training on job satisfaction and career commitment revealed a statistically significant increase in extrinsic job satisfaction and a decrease in career commitment.

2) In The Geriatric Health Professional Mentoring Program initiative VCoA continued to collect data that will: a) document the main effect of the program, b) compare responses provided by mentors and protégés, and c) measure the effect of intervening or moderator (personality) variables. Studies this calendar year revealed that protégés clearly regard mentors as "door openers" in networking. VCoA examined the implications of in-person versus video training on participant evaluations of the program. The data trends pointed to higher overall evaluation ratings for those trained in-person and higher scores on the overall impact of the training among those trained by video. In the future we intend to examine changes in the experiences of mentors and those they mentor, the functionality of the mentoring relationship, as well as professional commitment and career satisfaction.

c. Information and Resource Sharing.

- Age in Action. VCoA's respected quarterly 20-page publication, co-produced with the Virginia Department for the Aging and Virginia Commonwealth University's Department of Gerontology, reaches some 4,500 professionals, paraprofessionals, elders and families each issue, with educational content, conference, training, and work opportunities, research, and more. Each issue begins with a case study of a condition or topic of broad gerontological relevance. Volume 19's four case studies included "*Congregate Nutrition Programs Can Alleviate Loneliness and Isolation*" (Winter 2004), "*Mental Fitness and the Lifelong Learning Movement*" (Spring), "*Law Enforcement and Adult Protective Services Working Together: A Team Approach to Elder Abuse*

Cases" (Summer), and *"Meeting the Challenges and Opportunities of Aging with Lifelong Disabilities: The Area Planning and Services Committee"* (Fall).

- Community Dissemination. VCoA completed a variety of community-based efforts to disseminate aging-related data and resources, as well as information about its research and training, current and future lifelong learning and Elderhostel programs. These included an hour-long radio program on aging issues broadcast from studios in the Northern Neck and participation as a presenter or an exhibitor at a dozen local conferences, fairs, workshops, and special events, in places across the Commonwealth. Venues included the Thomas Jefferson High School Alumni in Richmond, the DC Senior Resource Group in Washington, the Northern Virginia Aging Network in Arlington, and the Disabilities Awareness Day in Richmond.

- Web Page ([http:// views.vcu.edu/vcoa](http://views.vcu.edu/vcoa)). VCoA continued to upgrade its web page during calendar 2004. The web page contains the main features of each quarterly issue of *Age in Action* since fall 1997; listings of current and near-future Elderhostel and other lifelong learning programs; links to web-based data resources and to aging-related organizations both within Virginia and elsewhere; a comprehensive overview of the Alzheimer's and Related Diseases Research Award Fund, including past awards since inception in 1982, the current year's awardees, and application procedures; biographical sketches of VCoA staff members and synopses of some of their research interests; and a detailed catalog of VCoA's audiovisual holdings available for loan to individuals, groups, and organizations within Virginia.

Goals 2005

VCoA will initiate a comprehensive self-assessment and long range planning process in January 2005. Expected to continue throughout calendar 2005, it involves all Advisory Committee and University Council members. The highly qualified professional association executive who facilitated the existing Long Range Plan inaugurated in 1999 is leading the new process. We believe that examining our strengths and limitations and refocusing our energies will enable us to meet our commitment to our legislated mandates. VCoA has a rich history of partnerships and affiliations that have helped us to maximize our productivity to the benefit of older Virginians and their families. We plan to build upon and improve this legacy.

The following outline of activities intended for 2005 is organized according to the mandates of interdisciplinary studies, research, and information and resource sharing.

Interdisciplinary Studies

- VCoA intends to leverage its relatively modest human and material resources by collaborating with other organizations in developing meaningful grant proposals for external funding of projects that are consistent with VCoA's mission.
- VCoA intends to contribute substantially to grant proposal development seeking continuing core funding for the Virginia Geriatric Education Center (VGEC) with which it has been engaged for some 15 years. VCoA intends to assist in the grant application to the Bureau of Health Professions, Health resources and Services Administration, USDHHS, and will oversee all project-related evaluation if the proposal succeeds.
- VCoA intends to maintain at least the current levels of Elderhostel programming, while developing other revenue-producing lifelong learning programs. Current programmatic, marketing, and administrative practices by Elderhostel, Inc. dictate prudent cultivation of supplementary outlets for older learners. As before, we will assess our Elderhostel program to determine logistical economies and will explore creative course development to expand or maintain enrollments. We will continue the partnered growth of the new Lifelong Learning Institute in Chesterfield County in order to engage additional older Virginians as learners and providers of lifelong learning. We will investigate other lifelong learning options.

- VCoA intends to continue its position in addressing domestic violence against older women. So far, this has involved leadership in a regional task force, a growing number of presentations before professionals in adult protective services, two funded V-STOP projects, and several grant proposals to clarify and to address matters affecting abuse and exploitation of older women. We will co-direct a third V-STOP project throughout 2005, supported by federal funds through the Virginia Department of Criminal Justice Services, to increase knowledge of these issues among service providers and law enforcement officers.
- VCoA intends to complete its model project on overcoming unhealthy lifestyle behaviors. This joint project with the Department of Gerontology at VCU, funded by the State of Delaware Division of Services for Aging and Adults with Physical Disabilities, seeks to offer older adults whose well-being is hampered by substance abuse, gambling, alcohol, or other unhealthy behaviors, a selection of positive health promoting alternatives. In calendar 2005 VCoA intends to complete project implementation and training of participants. As we have noted before, we think that the processes and outcomes of this project in Delaware will produce benefits for older Virginians.

Research

- VCoA will communicate facts about the demonstrable benefits of the Alzheimer's and Related Diseases Research Award Fund (ARDRAF), including practical research findings and the remarkable return on investment, in advocating for an increased annual appropriation for this seed grant program. ARDRAF funding has been significantly reduced by recent General Assemblies.
- Relatedly, VCoA intends to maintain a robust program of promoting, soliciting proposals for, and disseminating the results of awarded projects in the Alzheimer's and Related Diseases Research Award Fund (ARDRAF). VCoA has documented the extraordinary efficacy of this Fund, and its benefit to both the research community and the community as a whole. VCoA will continue efforts to export ARDRAF as a model for state-based initiatives against dementing illnesses that challenge families and drain resources.

- VCoA's Associate Director of Research, a gubernatorial appointee to the Alzheimer's and Related Disorders Commission, will work to help formulate various ways of leveraging the Commonwealth's diverse expertise in dementia-related issues in order to benefit researchers, practitioners, service providers, educators, and families. The Commission's work on a virtual center is taking shape as a highly innovative means of maximizing resources.
- VCoA will continue its evaluation of partnered projects to increase both the dementia-specific training of those who work in long-term care and their likelihood of remaining in the field.

Information and Resource Sharing

- VCoA intends to continue to partner with statewide aging-related organizations in order to disseminate research findings and to expand training for professionals across Virginia. VCoA will co-develop and co-sponsor the annual conferences of associations throughout the year.
- VCoA intends to continue its leadership in three productive alliances: the Central Virginia Task Force for Older Battered Women and the Virginia Coalition for the Prevention of Elder Abuse, committed to preventing and responding to violence against older Virginians; and the Area Planning and Services Committee for Aging with Lifelong Disabilities (APSC), dedicated to identifying services and service needs, fostering communication and collaboration among service providers, cross-training on both aging and developmental disabilities, public awareness, and planning for emerging issues.
- VCoA intends to maintain its extensive involvement on the boards and task forces of several non-profit aging-related organizations, offering *pro bono* gerontological expertise and technical assistance to the benefit of the elders and families that these organizations serve.

Virginia Center on Aging Staff in 2004

Edward F. Ansello, Ph.D., *Director*
Constance L. Coogle, Ph.D., *Assistant Director of Research*
Aly Cooper, B.S.W., *Project Coordinator*
Catherine D. Dodson, M.S., *Elderhostel Coordinator, Richmond*
William F. Egelhoff, M.B.A., M.Div., *Director Emeritus*
James R. Gray, M.S., *Elderhostel Coordinator, Natural Bridge*
Dastina Johnson, B.S., *Elderhostel Assistant*
Paula Knapp Kupstas, M.B.A., Ph.D., *Research Economist*
Tara Livengood, *Elderhostel Assistant*
Anne Douglas Palmer, M.S., *Project Coordinator*
Nancy G. Phelps, *Elderhostel Coordinator, Hampton*
Nancy Podbesek, *Research Assistant*
Eeman Salem, B.S., *Research Assistant*
Jane F. Stephan, Ed.D., *Assistant Director of Education*
Eboni Tyler, *Elderhostel Assistant*
Leland H. Waters, M.S., *Accountant*
Katherine A. Young, B.S., *Research Assistant*

Appendix A

Virginia Center on Aging Partnerships with Businesses and Agencies in 2004 By Geographic Region

Central Virginia

Adult Care Services, Richmond
Agecroft Associates, Richmond
Agecroft Hall, Richmond
Alzheimer's Association-Greater Richmond
A Moveable Feast, Richmond
Appomattox Courthouse, Appomattox
Appomattox Visitor Center
Aramark Educational Services, Richmond
Berkeley Plantation, Charles City
Bettie Weaver Elementary School, Midlothian
Blandford Church, Petersburg
Blandford Cemetery, Petersburg
Bon Secours Richmond Health System
Brandermill Woods Foundation
Bunkie Trinite Trophies, Richmond
Capitol Tours, Richmond
Capitol Snack Bar, Richmond
Capitol Square Preservation Council, Richmond
Catering by Jill, Richmond
Catholic Diocese of Richmond
Central Virginia Coalition for Quality End-of-Life Care, Richmond
Central Virginia Task Force on Older Battered Women, Richmond
Chesterfield County
 Board of Supervisors
 Committee on the Future
 Parks & Recreation
 Public Schools
Circle Center Adult Day Services, Richmond
City of Petersburg
 Bureau of Tourism
 Petersburg Visitor Center

City of Richmond
 Behavioral Health Authority
 Human Services Commission, Elderly and Disabled Committee
Cold Harbor Battlefield Park, National Park Service
Colonial Printing, Richmond
Comfort Inn, Chester
Comfort Inn Midtown, Richmond
Congregational Health Ministries Consortium, Richmond
Crater District Area Agency on Aging, Petersburg
Davis Market, Richmond
Dietz Press, Richmond
Digital Banana, Richmond
Enterprise Rent-A-Car, Richmond
Episcopal Diocese of Virginia
Faith in Action of Greater Richmond
Fan Free Clinic, Richmond
Fifty Plus (Richmond Publishing), Richmond
Five Forks National Battlefield Park, Petersburg
Grant's Headquarters, Hopewell
Hanover Adult Center, Mechanicsville
Hanover County
 Mental Retardation Services
 Parks and Recreation
Henrico County
 Health Department
 Mental Health and Retardation Services
 Recreation and Parks
Hermitage at Cedarfield
Hollywood Cemetery Foundation, Richmond
Hospice of Central Virginia, Richmond
Hunter Holmes McGuire Veterans Administration Medical Center,
Richmond, Division of Geriatrics
Ikon Office Solutions, Richmond
Incredible Edibles, Richmond
Indian Fields Tavern, Charles City
Instructive Visiting Nurse Association, Richmond
James River Bus Lines, Richmond
Jefferson Hotel, Richmond
John Marshall House Museum, Richmond
John Tyler Community College
Kinko's, Richmond
Lifelong Learning Institute of Chesterfield County, Inc.
Living History Associates, Ltd, Richmond

Mail Boxes, Etc., Richmond
Mailing Services, Richmond
Masonic Home of Virginia, Richmond
Maymont Foundation, Richmond
Metro Richmond Convention and Visitors Bureau, Richmond
Museum of the Confederacy, Richmond
Office Depot, Richmond
Pamplin Park Civil War Site, Petersburg
Petersburg National Battlefield
Radisson Historic Richmond Hotel
Richmond Chamber of Commerce
Richmond Magazine
Richmond Marriott
Richmond National Battlefield Park at Tredegar Ironworks
Richmond Redevelopment & Housing Authority
Richmond Residential Services, Inc.
Richmond Riverfront Development Corporation
Sailor's Creek Battlefield, Dinwiddie
Saint John's Church, Richmond
Saint Joseph's Home for the Aged, Richmond
Saint Mary's Catholic Church, Richmond
Saint Paul's Episcopal Church, Richmond
Science Museum of Virginia, Richmond
Scotchtown, Hanover County
Second Presbyterian Church, Richmond
Senior Center of Richmond, Richmond
Senior Center of Richmond at Chesterfield, Midlothian
Senior Connections - Capital Area Agency on Aging, Richmond
Shepherd's Center of Richmond
Sheraton Park West Hotel, Richmond
Shirley Plantation, Charles City
Siege Museum, Petersburg
Thompson & McMullan, P.C., Elder Law Section
Tuckahoe Plantation, Goochland
Tuckahoe YMCA, Richmond
Ukrop's Supermarkets, Richmond
United Way Services, Richmond
University of Richmond, Department of Psychology
Valentine Museum, Richmond's History Center
Vatex, Richmond
Virginia Civil War Trails, Richmond
Virginia Council on Pharmaceutical Education, Richmond

Virginia Historical Society, Richmond
Virginia House, Richmond
Virginia Museum of Fine Arts, Richmond
Virginia Patriots, Inc.
Virginia State University, Petersburg
Wachovia Bank
Westover Plantation, Charles City
White House and Museum of the Confederacy, Richmond
Wilton House, Richmond
Woman's Club of Virginia, Richmond

Eastern Virginia

Alzheimer's Association-Southeastern Virginia, Hampton
Bacon's Castle, Surry
Boise Cascade Office Products, Norfolk
Casemate Museum, Fort Monroe
Center for Excellence in Aging and Geriatric Health, Williamsburg
Christopher Newport University, Newport News, Lifelong Learning
Institute
College of William and Mary, Williamsburg
 Center for Excellence in Aging and Geriatric Health
 Center for Public Policy Research
 Elderhostel
Colonial National Historical Park, Yorktown
Colonial Services Board, Williamsburg
Colonial Williamsburg Foundation, Williamsburg
Colonial Williamsburg, Williamsburg
Dominion Village of Poquoson, Poquoson
Eastern Virginia Medical School, Norfolk
 Department of Anatomy and Neurobiology
 Glennan Center for Geriatrics and Gerontology
Eddie's Bus Company, Chesapeake
Endview Plantation, Newport News
Fort Boykin Historic Park, Smithfield
Fort Monroe
Fort Wool, Hampton
Hampton Carousel, Hampton
Hampton Fleet Cruises, Hampton
Hampton-Newport News Community Services Board
Hampton Roads Naval Museum, Norfolk

Hampton University, Department of Pharmaceutical Sciences, School of
Pharmacy
Hampton Veterans Administration Medical Center, Department of
Geriatrics and Extended Care
Hampton Visitors Center
Holiday Inn, Hampton
Isle of Wight County Museum and Courthouse
Jamestown Island, Jamestown
Jamestown National Park, Jamestown
Jamestown-Yorktown Foundation, Jamestown
Lee Hall Mansion, Newport News
MacArthur Memorial, Norfolk
Mariners' Museum, Newport News
Miss Hampton II Harbor Cruises, Hampton
Mursto Productions, Hampton
Nancy Thomas Folk Art Gallery, Yorktown
NASA Langley Air Force Base, Hampton
Naval Medical Center, Portsmouth
Newport News Park
Norfolk Convention and Visitors Bureau
Norfolk Healthcare Center
Old Dominion University, Norfolk
 Department of Psychology
 Department of Sociology and Criminal Justice
 Lifelong Learning Institute
Peninsula Agency on Aging, Inc., Newport News
Sam's Restaurant, Hampton
Sentara Williamsburg Community Hospital
Smithfield Center
St John's Church, Hampton
St Luke's Church, Smithfield
Surry House Restaurant, Smithfield
USS Wisconsin, Norfolk
Village of Smithfield, Smithfield
Virginia Air and Space Center, Hampton
Virginia Museum of Marine Science, Gloucester
Virginia Retired Teachers Association-District D, Prince George
Virginia War Museum, Newport News
Virginia Wesleyan College, Health and Human Services Department,
Norfolk
Watermen's Museum, Yorktown
Williamsburg Community Hospital

Williamsburg Landing Retirement Community
Yorktown National Battlefield and Cemetery
Yorktown Victory Center

Northern Virginia

Alzheimer's Association - National Capital Area, Fairfax
Arlington County Department of Human Services and Aging
Burke Healthcare Center
Fredericksburg Chateau, Fredericksburg
Fredericksburg/Spotsylvania National Park Service, Fredericksburg
George Mason University, Fairfax
 Department of Psychology
 Krasnow Institute for Advanced Study
 Lifelong Learning Institute
 School of Computational Sciences
George Washington's Mount Vernon Estate and Gardens
Gerontological Society of America, Washington DC
HeartFields Assisted Living, Fredericksburg
INOVA Health Systems, Falls Church
Loudoun County Area Agency on Aging, Leesburg
Loudoun Senior Interest Network
Meadowbrook, Reva
Mount Vernon Inn
Northern Virginia Aging Network, Arlington
Northern Virginia Community College, Annandale
Oak Springs of Warrington, Warrington
Prince William/Manassas Conference & Visitor Bureau, Manassas
Rappahannock Rapidan Community Services Board, Hartwood
Senior Services of Alexandria
Spotsylvania Visitors Center
Stonewall Jackson Shrine, Fredericksburg
Summerville at Prince William, Woodbridge

Northwest Virginia

Alzheimer's Association – Central and Western Virginia Chapter,
Charlottesville
Augusta Medical Center, Fishersville
Blue Ridge Legal Services, Harrisonburg

Cedars, Beverly Healthcare, Waynesboro
Frontier Culture Museum, Staunton
Hall of Valor Civil War Museum, New Market
Harrisonburg-Rockingham Convention and Visitors Bureau, Harrisonburg
Harrisonburg-Rockingham Social Services District, Harrisonburg
James Madison University, Harrisonburg
 Department of Psychology
 Lifelong Learning Institute
Jefferson Area Board for the Aging, Charlottesville
Jefferson Visitor Center, Charlottesville
Mary Baldwin College, Department of Psychology, Staunton
Michie Tavern, Charlottesville
Monticello, Charlottesville
Monticello Foundation, Charlottesville
Mountain View Nursing Home, Aroda
New Market Battlefield and Museum
New Market Battlefield Military Museum
New Market Battlefield State Historical Park
Nursing Assistant Institute, Charlottesville
Orange County Nursing Home, Orange
P. Buckley Moss Museum, Waynesboro
Shenandoah University, Division of Occupational Therapy, Winchester
Summit Hill, Waynesboro
Thomas Jefferson Memorial Foundation, Charlottesville
Turner Ashby House, Port Republic
University of Virginia, Charlottesville
University of Virginia Health System, Charlottesville
 Department of Biology
 Department of Cell Biology
 Department of General Medicine and Geriatrics
 Department of Neurological Surgery
 Department of Neurology
 Department of Pathology
 Department of Physical Medicine and Rehabilitation
 Institute of Law, Psychiatry, and Public Policy
University of Virginia Senior Services, Charlottesville
Valley Program on Aging Services, Waynesboro
Woodrow Wilson Birthplace, Staunton

Southwest Virginia

Abbott Bus Lines, Roanoke
Appalachian Agency for Senior Citizens, Inc., Cedar Bluff
Blacksburg Electronic Village, Blacksburg
Blue Ridge Parkway Ranger Station and Visitor Center, Stuart's Draft
Carillon Health System, Roanoke
College of Health Services, Roanoke
Days Inn, Lynchburg
Duffield Nursing Facility, Duffield
George C. Marshall Museum, Lexington
George C. Marshall Foundation, Lexington
Hamilton Haven, Roanoke
Holiday Inn Select, Lynchburg
Kendal of Lexington
Lakeview Assisted Living, Roanoke
Lee Chapel and Museum, Lexington
Lexington-Rockbridge County Visitors Center, Lexington
LOA-Area Agency on Aging, Inc., Roanoke
Lynchburg College, Belle Boone Center on Aging
Lynchburg Visitor Center, Lynchburg
MacArthur House, Narrows
Mayfair House Assisted Living, Roanoke
Monacan Indian Nation, Inc, Madison Heights
Mountain Empire Older Citizens, Inc., Big Stone Gap
Natural Bridge Caverns
Natural Bridge Inn & Conference Center
Natural Bridge Wax Museum
New River Valley Agency on Aging, Pulaski
Peaks of Otter Restaurant, Bedford County
Peaks of Otter Visitor Center, Bedford County
Piedmont Adult Care Residence, Danville
Poplar Forest, Lynchburg
Quality Quick Print, Lexington
Rockbridge Historical Society, Lexington
Safe Homes, Craig County
Southern Area Agency on Aging, Martinsville
Stonewall Jackson House, Lexington
Stonewall Jackson Memorial Cemetery, Lexington
Virginia Military Institute Museum, Lexington

Virginia Polytechnic Institute and State University, Blacksburg
Center for Gerontology
Department of Biochemistry
Department of Biomedical Sciences and Pathobiology
Department of Human Development
Washington and Lee University, Lexington
Western State Hospital, Neuropsychology Laboratory, Staunton
World War II Memorial, Bedford

Statewide

AARP Virginia
Alzheimer's Disease and Related Disorders Commission
Consortium on Successful Aging
National Association of Retired Federal Employees
Olmstead Task Force
Prevent Blindness Virginia
SeniorNavigator.com
Virginia Arthritis Task Force
Virginia Association for Home Care
Virginia Association of Area Agencies on Aging
Virginia Association of Community Services Boards
Virginia Association of Non-Profit Homes for the Aging
Virginia Association on Aging
Virginia Coalition for the Aging
Virginia Coalition for the Prevention of Elder Abuse
Virginia Department for the Aging
Virginia Department of Criminal Justice Services
Virginia Department of Emergency Management
Virginia Department of Health
Virginia Department of Health Professions
Virginia Department of Medical Assistance Services
Virginia Department of Mental Health, Mental Retardation, and Substance Abuse Services
Virginia Department of Rehabilitative Services
Virginia Department of Social Services
Virginia Elder Rights Coalition
Virginia Guardianship Association
Virginia Health Care Association
Virginia Quality Healthcare Network
Virginia Sexual and Domestic Violence Action Alliance

Collaboration with Units of Virginia Commonwealth University

Center for Public Policy
Department of Adult Health Nursing
Department of Anatomy and Neurobiology
Department of Art History
Department of Biochemistry
Department of Chemistry
Department of Computer Sciences
Department of Human Genetics
Department of General Medicine
Department of Gerontology
Department of Health Administration
Department of Internal Medicine
Department of Pastoral Care, Program in Patient Counseling
Department of Pathology
Department of Philosophy and Religious Studies
Department of Psychiatry
Department of Psychology
Department of Recreation, Parks, and Sports Management
Department of Rehabilitation Counseling
Geriatric Medicine Section
Office of the Vice President for Health Sciences
Partnership for People with Disabilities
Police Department
Sanger Fund
School of Allied Health Professions
School of Pharmacy
 Department of Pharmacy
 Department of Pharmaceutics
 Geriatric Pharmacy Program
School of Social Work
Survey and Evaluation Research Laboratory
Virginia Geriatric Education Center
Virginia Institute for Social Services Training Activities (VISSTA)

APPENDIX B

Alzheimer's and Related Diseases Research Award Fund

2004-2005 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 2004-2005 awards are:

UVA Kathleen Fuchs, Ph.D. (Department of Neurology) "Beyond Memory Impairment in MCI: Executive Abilities and Implications for Functioning"

Studies have shown that individuals who exhibit memory deficits in isolation from other significant cognitive difficulties, i.e. those with amnesic mild cognitive impairment (MCI), are at increased risk for developing Alzheimer's disease (AD). Additionally, there are data to suggest that there are differences in brain metabolites that distinguish those with amnesic MCI from those with AD and from healthy older adults. However, some researchers contend that the criteria for amnesic MCI are too restrictive and may not identify the majority of individuals who eventually develop AD. In this study, the investigators will assess cognitive functioning in individuals with MCI, focusing on measures of executive functioning (financial management and driving skills), as changes in this domain may have implications for competency in activities of daily living as well as possible progression to AD. Magnetic Resonance Spectroscopy will be used to investigate biochemical functioning in specific brain sites of interest, and results will broaden understanding of MCI. *(Dr. Fuchs can be reached at 434/982-4165)*

UVA David S. Geldmacher, M.D. (Department of Neurology) "Eye-Movement Approaches to Information Processing Abnormalities in Mild Cognitive Impairment"

Individuals with AD have abnormal eye-movement patterns when examining complex visual scenes, which contribute to their problems in processing visual information. MCI is often a transitional state between healthy aging and AD, and can be associated with problems in visual processing. This study will use a computerized eye-tracking system to record and analyze eye movements of people with MCI and cognitively healthy adults as they scan visual images of varying complexity. Quantitative analysis of the pattern and magnitude of visual scanning abnormalities will be conducted to identify patterns that suggest poor visual information processing, like that observed in people with AD. The relation between eye-movement findings and standard neuropsychological tests of visual and general information processing will be explored. The results of this study will help determine whether eye-movement testing can predict who is at the highest or most immediate risk for developing AD. *(Dr. Geldmacher can be reached at 434/92-45548)*

VA Tech Anne Glass, Ph.D. (Center for Gerontology) "The End-of-Life Care Experience for Alzheimer's Patients and Their Families"

In today's "death-denying" society, end-of-life care is still a topic often avoided. Therefore, little is known about it, and perhaps least of all about how persons with Alzheimer's and related diseases die. The challenges of providing quality end-of-life care are intensified for this population, given the lack of

a predictable trajectory and the communication issues that can arise due to the disorientation of the individuals. Use of hospice is a relatively new development. Through in-depth pilot interviews with family members who were closely involved with end-of-life care for relatives with AD, a qualitative interview instrument will be developed to explore the dying experience for persons with AD. The new instrument will then be available for further, expanded research to reveal ways that healthcare providers can improve support for persons with AD at the end of life and for their families, and improve the quality of that experience. *(Dr. Glass can be reached at 540/231-2335)*

Mountain Empire Older Citizens, Inc. Marilyn Pace Maxwell, M.S.W. and Michael Creedon, D.S.W “Developing, Implementing, and Evaluating Training Modules for High School Students to Teach Alzheimer’s Caregivers to Use the Internet Effectively as a Tool to Assist in Caring for Their Family Members”

In a previous ARDRAF-funded study by Creedon and Maxwell, it was determined that a majority of the Alzheimer’s caregivers surveyed in the Big Stone Gap region would like to be trained on the use of personal computers as a tool to assist them with their caregiving responsibilities. It was further determined that these caregivers would welcome a high school student either into their own homes or at a community space to train them in the use of a computer and the Internet, if the student had received specialized training on AD and working with family caregivers. Working in cooperation with Wise County Schools and the Health Sciences Library at The University of Virginia, this investigation proposes to develop a training module for high school students who volunteer to teach and provide on-going technical support to Alzheimer’s caregivers who may be unable or unwilling to seek assistance outside of the home, because it would require respite care for their loved ones. Once the training module is developed, selected students will be trained and then paired with a caregiver in a group-training program. Both the students and the caregivers will evaluate the results of this program and it will be adapted and fine-tuned based on the evaluations. Included will be an examination of what needs to be modified to make the program work in a home setting, to make that a viable option for caregivers wishing to participate. Eventual statewide replication of the collaboration could significantly increase the ability of caregivers to make use of information technology as a caregiving resource.

(Ms. Maxwell may be contacted at 276/523-4202; Dr. Creedon may be contacted at 703/560-7220)

2004-2005 Awards Committee

*James E. Ames IV, Ph.D.
Virginia Commonwealth University*
*Paul Aravich, Ph.D.
Eastern Virginia Medical School*
*Kenn Barron, Ph.D.
James Madison University*
*Jorge Cortina, M.D.
Hampton VA Medical Center*
*Barbara Freund, Ph.D.
Eastern Virginia Medical School*
*Nitya R. Ghatak, M.D.
VCU Medical Center*
*Samuel A. Green, Ph.D.
UVA Health System*

*Colleen Jackson-Cook, Ph.D.
VCU Medical Center*
*Peter Kennelly, Ph.D.
Virginia Tech*
*Pamela Kovacs, Ph.D.
Virginia Commonwealth University*
*Richard Lindsay, M.D.
UVA Health System*
*Linda Phillips, Ph.D.
VCU Medical Center*
*Katie Roeper, B.A.
SeniorNavigator.com*
*Yvonne R. Teske, Ph.D., OTR/L, FAOTA
Shenandoah University*
*Patricia A. Trimmer, Ph.D.
UVA Health System*

APPENDIX C

FINAL PROJECT REPORT ABSTRACTS FROM THE 2003-2004 ALZHEIMER'S RESEARCH AWARD FUND

UVA James P. Bennett, M.D., Ph.D. and Bradley Miller, M.D., Ph.D. (Department of Neurology/Division of Neuropathology) "Mitochondrial DNA Deletions and Mutations in Alzheimer's Disease Brain Neurons"

This research examined the genetic contribution mitochondria make to Alzheimer's disease (AD). Several aspects of this neurodegenerative disease (i.e., largely sporadic incidence, increasing severity with age, proclivity for neuronal damage) mirror aspects of mitochondrial genetic disease. Until recently, though, it has not been possible to examine directly the mitochondrial DNA content of single neurons. This study has involved the application of a set of stains to identify neurons with either functional or non-functional mitochondrial electron transport chains (ETC, from which much of a neuron's energy currency [ATP] is generated), isolation of single neurons, and PCR (polymerase chain reaction)-based examinations of their mitochondrial DNA. The investigators found a low level of ETC-deficient neurons in the hippocampus, cortex and pontine midbrain. They have established conditions for post-staining single-neuron isolation, and the PCR studies have demonstrated the presence of mutated mitochondrial DNA in groups of isolated neurons. Additionally, a region of the hippocampal formation (the dentate gyrus) has been shown to be ETC-nonfunctional. To overcome certain limitations inherent in traditional PCR, the investigators have recently pioneered the application of a separate technique (rolling-circle amplification [RCA]) to amplify mitochondrial DNA prior to PCR. Using RCA followed by PCR, they will characterize the mitochondrial mutations on a per-neuron basis. *(Dr. Bennett can be reached at 434/924-8374; Dr. Miller can be reached at 434/924-9175)*

VA Tech Toni Calasanti, Ph.D. (Department of Sociology) "Gender Differences in Informal Care Work for Persons with Alzheimer's Disease"

This study explored the caregiving by husbands and wives of spouses with Alzheimer's disease and related dementias. Data were gathered through interviews with twenty-one caregivers and participant observation in support groups at multiple sites. Findings indicate that husbands and wives perform similar tasks for their spouses, and for similar reasons. However, two caregiving styles were evident. Men tend toward a more instrumental, problem-solving approach that focuses attention on accomplishing tasks, while women's more relational approach focuses attention on the care receivers as life partners. The instrumental approach allows caregivers to engage in emotional distancing; and men's life-long experiences in mastering tasks and their more dominant positions in society allow them to manage their wives' disruptive and violent behavior, perhaps allowing them to keep their wives in their communities longer. For men, stress results when they become unable to assess problems and act accordingly. At these times, they have fewer personal resources for handling the stress. Women's relational approach, rooted in their caregiving experiences across the lifecourse, eases their gradual transitions into caring for spouses. However, their previous gender-based expectations of themselves lead women to feel more pressure to care for the "whole person," to smooth things over, and to maintain their husbands' happiness and dignity. For women, then, stress occurs when they are unable to keep themselves and their husbands on an even emotional keel and maintain their husbands' autonomy. These findings suggest that, rather than trying to see whether men or women experience the greater stress, research and interventions (such as support groups and educational materials) should focus on gender differences in styles and sources of stress and how to alleviate the latter.

(Dr. Calasanti can be reached at 540/231-8961)

VA Tech Shannon E. Jarrott, Ph.D. and P. Diane Relf, Ph.D. (Department of Human Development/Department of Horticulture) “Horticulture Therapy for Persons with Dementia: Replication of a Pilot Study”

Horticulture therapy, which is the use of plant materials and gardening activities adapted to meet individualized needs and treatment goals, has been associated with increased activity, social interaction, concentration, and positive mood among persons with dementia in adult day services. This study examined adults with dementia in institutional care settings and compared the behavioral and affective responses of individuals. Both active and passive involvement in the horticultural activities was higher than during the traditional activities, with passive engagement being more common during the horticultural than traditional activities. In contrast to previous research, exhibited affect in the two conditions was comparable, with interest being the most commonly observed emotion. The findings raise questions about the extent to which an intervention depends on the nature and personality of the intervention facilitator and indicate a need to explore the effects of facilitator characteristics on participant experiences. (*Dr. Jarrott can be reached at 540/231-5434; Dr. Relf can be reached at 540/231-9279*)

ODU Brian K. Payne, Ph.D. and Randy R. Gainey, Ph.D. (Department of Sociology and Criminal Justice) “The Social Context of Providing Care to Alzheimer’s Patients: Specifying Interactions Between Social Disorganization, Service Utilization, Burden, and Mistreatment”

Research suggests that individuals with Alzheimer’s disease are at a higher risk of mistreatment and experts have attributed this high risk to the stresses that come with providing care to patients with Alzheimer’s disease. In this study, the investigators examined whether neighborhood and citywide factors contributed to caregiver burden potentially influencing mistreatment. Examining 750 case of elder mistreatment from three cities (Virginia Beach, Norfolk, and Chesapeake), we found that burden, as measured by the Virginia Uniform Assessment Instrument, was higher in Norfolk than the other cities. In addition, burden had a stronger influence on serious elder abuse cases in more disadvantaged neighborhoods. The effect of caregiver burden was the same for both Alzheimer’s cases and those involving elder mistreatment victims who did not suffer from Alzheimer’s or dementia. This suggests that the role of burden plays in explaining the mistreatment of patients with Alzheimer’s disease may be overstated in past research. (*Dr. Payne can be reached at 757/683-3935; Dr. Gainey can be reached at 757/683-4794*)

2003-2004 Awards Committee

Paul Aravich, Ph.D.
Eastern Virginia Medical School
John W. Bigbee, Ph.D.
Virginia Commonwealth University
Frank J. Castora, Ph.D.
Eastern Virginia Medical School
Douglas M. Gross, Ph.D.
Eastern Virginia State Hospital
Peter Kennelly, Ph.D.
Virginia Tech
Richard Lindsay, M.D.
University of Virginia
Bernice Marcopulos, Ph.D.
Western State Hospital

Linda Phillips, Ph.D.
Virginia Commonwealth University
Russell H. Swerdlow, M.D.
University of Virginia
Janet H. Watts, Ph.D., O.T.R.
Virginia Commonwealth University
Patricia A. Trimmer, Ph.D.
University of Virginia
Ayn Welleford, Ph.D.
Virginia Commonwealth University
Emma Wheeler, P.T., M.S.
Virginia Commonwealth University