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Save the Date:
2012 Annual Retreat

Important New Imaging Insights into Parkinson's Disease and Cognitive Decline

IOA Fellow Dr. Daniel Weintraub, Associate Professor of Geriatric Psychiatry at the Perelman School of Medicine at the University of Pennsylvania and at the Philadelphia Veterans' Affairs Medical Center, served as lead author for two studies that offer new insights into Parkinson's disease (PD).

In the first study, researchers have shown that using a simple neuroimaging study - an MRI - can predict which patients with PD will experience long-term cognitive decline in the future.

Using a method of classifying brain atrophy patterns in Alzheimer's, researchers can also detect cognitive decline and find that higher baseline Alzheimer's patterns of atrophy predicted long-term cognitive decline in cognitively normal PD patients. Findings from diagnostic tests like an MRI could potentially help determine which patients would benefit from future clinical trials of medications to stave off or prevent dementia progression.

In the second study, using traditional imaging analyses researchers found that PD patients with mild cognitive impairment (MCI) had more atrophy in select regions of the brain as compared with PD patients with normal cognition; those PD patients with normal cognition showed no significant loss of brain volume compared with healthy controls.

Scans of PD patients with dementia revealed atrophy in two areas crucial to memory - the hippocampus and the surrounding medial temporal lobe. Analysis of the scans enabled researchers to produce the first structural pattern of classifying brain atrophy associated with dementia in PD. This suggests it is possible to detect a wide range of brain atrophy at the initial stages of cognitive decline in patients with PD.

IOA Fellows Drs. John Duda, David Wolk, Sharon Xie, Andrew Siderowf, and Chris Clark were part of the research team for these studies, the first published online in *Brain* and the second published in the *Archives of Neurology*.

Basic Science
Clinical
Education & Policy
Translational

Research in aging at Penn



MESSAGE FROM THE DIRECTOR



It's been several months of change, new collaboration, and unexpected goodbyes.

We were all deeply saddened at the death of Chris Clark, our colleague, friend, and staunch partner in Alzheimer's research and outreach. News of IOA External Advisory Board member Tom Rittenhouse's sudden death took us all by surprise. Chris and Tom were invaluable parts of our community. We will miss their spirits, their efforts, and their dedication.

Recently, Virginia Lee, Jerry Schellenberg, and I traveled to Uganda to speak at the workshop, "Brain Degenerations and Emerging Mental Health Challenges in Sub-Saharan Africa," given by Makerere University College of Health Sciences in Kampala, Uganda, in early February.

We were honored to have been invited to contribute our thoughts and to interact with physicians, leaders, and university faculty. It was a long trip but well worth it.

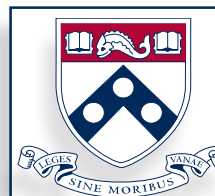
Reaching out and staying in touch seems more important and yet more nuanced than ever. With the support of the Dean of the Perelman School of Medicine, we at the IOA have embarked on a pilot program in social media and networking - utilizing blogs, Facebook, Twitter, Flickr, and YouTube - that is intended to increase our visibility, clinical trial participation, and novel funding sources by integrating social media into our already robust traditional media coverage. More information is on page 8. Follow us and encourage others to do so as well.

▶ Continuing His Work

For decades, Dr. Chris Clark worked to develop efficient methods for the early and reliable diagnosis of AD, the evaluation of AD treatments, and the relationship between Parkinson's and Alzheimer's diseases. He was both a meticulous researcher and a dedicated clinician. His progress and success came with the support of the NIA and from private donors and family members, caregivers, friends, and loved ones of those who had Alzheimer's and other dementias.

Donations in Dr. Clark's memory may be made to the Penn Memory Center/Institute on Aging, c/o Irene I. Lukoff, Sr. Director of Development for Centers & Institutes, Penn Medicine Development and Alumni Relations, 3535 Market Street, Philadelphia, PA 19104-3309, or online at www.med.upenn.edu/aging/gift.shtml.

Please make checks payable to "The Trustees of the University of Pennsylvania." For further inquiries, or if you would like to establish a named fund in memory of Dr. Clark, please contact Irene I. Lukoff at 215-573-0187 or ilukoff@upenn.edu.



The Newsletter is published two times per year by the Institute on Aging at the University of Pennsylvania. Prior issues are available online.

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In Memoriam



Penn Alzheimer's Researcher, Clinician, Colleague & Friend: Christopher M. Clark, MD

Christopher M. Clark, a neurologist and Associate Professor of Neurology at the University of Pennsylvania, died of sarcoma on January 12, 2012. He was 65 years of age. His research contributed to the clinical and

scientific advances that moved Alzheimer's disease (AD) from a poorly understood and rarely diagnosed disease to a widely recognized and common cause of late-life dementia.

Dr. Clark's career was devoted to establishing the U.S. clinical research and clinical trial network for advancing diagnostics and therapeutics in AD. He was Director of the Duke University Memory Disorders Clinic and the Clinical Director of the University's Joseph and Kathleen Bryan Alzheimer's Research Center from 1985-1989. Moving to Penn, from 1990 to early 2008 he served as the Director of the Clinical Core and Associate Director of the National Institute on Aging-funded Alzheimer's Disease Center at the University of Pennsylvania; he was among the leaders in establishing the Penn Memory Center, where he served as Director.

After retiring from Penn in 2009, Dr. Clark worked as the Medical Director for AVID Radiopharmaceuticals. He led the investigator team that demonstrated the ability of a brain imaging method (known as an A β amyloid PET scan) to detect brain deposits of A β amyloid, a type of brain pathology that is widely recognized to be one of the two defining pathologies of AD. This research, published in the *Journal of the American Medical Association* in 2011, is regarded as being a landmark study for advancing clinically applicable Alzheimer's disease diagnostics. The

PET scan ligand Dr. Clark evaluated in this study is currently before the FDA for review and approval.

Dr. Clark was one of the founding participants in the Alzheimer's Disease Cooperative Study, a National Institute on Aging-funded clinical trials network that established a national infrastructure for AD clinical trials and conducted the first clinical trials in patients with AD. He had a particular commitment to developing efficient methods for the early and reliable diagnosis of AD that could be readily adopted into routine primary care clinical practice, the evaluation of AD treatments, and the relationship between Parkinson's and Alzheimer's diseases. He co-developed the Dementia Severity Rating Scale, a self-administered scale that a family member could complete and whose scores assisted in diagnosing dementia and mild cognitive impairment. He was a mentor to many faculty and staff.

"Chris was an inspiration to all of us and a beacon of hope to patients with Alzheimer's and their families. I and my colleagues at Penn, our patients and their families and many in the global Alzheimer community who knew Chris will miss him dearly, but we all are inspired by Chris to continue the effort to create a world without Alzheimer's disease," says Dr. John Trojanowski, Director of Penn's Alzheimer's Disease Center and a collaborator with Dr. Clark over nearly twenty years.

Born in Norfolk, Virginia, Dr. Clark attended college at Penn State and studied medicine at Thomas Jefferson School of Medicine. He trained in neurology at Pennsylvania Hospital and Columbia-Presbyterian Medical Center. He was a devoted equestrian who enjoyed open country riding and jumping fences in the fields of Ireland and France. He lived in Philadelphia and is survived by his wife Anne; stepsons David and Matthew Emrich; a brother, and a sister.

A memorial service for Dr. Clark was held on January 19th at the Franklin Institute in Philadelphia.



2011 Vincent J. Cristofalo PhD Annual Lectureship: The Biodemography of Human Longevity

In partnership with the Population Aging Research Center (PARC), the IOA held the fifth annual Vincent J. Cristofalo PhD Annual Lectureship. Dr. James W. Vaupel, Founding Director of the Max Planck Institute for Demographic Research; Director of the Max

Planck International Research Network on Aging; Research Professor at the Sanford Institute, Duke University, and Professor of Demography and Epidemiology, Institute of Public Health at the University of Southern Denmark, was invited to speak about his extensive and internationally re-



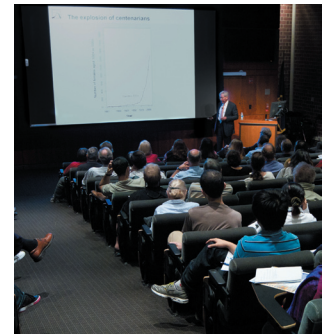
nown research in aging, longevity, biodemography and formal demography.

After opening remarks from IOA Director, Dr. John Trojanowski, Dr. Robert Pignolo offered tribute to Vince Cristofalo, his pioneering role in aging research in Philadelphia and his important work as a mentor for so many young research scientists.

Dr. Vaupel's lecture, "The Biodemography of Human Longevity," combined demography with biological insights to dig deeper into why we age and to better understand the components of longevity. He discussed the aging paradigm shift and demographic and epidemiological findings regarding postponing mortal-

ity (or senescence) and improving health.

While the the type of major diseases have changed (infectious to chronic) and the countries with the longest life expectancies have also varied (Sweden, New Zealand, Japan), what has remained constant is the astounding linear progression in life expectancy and the success in reducing death rates among the older segments of the population. Dr. Vaupel discussed some of the determinants of longevity with regards to average lifespan in a population and variation among individuals - research which he says can best be summarized as 'listen to your mother.' He used the reunification of Germany and the equal influence of money and medicine (access and standard of care) as dominant factors in converging the life expectancies in the former East Germany to mirror that in the former West Germany.



With his assertion that we've gained ten years of healthy life in the last 50 years, Dr. Vaupel discussed related issues in population aging, such as dealing with long-term disability, the changing workforce and ratio of workers to non-workers, the associated social and economic implications, and potential policies to address the issues.



Photos courtesy of Mark Garvin

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2012 VINCENT J. CRISTOFALO PHD ANNUAL LECTURESHIP
OCTOBER 18, 2012 - 3:30PM
CRISTOFALO LECTURER: MATT R. KAEBERLEIN, PHD

Basic Science
Clinical
 Education & Policy
 Translational



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MISSION:

The mission of the Institute on Aging (IOA) at the University of Pennsylvania is to improve the health of older adults by increasing the quality and quantity of clinical and basic research as well as educational programs focusing on normal aging and age-related diseases at the Perelman School of Medicine at the University of Pennsylvania and across the entire Penn campus.

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Dr. Vaupel also addressed the topic of forecasting with regards to life expectancy and any ‘looming ultimate limits,’ as he called them, to how long humans could possibly live. He urged caution on expert judgements on the future and preferred to rely on historical data and extrapolate and project forward. He noted that, so far, each ultimate limit given



to life expectancy by experts has been exceeded about 6 years after the limit was published. He proposes that very long lives are the likely destiny of children born today, with the strong likelihood that 50% of the children born in 2007 in the U.S. will still be alive at the age of 104. The single biggest uncertainty

remains if are we going to live longer healthier. Projections suggest that serious disability - cognitive and physical - will continue to be pushed back to later in life.

After the lecture and questions, attendees mingled at a reception and had a chance to speak with Dr. Vaupel one-on-one about his research.



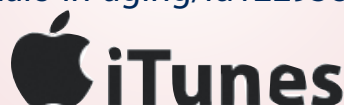
To view the 2012 Cristofalo lecture in its entirety, visit www.med.upenn.edu/aging/video.shtml.



Missed an IOA Event?

Download and subscribe to the IOA's podcasts, available for free, on iTunes.

<http://itunes.apple.com/us/podcast/ioa-visiting-scholars-in-aging/id122958069>



IOA Pilot Research Grant Awardee Hillary Bogner: Treating Type 2 Diabetes AND Depression Significantly Improves Both Conditions



Research based on a pilot study funded by the Institute on Aging has shown that patients treated at the same time for both Type 2 diabetes and depression improve medication compliance and significantly improve blood sugar and depression levels compared to patients receiving usual care.

Depression is a known risk factor for diabetes; diabetes increases the risk for onset of depression. With this link in mind, researchers created a program that combines integrated care for depression and diabetes with a brief intervention to assist with medication adherence. Physicians and patients worked with integrated care managers to identify and address barriers to maintaining medication regimens and developed individualized approaches

to improve adherence to antidepressants and diabetes medications. Electronic monitors on pill bottles tracked the precise date and time medications were taken. The results showed that more than 60% of program participants had improved blood sugar test results, and 58% had reduced depression symptoms as compared to only 36% and 31% respectively of patients who received usual care. The findings were published in the January/February issue of *The Annals of Family Medicine*; Dr. Hillary Bogner, Assistant Professor of Family Medicine and Community Health, Senior Scholar at the Center for Clinical Epidemiology and Biostatistics, and IOA Pilot Research Grant Awardee, was lead author on the study. IOA Fellow Dr. Anne Cappola was among the additional authors.

Penn Center for Musculoskeletal Disorders Funding Renewed

The Penn Center for Musculoskeletal Disorders, led by Center Director and IOA Fellow Dr. Lou Soslowsky, Fairhill Professor and Vice Chair for Research for the Department of Orthopaedic Surgery, received renewed funding from the National Institutes of Health for five years with a score of a 'perfect ten.'

Musculoskeletal tissue injury and repair researchers and investigators from across Penn will continue to be supported by the center's four cores in molecular profiling, biomechanics, histology, and imaging.

For more information on the Center and its research, visit the website at www.med.upenn.edu/pcmd/.

Penn Transdisciplinary Research on Energetics and Cancer Survivor Center

IOA Fellow and former Pilot Research Grant awardee Dr. Kathryn Schmitz will be leading one of the three core projects at the new Penn Transdisciplinary Research on Energetics and Cancer Survivor Center (TRECS). TRECS will focus on the relationship between exercise, weight loss, and improving the length and quality of life for cancer survivors - beginning with breast cancer survivors and expanding to include other types of cancer survivors.

Breast cancer survivors interested in learning more about Dr. Schmitz's exercise and weight loss trial for breast cancer survivors are urged to visit the TRECS website at trec.med.upenn.edu/ and click on WISER Sister and Strength After Breast Cancer links.



Research and News in *Aging*

IOA Fellow Katrina Armstrong Co-Leading New Penn Center for Innovation in Personalized Breast Cancer Screening (PCIPS)

Studying emerging methods of breast cancer detection is the mission of the new Penn Center for Innovation in Personalized Breast Cancer Screening (PCIPS), which will be co-led by IOA Fellow Dr. Katrina Armstrong, Chief of the Division of Internal Medicine, Professor of Medicine, Epidemiology, Obstetrics & Gynecology, and Associate Director of Outcomes and Delivery in the Abramson Cancer Center. PCIPS comes into existence with the awarding of a five-year grant from the National Cancer Institute.

Researchers will be using clinical, genomic, and imaging information to guide the use of novel,

personalized breast cancer screening strategies to reduce false positive rates and improve outcomes. Specifically, they will focus on improving breast cancer screening by creating a new complexity index to predict individual screening outcomes and will compare the effectiveness of new imaging technology to conventional mammography. Lastly, working with colleagues in the Annenberg School for Communications and the Wharton School, researchers will create new strategies for communicating individual estimates of benefit and risk of alternative screening methods to better inform patients and providers.

Get involved in research.

Find a Penn Medicine study to enroll in by visiting:

www.pennmedicine.org/health-system/research/

Find special aging studies at:

<http://www.med.upenn.edu/aging/ParticipateinaStudy.shtml>



Initiatives Focusing on the Neuroscience of Behavior Launched with New Gift

An anonymous gift of over \$16 million to the Perelman School of Medicine at the University of Pennsylvania has established the Neuroscience of Behavior Initiative, which is designed to strengthen Penn programs in basic, translational, clinical, and population research in the areas of addiction, depressive disorders, and neurodegenerative disease.

A multidisciplinary effort, the initiative's goal is to develop new science and translate existing science into improved clinical care for patients. IOA Fellow Dr. Brian Strom, Chair and Professor of Biostatistics and Epidemiology, Director of the Center for Clinical Epidemiology and Biostatistics, and Vice Dean for Institutional Affairs will lead the initiative.

Dr. Lee: Abnormal Parkinson's Protein Induces Degeneration in Healthy Nerve Cells

IOA Fellow Dr. Virginia Lee and research colleagues at the Penn Udall Center for Parkinson's Research have found that small amounts of misshapened brain proteins (abnormal alpha-synuclein) can be taken up by healthy neurons and replicated within said healthy neurons to form clumps or Lewy bodies. Lewy bodies are hallmark of Parkinson's and other neurodegenerative disorders, impairing neuron function and leading to neuron death. This suggests that abnormal alpha-synuclein can amplify and propagate Parkinson's-like Lewy bodies throughout the nervous system. This research demonstrates a way that Parkinson's can spread in the brain and also provides a model for discovering therapeutics targeting Parkinson's neurodegeneration.

Dr. Wolk: Identifying Those at High Risk for Cognitive Decline

IOA Fellow Dr. David Wolk and a colleague at Harvard University have a new measurement tool which can identify cognitively normal adults who are at high risk for cognitive decline.

Using MRI scans of cognitively normal adults followed over time, researchers measured cortical thickness, an indicator of brain atrophy, in several brain regions previously shown to be associated with injury from early Alzheimer's. Assessments were made regarding whether cortical thinning tracked with cognitive abilities.

Researchers found that individuals at high risk for Alzheimer's, based on reduced cortical thickness, were more likely to experience cognitive decline, which developed in 21% of cases as compared with 7% of average risk cases and 0% of low risk cases. The study was in the December 21, 2011 online edition of *Neurology*®.

New MRI Techniques to Diagnose or Rule Out Alzheimer's

Researchers at Penn have found a promising alternative to the PET scan to measure changes in brain function and accurately diagnose and track Alzheimer's disease (AD). An innovative MRI technique called Arterial spin labeling (ASL) was employed. ASL-MRI allows cerebral blood flow to be imaged noninvasively and quantitatively using a routine MRI scanner and has no radiation exposure unlike a PET scan. Suspicion of AD typically prompts a routine MRI to look for structural changes in the brain. Adding ASL can capture functional measures to detect AD and turn the scan into both a structural and functional test. The two ASL-MRI studies were published in *Alzheimer's and Dementia: The Journal of the Alzheimer's Association* and in *Neurology*. IOA Fellows Drs. Abass Alavi, Steven Arnold, and David Wolk were among the study's collaborators.

Catch up with the IOA.

Follow us on:



<http://www.med.upenn.edu/aging/social-media.shtml>

{ Research and News in *Brain Aging*



Cognitive Fitness: A Comprehensive Treatment Approach from the Penn Memory Center

What specifically can one do to help sharpen one's memory? Beginning on March 20, 2012, the Penn Memory Center will offer a new program in Cognitive Fitness to give participants the tools and strategies to help compensate for memory problems, as well as reduce stress and anxiety that may accompany and exacerbate declines in memory and thinking abilities.

The Cognitive Fitness program is open to older adults with normal memory and thinking, to those with mild cognitive impairment (MCI), or very early Alzheimer's disease. The program uses Posit Science, computer-based training, shown by research to improve performance more than other brain stimulation programs or no stimulation at all. Additionally, the program provides strategies and organizational tools and systems and delves into the support capabilities and usefulness of things like smart phones, iPads, and GPS systems.

Integral to the program are techniques to calm an anxious mind and reduce anxiety and stress. It's a vicious circle as anxiety can arise from fears about one's cognitive health and can also further impair one's cognitive health by causing physiological changes that make it difficult to think or process information. Techniques focus on calming the mind and concentrating on the moment. Homework is a key component in the program as well; this reinforces what has been learned in the classes while creating a routine use of the techniques. An effort is made to include loved ones to work together to increase at-home success of the tools taught in classes.

New sessions begin on March 20, 2012. There is a program fee, and it is not covered by insurance. Classes meet from 9am - 12pm, Tuesday and Friday, for 12 weeks. For more information, contact Felicia Greenfield, LCSW, at 215-614-1828 or via email at felicia.greenfield@uphs.upenn.edu.

Study Recruiting: Research Study in Aging

Healthy older adults needed. Are you between the ages of 45-75?

The University of Pennsylvania is conducting a research study to assess sensory, cognitive, and neurological function in healthy older adults. To be a part of this study, you must:

- Be between 45-75 years of age
- Be available to participate in a study requiring 8 full days of testing broken up into 2 sets of 4-day sessions separated by 6 weeks
- Not have any major illnesses

You will be compensated for your time and travel. For details, call Geraldine Fischer at (215) 662-6580 or email geraldine.fischer@uphs.upenn.edu. When contacting us please reference the "Sensory Dysfunction in Early Parkinson's Disease" study.



New Study Recruiting: Rivastigmine for Mild Cognitive Impairment in Parkinson's Disease

Approximately 25% of Parkinson's disease patients experience mild cognitive impairment (MCI). MCI, including difficulty with problem solving, planning, attention, or recalling information, can be a significant problem. Even mild cognitive difficulties can lead to worse functioning, decreased quality of life, and depression for patients with PD, as well as difficulty for their caregivers. Treatment at this early stage would improve both cognitive symptoms and some of the other problems associated with these symptoms.

Rivastigmine, a cholinesterase inhibitor, is an effective, FDA approved treatment for Parkinson's Disease Dementia (PDD). It is unknown if this medication would be useful in the treatment of PD-MCI.

This study is a 24-week long clinical trial to see if the Exelon Patch (rivastigmine), is useful in treating MCI in patients with PD. This study is broken down into two, 10-week phases. In one

phase participants will receive the Exelon Patch; in the other phase, participants will receive a placebo patch (no medication). There is a 4-week break between phases. While patients are guaranteed to be on the active medication during one phase, the study is blinded so no one will know when they are on the active or placebo patch. Participants will be evaluated in-person 6 times during this study.

This study will be recruiting participants throughout 2012 and 2013. Participation in this study is voluntary. For more information on this clinical trial, please call one of the following contacts:

Gina Mamikonyan, MS, Research Coordinator
Eugenia.mamikonyan@uphs.upenn.edu
Phone: (215) 615-3085

Daniel Weintraub, MD, Principal Investigator
daniel.weintraub@uphs.upenn.edu
Phone: (215) 349-8207



Study Recruiting: Alzheimer's Agitation Study

Citalopram for Agitation in Alzheimer's Disease (CitAD)

Do you care for a person with Alzheimer's disease who gets easily upset? CitAD is a 9-week treatment study to see if a medication, citalopram (Celexa), is helpful in the treatment of agitation in Alzheimer's disease. Participant receives study medication. All participants will receive a medical evaluation and study procedures at no charge, and caregivers will receive education and support during the study. If you have any questions, please contact Suzanne DiFilippo, RN, CCRC, at 215-349-8228 or Jamie Czerniakowski, Research Coordinator, at 215-349-8227.

Research and News in *Aging*

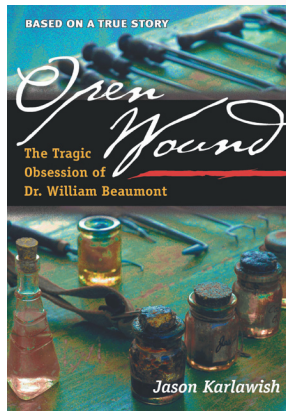
Awards and Honors: News from IOA Fellows and Associate Fellows



Perelman School of Medicine

Dr. Nancy Bonini, Lucille B. Williams Term Professor of Biology and Investigator at the Howard Hughes Medical Institute, was named a Fellow of the American Association for the Advancement of Science. Dr. Bonini was chosen for her contributions in basic and translational neuroscience, particularly neurodegenerative disorders.

Dr. Jason Karlawish, Professor of Medicine and Medical Ethics, will speak at the William Carlos Williams Conference on Humanism and Professionalism for Perelman School of Medicine on May 2nd. Dr. Karlawish will discuss his first novel, *Open Wound: The Tragic Obsession of Dr. William Beaumont*, a fictionalized case (rooted in historical fact) of medical ethics in 19th century Northern Michigan that examines the lifelong relationship between Dr. Beaumont -- who received his medical training through apprenticeship and was eager to establish his legitimacy -- and his illiterate French Canadian patient. Through a wound that never completely heals, Beaumont conducted groundbreaking research on his patient to understand the mysteries of digestion. It's a tale of early American medical research, ambition, doctor-patient relationships, and informed consent.



Penn Nursing

Dr. Barbara Riegel, Edith Clemmer Steinbright Chair of Gerontology and Director of the Center for Biobehavioral Research, was awarded the 10th

Claire M. Fagin Distinguished Researcher Award. The award recognizes Dr. Riegel's interdisciplinary research and contributions on the management of patients with heart failure which have changed the care provided to those with acute myocardial infarction.

Dr. Eileen Sullivan-Marx, Professor of Scholarly Practice, Associate Dean for Practice & Community Affairs, Shearer Endowed Term Chair for Healthy Community Practices, and Director of the John A. Hartford Center of Geriatric Nursing Excellence, received the Marie Hippensteel Lingeman Award for Excellence in Nursing Practice from the Sigma Theta Tau International Honor Society of Nursing. Dr. Sullivan-Marx was honored for her leadership and practice in the innovation of care for older adults and advocacy on behalf of vulnerable groups.

Dr. Matthew McHugh, Assistant Professor of Nursing, has had his research article, "Nurses' Widespread Job Dissatisfaction, Burnout, and Frustration with Health Benefits Signal Problems For Patient Care," selected as one of the Robert Wood Johnson Foundation's Top Five Most Influential Research Articles of 2011.

Dr. Therese S. Richmond has been promoted to Professor in the standing faculty effective July 1, 2012. Dr. Richmond is internationally known for her expertise in research on physical injury and violence. Her research focuses on the correlation between physical injury, age, and the injury's psychological aftermath as a contributor to decreased post-injury function.

Spotlight on an IOA Fellow: A Profile of Dr. Lois K. Evans

Dr. Lois Evans has had a distinguished career in nursing. Her landmark investigations, with research partner, Neville Strumpf, PhD, RN, FAAN, on reducing the use of restraints with frail elders, radically changed hospital and nursing home care for older adults. Government regulations on restraint use and individualized care, first seen in OBRA '87, were strongly influenced by the Evans-Strumpf or Strumpf-Evans research findings. Dr. Evans' research has also



encompassed sundown syndrome, culture change in nursing homes, and effects of residential transitions on frail elders' health and well being, among others. She has been committed to improving mental health and caregiving for older adults.

She began her career with a BSN from a unique baccalaureate program at West Virginia University. Following practice as a public health nurse in Washington, D.C., she earned her MSN, with a focus on psychiatric-mental health nursing, and her doctorate in nursing from The Catholic University of America. She subsequently completed a post-doctoral certificate program in primary care of older adults at the University of Rochester.

Dr. Evans taught for 13 years at Georgetown University, rising from Instructor to Assistant Professor with tenure and designing and directing its first graduate program in Gerontologic Nursing. She moved to Penn in 1984 as an Assistant Professor and soon after assumed the role of Director of the Geropsychiatric Nursing Subspecialty. With NIMH support, she developed in

1986 a course and clinical focus in mental health and aging that remains a core requirement for Master's students in psychiatric nursing at Penn. In 1996 she was named the Viola MacInnes/Independence Professor in Nursing and in 2006 the vanAmeringen Professor in Nursing Excellence. She served as Associate Director for the Center for Integrative Science in Aging (CISA - originally the Center for Gerontologic Nursing Science) and Associate Director of the John A. Hartford Center of Geriatric Nursing Excellence from their inception until 2010.

Dr. Evans was appointed Chair of the Family & Community Health Division (now Department) at Penn's School of Nursing in 2003 and held the position until 2009. She provided leadership for establishing a formal mentorship program for faculty and also assumed responsibility as Program Director for Psychiatric-Mental Health Nursing from 2005 to 2009, during which she secured State Board of Nursing approval for its new Psychiatric Mental

Health Nurse Practitioner program. She serves as a co-Principal Investigator for the Investigator Development Core of Penn's NIA-funded Resource Center for Minority Aging Research (RCMAR) - known as Penn MARCH - Minority Aging Research for Community Health. Dr. Evans has been co-PI for Penn's Geriatric Education Center of Greater Philadelphia (GEC-GP) since 1995.

Clinically, Dr. Evans has had a robust practice career in Washington, D.C. and Philadelphia - including a stop on the White Mountain Indian Reservation in Whiteriver, AZ. Her experiences in psychiatric, geriatric and public health nursing in Washington, D.C., culminated in her dual positions as Chairman of Nursing Practice and Nursing Education and Director of Nursing

**"One in every
five people who
enter old age
will have a
serious mental
illness."**

- Lois Evans

Basic Science Clinical Education & Policy Translational

at Georgetown University's Robert Wood Johnson Teaching Nursing Home - the Health Care Institute of Greater Southeast Community Center for the Aging. It was here that Dr. Evans first investigated sundown syndrome with a research grant from the Alzheimer's Association in its very first call for proposals.

At Penn, Dr. Evans provided leadership in designing and directing a series of community-based clinical programs aimed at preserving function in frail elders. Among them were the Gerontologic Nursing Consultation Service, Continenence Program, Post-Stroke Rehabilitation Program, the Collaborative Assessment & Rehabilitation for Elders (CARE) Program (modeled on the British Geriatric Day Hospital), and Living Independently For Elders--LIFE—the School of Nursing's Program of All-Inclusive Care for the Elderly. Her leadership in the development and implementation of the School's model network of academic nursing practices that included integrated primary care and midwifery services, as well as these programs for older adults, culminated in a definitive text.

Dr. Evans has been honored with a number of awards for her influential research and distinguished teaching. In 2011, she received the Claire M. Fagin Distinguished Researcher Award from the Penn School of Nursing and special recognition for pioneering contributions to geropsychiatric nursing from the Gerontological Advanced Practice Nurses' Association. She was an inaugural inductee in the Sigma Theta Tau, International, Nurse Researcher Hall of Fame in 2010. She has been recognized with the Lifetime

Achievement Award from the National Gerontological Nurses' Association, the Joan Lynaugh Faculty Mentorship Award, the Barbara Lowery Faculty Award for doctoral student mentoring, and, for path breaking research with Neville Strumpf, the Doris Schwartz Gerontological Nursing Research Award from the Gerontological Society of America and Hartford Institute for Geriatric Nursing and the Baxter Foundation Episteme Award, STTI.

Her most recent funded efforts, aside from her work with Penn MARCH and the GEC-GP, have included a HRSA advanced nursing education project to prepare psychiatric mental health nurse practitioner students to care for vulnerable and underrepresented populations and a national project of the Hartford Foundation to infuse geriatric mental health concepts into nursing curricula for Undergraduate and Master's nursing students who care for older adults. Currently, she is developing an exploration of issues for women transitioning to retirement. She has been a prolific author, continuing to publish with mentees and colleagues on her work on the sundown syndrome, delirium, restraints and other aspects of mental health, and an active mentor of pre- and post-doctoral scholars and fellows. Even more impressively, her work has been cited in close to 1,000 other publications.

Dr. Evans is a Fellow of the American Academy of Nursing and sits on its Expert Panel on Aging as well as its Expert Panel on Psychiatric Nursing and Substance Abuse and the Joint Task Force on Mental Health and Aging. She is a Member of the American Geriatrics Society, the American Nurses' Association, the American Psychiatric Nurses Association, Sigma Theta Tau International, and a Fellow of the Gerontological Society of America (GSA). She served as Chair of the GSA's Clinical Medicine (now Health Sciences) Section in 2002-2003 and currently sits on its Executive Committee and represents the Section on the GSA Mentorship Committee.



You can hear and view Dr. Evans' 2011 Claire M. Fagin Distinguished Researcher Award lecture, "Mental Health in Old Age: At the Edge, Taking Chances, Changing Outcomes," at <http://itunes.apple.com/itunes-u/penn-nursing-claire-m.-fagin/id432563169>.

News from the IOA External Advisory Board: Welcoming New Members

The Institute on Aging External Advisory Board is comprised of dynamic and dedicated individuals from all walks of life who share a common goal – to improve the quality of life for older adults. Meeting several times a year, this body of informed, hands-on volunteer advisers is instrumental in forwarding

the mission of the Institute on Aging. Recently the Board added new members, each bringing a unique perspective on aging research and medicine.

The Institute on Aging is pleased to welcome all new members. Among them, Kenneth A. Orr and Dr. Patrick J. Brennan are highlighted below.

Kenneth A. Orr



Kenneth A. Orr is the Founder and President of Triumph Small Cap Fund, Inc. (TSC Fund), a venture capital firm in Melville, NY, which invests in emerging companies whose technology has the potential to dominate and or change an industry. Since 1997, Mr. Orr has been an early investor and/or financier of numerous public and private businesses. As a financier, he has been credited with offering start-ups and small companies the financial resources to accomplish their goals and creating sustainable shareholder value through use of equity and debt-based securities.

Prior to TSC Fund and shortly after graduating with a BS from Tufts University, Mr. Orr joined a small family business, North American Agriculture, Inc. (NAA), a global physical commodity trading company with warehousing and transportation operations. During his six years with NAA as head of commodity trading and head of M&A activities, the company's workforce rose to over 320 employees and sales increased by 600%. After selling his interest in NAA, Mr. Orr founded the investment banking and brokerage firm, First Cambridge Securities, which served over 15,000 clients with offices in New York and Los Angeles. First Cambridge Securities employed over 350 employees in just three years since its inception. Mr. Orr has co-invested and continues to be an investor in a number of companies with Dr. Phillip Frost, Chairman of Teva Pharmaceu-

ticals and a Penn Alumnus.

Mr. Orr also serves on the boards of numerous local and national charities, including serving on the board of the North Shore LIJ Hospital New Leadership Division, and is the founder of The Orr Foundation, which was established in 2004 for the purpose of funding educational programs, religious and racial appreciation, and research for disease prevention and cures, as well as the fight against domestic violence. Mr. Orr was formerly the President of The Lawrenceville School Camp, which offers a summer camp program to inner city children. In addition, The Orr Foundation is a proud sponsor of the MPowering Kids program.

Patrick J. Brennan, MD



Patrick J. Brennan, MD, is the Chief Medical Officer and Senior Vice President of the University of Pennsylvania Health System and Professor of Medicine at the Perelman School of Medicine and the Hospital of the University of Pennsylvania (HUP). As Chief Medical Officer, Dr. Brennan leads implementation of Penn's Blueprint for Quality, a strategic effort to improve clinical accountability and the outcomes of care. He oversees the departments of Healthcare Quality, Patient Safety, Regulatory Affairs, and Medical Affairs. He has also developed a Center for Evidence Based Practice to apply scientific evidence to clinical operations.

Dr. Brennan is an infectious diseases physician and

Basic Science
Clinical
Education & Policy
 Translational

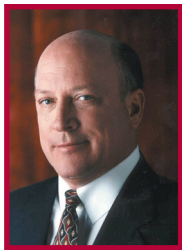


From the Chair...

It is with sadness that we acknowledge three recent losses in our IOA External Advisory Board family.

Marylou Hoefner, wife of board member David Hoefner, passed away in mid-December. Judith Trachtenberg, wife of board member Don Trachtenberg, passed on in mid-January. Tom Rittenhouse, a board member, died in mid-February.

As caregivers, Dave and Don, like myself and many of those who serve, came to the IOA board to make a difference while honoring loved ones and their struggles with neurodegenerative disease. It is because of Marylou and Judith that Dave and Don advocate so passionately for those with frontotemporal disease and support neurodegenerative disease research at Penn.



A warm handshake, an even warmer smile, and a vibrant focus that said “let’s get to work” - those are the three things I remember most from first meeting Tom Rittenhouse when he joined the IOA board. We all were shocked to learn of Tom’s unexpected passing in mid-February. The halls of Ralston House will seem empty without him. At the IOA, we will miss his analysis, his counsel, and his genuine concern for making life better for all of us as we enter our later years of life.

To the Hoefner, Trachtenberg, and Rittenhouse families, on behalf of the entire board, I offer our sincere condolences and share your loss. In memory of Marylou, Judith, and Tom, we’ll keep working to garner support for basic science and clinical research in aging and age-related diseases, to advocate for translational research to put knowledge into practice, and to spread understanding and appreciation for the challenges of aging faced by those aging and their caregivers.

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previously served as Director of Infection Control for 11 years at HUP and for periods of time held the same post at Penn Presbyterian Medical Center and the Philadelphia VA Medical Center. He also served as the Director of Tuberculosis Control for the City of Philadelphia for seven years until 2004. He is a Fellow of the Infectious Diseases Society of America and The Society for Healthcare Epidemiology of America (SHEA) and in 2008 served as President of SHEA. In 2004 Secretary Tommy Thompson appointed Dr. Brennan to chair the Healthcare Infection Control Practices Advisory Committee (HICPAC) for the Department of Health and Human Services. This committee, which Dr Brennan chaired from 2004 to 2010, advises the Secretary and the Centers for Disease Control and Prevention Division of Healthcare Quality Promotion on a broad range of issues related to control of infectious diseases. Dr. Brennan received a CDC Lifetime Achievement Award in 2010 for his contributions to infection prevention, healthcare epidemiology, and patient protection.

Dr. Brennan is a member of the Patient Safety Advisory Group (formerly known as the Sentinel Event Advisory Group) of The Joint Commission. He also serves as vice chair of the Board of Directors of the Health Care Improvement Foundation (HCIF), an independent, nonprofit organization that leads health care initiatives aimed at improving the safety, outcomes and care experiences of patients in Southeastern Pennsylvania.



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