

THE SCIENCE OF AGING

FALL 2016 | an Institute on Aging Publication

PENN MEDICINE CELEBRATES A MILESTONE WITH ITS 5TH ANNUAL 5K FOR THE IOA & THE MEMORY MILE WALK



On Sunday, September 25, 2016, Penn Medicine celebrated the 5th anniversary of its annual 5K for the IOA and the Memory Mile Walk!

Nearly 500 runners, walkers, and spectators turned up bright and early for the 3.1-mile race through Penn Park and 1-mile walk across the University of Pennsylvania's campus. The event continues to provide fun for the whole family, even your four-legged friends, and brings together hundred of people for one universal cause — to support Alzheimer's and aging-related research at Penn's Institute on Aging (IOA).

The 5K for the IOA and the Memory Mile Walk was started in 2012 by the University of Pennsylvania Health System's Chief Medical Officer and Senior Vice President and IOA External Advisory Board member, **P.J. Brennan, MD**. After losing his father to Alzheimer's, Dr. Brennan wanted to create a way to get involved in the efforts of finding a cure for this devastating disease.

"I wanted to provide support for investigators to test novel ideas that could someday lead to groundbreaking therapies."

- P.J. Brennan, MD



P.J. Brennan, MD, with his fellow race organizers, Penn Medicine's Karen Kushner and Alicia Salvatore.

This year, the event raised an impressive \$34,245 for the cause and had one of its largest turnouts yet.

As the numbers continue to grow, so do the reasons to attend. In addition to great "SWAG" bags and various raffle prizes, generous awards were given to the top male and female runners in each age category. The overall winners were James Murphy, age 25, with a time of 16:57 and Zandra Walton, age 28, with a time of 19:19.

See more photos and our first ever 5K for the IOA & Memory Mile Walk **recap video** on our blog at: www.penninstituteonaging.wordpress.com



IOA Director, John Q. Trojanowski, MD, PhD with Zandra Walton, overall female winner, and James Murphy, overall male winner.

WHAT'S INSIDE?

- A "Typical Day:" Living with Mild Cognitive Impairment
- Senator Collins Visits Penn's Center for Neurodegenerative Disease Research
- REACT! Study wraps up its first phase
- Upcoming Institute on Aging events

+ more!

5K FOR THE IOA first place WINNERS

AGES 14 & UNDER

Colin Bowerman - Time: 24:28
Sarah Scollin - Time: 28:30

AGES 15 - 19

Srisa Changolkar - Time: 24:06
Casey Lorimer - Time: 26:33

AGES 20 - 29

Peter Schnaak - Time: 19:10
Ester Huang - Time 22:09

AGES 30 - 39

Aaron Skolnik - Time: 17:53
Patricia Byrne - Time: 22:26

AGES 40 - 49

Jason Lubken - Time: 19:19
Kimberly Scimeca - Time: 23:19

AGES 50 - 59

Azaek Hernandez - Time: 22:31
Lisa Pettit - Time: 24:17

AGES 60 - 69

Ross Schriftman - Time: 22:39
Carolyn Cicilia - Time: 23:57

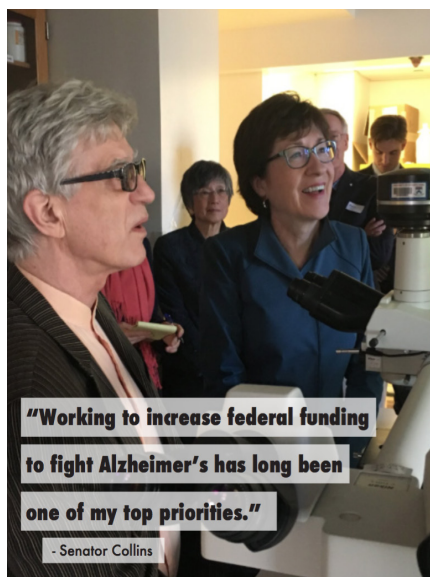
AGES 70 - 79

Gerald Gornish - Time: 28:05



Bob Lane and his wife, Randi Zemsky, with Virginia M.-Y. Lee, PhD, MBA, Director of CNDR, and John Q. Trojanowski, MD, PhD, Co-director of CNDR.

Senator Collins visits Penn's Center for Neurodegenerative Disease Research



"Working to increase federal funding to fight Alzheimer's has long been one of my top priorities."

- Senator Collins

On Tuesday, October 11, 2016, **Senator Susan Collins**, the United States Senator for Maine and the Chair of the Senate Aging Committee, stopped by the University of Pennsylvania to visit the Center for Neurodegenerative Disease Research (CNDR).

During her private tour of the CNDR lab, led by CNDR Director, **Virginia M.-Y. Lee, PhD, MBA**, and Co-director, **John Q. Trojanowski, MD, PhD**, Sen. Collins was given the opportunity to examine frozen brain slices to compare the physical differences between a normal brain and an Alzheimer's brain – the Alzheimer's brain being significantly smaller in size. Drs. Lee and Trojanowski also showed Sen. Collins brain scans and images under the microscope to show the appearance of plaques, tangles, and Lewy bodies, all of which are key evidence of neurodegenerative disease.

Following the tour, Sen. Collins sat down to talk with Drs. Lee and Trojanowski, **Perry Clark**, Institute on Aging External Advisory Board (IOA EAB) Chair and avid Alzheimer's advocate, and his wife Elaine, and **Kathy Jedrzejewski, PhD**, Deputy Director of the Institute on Aging. Senator Collins, who also serves as Co-Chair of the Congressional Alzheimer's Task Force, had several questions about the research taking place not only here at Penn, but throughout the field of aging-related neurodegeneration in general. They discussed topics ranging from genetics to potential therapies to the growing need for additional funding.

Sen. Collins was especially intrigued with the level of collaboration in which Penn partakes with other research centers across the country. She thanked the group not only for their work in research, but also for their advocacy, saying it makes her very hopeful and excited for future advances in the field. "This is one of the most extensive and impressive briefings I've had," she said.



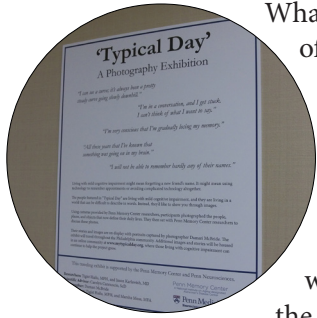
Left to right: Elaine Clark, Perry Clark, Virginia M.-Y. Lee, PhD, MBA, Senator Susan Collins, and John Q. Trojanowski, MD, PhD

CNDR celebrates 25 years of groundbreaking research with the supporters and friends who make it all possible

This year, the Center for Neurodegenerative Disease Research is celebrating its 25th anniversary in a big way. Penn Medicine organized an intimate anniversary event generously hosted by longtime supporters and friends of CNDR, **Bob Lane**, an Institute on Aging External Advisory Board (IOA EAB) member, and his wife **Randi Zemsky**, at their home in the Rittenhouse Square section of Philadelphia.

The event celebrated the groundbreaking work of CNDR over the past 25 years and highlighted research breakthroughs still on the horizon. It was also an opportunity to bring together and thank many of the center's supporters. The event was attended by **David B. Roth, MD, PhD**, Chair of the Department of Pathology and Laboratory Medicine, CNDR researchers, IOA EAB members, supporters of the Center and close friends of the hosts.

THE TYPICAL DAY: Taking a look into what it means to live with cognitive impairment



What does your typical day look like? While the answers will vary from person to person, you will likely think of your usual daily activities such as going to work, doing household chores, cooking dinner, and so on. However, for someone living with mild cognitive impairment (MCI), their “typical day” can look or feel much different.

With this in mind, Penn Memory Center’s **Tigist Hailu, MPH**, coordinator for Diversity in Research and Education, created “The Typical Day,” a photo exhibit depicting the many challenges, and often frustrations, that individuals with MCI face on a daily basis. For this project, Hailu recruited participants with MCI, gave them cameras, and asked them to photograph aspects of their everyday lives that represent the struggles, no matter how big or small, that they experience as a result of their memory problems.

Their goal is to “gain insight into how [the participants] are living with MCI,” said Hailu, in addition to raising awareness about cognitive impairment.

The exhibit is currently on display in the Perelman Center for Advanced Medicine at the University of Pennsylvania on the second floor of the South Pavilion. It is scheduled to remain there until December before traveling through the Philadelphia community.

“I played [poker] until I couldn’t remember what they had said... I wouldn’t be able to remember whether the guy said pass or hold. I had to keep asking people what they said, so I retired.”



In addition to the physical exhibit, the “Typical Day” photos and stories can also be viewed online at: www.mytypicalday.org

Ralston Center Celebrates 25 Years of Wellness Programs for Older Adults

Ralston Center recognized its 25th year providing wellness programs for older adults in Philadelphia this month with a celebration including fitness classes, wellness stations, food and nutrition discussions, a concept “Pop-up Intergenerational Park” and a healthy lunch.

“Ralston’s Wellness program offers fitness classes to increase flexibility and balance, reduce discomfort, increase strength and support performance of everyday activities,” said Ralston Center Board

President **Neville Strumpf**. “Physical well-being for older adults is key in enabling them to age in place.”



Ralston will be adding new educational seminars to its Wellness program in 2017 — the year the Ralston Center will commemorate the organizations 200 year history serving aging Philadelphians.



For more information, visit: www.ralstoncenter.org

First phase of the REACT! TRIAL comes to a close

The University of Pennsylvania recently wrapped up the first round of its Rhythm Experience and Africana Culture Trial (REACT!), a three-year pilot grant in collaboration with the University of Pittsburgh and supported by the Alzheimer’s Association.

Participants and their guests were invited to the ending ceremony, hosted by the Institute on Aging, which included dance performances, presentations, and art displays showcasing the work that was done throughout the study.

For this trial, participants (ages 60-80) were sorted into one of two activities — an African dance group or an educational/discussion group — to compare the benefits. Final results are still pending, but are anticipated to reveal whether or not brain health, fitness levels or quality of life improved as a result of participating in the dance or educational activities three times per week for six months.

To learn more about REACT! visit: www.med.upenn.edu/aging/react.html



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Make a Gift

To support aging-related research and care at Penn's Institute on Aging, contact:
Aubre Naughton, Penn Medicine Development
aubren@upenn.edu or 215-898-9174

Become an IOA Fellow

Learn more about becoming an IOA Fellow at: www.med.upenn.edu/aging/fellows.html

Need More IOA News?

Subscribe to our monthly e-newsletter by emailing: aging@mail.med.upenn.edu

IOA External Advisory Board

Meet our External Advisory Board (EAB) members at:
www.med.upenn.edu/aging/ExternalAdvBoard

UPCOMING EVENTS

November 15, 2016

Stephen Salloway, MD, MS *
Talk Title: "Developing Breakthrough
Treatments for Alzheimer's Disease"

November 29, 2016

The Vincent J. Cristofalo Lectureship
Speaker: S. Jay Olshansky, PhD
Talk Title: "The Longevity Dividend"

December 6, 2016

Aubrey de Grey, PhD *
Talk title: "Rejuvenation biotechnology:
postponing ill-health via comprehensive
damage repair"

* IOA Visiting Scholars Series Speakers

Note: All topics/titles are subject to change

April 18, 2017

Edward Marcantonio, MD, SM *
Topic: Delirium

May 10, 2017

Lisa Barnes, PhD *
Topic: Risk factors for Alzheimer's disease and
determinants of racial health disparities

May 23, 2017

The Sylvan M. Cohen Annual Retreat
Speaker: Philip De Jager, MD, PhD
Topic: Genetics of aging-related
neurodegeneration
Co-sponsor: Penn Neurodegeneration
Genomics Center

www.med.upenn.edu/aging/events.html

MEET OUR // IOA TEAM

John Q. Trojanowski, MD, PhD
Director





M. Kathryn Jedrzejewski, PhD
Deputy Director

Nicolette Patete
Digital Media Specialist

Ebony Fenderson
Administrative Assistant

Aubre Naughton
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The mission of the Institute on Aging 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 aging-related diseases across the entire Penn campus.