

an Institute on Aging publication

# THE SCIENCE OF AGING

THE SYLVAN M. COHEN 2015 ANNUAL RETREAT

## “AGING WITH FINANCIAL SECURITY: ADDRESSING THE CHALLENGES OF COGNITIVE AGING”



Co-sponsored by the Penn ADCC Outreach, Recruitment, and Education Core, Penn Healthy Brain Research Network, Penn Neurodegenerative Disease Ethics and Policy Program, and the Department of Medical Ethics and Health Policy.

On Tuesday, May 5, 2015, the Institute on Aging (IOA) hosted their Sylvan M. Cohen Annual Retreat. The event, which took place from 11:30am - 5:00pm in the Smilow Center for Translational Research at the University of Pennsylvania, consisted of lunch, lectures, a reception and a poster session.

This year, the IOA welcomed several outside speakers, ranging from financial experts to medical professionals. Their presentations covered a variety of topics on adult protective services, financial security, and financial exploitation and abuse in the aging community.

In light of the recent Institutes of Medicine (IOM) Report on cognitive aging, this year's retreat was especially popular, bringing in nearly 160 attendees and receiving media coverage from the Philadelphia Inquirer and WHYY.

Immediately following the lectures, guests were welcomed back into the Smilow Center lobby for the event's reception and poster session. The poster session, a popular feature of the retreat, invites University of Pennsylvania affiliates and colleagues from around the Philadelphia area to present their aging-related research and educational activities and services and compete for a “best poster” prize. First and second prize winners were chosen based on the following categories: Basic Science, Clinical Research, and Education & Community.

See the full list of poster winners inside.

For more on the 2015 Sylvan M. Retreat, visit:  
[www.penninstituteonaging.wordpress.com](http://www.penninstituteonaging.wordpress.com)

SUMMER 2015



SEE POSTER WINNERS INSIDE



CELEBRATING THE PAST.  
EMBRACING THE FUTURE.



### Highlights from the Perelman School of Medicine's 250th Anniversary Celebration

This past May marked the 250th Anniversary of the Perelman School of Medicine at the University of Pennsylvania. The year-long celebration of the first medical school in the country came to a close with several different events including the ceremonial ribbon cutting for the new Henry A. Jordan, M'62 Medical Education Center and Medical Alumni Weekend 2015, as well as the 250th Celebration Gala hosted at the Philadelphia Museum of Art.

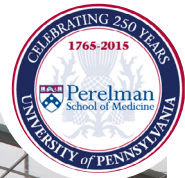
More than 1,200 alumni, faculty, and friends enjoyed a cocktail party, dinner, fireworks, and entertainment by special guest *Harry Connick, Jr.* at the Gala atop the infamous art museum steps. *Mayor Michael Nutter*, a University of Pennsylvania graduate, also took the stage to express his gratitude not only to the Penn first responders and medical team who cared for the victims of the recent Amtrak 188 derailment, but to Penn as a whole for the many contributions that it has given to Philadelphia and the rest of the world.



Photo Credit: [www.phillymag.com](http://www.phillymag.com)

... and much more inside!

# & MORE PHOTOS FROM *the // 250th Celebration Gala...*



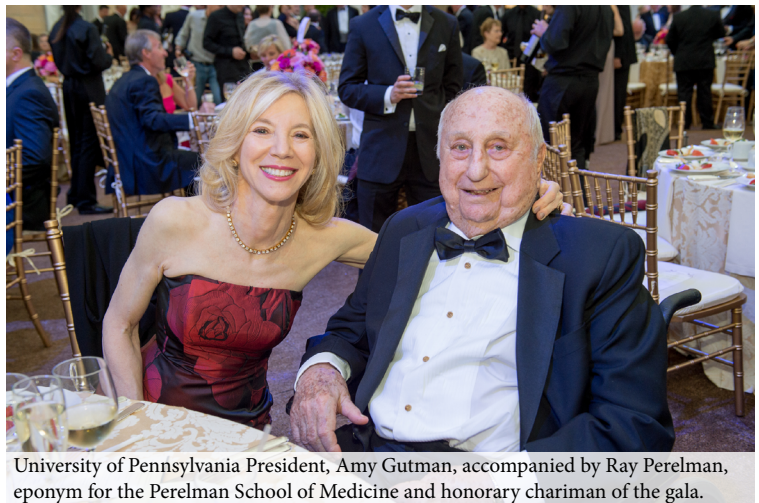
IOA Director, John Q. Trojanowski, MD, PhD, with his wife, Virginia M.-Y. Lee, PhD, Director of Penn's Center for Neurodegenerative Disease Research.



The Philadelphia skyline provided a one-of-a-kind backdrop for the event.



Guests enjoyed dinner atop the Philadelphia Art Museum steps.



University of Pennsylvania President, Amy Gutman, accompanied by Ray Perelman, eponym for the Perelman School of Medicine and honorary chairman of the gala.

## *A message from the Director*

Dear Friends of the IOA,

After 25 years at Penn, many spent as Associate Director of the Institute on Aging, **Steven E. Arnold, MD** (pictured right), has announced his retirement.

Upon officially "retiring" from Penn, Dr. Arnold will tackle a new challenge as Translational Neurology Head of the newly created Integrated Brain Center at Massachusetts General Hospital.

We wish him all the best in his transition and are hopeful for friendly collaborations in the future.



JOHN Q. TROJANOWSKI, MD, PHD  
Director, Institute on Aging

## UDALL CENTER FOR PARKINSON'S RESEARCH VIRTUAL TOUR VIDEO

In the last edition of the IOA's *Science of Aging* newsletter, we featured a behind-the-scenes look at the filming of our Udall Center for Parkinson's Research Virtual Tour Video. Now that the video is complete, you can experience a behind-the-scenes look at the research and care that is taking place here at Penn to improve the lives of those affected by Parkinson's disease.

To see the Virtual Tour Video, visit: [www.youtube.com/penninstituteonaging](http://www.youtube.com/penninstituteonaging)

## MANY THANKS TO THE IOA'S GENEROUS DONORS & FRIENDS

Meet the members of our External Advisory Board here:  
[www.med.upenn.edu/aging/ExternalAdvBoard.shtml](http://www.med.upenn.edu/aging/ExternalAdvBoard.shtml)

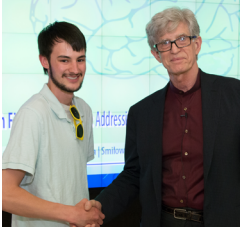
## MAKE A GIFT MAKE A DIFFERENCE

To support aging-related research and care at the Penn Institute on Aging, please contact:

Elizabeth Yannes, Penn Medicine Development  
[elyannes@upenn.edu](mailto:elyannes@upenn.edu) or 215-573-8764

# what's new in AGING RESEARCH ?

## POSTER WINNERS



### 1st PRIZE - BASIC SCIENCE:

**"Studying Alpha-synuclein Misfolding through Forster Resonance Energy"**

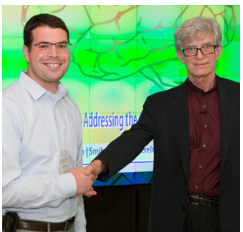
**By:** John Ferrie (pictured), Conor Haney, Rebecca Wissner, and E. James Petersson



### 2nd PRIZE - BASIC SCIENCE:

**"Prepubertal Adversity can Produce Resistance to Cognitive Decline and Associated White Matter"**

**By:** Kathleen Morrison (pictured), Sneha Marasimhan, and Tracy L. Bale



### 1st PRIZE - CLINICAL RESEARCH:

**"Neuropsychological Functioning in the Acute and Remitted States of Late-life Depression"**

**By:** Aaron M Koenig (pictured), Isaac J. DeLozier, Michelle D. Zmuda, Megan M. Marron, Amy E. Begley, Stewart J. Anderson, Charles F. Reynolds, Steven E. Arnold, James T. Becker, Meryl A. Butters



### 2nd PRIZE - CLINICAL RESEARCH:

**"Evaluation of a Telephone Dementia Care Management Program for Caregivers of Community Dwelling Older Adults"**

**By:** Amy Benson (pictured), Kristen Foust, Shahrzad Mavandadi, Suzanne DiFilippo, Joel Streim David Oslin, Tom Snedden



### 1st PRIZE - EDUCATION & COMMUNITY:

**"Silver Dollars: How a Senior Center is Helping Older Adults Avert Housing and Financial Crisis"**

**By:** Megan C. McCoy, MSS, MLSP (pictured)



### 2nd PRIZE - EDUCATION & COMMUNITY:

**"Age-friendly Banking: Policy, Products, and Services for Financial Capability"**

**By:** Karen Kali (pictured), Sehar N. Siddiqi, Robert O. Zdenek, Ed J. Gorman III

## 2016 PILOT RESEARCH AWARDS

### INSTITUTE ON AGING (IOA) PILOTS

- **Elucidating Opportunities for Improving the Field Triage and Quality of Hospice Care for Injured Older Adults**  
PI: Mucio Kit Delgado, MD, MS, FACEP
- **Role of Alpha Synuclein Arginylation in Prevention of Neurodegeneration**  
PI: Anna S. Kashina, PhD
- **Role of HYPK Protein in Huntington's Disease**  
PI: Ronen Marmorstein, PhD
- **Neural Correlates of Cognitive Fatigue and Blue Light Treatment in Older Adults**  
PI: Hengyi Rao, PhD
- **Regeneration of the Intervertebral Disc using Notochord-Derived Cells and Mesenchymal Stem Cells**  
PI: Lachlan J. Smith, PhD
- **Transcription Errors in Age-related Neurodegenerative Diseases**  
PI: Marc Vermulst, PhD

### ALZHEIMER'S DISEASE CORE CENTER PILOTS

- **microRNA Changes in Alzheimer's Disease Brain and CSF by Small RNA Sequencing**  
PI: Yuk Yee Leung, PhD
- **Genetic Risk Factors of Primary Age Related Tauopathy**  
PI: Corey T. McMillan

View the full Institute on Aging and Alzheimer's Disease Core Center (ADCC) Pilot Abstracts at:

[www.med.upenn.edu/aging/PilotAwards.shtml](http://www.med.upenn.edu/aging/PilotAwards.shtml)

*The University of Pennsylvania Institute on Aging (IOA) and Alzheimer's Disease Core Center (ADCC) pilot grants support biomedical, epidemiological, behavioral, or health services research, as well as basic science, clinical or psychosocial research.*

## OCCUPATIONAL ATTAINMENT in FRONTOTEMPORAL DEGENERATION

featuring Dr. Lauren Massimo of Penn's FTD Center

According to new research from the *Perelman School of Medicine at the University of Pennsylvania*, doctors, lawyers and other "high level" professionals may have an advantage if diagnosed with Frontotemporal Degeneration (FTD).

In a recent video interview, *Lauren Massimo, PhD, CRNP*, a post-doctoral fellow at Penn's FTD Center, explains that she and her fellow researchers working on this study believe that individuals with higher-level occupations typically build stronger "cognitive reserve" aiding in the defense of this neurodegenerative disease which affects behavior, personality, and in some cases language.

The findings suggest that higher occupational level not only boosts cognitive reserve, but that it also increases longevity. However, the same does not seem to be true for those diagnosed with Alzheimer's disease (AD). In fact, according to research, it seems that higher occupational levels actually have the opposite effect on AD patients resulting in shorter survival rate.

See the full video interview at:  
[www.penninstituteonaging.wordpress.com](http://www.penninstituteonaging.wordpress.com)

## NEED MORE // IOA NEWS?

Stay up-to-date on all of the latest aging-related news happening at Penn with our monthly e-newsletter!

Subscribe via email at:  
[aging@mail.med.upenn.edu](mailto:aging@mail.med.upenn.edu)

## BECOME AN // IOA FELLOW

Learn more about becoming an IOA Fellow or Associate Fellow at:

[www.med.upenn.edu/aging/fellows.shtml](http://www.med.upenn.edu/aging/fellows.shtml)

**REGISTER NOW:** [WWW.PENNMEDICINE.ORG/5KIOA](http://WWW.PENNMEDICINE.ORG/5KIOA)



**PENN'S**  
**5K FOR THE IOA** | The Institute  
on Aging

**& THE MEMORY MILE WALK | DOGS WELCOMED FOR WALK**

**Sunday, September 20<sup>th</sup>, 2015 • 8:00 am @ Penn Park**

**\* NEW THIS YEAR \***

**\* Dogs on leashes are welcomed for the Memory Mile Walk only!**

**Other great features:**

Chip Timing, Dri-fit tees, gift cards for top 3 male and female runners, great swag bags, and more!

**Questions?**

Please contact **Elizabeth Yannes** at **215-573-8764** or [elyannes@upenn.edu](mailto:elyannes@upenn.edu).

## MEET OUR // IOA TEAM

**John Q. Trojanowski, MD, PhD**  
Director

**M. Kathryn Jedrzewski, PhD**  
Deputy Director





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Digital Media Specialist

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Administrative Assistant

**Elizabeth Yannes**  
Penn Medicine Development

**Lee-Ann Donegan**  
Penn Medicine Communications

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