



INSIDE

Alzheimer's Test Can Determine Presence of Disease Before Dementia Symptoms Appear

Research has provided additional evidence that a biomarker test can be used to reliably confirm or rule out a diagnosis of Alzheimer's disease (AD).

A new study, published in the *Archives of Neurology* in August, used data from the Alzheimer's Disease Neuroimaging Initiative (ADNI) Biomarker Core group, co-directed by Penn's own John Q. Trojanowski, MD, PhD, and Leslie M. Shaw, PhD.

The CSF biomarker study provides additional evidence that a biomarker test, specifically a biomarker test of cerebral spinal fluid (CSF), can detect the presence of known AD biomarkers. What researchers are terming a 'signature combination' of AD indicators were found in 90% of patients with AD.

With a 5-year follow up, the study was able to predict 100% of patients with Mild Cognitive Impairment (MCI) who progressed to full AD. The biomarker test of CSF also showed that 72% of people with MCI and 36% of cognitively normal adults showed early signs of AD pathology. This suggests that AD pathology is active and detectable earlier than

had been previously thought.

For those who live near Philadelphia with a loved one who has been diagnosed with Alzheimer's disease and are interested in clinical trials and related

studies to improve diagnosis and treatment, contact the Penn Memory Center and Alzheimer's Disease Center at 215-662-7810.

A biomarker test of cerebral spinal fluid (CSF), can detect the presence of known AD biomarkers

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Research in aging at Penn



MESSAGE FROM THE DIRECTOR



After many years of steady investment and passionate commitment and innovative scientific inquiry from our faculty, researchers and staff, we are seeing the fruits of our collective labor. For the first time in its 30-year history, the IOA has broken into the 'top 5' for National Institute on Aging (NIA) funded institutions. In fact, we have risen to the #2 position as of 2009; in 2008, Penn was ranked #8 among NIA-funded institutions. These stats reflect NIA funding held across the entire Penn campus and were compiled by Lynn Meany at the Penn School of Medicine (SOM) - thank you, Lynn! While I know such rankings do not tell the whole story of the impact of Penn on aging research, this success is a reflection of the strategic investment UPHS and SOM has made in the IOA and aging research during my tenure

as IOA Director - recruiting talented faculty, providing vital 'start up' support funds, and cultivating a stellar collaborative atmosphere that encourages intra- and interschool research and investigation. My IOA colleagues and I are most appreciative of all that the leadership at Penn have done and continue to do to enhance aging research at Penn. To that end, four of us - Drs. Virginia Lee, Steven Arnold, Jason Karlawish and I - were pleased to represent Penn and share our findings at "Staying Sharp: Current Advances in Brain Research," a recent event hosted by the Dana Alliance for Brain Initiatives and funded by Dana and the NRTA: AARP's Educator Community. I encourage you to read this latest newsletter for more aging research news from Penn and to support our efforts however you are able.



Research matters...

"Medical science has the capacity to relegate Alzheimer's to the list of former diseases...But unless we get to work now, any breakthroughs will come too late to benefit the baby boomers." Excerpted from The New York Times 10/27/2010 Op-Ed piece, "The Age of Alzheimer's," by Retired Associate Justice of the Supreme Court, Sandra Day O'Connor; 1997 Nobel Laureate and Penn Medicine alumnus, Stanley Prusiner, C'64, M'68, HON '98, and Ken Dychtwald.

The IOA and its research partners are leading the charge against aging-related brain and movement disorders. Penn Medicine's world-renowned scientists, collaborative research philosophy, and sophisticated technology give us the edge.

But we need your financial support to accelerate our progress. You can make a difference by giving generously. Please contact: Irene I. Lukoff, Sr. Director of Development, at 215-573-0187 or via email at 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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Resources and Services for Researchers: ROAR - the Recruitment, Outcomes, and Assessment Resource

Penn Medicine researchers have a unique service available to them called ROAR. ROAR, or the Recruitment, Outcomes, and Assessment Resource, exists to develop resources for population and clinical/translational research. The goal is to enhance collaborative, multidisciplinary population research while enabling observational, behavioral, clinical translation and interventional studies and avoiding inefficiency in the development and execution of these studies.

ROAR, which is led by Dr. Timothy Rebbeck, is comprised of three interwoven and coordinated components. The first, the Research Implementation Component (RIC), facilitates the initiation and execution of patient-oriented research studies. This includes the development of informed consent, study questionnaires and other project documentation. RIC can provide staff, staff training and assistance in data collection and other services.

The second component of ROAR is the Recruitment, Retention and Outreach Component (RROC). RROC provides investigators with assistance in the development and implementation of recruitment and retention plans and materials. This includes designing brochures and recruitment materials, develop-

ment of media campaigns, tailoring informed consent to appropriate literacy levels, assisting with recruitment budget planning, and other services.

Lastly, the third component, Tumor Tissue and Biosample (TTAB), gives investigators a variety of services to support tissue biosampling. Services include everything from sample preparation, aliquoting, and database entry to quality assurance by a pathologist slide review to define lesion, amount of tumor and percent tumor necrosis in each aliquot col-

lected, as well as bar coding of samples.

As Jun Mao, MD, MSCE, Assistant Professor and Director of Integrative Medicine in the Department of Family Medicine and Community Health explains, "ROAR was able to bring the science and experience to recruitment and outreach for my clinical trials that we were able to see the results of their work translating into effective and efficient accrual."



Learn more...

If you are interested in scheduling a consultation or have questions concerning ROAR, contact Kia Kerrin, MSW, Technical Director, at:

wilsonk@mail.med.upenn.edu

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Get involved in research. Find a Penn Medicine study to enroll in by visiting:

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





Telomerase and the Consequences of Telomere Dysfunction: 2010 Vincent J. Cristofalo, PhD Annual Lectureship

The Fourth Cristofalo Annual Lectureship welcomed Carol W. Greider, PhD, Daniel Nathans Professor and Director, Molecular Biology & Genetics, at Johns Hopkins University School of Medicine, to Penn on October 19th as the 2010 Cristofalo Lecturer. Dr. Greider was invited to speak about her research

into telomeres, work which brought her the 2009 Nobel Prize in Physiology or Medicine - along with her co-recipients, Drs. Elizabeth Blackburn and Jack Szostak.

Institute on Aging Fellows, Penn Medicine researchers and staff, Peggy Cristofalo and the

Cristofalo family, and colleagues from area colleges and universities gathered to celebrate the exceptional research in aging and aging-related diseases and the pioneering and mentoring spirit of the late Vincent Cristofalo - creator and founder of the Institute on Aging (originally called the Center for the Study of Aging).

Following opening remarks from IOA Director, Dr. John Trojanowski, Dr. Robert Pignolo paid tribute to Vincent Cristofalo and his quest to follow the science to better understand the cellular aging model and its implications for human aging.

Dr. Greider then took the floor for her lecture,

discussing the structure and function of telomeres - the structures that cap the ends of chromosomes - and of telomerase, an enzyme which she discovered 25 years ago and which can prevent telomeres from becoming critically short. She described recent findings from her group and others linking changes in telomere and telomerase to human diseases, including pulmonary fibrosis and cancer. Dr. Greider also discussed her mouse models that have yielded an understanding of the mechanisms by which telomere dysfunction can contribute to degenerative diseases but also put the brakes on cancer progression. Interestingly, Dr. Greider's findings indicate that small differences in telomerase activity can have important effects, suggesting that subtle tweaking of telomerase activity may be a tool for improving human health.

After the lecture, those in attendance gathered for a reception and the chance to speak individually with Dr. Greider about her research, findings, and her Nobel Prize.



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save the date

September 12,
2011

VINCENT J. CRISTOFALO, PHD
ANNUAL LECTURESHIP

CRISTOFALO LECTURER:

James W. Vaupel, PhD
Max Planck Institute for
Demographic Research

Photos courtesy of Mark Garvin



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John Q. Trojanowski, MD, PhD

Associate Director
Steven E. Arnold, MD

Deputy Director
Kathryn Jedrziewski, PhD

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 University of Pennsylvania School of Medicine and across the entire Penn campus.

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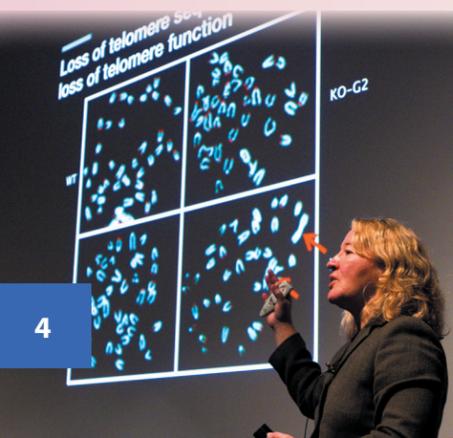
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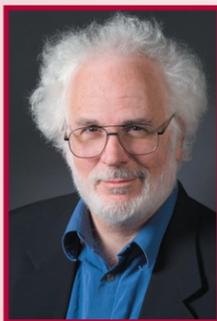
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Research and News in *Aging*

Inaugural Joseph A. Pignolo, Sr. Award in Aging Research: Richard A. Miller, MD, PhD



On September 22nd, the inaugural Joseph A. Pignolo, Sr. Award in Aging Research was given to Richard A. Miller, MD, PhD, Professor of Pathology at the University of Michigan and Associate Director for Research at its Geriatrics Center. Dr. Miller is also a Research Scientist at the Ann Arbor DVA Medical Center. Part of the IOA's

Visiting Scholar Series, the award recognizes an out-

standing contribution to the field of biogerontology.

Dr. Miller's work centers on the genetics and cell biology of aging in mice, with emphasis on the immune system. Major ongoing projects include studies of Aging and T lymphocyte activation, with particular emphasis on protein kinases and cytoskeletal pathways in the first few minutes after encounter with antigen, and modification of the T cell surface glycoproteins to improve function of T cells from old mice. His lecture focused on "Four New Ways to Help Your Mouse Live Longer."

Remembering NIA Director, Robert Butler, MD

In July, Robert Butler, MD, prominent gerontologist, psychiatrist and Pulitzer Prize-winning author, died. Dr. Butler was the force behind creating the National Institute on Aging in 1975 and served as its first Director. While at the NIA, he helped make Alzheimer's disease a national research priority. He went on to found and lead the first Department of Geriatrics (at Mount Sinai School of Medicine) and the International Longevity Center, an organization dedicated to promoting healthy aging. He also helped start the American Association for Geriatric Psychiatry and the Alzheimer's Disease Association.

Dr. Butler was a staunch advocate for older adults, lecturing and campaigning against what he termed 'ageism' and the misconceptions and prejudices that gave rise to it. Of particular interest to Dr. Butler were the changes that increasing longevity in the U.S. was bringing and would continue to bring about in society, employment, and politics. To Butler, "Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives."

Penn Medicine Official Study Site and Core Lead for Parkinson's Progression Markers Initiative (PPMI)

In early October, the Parkinson's Disease and Movement Disorders Center was designated as one of the eighteen official study sites for the Parkinson's Progression Markers Initiative (PPMI), a \$40-million, five-year international observational clinical study. PPMI is sponsored by The Michael J. Fox Foundation and will combine the use of advanced

Wellstone Muscular Dystrophy Research Center Grant Renewed

NIH funding for the Paul D. Wellstone Muscular Dystrophy Cooperative Research Center, directed by Dr. H. Lee Sweeney, an IOA Fellow, has been renewed for another five years. Penn's Wellstone Center was one of only three centers to receive renewed funding, from the original six centers funded.

Penn researchers study various forms of Muscular Dystrophy (MD), including Duchenne/Becker Muscular Dystrophy, Myotonic Dystrophy, Facioscapulo-humeral Dystrophy, and Lim-Girdle Muscular Dystrophy, and focus on the molecular questions behind the deterioration of muscle and its cellular scaffolding seen in MD.

The renewed funding will allow the Penn center to start a training core focused on educating the next generation of scientists and physicians in the research of muscle biology and MD. The training core will be co-directed by Dr. E. Michael Ostap, Director of the Pennsylvania Muscle Institute.

Learn more about the Penn Udall Center for Parkinson's Research at www.med.upenn.edu/udall



imaging, biologics sampling, and behavioral assessments to identify biomarkers of Parkinson's disease (PD) progression.

Twenty patients and ten controls will be enrolled through the Parkinson's Disease and Movement Disorders Center; the study will continue for approximately two years. The hope is that the PPMI study will provide invaluable data on the early Parkinson's disease process and thus form the critical groundwork for new therapies targeted at the underlying mechanisms of Parkinson's. The PPMI study is also unique in that participants - both patients and the controls - will be directly providing the 'raw materials' needed to accelerate development of PD treatments and support the next generation efforts of PD research.

Drs. John Q. Trojanowski and Leslie M. Shaw will lead the PPMI Bioanalytics Core and will be responsible for the analysis of samples collected from all trial participants. They, with their teams, will be using a test that they designed, standardized, and validated to measure levels of specific biomarkers in spinal fluid.

As biomarkers objectively measure physical characteristics associated with the presence of disease or any characteristic that changes over time in a way that can be linked to the progression of disease, the current lack of a PD biomarker has a profound effect on diagnosis, treatment, therapy development and clinical trials. Finding a PD biomarker is of critical importance to future research.

save the date

May 17, 2011

**New Prospects for
Healthy Vision
Across the Lifespan**

SYLVAN M. COHEN
ANNUAL RETREAT
with POSTER SESSION
ON AGING



Stay Physically Active During and After Treatment: New Cancer Guidelines Encourage Exercise

Stay physically active both during and after treatment. That's according to the new, national guidelines suggested at the 2010 meeting of the American Society of Clinical Oncology, by Kathryn Schmitz, PhD, MPH, Associate Professor of Epidemiology and Biostatistics, a member of the Abramson Cancer Center, and an IOA Fellow.

The guidelines were developed by an American College of Sports Medicine expert panel, led by Dr. Schmitz, and were prompted by a compelling body of high quality evidence that exercise during and after treat-

ment is safe and beneficial for patients, even those undergoing such complex procedures as stem cell transplants. Avoiding inactivity is essential.

Recommendations are that cancer patients and survivors should get the same 150 minutes per week of moderate-intensity aerobic exercise recommended for the general public. Exercise should, of course, be tailored for each individual's fitness level and factors about the cancer that may influence exercise safety.

Visit Penn Medicine News for the full press release at http://www.uphs.upenn.edu/news/News_Releases/2010/05/cancer-exercise-guidelines/.

Avoiding inactivity is essential.

Dr. Foskett: Discovery on Basic Pathway for Maintaining Cell's Fuel Stores

Senior author, J. Kevin Foskett, PhD, Professor of Physiology and an IOA Fellow, and researchers have described a formerly unknown biological mechanism in cells which keeps them from cannibalizing themselves for fuel. The mechanism relies on an ongoing transfer of calcium between two cell components via an ion channel. Without the transfer, cells begin to consume themselves to get enough energy. This self-consumption was found to occur in many types of cells.

As altered metabolism is a feature of many diseases - and of aging - defining this mechanism for regulating cell energy has implications for a variety of physiological processes and diseases. Most healthy cells rely on oxidative phosphorylation to produce the fuel ATP. Knowing how ATP is produced by the mitochondria is important for understanding normal cell metabolism and which in turn provides insights into abnormal cell metabolism, present in the case of cancer and other diseases.

Dr. Foskett and his colleagues found that a fundamental control system that regulates ATP is an ongoing shuttling of calcium to the mitochondria from the endoplasmic reticulum, which is the major reservoir of calcium in cells. Stored calcium is released, through the IP3 receptor, at a low level all the time, but, when interfered with by researchers, the mitochondria were unable to produce sufficient ATP to meet the cell's needs. This tells researchers that the mitochondria depend on the ongoing calcium transfer to make enough ATP to support normal cell metabolism. As the IP3 receptor plays an important role in regulating cell death, a process subverted in many cancers and neurodegenerative diseases, calcium release from IP3 receptors may be at the center of neurodegeneration, cancer and the role of cell metabolism gone awry in these diseases.

Research and News in Aging



Hope for New Class of Alzheimer's Disease Drugs: News from the Lab

Researchers at the Center for Neurodegenerative Disease Research (CNDR) have crossed a major hurdle in drug development: identifying a class of drug that crosses the blood-brain barrier, stabilizes degenerating neurons, and improves memory and learning in mouse models.

The epothilone class, in particular epothilone D, is a microtubule-stabilizing class of drug that has a positive effect on the function of axons and on cognition without the onset of side effects. With the positive tests in animal models, the hope now is that this class could progress to testing in Alzheimer's disease (AD) patients. CNDR

Researchers - led by Virginia M.-Y. Lee, PhD, Director of CNDR, and John Trojanowski, MD, PhD, co-Director of CNDR, along with Kurt Brunden, PhD, Director of Drug Discovery and Bin Zhang,

MD, PhD - and Amos B. Smith, III, PhD, Rhodes Thompson Professor of Chemistry, have been focusing on microtubule-stabilizing drugs in an effort to counter the issues raised by tau aggregation in the brain. Normally, tau stabilizes microtubules, which

are the train tracks upon which cellular material is transported. In AD and related diseases, tau becomes insoluble and forms clumps in the brain; without normal tau performing its function, microtubules destabilize and proper nerve cell function is interrupted.

Epothilones, derived from marine sponges, have previously been used as anti-cancer drugs. For more

in-depth details on the epothilone finding, visit Penn Medicine News for the complete press release at http://www.uphs.upenn.edu/news/News_Releases/2010/10/alzheimers-drug-stabilizes-neurons/.

View streaming video from CNDR's 2010 Research Retreat on Drug Discovery at www.med.upenn.edu/cndr



RESEARCH STUDY IN AGING Healthy older adults needed. Are you between the ages of 45-70?

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 45-70 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.

Healthy Aging - What *You* Can Do...



Social Relationships Linked to Health

► People with stronger social relationships had a 50% increased likelihood of survival than those with weaker social relationships. This is the finding of a review recently published in the Public Library of Science (PLoS) Medicine journal.

As a 1988 review of studies showed that people with fewer social relationships die earlier on average than those with more social relationships, the PLoS review, performed by researchers at Brigham Young University and the University of North Carolina at Chapel Hill, sought to determine the extent to which social relationships influence mortality risk and which aspects are most predictive of mortality.

Findings show the influence of social relationships on the risk of death are comparable with well-established risk factors for mortality like smoking and alcohol consumption - and exceed the influence of other risk factors like physical activity and obesity.

While further study is needed to determine exactly how social relationships can be used to reduce mortality risk, the analysis concludes that social relationships should be taken as seriously as other risk factors that affect mortality.

Awards and Honors: News from IOA Fellows and Associate Fellows



Penn Dental Medicine

Dr. Joan Gluch, Director of Community Health for Penn Dental Medicine, Associate Dean for Academic Policies, and an Adjunct Associate Professor, will serve as Program Director/Principal Investigator of a 5-year, \$2 million grant from the Health Resources and Services Administration (HRSA) in support of community and public health training programs within the school.

Penn Medicine

Dr. Shiriki Kumanyika, Professor of Epidemiology, has been given an individual recognition award from the College of Physicians of Philadelphia and its Section on Public Health and Preventive Medicine. The award honors her leadership role, as Vice Chair of the Federal Advisory Committee, in shaping Healthy People (HP) 2020. The U.S. Department of Health and Human Services' HP program provides science-based, 10-year national objectives for promoting health and preventing disease.

Dr. Margaret Stineman, Professor of Physical Medicine and Rehabilitation and Professor of Epidemiology, has been elected to the Institute of Medicine, one of the nation's highest honors in biomedicine. Her research expertise focuses on statistical modeling, measurement, and development of patient classification systems.

Dr. Brian Strom, Director of the Center for Clinical Epidemiology and Biostatistics and Senior Advisor to the Provost for Global Health Initiatives, will serve as the Principal Investigator for a 5-year, \$1.1 million grant from the National Institutes of Health's Fogarty International Center that will focus on combating the growing epidemic of chronic diseases in the developing world by establishing an epidemiologic training program for clinicians and researchers in Guatemala. The training will address the shortage of clinicians and researchers qualified to conduct clinical research on cancer, stroke, diabetes, lung disease, and environmental factors.

Dr. Rachel M. Werner, Assistant Professor of Medicine and Core Investigator with the Philadelphia VA Medical Center's HSR&D Center for Health Equity Research and Promotion (CHERP), was one of 85 researchers to recently receive the Presidential Early Career Award for Scientists and Engineers. The award is given to science and engineering professionals who are in the early stages of independent research careers.

Research and News in *Ageing*

Penn Nursing

Dr. Mary D. Naylor, Marian S. Ware Professor in Gerontology and Director of the NewCourtland Center for Transitions and Health, has been chosen by the American Association of Colleges of Nursing (AACN) as the 2010 winner of its Policy Luminary Award. She has also been newly appointed to the Medicare Payment Advisory Commission (Med-PAC), an independent Congressional agency established in 1997 to advise the U.S. Congress on access to care, cost, quality of care, and other key issues affecting Medicare. Dr. Naylor recently received a grant from the Robert Wood Johnson Foundation: "IFN Support (Implementation Phase Award)"

Dr. Kathryn H. Bowles, Associate Professor of Nursing, is the recipient of a 5-year, \$2.9 million grant from National Institute of Nursing Research for her project, "Decision Support: Optimizing Post Acute Referrals and Effect on Patient Outcomes."

Dr. Christopher Coleman has been named the Fagin Term Associate Professor of Nursing and Multi-Cultural Diversity and Associate Professor of Nursing in Psychiatry for the School of Medicine.

Dr. Julie Sochalski, Associate Professor of Nursing, was appointed Director of the Division of Nursing for the U.S. Health Resources and Services Ad-

ministration (HRSA), Bureau of Health Professions. In this role, she will serve as the principal advisor to the Associate Administrator of the Bureau of Health Professions and to the Administrator of HRSA on national policy for nursing, research, practice, and education with the overall objective of improving the quality of health and nursing service in the Nation.

Dr. Eileen Sullivan-Marx, Shearer Term Associate Professor for Healthy Community Practices, and Associate Dean for Practice and Community Affairs, was selected as a Health and Aging Policy Fellow for 2010-11 by The Atlantic Philanthropies and administered by Columbia University, this national program seeks to provide professions in health and aging with the experience and skills necessary to make a positive contribution to the development and implementation of health policies that affect older Americans. The goal of the Health and Aging Policy Fellowship is to create a cadre of professional leaders who will serve as positive change agents in health and aging policy, helping to shape a healthy and productive future for older Americans.

Dr. Katherine Abbott, Research Assistant Professor of Nursing, received a grant from the Frances Parker Memorial Home for her project, "Social Networks in Long-Term Care: Pilot Testing Novel Approaches to Measurement."

► 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 may receive 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.

Spotlight on an IOA Fellow: A Profile of Dr. Eileen Sullivan-Marx

Dr. Sullivan-Marx knows that how nurses discover better ways of providing quality of care and support for older adults is critically important, especially with an ever changing supply of nurses throughout the world. Her teaching, research, and clinical practices



focus on the care of frail older adults in the context of nursing organization and advanced practice nursing. She has provided nursing consultation in India, testified before the U.S. Congress, and chairs the Commonwealth of Pennsylvania's Senior Care and Services Commission. This October, the

Pennsylvania State Nurses' Association awarded her its Advocacy-Legislative Award. This comes just a few months after she was named a 2010-2011 Health and Aging Policy Fellow by the Atlantic Philanthropies Foundation.

Dr. Sullivan-Marx received her RN and BSN from the University of Pennsylvania School of Nursing and her MS from the University of Rochester School of Nursing. She began her clinical career in 1980 as a primary care nurse practitioner and subsequently started three geriatric nurse practitioner practices that are still operating today. She then earned her PhD in Gerontology from Penn Nursing. Currently, she is the Shearer Term Associate Professor for Healthy Community Practices and Penn Nursing's Associate Dean for Practice and Community Affairs and an Associate Director at its Center for Integrative Science in Aging and its Hartford Center for Geriatric Nursing Excellence.

In addition to her academic roles at Penn Nursing, Dr. Sullivan-Marx is the Senior Consultant for the Gerontological Nursing Consultation Service in

the Penn Nursing Network. She oversees the LIFE (Living Independently for Elders) program, Healthy in Philadelphia Initiative, and Center for Professional Development. She is also Co-Director of the Penn MARCH Center's Community Core, working on reducing health disparities across the stages of illness in older minority populations with chronic disease.

Dr. Sullivan-Marx's research centers on outcomes of care for frail older adults and sustaining models of care using advanced practice nurses – locally and globally. Her study, comparing nurse practitioner with family physician responses in the methods used to establish Medicare Fee Schedule through relative work values, was the only one of its kind. She currently has funding from the U.S. Department of Health and Human Services' Health Resources and Services Administration and its Division of Nursing/Comprehensive Geriatric Education Program to investigate building RN training skills for geriatric education excellence. Another grant, from the IKP Centre for Technologies in Public Health in India, ended in September and supported research into rural nurse managed clinics. Dr. Sullivan-Marx's research has also looked at improving health for older adults by studying the factors that promote and prevent exercise in the community for frail older adults. Other recent research focused on examining outcomes of an exercise program for African American women in a PACE model of care.

Dr. Sullivan-Marx was honored in 2008 by the Eastern Nursing Research Society with its John A. Hartford Geriatric Research Award and in 2006 with the Edge Runner Award from the American Academy of Nursing. She is a Fellow of the American Academy of Nursing (AAN). She is a member of the American Academy of Nursing's Expert Panel on Long Term Care and chairs AAN's Taskforce for the Aging Expert Panel Taskforce on Advanced Practice Nursing Credentialing Issues and its Nominating

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Committee, as well as a member of the Health Sciences Section of the Gerontological Society of America's Public Policy Committee.

Q: You were selected as a 2010-2011 Health and Aging Policy Fellow by the Atlantic Philanthropies. Can you tell us more about the project you will be working on as part of that fellowship?

A: The project involves participating in policy-making activities related to community-based long term care in Pennsylvania's Department of Aging and its Office of Long Term Living, as well as the Center for Medicare and Medicaid Services (CMS) to learn how policy is implemented. I'll be working with the PA Department of Aging to develop and implement policy recommendations of the Senior Care and Services Study Commission, particularly the long term resolution that "Older Pennsylvanians will have access to a full range of coordinated, flexible services and housing options to support "aging in place" defined as living within a community of choice." Also, I'll be working with the PA Department of Aging, collaborating to test outcomes of PACE models of care in Pennsylvania (which has the largest number of PACE models in any state) and comparing those with nurse-led team management of chronic care and use of nurse practitioners as primary care providers.

Q: In addition to your teaching duties and research efforts, you have a number of clinical roles, overseeing the LIFE program, Healthy in Philadelphia Initiative, Penn Nursing Consultation Service (PNCS), and the Center for Professional Development. How do these complement your teaching and research efforts?

A: My teaching and research is integrated with these areas. For example, I have conducted a study supported by PA Department of Health funding on outcomes of exercise among older women at the LIFE program that has now been translated and implemented at LIFE and several other similar programs in the city through HRSA funding. The PNCS is a program that facilitates dissemination of faculty research directly to practice areas. In addition to aging programs such as Direct Care Worker training based on Geriatric Education Center and School of Nursing research activities, consultants have been engaged with health systems and long term care policy makers to implement best practices of care with older adults. Through the Center for Professional Development and PNCS, we have been able to sustain initiatives such as leadership and management training for long term care professionals with HRSA funding which have been adapted nationally.

Q: In your role as Associate Dean for Practice and Community Affairs and as an Associate Director for the Center for Integrative Science in Aging, do you have any thoughts on the future of aging research?

A: Aging research will continue to unfold in the areas of life science inquiry, best practices to support care of older adults with chronic functional and disease disabilities, models of community-based care and health environments to support community living. In addition, specific care issues of pain relief, healthy sleep and healthy eating/nutrition are understudied and highly germane to quality of life. Moreover, the science of improvement in these care areas will continue to be a challenge before us so that we may be assured that best practices are implemented and sustained.



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, Arlene Rudney Halpern and Robert D. Lane, Jr., are highlighted below.

Arlene Rudney Halpern



Arlene Rudney Halpern has been an active volunteer with cultural and charitable organizations for many years, including the Host Family Program through the Friends of the Curtis Institute of Music. She served as a board member of the Main Line

Reform Temple and started its senior citizen program. Most personally significant to Ms. Halpern is the work both she and her late husband, Dr. Barry Halpern, have done – and that she continues to do – for The Parkinson Council of the Delaware Valley.

After Dr. Halpern's Parkinson's diagnosis in the early '90s, the Halperns devoted themselves to raising awareness and resources to find a cure. In 2000, Ms. Halpern helped found the Parkinson's Golf Classic, raising millions for research and helping to fund the Parkinson's Disease and Movement Disorders Center at Pennsylvania Hospital, the Center for Neurodegenerative Disease Research/Udall Center for Parkinson's Research at Penn Medicine, Thomas Jefferson University Hospital, and the National Parkinson's Foundation.

Ms. Halpern is a graduate of the University of Pennsylvania School of Education (Class of '59). She joined former Congresswoman Marjorie Margo-lies-Mezvinsky's staff in 1992 with primary responsibility for all constituent services involving health care issues. Ms. Halpern was a Democratic committee-woman in Penn Valley for 35 years, serving on many Democratic campaign committees and organiz-

ing fundraising events as well as issues forums. She currently resides in Center City and is working with Prudential Fox Roach from its Rittenhouse Hotel office.

Robert D. Lane, Jr.



Robert D. Lane, Jr., is nationally recognized in all aspects of commercial real estate development, acquisitions and financing and has over 30 years of experience representing a wide variety of companies in diverse industries, including many Fortune 500 companies. He has guided Fortune 100 companies in developing major corporate facilities throughout the U.S., has led specialized facilities development in the media, retail and petroleum industries, and continues to lecture and write extensively on such subjects as commercial leasing, zoning and land use, boundary law, real estate taxation and real estate development.

From 2003-2005, Mr. Lane has been named a "Leading US Attorney" by Chambers and Partners in the real estate category of its Chambers USA, America's Leading Business Lawyers directory. He has been recognized as a Pennsylvania Super Lawyer from 2004-2010, selected by his peers as among the top 5 percent of lawyers in Pennsylvania, and has been an elected Fellow of the American College of Real Estate Lawyers (ACREL) since 1995.

An active and visible leader in a broad variety of professional, charitable, and governmental organi-

Basic Science Clinical Education & Policy Translational



From the Chair...

Getting the word out can be the biggest challenge. Those of us involved with the Institute on Aging and Penn Medicine are well aware of the scope of research activities and the steady stream of intriguing findings in which the faculty and researchers here at Penn are involved. As an advocate for medical research, I know the topic of research and all that it entails can be daunting.

On September 23rd, we at the Institute on Aging were honored to host a group of state legislators who sit on the Pennsylvania House of Representative's Aging & Older Adult Services Committee, including both Committee Chairs. Joined by representatives from the Delaware Valley Chapter of the Alzheimer's Association, the legislative group toured the facilities dedicated to clinical research and services in Ralston House and the basic science research laboratories that focus on neurodegenerative diseases and drug discovery in the Maloney Building, part of the Hospital of the University of Pennsylvania complex.

Our goal was to give them a personal look at several key aspects of Penn Medicine's research in aging and aging-related diseases, increase their awareness of the societal and fiscal impact of aging, and encourage them to continue to support research for such key aging-related diseases as Alzheimer's and Parkinson's disease, among others.

The legislators and their staff were able to shadow researchers, faculty, and clinicians, see labwork firsthand, and get a feel for some of what is involved in unscrambling the puzzle of the aging process and in providing care for older adults. The issues of aging touch us all. The statistics on Alzheimer's disease alone are staggering - and extremely relevant for a state such as Pennsylvania, with a sizable and still growing older adult population. We thank the legislators, their staff members, and the Alzheimer's Association for visiting the Institute on Aging and for their commitment to the Commonwealth's older adults.

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zations, Mr. Lane served as President of the Philadelphia Bar Foundation in 2005-2006, having previously served as President of the Philadelphia Bar Education Center. He is a former Chair of the Philadelphia Bar Association's Real Property Section and its Committee on Zoning and Land Use. Mr. Lane has also served as President of the Central Philadelphia Development Corporation's (CPDC) Board of Directors since 2001 and is active in CoreNet, a networking association for corporate real estate professionals and the International Council for Shopping Centers (ICSC), as well the Zell/Lurie Real Estate Center of the Wharton School at the University of Pennsylvania where he is an Adjunct Professor. Mr. Lane received a J.D. from the University of Pennsylvania Law School (Class of '77) and an A.B. with honors from Brown University.





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