

PENN PSYCHIATRY PERSPECTIVE

Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your news and announcements about your activities for stories in *Penn Psychiatry Perspective*, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

Dwight L. Evans, M.D.
Ruth Meltzer Professor and Chair

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Departmental Goings-On

A Better Drug to Treat Heroin Addicts



Charles P. O'Brien, MD, PhD was the senior author of a new study showing that monthly injections of naltrexone, which blocks the effects of opioids, can cut heroin relapse rates significantly. Naltrexone was more effective at preventing drug relapse in ex-prisoners addicted to heroin and other opioids compared to the usual treatment modalities, including counseling and community treatment programs. The study was published online on March 31, 2016 in the *New England Journal of Medicine*.

Opioid dependence disproportionately affects U.S. criminal justice system populations, and relapse and overdose deaths occur at high rates after release from incarceration. Evidence-based opioid-agonist maintenance therapies for opioid dependence (methadone and buprenorphine) are effective in prison, jail, and community reentry (i.e., parole) settings, but have historically been unavailable or discouraged among criminal justice clients. Methadone, for example, remains controversial, with many in the criminal justice system viewing it as merely exchanging one drug addiction for another.

"Judges and parole officers equate methadone with 'giving in' to the addict, giving them what they want," Dr. O'Brien said in a March 31 Penn Medicine news release. "But, you can give it in a controlled way so that a person can function very well and does not go into withdrawal. On the other hand, it is a drug that can be sold; it is dangerous and there is a certain amount of abuse."

Such concerns have spurred the search for different treatment approaches. Antagonist drugs, such as naltrexone, which was approved in 2010 by the U.S. Food and Drug Administration (FDA) for opioid dependence, have gained increasing acceptance to treat prisoners, despite limited data on effectiveness. For many years, researchers at Penn had been studying ways to improve the treatment of addiction using naltrexone. Under Dr. O'Brien's guidance and leadership, the Penn research team conceived the idea for the study, wrote the grant to support the work, and recruited four additional sites to have a larger population in the multisite, randomized trial - New York University School of Medicine and Bellevue Hospital Center (New York), Rhode Island Hospital and Brown University (Providence), Columbia University Medical Center (New York), and Friends Research Institute (Baltimore).

In the study, the Penn-led research team followed 153 ex-prisoners in a six-month randomized trial of extended-release naltrexone with a control group of 155 persons receiving the usual treatment of counseling and community treatment programs. Over 24 weeks of treatment, the naltrexone group received monthly injections, with both groups routinely followed and monitored. The naltrexone group showed a significantly reduced rate of relapse than the control group (43 percent vs. 64 percent) and had a longer median time to relapse (10.5 vs. 5 weeks). "They did not all stay clean, but you can shoot up heroin while you are on this medication and you do not

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A Better Drug to Treat Heroin Addicts

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really feel it; it's blocked," Dr. O'Brien said. While some of the members of the control group suffered from overdoses, none occurred in those taking naltrexone, even by 18 months after the end of treatment.

The results demonstrated that antagonist drug treatments, such as naltrexone, can provide a promising alternative to the common treatment course and can lessen the chance of relapse in particularly high-risk individuals. Ideally, Dr. O'Brien noted, "If someone is scheduled to get out of prison with a history of opioid addiction, you could give them one injection, and at least for the next month, they cannot relapse. Normally, they relapse the same day."

Dr. O'Brien emphasized that further study is necessary to establish the long-term effectiveness of naltrexone treatment. The existence of a viable alternative to counseling and community treatment, and potentially methadone, however, provides both patients and doctors with another option.

The study was covered in several media outlets, including *dailyRX News*, Philly.com, and Forbes.com.

Senior author Dr. O'Brien is the Kenneth E. Appel Professor of Psychiatry and Founding Director of the Center for Studies of Addiction in the Department of Psychiatry at Penn. The lead author is Joshua D. Lee, MD at New York University Langone Medical Center. The study had multiple co-authors, including **James W. Cornish, MD** from the Department of Psychiatry at Penn.

View the March 31, 2016 Penn Medicine news release at – http://www.uphs.upenn.edu/news/News_Releases/2016/03/obrien/

Unintended Consequences of New Staffing Model Designed to Save Costs in Public Mental Health Clinics



Rinad S. Beidas, PhD was the lead author of a new study presenting evidence that a trend in public mental health clinics of hiring outside contractors may make it difficult to implement evidence-based psychosocial practices (EBP). The findings were published online on February 29, 2016 in *Psychiatric Services*.

Community mental health clinics, where most specialty mental health treatment is delivered, have been relying more on independent contractors to treat patients, largely for budgetary reasons. Many of these clinics have simultaneously been moving toward the greater use of evidence-based psychosocial practices, broadly defined as talk therapies that are informed by rigorous research as well as clinician expertise and patient preferences. The new study from Dr. Beidas and her team suggests that these two trends may be in conflict.

"The independent contractor therapists we surveyed turned out to have less positive attitudes towards evidence-based talk therapies for youth such as cognitive-behavioral therapy and less knowledge about them, compared with salaried employee therapists," Dr. Beidas said in a March 8, 2016 Penn Medicine news release.

Three years ago, Dr. Beidas and her colleagues began studying EBP implementation in Philadelphia. They noticed that there were a lot of independent contractor therapists at these agencies and that some of the agencies had begun to use independent contractors exclusively, reflecting a national trend in moving away from salaried therapists who are more expensive to maintain.

The apparent proliferation of contractors led Dr. Beidas and her research team to wonder if these therapists would be as involved in EBP implementation compared to salaried therapists. "When we looked in the literature, we found nothing on this," Dr. Beidas said. Her team addressed this question by surveying 130 therapists working at 23 Philadelphia public mental health clinics. Nearly 60 percent of these therapists were independent contractors, and the rest were salaried employees.

Compared with their salaried counterparts, contractors reported they would be less willing to adopt EBPs even if they found them appealing. Specifically, they scored .28 points lower on a four-point scale measuring this attitude. Contractors also showed significantly less knowledge of EBPs for children with psychiatric disorders, scoring approximately five points less on a 160-point scale measure of knowledge.

Dr. Beidas hypothesized that it is likely that the independent contractors did not have access to the professional development opportunities available to salaried staff, a conjecture later supported by the discovery that the agencies did not send contractors to the EBP training programs attended by their salaried staff. Dr. Beidas explained, "The agencies seemed less willing to invest in the professional development of their independent contractor therapists, because they perceived them as more likely to leave once they found a more permanent position."

Dr. Beidas acknowledged that "because of its modest sample size, this study is preliminary, but we hope it opens up a new research agenda nationally to understand the implications of this shift in the workforce model in public mental health clinics - particularly in regard to EBPs - where we think there may be a collision between this new contractor-based workforce model and efforts to improve services."

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Unintended Consequences of New Staffing Model Designed to Save Costs in Public Mental Health Clinics

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Dr. Beidas is Assistant Professor of Psychology in Psychiatry and the Director of Implementation Research at the Center for Mental Health Policy and Services Research (CMHPSR) in the Department of Psychiatry at Penn. Additional co-authors from the Department of Psychiatry at Penn included senior author **David S. Mandell, ScD** and co-authors **Rebecca E. Stewart, PhD**, **Courtney Benjamin Wolk, PhD**, **Danielle R. Adams, BA**, and **Trevor R. Hadley, PhD**. Other Penn authors included Steven C. Marcus, PhD and Frances K. Barg, PhD, MEd. Other co-authors included Arthur C. Evans, PhD and Matthew O. Hurford, MD from the City of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services; and Kamilah Jackson, MD, MPH, Geoffrey Neimark, MD, Joan Erney, JD, and Ronnie Rubin, PhD of Community Behavioral Health in Philadelphia.

View the March 8, 2016 Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2016/03/beidas/

Shining a Spotlight on Child Sex Abuse



Steven Berkowitz, MD participated on a panel at Penn discussing the film *Spotlight*, which tells the story of the *Boston Globe* team that exposed the Roman Catholic Church's cover-up of child sex abuse. *Spotlight* won the 2016 Oscars and Critics' Choice Awards for best picture and best original screenplay. The Penn program, titled "How Hollywood is Spotlighting Social Change," was held on March 30, 2016 and was sponsored by the Levin Family Dean's Forum, under the auspices of the Penn School of Arts and Sciences.

Joining Dr. Berkowitz on the panel were Josh Singer, *Spotlight's* producer and co-screenwriter; Neal Huff, the actor who played survivor Phil Saviano in *Spotlight*; Peter Decherney, PhD, Professor of English and Cinema Studies in the School of Arts and Sciences at Penn; and moderator Marci Hamilton, JD, the Paul R. Verkuil Chair in Public Law in the Benjamin N. Cardozo Law School at Yeshiva University. Dr. Berkowitz is Associate Professor of Clinical Psychiatry and Director of the Penn Center for Youth and Family Trauma

Response and Recovery in the Department of Psychiatry at Penn.

Drs. Hamilton and Berkowitz also co-authored an op-ed in the March 29, 2016 issue of *Verdict* on the Catholic Church's handling of the sex abuse scandal. The op-ed discussed issues raised in the film *Spotlight*, as well as in three Philadelphia District Attorney grand jury reports on abuse in the Philadelphia Archdiocese, and the Attorney General grand jury reports on abuse at Penn State and in the Altoona-Johnstown Archdiocese.

Drs. Hamilton and Berkowitz wrote, "The sex abuse alone can cause lifelong debilitating effects, including PTSD and depression, unemployment, alcohol, drug, or sex addiction, and suicide. Children can't process sex abuse when it happens, and it is simply a scientific truth that multiple factors including shame, guilt and changes in their neurobiology delay victims' disclosure of abuse until well into adulthood."

The authors then went on to describe the "1-2 punch" that the abuse delivered to victims. "The Catholic survivors are subjected to traumatic betrayal twice. First, when the sexual abuse occurs. Second, when society locks them out of the courthouse, and the padlock stays in place because the bishops lobby to keep the doors locked."

Drs. Hamilton and Berkowitz concluded the op-ed with a call to action, "It is time for the trauma to end and the healing to begin, and both demand the justice that can only be gained through reviving expired civil statutes of limitations and, going forward, eliminating the criminal and civil statutes of limitation for child sex abuse. Then society can answer the call of *Spotlight* to actually protect our children."

View a brief video about the March 30, 2016 Penn *Spotlight* panel at - <https://vimeo.com/161252160>

View the March 29, 2016 op-ed in *Verdict* at - <https://verdict.justia.com/2016/03/29/the-1-2-punch-the-catholic-bishops-have-delivered-to-clergy-sex-abuse-victims>

Penn's New Undergraduate Minor in Psychoanalytic Studies



Dr. Blum



Dr. Summers

Lawrence D. Blum, MD and **Richard F. Summers, MD** co-authored an article in *The American Psychoanalyst* recounting the establishment of the new undergraduate minor in Psychoanalytic Studies at Penn. The piece appeared in the Winter/Spring 2016 issue of the journal (pages 18-19). The process began with a collaboration between Penn's Department of Psychiatry and the Psychoanalytic Center of Philadelphia (PCOP), and proceeded through a series of meetings over a number of years involving faculty at Penn and PCOP. After considerable deliberation, the program received University faculty approval in late 2014 and was first offered to Penn undergraduates in September 2015. Given that many of the planning sessions occurred over the mid-day meal, the article is appropriately titled, "Lunch: Or How to Develop an Undergraduate Minor in Psychoanalytic Studies."

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Penn's New Undergraduate Minor in Psychoanalytic Studies

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The article briefly describes the structure of the minor. Most of the courses are taught by Penn faculty, but some are co-taught by PCOP faculty, and others have some degree of participation by psychoanalysts. Each student enrolled in the minor has the opportunity to meet monthly with a PCOP member as a psychoanalytic "mentor." Though only having just completed its first year, the program is off to a good start and the faculty behind its conception and creation are optimistic about its potential relevancy in other academic/clinical settings. They wrote, "The experiment at Penn is barely underway, but is going well so far. The model for the program could, in principle, be readily duplicated, which would please its creators."

The three authors of the article are: Dr. Blum, Clinical Assistant Professor of Psychiatry in the Department of Psychiatry, Adjunct Professor of Anthropology at Penn, and a faculty member at PCOP; Dr. Summers, Clinical Professor of Psychiatry and Co-Director of Residency Training in the Department of Psychiatry at Penn and a faculty member at PCOP; and Greg Urban, PhD, the Arthur Hobson Quinn Professor of Anthropology and Chair of the Department of Anthropology at Penn. Drs. Blum and Urban are the Co-Directors of the undergraduate minor in Psychoanalytic Studies.

View the article on Penn's undergraduate minor in Psychoanalytic Studies in the Winter/Spring 2016 issue of *The American Psychoanalyst* (pages 18-19) at - http://www.apsa.org/sites/default/files/tap_vol50no1.pdf

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. (For a more complete listing, please visit - <http://www.med.upenn.edu/psych/news.html>.)

New Moms and Their Struggle with Depression and Anxiety



C. Neill Epperson, MD spoke about postpartum depression - what it feels like, why it happens, and how it can be treated - in an April 1, 2016 discussion on WHYY's (Philadelphia) Radio Times program. Dr. Epperson was joined in the interview by Karen Kleiman, MSW, LCSW, Founder and Executive Director of the Postpartum Stress Center in Rosemont, Pennsylvania.

About one-in-seven women who bear a child will experience postpartum depression, from mild to debilitating. They may feel overwhelmingly sad, guilty, extremely anxious, or even suicidal. Yet, there remains a lot of stigma around this disorder, which can prevent women from seeking help. Earlier this year a Department of Health and Human Services' panel recommended, for the first time, that all women be screened for depression during pregnancy and after giving birth. During the Radio Times segment, Dr. Epperson commented on the experience of South Philadelphia mom Lindsey Love, who spoke with producer Elizabeth Fiedler about her struggles with postpartum depression. Among other topics, Dr. Epperson discussed the behavioral and mental health impact of hormonal changes during pregnancy and in the postpartum period, and noted ongoing research at the Penn Center for Women's Behavioral Wellness on potential new treatments for postpartum depression.

Dr. Epperson is Professor of Psychiatry and Obstetrics and Gynecology and Director of the Penn Center for Women's Behavioral Wellness (PCWBW) in the Department of Psychiatry at Penn.

Listen to the April 1, 2016 discussion on WHYY's (Philadelphia) Radio Times program at - <http://whyy.org/cms/radiotimes/2016/04/01/new-moms-and-their-struggle-with-depression-and-anxiety/>

Marijuana in the Tri-state Area



Teresa R. Franklin, PhD participated in a panel discussion on WHYY's (Philadelphia) Radio Times on April 4, 2016 on the subject of the legalization of medical marijuana and the ramifications of legalizing a substance that can lead to addiction in subgroups of people. The other panelists were Susan K. Livio, a Statehouse Reporter for *The Star-Ledger* and *nj.com*; Maria Panaritis, regional news writer for the *Philadelphia Inquirer*; and Joel Gelernter, MD, the Foundations Fund Professor of Psychiatry and Professor of Genetics and of Neuroscience at Yale University. Dr. Franklin focused her comments on the science behind medical marijuana, risks of addiction and symptoms of withdrawal from marijuana, new research on marijuana addiction, and how the drug impacts young brains.

Dr. Franklin is Research Associate Professor of Neuroscience in Psychiatry and a member of the Center for Studies of Addiction in the Department of Psychiatry at Penn.

Listen to the April 4, 2016 discussion on WHYY's (Philadelphia) Radio Times program at - <http://whyy.org/cms/radiotimes/2016/04/04/marijuana-in-the-tri-state-and-new-research-on-pot/>

The Late Night Food Chain



Kelly C. Allison, PhD was interviewed by the BBC World Service for a segment on late night eating - the habits, food availability and cultural shifts toward eating later. Dr. Allison discussed the impact of eating late at night on weight and weight-related health issues. Among other observations, Dr. Allison said that calories taken in at night may be more readily stored as fat than calories consumed during the day.

Dr. Allison is Associate Professor of Psychology in Psychiatry and Director of Clinical Services in the Center for Weight and Eating Disorders in the Department of Psychiatry at Penn.

Listen to the BBC World Service segment at - <http://www.bbc.co.uk/programmes/p03qfbq7>

Sorry? Six Steps for a Successful Apology



Jacqueline Hudak, PhD, LMFT was quoted in an April 14, 2016 CBSNews article about a study revealing that there are six elements that go into an effective apology. The study was led by Roy J. Lewicki, PhD at The Ohio State University's Fisher College of Business. Dr. Hudak was not involved in the research.

In the article, Dr. Hudak said that when it comes to apologies between spouses and family members, different approaches may be more effective. With spouses, for example, she uses an accountability model more than an apology-based approach. If you're only saying "I'm sorry, I'm sorry, I'm sorry," and you're not changing your behavior, Dr. Hudak said the person being apologized to might feel pressure to let go of their position.

"There are typical, common issues families live with where they're dealing with repetitive and chronic, hurtful infractions every day. That's why I move from an apology to, 'I can really understand how I hurt you,'" said Dr. Hudak, who says interpersonal relationships are often more focused on the work of repair - number five on the study's list.

Dr. Hudak is a family therapist and Clinical Director of the Center for Couples and Adult Families in the Department of Psychiatry at Penn.

View the April 14, 2016 CBSNews article at - <http://www.cbsnews.com/news/sorry-heres-how-to-apologize-according-to-science/>

Desperately Seeking Shut-Eye



Michael Perlis, PhD was quoted in a March 1, 2016 article in *The Scientist* about new insomnia drugs coming to market, specifically orexin receptor antagonists such as suvorexant (Belsomra). Orexin, also called hypocretin, is a neuropeptide that regulates wakefulness. "The orexin system is a super candidate as a target for insomnia treatment," Dr. Perlis told the publication. "There are lots of reasons to believe some people with insomnia are hypersecretors of orexin, which is why they can't sleep. Toning down orexin is a brilliant idea." This said, "The central question is whether this approach is generally applicable."

Using drugs to treat insomnia carries with it the risk of psychological addiction. Most clinicians prescribe insomnia pills to be used sparingly, only a few times per week. "But this is a disaster because on the nights the patient doesn't take the pill, he expects to sleep poorly, and learns that he can't sleep without a pill," said Dr. Perlis. In a recent pilot study of 55 individuals, Dr. Perlis and his colleagues addressed this problem by having patients take placebos on non-medication nights. This approach was found to yield results that were comparable to nightly dosing with a standard medication (*Sleep Med*, 16:1160-68, 2015). On nights without a pill, those who followed the standard intermittent dosing regimen slept more poorly and had more next-day insomnia symptoms.

While research on the medical treatment of insomnia continues, cognitive behavioral therapy for insomnia (CBT-I) - a non-medication based treatment - remains the first best option. "None of the available sleeping pills are curative, and therapy with hypnotics is considered a form of palliative care," said Dr. Perlis. "Only CBT-I appears to confer durable results lasting months and years after treatment is discontinued."

Dr. Perlis is Associate Professor of Psychology in Psychiatry and Director of the Penn Behavioral Sleep Medicine Program in the Department of Psychiatry at Penn.

Dr. Perlis is Associate Professor of Psychology in Psychiatry and Director of the Penn Behavioral Sleep Medicine Program in the Department of Psychiatry at Penn.

View the March 1, 2016 article in *The Scientist* at - <http://www.the-scientist.com/?articles.view/articleNo/45356/title/Desperately-Seeking-Shut-Eye/>

Awards and Honors

Penn Honors

Dr. Hutchings Receives Teaching Award from Medical School



photo courtesy of
<http://www.drjasonhutchings.com/about/>

Jason J. Hutchings, PsyD received the 2016 Dean's Award for Excellence in Medical Student Teaching by an Allied Health Professional from the Penn Perelman School of Medicine. This award was established in 1996-97 to recognize outstanding teaching by allied health professionals (e.g., nurses, physician's assistants, emergency medical technicians). Dr. Hutchings is Clinical Associate of Psychiatry in the Department of Psychiatry at Penn and serves as the attending psychologist on 6 Spruce, the inpatient psychiatric unit at Pennsylvania Hospital. He has been a part of the Department since starting his internship in 2011 and has continued on staff since 2013, teaching medical students, psychology interns, and psychiatry residents. He teaches psychotherapeutic technique and conceptualization, psychological testing and mindfulness-based intervention, and lectures in several courses for psychiatry residents. He has also co-created a mindfulness program for Penn employees.

For more about the teaching award and Dr. Hutchings, visit the April 12, 2016 issue of the *Almanac* at - <http://www.upenn.edu/almanac/volumes/v62/n30/perelmanmedicineteachingawards.html>

Clinical Recognition

Psychiatry Faculty Again Make the "Top Doctors" List



Five (5) Department of Psychiatry physicians were recognized as top doctors in the region in the *Philadelphia Magazine Top Docs*™ May 2016 issue— **Kyle M. Kampman, MD** (Addiction Psychiatry); **Anthony L. Rostain, MD, MA** (Child and Adolescent Psychiatry); **Joel E. Streim, MD** (Geriatric Psychiatry); **Edward S. Brodtkin, MD** (Psychiatry); and **Michael E. Thase, MD** (Psychiatry).

Upcoming Events

Department of Psychiatry Grand Rounds are held on the designated dates in the designated locations. Please note any changes in time. The next lectures are listed below. For more information about Grand Rounds and the 2015-16 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

May 26, 2016

Brandon A. Kohrt, M.D., Ph.D.

Assistant Professor
Department of Psychiatry & Behavioral Sciences
Assistant Research Professor
Duke Global Health Institute
Duke University School of Medicine

Location: BRB II/III Auditorium

Time: 12:00PM

June 2, 2016

The Arthur & Ilene Dalinka Penn Psychiatry Ethics Grand Rounds

Paul S. Appelbaum, MD

Elizabeth K. Dollard Professor of Psychiatry, Medicine, and Law
Director, Division of Law, Ethics and Psychiatry
Department of Psychiatry
College of Physicians and Surgeons
Columbia University

Location: Jordan Medical Education Center (JMEC) Law Auditorium

Time: 12:00 pm

In Memoriam

In Memoriam – Richard G. Lonsdorf, MD



photo from Penn Almanac at
<http://www.upenn.edu/almanac/volumes/v62/n29/obit.html>

Richard G. Lonsdorf, MD, former Emeritus Professor of Psychiatry in Penn's Department of Psychiatry, died on March 18, 2016. The Department extends its deepest condolences to the entire Lonsdorf family. The following obituary appeared on Philly.com.

Obituary on Philly.com (March 25, 2016)

[http://www.philly.com/philly/news/local/20160324_Richard_Lonsdorf__psychiatry_professor.html]

Richard G. Lonsdorf, 93, of Gladwyne, a professor of psychiatry and law at the University of Pennsylvania Law School and a nationally known expert on the insanity defense, died Friday, March 18.

Dr. Lonsdorf died of congestive heart failure at the Waverly Heights retirement community.

In the 1950s, Dr. Lonsdorf, by then a psychiatrist, agreed to help the school develop a course in forensic law, dealing with legal issues relating to the criminal mind.

The course became a mainstay of the curriculum, and Dr. Lonsdorf taught it for more than 40 years to generations of Philadelphia lawyers and judges.

Dr. Lonsdorf was one of the pioneering authorities on the use of the insanity defense in criminal cases, and lent his expertise to state and federal lawmakers who were crafting rules for the introduction of such evidence at trial.

He often testified in court, including as a consulting psychiatrist in the legal challenges that followed the 1982 conviction of John Hinckley Jr. for the attempted assassination of President Ronald Reagan. Hinckley was ruled not guilty by reason of insanity.

Born in Scranton, Dr. Lonsdorf earned a bachelor's degree from the University of Scranton in 1942. In 1946, at age 23, he graduated from what is now the Perelman School of Medicine at the University of Pennsylvania.

In the aftermath of World War II, Dr. Lonsdorf served with the Navy Medical Corps in Fort Worth, Texas, where he met and married Alice Whitten Belew.

The couple moved to Philadelphia, and Dr. Lonsdorf returned to Penn to complete training as a psychiatrist and, later, a psychoanalyst. At the same time, he ran a busy private psychiatry practice in his home and at an office in Center City.

He and his wife raised three boys in Villanova and then Penn Valley. He coached Little League and took his family on monthlong road trips across the United States almost every August.

Dr. Lonsdorf was remembered by his family for his sharp intellect and warm heart.

"He was a friendly man who amused and charmed everyone he met. Open-minded, gregarious, and curious, he could relate to those of diverse backgrounds and beliefs," his family said in a statement.

The Lonsdorfs moved from Penn Valley to Waverly Heights in 2001. In retirement, they traveled the world. Dr. Lonsdorf shared his two loves, teaching and music, by hosting a weekly group called Music, Music, Music at the retirement community.

Part of the fun for group members was hearing records from his extensive collection. "Moreover, he could be counted on to burst into an Ella Fitzgerald, Louis Armstrong or Cole Porter tune, with or without urging," his family said.

He is survived by sons George, David, and Robert; four grandchildren; and two great-grandchildren. His wife died in 2014.

A celebration of life will be held from 4 to 6 p.m. Thursday, March 31, at Waverly Heights, 1400 Waverly Rd., Gladwyne. Burial was private.

Donations may be made to the Sierra Club via www.sierraclub.org, or to the Nature Conservancy via <http://www.nature.org>.

View an article about Dr. Lonsdorf in the *Penn Almanac* at -- <http://www.upenn.edu/almanac/volumes/v62/n29/obit.html>