

Institute on

Ageing

University of North Carolina



**ANNUAL REPORT
1997-98**

Institute on **A**ging

University of North Carolina



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In August 1996, the North Carolina General Assembly approved funding for the creation of an Institute on Aging under the umbrella of the University of North Carolina 16-campus system and based on the campus of the University of North Carolina at Chapel Hill. The three-fold mission of the UNC Institute on Aging is to develop innovative programs of interdisciplinary gerontological education and practice; provide state-of-the-art information to policy makers, program managers, service providers, clinicians, and the general public; and promote collaborative applied and basic gerontological research.

The Institute on Aging has had an extremely productive second year, building on efforts reported in its first year of operation that established the basic elements of the organizational infrastructure and launched a wide range of educational, public service, and research activities. During the 1997-98 fiscal year, the Institute's focus was on the continued growth and refinement of the organizational infrastructure to handle the Institute's rapidly expanding programmatic activities. This included nine additional appointments to the Institute's administrative staff or policy board, as well as the expansion of the partnership base of the Institute to include 10 of the 16 UNC System campuses, the state's private universities (Duke University and Wake Forest University), and the network of aging services and advocacy groups within the state. This concerted expansion effort was carried out to further realize the goal of building and securing the Institute's interinstitutional base and to more comprehensively represent and serve the many interests in aging-related education, service and research activities within the state.

Several associate directors have taken their place and are actively engaged in Institute-sponsored activities along with the other Institute leadership. This group includes:

Acting Director: Gordon H. DeFriese, PhD, Professor of Social Medicine, Epidemiology and Health Policy and Administration, University of North Carolina at Chapel Hill

Associate Director for Operations:
Mary Altpeter, MSW, MPA

Business Manager: Wendy Mann

Associate Director for Public Service and Extended Education: James P. Mitchell, PhD, Professor of Sociology and Family Medicine, and Director, Center on Aging, East Carolina University

Associate Director for Graduate Education: Peter R. Uhlenberg, PhD, Professor, Department of Sociology, University of North Carolina at Chapel Hill

Associate Director for Research: Carol C. Hogue, PhD, Associate Professor and Associate Dean, School of Nursing, University of North Carolina at Chapel Hill

Associate Director for Clinical Affairs: Jan Busby-Whitehead, MD, Associate Professor of Medicine and Geriatrics, School of Medicine, University of North Carolina at Chapel Hill

Associate Director for Minority Aging Research: Elizabeth J. Mutran, PhD, Professor, Department of Health Behavior and Health Education, School of Public Health, University of North Carolina at Chapel Hill

The Policy Board of the Institute has now been fully appointed. Members of the Board are as follows:

Cynthia M. Freund, PhD, Dean, School of Nursing, UNC-Chapel Hill, Chair

Jeffrey L. Houpt, MD, Dean, School of Medicine, UNC-Chapel Hill

William L. Roper, MD, Dean, School of Public Health

John W. Stamm, DMD, Dean, School of Dentistry, UNC-Chapel Hill

William H. Campbell, PhD, Dean, School of Pharmacy, UNC-Chapel Hill

Richard L. Edwards, PhD, Dean, School of Social Work, UNC-Chapel Hill

Risa I. Palm, PhD, Dean, College of Arts and Sciences, UNC-Chapel Hill

Thomas J. Bacon, DrPH, Director and Associate Dean, NC Area Health Education Centers Program

Bonnie M. Cramer, MSW, Director, Long-Term Care Policy Support Unit, NC Department of Health and Human Services

The Institute also invested considerable efforts, and about 60 percent of its total resources, in creating programming for statewide events and incentive grant opportunities that flow to the UNC System campuses and aging service agencies for development of locally based educational, service and research activities.

AGING-RELATED EDUCATIONAL PROGRAM DEVELOPMENT

With respect to statewide educational activities, the Institute has permanently established a widely publicized and highly successful quarterly Distinguished Lecture Series

that attracts national scholars and activists in the aging field who illustrate state of the art aging issues to audiences averaging between 75 to 150 faculty, students, providers, and older adults. As a regular practice, the Institute publishes the text of these lectures and distributes them to a mailing list of several hundred persons and organizations working in the aging field.

The Institute co-sponsored and supported the 24th national conference of the Association for Gerontology in Higher Education in Winston-Salem, as well as three statewide aging conferences, including the second annual NC Summer Symposium on Aging in Chapel Hill, the eighth annual North Carolina Association on Aging Conference in Morehead City, and the fourth annual Geriatric Mental Health Conference in Asheboro. The Institute on Aging is currently co-planning and providing fiscal support for the upcoming NC Summer Symposium on Aging in Boone in 1998 and in Fayetteville in 1999. In this connection, the steering committee for the Summer Symposium approached the Institute with the request that the Institute assume on-going responsibility for providing logistical support for the annual NC Summer Symposium on Aging.

The Institute on Aging has also been asked to assume the responsibility for the program of the Year 2000 Annual Meeting of the Southern Gerontological Society which will meet in the Research Triangle Park in the spring of that year. The Institute's Associate Director for Research, Dr. Carol Hogue, has been asked to serve as program chair. She will be assisted by the Institute's Associate Director for Public Service and Extended Education, Dr. James Mitchell of East Carolina University and Dr. Conrad Glass of North Carolina State University.

During the past year, the Institute has convened a regular biweekly seminar series featuring presentations by more than 20 faculty from throughout the UNC System who have expertise and ongoing research experience related to *The Meaning and Measurement of Function*. These seminars have been intended to encourage further interdisciplinary collaboration among UNC System faculty and graduate students in areas of high relevance to the field of aging. These sessions have been well attended and have received strong encouragement from participants for continuation in the coming year. The number of UNC System faculty who have worked on problems and issues under this general rubric is impressive; this series of working seminars has illustrated the potential for further applications of faculty talent to these complex problems in the years ahead.

During the year, a total of 13 small incentive awards encouraged course development on aging-related topics at

the undergraduate and graduate levels at UNC System campuses, supported graduate student internships for leadership development in aging at the Duke University Center for Aging and Human Development, and funded five of the state's Area Health Education Centers (AHECs) for regionally-based continuing education for the aging services professional community. Of particular note is the funding of two projects to establish interdisciplinary certificate programs in gerontology at the School of Social Work at UNC-Chapel Hill and at UNC-Wilmington. See Appendix A for more details about the Institute's lectures, seminars, publications and training programs.

INITIATIVES IN AGING RESEARCH

In addition, there were more than 14 research grants awarded to faculty, postdoctoral, and graduate students on the UNC System campuses to pursue a broad range of medical, nutritional, social, and psychological problems faced by the older adults in the state. Planning for a Fall Research Conference at UNC-Chapel Hill is underway to showcase the 21 research projects that have been funded since the inception of the program. Plans are in process to schedule a Distinguished Lecture on Aging followed by a two-hour poster session displaying the work of those supported by the Institute for attendees to examine and discuss with the investigators. We will encourage a wide spectrum of aging field professionals to be present for this event. See Appendix B for more details about the Institute's research grants.

AGING-RELATED PUBLIC SERVICE ACTIVITIES

With respect to public service to the aging community, the Institute has been involved in a variety of activities. It has invested resources to create and maintain a new world wide web site, <www.aging.unc.edu>. This site is designed to include a wealth of information, including details about the Institute on Aging, web resources, events related to aging, courses on aging topics, databases on older adult populations, and discussion groups.

In addition, the Institute's Acting Director, Dr. Gordon H. DeFries, has been appointed to the Governor's Advisory Council on Aging. Several Institute staff have been participating in a locally-based collaborative planning effort with the towns of Chapel Hill and Carrboro government and community leaders, Orange County government, the UNC-CH, UNC Hospitals and local service providers to explore the potential for building a shared campus of programs and institutions serving older adults in the Southern Orange County area.

Institute staff have met on several occasions with groups of local aging services providers throughout the state to learn about issues and problems of concern to these aging services professionals and to determine how the Institute may be helpful. Efforts are underway to structure new and innovative ways of bringing the expertise of aging research together with the experience base of these agencies to seek more effective translations of research-based knowledge into practical applications to benefit older adults in our state.

NEW CENTER FOR MINORITY AGING WITHIN THE INSTITUTE

In addition to its research, education, and public service divisions, the Institute on Aging also houses the Center for Minority Aging (CMA) which is funded by a \$3.3 million grant from the National Institute of Nursing Research, the National Institute on Aging, and the Office of Research on Minority Health of the National Institutes of Health. This year has been highly productive for the CMA. It has pursued its mission of promoting research and training in minority aging on the campuses of the four collaborating institutions: Fayetteville State University, North Carolina Central University, East Carolina University, and UNC-Chapel Hill. The CMA, in partnership Fayetteville State faculty member Dr. Maxwell Twum, successfully applied for an NINR four-year supplemental grant that adds more than \$220,000 to minority aging research in the state. Through the eight grants awarded in the past two years through this new program of the Institute, the CMA has provided more than \$100,000 to launch research in minority aging. With respect to research training activities, the CMA Measurement and Methods Core has instituted a series of research design and methods seminars and is providing one-on-one mentoring to individual investigators from these campuses. To expand its reach to all of the UNC campuses, the CMA is also supporting two teleconferences

in minority health research through the UNC-CH Summer Public Health Research Institute.

With respect to community service activities, the CMA has initiated programming to raise awareness of the needs of minority elders and to build many community/campus partnerships. These activities include the establishment of a "community review board" to serve as a mediary between community member and academic researchers, and the creation of a database of African American churches in the Durham area that serve as a mechanism for gaining insights into the educational needs of minority elders. The CMA is also establishing minority aging interdisciplinary discussion groups on campuses and conducting presentations to students to raise awareness of the field of minority aging research. See Appendix B for more details about the Center on Aging's research grants.

SUMMARY

These are but the highlights of a very diverse and creative set of activities that took place during 1997-98 under the umbrella of the new Institute on Aging of the University of North Carolina. Those interested in the development of the Institute are encouraged to follow its activities via the Institute's world wide web site and periodic publications from the Institute. Further information may be obtained from the address below:

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APPENDIX A - AGING-RELATED EDUCATIONAL PROGRAM DEVELOPMENT

Quarterly Distinguished Lecture Series in Aging

Preventive Gerontology: A Personalized, Designer Approach to a Life of Maximum Quality and Quantity (October, 30, 1997)

William Hazzard, MD, Director, J. Paul Sticht Center on Aging, Wake Forest University School of Medicine

The Power of Education in Shaping the Path of Aging (December, 4, 1997)

James Birren, PhD, DSc, Associate Director, Center on Aging, University of California, Los Angeles, Multicampus Division of Geriatric Medicine and Gerontology, School of Medicine

The Expected Life Course: Often Unfulfilled, Often Consequential (March 26, 1998)

David Eckerdt, PhD, Associate Professor, Department of Sociology and Research Scientist, Gerontology Center, University of Kansas

Changing Care Paradigms Through a Program of Research: The Case of Physical Restraints (April 23, 1998)

Lois Evans, DNSc, FAAN, Director, Academic Nursing Practices, School of Nursing, University of Pennsylvania

Monthly Seminar Series on Aging at UNC-Chapel Hill (Spring, 1998)

Conceptualizing Human Function (January 8, 1998)
James Beck, PhD, Kenan Professor of Dentistry, School of Dentistry; Anne-Linda Furstenberg, PhD, Associate Professor, School of Social Work; Philip Sloane, MD, MPH, Professor, Department of Family Medicine

Measurement of Physical Function (January 22, 1998)
Leigh Callahan, PhD, Research Assistant Professor of Medicine and Associate Director, Thurston Arthritis Research Center; Carol Hogue, PhD, RN, Associate Professor of Nursing and Associate Dean for Graduate Studies, School of Nursing, and Associate Director for Research, UNC Institute on Aging

Measurement of Cognitive Function (February 5, 1998)
Marilyn Hartman, PhD, Associate Professor, Department of Psychology

Social Dimensions of Human Function (February 26, 1998)

James Mitchell, PhD, Professor of Sociology and Director, Center on Aging, East Carolina University, and Associate Director for Public Service and Extended Education, UNC Institute on Aging; Elizabeth Mutran, PhD, Professor of Health Behavior and Health Education, and Associate Director for Minority Aging Research, UNC Institute on Aging

Emotional Aspects of Human Function (March 5, 1998)
Robert DeVellis, PhD, Research Professor, Health Behavior and Health Education, and Associate Director, Thurston Arthritis Research Center

Integrated Approaches to the Meaning and Measurement of Function Part I (March 19, 1998)

Gordon DeFries, PhD, Professor of Social Medicine, Epidemiology and Health Policy and Administration, and Director, Sheps Center for Health Research, and Acting Director, UNC Institute on Aging; Tom Elasy, MD, Clinical Scholar, and Clinical Instructor in Medicine, School of Medicine

Integrated Approaches to the Meaning and Measurement of Function Part II (April 2, 1998)

Mark Williams, MD, Professor of Medicine, Director, Program on Aging in Medicine; John Winfield, MD, Smith Professor of Medicine, and Director, Thurston Arthritis Research Center

Published Distinguished Lectures

Social Factors and Illness, Linda K. George, PhD, Department of Sociology, Center for the Study of Aging and Human Development, Duke University

The Wisdom of Age: An Historian's Perspective, W. Andrew Achenbaum PhD, Institute of Gerontology, University of Michigan

Age Integration: Challenge to a New Institute, Matilda White Riley, DSc, Senior Scientist, Program on Behavior and Social Research, National Institute on Aging (NIH)

Ways to Make "Usual" and "Successful" Aging Synonymous: Preventive Gerontology, William Hazzard, MD, Wake Forest University School of Medicine, Reprinted from the Western Journal of Medicine, Preventive Gerontology

Training Programs offered by Area Health Education Centers

Psychosocial Factors Associated with Aging: EAHEC
Donna Ignatavicius, RN, MSN, University of
Maryland

*Care and Management of the Elderly Patient: Dealing
with Agitation, Dementia and Depression:* GAHEC
Gerald Plovsky, MD, Michael Roberson, MD, Moses
Cone Health System; Lisa Gable, MSW, Moses Cone
Hospital; Bernard Carroll, MD, PhD, Duke University;
Melanie Bunn, RN, MS, GPN, Wilmington Senior
Wellness Center

The Big Picture: Communities Caring for the Person:
GAHEC
Gerald Plovsky, MD, Michael Roberson, MD, Moses
Cone Health System; Lisa Gable, MSW, Moses Cone
Hospital; Bernard Carroll, MD, PhD, Duke University;
Melanie Bunn, RN, MS, GPN, Wilmington Senior
Wellness Center

The Eden Alternative: MAHEC
Nancy Smith-Hunnicut, Area Agency on Aging,
Asheville; Billie Roberson, Pardee Adult Day Care/New
Life Center, Hendersonville

The Spirit: A Critical Piece in the Care of Older Adults:
Northwest AHEC
Linda George, PhD, Duke University; Walt Davis,
MD, Wake Forest School of Medicine

Special Issues in Geriatric Mental Health: Southern
Regional AHEC
Rebecca Schein, PhD, Director, Behavioral Medicine

*Geriatric Pharmacology Update: Focus on Osteoporosis
and Alzheimer's Disease:* Wake AHEC
Tina Harrison, PharmD, Campbell University; Robert
Lahue, PhD, Columbia Cape Fear Memorial Hospital
Senior Health Center

Aging Well into the 21st Century: Area L AHEC
Susan W. Horrell, BS, Director, Interdisciplinary Aging
Education

APPENDIX B - INITIATIVES IN AGING RESEARCH

Faculty, Postdoctoral, and Graduate Student Pilot Research Projects

Grandparents Raising Grandchildren: Luci Bearon, PhD, Department of Family and Consumer Sciences, NCSU; Katherine Follett, BA, MS, Department of Psychology, NCSU

Terminal Care in Nursing Homes: Laura Hanson, MD, Division of General Medicine and Clinical Epidemiology, School of Medicine, UNC-CH

Nutrition and Functional Status: Namvari Zohoori, PhD, Department of Epidemiology, School of Public Health, UNC-CH

Vaginal Infections in Postmenopausal Women: Lisa Pastore, MD, Department of Epidemiology, School of Public Health, UNC-CH

African American Caregivers: Ishan Canty, BA, MS, Department of Human Development and Family Studies, UNC-Greensboro

Temporal Memory and Aging: Julie Dumas, BA, Department of Psychology, UNC-CH

Older Veterans' Longitudinal Use of VA and Medicare: John O'Donnell, Department of Health Policy and Administration, School of Public Health, UNC-CH

Women's Health Trajectories and Social Roles: Kristie Schatzberg, MS, Department of Health Behavior and Health Education, School of Public Health, UNC-CH

Magnifying Disability: Urologic Symptoms with End Stage Hip Disease with Total Hip Arthroplasty: Susan Sherman, RN, MSN, School of Nursing, UNC-CH

Age Associated Memory Impairment: Rebecca Smith, BS, MA, Department of Psychology, UNC-Greensboro

The Effects of Mental Imagery Combined with Physical Practice for Improving Physical Performance: Franziska Zabolitzki, Physical Therapy, Department of Medical Allied Health, School of Medicine, UNC-CH

Other Projects

Psychosocial Factors in the Genesis of Chronic Pain in Older Adults: John Winfield, MD and Leigh Callahan,

PhD, Thurston Arthritis Research Center, UNC-CH
Incompetency Assessment Scale (IAS) Psychometric Refinement: Diane Kjervik, JD, RN, FAAN, School of Nursing, UNC-CH

Course Development, *Aging and Balance:* Carol Giuliani, PhD, Physical Therapy, Department of Medical Allied Health, School of Medicine, UNC-CH

Planning for post-baccalaureate *Certificate in Gerontology:* Eleanor Covan, PhD, Coordinator, Gerontology Program, UNC-Wilmington

Planning for graduate *Certificate in Gerontology:* Richard Edwards, PhD, Dean, School of Social Work, UNC-CH

Center on Minority Aging Grants

An Exploration of Differences by Race in Self-Reported Communication with Primary Care Physicians and Patient Satisfaction: James Mitchell, PhD, Center on Aging and Department of Sociology, ECU

African American Elderly and Long-Term Care Facilities: Philip Sloane, MD, MPH, Department of Family Medicine, UNC-CH

Attitudes and Knowledge Concerning Medical Screening in a Group of Elder African Americans: Ellwood Robinson, PhD, Department of Psychology, NCCU

Behavioral, Psychological and Cultural Mediators of Health Status in Elderly African American Women: Debra Terrell, PhD, Department of Psychology, UNC-Charlotte

Elderly African American Return Migrants' Perception of Health Care Resources
Iris Carlton-LaNey, PhD, School of Social Work, UNC-CH

Literacy and Numeracy Levels in Patients Taking Warfarin: Carlos Estrada, MD, MS, School of Medicine, ECU

Profiling Physicians who Care for African American Elders in North Carolina: Thomas R. Konrad, PhD, School of Medicine, UNC-CH

Minority Aging Research Development: Sandra Moody-Ayers, MD, School of Medicine, UNC-CH