

GerontologyNews

Strategies to
Support
**Adequate
Nutrition**
in Older Adults



GSA Addresses Nutrition's Role in Brain Health

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From the CEO

GSA's year in review

A new GSA publication due out during the Annual Scientific Meeting, "[Strategies to Support Adequate Nutrition in Older Adults: Proceedings from a Roundtable](#)," shares insights from an expert roundtable discussion that the Society conducted in June.

There is a growing body of evidence that shows that healthful nutrition reduces risk for a number of

conditions associated with advancing age including cognitive decline/dementia, osteoporosis, cardiovascular conditions, and sarcopenia. However, older adults often do not obtain adequate amounts of micronutrients from their regular dietary patterns and are at risk for nutritional deficiencies. Risk for inadequate vitamin and mineral intake increases as people age.

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Educational News

Working with
Indigenous elders

GSA Welcomes Harvath as Visiting Scholar to Focus on Family Caregiving

Past Board Chair and President Terri Harvath, PhD, RN, FAAN, FGSA, has joined the Society as part of its [Visiting Scholar and Executive Program](#). This opportunity is open to members able to make a full- or part-time commitment to conduct work on GSA projects related to their area of expertise.

In this role, Harvath, will work on a project intended to improve the lives of aging individuals and their



care partners by maximizing clinician training of family caregivers, as enabled

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Journal News

Call for
editors-in-chief

Join a GSA Interest Group

Did you know GSA **has more than 60 interest groups** covering a range of topics? Each has its own GSA Connect Community to share information and resources.

Stay Connected



From the CEO

Let's Celebrate GSA's 2024 Accomplishments Together



By James Appleby, BSPharm, MPH
jappleby@geron.org

When we see each other in Seattle for the Annual Scientific Meeting, please join me in celebrating some exciting GSA milestones from the past year. Below are five that are especially noteworthy. You'll hear about these and more in Seattle – including in a special print edition of *Gerontology News* exclusively for meeting attendees!

GSA continues to expand its portfolio of **programs that utilize the KAER model** – kickstart, assess, evaluate, refer. In September, GSA released a new edition of its [KAER Toolkit for Brain Health](#) in an online format, which supports primary care teams in implementing a comprehensive approach to initiating conversations about brain health, detecting and diagnosing dementia, and providing individuals with community-based supports. GSA also issued a companion toolkit, [Addressing Brain Health in Adults with Intellectual Disabilities and Developmental Disabilities](#).

We expanded our annual Careers in Aging Week recognition to **Careers in Aging Month** in 2024! Throughout March, GSA and multiple partners promoted a wide array of disciplines and careers, including direct service, research, and education. And at the Annual Scientific Meeting's [Careers in Aging Day](#), participants will have a free chance to learn about GSA, career options in the aging field, the workings of a professional conference, and educational options at local colleges and universities.

On the **policy and advocacy front**, GSA launched its member-exclusive [Federal Policy Pulse newsletter](#) highlighting congressional and regulatory activities. We led policy

advancement for the Treat and Reduce Obesity Act and advocated for greater vaccine access for underinsured and uninsured adults. And GSA offered evidence-based comments on many topics including a proposal to reorganize the National Institutes of Health, the need for robust investments in the Older Americans Act Reauthorization, the content of National Institute on Aging's Strategic Directions for Research, and the importance of the Strategic Framework for a National Plan on Aging.

The [National Center to Reframe Aging](#), led by GSA, became a leading partner with multiple states in the development and implementation of their multi-sector plans on aging. In April, a diverse group of thought leaders convened for *Summit 2024: The Movement to Reframe Aging* – providing insight into real world applications of proven communication strategies and tools. And in August, the National Center received the Arthur Flemming Award from ADvancing States, which recognizes outstanding contributions in advancing public policy in aging.

GSA's Board of Directors has adopted **a new strategic plan** to be implemented in 2025, that supports our vision of "meaningful lives as we age." The plan also continues to support GSA's mission to "foster excellence, innovation, and collaboration to advance aging research, education, practice, and policy." There are five strategic goals that adhere to the Society's values of integrity, interdisciplinarity, and agility. Watch for more details in the December issue of *Gerontology News*!

MemberNews

Honors/Appointments/Career Transitions

- GSA Vice **President Marilyn R. Gugliucci, PhD, FGSA, FAGHE**, has been bestowed with the Lasting Legacy Award from the Maine Council on Aging, which celebrates the sustained leadership of people whose commitment, ideals, and actions throughout their careers have brought about lasting and positive change to the lives of older Mainers. Gugliucci is a professor and the director of geriatrics education and research at the University of New England College of Osteopathic Medicine.
- **Joe Verghese, MBBS, MD, MS, FGSA**, has been named chair of the Department of Neurology at the Renaissance School of Medicine at Stony Brook University. Verghese comes to the university after more than two decades at the Albert Einstein College of Medicine, where he served as professor of Neurology & Medicine and was Einstein's inaugural chief of the Division of Cognitive & Motor Aging in the Department of Neurology.
- **Michael Marcus, MSW**, has been named a research professor and director of the Center for Community, Innovation, and Aging at the University of Maryland Baltimore County's Erickson School of Aging Studies.
- **Sara Espinoza, MD, MSc**, has been named to the Board of Directors of the American Federation for Aging Research. Espinoza is a dual board-certified internist & geriatrician who directs the Center for Translational Geroscience and co-directs the Diabetes & Aging Center at Cedars-Sinai Medical Center in Los Angeles.



Member Spotlight

GSA's website features monthly Q&A sessions with distinguished members. The current spotlight shines on: **Kallol Kumar Bhattacharyya, MBBS, MA, PhD**

Member Referral Program

This month's \$25 Amazon gift certificate winner:

Daniel Mroczek, PhD, FGSA (who referred new member **Kayla Garner, MS**)

To learn how you can become eligible, visit: www.geron.org/referral.

Members in the News

- The Resident Feature section of the August issue of *Intracoastal Living* profiled **Linda Krogh Harootyan, MSW, FGSA**, and **Robert "Bob" Harootyan, MS, MA, FGSA**.
- *The New York Times* quoted **Steven N. Austad, PhD, FGSA**, in a September 22 article titled "**This Shark Lives 400 Years. Its DNA May Explain Why.**"
- On September 25, **Patricia M. "Trish" D'Antonio, BSPHarm, MS, MBA, BCGP**, was quoted in the Prime Time Living section of *The Baltimore Sun* in an article titled "**Eliminating Ageism: Reframing How We View and Talk About Older Adults.**"
- On October 7, an Associated Press article titled "**Don't expect human life expectancy to grow much more, researcher says**" included quotes from **Eileen Crimmins, PhD, FGSA**, and **S. Jay Olshansky, PhD, FGSA**.

We welcome member submissions at news@geron.org!

Recent Policy Actions



Patricia M. "Trish" D'Antonio
BSP Pharm, MS, MBA, BCGP
Vice President of Policy and Professional Affairs



Thomas Jordan Miles III, BA
Director of Policy

To learn more about GSA's advocacy-related activities, visit www.geron.org/advocacy

GSA responded to several requests for comment from the National Institute on Aging [regarding its Strategic Directions for Research 2026-2030](#); the Administration for Community Living and the Interagency Coordinating Committee on Healthy Aging and Age-Friendly Communities (ICC) regarding its [Strategic Framework for a National Plan on Aging](#); and the Office of Disease Prevention and Health Promotion regarding its [Dietary Guidelines for Americans 2025-2030](#).

GSA published a new podcast in its Policy Profile Series, titled "[Latest Congressional Actions Around the Treat and Reduce Obesity Act](#)" and hosted by Vice President of Policy and Professional Affairs Patricia D'Antonio.

GSA's policy team participated in several recent meetings, including the National Obesity Policy Forum organized by the [Obesity Care Advocacy Network](#), [Obesity Action Coalition](#), the Centers for Disease Control and Prevention's Fall Immunization Kick-Off Event, and the [2024 National Institutes of Health Alzheimer's Research Summit](#).

GSA made several recent Capitol Hill visits, including three with the [Adult Vaccine Access Coalition](#) (AVAC) with the offices of Representative Earl "Buddy" (R-GA), Representative Larry Buchson, MD (R-IN), and Representative Neal Dunn (R-FL). GSA also participated in a visit with the office of Senator Maria Cantwell (D-WA) regarding advancing the [Treat and Reduce Obesity Act](#).

The Art of Care: The Three P's in the Care Space

By Brian Lindberg, MMHS, FGSA
GSA Policy Advisor

Lately there has been a range of activity to improve care for older people and people with disabilities. These surprisingly fit into our three-P framework – politics, policy, and process – as described below.

Campaigning on Medicare and Family Caregiving

Politics: On the campaign trail, presidential candidate Vice President Kamala Harris has proposed [Medicare at Home](#), an expansion of Medicare to cover home care that is not



associated with skilled care, as well as coverage of hearing and vision exams and eyeglasses and hearing aids. The home care provisions would allow Medicare to pay for assistance in the home for activities of daily living like bathing, eating, and toileting and/or if the beneficiary faces serious cognitive impairment.

Currently, home health coverage in Medicare is not intended for unskilled, longer-term care. Harris noted that this benefit would alleviate the financial strain faced by family caregivers, especially those in the “sandwich generation,” often women, who care for both young children and parents. KFF has a comparison of health care positions between the presidential candidates.

Hospice Policy Advances

Policy: On September, Representative Earl Blumenauer (D-OR) introduced [H.R. 9803](#), the Hospice Care, Accountability, Reform, and Enforcement (Hospice CARE) Act. This legislation would improve the integrity of the hospice program under Medicare, which has been largely unchanged since its inception in 1982. Blumenauer [stated](#), “Patients and families deserve better. ... It is past time for Congress to act to end the fraud, waste, and abuse within the hospice benefit and bring it into the 21st century.”

Among other provisions, the bill:

- Imposes a temporary, nationwide moratorium on the enrollment of new hospice programs for a five-year period beginning on the date of enactment to allow the secretary of health and human services to review care and payment provisions;
- Extends oversight of newly-enrolled hospice programs from one year to two years;
- Reforms the payment system to incentivize high-quality care; and
- Requires the secretary to submit a report to Congress no later than January 2027 on hospice

ownership and control trends and the role of private equity in the hospice industry.

RAISE Progress

Process: The Administration for Community Living presented a [progress report](#) to Congress on the implementation of the 2022 National Strategy to Support Family Caregivers. The report describes how nearly all the initial 350 federal commitments in the initial strategy have been completed or are in progress. Of note, the “federal actions contained in the strategy are significant but somewhat constrained by the RAISE Family Caregivers Act requirement that they be “within scope of existing programs.” Therefore, the federal actions within the strategy are limited to activities possible under existing budgets, programs, and authorities.”

That said, the accomplishments are profound:

- New programs and initiatives: Federal agencies have added nearly 40 new actions to the federal commitments, bringing the total to just under 400.
- Improved efficiency and coordination: The process of developing the strategy improved federal agencies’ visibility into each other’s work, which has created opportunities for improved coordination of resources, as well as the development of joint initiatives.
- International engagement and collaboration: The strategy and the work of federal agencies to implement it have opened doors to increased collaboration with international partners, allowing the United States to share information and lessons learned with other countries and to accelerate the development of best practices that could be adopted in the U.S.

We applaud the hard work of our colleagues in these efforts and support advancing these policies further. I hope to see you at the Annual Scientific Meeting in Seattle!

by the 2024 Medicare Physician Fee Schedule. GSA plans to deploy a clinician-focused practice management course demonstrating how to effectively and efficiently engage with, and train, family caregivers.

"Dr. Harvath's knowledge, experience, and perspective on the complex and nuanced issues surrounding family caregiving is highly valued by the Society," said GSA CEO James Appleby, BSPHarm, MPH. "We look forward to working with her and adding her expertise to the GSA team."

As a member for nearly 40 years, Harvath said she is excited about the opportunity to contribute to the organization in a new capacity.

"GSA has been my professional home since 1986," Harvath said. "It is an honor to serve as a visiting scholar. I am excited to work with GSA staff and my colleagues in GSA to develop resources that will help health care professionals work more effectively with family caregivers."

She recently retired from her position as a clinical professor at the University of Minnesota School of Nursing, where she was also the associate director for clinical science and practice in the Center for Healthy Aging and Innovation. Previously, she was the director for the Family Caregiving Institute at the Betty Irene Moore School of Nursing at the University of California, Davis.

Her professional career is dedicated to improving the health and health care of older adults and their family caregivers through the integration of theory, practice, and research.

Harvath joins the company of GSA's four other visiting scholars and executives: Robin A. Barr, DPhil, Richard Browdie, MBA, FGSA, Kevin Crain, and Patricia W. Slattum, PhD. Previous visiting scholars include Katie Maslow, MSW, FGSA, and Ning Jackie Zhang, PhD, FGSA.

For further information, visit geron.org/vse.

Goals

The Visiting Scholar and Executive Program is designed to provide members with the opportunity to:



Goal 1

Advance GSA initiatives related to their professional interests.



Goal 2

Combine their research projects with GSA's programmatic needs.



Goal 3

View the aging research enterprise through the lens of the larger Society.



Goal 4

Broaden their professional network.

ESPO International Task Force Empowers Global Student Members



By Mengzhao Yan, MA,
Leonard Davis School of Gerontology, University of Southern California
ESPO International Task Force



By Lien Quch, PhD, MD, MS,
Urban Public Health Department, University of Massachusetts Boston
ESPO International Task Force



By Eunjung Ko, PhD, RN, AGPCNP-BC,
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By Joana Okine, MPhil,
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ESPO International Task Force



By Zexi Zhou, MA,
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ESPO International Task Force

The ESPO International Task Force (ITF) is dedicated to enriching the experience of international GSA ESPO members by offering tailored support and fostering global connections. ITF comprises five members and is leading the following projects to support international ESPO members.

Peer-to-Peer GSA Abstract Review

The ESPO ITF organizes a volunteer-based abstract review program for international ESPO members whose first language is not English. This initiative offers members the opportunity to receive feedback on their abstracts before the official deadline in March. In 2024, four volunteer reviewers helped revise six abstracts.

Peer Mentorship Program

Our peer mentorship program seeks to create a supportive community, exchange gerontology-related research expertise, and encourage worldwide, multidisciplinary collaborations among international ESPO members. We appreciate the efforts of 2023 ITF Co-Leads Athena Chan, PhD, and Eunyung Choi, PhD, as well as the support from GSA Director of Member Engagement Gena Schoen, in establishing the program's initial cohort.

The initial cohort matched 10 mentors with 22 mentees based on overall compatibility.

Mentors and mentees met on a regular basis to promote effective communication and foster mutually beneficial mentorship. After one year of the program, 15 participants completed an evaluation survey, with the majority expressing satisfaction with the program. Connecting with people, building skills, emotional support, and facilitating career development were among the benefits. Building on the positive feedback and the identified areas for improvement, we are launching the 2024 cohort of the program.

ESPO ITF Informal Chat

The ESPO ITF will host an Informal Chat during the GSA Annual Scientific Meeting on November 14 to facilitate peer networking among emerging international students and scholars. In the past years, we talked about self-care, challenges and opportunities on the job market, and funding opportunities for international students and scholars.

Connecting International ESPO Members

The ESPO ITF is actively exploring ideas to enhance connections among international ESPO members. We also provide input to the GSA Society-wide International Engagement Taskforce, with Mengzhao Yan as a member.

"This may be due to factors such as physiologic changes, comorbid conditions, conditions associated with aging, socioeconomic factors, declines in physical function, and interrelated changes in cognition, functional capacity, mental health, and mobility," said roundtable chair Roger A. Fielding, PhD, FGSA, a professor of nutrition and medicine at the Friedman School of Nutrition Science and Policy at Tufts University School of Medicine.

The publication summarizes the roundtable discussion on topics related to older adult nutrition and how to improve it, including:

- A review of factors that lead to nutritional deficiencies and inadequacies in older adults.
- Existing interventions to improve older adult nutrition.
- Strategies for assessing nutritional status.
- Strategies to include nutrition in practice models for clinicians who care for older adults.
- Clinician education and training.
- Potential roles for multivitamin and mineral (MVM) supplementation in addressing nutritional needs for older adults.
- Education for older adults and their caregivers about dietary requirements and appropriate supplement usage.

During the roundtable, experts proposed expanding interdisciplinary care as well as expanded payment opportunities as strategies to improve nutritional assessments and identified emerging care models that are successfully addressing the nutritional needs of older adults.

Finally, supplementation with MVMs may help older adults meet their nutritional needs but there are few authoritative resources to guide their use. Experts explored strategies for enhancing nutritional research and incorporating nutritional information into clinical practice guidelines to increase the clinician confidence around MVM recommendations.

Support for "Strategies to Support Adequate Nutrition in Older Adults: Proceedings from a Roundtable" was provided by Haleon.

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CONTACT: Hui (Cathy) Liu, PhD
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Board of Directors Meets

The GSA Board of Directors met September 25, led by Chair James Nelson, PhD, FGSA. President Judith L. Howe, PhD, FGSA, FAGHE, provided an update on relevant Society activities including the GSA 2024 meeting in Seattle. CEO James Appleby, BSPHarm, MPH, provided updates on the 2024 Action Plan, DEIA activities, and strategic and operational activities. Treasurer Carmen Sceppa, MD, PhD, FGSA, provided a Finance Committee report on the 2024 year-end budget projection. The board approved the 2023 Form 990, 990T, and DC-20 filings, and the 2023 financial audit report. CFO Jim Evans presented an overview for GSA 2024 logistics and programs. The board approved the GSA 2025 Strategic Plan and one year Action Plan. The board met with the Society section chairs on their member group's activities and accomplishments to date. Vice President of Publishing and Professional Resources Judie Lieu provided an update on current issues impacting GSA journal publishing portfolio and the work of the Publishing Task Force.

EducationalNews

What Students Should Consider When Working with Indigenous Elders



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Introduction

Today, over [570 American Indian and Alaska Native sovereign communities](#) exist. While each of these Indigenous communities are unique, oftentimes, we notice similarities that bring us together rather than separate us. These include the [value and respect](#) we place upon our elders, the spiritual and personal connection to the land, the importance of multigenerational households, and the desire and drive to preserve our culture, language, and values for the next seven generations.

Recommendations for those wishing to partner with Indigenous communities

When conducting research with tribal communities, our first recommendation is to present the proposed study for informal support before seeking formal approvals. This iterative approval process can be laborious and time-consuming, which poses challenges for university timelines. Begin conversations with your institution early to set reasonable expectations for your project's timeline.

Research with Indigenous communities cannot be rushed if trust and rapport are to be established and maintained. We recommend visiting your community partners, engaging in local activities, and spending time building relationships. Explore whether there are smaller groups within the community to consider and build an inclusive [community advisory committee](#). We recommend working with a local bilingual speaker to create your research documents to avoid further delays in your data collection.

It may be worth exploring whether a [community-based participatory research \(CBPR\)](#) approach fits your team and the community well. The

relationships we have developed over the past 17 years with Alaska Native communities are long-lasting; we have come to respect and trust each other, and the communities have reached out to us to continue working with them. CBPR is an iterative and time-consuming process, but the lasting relationships and culturally relevant findings make it worth the effort.

Recommendations for those wishing to engage Indigenous elders in research

Indigenous elders are trusted leaders and should be approached as such. Some ways you may show respect are by bringing a small gift, making a plate of food at an event for an elder, sharing about who you are, and allowing time to connect by listening to an elder's stories. Some elders feel comfortable in silence, while others may guide the conversation through stories related to the topic rather than directly answer research questions.

Approaching research with Indigenous communities

Centering the experiences of Indigenous people promotes stronger relationships, applicable research findings, and sustainable projects and services. As you prepare your research approach, consider your background, strengths, and biases as you enter the work.

Lessons learned

Throughout our time working with Indigenous communities, our team has learned to respect and prioritize community timelines, which may not always match academics.

Resources:

- [National Resource Center on Native American Aging](#)
- [International Association for Indigenous Aging](#)
- [Administration for Community Living: Services for Native Americans](#)
- [GSA's Indigenous Peoples Interest Group](#)



Online Anytime

The Society's online learning center for resources offers cutting-edge toolkits, engaging webinars, and thought-provoking podcasts. It's your passport to staying ahead in the ever-evolving field of aging studies.

Log in to GSA Enrich today and make the most of these resources to enhance your knowledge and career growth!

Be sure to follow GSA Momentum Discussions and GSA on Aging on Podbean or wherever you get your podcasts.

New Webinars and Virtual Sessions

- Corporate Gerontology
- Infusing Arts and Humanities Across the Ages
- Biology of Aging Careers: A Panel Discussion
- AI Innovations in Gerontology Education and Research: A Panel Discussion
- 25 Years of the Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) Study - History, Current Use, and Accessing the Data
- Synthesis Reviews Best Practices and Guidance for Peer Review
- BSS ESPO Annual Scientific Meeting Sneak Peek
- Artificial Intelligence 101: Its Applications and Concepts in Gerontological Research and Education

New Podcast

- Momentum Discussion: Latest Congressional Actions Around the Treat and Reduce Obesity Act



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JournalNews

Public Policy & Aging Report

- New issue: [Aging, Elections, and Public Policy: Beyond the Gerontocracy](#)

The Journals of Gerontology, Series A: Biological Sciences and Medical Sciences

- New special issue: [Complex Systems Dynamics and the Aging Process](#)

Diversity, Equity, and Inclusion

- New articles have been added to the GSA journals' [collection on diversity, equity, and inclusion](#).





GSA Connect[™]

is getting a new look this December!

Exciting changes are coming to GSA Connect, GSA's online networking platform exclusively for GSA members.

Stay tuned for details about this new and improved platform and training on bonus features.

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