gerontology news

The Gerontological Society of America®

September 2022

inside this issue:

Board of Directors Meets

The GSA Board of Directors met June 29 via Zoom, led by Chair Terri Harvath, PhD, RN, FAAN, FGSA. President Peter Lichtenberg, PhD, ABPP, FGSA, provided an update on the July 25 webinar on ICD-11, Reframing Aging workshops, the GSA 2022 keynote speaker, president's column in Gerontology News, leadership group meetings, IAGG, and progress with DEI initiatives. CEO James Appleby, BSPharm, MPH, provided an update on GSA 2022, the DEI Roadmap, staffing, extension of the publishing agreement with Oxford University Press, impact factors for GSA journals, and other programs. Treasurer Janet Wilmoth, PhD, FGSA, provided an update on Q2 2022 financial statements, investments, insurance coverages, and the 2021 financial audit report, which was approved by the board. The board received briefings on GSA advocacy activities, summer intern program, student chapter pilot program, and technology projects.

Fellowships Will Advance Reporters' Coverage of Aging-Related Topics

GSA has received renewed grant support to welcome a new class of reporters for the Journalists in Aging Fellows Program. The 2022 funders to date include Silver Century Foundation, The John A. Hartford Foundation, Archstone Foundation, and NIHCM Foundation.

Since its founding in 2010, this program has been responsible for more than 750 news stories produced by 201 alumni. It has two goals: to educate journalists about issues in aging, better allowing them to spread a new awareness to general-audience, ethnic, and other minority populations; and to disseminate information about new scientific findings, policy debates, innovations, and evidence-based solutions.

"We are proud to support reporters in providing accurate, fact-based coverage to diverse audiences. This program is unique in helping journalists to make invaluable connections to expert sources on aging, to each other, and to their communities," said Todd Kluss, GSA's director of communications. "And we are grateful for the support of our funding partners, who join us in recognizing that these connections are necessary improve the lives of people as we age."

Kluss co-directs the Journalists in Aging Fellows Program together with Liz Seegert, who serves as program coordinator of the fellowship's media partner, the Journalists Network on Generations.

"I'm thrilled to welcome a new class of fellows in person for the first time in three years," Seegert said. "This fellowship will help reporters learn about the many nuances embedded in aging issues and help take their reporting to the next level."

Continued on page 7

GSA Earns Healthy People 2030 Champion Status

The Office of Disease Prevention and Health Promotion (ODPHP) within the U.S. Department of Health and Human Services (HHS) has designated GSA as a Healthy People 2030 Champion.

ODPHP recognizes GSA, along with other champions, as part of a growing network of organizations partnering with ODPHP to improve health and well-being at the local, state, and tribal level.

This distinction means that GSA, according to ODPHP, "has demonstrated a commitment to helping achieve the Healthy People 2030 vision of a society in which all people can achieve their full potential for health and well-being across the lifespan."

GSA's efforts to be recognized as a champion were led by GSA's Vice President of Policy and Professional Affairs Patricia M. "Trish" D'Antonio, BSPharm, MS, MBA, BCGP.

"Understanding the importance of the research conducted and disseminated like a natural fit for GSA to be a champion," said D'Antonio. "Our mission and vision align directly with the Healthy People vision, mission, and foundational principles as we seek a society in which all people can achieve their full potential for health and well-being across the lifespan."

Healthy People 2030 is the fifth iteration of the Healthy People initiative, which launched in 1979 and sets 10-year national objectives to improve health and well-being nationwide. Healthy People

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From the CEO

GSA Internship Provides National Perspective on Aging Policy

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

In this back-to-school season, four GSA members have an exciting shared story to tell about how they spent their summer break — as participants in GSA's policy internship program!

This year saw the internships return to an in-person experience for the first time since 2019. Our program honors the memory and contributions of two late individuals who left a strong legacy related to aging policy: long-time GSA staff member Greg O'Neill and past GSA Board Chair Kathy Hyer. GSA provides funding for two internship stipends in its annual budget and expands the program to include additional internships made possible by member contributions to GSA. And for those interested in supporting the 2023 intern class, please donate to the Society for this cause.

This summer, we welcomed four amazing individuals including Lilian Azer from the University of California, Riverside; Eileen Flores from Penn State College of Medicine; Danielle Llaneza from the University of Houston; and Hanamori Skoblow from the University of Missouri. All are currently pursuing doctorates.

This was also the first time we had four interns serving simultaneously, and the first time we had at least one internship position specifically designated for students from minority-serving institutions (MSI). Both Lilian and Danielle were selected from MSIs.

They served under the guidance of GSA Vice President for Policy and Professional Affairs Patricia M. "Trish" D'Antonio. Their activities included attending congressional hearings; researching and analyzing issues that impact older people; meeting with federal regulatory agencies and national coalitions; monitoring legislation and regulations; contributing to GSA's *Public Policy & Aging Report*; developing policy sessions for the GSA Annual Scientific Meeting; and drafting communications related to these issues impacting older people.

I also want to gratefully acknowledge the longtime GSA members who provided letters of recommendation for the interns' applications. Greg and Kathy would be proud of the candidates you nominated.

"GSA's multidisciplinary approach provided perspective on issues affecting aging that should be assessed and considered in my field of research," Lilian told us. "I gained a better understanding of important policy issues and how I can apply my knowledge of those issues with my research, and how research may impact policy."

Similarly, Danielle said that "it was incredible to see multidisciplinary teams come together and work on aging-related topics," also noting that the program allowed her to see how research is used outside of academia. "It has furthered my desire to be a clinician where I can perform clinical work and programming."

Hanamori, too, remarked on the multipdisciplinary nature of GSA's internships. "It wasn't unusual to discuss oral health, vaccines, pensions, caregiving, and ageism all in the same day, which helped me understand how all the research GSA members conduct intersects, and how policy in one area of aging is relevant to so many other aspects of aging, she said. "I have a much better grasp of how to integrate policy into my research, as well as how research is used to shape policy initiatives."

And Eileen shared that she gained the additional experience needed to make her a stronger candidate for a policy analyst position. "This internship opportunity allows you to meet and gain exposure to different people and organizations relevant to aging. You also gain a general overview of policy, while also having the opportunity to tailor your research interests into a policy project of your own," she said.

These four rising stars in gerontology will be with us in-person at November's Annual Scientific Meeting in Indianapolis. You can thank them for their efforts and learn why this is an opportunity for you to consider supporting — and why it could be an amazing opportunity for one of your mentees next summer!

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member news

Abbott to Lead Scripps Gerontology Center as Kunkel Steps Down

Katherine "Katy" Abbott, PhD, MGS, FGSA, has been named the new executive director of the Scripps Gerontology Center at Miami University. She is the co-founder of Preference Based Living, whose mission is to conduct studies that build understanding of individual preferences and test innovative methods to honor preferences for people receiving long-term services and supports. Her research and teaching focuses on preference-based person-centered care and the social networks and health of older adults receiving long-term services and supports.

Abbott replaces Suzanne R. Kunkel, PhD, FGSA, FAGHE, who retired after 44 years with Miami University and 24 years as the executive director of the Scripps Gerontology Center. The Suzanne R. Kunkel Transformational Leadership in Aging Award was created in her honor to provide graduate students funds to support their professional and educational travel.

Glicksman Earns New Posting, Fellow Status

Allen Glicksman, PhD, FGSA, has been appointed embedded scientist at NewCourtland. He joins a growing research department that supports NewCourtland's efforts in housing, nursing home and senior centers. Glicksman was also recently a fellow of the College of Physicians of Philadelphia.

Accius Named to Archstone Board

Jean Accius, PhD, FGSA, the AARP senior vice president for global thought leadership, has been appointed to the Board of Directors of the Archstone Foundation.

The California-based foundation is a private grantmaking organization whose mission is to improve the health and well-being of adults 65 and older and their caregivers. After 35 years of grantmaking, the foundation has awarded nearly 1,200 grants with a total value of over $119 million.

Accius is an internationally recognized thought leader on aging, longevity, equity, health systems transformation, and modernizing the delivery and financing of long-term care. At AARP, he identifies emerging trends around the world, cultivating and elevating new ideas, forging global strategic alliances that become the foundation for collaboration, and sparking bold solutions to change systems and improve the lives of the global population as it ages.

Appleby, Gaster, Marquez, McGuire Join HBI Leadership Committee

In an important effort to help state and local health departments address brain health across the life course, the Healthy Brain Initiative's (HBI) Leadership Committee, led by the Centers for Disease Control and Prevention (CDC) and the Alzheimer's Association, gathered on June 7 and 8 to kick off the development of a new HBI Road Map.

Among the committee's membership are James Appleby, BSPharm, MPH, ScD (Hon), GSA's chief executive officer; Barak Gaster, MD, the director of cognition in primary care and a professor of medicine at the University of Washington; David Marquez, PhD, MA, FGSA, a professor of kinesiology and nutrition and director the Exercise Pathology Laboratory at the University of Illinois Chicago; and Lisa McGuire, PhD, FGSA, lead of the CDC Alzheimer's Disease Program.

The Leadership Committee is working to make the next edition of the HBI Road Map more action driven to help drive impact across the brain health continuum. The most recent HBI Road Map — Healthy Brain Initiative State and Local Public Health Partnerships to Address Dementia: The 2018-2023 Road Map — elevated public health awareness on dementia, cognitive health and caregiving. It continues to shape the national agenda around brain health.

Members in the News

- On August 5, Becca Levy, PhD, FGSA, was quoted in a MarketWatch article titled "Assaults on the 'gerontocracy' reek of ageism — creativity and inventiveness don't fade with birthdays."
- Frank Lin, MD, PhD, was interviewed for an August 16 NPR story titled "Hearing aids could be available over the counter as soon as October."

Colleague Connection

This month's $25 amazon.com gift certificate winner:

Lillian Hung, PhD

The recipient, who became eligible after referring new member Haopu Ren, MS was randomly selected using randomizer.org.

For more details on the Colleague Connection promotion visit www.geron.org/connection.

Member Spotlight

GSA's website features monthly Q&A sessions with distinguished members. The current spotlight shines on:

Laurie Kennedy-Malone PhD, FGSA, FAGHE

policy news

By GSA Policy Advisor Brian W. Lindberg, MMHS

Advocacy: Congress and the FDA Heard GSA and Acted

Inflation Reduction Act Passage

First, a quick update on last month's topic, the Inflation Reduction Act of 2022 (IRA). President Joe Biden signed the bill on August 16, as Public Law 117-169. His written remarks and the video are available online.

Here are a number of links that may be of interest:

- GSA's statement
- A Healthsperien summary of health care provisions
- The Center on Budget and Policy Priorities (CBPP) blog on the IRA and Medicare and statement of CBPP President Sharon Parrott
- An article from the National Council on Aging on the IRA.

GSA's statement commended Congress and the Biden-Harris Administration for the passage of the IRA, specifically because it will help close longstanding gaps in vaccination coverage in Medicare and Medicaid. Beginning in 2023, the new law will remove barriers for many to receive recommended vaccines, greatly improving access and utilization by mandating:

- First dollar coverage (no copays or out-of-pocket expenses) of adult vaccines recommended by the Advisory Committee on Immunization Practices under Medicare Part D; and,
- Access for adults to vaccines under Medicaid and the Children's Health Insurance Program by providing a federal baseline for first dollar coverage and an enhanced federal reimbursement for immunizing providers.

GSA has been a strong advocate for the inclusion of such provisions, and has worked as a leader in the Adult Vaccine Access Coalition (AVAC) to advance the passage of related legislation, including the Protecting Seniors Through Vaccination Act and Helping Adults Protect Immunity Act.

Access to Over-the Counter Hearing Aids

You have likely heard the exciting news that the effort to improve access to hearing aids is coming to fruition. We first reported on the result of years of foundational research and policy analysis five years ago when legislation to allow over-the-counter (OTC) hearing aids was finally within reach. The 2017 Food and Drug Administration (FDA) reauthorization bill included a provision directing the FDA to create a regulatory classification for OTC hearing aids including evidence-based performance standards and consumer protections. This would allow adults with mild to moderate hearing loss to purchase the devices without a fitting from an audiologist. Direct access to high quality OTC hearing aids was not possible under regulations at that time.

Thanks to two key reports as well as advocacy by geriatricians, gerontologists, and other stakeholders, the legislative champions on Capitol Hill had a nearly airtight case for promoting OTC hearing aids. One report, by the President's Council of Advisors on Science and Technology, was "Aging America & Hearing Loss: Imperative of Improving Hearing Technologies" (October 2015). The second was "Hearing Health Care for Adults: Priorities for Improving Access and Affordability" (2016) published by the National Academies of Sciences, Engineering, and Medicine. GSA members involved in these reports include Sara Czaja, PhD, FGSA, of the University of Miami; David Lindeman, PhD, FGSA, of the University of California, Berkeley; and Frank Lin, MD, PhD, of Johns Hopkins University.

To underscore the importance of increasing access to hearing aids and to highlight the findings of these influential reports, Lin testified before the Subcommittee on Health of the House Energy and Commerce Committee in a hearing titled "Examining Improvements to the Regulation of Medical Technologies" on May 2, 2017. The legislators also heard from opponents of the bill who worried that people with severe auditory problems would not seek needed medical attention if hearing aids were offered in the retail marketplace.

Lin has continued to educate about hearing loss and hearing aids and was recently interviewed on the topic by NPR. He stressed "Hearing loss is arguably the dominant factor for dementia. The actual fact of hearing loss, that auditory deprivation of the brain could actually lead to parts of the brain shrinking and atrophying faster because it's being stimulated less."

Other health benefits of improved access to hearing aids include better hearing, fall prevention, improved quality of life in work and family settings, improved safety, and prevention of social isolation and its risks of depression and illness.

What you may not realize is that the advocacy for a policy change does not stop once a bill is signed into law. With the OTC hearing aid regulations, the FDA was required to compose new rules to reflect the new law. It did so, with some lag in the timeline due to the pandemic, releasing a proposed rule in October 2021. The proposed rule is like a draft, and the public, such as consumers, the industry, and other stakeholders are allowed to weigh in on details of the implementation of the policy.

More than 1,000 comments on the proposed rule were submitted. Pushback came from some audiologist and manufacturers who proposed greater limits on amplification and ear canal insertion depth, and other technicalities. Senators Elizabeth Warren (D-MA) and Chuck Grassley (R-IA) wrote to the FDA to point out that 400 of the comments on the rule were form letters composed by the industry to weaken the provisions in the policy, according to the medical technology publication MedTech Dive:

"Powerful stakeholders, including dominant manufacturers in the highly-concentrated hearing aid industry, are using astroturf lobbying tactics to weaken the FDA's proposed rule," Warren and Grassley wrote in a joint statement. The senators want to "expand access, reduce costs, and ensure a robust new market for safe and effective OTC hearing aids."

Hearing technology companies have exposed their interest in the hearing aid marketplace in another way: through contributions to election campaigns. According to MedTech Dive,

"Bose significantly stepped up its political contributions in the 2020 election cycle, handing out more cash than in the previous 13 election cycles combined. Yet, Bose's political contributions were still dwarfed by those of Starkey Hearing Technologies, an incumbent in the prescription-only hearing aid market. In the 2020 election cycle, Starkey's contributions hit almost $1.7 million, more than 10 times Bose's outlay. Starkey, a big spender in the 2018 cycle, has already contributed $700,000 in the 2022 cycle."

On August 16, the FDA issued the final rule on the OTC hearing aids. Importantly, the FDA also issued a final guidance clarifying the differences between hearing aids, which are medical devices, and Personal Sound Amplification Products (PSAPs) which are consumer products.

With the final regulations in place, the next hurdle for getting PSAPs into our ears is creating an acceptable market. There are several elements to consider, including effectiveness of the devices themselves, stigma, and price.

For example, although hearing loss affects about one in three people between the ages of 65 and 74, and nearly half of those older than 75; National Institutes of Health statistics show hearing loss is not a homogeneous condition.

I've heard it said that "your hearing is like a thumbprint." Therefore, it may take some effort to find the right hearing aid, and consumers may need to consult a health care professional even with an OTC device. Stigma continues to be an issue, as people are reluctant to admit that their hearing is not what it used to be. The marketplace will need to develop an approach to make hearing aids as common and acceptable as eyeglasses and braces in addition to continued education about the impact of hearing loss on health.

Of course, the issue of price looms large. While it is widely contended that the price of prescription hearing aids is prohibitive to many, running $4,000 to $5,000 a pair, there is no automatic guarantee that OTC devices will be within reach of all who need them. Current estimates for Apple Airpods and Bose aids are $250 to $850; with increased demand the market could price them even higher, but competition could push prices down. Proponents of the new OTC regulation argued that manufacturers would respond to the expanded marketplace with innovations, new products, and market diversification. To achieve this, we will have to patrol the marketplace to ensure that the promised improvements occur and that prices are reasonable.

To further underscore how important this development is, here is Biden's statement on the new FDA regulations: "In the executive order I issued last year to increase competition in key industries and lower costs, I called on the FDA to finally make hearing aids available over the counter."

I want to call your attention to the inaugural installment of the GSA Policy Profiles Podcast presented the last week of August. Please listen and learn more about the key elements of the new regulations and the impact for older people.

Lin joins GSA Vice President for Policy and Professional Affairs Patricia "Trish" D'Antonio to discuss hearing loss, the regulation, and other programs such as the new Know Your Hearing Number Initiative. Listeners can learn more about this important new public health initiative resource for consumers.

As D'Antonio recently stated, "The research demonstrates the impact of poor hearing and hearing loss as we age including poor daily communication, cognitive decline, depression, and social isolation. We are so pleased this important program will be implemented to increase access to safe and effective over-the-counter hearing aids for consumers."

As aging advocates, we know the impact of hearing loss on a person's health and well-being. It has been our role over the years to research, educate, and inform the aging field, policymakers, and the public as our knowledge and understanding increased. The effort to provide widespread treatment of hearing loss, in the form of affordable and available hearing aids, has been multi-faceted with many steps over a long period of time. To see research, practice, and policy come together to improve the lives of so many people is why it is such an honor to represent and work with GSA's distinguished members. We are all proud of the contributions of our members in this ongoing endeavor and encourage all of you to continue your advocacy on this and other issues of import with the knowledge that you can and do make a difference.

Recent GSA Policy Actions

GSA policy staff and interns attended the quarterly meeting held by the Advisory Council on Alzheimer's Research, Care, and Services, whose primary responsibilities are to review and make recommendations on the National Plan to Address Alzheimer's Disease developed by the U.S. Department of Health and Human Services. This meeting provided updates from federal agency efforts undertaken in the last quarter. The council voted to approve draft recommendations from the research, clinical care, long-term services, and supports, and risk reduction subcommittees. The council's recommendations will be provided to the secretary of health and human services for consideration as the 2022 National Plan Update is developed.

SRPP Membership 101

By Sarah Dys, PhD, MPA, and Kexin Yu, PhD, MSW

As the 2021-2022 junior leaders of the Social Research, Policy, and Practice (SRPP) Section, we would like to invite you to consider selecting SRPP as your primary section. As a student or transitional member, you are automatically part of the Emerging Scholars and Professionals Organization (ESPO) and also can select another primary and secondary section. In this article we describe the benefits of choosing SRPP as your primary section, opportunities for networking, and opportunities for professional and leadership development.

What is the SRPP Section?

SRPP strongly focuses on a wide range of applied research, policies, and service-related issues. After gerontology, the most represented disciplines in SRPP include social work, public health and epidemiology, sociology, law and public policy, economics, nursing, psychology, and education. The SRPP Section joins researchers, policymakers, government employees, service providers, and educators in one place to address issues at the forefront of our aging society. SRPP members investigate topics such as the longevity economy, the older adult workforce, social demography, age-friendly environments, caregiving, advocacy, service provision, and more!

Who are SRPP members?

As of July 2022, there were 856 currently enrolled SRPP members, approximately 16 percent of GSA members! Almost two-thirds are regular members (64 percent), 22 percent are students/transitional, and 14 percent are retired/emeritus. Using additional demographics collected by GSA, we describe some characteristics of the SRPP community:

- 59 percent of members identify as female, 20 percent as male, 4 percent as an option not listed (including gender nonconforming, queer), and 13 percent preferred not to answer.
- 0.2 percent of SRPP members identified as American Indian or Alaska Native, 2 percent as multiracial, 5 percent as Black/African American, 17 percent as Asian, 60 percent as White, and 13 percent preferred not to answer.
- 4 percent of members identified as Hispanic/Latino of any race.

The majority of members are situated within universities (73 percent), followed by nonprofits (14 percent), private industry (4 percent), federal or state government (4 percent), and hospital, clinic, or long-term care settings (2 percent). The following describes members' primary job functions:

- Research: 65 percent
- Teaching: 13 percent
- Administration: 8 percent
- Consulting: 4 percent
- Direct service or patient care: 3 percent
- Planning: 1 percent
- Other roles, not specified: 5 percent

To choose SRPP as your primary section, log in to your GSA account and select "My GSA Dashboard." GSA members may be affiliated with two sections (in addition to ESPO). If you are early in your career, this is an opportunity to branch out into our community!

Why Make SRPP Your Primary Section?

SRPP is a professional home for scholars of diverse backgrounds and career stages. No researcher is or need be an island, and innovations often emerge from communication. SRPP leaders organize several networking opportunities each year. The online social hour usually takes place in early summer. It is an informal occasion for members to get to know each other and discuss topics that interest us. Before this year's GSA Annual Scientific Meeting, we will have another opportunity to get together for an SRPP member spotlight. Additionally, the SRPP Section is planning to host a series of podcasts focused on the staffing crisis in long term care and aduhelm and Alzheimer's Disease. Keep an eye on GSA Connect for where to listen!

This year, GSA attendees will finally meet in person in Indianapolis! SRPP will host our annual Business Meeting and Section Lunch. The section leaders are trying to raise funds to cover the expense for ESPO members to attend the lunch meeting. If you are an ESPO member interested in being invited, please complete our online questionnaire. We will reach out to interested members based on available funds. If you do not plan to attend GSA in person (and even if you do), you can connect with fellow section members during our virtual SRPP Business Meeting scheduled for Thursday, October 27 at 11 a.m. ET. Registration will be available on the website in early September. Also, please join us for ESPO's virtual Business Meeting on Monday, October 24 at 1 p.m. ET. And if you are planning to attend the Annual Scientific Meeting, sign up to join us at the ESPO breakfast, which is complimentary.

Each year, SRPP recognizes the achievements of ESPO members with the Carroll L. Estes SRPP Rising Star Award. The nominee must be a member of the SRPP Section for at least two years and have a graduate degree within five years. Please keep this in mind for next year and consider self-nominating! SRPP also provides student travel awards to cover the ESPO members' expenses for attending GSA. The due date for awards application is typically in early August of each year.

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Leadership Development Opportunities

Becoming an SRPP Section junior leader is another excellent way to engage with the professional organization. Junior leaders are ESPO representatives in the SRPP section, advocating for early career stage members' interests. More specifically, junior leaders attend monthly SRPP section leadership meetings, organize an ESPO/SRPP symposium, participate in abstracts selection and sectioning processes, and prepare a newsletter each year.

We estimate that, on average, the junior leaders' work takes about three to four hours each month, with some variation. Junior leaders work closely with other leaders of the SRPP Section. It is a great opportunity to meet more established researchers in gerontology and prepare for future faculty positions by learning how to work together as colleagues on task forces and committees. The junior leader position has a two-year tenure, but the recruitment of a junior leader is annual.

In a given year, two junior leaders support each other. Please consider submitting your application this fall! Feel free to reach out and schedule a chat with us (sdys@pdx.edu and yukex@ohsu.edu) if you would like to discuss the opportunity further. We look forward to hearing from you!

Continued from page 1 – Fellowships Will Advance Reporters' Coverage of Aging-Related Topics

The program's co-founder, Journalists Network on Generations National Coordinator Paul Kleyman, serves as senior advisor and editorial consultant.

As in previous years, half of the fellows will be selected from general-audience media and half from ethnic or other minority media outlets that serve communities within the U.S.

The program will commence with the fellows' participation in GSA's Annual Scientific Meeting, which in 2022 will take place from November 2 to 6 in Indianapolis, Indiana, with the theme of "Embracing Our Diversity. Enriching Our Discovery. Reimagining Aging." There the fellows will participate in an exclusive educational workshop, which will showcase demographic trends and research highlights and include discussions with veteran journalists on how to position aging stories in the current media environment.

The fellowship requires reporters to deliver two projects based on current aging research, including a short-initial story and major piece or series in the following months. A continuously updated list of stories from the fellows is available online.

Continued from page 1 – GSA Earns Healthy People 2030 Champion Status

2030 Champions are public and private organizations that are working to help achieve Healthy People objectives. They receive official support and recognition from ODPHP.

D'Antonio added that many GSA key initiatives also align with the health conditions and behaviors that Healthy People 2030 seeks to address — including, but not limited to, chronic pain, dementias, oral conditions, overweight and obesity, sensory disorders, sleep, and vaccination.

Similarly, GSA leads the National Center to Reframe Aging on behalf of the 10-member Leaders of Aging Organizations collaborative. The center serves as the hub for the training, tools, and resources to support the movement to change way our society thinks and talks about aging.

"As the Healthy People initiative seeks to reduce health problems and improve quality of life for older people, adopting communication strategies that promote a more complete understanding of aging will lead to supportive programs and policies that benefit us all as we age," D'Antonio said.

In addition to Healthy People, ODPHP oversees the Dietary Guidelines for Americans, the Physical Activity Guidelines for Americans, the President's Council on Sports, Fitness & Nutrition, and other programs, services, and education activities.

educational news

Teaching Aging: A Community College Perspective

A Conversation with Mike Faber, MA, from Portland Community College


Faber

Tell us a little about you and your role at your institution.

I have been a full-time faculty member in the Gerontology Program at Portland Community College (PCC) since moving to Portland in the fall of 2015. In the fall of 2021, I also assumed the role of co-faculty chair of the Gerontology Department.

Prior to moving to Portland, I founded and administered, for 17 years, an Older Learner Center, as well as undergraduate gerontology certificate program in which I also taught part-time. The transition to PCC required my learning a whole new approach to teaching and learning. The PCC Gerontology Program is taught fully online, and, prior to moving to Portland, I had never taught or even taken an online course. I was surprised how quickly I was able to successfully make this transition.

Although I still prefer in-person teaching, I have learned to really appreciate how online learning benefits students through increased access to gerontology education, and have found that online learning can be student focused, interactive, and of the highest quality.

What are some key pedagogical considerations you keep in mind when teaching students about aging? How has your approach changed for you over the years?

My key pedagogical consideration in teaching students about aging is the use of an applied gerontological approach. This is one of the reasons why I appreciate teaching in a community college setting where book knowledge is combined with real life application of what is learned in the classroom through discussions, assignments, and community-based internship opportunities.

In your experience, what are some key barriers and facilitators to reaching students about the importance of aging, dispelling aging myths, and the relevance of these skills in their respective fields?

I believe that societal expectations and misinformation about aging in the form of negative myths, stereotypes, and discrimination are the key barriers to reaching students about the importance of aging. Many Americans possess internalized and institutionalized ageism. Therefore, an important part of my role as an educator in the field of gerontology is to work to dispel these myths and stereotypes and present aging in a realistic manner.

What motivates you to do this work?

I am motivated by a passion for the subject matter and the desire to instill this same passion in my students. My greatest joy in teaching is when I witness a student find their own passion and direction in the field of gerontology. This has always been my greatest motivation; to give back to the field of Gerontology that I love so much.

Is there anything unique regarding approaching teaching about aging in your particular environment/university/college or with your students that you could highlight for us? How do you leverage and/or navigate these factors to strengthen your approach?

The community college setting is unique within the spectrum of higher education. In this setting we focus on workforce development as well as four-year transfer degree education. In this capacity we must straddle both worlds and be able to prepare students for entry or re-entry directly into the workforce, as well as for continued higher education at the next level.

This is accomplished through a career pathway model, and lends to the applied learning focus which we use in our gerontology program. Because community colleges were established to address the ever-changing needs of the workforce within the communities that they serve they must be nimble and readily adaptable.

Community colleges, and especially gerontology programs like ours, also have the advantage of a more age-diverse student population. Over fifty percent of the Portland Community College Gerontology Program student population is 40 and older, and forty percent is 50 and older. Our student population is comprised of individuals wishing to re-enter the workforce after many years; those transitioning at mid-life and beyond into a new career path; those having already worked in the aging field for many years but lacking gerontology education which they now seek; and traditional college students entering directly from high school. I believe that this diversity of life experience makes teaching Gerontology at the Community College level especially interesting, rich, and rewarding.

What advice would you give to a new gerontology educator who is developing their first course about aging?

My advice to a new gerontology educator developing their first aging course is for them to be passionate about what they teach, and to find a way to share their subject matter interests, and enthusiasm with the students that they teach. Passion is contagious and can infect others. Your passion, as an instructor, will help students to become more interested in learning about aging and draw more students into the field of gerontology.

Anything else you'd like to share?

I believe strongly that gerontology educators, especially at the community college level, must serve as both advocate and mentor. Let me explain what I mean. We must advocate for our programs, students, and the needs of the aging communities which we serve. It is also up to us to advocate change and help to dispel the many aging stereotypes and myths that impact our institutions, students, and communities. As gerontology educators it is also our role to mentor our students, serve as role models, instill passion and help them to find their way in this highly diverse field.

new resources

Report Shows Interest in Intergenerational Cooperation

Encore.org commissioned NORC at the University of Chicago to find out what Americans think about cogeneration — a strategy to bring older and younger people together to solve problems and bridge divides. NORC used its AmeriSpeak panel to survey 1,549 respondents, aged 18 to 94, online and by phone, in March 2022.

The results are published in a new report, "Cogeneration: Is America Ready to Unleash a Multigenerational Force for Good?" The findings show deep interest in cogeneration. They also reveal obstacles to acting on this interest, the surprising issues each generation selects as top priorities for cogenerational action, and which adults are most eager to get started.

The report includes five key findings:

- People of all ages want to work across generations to help others and improve the world around them.
- While interest is widespread, young people, and Black and Hispanic people of all ages, are especially keen to work across generations.
- The fit is a powerful one: Young people want to learn from older ones; older people want to share what they know. And vice versa.
- Older and younger people want to work together on some of the same issues — but there are striking differences by age and race.
- Despite strong interest in working across generations, fully half of respondents cited a range of obstacles preventing them from acting on it.

CMS Launches HCBS Quality Measure Set

The Centers for Medicare & Medicaid Services (CMS) has released the first-ever home- and community-based Services (HCBS) quality measure set to promote consistent quality measurement within and across state Medicaid HCBS programs. The measure set is intended to provide insight into the quality of HCBS programs and enable states to measure and improve health outcomes for people relying on long-term services and support (LTSS) in Medicaid. The release of this voluntary measure set is also a critical step to promoting health equity among the millions of older adults and people with disabilities who need LTSS because of disabling conditions and chronic illnesses.

The HCBS quality measure set is included in a state medicaid director letter that also describes the purpose of the measure set, the measure selection criteria, and considerations for implementation. CMS strongly encourages states to use this information to assess and improve quality and outcomes in their HCBS programs. CMS expects to update the measure set in the future, including adding newly developed measures that address measure gaps, as the field of HCBS measure development advances.

DEC Releases New Resources for Diverse Caregivers

The Diverse Elders Coalition (DEC) has launched a web page on caregiving that features updated information about the trainings it offers to meet the needs of diverse family caregivers. Recently, the DEC and its member organizations have revamped the "Caring for Those Who Care: Meeting the Needs of Diverse Family Caregivers" training curriculum to ensure their curriculum aligns with the unique cultural and linguistic experiences of diverse family caregivers today.

The curriculum is a resource for health and social service providers and aging professionals to learn about the unique needs of diverse family caregivers. The training curriculum will equip professionals with insights into the lived experiences of African American and Black caregivers; American Indian and Alaska Native caregivers; Chinese American and Korean American caregivers; Hispanic and Latino caregivers; Lesbian, Gay, Bisexual, Queer, Questioning and Transgender (LGBTQ+) caregivers; and Southeast Asian American caregivers.

journal news

Latest *PP&AR* Focuses on AAPI Communities

The new issue of *Public Policy & Aging Report* (*PP&AR*), titled "Aging in Asian American and Pacific Islander Communities," explores the intersection of aging and race, focusing on Asian American and Pacific Islander (AAPI) older adults, the fastest growing group of aging Americans.

Topics in the issue include: the need to acknowledge and divert more attention to the AAPI community in aging-related policy discussions; the historical context of discrimination and oppression experienced by Asian American older adults and discussions on equitable policy approaches to addressing anti-Asian violence; the impact of the COVID-19 pandemic on the increasing amount of anti-Asian hate incidents and violence across the U.S., especially towards older adults; addressing health disparities among older Asian American populations; and the cultural context and impact of grandparents caregiving for grandchildren in China.

Journal Welcomes Translational Research on Pain, Pain Management

Chronic pain is a common, morbid, and costly disorder that disproportionately affects older adults. *Innovation in Aging* invites submissions for a forthcoming special issue to be titled "Translational Research on Pain and Pain Management in Later Life." The journal seeks empirical papers and systematic or scoping reviews that contribute new insights and knowledge on geriatric pain issues related to its impact, prevention, detection, and management. Studies that advance understanding of how to best assess and manage later-life pain and educate providers, older adults, and caregivers on how to perform these tasks will be particularly welcome.

Further, nonpharmacologic approaches to management are now widely recommended, but the evidence base regarding what approaches work best and in what types of older adults remains limited. In addition, existing studies for the most part lack diversity in study populations with respect to race/ethnicity status, thereby limiting generalizability. Finally, the short duration of most clinical trials further limits our understanding of the long-term effectiveness and adverse effects of commonly employed therapies that include psychosocial/behavioral treatments.

Abstracts are due September 30.

Innovation in Aging Seeks Research on Sub-Saharan Africa

Innovation in Aging has issued a call for papers for a forthcoming special issue to be titled "Aging in Sub-Saharan Africa." This is a relatively neglected area of research despite the increasing proportion of the population aging. Currently, more than 50 million people in the region are aged 60 years or older and this region is the most rapidly aging population in the world.

The goal of this special issue is to increase the amount of quality research published on aging in sub-Saharan Africa. The journal seeks to publish a broad group of studies, including research on health and social sciences as well as research in the humanities and physical and environmental sciences. There is a particular interest in research from a wide geographic spread, with particular interest in those countries with the highest proportions of population over 60 years of age. Open Access (i.e., article processing charge) waivers will be available for articles published in this special issue. The co-editors for the issue are JohnBosco Chika Chukwuorji, PhD, and Jennifer Tehan Stanley, PhD, FGSA.

Abstracts are due November 15.

Series B Features New Virtual Collection on COVID-19

The Social Sciences section of *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* has published a new virtual collection titled "COVID19 and Aging 2.0." This collection of papers represents the newest advances in our knowledge about the pandemic and its impact on older adults. Some of the studies take advantage of COVID-19 supplements to ongoing cohort and panel studies, including Health and Retirement Study, National Health and Aging Trends Study, SHARE, and Longitudinal Aging Study of Amsterdam. Other studies utilize data collected through existing surveillance designs, such as the Understanding America Study. Still others designed COVID-19 specific studies.

All COVID-19 related articles from GSA's journals are easily accessible in a collection published on the Oxford University Press website.

Optimism May Promote Emotional Well-Being by Limiting How Often One Experiences Stressful Situations

"Don't worry, be happy" is more than just song lyrics. A growing body of evidence supports an association between optimism and healthy aging, but it is unclear how optimism impacts health.

When it comes to dealing with day-to-day stressors, such as household chores or arguments with others, a new study in *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences* has found that being more or less optimistic did not make a difference in how older men emotionally reacted to or recovered from these stressors. However, optimism appeared to promote emotional well-being by limiting how often older men experience stressful situations or changing the way they interpret situations as stressful.

"This study tests one possible explanation, assessing if more optimistic people handle daily stress more constructively and therefore enjoy better emotional well-being," said corresponding author Lewina Lee, PhD, clinical psychologist at the National Center for Posttraumatic Stress Disorder at the VA Boston Healthcare System and assistant professor of psychiatry at Boston University School of Medicine.

The researchers followed 233 older men who first completed an optimism questionnaire; 14 years later, they reported daily stressors along with positive and negative moods on eight consecutive

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evenings up to three times over an eight-year span. The researchers found more optimistic men reported not only lower negative mood but also more positive mood (beyond simply not feeling negative). They also reported having fewer stressors which was unrelated to their higher positive mood but explained their lower levels of negative mood.

While studies have increasingly supported the idea of optimism as a resource that may promote good health and longevity, researchers know very little about the underlying mechanisms.

"Stress, on the other hand, is known to have a negative impact on our health. By looking at whether optimistic people handle day-to-day stressors differently, our findings add to knowledge about how optimism may promote good health as people age," Lee said.

Funding for this study was provided by the National Institutes of Health (grant numbers R01-AG053273, K08- AG048221, RF1-064006, R00-CA201542, UL1-TR001430, R01-AG018436) and a Senior Research Career Scientist Award from the Clinical Science R&D Service, U.S. Department of Veterans Affairs. This study used data from a subset of participants from the Veterans Affairs Normative Aging Study, which is a research component of the Massachusetts Veterans Epidemiology Research and Information Center and is supported by the VA Cooperative Studies Program/Epidemiological Research Centers.

funding opportunities

Borchard Foundation Requests Proposals for Academic Research Grants

Legal, health sciences, social sciences, and gerontology scholars and professionals are invited to submit research proposals to The Borchard Foundation Center on Law & Aging. The objective of its Academic Research Grants Program is to further research and scholarship about new or improved public policies, laws, and/or programs that will enhance the quality of life for older adults, including those who are poor or otherwise isolated by language, culture, disability, lack of education, or other barriers.

Up to four grants of a maximum of $20,000 each will be awarded. The center expects grantees to meet the objectives of the grant program through individual or collaborative research projects that analyze and recommend changes in one or more important existing public policies, laws, and/or programs relating to older adults; or, anticipate the need for and recommend new public policies, laws, and/or programs necessitated by changes in the number and demographics of the country's and the world's elder populations, by advances in science and technology, by changes in the health care system, or by other developments. It is expected that the research product will be publishable in a first-rate academic journal.

Further information about the research grant program and the application process is available on the center's website. The online application will become available on September 15. Applications should be submitted no later than October 17. Selections will be made on or about December 15. Funded projects must begin no later than June 1, 2023 and be completed within 12 months.

Three NIA Small Grant Opportunities Will Support Alzheimer's Research

The National Institute on Aging (NIA) Small Research Grant Program for the Next Generation of Researchers in Alzheimer's Disease supports important and innovative research in areas in which more scientific investigation is needed to improve the prevention, diagnosis, treatment and care for Alzheimer's disease and related dementias (AD/ADRD).

Awards are two years of funding totaling $200,000, and the application is October 16. The expiration date for this award is November 17.

There are three funding opportunity announcements:

- PAS-19-391 Area of Focus Archiving and Leveraging Existing Data Sets for Analyses (R03 Clinical Trial Not Allowed)
- PAS-19-392 Area of Focus Basic Science (R03 Clinical Trials Not Allowed)
- PAS-19-393 Area of Focus Systems Biology (R03 Clinical Trial Not Allowed)

Beeson Award Now Welcoming Applications

Through the The Paul B. Beeson Emerging Leaders Career Development Award in Aging, The National Institute on Aging, the American Federation for Aging Research, and The John A. Hartford Foundation, are collaborating to develop of a cadre of talented scientists prepared and willing to take an active leadership role in transformative change that will lead to improved health care outcomes.

Emerging leaders are clinically trained (primarily physician) early-stage investigators who have begun to establish research careers and have shown signs of leadership potential who will use this award to further develop the tools, skills and resources to have a significant impact in their field of expertise.

The National Institute on Aging is pursuing this initiative to recruit talented new investigators who have begun to establish research programs and through this award will be ready to assume leadership roles in their field of expertise and well poised to change theory, practice and health outcomes related to the health of older individuals.

The application deadline is October 21.