Volume 55 | Issue No 10 | October 2024



GerontologyNews





Inside this Issue



From the CEO

Setting up for Seattle success

14 Journalists from Across U.S. Earn Aging-Focused Reporting Fellowships

GSA and the Journalists Network on Generations are welcoming 14 distinguished reporters for the next class of the <u>Journalists in Aging Fellows</u> <u>Program</u>, now in its 15th year.

They represent a wide range of general audience, ethnic, and community media outlets, including local and national publications and radio outlets. This year's group brings the program's total number of participating reporters to 245. The new fellows were chosen – by a panel of gerontological and editorial professionals – based on their proposals for an in-depth agingfocused story or series.

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Policy News

Seattle's Policy Series preview



GSA Welcomes Two VPs

Lisa McGuire, PhD, FGSA, and Charlie Baase

Putnam Chosen as Next Innovation in Aging Editor

GSA has named Michelle Putnam, MGS, PhD, FGSA, of Simmons University as the next editor-in-chief of the journal *Innovation in Aging*, effective January 2025.

"I am thrilled to welcome Dr. Putnam, a highly accomplished and visionary social work scholar at the intersection of aging and disability as the next editor-in-chief of *Innovation in Aging*," said Abraham A. Brody, PhD, RN, FGSA, the chair of GSA's Program, Publications, and Products Committee. "Dr. Putnam was selected from



an incredibly accomplished field of applicants based on her innovative vision for the next phase of GSA's newest, and highest impact factor journal.

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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

Supporting Your Success in Seattle



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

The GSA staff team is looking forward to welcoming members to Seattle next month for the <u>GSA 2024 Annual Scientific Meeting</u>! The meeting (now four days instead of five as in previous years) features the latest science in the aging field across all topics and disciplines.

GSA is proud to offer the premiere venue for sharing your science and networking with other scholars in the field of aging during the more than 600 scheduled sessions. In addition to supporting your professional success, GSA is also offering activities to nurture your personal well-being.

Advancing the Field

Our members continue to drive progress in gerontology through their outstanding research presentations. With the science you present, you are caretakers for gerontology as a whole. At GSA 2024, you'll be able to engage with cutting-edge studies that shape the future of aging research. We'll have 358 symposia (including nearly 1,389 individual presentations), 103 paper sessions (with 508 individual presentations), and 135 poster sessions (with more than 508 individual posters). This doesn't include the late breaking paper and poster sessions, which we're scheduling now!

As a new feature this year, our conference workshops will take place <u>throughout</u> the meeting, offering learning experiences that you can immediately apply to your work. And don't miss our inspiring opening session on Wednesday, featuring National Institute on Aging (NIA) Director Dr. Richard Hodes. NIA is celebrating its 50th anniversary in 2024. Given the extraordinary success of NIA since its founding, it's safe to say the institute has demonstrated sustained fortitude, aligning well with the 2024 GSA meeting theme, "The Fortitude Factor." We will also recognize our top awardees, Board of Directors members, and GSA fellows.

Prioritizing Personal Well-Being

In Seattle, we're emphasizing the importance of self-care for our members. We'll be offering invigorating morning yoga sessions to start your day right. For those seeking more active pursuits, join us for pickleball games – a fun way to network and stay healthy. We'll also provide on-site vaccination services to ensure our community stays protected. Or join us for the Fun Run! Whether you're a runner, jogger, or casual stroller, you'll be able to enjoy the scenic views of Puget Sound. (All proceeds for the Fun Run support The Doris Schwartz Gerontological Nursing Research Award.) We also provide a welcoming environment for those who travel with their families, including a family care room and a private nursing room.

Building Bridges Across the Career Course

GSA is committed to nurturing the next generation of gerontology experts. We have combined our Fellows/International Reception with the Emerging Scholar and Professional Organization Reception this year. This integration creates a unique opportunity for established researchers to connect with up-andcoming talent. I encourage all attendees to take a moment to introduce their junior colleagues to more established scholars, fostering mentorship and collaboration across generations and career stages.

I look forward to seeing you all in Seattle as we come together to advance the field of aging, prioritize member well-being, and support the future leaders in gerontology.

MemberNews

Honors/Appointments/Career Transitions

- Neil H. Charness, PhD, FGSA, has retired as the founding director of the Florida State University (FSU) Institute for Successful Longevity. He also is the William G. Chase Professor of Psychology and FSU Distinguished Research Professor.
- Daniel Jimenez, PhD, FGSA, an associate professor of psychiatry and behavioral sciences at The University of Miami Miller School of Medicine, has been named the next president of the American Society of Hispanic Psychiatry.
- David Buys, PhD, FGSA, the associate provost for health sciences from the Mississippi State University (MSU) Starkville campus, has been named interim administrative head of campus for MSU-Meridian, including both the main campus in College Park and the Riley campus in downtown Meridian.

In Memoriam



Michelle Bourgeois, PhD, FGSA,

passed away on July 10 at age 69. She was an internationally acclaimed behavioral scientist in the field of communication sciences and disorders, best known for her pioneering research and development of therapies for dementia patients and their caregivers.

She retired in 2021 as a professor in the Department of Communication Sciences and Disorders at the University of South Florida. During her career, Bourgeois received multiple grants from the National Institute on Aging and the Alzheimer's Association to evaluate memory aids and interventions for persons with dementia, aphasia, and traumatic brain injury; to investigate interventions for spousal and nursing home caregivers designed to improve the quality and quantity of communicative interactions with residents with dementia; and to develop training programs for institutional caregivers.



Member Spotlight

GSA's website features monthly Q&A sessions with distinguished members. The current spotlight shines on: Lisa L. Barnes, PhD, FGSA

Member Referral Program

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

Elizabeth Fugate-Whitlock, PhD (who referred new member Matt McLean)

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

Members in the News

 On August 20, The Christian Science Monitor quoted James Appleby, BSPharm, MPH, Steven Austad, PhD, FGSA, Brian Carpenter, PhD, FGSA, and Tracey Gendron, PhD, FGSA, in a story titled "Biden says he's 'too old to stay as president.' It shows the pull of ageism."

New Books by Members

 "The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond," by Debra Whitman, PhD. Published by W. W. Norton & Company, 2024. (See related GSA podcast on page 11!)

We welcome member submissions at news@geron.org!

PolicyNews

Recent Policy Actions



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



Thomas Jordan Miles III, BA Director of Policy

To learn more about GSA's advocacyrelated activities, visit www.geron. org/advocacy **GSA** has introduced the weekly <u>GSA Federal Policy Pulse newsletter</u>, an exclusive new benefit for members. This newsletter is designed to inform you about the latest federal policies, regulations, and legislative developments affecting aging and gerontology. Delivered via email every Monday, the newsletter will include regular updates on critical federal actions, insights from research published by national think tanks, and opportunities to learn more about how policy decisions matter to your work.

GSA <u>responded to a proposal</u> from the chair of U.S. House of Representatives' Energy and Commerce Committee regarding "Reforming the National Institutes of Health (NIH) Framework for Discussion." <u>Under the proposal, the National Institute</u> <u>on Aging would be eliminated and replaced with a National Institute on Dementia</u>.

GSA participated in five Capitol Hill Visits recently advocating for the Treat and Reduce Obesity Act (TROA) and increased access and funding for adult vaccines and vaccine infrastructure.

GSA <u>responded</u> to the National Institutes of Health (NIH) Draft Guidance on Publication Costs regarding access to NIH-supported research, which offered clarification on reasonable and unallowable costs.

2024 Policy Series Promises Timely Sessions as Election Season Concludes

By Brian Lindberg, MMHS, FGSA GSA Policy Advisor

Fall is in the air and the Annual Scientific Meeting's <u>Policy Series</u> is ready for prime time. It will be another one of those years when the meeting follows, by just more than a week, the U.S. presidential and congressional elections, and yes, we will be in Washington (state)! Here is a sample of what will be available in the policy space.

Wednesday, November 13

Inequitable Impacts of Policy and Payment Changes on Care Use and Outcomes for Older Adults With High Care Needs

8 to 9:30 a.m., Convention Center 211 Chair: Jason Falvey

This symposium will stimulate debate by presenting data and analysis on the merits and demerits of various federal policies introduced over the past decade.



Health and Aging Policy Fellows: Connecting Experience to Policy

10 to 11:30 a.m., Convention Center 211 Chair: Maureen Henry

Aging and Public Policy: Navigating the Intersections

12 to 1:30 p.m., Convention Center 211 Chair: Michael J. Lepore

Robert A. Applebaum, Debra J. Lipson, Karon Phillips and others will tackle the thorny political issues at the heart of age-related inequalities, including national voting patterns.

Ensuring Scale-Up and Spread of Evidence-Based Practice: Age-Friendly Health Systems Implementation Boosters

2 to 3:30 p.m., Convention Center 211 Chair: Nicholas K. Schiltz

Thursday, November 14

Technology in Aging: Artificial Intelligence

10 to 11:30 a.m., Convention Center 211 Chair: Angela Perone

This interactive session is our annual Policy Series multi-disciplinary take on an issue. The panelists represent the six sections of GSA: ESPO, BS, BSS, SRPP, HS, and AGHE, along with the Minority Issues in Aging Advisory Panel and the Humanities, Arts, and Culture Gerontology Advisory Panel.

Aging and Health Policy Update: A View From Washington

12 to 1:30 p.m., Convention Center Room 211 Chair: Brian Lindberg

This session brings together Washington policy advocates Andrew MacPherson, Bob Blancato, Torrie Fields, and Particia D'Antonio.

Going the Extra Mile: How Pioneering Gerontologists Translate Research to Policy and Practice (ESPO and Social Research, Policy, and Practice Section Symposium)

4:30 to 6 p.m., Convention Center 211 Chair: Taylor Jansen

Friday, November 15

Moving Forward Nursing Home Coalition Call to Action: Building a System for Resident Goals, Preferences, Priorities

8 to 9:30 a.m., Convention Center 211

Election Year Results: Implications for Our Future

10 to 11:30 a.m., Convention Center 211 Chair: Brian Lindberg

Add your voice to the discussion in this symposium featuring GSA's DC policy team, a national polling expert, and pundits to discuss the election results and what they mean for congressional leadership, committee power, and the next administration.

GSA Congressional Update

12 to 1:30 p.m., Convention Center 211 Co-chair: Patricia D'Antonio

This session provides Capitol Hill staff perspectives on what may still happen legislatively this year and how things are shaping up for the 119th Congress.

Exploring Disparities in Long-Term Services and Supports for LGBTQIA+ Older Adults

4:30 to 6 p.m., Convention Center 211 Chair: Jason Flatt

Saturday, November 16

Trends in Elder Abuse and Initiatives to Prevent Elder Abuse in Japan During the Past 20 Years

8 to 9:30 a.m., Convention Center 211 Chair: Michelle Putnam

What Is "Good Work" in Long-Term Services and Supports? Setting a Research and Policy Agenda for Direct Care Work

12 to 1:30 p.m., Convention Center 211 Co-Chair: Philip Taylor

Presidential Politics and the Fortitude Factor: Empowering Older Adults in Today's Political Landscape (Presidential Symposium)

3:30 to 5:15 p.m., Sheraton Grand Seattle 4C-2 Panelists: Robyn Stone and Jane Lowers

VPNews

Baase, McGuire Join GSA in VP Roles

GSA is welcoming two new vice presidents to its executive team as it implements the Society's mission of *Fostering Excellence, Innovation, and Collaboration to Advance Aging Research, Education, Practice, and Policy,* as stated in its newly approved Strategic Plan.



Lisa McGuire, PhD, FGSA, joined GSA on September 30 as vice president of strategic alliances and practice innovation, following the retirement of longtime GSA executive Karen Tracy, vice president of strategic

alliances and integrated communications, on December 31. McGuire will lead GSA's strategic alliances unit, cultivating collaborative relationships with GSA's many corporate partners and implementing programs to improve the care of older adults. McGuire joins GSA from the U.S. Centers for Disease Control and Prevention (CDC), where she has held a variety of positions during more than 20 years of service, most recently as senior strategic health scientist. She was the lead for CDC's Alzheimer's Disease Program, responsible for developing the first Building out Largest Dementia (BOLD) Infrastructure awards and launching four editions of Healthy Brain Initiative Road Maps - all to strengthen the public health infrastructure for Alzheimer's disease. She received a BS degree in psychology from Denison University; an MA in developmental psychology, graduate certificate in gerontology, and PhD in developmental psychology from Bowling Green University; and completed a postdoctoral fellowship at Penn State University's Gerontology Center.



Charlie Baase will be joining GSA on October 7 as vice president of marketing, communications, and business development. He will lead GSA's new unit focusing on marketing, communications, social

media, and public relations activities. In addition, he will explore new business development opportunities and collaborations in sectors where the Society has opportunities for growth. He has more than 20 years' experience in health communications, business development, and nonprofit/association strategy, as well as a track record of creating integrated campaigns that utilize multiple dissemination channels. Baase joins GSA from GCI Health, where he served as group senior vice president, head of North American operations, and Los Angeles market lead. Prior to his current role, Charlie served as Senior Vice President at Edelman, a global communications and public relations firm, and as director of marketing and communications for the American Osteopathic Association. He received a BA degree in journalism with a focus in public relations from Michigan State University.

> "This is a time of growth at GSA, and we're excited to incorporate the talents of Lisa and Charlie on our leadership team, as we introduce new programs, products, and services to support our members and advance the field of aging," said GSA CEO James Appleby, BSPharm, MPH, ScD (Hon). "They bring new strength to our staff and will help us advance our vision of achieving meaningful lives as we age."

ESPONews

The Emerging Scholar and Professional Organization includes all student and transitional members of GSA.

Catch Up on All the ESPO Activities Planned at GSA 2024 in Seattle!



By Kallol Kumar Bhattacharyya, MBBS, MA, PhD, ESPO Communications Task Force Newsletter Co-Lead

On behalf of the newsletter team, this month, I am thrilled to have the opportunity to introduce ESPO community updates and highlight the GSA 2024 Annual Scientific Meeting!

ESPO remains a home for all GSA undergraduate, student, and transitional members. Throughout the year, the ESPO Dissertation and Pre-Proposal Writing Groups allow scholars to co-work with other scholars, providing structure, feedback, and opportunities to network with other scholars in the same stage of writing as you.

The Annual Scientific Meeting (ASM) is always the highlight of the year for GSA members. ESPO leadership believes that each member (whether you are brand new to us or have been with us for a bit) has something invaluable to offer. As such, we constantly strive to learn from each other and develop new and innovative ways to collaborate with and engage our rich and diverse members. I also want to learn from and support the current ESPO leadership to facilitate current and new programs for ESPO members.

It is October, the time to count your days for the 2024 ASM in Seattle, Washington, from November 13 to 16. Keep an eye on GSA Connect and GSA social media accounts to learn about more upcoming ASM opportunities. One of the best ways to commit to engaging with ESPO and GSA is to volunteer! Although volunteer opportunities range in commitment from one-day to multi-year positions, volunteering opportunities in the ASM are thrilling. The responsibilities of ESPO volunteers vary based on the role, and opportunities are posted throughout the year in the GSA portal. We welcome your suggestions and interest in ESPO at any time: feel free to contact us at espo@geron.org!

At the ASM, ESPO organizes numerous activities: symposia (presidential and section-specific), the ESPO Community Breakfast Meeting, the Evening Networking Event, and Informal Chats focused on careers and professional development. The ESPO Lounge at the ASM provides a place for GSA's emerging scholars to rest from the hectic conference pace, network with fellow ESPO members, meet with colleagues, and enjoy refreshments. ESPO's Informal Chats are also held in the lounge. Check the online program for updates and timing of information chats as we get closer to the conference. The team is also excited to share (or remind) some information about the upcoming ASM.

The first event I want to share is the ESPO Breakfast and Community Meeting from 7 to 8 a.m. on Thursday, November 14. The second event is the ESPO Presidential Symposia from 12 to 1:30 p.m. on Friday, November 15. We will also meet at the GSA Fellows, ESPO, and International Reception on the Friday from 6:30 to 8 p.m. If you are attending the ASM in Seattle, be sure to join us at these events because these are great opportunities to celebrate the contributions of and connect with our wonderful colleagues in ESPO.

To attend, you can still register for these and other sessions when you <u>complete your ASM</u> <u>registration</u>. Alternatively, if you have already registered and need to provide additional updates to your record or add other events, please log in to the GSA "My Dashboard" (at the top right of the page), select View/Edit My Registration, then select edit to make your changes. I look forward to seeing the ESPO and the entire GSA community in Seattle in November! These projects, to be produced in 2025, span such concerns such as malnutrition, menopause, social isolation, and caregiving issues.

The program is supported by funding from Silver Century Foundation, The Commonwealth Fund, The John A. Hartford Foundation, and National Institute for Health Care Management Foundation (NIHCM), and a donation from John Migliaccio, PhD, MEd, FGSA.

The participating journalists will convene during the <u>GSA 2024 Annual Scientific Meeting</u> – scheduled for November 13 to 16 in Seattle, Washington – where they will have access to the latest aging research and approximately 4,000 expert attendees. The fellowship will showcase research highlights from the meeting and other sources, and host discussions with veteran journalists on how to position aging stories in the current media environment.

"We congratulate the new fellows and their news outlets on demonstrating a commitment to serving their communities with fact-based, topical stories on our experiences as we age," said GSA Director of Communications Todd Kluss. "Our program provides a unique venue where these reporters can network with each other and meet the top authorities on aging to better understand everything from scientific discoveries to social and policy debates."

Kluss co-directs the program together with independent age-beat journalist Liz Seegert, who serves as program coordinator of the fellowship's media partner, the Journalists Network on Generations.

"It's exciting to start our 15th fellowship year with such a wonderful group of journalists," Seegert said. "Their project proposals were impressive and I look forward to connecting them to resources and knowledge that will enrich their reporting and develop more in-depth, nuanced stories about the many aspects of aging."

Program co-founder and Journalists Network on Generations National Coordinator Paul Kleyman serves as senior advisor and editorial consultant.

Continuing fellowship grants also are being provided to allow several previous fellows to

participate in the program and GSA's meeting. A continuously updated list of more than 800 stories generated by the program's alumni is available <u>on GSA's website</u>.

The New Fellows



Donna Alvarado

Bay City News Foundation **Project:** Hidden Impact of Remote Working on Aging Workers.



Estefania Arellano-Bermudez

El Central Hispanic News **Project:** Limited retirement opportunities in the immigrant community



Jeanette Beebe

The Ohio Newsroom **Project:** Not Eating: Malnutrition Plagues Older Adults in Northeast Ohio



Ellen E. Eldridge Georgia Public Broadcasting **Project:** When Language Barriers Lead to Potentially Fatal Neglect.



Alexa Caitlyn Mikhail Fortune

Project: The Stories from the New Frontier," on those 65 and older who are charting a new path for themselves in a newfound decade of life



Aiola Virella

Metro Puerto Rico

Project: How to Take Care of Our Loved Ones When Memory Fades



Ashley Milne-Tyte NPR Project: How Men Age, and How They Can Do It Better



Grace Vitaglione North Carolina Health News Project: Aging in Southeastern North Carolina



Taayoo Murray

Amsterdam News

Project: How the social determinants of health converge over time to impact the quality of life of older Black Americans, and how policy can change this



Margit B. Weisgal The Baltimore Sun

Project: Longevity Ready Maryland and Similar Programs



Anjana Nagarajan-Butaney India Currents

Project: Barriers to Menopause Treatment – Access, Insurance, and Taboos



Moira Welsh Toronto Star Project: Suicide and the Isolation of Older Men



Leah R. Romero Source New Mexico Project: Aging and New Mexico's Long-Term Care Workforce



Monica Williams

Michigan Solutions Journalism Collaborative/Urban Aging News/Detroit News Project: Black Americans Aging Alone: The Rewards and Risks

JournalNews

Upcoming Webinar

Synthesis Reviews Best Practices and Guidance for Peer Review (October 29, 1 p.m. ET).

Peer-Review Opportunities

GSA members can become peer reviewers for any of the GSA Journals! Your role as a peer reviewer is not just essential, it's invaluable in maintaining research quality. We deeply appreciate the thousands of reviewers who volunteer their time and expertise to the GSA Journals.

- The Gerontologist
- Innovation in Aging
- The Journals of Gerontology Series A: Biological Sciences and **Medical Sciences**
- The Journals of Gerontology ٠ Series B: Psychological Sciences and Social Sciences







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

New Webinars & Virtual Sessions

- Career Conversation: Mid-Career Academic Transitions: When, Why, and How?
- Mentoring Mid-Career Scholars: A Panel Discussion
- Transitioning to Careers in Non-Academic Settings: Panel Discussion with Non-profit and Industry Professionals in Gerontology
- Aging in Sub-Saharan Africa, Special Issue of Innovationin Aging
- Evidence-Based Strategies for Creating Age-Inclusive Campuses

New Podcasts

- The 5-Cog Paradigm: An Innovation to Improve Detection and Management of Impaired Cognition in Primary Care
- The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond

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We look forward to her stewardship and continued advancement of the journal to further progress scholarship, practice, and policy of gerontology and geriatrics over her four-year term."

Innovation in Aging is an online open access journal published by Oxford Journals on behalf of GSA. It contains conceptually sound, methodologically rigorous research studies that describe innovative theories, research methods, interventions, evaluations, and policies relevant to aging and the life course.

"It's an honor to be selected for this role and to serve GSA in this capacity," Putnam said. "Innovation in Aging is rooted in GSA's interdisciplinary strengths, carrying forward a mission help translate science into practice, knowledge into action. I look forward to working with authors, reviewers, and the entire editorial team. I am grateful to Dr. Stephen Albert and before him, Dr. Laura Sands, who created such a strong foundation for Innovation in Aging in its first eight years."

At Simmons University, Putnam is a professor and the Jennifer Eckert '08 School of Social Work Chair. Her research focuses on the intersections of aging and disability, with particular emphasis on understanding how public programs and public policy meet the needs of persons aging with disability. Within this area, her work examines collaborations between aging and disability service providers and their capacity to serve the aging with disability population, long-term care and support needs of persons aging with disabilities, the role of activity portfolios in fostering well-being among older adults, and participation and engagement among older adults and persons aging with disability. Her work has been supported by funders including the National Institute on Aging, National Institute for Disability, Independent Living, and Rehabilitation Research, and the John A. Hartford Foundation, and published in The Gerontologist, Journal of Gerontology, Series B, Social Sciences, F1000, Disability and Health Journal and other gerontology, disability, public health and social work journals.

In addition to her research, Putnam actively participates at the national and international level in building bridges across the aging and disability fields of policy and practice. She served as a founding member of the Bridging Aging and Disability International Network (a collaboration with March of Dimes Canada), is a member of the National Academy of Social Insurance, and a member of the National Advisory Board on Improving Health Care Services for Older Adults and People with Disabilities, an independent board with funded by Elevance Health, to provide expert opinion and guidance on the health care needs of persons with disabilities of all ages.

Putnam served as editor-in-chief for the Journal of Gerontological Social Work from 2014 to 2020. She most recently co-edited the "Handbook on Aging with Disability," published by Routledge. Along with Tamar Heller, PhD, she serves as co-guest editor of a forthcoming special issue of *The Gerontologist* focused on bridging aging and disability research.





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This award is funded by The New York Community Trust through a generous gift from Maxwell A. Pollack Fund



Maxwell A. Pollack Award for Contributions to Healthy Aging

The Award recognizes an individual whose research, scholarship or practice has generated new or improved policies or practices related to healthy aging.



Make sure to attend the Pollack Award Lecture at GSA 2024. Scan this code for more information.

EducationalNews

Integrating Content on Aging: Reaching Young Children Through the 100th Day of School



By Tina M. K. Newsham, PhD, University of North Carolina Wilmington



By Cynthia Hancock, PhD, University of North Carolina Charlotte



By Daniel Alston, PhD, University of North Carolina Charlotte



By Katherina Nikzad-Terhune, PhD, Northern Kentucky University



By Lisa Borrero, PhD, University of Indianapolis



By Elizabeth Fugate-Whitlock, PhD, University of North Carolina Wilmington

The <u>100th day of school</u> is often celebrated as a major milestone in elementary education. Students are encouraged to dress up, bring in 100 of something, and engage in the day in various ways. As part of this day, students often dress up as older individuals.

Given that some celebrations of the 100th day of school involve young children <u>dressing up</u> "like a 100-year-old," our team questioned the ageist ideas this activity could reinforce. Children adopt beliefs about various social groups <u>at an early age</u>. Children are <u>inundated</u> with ageist messages through books, TV, and other sources and internalize those ideas without questioning them.

To prevent ageism and its <u>adverse outcomes</u> (e.g., reduced life expectancy, self-imposed limitations and disengagement, poor health, strained relationships and intergenerational tension, and more), children must be taught early accurate and positive information about aging and older adulthood.

We sought to do just that by developing an evidence-based education campaign. This project aimed to provide early elementary school teachers with evidence-based educational materials related to aging (centenarians, in particular).

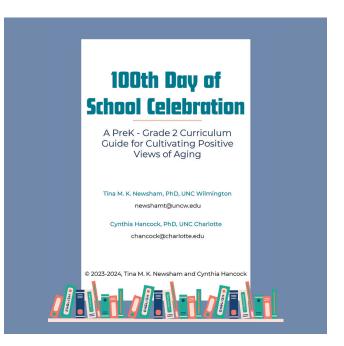
We created <u>a toolkit about aging and ageism</u> with options for celebrating the 100th day of school in a way that draws on national education standards to reinforce academic content while supporting age-inclusivity.

The toolkit includes resources on the 100th day of school and a table of centenarians, educational standards, and sample letters

from parents to teachers and principals about the program. The toolkit includes lesson plans for science, math, health, social studies, and financial literacy.

Our pilot study revealed a statistically significant improvement in expectations about aging among participating teachers (p<0.05) and strong qualitative support for the value of the toolkit. This resource is publicly available, and we hope our colleagues will use it for community engagement projects and share it with those who teach their children.

Also, if you have feedback on the toolkit or suggestions for improvement, we want to <u>hear</u> <u>from you</u>!



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CONTACT: Hui (Cathy) Liu, PhD Director, Center on Aging and the Life Course

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GSA 2024 THE FORTITUDE FACTOR Seattle, WA | November 13 -16 KEYNOTE

DR. RICHARD J. HODES

Dr. Richard J. Hodes, Director of the National Institute on Aging, will be the keynote at the GSA 2024 Annual Scientific Meeting.

Don't miss this opportunity to hear from a leader in aging research.

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GerontologyNews

Volume 55 | Issue No 10 | October 2024



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