Institute for Public Health Blog

The Institute's blog serves as a platform for sharing information on a variety of public health topics. The blog provides resources regarding public health and highlights faculty work. FCA regularly contributes to the blog, and posts included “Connect, Create, Contribute,” “New City? Try Homesharing,” and “Learning about Aging.” Find these and more at: publichealth.wustl.edu/blog.

YEAR IN REVIEW

Natalie Galucia
Center Manager
Faculty Lead for Education
Brian D. Carpenter
Faculty Lead for Research in Aging
Susan L. Stark
Institute for Public Health
William G. Powderly | Director
Graham Colditz | Deputy Director
Victoria Anwuri | Associate Director
Sarah Herstand Myers | Sr. Director of Development
Kim Furlow | Communications Manager
Anna Mazzuca | Business Coordinator
Emily Hickner | Event Coordinator

Intergenerational Housing
As part of its initiative to support intergenerational living, the Center for Aging partners with organizations such as Tower Grove Manor, Crown Center, and HomeShare STL. These three organizations encourage intergenerational housing, where older adults and Washington University students can live together. It’s a mutually beneficial relationship: older adults receive companionship and home assistance while living independently, and graduate students receive housing for reduced prices. Learn more about these programs at: publichealth.wustl.edu/aging/programs-projects

When I’m 64
Undergraduate students at Washington University in St. Louis have the opportunity to take a course called “When I’m 64” taught by Harvey A. Friedman Center for Aging Director Nancy Morrow-Howell, Brian Carpenter, PhD, Psychological & Brain Sciences, and Susan Stark, PhD, Occupational Therapy. The class partners with community members from STL Village.

Matt Wynn, graduate student of Psychological and Brain Sciences, presented on intergenerational living at Crash Course in Aging. Matt enjoys intergenerational life at Tower Grove Manor.

Panelists at the Next Move: Transitioning to the New Retirement Seminar, shared stories of their retirement.

Students in the “When I’m 64” class presented their research on how community organizations can become more age-friendly.

Participants of the Summer Research Program in Aging and Neurological Diseases and FCA staff, Natalie Galucia and Brian Carpenter, posed for a photo at the end of their eight-week experience.

Younger and older members of “When I’m 64” spent time together outside of the classroom. One of the goals of the class is to increase intergenerational understanding.

2019
### Summer Research Program in Aging and Neurological Diseases

With funding from the National Institute of Neurological Disorders and Stroke, the Friedman Center facilitated its second annual eight-week summer program for undergraduate students in the St. Louis Metro region. This year, 11 students from six universities conducted lab work with faculty mentors and presented at a final symposium on age-related topics such as Alzheimer’s Disease, Parkinson’s Disease, stroke, and religion and purpose in older adults. The program will resume in June 2020, facilitated by Natalie Galucia, Friedman Center Manager.

### Crash Course in Aging

In October, the Friedman Center hosted its annual Crash Course in Aging. It was an evening of fast-paced stories and insights on a variety of age-related topics, such as intergenerational housing, older drivers, and music therapy in hospice care. Participants had five minutes or less to present their ideas, followed by questions from the audience. One notable session was “Aging with Pride: LGBTQ Older Adults in America,” presented by Dan Stewart, Special Programs Coordinator at SAGE of PROMO. To watch a video, visit vimeo.com/370177404.

### Issues in Aging

The Issues in Aging monthly seminar series, held on the second Monday of the month at noon, included presentations on current research and perspectives on aging from experts in medicine, social work, psychology, and more. The series is co-sponsored with the Division of Geriatrics and Nutritional Science. Speakers included Tanya M. Wildes, MD, MSCI, Alex W.L. Wong, MD, DPhil, Katie Ellison, MA, and Karen Joynt Maddox, MD, MPH. Eight seminars were hosted in 2019 on the following topics:

- age-friendly health care models
- geriatric oncology
- medicare
- driving
- empowerment
- progressive dementia
- suicide
- post-stroke functioning

### Washington University for Life

In 2018, Washington University in St. Louis became a member of the Age-Friendly University Global Network, which is a group of educational institutions committed to expanding programs and policies to engage people in all life stages. As part of this work, the Center for Aging created a new initiative, WashU for Life. In 2019, this initiative started and supported new programs and activities such as Next Move: Transitioning to the New Retirement Seminars, Your Next Chapter Retirement Brown Bag Lunches, Next Move Student Group at the Brown School, and pilot studies, including focus groups with admissions and career services across both campuses, to develop a research agenda on age-diverse classrooms.

The first article on this initiative was published by authors Nancy Morrow-Howell, Edward Lawlor, Ed Macias, Emma Swinford, and Jeff Brandt in The Gerontologist in 2019: “Making the Case for Age-Diverse Universities.”

### Friedman & Kopolow Awards

Two individuals were recognized for their service to older adults in St. Louis. The Harvey A. and Dorismae Hacker Friedman Award for Excellence in Service to Older Adults was awarded to Marla Berg-Weger, professor at the Saint Louis University School of Social Work, executive director of the Gateway Geriatric Education Center, and a Gerontological Society of America Fellow. The Alene and Meyer Kopolow Award for Geriatrics, Psychiatry, and Neurology was awarded to Lenise Cummings-Vaughn, an associate professor of Internal Medicine in the Division of Geriatrics and Nutritional Science at Washington University. Cummings-Vaughn also provides care for older adults in outpatient, inpatient and long-term care settings, and presented on this topic in November’s Issues in Aging seminar.

### Friedman Lecture

The 2019 Friedman Lecture and Awards featured keynote speaker, Chancellor Emeritus Mark Wrighton. His talk, “Advancing Aging Research & Education at Washington University: Preparing for Longer Productive Lives,” provided a history of the focus on aging, including his role in creating the Harvey A. Friedman Center for Aging, as well as the current state and future vision for WashU. At the end of the lecture, a new award honoring Wrighton was announced. The Mark S. Wrighton Graduate Student Research Award in Aging will be given to a WashU student who shows outstanding promise as a researcher on topics relevant to older adults and an aging society at the 20th Annual Friedman Lecture and Awards in 2020.

### Events • Research • Partnerships