

20TH
ANNUAL

FRIEDMAN LECTURE & AWARDS

*Writing a New Story for Old Age
in Today's Longevity Economy*



Harvey A. Friedman
Center for Aging

INSTITUTE FOR PUBLIC HEALTH AT WASHINGTON UNIVERSITY

Wednesday, April 14, 2021

AGENDA

Wednesday, April 14, 2021

- 9 a.m.** **Welcome & Center Overview**
Nancy Morrow-Howell, PhD
Director of the Harvey A. Friedman Center for Aging
Bettie Bofinger Brown Distinguished Professor of Social Policy, Brown School
- 9:10 a.m.** **Awards Presentation**
The Alene and Meyer Kopolow Award for Geriatrics, Psychiatry and Neurology
Emily Somerville, OTD, OTR/L, Instructor in Occupational Therapy and Neurology

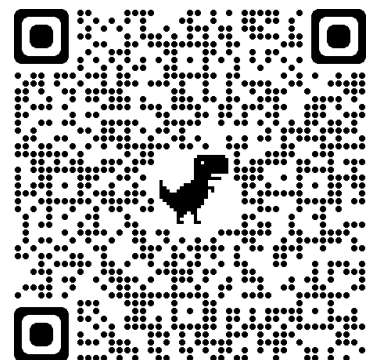
The Harvey A. & Dorismae Hacker Friedman Award for Excellence in Service to Older Adults
David Sykora, Former Executive Director of the St. Louis Area Agency on Aging

The Mark S. Wrighton Research Award on Aging
Judge's Choice: Meghan McDarby
People's Choice: Audrey Keleman
- 9:30 a.m.** **Keynote Presentation**
Writing a New Story for Old Age in Today's Longevity Economy
Joseph Coughlin, PhD, Director of the MIT AgeLab
- 10:10 a.m.** **Audience Q&A**
Moderated by Nancy Morrow-Howell
- 10:25 a.m.** **Announcements & Closing Remarks**
- 10:30 a.m.** **Event Close**

Watch the Mark S. Wrighton Research Award on Aging 3MT Competition

The 3MT is an academic competition that challenges PhD students to describe their research within three minutes to a general audience. Winners were awarded the Mark S. Wrighton Research Award on Aging.

vimeo.com/wustlpublichealth



ABOUT THE KEYNOTE

Joseph Coughlin, PhD

Director of the MIT AgeLab

As a researcher, teacher and advisor, Dr. Coughlin's work explores how global demographics, technology and changing behaviors are transforming business and society. Dr. Coughlin leads the Massachusetts Institute of Technology (MIT) AgeLab and teaches in MIT's Department of Urban Studies & Planning. Coughlin advises major companies internationally and has served on advisory committees for the White House, the multinational Organization for Economic Cooperation & Development, and economic development authorities worldwide.

A Behavioral Sciences Fellow of the Gerontological Society of America (GSA), Coughlin is a recipient of one of GSA's highest awards, the Maxwell A. Pollack Award for Productive Aging, in recognition of his research improving policy while bridging the worlds of research and practice. He was recognized by the *Wall Street Journal* as inventing the future of retirement, named one of "100 Most Creative in Business" by *Fast Company Magazine*, and one of *Investment News*' 2019 "Icons & Innovators."

Coughlin is a senior contributor for *Forbes* and writes for the *Wall Street Journal* as well as other leading business outlets. Author of over 100 academic publications, his recent book "The Longevity Economy: Unlocking the World's Fastest Growing, Most Misunderstood Market" was named a CEO READS Best Seller.



AWARDS

Harvey A. & Dorismae Hacker Friedman Award for Excellence in Service to Older Adults

The Friedman Award recognizes individuals who make outstanding contributions in service to older adults. Individuals may make this contribution through practice, education, advocacy, or research. Eligible nominees must be professionals currently involved in work related to older adults within the St. Louis Metro Region.

This award is supported by The Foundation for Barnes-Jewish Hospital from the Harvey A. and Dorismae Hacker Friedman Endowment for Aging.

2021 Friedman Awardee | David P. Sykora

David P. Sykora served as the executive director of the St. Louis Area Agency on Aging from 1996 until his retirement in February 2021. David was actively involved in the development of the aging network within the City of St. Louis.

During his service, David was instrumental in starting both a contracted and volunteer minor home repair program within the agency. He began a case management program within SLAAA, when the State of Missouri stopped all non-Medicaid case management within the state, and was among the first Area Agencies on Aging in the state to implement an in-home assessment program for home delivered meal clients.

In November of 2000, David initiated the agency's participation the NAEIR program, which distributes donated materials and supplies from corporations to community agencies. David was active in the implementation and continued development of the National Aging Program Information System and its expanded use throughout the state.

David remains a staunch advocate for programs and services for older adults, caregivers and the disabled within the St. Louis Metropolitan Area and the state of Missouri.



Alene & Meyer Kopolow Award for Geriatrics, Psychiatry & Neurology

The Kopolow Award recognizes stellar contributions to the care of older adults by a resident, fellow, post-doc, or junior faculty member in neurology, psychiatry, medicine, or related disciplines. Awardees have demonstrated achievement in at least one of the following areas of geriatrics: direct patient care; didactic teaching, conferences, or national and international meetings; and patient-oriented or basic research that address aging issues.

This award is supported by The Foundation for Barnes-Jewish Hospital from the Alene and Meyer Kopolow Fund for Geriatrics, Psychiatry, and Neurology.

2019 Kopolow Awardee | Emily Somerville, OTD, OTR/L

Emily Somerville is an instructor in occupational therapy and neurology in the School of Medicine at Washington University in St Louis. She works in the Participation, Environment and Performance Laboratory



(PEPL) which aims to promote the participation of older adults with functional limitations in the home and community through the provision of intensive, tailored home modification interventions.

Emily has a specific interest in helping older adults manage medications independently in the home and recently received funding to conduct a clinical trial studying the feasibility, acceptability and preliminary efficacy of a tailored medication management intervention.

Emily is also the lead occupational therapy interventionist and implements study interventions with research participants in the various studies conducted in the lab. She trains occupational therapists in the community to deliver evidence-based interventions developed by PEPL. Additionally, she is a study coordinator for a study that aims to investigate the efficacy and safety of a novel enhanced rehabilitation-transition program to reduce environmental barriers and improve daily performance and community participation.

The Mark S. Wrighton Research Award on Aging

The purpose of this award is to recognize doctoral candidates who show outstanding promise as researchers on topics relevant to older adults and aging society. To be considered for the award, students must apply to participate in a 3MT (Three Minute Thesis) competition, to be organized and announced by the Harvey A. Friedman Center for Aging. The 3MT is an academic competition that challenges graduate students to describe their research within three minutes to a general audience. Following the competition, winners will make their 3MT presentation at the next Annual Friedman Lecture and receive a plaque at the award ceremony.

This award is supported by The Foundation for Barnes-Jewish Hospital from the Harvey A. and Dorismae Hacker Friedman Fund.

Mark S. Wrighton Research Awardee, Judge's Choice | Meghan McDarby, PhD Candidate '22 **Talk Title | *The Effectiveness of Question Prompt List use During First-time Palliative Care Outpatient Appointments***

Meghan McDarby is a fifth year psychological and brain sciences graduate student in Dr. Brian Carpenter's Clinical Geropsychology Laboratory. Her primary research interests include enhancing end of life (EOL) decision making among older adults and improving communication about end-of-life care preferences among older adults, their caregivers, and healthcare providers. She is broadly interested in ways to increase quality of EOL care by facilitating earlier access to palliative care services and by optimizing psychological care at EOL.



Mark S. Wrighton Research Awardee, People's Choice | Audrey Keleman, PhD Candidate '24 **Talk Title | *Falls: A Marker of Pre-clinical Alzheimer Disease***



Audrey is an occupational therapist and PhD student in the Rehabilitation and Participation Science program. She is interested in aging in place and fall prevention, particularly among older adults with mild dementia. In her spare time, she enjoys socially-distant walks with friends around St. Louis.

Past Friedman Lectures

| | |
|----------------|---|
| April 24, 2019 | <i>Advancing Aging Research and Education at Washington University</i> |
| April 20, 2018 | <i>Ageism in America: How Stereotypes Influence Our Health & Wellbeing</i> |
| April 4, 2017 | <i>Future of Health Policy in an Aging America</i> |
| April 28, 2016 | <i>Intersection of Aging & the Arts for Health & Wellbeing</i> |
| April 22, 2015 | <i>Better Living Through Innovation: Responding to an Aging Society</i> |
| May 8, 2014 | <i>Developing the Workforce for an Aging America</i> |
| May 3, 2013 | <i>Creating Aging-Friendly Communities</i> |
| April 30, 2012 | <i>The Aging Mind: Realities & Myths</i> |
| May 24, 2011 | <i>Friedman Center for Aging Research: Selected Updates</i> |
| May 25, 2010 | <i>Productive Aging: Cross-Cultural Perspectives from China & the United States</i> |
| April 21, 2009 | <i>In the Words of the Artist: The Influence of Age on Creativity & Expression</i> |



Harvey A. & Dorismae Hacker Friedman

The 20th Annual Friedman Lecture and Awards is made possible by the support of Harvey A. and Dorismae Hacker Friedman Endowment for Aging at The Foundation for Barnes-Jewish Hospital. This annual event celebrates the latest in ideas and research in aging as well as provides an opportunity to recognize professionals providing outstanding service in the field. Lectures have covered a wide range of topics that represent the diversity of experiences and needs of aging adults and communities.

Visit us online: publichealth.wustl.edu/aging

Follow the conversation



@WUSTLpublichealth on Facebook



@WUSTLpubhealth on Twitter