



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

April 22, 2010 • Issue 42

## ANNOUNCEMENTS

### **Lunch and Learn Series Canceled**

-Reminder that there will not be a Lunch and Learn Series speaker on Monday **May 3<sup>rd</sup>, 2010**.

## LOCAL

### **Fundraiser for the Alzheimer's Association**

On **Thursday, May 6** from 5:30 – 8:30pm at Morningview Assisted Living located at 3200 N. Elm Street in Greensboro there will be a silent auction and pig pickin' fundraiser for the Alzheimer's Association.

-WXII Meteorologist, Lanie Pope, will be the guest speaker.

-For more information you can contact Erin at 336-545-3444.

### **Elder Law Information Fair** \*Flyer Attached\*

-On Tuesday, **April 20, 2010** from 6:30pm – 8:30pm at the Mabel Smith Senior Center, 2401 Fairview Street, Greensboro, NC 27405, phone number (336) 375-2234

-Presentation: "*Senior Nation*" *Learn how the growing senior population is changing society's outlook on aging as well as its impact on Medicare, the need for long term care, and other services and programs that impact older adults and their families.* Presented by Steven W. Arrington, J.D., The Elder Law Firm

-This event is FREE and open to the public. Please RSVP to Cindy Hipp at (336) 375-2234 or [Cynthia.Hipp@greensboro-nc.gov](mailto:Cynthia.Hipp@greensboro-nc.gov)

### **Community Forum - "The Nearing Death Experience"**

-Tuesday, **May 11, 2010** Noon - 1:30 p.m. Highland Presbyterian Church, Fellowship Hall 2380 Cloverdale Ave, Winston-Salem

-You may have heard stories of people having inexplicable visions or dreams near the end of life. Are these experiences real or imagined? What do they mean? How does one make meaning of such spiritual experiences?

-Rev. Meghan McSwain, MS, MDiv, BCCC, chaplain with Hospice & Palliative CareCenter, will review literature and experiential data as she explores the nearing death experience.

-Lunch will be available for \$8.

-Please RSVP to the Community Partnership Line at 336-768-6157, ext 1622, or [tomarilyn.barneycastle@hospicecarecenter.org](mailto:tomarilyn.barneycastle@hospicecarecenter.org).

### **A Matter of Balance: Managing Concerns about Falls** \*Flyer Attached\*

-Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

-Classes will be held in the Greensboro Senior Center every Wednesday and Friday beginning **May 5<sup>th</sup> through May 28<sup>th</sup>** from 1:30-3:30 pm

-Classes are held twice a week for 4 weeks for 2 hours each. Program fee is \$2.00 per session

-For more information or to sign-up please contact Lindsey at Senior Resources of Guilford 373-4816

### **Living Healthy Workshop** \*Flyer Attached\*

-Living Healthy is a workshop that will help you take control of your ongoing health condition rather than letting it control you!

-If you have diabetes, arthritis, heart disease, COPD, fibromyalgia, or any other chronic disease, Living Healthy is for you. By attending this workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Make daily tasks easier
- AND...Get more out of life!

-For more information about Living Healthy, or to register for a workshop please call Lindsey at Senior Resources of Guilford at 373-4816

### **Celebrating Lives through Person-centered Practices**

Person-centered conference, "Celebrating Lives through Person-centered Practices" is scheduled for **May 26, 2010** from 8am-3:30pm at the Embassy Suites Hotel in Greensboro, NC.

Among the topics for the breakout sessions are:

- \* Grandma Stole My Ipad: Technology and Person-Centered Practices
- \* Overview of the MH/DD/SA Planning Process
- \* MDS 3.0 Update: Person-Centered Care in Nursing Homes
- \* The Purpose Triangle: Aligning Values with Work
- \* 1 Life, 1 Page, 1 Heck of a Great Tool! Using 1-Page Descriptions Every Day
- \* Painting Caregivers and Communities into the Person-Centered Picture
- \* Developing and Maintaining Person-Centered Learning Communities
- \* Capturing What Matters: Person-Centered Tools for Individual Planning
- \* Keeping the Fires Burning: Person-Centered Learning Communities

For a registration form and additional details, go to <http://ssw.unc.edu/cares/May26flier&form.pdf>

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### STATE

#### **2011 Class of the Senior Leadership Enhancement Initiative**

- The UNC Institute on Aging is now accepting applications for the 2011 Class of the Senior Leadership Enhancement Initiative. This program is sponsored by the Institute with support provided by AARP-NC.
  - The Senior Leadership Initiative recognizes the importance of older adult leadership in addressing issues affecting senior citizens. The initiative provides opportunities for candidates to broaden their understanding of aging in North Carolina, develop their leadership skills through an individualized learning agreement, participate in a leadership project, and participate in training made available through the Institute on Aging.
  - To learn more and to download the 2011 application go to: <http://www.aging.unc.edu/seniorleaders/apply.html>
  - Applications for are due by **May 28, 2010**.
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### ITEMS OF INTEREST

#### **Gray Matter and Graying Hair**

- Although the effects of aging on the brain remain mysterious, a growing body of evidence suggests that a variety of lifestyle factors – diet, stress, exercise and intellectual stimulation among them – may hasten or slow changes in mental ability.
- Four of the nation's leading researchers on the subject, who have written almost 600 journal articles, will share their expertise during the 2010 **Kendon Smith Lecture Series April 30-May 1** in the Sullivan Science Building. Sponsored by the Department of Psychology, the lecture series – "Maintaining Mental Fitness: Influences and Interventions" – will be held in Mead Auditorium. For more information about the lectures, all free, call 334-5013.
- Information posted in the Campus weekly at <http://campusweekly.3edev.com/2010/04/13/graymatter/>

#### **NC TraCS Institute Grant Programs**

- NC TraCS Institute is the academic home of the NIH Clinical and Translational Science Awards (CTSA) here at UNC-CH.
- NC TraCS offers a Pilot Grant Program with \$4.3 million available this year to support basic, clinical, and social scientists for bench-to-bedside and bedside-to-practice translational research. The goal is to promote development of novel solutions that will ultimately improve patient and community health outcomes for the citizens of North Carolina.
- NC TraCS Pilot Grant Program offers \$2,000 grants to assist researchers in implementing a proposed study or move a research project forward by providing rapid access to funds that will support almost any aspect of promising and innovative research. The next submission due date for a TraCS\$2K is **April 20, 2010**.
- NC TraCS offers \$10,000 grants to support researchers with the early development of a research idea or to expand an existing study beyond the original scope into promising new directions. The next submission due date for a TraCS\$10K is **June 8, 2010**.
- NC TraCS Pilot Grant Program offers \$50,000 Grants to serve as a stimulus for new research initiatives aimed at obtaining sufficient preliminary data to allow new applications for extramural funding. TraCS gives preference to new ideas from multidisciplinary teams of researchers. The \$50K grants require matching from participating schools, departments, centers or partner organizations. The next submission due date for a TraCS\$50K is **August 10, 2010**.
- For the TraCS\$50K grant cycle due date **April 13, 2010**, an "email of intent" must be submitted to [nctracspilots@unc.edu](mailto:nctracspilots@unc.edu). The email should contain the full names of the PI and all Co-Investigators, the title of the application, and the "Research Type" (Pilot, Collaborative - Type I and Collaborative Type II) and have the subject line: "Email of intent for TraCS \$50K".
- For complete information about NC TraCS Funding please visit us at [www.tracs.unc.edu](http://www.tracs.unc.edu) .