



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

November 4, 2009 • Issue 24

## ANNOUNCEMENTS

### **Gerontology Research Network Lunch n' Learn Series** \*Flyer Attached\*

**-Monday, November 16, 2009** in McIver Room 331, 12-1 pm. - Dr. Christina Lengyel, University of Manitoba presents *Nutritional Risk, Perceptions of Diet, Health and Life Satisfaction of Community-Dwelling Canadian Older Men: The Manitoba Follow-up Study*.

### **Brief Review of Dr. Cody Sipe's Lunch n' Learn Presentation**

-Our November 2, 2009 Gerontology Research Network Brown Bag Lunch & Learn Series featured Dr. Cody Sipe (UNCG Health & Human Performance) presenting his work with "Community-based initiatives to enhance balance and mobility among older adults at risk of falling." Sipe reviewed the need for such programs, as 40% of adults age 65 and older fall annually, many of those in/near their home, and those having fallen having a 2-3 times increased chance of another fall. Fall risk reduction involves exercise to increase lower body strength, home/environment modifications, and evaluation of the effects of multiple medications. Several excellent research models include the "FallProof™ Model" of the University California Fullerton and "A Matter of Balance" program from Boston University.

-Sipe and colleagues seek grant sources of matching funds and senior faculty leadership for his proposed program "TEBAM: Tele-exercise for Balance and Mobility." TEBAM's goals include delivery of high quality fall risk reduction programs to rural populations via telecommunication mechanisms, presenting 3/week sessions over 12 weeks to improve balance and reduce falls, followed by 3, 6, & 9 month follow-up evaluations.

## LOCAL

### **Sigma Phi Omega Business Card Social** \*Flyer Attached\*

-When: Monday, **November 9, 2009** from 5:30pm to 7:00pm

-Where: Friends Homes at Guildford, Solarium Room, Hinshaw Building

-Bring plenty of your Business Cards to exchange with professionals in aging

-Refreshments and Snacks to be provided.

-Please invite other professionals and students in the Aging field to join us at the SPO meeting.

### **The Elder Law Clinic of Wake Forest University School of Law** \*Flyer Attached\*

Empowered Aging: Community Resources You Should Know About- Learn about resources in this community that can help you age successfully. Free Program!

Monday, **November 23<sup>rd</sup>**, 2:00-3:30 p.m., Sticht Center Auditorium, WFUBMC

For more information call: 336-713-8630 or email: [eclinic@wfu.edu](mailto:eclinic@wfu.edu)

Maps and directions can be found at: [www.law.wfu.edu/eclinic](http://www.law.wfu.edu/eclinic)

## STATE

### **The Community Partnership for End of Life Care /Pediatric Community Alliance** \* Flyer Attached\*

- "Coping with the Holidays" program will now be offered at these additional locations:

\* First Calvary Baptist Church, Winston-Salem

\* Mocksville, NC

\* Salisbury, NC

-Hospice & Palliative CareCenter's Grief Counseling Center will host its annual "Coping with the Holidays" sessions in November. The program is designed to build coping skills after the death of a loved one. These workshops are open to the public and are offered to adults, teens, and children six years of age or older.

-For planning purposes, advance registration is requested. [www.hospicecarecenter.org](http://www.hospicecarecenter.org)

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## ITEMS OF INTEREST

### **The Center for Retirement Research at Boston College**

-2010 Dissertation Fellowship Program for research on retirement income and disability insurance issues. The program, funded by the U.S. Social Security Administration: Supports doctoral candidates writing dissertations on retirement income and disability insurance issues. Awards up to six fellowships of \$28,000.

-Requires proposals be complete and submitted by **January 29, 2010** .

-Proposal guidelines can be found at the Dissertation Fellowship website .

-For questions, please contact: Marina Tsiknis, [tsiknis@bc.edu](mailto:tsiknis@bc.edu), 617-552-1092

-Center for Retirement Research at Boston College, 258 Hammond Street, Chestnut Hill, MA 02467, phone: (617) 552-1762  
fax: (617)-552-0191, [crr.bc.edu](http://crr.bc.edu)

### **Call for Presentations for NC Association on Aging**

-The NCAOA Board of Directors is seeking proposals for speakers and workshop presentations for the April 28-30 Conference to be held in Greensboro. The theme for the Conference is "Great Challenges, Greater Opportunities." There will be workshops and presentations for senior center professionals, caregiver specialists, senior nutrition staff, adult services workers, and administrative staff in aging throughout our state network.

-The deadline to have proposals considered by the Board for inclusion in the 2010 Conference is **November 30**. Go to the NCAOA website (<http://www.ncaoa.org/news.htm>) to access a more detailed explanation and the simple application materials as well as a link for sponsorship information.

-Individuals providing workshop leadership receive a discount in conference registration fees.

-Consider sharing your challenges and found opportunities in aging services with your colleagues at the April 28-30 Conference.