



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

Wednesday, September 29, 2010 Issue 49

## **For Your Information:**

I have received two requests over the past month to combine all of the attached handouts into one document, and I am working hard to honor their requests. To avoid the multiple attachments previously existing in the emails I sent, at the top of each new topic area within this Newsletter, I have described whether more information about the topic is listed below, or whether it is attached to the email I sent out. I have had to attach all PDF files as separate documents, as well as two large Word documents and one Powerpoint slide to the email, and I will always have to do that because of their large sizes and varying formats. All other related information is listed, beginning on page 5, in the order that it is listed on pages 1-4, which is the main body of the Newsletter this week. I would appreciate your feedback about this new arrangement—I know this makes the GRN Newsletter, as a whole, much larger, but it also decreases the total number of attachments in the email that I send to everyone. Which format do you prefer for the Newsletter? I value your continued suggestions, and thank you for your passion for gerontology and for taking the time to read and share these newsletters with others.

-Sarah Johnson

shjohns2@uncg.edu

---

## ANNOUNCEMENTS

### **Presentation: "Alzheimer's from the Inside Out". \*1-page Flyer and 8-page Handout Attached\***

Wednesday, September 29th, 2010 from 5:00-6:30pm at the Virginia Dare Room in the Alumni House of UNCG, 404 College Avenue, Greensboro, NC, phone number (336) 334-5696. Attendance is Free.

Presented by Richard Taylor, Ph.D., a former psychologist has lived in Houston, TX with the diagnosis of dementia probably of the Alzheimer's type for the past seven years. His goal is to create a supportive community where accurate information about Alzheimer's Disease is shared and actions are taken to improve the dignity and quality of life for people who are affected by dementia. The goal is to change the way that individuals, countries, and the world view and respond to dementia. Free and open to the community and campus. Park in Oakland Deck. Reservations are not required, but are appreciated. RSVP (only if you DO plan to attend) to Lori Kerr at [lakerr@uncg.edu](mailto:lakerr@uncg.edu), or at (336) 256-1020.

---

## NEWS - LOCAL

### **GEM Center: Six Weekly Sessions on Caring For Adults With Dementia \* Handout Attached\***

Hosted by the GEM Center in Kill Devil Hills, NC through a 2-hour session every Tuesday from September 14<sup>th</sup> to October 19<sup>th</sup>, with a different guest speaker each week.

This program was developed by Gail Sonnesso, Ms. Susan Firman retired nurse educator; and Lynda Hester family caregiver and retired trainer for the US Coast Guard. The DVD was created by the Eastern Chapter of the Alzheimer's Association. Class is limited to 10 people. Caregiving for family member may be provided if necessary.

There is a fee (\$15.00) for each participant to cover the cost of notebook and materials

A certificate that certifies that you have successfully completed the course of "Providing the BEST CARE for people with dementia" is available from ALZNC for a fee of \$10.00

To register please contact Gail Sonnesso, MS @ 252-480-3354 or her cell 207-2083

Please mail your registration to Gail Sonnesso, PO BOX 3601, Kill Devil Hills NC 27948

Visit our website: [www.thegemcenter.org](http://www.thegemcenter.org) Or e-mail [gsonnesso@gmail.com](mailto:gsonnesso@gmail.com).



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

---

## **Eight Friday Sessions:—“A Matter of Balance.” \*PDF Flyer Attached\***

Hosted by Piedmont Health SeniorCare.

The sessions will be held at 1214 Vaughn Road, Burlington, NC 27217.

Eight (8) consecutive Friday Sessions—free admission—that begin on Friday, October 1<sup>st</sup>, 2010 and go from 10am-12pm. The focus of these sessions is on fall prevention—learn how to reduce fall risk factors, increase strength and balance, and stay active.

For more information or to sign up, call Latorria Mumford at (336) 532-0000.

## **Speaker: Healing Power of Relationships \*PDF Flyer Attached\***

On Tuesday, October 5th, 2010 at 7:30pm in Dana Auditorium, Guilford College Campus.

Admission is \$10 unless CEU is desired (0.15 awarded), which requires an additional \$10 fee/person.

Hosted by Hospice and Palliative Care of Greensboro as a special event for its 30th Anniversary in existence.

Speaker is medical ethicist Larry R. Churchill, Ph.D. of Vanderbilt University.

At conclusion of presentation, participants will be able to:

Discuss information gathered from clinician interviews

Explore in detail why some patient interactions fail and others succeed

Develop a model of healing to guide future interactions with health care providers

For more information, please visit [www.hospicegso.org](http://www.hospicegso.org) or see attached handout.

## **safeTalk—Suicide Awareness Training \*See Additional Information Below\***

On Wednesday, October 6th, 2010 from 1pm-4pm at Greensboro Central Library, 219 N. Church Street, Greensboro, NC. Free and open to the public.

Hosted by The Mental Health Association in Greensboro and made free through the support of Moses Cone~Wesley Long Community Health Foundation, it is a 3-hour suicide prevention session that can be scheduled at any school, business, or organization.

The objectives of “safeTALK” are as follows:

- Challenge attitudes that inhibit open talk about suicide
- Recognize a person who may be having thoughts of suicide
- Engage them in direct and open talk about suicide
- Listen to their feelings about suicide to show they are being taken seriously.
- Move quickly to connect them with someone trained in suicide prevention

For more information or to schedule a safeTALK program, contact Jamie Stephens at [jstephens@mhag.org](mailto:jstephens@mhag.org).

## **Greensboro Mayor's Committee for Persons with Disabilities—Open House and Learning Event**

Thursday, October 7, 2010 from 5-7 pm at Morningview Assisted Living on 3200 N. Elm Street in Greensboro. Wine and cheese will be served. Free and open to the public.

A brief presentation will be around 5:30 pm regarding the Greensboro Mayor’s Committee for Persons with Disabilities programs and activities. Come and learn about the committee, which provides services for Greensboro-area residents with disabilities, and see how you can become involved! For more information, please contact Donna Gray at 373-2723 or visit the website: [www.greensboro-nc.gov/citygovernment/gmc](http://www.greensboro-nc.gov/citygovernment/gmc).



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

---

## **For UNCG Students and Alumni—Networking Event: “Schmooza Palooza” \*Handout Attached\***

Tuesday, October 19, 2010, 5:00p.m.-7:00pm in the Elliot University Center (EUC), Cone Ballroom, UNCG campus.

Required Dress Code: Professional/Business Casual Attire, and there will be free Food and Beverages available.

Being an effective networker is important in finding employment and internships. Come and learn more about the art of networking over free appetizers. Learn how to work a room, build rapport, make connections, and more. After learning how to network, you will then have the opportunity to practice your networking skills with alumni and professionals from the community who have volunteered to help you develop and strengthen your networking skills.

If you are ready to learn how to network in a friendly and fun environment, please register through SpartanCareers at <https://www.myinterfase.com/uncg/student/home.aspx>

Space for this event is limited. Reserve your spot ASAP. Hope to see you there!

Questions? Contact Charmaine Curtis at [cscurtis@uncg.edu](mailto:cscurtis@uncg.edu)

## **Aging Boot Camp. \*See Additional Information Below\***

On Wednesday November 3rd from 10:00am to 4:30pm, and on Thursday, Nov. 4, 2010 from 9:00am to 3:30pm. Lunch and refreshment are included in the registration fee.

Hosted by The North Carolina Association on Aging, it is a popular orientation program that is most appropriate for brand new employees in the aging network, or for others interested in a basic understanding of aging issues and services.

Registration for Association Members is \$60, for non-members it is \$75.

Registration forms need to be received at PO Box 10341, Raleigh, NC 27605-0341 by October 29th. Register early to assure your place; only 30 slots are available. If you plan to register and bring your registration fee to the Boot Camp, please indicate this on the registration form. Faxing registration forms is discouraged because we cannot guarantee they have been received; however, you may email an electronic version of the registration form to: [bill\\_lamb@unc.edu](mailto:bill_lamb@unc.edu).

---

## NEWS - STATE

### **Alzheimer’s Disease \*See Additional Information Below\***

“World Alzheimer’s Day” was on Tuesday, September 21<sup>st</sup>, 2010.

Forty riders from the Alzheimer's Association Alzheimer's Breakthrough Ride <sup>SM</sup> cycled onto Capitol Hill, presenting a petition containing more than 110,000 signatures demanding that our elected officials make Alzheimer's Disease a national priority.

The Alzheimer’s Association is working hard to enact the National Alzheimer's Project Act (NAPA, S.3036/H.R.4689), legislation that would create a National Alzheimer's Project Office and an inter-agency Advisory Council responsible for developing a national plan to overcome the Alzheimer crisis. Take action today by asking your member of Congress to enact NAPA this year.

Yesterday also marked the release of the "World Alzheimer Report 2010: The Global Economic Impact of Dementia" by Alzheimer's Disease International, revealing the global costs of dementia care as a staggering \$604 billion. This means if dementia care was a company, it would be the world's largest by annual revenue, exceeding both Wal-Mart (\$414 billion) and Exxon Mobil (\$311 billion).

### **Alzheimer’s Association: Western Carolina Chapter’s 25<sup>th</sup> Anniversary Celebration**

In Charlotte, NC on October 8<sup>th</sup>

For more information, contact Eileen McGuinness-Vaillancourt, the Western Carolina Chapter Program Manager for the Alzheimer’s Association, located at 122 North Elm Street, Suite 800, Greensboro, NC 27401.

Contact her at (336) 285-5920 or at [Eileen.McGuinness@alz.org](mailto:Eileen.McGuinness@alz.org).

The 24 Hr Helpline is available at (800)-272-3900 or at [www.alz.org/northcarolina](http://www.alz.org/northcarolina).



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

---

## **Governor's Conference on Aging: InfoSocial** \*Powerpoint Slide/Flyer Attached\*

Thursday, October 14th from 5:45pm-7:00pm in the Royal Room of the Sheraton-Imperial Hotel in Research Triangle Park, 4700 Emperor Blvd, Durham, NC.

Held during the middle of the Governor's Conference, this event was created to allow students and other aging professionals who are interested in aging to meet professionals currently working in the field in an informal and relaxed environment.

Free and open to all, people do not have to register for the entire conference to attend the InfoSocial.

If you would like to learn more about the Conference, please visit [www.aging.unc.edu/nccoa](http://www.aging.unc.edu/nccoa).

## **Advance Care Planning Clinics** \*PDF Handout attached\*

From September 16-December 16, intermittently, in Winston-Salem, Mocksville, Salisbury, and Kernersville, NC.

Hosted by The Community Partnership for End of Life Care, a program of Hospice and Palliative CareCenter.

Free and open to all.

Topics covered will include advance care planning process, living wills, and health care power of attorney, with free handouts for every clinic.

For more information, visit [http://www.hospicecarecenter.org/news\\_details.aspx?id=29](http://www.hospicecarecenter.org/news_details.aspx?id=29), or call The Community Partnership for End of Life Care at (336) 768-6157, extension 1622.

To reserve a seat, please call the number listed for your session.

---

## NEWS - NATIONAL

### **AHRQ Web Conference on Comparative Research** \*12-Page Newsletter Attached\*

On October 12th from 2:00-3:30pm on the Web.

Listed in Issue 293 of the newsletter for the Agency for Healthcare Research and Quality. Conference is based on the Effective Health Care (EHC) Program, and is a free Web conference called "Integrating Comparative Effectiveness Research into Everyday Practice." It addresses comparative effectiveness research, which has emerged as a critical element of health care improvement, and compares drugs, medical devices, tests, surgeries, or ways to deliver health care. See the attached newsletter for online registration information, or visit <http://www.meetview.com/ahrq20101012>.

### **Universal Design Summit 4 in St. Louis**

On October 10-12, 2010 in St. Louis, Missouri at the Busch Conference/Student Center, it is titled "Creating Livable Homes & Communities." It is North America's only conference focused exclusively on inclusive housing that is usable by everyone, but especially by people with disabilities and older adults, whose abilities may differ from those of the public.

The goal of this summit is to work towards creating community integration and participation while enhancing the independence of all people at home and during their daily lives.

It is open to all public health professionals, but especially to architects, designers, developers, builders / contractors, design students, non-profit housing organizations, and code officials.

Candace Roberts will be doing a presentation on Monday, October 11<sup>th</sup> at the Summit at 4:00pm on a Senior-Friendly certification that she has been working on in Western North Carolina in Haywood County. For more information on that session, visit [uds4.org](http://uds4.org), the tab "agenda" then number 2.28 on Monday's agenda.

website tab "agenda" then number 2.28 on Monday's agenda.

For more information about the overall Summit, visit [uds4.org](http://uds4.org) or call the Information Desk at (314) 977-2820.



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

---

## ITEMS OF INTEREST

### **AHRQ HealthTV Showcases Videos for Consumers**

View, share, and download your favorite AHRQ consumer health videos on AHRQHealthTV, a free channel available on YouTube at <http://www.youtube.com/user/AHQHealthTV>.

### **Three New Jobs Are Available**

The Division of Vocational Rehab, Independent Living program is now hiring for three positions in their Wilmington, Greensboro, and Asheville offices. One position in each of these offices is now available for a Human Services Coordinator. Closing date is September 30th. For a brief description, application instructions or contact person for questions visit: <http://www.osp.state.nc.us/tempsolu/jobs.html>.

### **Life Wise/Money Habitudes \*See Additional Information Below\***

Created by Syble Solomon after her graduation from the Gerontology Program at UNCG, it is a tool that helps people to discover their relationship with money and how it affects their lives and financial goals. While it can be utilized by any generation, Mrs. Solomon has found it especially useful for older adults, who may have difficulty with finances that they are suddenly responsible for due to family member's death or illness, or a new divorce or relationship at an older age. In summary, Money Habitudes is a game-like activity that helps people talk about the difficult topic of money—and do it in a fun, nonjudgmental and constructive way.

For more information, contact Ms. Solomon at (910) 399-2200 or at [syble@lifewise.us](mailto:syble@lifewise.us).

### **Aging Means Good Business forum—Student Ad Contest \*1-Page PDF File Attached.\***

Aging Means Good Business one-day forum at the Gerontological Society of America's Annual Scientific Meaning conference on November 18-23rd in New Orleans.

The focus of this contest is for students to research the best methods of targeting adults aged 50+ and then design an original print advertisement.

Mailed entries must be received by the GSA in Washington, DC, by October 15th.

The contest info can be found here (as well as in the links below): <http://www.geron.org/Annual%20Meeting/aging-means-business/student-ad-contest>.

For more information, please contact Dani Kaiserman at [dkaiserman@agingsociety.org](mailto:dkaiserman@agingsociety.org) or at (202) 587-2847.

### **National Council on Aging**

In this website is an abundance of information on successful senior centers, advocacy and research for older adults, national conferences on aging, promoting independence and dignity, enhancing financial stability and understanding, and improving health, among others. For more information, please visit <http://www.ncoa.org>.

---



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

## Full Handouts (when possible)

### safeTalk—Suicide Awareness Training

#### safeTALK -Suicide Awareness Training



Wednesday, October 6, 2010

1 - 4 p.m.

Greensboro Central Library

219 N. Church Street, Greensboro, NC

Free

#### Contact:

Jamie Stephens  
Mental Health Association in Greensboro  
jstephens@mhag.org  
(336) 373.1402

#### When

Wednesday October 6, 2010 from 1:00 PM to 4:00 PM EDT

#### Where

Central Public Library Greensboro  
219 N. Church Street  
Greensboro, NC 27401

Do you want to learn signs to help identify someone who might be having thoughts of suicide?

Would you like to feel more confident in your ability to help someone considering suicide?

The Mental Health Association in Greensboro invites you to attend safeTALK, a three-hour suicide prevention program.

safeTALK: an acronym combination of:

“safe”: Suicide Alertness For Everyone

“TALK”: The actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and KeepSafe.

The program is recognized nationally as a best practice by the US Suicide Prevention Resource Center and the American Foundation for Suicide Prevention, both considered experts in the field of prevention.

By having numerous people in the community trained in safeTALK, our community will have a greater awareness of the possibilities of suicide, and will be equipped to take action when the situation presents itself.

9/28/2010

UNCG Gerontology Research Network News is compiled by  
The UNCG Gerontology Program • P.O. Box 26170 • Greensboro, NC 27402  
VOICE 336.256.1020 • FAX 336.334.4113 • <http://www.uncg.edu/gro/geroresearch.uncg.edu>

Page 6 of 12

Please send your aging-related research to Sarah Johnson at [shjohns2@uncg.edu](mailto:shjohns2@uncg.edu) with “GRN Newsletter” in the subject line.



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

---

## The objectives of safeTALK are as follows:

- Challenge attitudes that inhibit open talk about suicide.
- Recognize a person who might be having thoughts of suicide.
- Engage them in direct and open talk about suicide.
- Listen to their feelings about suicide to show that they are taken seriously.
- Move quickly to connect them with someone trained in suicide prevention.

*Trainings are free through the generous support of the Moses Cone ~ Wesley Long Community Health Foundation.*

## **More Information**

To schedule a safeTALK program at your business, organization, neighborhood, community center, or place of worship, please contact Jamie Stephens, [jstephens@mhag.org](mailto:jstephens@mhag.org).

safeTALK is a community resource program of the Mental Health Association in Greensboro.



330 S. Greene Street, Suite B12  
Greensboro, NC 27401  
(336) 373.1402  
[www.mhag.org](http://www.mhag.org)





# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

## **Aging Boot Camp**



The North Carolina Association on Aging is pleased to announce another session of the popular Aging Boot Camp. This is an orientation program most appropriate for brand new employees in the aging network or others wanting a basic understanding of aging issues and services.

### **Wednesday & Thursday, Nov. 3 and 4, 2010**

The Boot Camp will be held from 10:00 A.M. to 4:30 P.M. on Nov. 3<sup>rd</sup> and from 9:00 A.M. to 3:30 P.M. on Nov. 4<sup>th</sup>. Lunches and refreshments are included in the registration fee. The Boot Camp will be held at:

#### **Western Piedmont Council of Governments**

736 4th St SW  
Hickory, NC 28602  
828-322-9191

For a link to driving directions:

<http://www.wpcog.org/contact.asp>

### **An introduction and orientation to the world of aging services**

#### **Learn the basics about:**

- The demographic imperative
- Myths and misconceptions about aging
- The dynamics of the aging process
- Communication issues and older adults
- The continuum of aging services
- What the aging network is all about
- Aging advocacy
- What's on the horizon for the nation and North Carolina

#### **Who should attend?**

- New employees in the aging network
- Veteran employees with new responsibilities
- HCCBG advisory committee, Senior Tar Heel delegates or agency board members
- Anyone interested in learning more about aging services in North Carolina

#### **Lodging: Lodging arrangements must be made independently from the workshop registration.**

Hotel accommodations have been arranged nearby for workshop participants who require lodging: Holiday Inn Express—Conover, 104 10<sup>th</sup> Street NW in Conover. 828-465-7070. This hotel will honor state rates for those who qualify. Registration includes complementary continental breakfast and wireless Internet access.

#### **Registration forms need to be received at PO Box 10341, Raleigh, NC 27605-0341 by October 29<sup>th</sup>.**

Register early to assure your place; only 30 slots are available. It is possible to register and bring your registration fee to the Boot Camp. If that is your plan, please indicate this on the registration form. Faxing registration forms is discouraged because we cannot guarantee they have been received; however, you may email an electronic version of the registration form to: [bill\\_lamb@unc.edu](mailto:bill_lamb@unc.edu).

9/28/2010

UNCG Gerontology Research Network News is compiled by  
The UNCG Gerontology Program • P.O. Box 26170 • Greensboro, NC 27402  
VOICE 336.256.1020 • FAX 336.334.4113 • <http://www.uncg.edu/gro/geroresearch.uncg.edu>

Page 8 of 12

Please send your aging-related research to Sarah Johnson at [shjohns2@uncg.edu](mailto:shjohns2@uncg.edu) with "GRN Newsletter" in the subject line.





# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG



**NC Association on Aging  
Aging Boot Camp  
Wednesday and Thursday November 3<sup>rd</sup> and 4<sup>th</sup>, 2010  
Western Piedmont Council of Governments  
Hickory, North Carolina**

### Registration Form

**One form per person (please copy as needed)**

**Name:** \_\_\_\_\_

**Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** (\_\_\_\_) \_\_\_\_\_ **Email:** \_\_\_\_\_

**Registration Fee: NC Association Member\*      \$60 \_\_\_\_\_**  
**Non-Member \$75 \_\_\_\_\_**

**I plan on bringing my registration fee to the Boot Camp \_\_\_\_\_**

\*Association members include employees from member agencies or individual NCAOA Members

#### **Other Registration Information:**

Registration includes training materials, breaks and lunches. Arrangements for lodging must be made separately from the workshop registration. The workshop is limited to the first 30 registrants. The deadline for receipt of registration material is October 29<sup>th</sup>, 2010. Mail the registration form and appropriate registration fee to **NCAOA, PO Box 10341, Raleigh, North Carolina 27605-0341**. Make checks out to NCAOA. Questions about the Aging Boot Camp can be directed to Bill Lamb, UNC Institute on Aging, Phone: 919-966-9444; email: [bill\\_lamb@unc.edu](mailto:bill_lamb@unc.edu). Registration forms may be sent in to Bill Lamb by email with a message that includes all the information from the registration form. Faxed registrations may be sent Attention: Bill Lamb, 919-966-0510. (Faxed registration forms are not encouraged.) Confirmation of receipt of registrations received will be sent on or before October 29<sup>th</sup> via email.



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

## Alzheimer's Disease

World Alzheimer's Day
Breakthrough Ride









Yesterday we recognized Sept. 21, World Alzheimer's Day with several important initiatives to address the global epidemic of Alzheimer's disease here in the United States.

Forty riders from the Alzheimer's Association Alzheimer's Breakthrough Ride<sup>SM</sup> cycled onto Capitol Hill, presenting a petition containing more than 110,000 signatures demanding that our elected officials make Alzheimer's a national priority. Together, we sent a message on behalf of all Americans affected by this disease: Alzheimer's Disease can no longer be ignored.

In a moving ceremony, Harry Johns, president and CEO of the Alzheimer's Association, promised that this message would be delivered to both Congress and the White House. [See photos from the event.](#)

To build on the success of the Breakthrough Ride, the Association is doubling efforts to enact the National Alzheimer's Project Act (NAPA, S.3036/H.R.4689), legislation that would create a National Alzheimer's Project Office and an inter-agency Advisory Council responsible for developing a national plan to overcome the Alzheimer crisis. [Take action today by asking your member of Congress to enact NAPA this year.](#)



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG



Yesterday also marked the release of the "World Alzheimer Report 2010: The Global Economic Impact of Dementia" by Alzheimer's Disease International, revealing the global costs of dementia care as a staggering \$604 billion. This means if dementia care was a company, it would be the world's largest by annual revenue, exceeding both Wal-Mart (\$414 billion) and Exxon Mobil (\$311 billion). [Read a summary of the Report and related news coverage.](#)

Later in the afternoon, the Alzheimer's Association delivered the message of the Alzheimer's Breakthrough Ride in a special [White House briefing](#) on Alzheimer's disease. The meeting was a good first step from this Administration toward a real and sustained effort to lead the fight against Alzheimer's. Harry Johns, Alzheimer's Association president and CEO, and National Board Member Stephen Hume, Psy.D., an individual living with the disease, made presentations at the meeting, focusing on the urgent need for action. The Alzheimer's Association will continue to create and pursue every opportunity to impress upon the nation's leaders the scale of this disaster, the necessity of a coordinated national Alzheimer strategy and the need for its swift implementation.

Thank you for your continued efforts — on World Alzheimer's Day, and every day — in support of the Alzheimer's Association and our vision of a world without Alzheimer's disease.

Sincerely,

Alzheimer's Association

P.S.

Tune in!

Watch Alzheimer's Association Celebrity Champions test their knowledge and earn cash to benefit the care, support and research efforts of the Association on "[Who Wants to Be a Millionaire](#)," airing this week. Check local listings for air times.

Mailing Address:  
Alzheimer's Association  
225 N. Michigan Ave., Suite 1700  
Chicago, IL 60601 US  
Contact Name: Breakthrough Ride  
Telephone Number: 1-866-699-1236  
[www.alz.org](http://www.alz.org)



# UNCG Gerontology Research Network

Facilitating Transdisciplinary Aging-related Research at UNCG

## LifeWise/Money Habitudes

By Syble Solomon

Since leaving the Gerontology Program at UNCG I have developed a simple tool called Money Habitudes that helps people discover their relationship with money and how that affects their life and financial goals. It's taken me in unexpected directions that I think have great promise for those in the field of gerontology. For example, I've just returned from speaking at the newly formed Financial Therapy Association housed at Kansas State University. FTA brings together academics, therapists and financial practitioners to share information and ideas about how to help individuals have a healthy relationship with money. (Consider this: money is the only secular thing that touches every aspect of our lives.) I would strongly encourage people studying gerontology to consider the incredible needs and opportunities out there related to money and aging.

From the financial side there is the well-known need for financial planning and managing money. Many people are finding themselves responsible for money at 50, 60, 70, 80 and 90 who have never managed money and now, through divorce or death are suddenly overwhelmed with that responsibility. That may include the basics of paying bills to managing investments and keeping up with medical expenses. Filling that need may be education to teach skills and learn how to choose someone to help if necessary to becoming the person who actually manages the money.

On the more extreme psychological side there are the issues of hoarding, compulsive spending, and gambling that may have started many years ago and gotten worse with aging or started in-conjunction with age-related stress. And there are the common financial counseling needs for helping people think through how they will distribute their property and how they can make wise choices to maximize their opportunities to do things and be financially responsible on a fixed income.

Couples in long term marriages often face challenges when they begin living on retirement incomes and those entering into cohabitation or marriage relationships often need counseling on how money will be managed given the complexity of issues that come with adult children, grandchildren, parents, etc. Yes any marriage and family counselor could provide these services, but there is more and more of a need for people who understand the unique challenges associated with aging. Divorce at 75 is much different than divorce at 35.

The list of possibilities goes on and on. New research of the brain is showing specific neurological findings related to compulsive spending and other problematic behaviors. Studies now being done with younger people need to be done with the aging population as well. Someone who is now home and has 24/7 access to the shopping channel or religious shows requesting money are easy targets--but what neurological indicators may make one person more susceptible than another and how can it be treated?

The point is that related to our relationships with money there are many opportunities for people to provide services to the aging population and much research to be done. It is a new world and the positions do not necessarily exist yet in this field so if you are entrepreneurial or have a talent for influencing and collaborating, look for opportunities so you can be a pioneer to meet those needs while creating your own unique career.

Today's actions and attitudes determine tomorrow's options and opportunities.

Syble Solomon  
LifeWise / Money Habitudes  
910-399-2200 / 888-833-4331  
syble@lifewise.us  
[www.moneyhabitudes.com](http://www.moneyhabitudes.com)

Syble's New presentation/keynote video available here: <http://www.youtube.com/watch?v=eDDCW0VwhRQ>.

Money Habitudes in action: Read how people are really using the cards here: [www.moneyhabitudes.com/case\\_studies.aspx](http://www.moneyhabitudes.com/case_studies.aspx).

Money Habitudes now on Twitter: @moneyhabitudes