

# Adult Development & Aging News

Volume 34, Number 2  
Summer 2006

## 20 DIVISION

### President's Message

*To you from failing hands  
we throw the torch; be  
yours to hold it high.*

From *In Flanders Fields* by  
John McCrae (1915)

I will be passing the torch soon, specifically, to Elizabeth Stine-Morrow our incoming President, and more generally to the new and continuing members of Executive Committee. It is a well-worn torch, having lighted our way through the years of revising our by-laws and handbook, and the many thoroughly-considered decisions we make about allocating *your* Division dues to various initiatives such as the Geropsychology conference in Colorado, an earlier Immigration conference, and an upcoming Diversity conference. We are also in the midst of trying to arrange financial support to a joint Division 20-CONA-Division 12/2 workshop to take place just before APA's convention in New Orleans. It would provide information about stress management for local service workers who have been trying to support older adults in the area under less than ideal circumstances. The

famous saying that "things take longer than they do" is definitely true of Division 20 initiatives that start with one President yet finish with a different one.

With modern technology it is all too easy to document and count things. So for fun, I looked at my 2006 Division 20 mailbox and found that to date (mid-May) there are 16.6 Megabytes (Mb) of material therein. If I add in the 2005 version of the mailbox, I come up with another 11.2 Mb for a total of about 28 Mb, not counting the contents of my other 100 or so mailboxes some of which do contain material pertinent to the Division. By way of comparison, the first hard drive I ever bought, back in 1985, was 20 Mb and at the time I debated over a 10 Mb versus the 20 Mb drive and went for the larger one on the assumption that I would "never" be able to use all that space in my lifetime. (To show my degree of underestimation, I recently cloned the 40 Gigabyte hard drive in my notebook to a 60 Gigabyte one.) Now,



Neil Charness, Division 20 President

many of the Division 20 e-mails contain past message content so the true count is probably less than half the original estimate. However, you can see that we have a pretty active process underway in the Division. To put those megabytes in perspective, a typical small novel is about a megabyte in size and all of Shakespeare's works apparently total to about 5 Mb. So your busy executive has produced correspondence equivalent to about 10 novels in the past few years, though I doubt that it would sell well on Amazon or Barnes & Noble.

*You can't pay me back,  
but you can pay forward.*

I'm going to depart a bit from the traditional "going away" column where I thank all the people who have helped me through

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**Adult Development & Aging News** is co-edited by Jennifer Margrett, Julie Patrick & JoNell Strough, all at the Department of Psychology, Life-Span Development, West Virginia University. [www.as.wvu.edu/psyc](http://www.as.wvu.edu/psyc)

**Deadlines for submissions are:**  
**September 1**  
**February 15**  
**June 1**

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Submit materials in Word or WordPerfect via e-mail to:

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mail.wvu.edu;**  
**JoNell.Strough@  
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**Julie.Patrick@  
mail.wvu.edu**

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**Note From Co-Editors:**

We sincerely thank those who contributed to this issue. We encourage Division members to send us announcements of general interest and short provocative pieces. If you have an idea for a feature article, please contact one of us. Submissions may be sent to any of the three editors via email as a Word or WordPerfect attachment.

my year as President of Division 20, though I am extremely grateful to all of you and particularly to Executive Committee for your wise counsel. Rather, I want to share a story that impressed me way back in my youth, and that has served as the inspiration for why I sometimes (or, as my spouse Beth might avow, too often) volunteer my time to organizations. Being a first born no doubt explains some of the variance too.

It went something like this: A man watched in wonder as a very old farmer worked away at planting a date tree. He asked the elder farmer why he was planting the tree. After all, it would not bear fruit for at least 5 years and the old man might not live to see the fruits of his labor. The man answered: as my father planted a tree for me, so do I plant one for my children and grandchildren.

This was of course a story promoting altruism, a behavior much in need of explanation in evolutionary theory. Although kin survival does a pretty good job of handling the particulars of the date tree story, my favorite explanation for why someone might sacrifice their own interests for others belongs to one of my graduate school mentors, Herbert Simon. Simon suggested somewhat humorously in *Science* some years back that altruism could be explained by two very human predilections: "stupidity" and sociability. "Stupidity" was really yet another example of "bounded rationality", the inability of people to compute

accurately all the consequences of a potential decision due to their limited information processing capabilities. Bounded rationality was the idea for which he was awarded a Nobel Prize in economics. Be that as it may, it is pretty clear that voluntary organizations would be difficult to maintain without some degree of altruistic behavior. Now, I certainly don't want to imply that you are being stupid for volunteering. It is pretty clear that investing time in Division 20 pays back dividends within your professional life time, not just for you, but for your professional kin (colleagues, graduate, and undergraduate students). Our APA annual meeting is one very visible way to see the fruits of our labor, particularly that of the organizing committee: Carolyn Aldwin & Karen Hooker. Also, don't underestimate the value of socializing. Be sure to attend the Division 20 reception following the business meeting in New Orleans. *Laissez les bon temps rouler!* ("Let the good times roll.")

There are a number of similar stories that touch on themes of inter-personal transfer of resources (e.g., intergenerational transfer, so very familiar to social gerontologists). The pithiest form is that when someone once asked a benefactor what could be done to pay back the act of kindness,

the retort was: "*You cannot pay me back, but you can pay forward.*" I was reminded of that story during a recent visit to see our grandchildren in Kitchener, Ontario. My son-in-law mentioned to me that he had invited his boss to a lunch meeting in Toronto with my father (who just turned age 83 this month and has served as a business consultant for many years). Apparently my father had requested that he not be paid for the meeting but that in return the boss should undertake to serve in a similar advisory role to someone else within the next few years. We honor mentorship in Division 20 with two awards (master-mentor, mentor), courtesy of the Retirement Research Foundation. Plan to nominate someone next year.

So let me return to the theme in my first column. We all benefit from having Division 20 (and APA) to represent our interests in Adult Development and Aging. But someone had to give up a little of their time (and maybe a lot of their hard disk space) to keep the organization running smoothly. *Was that someone you?* Elizabeth Stine-Morrow will be succeeding me as of the general business meeting in August. She is going to do a superb job on our behalf (she has already as President-Elect), but only if she can continue to count on

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people to step forward to staff our committees, to run for election, and to do the myriad of things (many discussed in this newsletter) that keep Division 20 an active, vibrant organization. So when she calls on you to serve, please remember that it is time to pay forward! Keep the torch burning brightly for the next generation.

See y'all in New Orleans!  
Neil Charness  
President

## WELCOME NEW DIVISION 20 MEMBERS!

Submitted by TJ McCallum

### Regular Members

Melinda K Baker	Delaware, OH
Jerri D Edwards	Huntsville, AL
Angela Gutchess	Cambridge, MA
Constance Kehrer	Redmond, WA
Thao N Le	Fort Collins, CO
Laura A Rabin M	Great Neck, NY
Joel R Sneed	New York, NY
Emily M Adams	Hockessin, DE
Thomas C Brecht	Birmingham, AL
Francine Conway	Garden City, NY
Clara F Farah	Capitan, NM
Alexandra Freund	Zurich, Switzerland
Robert L Ganter	Easton, MD
Bethany L Helfman	Bloomfield Hills, MI
Jeanne T Schmerler	Cincinnati, OH
David W Steitz	Rochester, NY
Rebecca J Watson	Dresser, WI
Francis Winn Jr	Albany, NY
L C Auman	Clinton, SC
Ines Schindler	Salt Lake City, UT
Darrelle Volwiler	Spokane, WA

### Student Members

Maria Bartolomeo	Brooklyn, NY
Zeeshan A Butt	Chicago, IL
Jamie L Dominic-Burnett	Jacksonville, FL
Vanessa M Ferreira	Dartmouth, MA
Melissa Gartenberg	Highland Park, NJ
Allison R Hollingsworth	Lubbock, TX
Katy Lonergan	Palo Alto, CA
Bob Madison	Gresham, OR
Alexa M Mislouack	Brooklyn, NY
Sarah C Moynan	Saint Louis, MO
Marlana K Opitz	Richardson, TX
Nancy A Pachana	Brisbane, Australia
Sharon A Whitaker	Denton, TX
Sara I Wright	Ann Arbor, MI
Billy Yarbrough	Athens, GA
Benjamin A Bensadon	Gainesville, FL
Chari Cohen	New York, NY
Clare Gideon	Cleveland, OH
Michelle E Mlinac	South Easton, MA
Jennifer Dave	Los Angeles, CA
Brian H Gordon	Morgantown, WV
Greta A Lax	Akron, OH
Tara L Neely	Morgantown, WV
Christopher B Rosnick	Waltham, MA

## APA Conference Program for Division 20

### Submitted by Carolyn Aldwin and Karen Hooker, Program Chairs

**Invited Symposium (S): Recent Developments in Modeling Dynamic Intraindividual Change**  
**8/10 Thu: 10:00 AM - 11:50 AM. Morial Convention Center, Meeting Room 284**

#### Cochair

Noel A. Card, PhD, University of Kansas  
 Todd D. Little, PhD, University of Kansas

#### Participant/1stAuthor

Nilam Ram, MS, University of Virginia

*Title: Using Intraindividual Variability Methods to Articulate Developmental Theory*

Martin Sliwinski, PhD, Syracuse University

*Title: Multilevel Approaches to Modeling Intraindividual Covariability Among Stress, Affect, and Cognition*

*Co-Author: Scott Hofer, PhD, Penn State University Park*

*Co-Author: Robert Stawski, MA, Syracuse University*

Katherine E. Masyn, PhD, University of California—Davis

*Title: Modeling Heterogeneity in Life-Course Trajectories Using Growth-Mixture Modeling*

Margaret Keiley, EdD, Auburn University

*Title: Survival Analysis: A Little-Known Methodology*

*Co-Author: Nina C. Martin, EdD, Vanderbilt University*

*Co-Author: Janet Canino, PhD, Purdue University*

#### Discussant

Keith F. Widaman, PhD, University of California—Davis

**Symposium (S): Psychotherapy in Long-Term Care—Three Data-Driven Models**  
**8/10 Thu: 12:00 PM - 12:50 PM. Morial Convention Center, Meeting Room 256**

#### Chair

Leon A. Hyer, EdD, UMDNJ—Robert Wood Johnson Medical School

#### Participant/1stAuthor

Suzanne Meeks, PhD, University of Louisville

*Title: BE-ACTIV Intervention for Depression: Hard-Won Data and Future Plans*

*Co-Author: Stephen W. Looney, PhD, Louisiana State University Health Sciences Center-New Orleans*

*Co-Author: Linda Teri, PhD, University of Washington*

*Co-Author: Kimberly Van Haitsma, PhD, Madlyn & Leonard Abramson Center for Jewish Life,  
 North Wales, PA*

P. Andrew Clifford, PhD, Mindbody Wellness P.C., Irving, TX

*Title: Effectiveness of Multimodal CBT: Dementia, Depression, Dysfunctional Behaviors, and Pain*

*Co-Author: Daisha J. Cipher, PhD, University of North Texas Health Science Center*

*Co-Author: Kristi D. Roper, PhD, Mindbody Wellness P.C., Irving, TX*

*Co-Author: Thomas A. Reid, PsyD, Mindbody Wellness P.C., Irving, TX*

Nathan V. Hilton, BA, Rutgers the State University of New Jersey/Piscataway

*Title: Cognitive Behavioral Therapy in LTC: Application of the GIST Model*

*Co-Author: Leon A. Hyer, EdD*

#### Discussant

Victor A. Molinari, PhD, University of South Florida

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**Symposium (S): Do Links Between Work and Psychological Health Change With Age?**
**8/10 Thu: 1:00 PM - 2:50 PM. Morial Convention Center, Meeting Room 346**
Chair

Jacquelyn B. James, PhD, Boston College

Participant/1stAuthor

Boris B. Baltes, PhD, Wayne State University

*Title: Aging and Work and Family Issues*

Co-Author: Lindsey M. Young, MA, Wayne State University

Harvey L. Sterns, PhD, University of Akron

*Title: Worker Well-Being: Age, Work-Life Conflicts, and Self-Esteem*

Co-Author: Boin Chang, MA, University of Akron

Co-Author: Rosalie J. Hall, PhD, University of Akron

Jacquelyn B. James, PhD

*Title: Role of Work in Trajectories of Depressive Symptoms*

Co-Author: Avron Spiro III, PhD, VA Boston Healthcare System, MA

David L. Blustein, PhD, Boston College

*Title: Psychology of Working and Aging: Transformation and Reinvention*

Co-Author: Katherine D. Kane, BA, Boston College

Discussant

Michael Smyer, PhD, Boston College

**Poster Session (S): Cognition and Aging**
**8/10 Thu: 3:00 PM - 3:50 PM. Morial Convention Center, Halls E & F**
Participant/1stAuthor

Catherine A. Yeager, MA, UMDNJ—Robert Wood Johnson Medical School

*Title: Alzheimer's Disease and Vascular Dementia: Does Diagnosis Matter?*

Co-Author: Kevin Chen, PhD, UMDNJ—Robert Wood Johnson Medical School

Co-Author: Andy Coyne, PhD, UMDNJ/UBHC

Co-Author: Priscilla Noulas, MA, Rutgers the State University of New Jersey/Piscataway

Co-Author: Leon A. Hyer, EdD, UMDNJ—Robert Wood Johnson Medical School

Diana Frasca, BS, University of Toronto, ON, Canada

*Title: Influences of Different Types of Cognitive Stimulation on Healthy Elderly People*

Co-Author: Robin E.A. Green, PhD, Toronto Rehabilitation Institute, ON, Canada

Co-Author: Le-Anh Ngo, MS, Toronto Rehabilitation Institute, ON, Canada

Co-Author: Brenda Colella, MA, Toronto Rehabilitation Institute, ON, Canada

Co-Author: Christine Till, PhD, Toronto Rehabilitation Institute, ON, Canada

Co-Author: Kathleen M. Mak-Fan, BS, University of Toronto, ON, Canada

Matthew C. Shake, MS, University of Illinois at Urbana—Champaign

*Title: Age Differences in Effects of Text Complexity on Self-Regulated Reading*

Co-Author: Soo Rim Noh, MS, University of Illinois at Urbana—Champaign

Co-Author: Adam D. Joncich, BS, Fordham University

Co-Author: Elizabeth A.L. Stine-Morrow, PhD, University of Illinois at Urbana—Champaign

Mark I. Weinberger, MS, University of Massachusetts

*Title: Age Differences of Emotion Recall in Older and Younger Adults*

Co-Author: Kelly Jones, MS, University of Massachusetts

Co-Author: Rebecca E. Ready, PhD, University of Massachusetts

Susan B. Bluck, PhD, University of Florida

*Title: Remembering Being Me: The Self-Continuity Function of Autobiographical Memory*

Co-Author: Nicole Alea, PhD, University of North Carolina at Wilmington

Ann Louise Barrick, PhD, University of North Carolina at Chapel Hill

*Title: Behavioral Symptoms in Dementia: The Role of Time of Day*

Co-Author: Philip D. Sloane, MD, MPH, University of North Carolina at Chapel Hill

Co-Author: Madeline Mitchell, MA, University of North Carolina at Chapel Hill

Co-Author: Christianna Williams, PhD, University of North Carolina at Chapel Hill

Co-Author: Wendy Wood, PhD, University of New Mexico

*Continued on p.6*

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**Continued: Poster Session (S): Cognition and Aging**

- Jacqueline M. Baron, MS, University of Florida  
*Title: Autobiographical Memory Sharing of Specific Events: Who Tells Better Stories?*  
 Co-Author: Susan B. Bluck, PhD, University of Florida
- Tracy L. Mitzner, PhD, Georgia Institute of Technology  
*Title: Age-Related Differences in Verification Behavior During Visual Search*  
 Co-Author: Dayna Tournon, PhD, Appalachian State University  
 Co-Author: Wendy A. Rogers, PhD, Georgia Institute of Technology  
 Co-Author: Christopher Hertzog, PhD, Georgia Institute of Technology  
 Co-Author: Daniel H. Spieler, PhD, Georgia Institute of Technology
- Daniela Jopp, PhD, Georgia Institute of Technology  
*Title: Everyday Activities and Their Relation to Self-Referent Beliefs and Cognitive Performance*  
 Co-Author: Christopher Hertzog, PhD, Georgia Institute of Technology
- Jacqueline Bichsel, PhD, American Education Services, Harrisburg, PA  
*Title: Personality Predictors of Intelligence in the Young, the Old, and the Cognitively Superior Old*  
 Co-Author: Thomas Baker, MA, York University, Toronto, ON, Canada
- Lisa M.S. Miller, PhD, University of California—Davis  
*Title: Effects of Age, Knowledge, and Span on Reading Time*  
 Co-Author: Jacquelyn M. Raimondi, BA, Brandeis University  
 Co-Author: Jeannette de Dios, University of California—Davis  
 Co-Author: Savita Kuman, BS, University of California—Davis
- Daniel Grün, MA, Max Planck Institute for Human Development, Berlin, Germany  
*Title: Aging and Emotional Memory: A New Paradigm to Clarify Processes*  
 Co-Author: Susanne Scheibe, PhD, Max Planck Institute for Human Development, Berlin, Germany  
 Co-Author: Paul B. Baltes, PhD, Max Planck Institute for Human Development, Berlin, Germany
- Timothy J. Schmutte, MS, Yeshiva University  
*Title: Subjective Sleep Problems and Cognitive Functioning in Nondemented Older Adults*  
 Co-Author: Shelby Harris, MA, Yeshiva University  
 Co-Author: Ross Levin, PhD, Yeshiva University  
 Co-Author: Richard Zweig, PhD, Yeshiva University  
 Co-Author: Mindy Katz, MPH, Albert Einstein College of Medicine of Yeshiva University  
 Co-Author: Richard B. Lipton, MD, Albert Einstein College of Medicine of Yeshiva University
- Soo Rim Noh, MS, University of Illinois at Urbana—Champaign  
*Title: Aging, WM, and Instruction Effects on Resource Allocation in Reading*  
 Co-Author: Matthew C. Shake, MS, University of Illinois at Urbana—Champaign  
 Co-Author: Adam D. Joncich, BS, Fordham University  
 Co-Author: Shoshana B. Hindin, BS, University of Illinois at Urbana—Champaign  
 Co-Author: Elizabeth A.L. Stine-Morrow, PhD, University of Illinois at Urbana—Champaign
- Amanda L. Sacks, PhD, UMDNJ—Robert Wood Johnson Medical School  
*Title: Depression and Insight Are Mediated by Language Skills in Dementia*  
 Co-Author: Jennifer L. Gallo, MS, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Julie Coleman, MS, UMDNJ—COPSA Clinic  
 Co-Author: Leon A. Hyer, EdD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Kevin Chen, PhD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Peter Aupperle, MD, UMDNJ—COPSA Clinic
- Jennifer Bambara, BA, University of Alabama at Birmingham  
*Title: Verbal Agitation and Self-Care Deficits in Nursing Home Residents With Dementia*  
 Co-Author: Alan B. Stevens, PhD, Scott & White Memorial Hospital, Temple, TX  
 Co-Author: Angela K. Hochhalter, PhD, Scott & White Memorial Hospital, Temple, TX  
 Co-Author: Louis D. Burgio, PhD, University of Alabama
- Jeanine M. Parisi, MA, University of Illinois at Urbana—Champaign  
*Title: Activity, Cognitive Performance, and Participation in the Senior Odyssey Program*  
 Co-Author: Elizabeth A.L. Stine-Morrow, PhD, University of Illinois at Urbana—Champaign  
 Co-Author: Daniel G. Morrow, PhD, University of Illinois at Urbana—Champaign  
 Co-Author: Jennifer C. Greene, PhD, University of Illinois at Urbana—Champaign  
 Co-Author: Denise C. Park, PhD, University of Illinois at Urbana—Champaign  
 Co-Author: Michelle L. Meade, PhD, University of Illinois at Urbana—Champaign

**Invited Symposium (S): Optimal Aging and Cognition—Moderators of Cognitive Change and Decline****8/11 Fri: 8:00 AM - 9:50 AM. Morial Convention Center, Meeting Room 278**Chair

Thomas M. Hess, PhD, North Carolina State University

Participant/1stAuthor

Avron Spiro III, PhD, VA Boston Healthcare System, MA

*Title: Role of Vascular Disease in Cognitive Aging: Pathways to Optimization?**Co-Author:* Christopher Brady, PhD, VA Boston Healthcare System, MA*Co-Author:* Stacey B. Whitbourne, PhD, VA Boston Healthcare System, MA*Co-Author:* J. Michael Gaziano, MD, VA Boston Healthcare System, MA*Co-Author:* Pantel Vokonas, MD, VA Boston Healthcare System, MA

Arthur F. Kramer, PhD, University of Illinois at Urbana—Champaign

*Title: Fitness Training and the Brain: From Molecules to Minds**Co-Author:* Stanley J. Colcombe, PhD, University of Illinois at Urbana—Champaign*Co-Author:* Kirk Erickson, PhD, University of Illinois at Urbana—Champaign*Co-Author:* Paige Scalf, PhD, University of Illinois at Urbana—Champaign

Christiane A. Hoppmann, PhD, Georgia Institute of Technology

*Title: On the Interplay Between Spousal Activity Trajectories in the ALSA**Co-Author:* Denis Gerstorf, PhD, University of Virginia*Co-Author:* Mary A. Luszcz, PhD, Flinders University, Adelaide, SA, Australia

Sy-Miin Chow, PhD, University of Notre Dame

*Title: Optimal Aging: Agent-Based Modeling of Selection, Optimization, and Compensation Dynamics**Co-Author:* Jeffrey R. Spies, PhD, University of Notre Dame*Co-Author:* Colin Bauer, PhD, Max Planck Institute for Human Development, Berlin, Germany*Co-Author:* Shu-Chen Li, PhD, Max Planck Institute for Human Development, Berlin, Germany*Co-Author:* Ulman Lindenberger, PhD, Max Planck Institute for Human Development, Berlin, Germany*Co-Author:* Paul B. Baltes, PhD, Max Planck Institute for Human Development, Berlin, GermanyDiscussant

Christopher Hertzog, PhD, Georgia Institute of Technology

**Invited Address (S): [Dixon]****8/11 Fri: 3:00 PM - 3:50 PM; Morial Convention Center; Meeting Room 254**Chair

Christopher Hertzog, PhD, Georgia Institute of Technology

Participant/1stAuthor

Roger A. Dixon, PhD, University of Alberta, Edmonton, AB, Canada

*Title: Epidemiological Approach to Cognitive Health in Aging***Symposium (S): Perspectives on Successful Aging****8/11 Fri: 4:00 PM - 4:50 PM; Morial Convention Center; Meeting Room 339**Chair

Michael R. Levenson, PhD, Oregon State University

Participant/1stAuthor

Loriena A. Yancura, PhD, University of Hawai'i at Manoa

*Title: Childhood and Protective Factors Influence Adult Mental Health*

Thao Le, PhD, Colorado State University

*Title: Predictors of Transcendent Wisdom in European American and Vietnamese American Adults*

Patricia Jennings, PhD, University of California—San Francisco

*Title: Depression and Self-Transcendent Wisdom: Findings From the Normative Aging Study*Discussant

Carolyn M. Aldwin, PhD, Oregon State University

**Conversation Hour (N): Securing a Career in Aging: Postdoctoral and Academic Positions****8/11 Fri: 5:00 PM - 5:50 PM, New Orleans Marriott Hotel, Balcony I**Cochair

Cory R. Bolkan, MS, Oregon State University

Christie Chung, PhD, Massachusetts Institute of Technology

Participant/1stAuthor

Christopher Hertzog, PhD, Georgia Institute of Technology

Anderson D. Smith, PhD, Georgia Institute of Technology

Carolyn M. Aldwin, PhD, Oregon State University

**Social Hour (N): Graduate Student Social Event. Chair: Cory R. Bolkan, MS, Oregon State University****8/11 Fri: 6:00 PM - 6:50 PM. New Orleans Marriott Hotel, Balcony K**

**Executive Committee Meeting (N): [Executive Committee Meeting]****8/12 Sat: 8:00 AM - 9:50 AM. Hilton New Orleans Riverside Hotel. Burgundy Room**Chair

Neil Charness, PhD, Florida State University

**Invited Address (S): [EpeI]****8/12 Sat: 9:00 AM - 9:50 AM. Morial Convention Center. Meeting Room 281**Chair

Carolyn M. Aldwin, PhD, Oregon State University

Participant/1stAuthor

Elissa Epel, PhD, University of California—San Francisco

*Title: Role of Biostress Markers in Optimal Aging***Poster Session (S): Health and Clinical Issues in Aging****8/12 Sat: 10:00 AM - 10:50 AM. Morial Convention Center. Halls E & F**Participant/1stAuthor

Bas Steunenbergh, MS, Vrije Universiteit Amsterdam, The Netherlands

*Title: Personality and the Recurrence of Late-Life Depression**Co-Author: Ad J.F.M. Kerkhof, PhD, Vrije Universiteit Amsterdam, The Netherlands**Co-Author: Aartjan T.F. Beekman, MD, PhD, Vrije Universiteit Amsterdam, The Netherlands**Co-Author: Dorly J.H. Deeg, PhD, Vrije Universiteit Amsterdam, The Netherlands*

Robert D. Hill, PhD, University of Utah

*Title: Precursory Measure of Adaptive Functioning in Normal Aging**Co-Author: Susanne Valentijn, PhD, Maastricht University, The Netherlands**Co-Author: Martin van Boxtel, MD, Maastricht University, The Netherlands*

Ann J. Impens, PhD, University of Michigan—Ann Arbor

*Title: Bereavement-Related Mortality Among Older Adults*

David W. Coon, PhD, Arizona State University West

*Title: Ethnicity and Acculturation as Predictors of Positive Aspects of Caregiving**Co-Author: Heather L. Gray, MA, VA Palo Alto Health Care System, Menlo Park, CA**Co-Author: Larry W. Thompson, PhD, Pacific Graduate School of Psychology**Co-Author: Dolores Gallagher-Thompson, PhD, Stanford University School of Medicine*

Ben C.H. Kuo, PhD, University of Windsor, ON, Canada

*Title: Depression Among Asian American Elderly: A Review of Empirical Studies**Co-Author: Vanessa Chong, BA, University of Windsor, ON, Canada**Co-Author: Justine Joseph, BS, University of Windsor, ON, Canada*

Cynthia M. Khan, BS, Kent State University

*Title: Enduring Effects of Spousal Support on Patients' Recovery From Surgery**Co-Author: Mary Ann Parris Stephens, PhD, Kent State University**Co-Author: Erin M. Fekete, MA, Kent State University**Co-Author: Jennifer A. Druley, PhD, Cleveland State University**Co-Author: Kenneth A. Greene, MD, Summa Health System, Akron, OH*

Katie E. Cherry, PhD, Louisiana State University and Agricultural and Mechanical College

*Title: Effects of Social Support on Physical Health in Late Adulthood**Co-Author: Erin M. Jackson, BS, Louisiana State University and Agricultural and Mechanical College**Co-Author: Robert H. Wood, PhD, Louisiana State University and Agricultural and Mechanical College**Co-Author: Madlyn I. Frisard, PhD, Pennington Biomedical Research Center, Baton Rouge, LA**Co-Author: Eric Ravussin, PhD, Pennington Biomedical Research Center, Baton Rouge, LA**Co-Author: L. Joseph Su, PhD, MPH, Louisiana State University Health Sciences Center—New Orleans**Co-Author: Yu-Wen Chiu, PhD, Louisiana State University Health Sciences Center—New Orleans**Co-Author: S. Michal Jazwinski, PhD, Louisiana State University Health Sciences Center—New Orleans*

Bradley E. Karlin, PhD, Texas A&amp;M University

*Title: Prevalence and Correlates of Mental Illness and Substance-Use Disorders Among Older and Younger Adults: Findings From a National Study**Co-Author: Michael Duffy, PhD, Texas A&M University**Co-Author: David H. Gleaves, PhD, Texas A&M University*

Peter Homel, PhD, MS, Beth Israel Medical Center, New York, NY

*Title: Caregiver Burden Correlates With Symptom Distress and Status of Patient**Co-Author: Myra Glajchen, DSW, Beth Israel Medical Center, New York, NY**Co-Author: Marilyn Bookbinder, PhD, Beth Israel Medical Center, New York, NY**Co-Author: Marlene McHugh, NP, Beth Israel Medical Center, New York, NY**Co-Author: Phillip Higgins, CSW, Beth Israel Medical Center, New York, NY**Co-Author: Russell K. Portenoy, MD, Beth Israel Medical Center, New York, NY*

- Erin Pahlke, BA, University of Texas at Austin  
*Title: Exploring Connections Among Health, Siblings, and SES Among Older Adults*
- Jessica Foley, MA, Nova Southeastern University  
*Title: Relative Appropriateness of Estimates of Premorbid Functioning in Geriatric Schizophrenia*  
 Co-Author: Lindsay Shaw, MA, Nova Southeastern University  
 Co-Author: Erin Tireman, MA, Nova Southeastern University  
 Co-Author: Eric Silk, MA, Nova Southeastern University  
 Co-Author: Jessica Garcia, MA, Nova Southeastern University  
 Co-Author: Charles J. Golden, PhD, Nova Southeastern University
- Jennifer L. Gallo, MS, UMDNJ—Robert Wood Johnson Medical School  
*Title: Clinical Patterns and Service Use By Older Clients With Depression and Anxiety*  
 Co-Author: Amanda L. Sacks, PhD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Leon A. Hyer, EdD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Shula Minsky, EdD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Gerard Kiely, PhD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: William Vega, PhD, UMDNJ—Robert Wood Johnson Medical School  
 Co-Author: Mike Gara, PhD, UMDNJ—Robert Wood Johnson Medical School
- Robert C. Intrieri, PhD, Western Illinois University  
*Title: Does Age Make a Difference in Depressive Symptomatology?*  
 Co-Author: Paige E. Goodwin, PhD, Western Illinois University
- Silvia Sörensen, PhD, University of Rochester School of Medicine and Dentistry  
*Title: Preparation for Future Care Needs in Latino, African American, and White Elders*  
 Co-Author: Martin Pinquart, DrPH, Friedrich Schiller University of Jena, Germany
- Benjamin Chapman, PhD, University of Rochester Medical Center  
*Title: Personality and Health Outcomes Among Older Adults*  
 Co-Author: Jeffrey Lyness, MD, University of Rochester Medical Center  
 Co-Author: Paul Duberstein, PhD, University of Rochester Medical Center
- Ann Pearman, PhD, University of Colorado at Colorado Springs  
*Title: Age and Extraversion Differences in Psychophysiological and Hormonal Reactivity*  
 Co-Author: Shevaun D. Neupert, PhD, North Carolina State University  
 Co-Author: Margie E. Lachman, PhD, Brandeis University
- Frederick L. Coolidge, PhD, University of Colorado at Colorado Springs  
*Title: Prevalence and Comorbidity of Personality Disorders Among Older Persons*  
 Co-Author: Daniel L. Segal, PhD, University of Colorado at Colorado Springs  
 Co-Author: Erlene Rosowsky, PsyD, Massachusetts School of Professional Psychology
- Mohan Krishnan, MS, University of Florida  
*Title: Characterizing Depression in Older Individuals Upon Admission to Continuing Care*  
 Co-Author: Benjamin T. Mast, PhD, University of Louisville  
 Co-Author: Lisa J. Ficker, MS, Wayne State University  
 Co-Author: Larry Lawhorne, MD, Michigan State University College of Medicine  
 Co-Author: Peter A. Lichtenberg, PhD, Wayne State University
- Erin R. Dunne, BS, Concordia University, Montreal, PQ, Canada  
*Title: Physical Health, Depressive Mood, and Cortisol Dysregulation in Older Adults*  
 Co-Author: Claudia Iannetta, Concordia University, Montreal, PQ, Canada  
 Co-Author: Carsten Wrosch, PhD, Concordia University, Montreal, PQ, Canada
- Elizabeth Stevens, BA, Case Western Reserve University  
*Title: Predicting Stress-Related Growth Among Caregivers*  
 Co-Author: Sarah Yarry, BA, Case Western Reserve University  
 Co-Author: Todd J. McCallum, PhD, Case Western Reserve University
- Deborah Majerovitz, PhD, City University of New York York College  
*Title: Raised to Care for Our Own: Changing Values and Caregiving*
- Lara B. Russell, MA, University of British Columbia, Vancouver, BC, Canada  
*Title: Older Adults' Subjective Age: Which Health Dimensions Make a Difference?*  
 Co-Author: Anita M. Hubley, PhD, University of British Columbia, Vancouver, BC, Canada
- Karen Kopera-Frye, PhD, University of Nevada, Reno  
*Title: Knowledge of Lifestyle Health Behaviors Among Community-Dwelling Older Adults*  
 Co-Author: Kimberly A. Lenzi, BS, University of Nevada, Reno  
 Co-Author: Sabina Mutisya, MA, University of Nevada, Reno
- Jamila Bookwala, PhD, Lafayette College  
*Title: Perceived Cancer Risk, Marital Quality, and Psychological Well-Being*  
 Co-Author: Stacey R. Kolomer, PhD, University of Georgia

Continued on p. 10

**Poster Session (S): Health and Clinical Issues in Aging, Continued**

Margarita M. Posada, MA, Fordham University

*Title: Effects of an Intergenerational Activity on Older Adults and Children*

*Co-Author: Deborah Heiser, PhD, Isabella Geriatric Center, New York, NY*

*Co-Author: Janet Listokin, BA, Isabella Geriatric Center, New York, NY*

*Co-Author: Karen Ellefsen, BA, Isabella Geriatric Center, New York, NY*

Eunkyung Yoon, PhD, MSW, Jackson State University

*Title: Social Work Students' Knowledge of and Attitudes Toward Older Adults and Elder Sexuality*

Stacey B. Whitbourne, PhD, VA Boston Healthcare System, MA

*Title: Role of Affect and Daily Physical Activity Among Adults*

*Co-Author: Shevaun D. Neupert, PhD, North Carolina State University*

**Symposium (S): From Milliseconds to Decades—Linking Brain and Behavior Across the Life Span**

**8/12 Sat: 11:00 AM - 12:50 PM. Morial Convention Center. Meeting Rooms 235 and 236**

Cochair

Nilam Ram, MS, University of Virginia

Robert Gaschler, MA, Humboldt University Berlin, Germany

Participant/1stAuthor

Nilam Ram, MS, University of Virginia

*Title: Articulating Short-Term and Long-Term Processes Simultaneously in Theory and Method*

*Co-Author: John R. Nesselrode, PhD, University of Virginia*

Robert Gaschler, MA, Humboldt University Berlin, Germany

*Title: Short-Term Learning Processes Contributing to Long-Term Skill Acquisition*

*Co-Author: Peter A. Frensch, PhD, Humboldt University Berlin, Germany*

Vanessa LoBue, MA, University of Virginia

*Title: Mechanisms Behind Prepared-Fear Learning*

*Co-Author: James Coan, PhD, University of Virginia*

*Co-Author: Judy DeLoache, PhD, University of Virginia*

Katherine L. Fiori, MA, University of Michigan—Ann Arbor

*Title: Social Integration and Health: Understanding Microlevel Mechanisms in a Life Span Context*

*Co-Author: Kira Birditt, MA, University of Michigan—Ann Arbor*

Christina Röcke, MA, Max Planck Institute for Human Development, Berlin, Germany

*Title: Long-Term Change in Short-Term Dynamic Interrelations Between Well-Being and Cognition*

*Co-Author: Jacqui Smith, PhD, Max Planck Institute for Human Development, Berlin, Germany*

Discussant

Paul B. Baltes, PhD, Max Planck Institute for Human Development, Berlin, Germany

Jacque Eccles, PhD, University of Michigan—Ann Arbor

John R. Nesselrode, PhD

**Invited Address (S): Distinguished Research [Gatz]**

**8/12 Sat: 1:00 PM - 1:50 PM. Morial Convention Center, Meeting Room 256**

Chair

Michael Smyer, PhD, Boston College

Participant/1stAuthor

Margaret Gatz, PhD, University of Southern California

*Title: Show Me the Data: Questioning Conventional Wisdom*

**Presidential Address (N): [Charness]**

**8/12 Sat: 3:00 PM - 3:50 PM. New Orleans Marriott Hotel, La Galeries 3**

Chair

Elizabeth A.L. Stine-Morrow, PhD, University of Illinois at Urbana—Champaign

Participant/1stAuthor

Neil Charness, PhD, Florida State University

*Title: Intelligent Design for Aging?*

**Business Meeting (N): [Business Meeting]**

**8/12 Sat: 4:00 PM - 4:50 PM. New Orleans Marriott Hotel, La Galeries 3**

Chair

Neil Charness, PhD, Florida State University

**Social Hour (N): [Social Hour]. 8/12 Sat: 5:00 PM - 5:50 PM. New Orleans Marriott Hotel, La Galeries 3**

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**Symposium (S): Contributions of Multiple Informants to Family Caregiver Research**  
**8/13 Sun: 9:00 AM - 9:50 AM. Morial Convention Center, Meeting Room 255**

Chair

Victoria Hilkevitch Bedford, PhD, University of Indianapolis

Participant/1stAuthor

Rosemary Blieszner, PhD, Virginia Polytechnic Institute and State University

*Title: Multiple Informants Shed Light on an Ambiguous Memory Condition*

*Co-Author: Karen A. Roberto, PhD, Virginia Polytechnic Institute and State University*

Sara Honn Qualls, PhD, University of Colorado at Colorado Springs

*Title: Viewing Informants in the Context of the Family System*

*Co-Author: Ashley Williams, BA, University of Colorado at Colorado Springs*

Victoria Hilkevitch Bedford, PhD

*Title: Why Use Multiple Within-Family Informants in Caregiving Research?*

Discussant

Jamila Bookwala, PhD, Lafayette College

**Poster Session (S): Personality, Social Cognition, and Aging**

**8/13 Sun: 10:00 AM - 10:50 AM. Morial Convention Center, Halls E & F**

Participant/1stAuthor

Kimberly A. Wallace, PhD, MA, University of Montana—Missoula

*Title: Coping Strategies Identified by Native American Older Adults*

*Co-Author: Gyda I. Swaney, PhD, MA, University of Montana—Missoula*

Susan L. Franklin, PsyD, Forest Institute of Professional Psychology

*Title: Older Adult Experiences of Meaning in Life: A Qualitative Study*

Irene Katsamanis, PsyD, Carlos Albizu University Miami Campus

*Title: Computer Use and Predictors of Life Satisfaction Among Older Adult Computer Users*

*Co-Author: Nicholas K. Lim, PhD, Carlos Albizu University Miami Campus*

*Co-Author: Carmen Roca, PhD, Carlos Albizu University Miami Campus*

*Co-Author: Maria Karavidas, PsyD, UMDNJ—Robert Wood Johnson Medical School*

Manfred Diehl, PhD, University of Florida

*Title: Negative Affect in Adults' Daily Lives: Examining the Effects of Stress, Personality, and Age*

*Co-Author: Elizabeth L. Hay, PhD, University of Florida*

Kimberly S. Stark-Wroblewski, PhD, Central Missouri State University

*Title: Characteristics of Rural, Midwestern Senior Citizens Who Use E-Mail*

*Co-Author: Jessica K. Edelbaum, Central Missouri State University*

*Co-Author: Joseph J. Ryan, PhD, Central Missouri State University*

Jen D. Wong, BA, Penn State University Park

*Title: Does Retirement Status Affect How Older Adults Spend Their Time?*

*Co-Author: David M. Almeida, PhD, Penn State University Park*

Giyeon Kim, MA, University of South Florida

*Title: Effects of Economic Strain and Sense of Control on Mental Distress: Variations by Age and Gender*

*Co-Author: David A. Chiriboga, PhD, University of South Florida*

*Co-Author: Yuri Jang, PhD, University of South Florida*

*Co-Author: Victor A. Molinari, PhD, University of South Florida*

Isabelle Bauer, MA, Concordia University, Montreal, PQ, Canada

*Title: Disengagement Through Disclosure: Assessing the Validity of an Experimental Intervention*

*Co-Author: Carsten Wrosch, PhD, Concordia University, Montreal, PQ, Canada*

Kara B. Lustig, BA, University of Florida

*Title: Lifetime Awareness: Effects on Adults' Temporal Evaluations of Life Domains*

*Co-Author: Manfred Diehl, PhD, University of Florida*

Elizabeth L. Hay, PhD, University of Florida

*Title: Affect Balance in Adults' Daily Lives: Examining the Effects of Stress, Personality, and Age*

*Co-Author: Manfred Diehl, PhD, University of Florida*

Paige E. Goodwin, PhD, Western Illinois University

*Title: Pain and Perceived Control as Contextual Variables Influencing Daily Affect*

*Co-Author: Robert C. Intrieri, PhD, Western Illinois University*

Tracy N. Needham, BA, University of Colorado at Colorado Springs

*Title: Attachment and Horney's Neurotic Styles Among Younger and Older Adults*

---

**Poster Session (S): Personality, Social Cognition, and Aging, Continued**

- Co-Author: Daniel L. Segal, PhD, University of Colorado at Colorado Springs  
 Co-Author: Frederick L. Coolidge, PhD, University of Colorado at Colorado Springs  
 Bert Hayslip, Jr., PhD, University of North Texas  
 Title: *Adjustment From a Wellness and an SOC Perspective in Adulthood*  
 Co-Author: Linda L. Loudon, PhD, University of North Texas  
 Bert Hayslip, Jr., PhD, University of North Texas  
 Title: *Spirituality in Younger and Older Adults*  
 Co-Author: Shailagh Clarke, PhD, University of North Texas  
 Co-Author: Richard Herrington, PhD, University of North Texas  
 Shayna A. Rusticus, MA, University of British Columbia, Vancouver, BC, Canada  
 Title: *Is Body Image Comparable Across Age and Gender?*  
 Co-Author: Anita M. Hubley, PhD, University of British Columbia, Vancouver, BC, Canada  
 Masako Moriyama, MA, Nagoya University, NAGOYA, Aichi, Japan  
 Title: *Mental Health and Development Before Retirement in Japanese Middle Age*  
 Co-Author: Manami Maruyama, MA, Mie-Chukyo Junior College, Matsusaka, Mie, Japan  
 Alissa Dark-Freudeman, MS, University of Florida  
 Title: *Health-Related Possible Selves and Current Health Status*  
 Co-Author: Robin L. West, PhD, University of Florida  
 Ines Schindler, PhD, MA, University of Utah  
 Title: *Life-Path Decision Making Regarding Career and Partner Selection*  
 Kimberly S. Stark-Wroblewski, PhD, Central Missouri State University  
 Title: *Comparison of Long- Versus Short-Term Rural-Dwelling Senior Citizens*  
 Co-Author: Jessica K. Edelbaum, Central Missouri State University  
 Co-Author: Joseph J. Ryan, PhD, Central Missouri State University  
 Co-Author: Laura A. Glass, BS, Central Missouri State University  
 Denis Gerstorff, PhD, University of Virginia  
 Title: *Short-Term Variability in State Anxiety Across Adulthood: Magnitude and Correlates*  
 Co-Author: Karen L. Siedlecki, MA, University of Virginia  
 Co-Author: Elliot M. Tucker-Drob, BA, University of Virginia  
 Co-Author: Timothy A. Salthouse, PhD, University of Virginia  
 Cory R. Bolkan, MS, Oregon State University  
 Title: *Possible Selves and Depressive Symptoms in Later Life*  
 Co-Author: Karen Hooker, PhD, Oregon State University  
 Co-Author: Deborah Coehlo, PhD, Oregon State University  
 Rubab G. Arim, MA, University of British Columbia, Vancouver, BC, Canada  
 Title: *Subjective Age Identity: A Comparison Between Canadian and Turkish Seniors*  
 Co-Author: Anita M. Hubley, PhD, University of British Columbia, Vancouver, BC, Canada  
 Arie Hadas, PhD, Teachers College, Columbia University  
 Title: *Self-Efficacy Among Black and White Older Adults*  
 Co-Author: Elizabeth Midlarsky, PhD, Teachers College, Columbia University  
 Co-Author: Manus I. Midlarsky, PhD, Rutgers the State University of New Jersey

**Invited Address (S): [Smith]**
**8/13 Sun: 11:00 AM - 11:50 AM. Morial Convention Center, Meeting Room 334**
Participant/1stAuthor

- Jacqui Smith, PhD, Max Planck Institute for Human Development, Berlin, Germany  
 Title: *Optimal Aging: Scenarios for the Young Old and Oldest Old*

**Symposium (S): Promoting Growth and Managing Losses—Implications for Well-Being and Health**
**8/13 Sun: 12:00 PM - 1:50 PM. Morial Convention Center, Meeting Room 253**
Chair

- Paul B. Baltes, PhD, Max Planck Institute for Human Development, Berlin, Germany

Participant/1stAuthor

- Susanne Scheibe, PhD, Max Planck Institute for Human Development, Berlin, Germany  
 Title: *Differentiating Life-Longing, Goals, Regret, and Other Facets of Personal Utopia*  
 Co-Author: Paul B. Baltes, PhD, Max Planck Institute for Human Development, Berlin, Germany  
 Steven J. Danish, PhD, Virginia Commonwealth University  
 Title: *Teaching Youth to Dream and Set Goals for Their Futures*

**Symposium (S): Promoting Growth and Managing Losses—Implications for Well-Being and Health (continued):**

Kathrin Boerner, PhD, Arlene R. Gordon Research Institute, New York, NY

*Title: Life Changes Related to Functional Loss: Their Nature and Implications*

*Co-Author: Shu-Wen Wang, BA, Arlene R. Gordon Research Institute, New York, NY*

*Co-Author: Verena Cimarolli, PhD, Arlene R. Gordon Research Institute, New York, NY*

Dana Kotter-Gruehn, MS, Max Planck Institute for Human Development, Berlin, Germany

*Title: Longing for a Child: A Self-Regulatory Strategy in Childless Women?*

*Co-Author: Susanne Scheibe, PhD, Max Planck Institute for Human Development, Berlin, Germany*

*Co-Author: Paul B. Baltes, PhD, Max Planck Institute for Human Development, Berlin, Germany*

Carsten Wrosch, PhD, Concordia University, Montreal, PQ, Canada

*Title: Self-Regulation of Regret and Physical Health in Old Age*

*Co-Author: Isabelle Bauer, MA, Concordia University, Montreal, PQ, Canada*

**Discussant**

Margaret Gatz, PhD, University of Southern California

**Feature Article continued from p. 15**

In addition to the benefits observed for older volunteers, we observed improvements in children's academic and behavioral performance (see Rebok et al., 2004). For example, kindergarten children in the intervention schools had greater increases in vocabulary ability than those in the control group. There was also a significant difference in standardized reading achievement scores for third graders in the intervention schools, where scores for the three schools increased, compared to the control schools. Finally, there were meaningful differences observed in behavioral indices over the 4-8 month follow-up, as well. Based on data collected by the school principals, the number of referrals to their offices for behavioral issues dropped by 50% in two Experience Corps schools and 34% in the third; similarly dramatic drops in office referrals were not reported by the 3 control school principals.

In summary, this small pilot randomized trial of the Experience Corps program offers initial evidence for benefits to the academic and behavioral improvements for children in public elementary schools conferred by placing a critical mass of older adults trained and deployed in this model into public elementary schools. Simultaneously, there is evidence suggesting meaningful improvements in important health behaviors among those participating in the program, compared to controls: physical, cognitive, and social activity and engagement. A larger and longer term trial will be needed to determine the full effects of the program and to determine the potential for scaling up and sustaining the program at a large scale. Of particular import from the point of view of the health of an aging society will be to determine whether changes observed in health behaviors translate into decreased rates, and slowed onset, of disability and dependency in older adults. The City of Baltimore is currently initiating such a scaling up; this will provide evidence needed and answers to many of these questions. If such benefit is found from 2-3 years of Experience Corps participation, this program would offer a community-based, social approach to bringing effective health promotion to the vast majority of older adults, and – on a population level – contributing to the goal of a compression of the morbidity now associated with aging. Linking the investment in improvements to the health status of our aging populations to the benefits older adults can bring to the next generation provides an important demonstration of the “win-win” relationships that we need to shape for our aging society.

**George W. Rebok, Ph.D. is a Professor in the Department of Mental Health and the Bloomberg School of Public Health at The Johns Hopkins University****References:**

Fried, L.P., Carlson, M., Freedman, M., Frick, K.D., Glass, T.A., Hill, J., McGill, S., Rebok, G., Seeman, T., Tielsch, J., Wasik, B., & Zeger, S. (2004). A social model for health promotion for an aging population: Initial evidence on the Experience Corps® model. *Journal of Urban Health*, *81*, 64-78.

Frick, K.D., Carlson, M.C., Glass, T.A., McGill, S., Rebok, G.W., Simpson, C., & Fried, L.P. (2004). Modeled cost-effectiveness of the Experience Corps® Baltimore based on a pilot randomized trial. *Journal of Urban Health*, *81*, 106-117.

Glass, T.A., Freedman, M., Carlson, M., Hill, J., Frick, K.D., Ialongo, N., McGill, S., Rebok, G.W., Seeman, T., Tielsch, J.M., Wasik, B., Zeger, S., & Fried, L.P. (2004). Experience Corps®: Design of an intergenerational program to boost social capital and promote health of an aging society. *Journal of Urban Health*, *81*, 94-105.

Rebok, G.W., Carlson, M., Glass, T.A., McGill, S., Hill, J., Wasik, B., Ialongo, N., Frick, K.D., Fried, L.P., & Rasmussen, (2004). Short-term impact of Experience Corps® participation on children and schools: Results from a pilot randomized trial. *Journal of Urban Health*, *81*, 79-93.

## Feature Article

### **The Experience Corps®: An Intergenerational Model for Health Promotion in an Aging Society**

**George W. Rebok, Ph.D.**

One of the great legacies of the twentieth century is that people are living substantially longer. Over 20% of our population will shortly be 65 years of age and older. With this mass societal aging, people will be living one third of their lives after retirement from their primary occupation. This change in our population demands that we consider how to maximize the health and well-being of our aging population, and how to create opportunities for a fulfilling life after retirement that may not yet exist. At the same time, two trends threaten the future of American society: 1) the increasing proportion of older adults who will require economic and social support from a decreasing number of workers, and who will need an educated younger population to sustain our country's productivity, and 2) the relatively poor quality of education in American schools at a time of increasing need to be globally competitive.

The Experience Corps, a new community-based model of senior service to improve the educational outcomes of children, was designed with the above issues in mind. Co-developed by Dr. Linda Fried and Mr. Marc Freedman (President, Civic Ventures, Inc.), the program was, first, designed to meet the age-appropriate needs of many older adults to be productive and give back, or – in the terms of Erik Erickson, to be generative and leave a legacy. To accomplish this, we designed a program that would create meaningful, high-impact volunteer roles for people after retirement. The first roles developed are targeted to supporting the educational success of young children in public elementary schools (kindergarten through third grade). These roles were chosen as the initial focus of the program for several reasons. First, there is a profound and unrealized societal need in the U.S. to improve the educational success of children. We targeted children in the younger grades based on evidence that children not succeeding by the third grade were at high risk of future school failure. Further, we began in inner city elementary schools because of the need, for many of these children, for increased adult attention and role models. We designed a model likely to have high impact on the academic and behavioral needs of young children. We theorized, further, that more older adults were likely to be attracted to supporting young children than older ones, at least initially, permitting us to demonstrate the diversity of older adults who could create a critical mass of social capital for children and schools. Additionally, a large unmet need in our society, with the predominance of parents working and less able to support their children's schools, was to bring increased volunteerism in the schools to optimize their effectiveness.

At the same time, intentionally embedded into the Experience Corps program design is another level of potential benefits: a health promotion program for the older adults. The rationale for this is, first, that there is substantial evidence that health behaviors, including physical activity, social supports and engagement, and cognitive activity, are important to health and prevention of disability as people age – and into the oldest ages. However, it has proven difficult to attract older adults to participate in health behavior change programs, particularly for prolonged periods. Those who do participate tend to be of higher socioeconomic status; even among these groups, long-term retention is not high. Those with fewer economic means or lower education appear to have both less ability to participate in and/or less access to health promotion programs and optimal health behaviors

The Experience Corps program recruits, trains, and places men and women 60 years of age and older as volunteers in public elementary schools, serving children in kindergarten through third grade. The Experience Corps Baltimore program designs formal roles for older volunteers supporting public elementary schools and their students, selected based on the school principals' requests for significant roles that would meet their greatest unmet needs for increasing the success of their students. Those eligible to volunteer must be literate at the 6<sup>th</sup> grade level, meet screening criteria for general cognitive status, and pass a criminal background check conducted by the school system. The program selects the schools that will participate, provides a two-week, 32-hour training program for the volunteers to prepare them for serving effectively in their roles in the schools, works with the school's Principal to assign the volunteers to their roles in the school, and provides ongoing support, oversight, and in-service training of the volunteers once they are placed in the schools. Volunteers are trained in supporting literacy and math skill development and enjoyment of reading; running of school libraries; violence prevention and conflict resolution skills; teaching children how to play nonviolently, and through this develop skills in solving problems and following rules; enhancing school attendance; and other roles. The model design has the following essential elements, each developed to confer benefits to the children and schools and to the older adult volunteers, simultaneously:

1. Productive roles; these are selected as ones that will be meaningful for the volunteers and high impact for the schools.

2. A consistent and substantial time commitment, i.e. high intensity service: 15 hours, usually over 3-4 days per week through the entire academic year.
3. Training to ensure ability to have impact and feel able to contribute, and ongoing infrastructure support, which public elementary schools are unable to provide themselves.
4. Team approach: volunteers are trained and deployed to a school in teams of 7-10, and continue to meet and problem solve in their teams. This provides a basis for social networks and support, as well.
5. A critical mass of volunteers are placed in each school, to facilitate the development and growth of social capital and improve outcomes for the entire grade.
6. Reimbursement for expenses: Experience Corps volunteers are given a small incentive stipend that reimburses them for the out-of-pocket costs of volunteering.
7. Diversity of roles for adults of all backgrounds and skill levels, and permitting evolution of interests and commitment.
8. Program flexibility and evolution: In addition to core roles, the program is designed to support ongoing skill growth and leadership development by volunteers.
9. Diversity of older volunteers: The program was designed to be inclusive of, and attractive to, all older adults who meet eligibility criteria.
10. Community representation: Volunteers are drawn from many neighborhoods, but is designed to incorporate a mixture of volunteers from both within and outside the neighborhood of each participating school.

We recently reported preliminary evidence from a pilot randomized trial of the effects of the program on the older volunteers, the schools, and the school children (see Fried et al., 2004; Frick et al., 2004; Glass et al., 2004; Rebok et al., 2004). During this pilot trial, 148 men and women 60 years and older were recruited and randomly assigned to serve in Experience Corps. After randomization, 70 volunteers assigned to the program ultimately served in the schools. The older adults who volunteered for the program in this first year were 60 to 86 years of age, with a mean age of 69 years; 92% women; and 95% African American. Educational levels spanned a wide range, with 82% having a high school or less education. Health status ranged from excellent to fair, by self report, with 2.5 diseases on average and frequent mobility difficulty at baseline. Volunteers signed up for the program for generative reasons, primarily; e.g., to "make in difference" for children. As reported by Rebok et al. (2004), we randomly assigned 6 public elementary schools interested in receiving Experience Corps volunteers to either receive the program or serve as a control school.

Follow-up evaluations at the end of the school year, conducted 4-8 months after entry into the program, were focused on determining, in this short-term time frame, evidence as to whether Experience Corps participation was associated with meaningful improvements (or not) in each of the health behaviors which the program was intended to effect: Physical, cognitive, and social activity and support. As reported in Fried et al. (2004), 63% of volunteers assigned to Experience Corps reported that they were more physically active, compared to 43% of controls ( $p=.04$ ). Although not statistically significant in this small pilot, the mean number of blocks reported walked per week by the intervention group increased 31%, compared to a decrease of 9% among the controls, and there was a 19% increase in stairs climbed versus 8% increase in these two respective groups. There were also reports of 25% increase in kilocalories expended (versus a decrease of 5% in controls) and significantly greater improvements in strength among those in the Experience Corps, compared to controls, providing support for the likelihood of the increase in physical activity having had meaningful effects. There was, further, less decline in walking speed, and a greater decrease in falls and cane use rates in the intervention group compared to controls, although these differences were not statistically significant. The intervention group also reported increases in the number of people they could turn to and the number who would check on them if sick, as well as a decrease in the feeling that they could have used more emotional support in the prior 6 months, compared to controls. Finally, we evaluated evidence for change in cognitive activity in Experience Corps participants. We found that there was no significant change in middle or high intensity cognitive activities outside the program (e.g., number of books read per month), but those in the program decreased their hours of TV watching while the controls increased this activity ( $p=.02$ ). Those in the Experience Corps program were participating 25 hours per week, on average, and engaged in a mean of 7 different activities in the schools.

Overall, using a 5-stage screening approach designed by this program, drop-out of volunteers from the program was quite low during the school year: 2%. At follow-up, 98% of those in the intervention group reported satisfaction with their experience, and 82% stated that they planned to stay in the program 2 or more years. In fact, 80% returned in the following year. A forthcoming paper (Martinez et al., 2006) describes our successful experience in recruiting and retaining older adults in subsequent years of the program.

*Continued on page 13*

## Aging Families: Life After Hurricane Katrina

Karen A. Roberto, Ph.D.  
Virginia Polytechnic Institute and State University

Tammy L. Henderson, Ph.D.

Yoshinori Kamo, Ph.D.  
Louisiana State University

The literature addressing natural disasters has paid little attention to the experiences of older families. In the case of Hurricane Katrina, older adults face prolonged dislocation compounded by separation from family, loss of property, and changes in the life they once knew. We received funding from the National Science Foundation to identify how well aging families are functioning as they struggle to regain a sense of normalcy in the aftermath of this catastrophic disaster.

We realized that this crisis would present significant long-term challenges not only to aging families, but also to communities that opened their doors to families displaced by Katrina. The initial realities of Katrina became apparent when approximately 400,000 residents from New Orleans and other Gulf areas descended upon the Baton Rouge metropolitan area. Nine months later, more than one-half of displaced families still reside in the area. With the assistance of state and local agencies and organizations in Louisiana, and graduate students from LSU and Southern University, our research team is in the process of interviewing 150 aging families displaced because of Hurricane Katrina and 100 long-term residents of Baton Rouge coping with the transformation of their community.

Integrating elements from life course and ecological perspectives, our preliminary findings suggest that aging families affected by Hurricane Katrina are experiencing stressors influenced by the complexity and multiplicity of issues that surround them. Leaving their homes and communities was difficult for displaced aging families, and most long to "go back home." Family strengths and commitment become apparent as they describe the evacuation experience and the months that followed the storm. Although they are employing a variety of strategies (religion, active planning, and acceptance) to cope with the uncertainty of their situation, many older adults note that they experienced more physical (coughing, sleeplessness) and emotional problems (fear, depression) since Katrina. All speak kindly of the support their family received from distant kin and strangers; some note difficulties in obtaining and accepting governmental assistance. After the storm, Baton Rouge residents welcomed evacuees into their homes and community, providing food, shelter, fellowship, and other life necessities. The sheer size of the displaced population and differences in culture and general way of life, however, also have presented challenges for

*Continued on page 22*

## APA Presidential Candidates Comment on Adult Development and Aging

Neil Charness, Division 20 President, posed the following questions to all APA presidential candidates. Candidate responses are reprinted below.

- (1) Briefly describe your interests and any previous involvement in Division 20. Our members would be interested in knowing if you are a member or fellow of the division and if you have been active in any way in Division 20. Are you involved in other professional organizations devoted to the psychology of adult development and aging?
- (2) Briefly describe any professional or scholarly interest you have in issues related to the psychology of aging. Naturally, we are interested in a wide range of professional activities, including practice, consulting, supervising, research, and teaching.
- (3) Is aging part of your platform or agenda for your presidential year? If so, please describe briefly.

### Rosie Phillips Bingham

(1) I have been concerned with life span development since my early graduate school training. My direct membership in a professional psychological organization is through the Division 17 special interest group on aging. We started as a special interest group with the intent of becoming a Section when there are enough of us. I am not a member of Division 20.

(2) I have been involved with life span development for thirty years. My interest began with gender issues and grew from there. I was involved in setting up the Adult Student office at my university. I taught a course in which we developed a program called "Warm Line" a telephone outreach counseling service to older adults. The Office for Adult Students currently reports to me and we have added resources to that office. A scholarship, in my named, for an adult student is housed at the Women's Foundation for a Greater Memphis, a local non-profit agency focused on helping women and children reach their full potential. I have chaired the Board of this organization for the past two years.

(3) My campaign theme is Exclusion is Easy, but Inclusion is Power. We must draw a big circle of inclusion for all psychologists if we are to address the major issues of this society. We must support our practitioners and scientists as they collaborate to intervene around aging issues. As you know, our nation has failed on 6 of the 10 targets set for the health of older adults. Three of those six, physical exercise, nutrition and weight are behavioral problems about which psychologists have knowledge and experience. 90% of depressed older adults receive no treatment or inadequate treatment. There are not enough trained professionals who can treat our aging population. Psychologists can intervene if we have practitioners and scientists working together to bring solutions to the public and to the profession. So my campaign theme exhorts us to come together to use our power, people and purse to solve problems that matter and one of those problems is the health of older adults.

### James H. Bray

(1) I have been involved with Division 20 in several ways, although I am not a member. First, I was a member of Norm Abeles presidential initiative task force on adult aging. As chair of the Rural Health Task Force and Committee, I worked with Norm to ensure that adult aging issues were addressed for rural Americans. I participated in a presentation at the APA convention on family issues in adult aging.

Second, I worked with members of Division 20 on the APA Primary Care Task Force to insure that we addressed the needs of aging adults. Our primary contact was William Haley. Dr. Haley, myself, and others published a paper on working in primary care and we co-presented several workshops at APA conventions on primary care and geriatric issues. As president, I will continue to support these issues and welcome this Division's advice and council.

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**James H. Bray (continued from page 17)**

2) One of my long-time scholarly interests is in life-span development and research on the individuation process from adolescence through adulthood. We developed a family measure of adult individuation (Personal Authority in the Family System Questionnaire, Bray, Williamson, & Malone, 1984) and continue research in this area. Working in primary health care, I take a generalist and life-span perspective in my work with people from birth through death. I teach family physicians and psychology students about adult development and aging issues and consult with them in their inpatient and outpatient practices. I have a special interest in the homeless and underserved populations and how this impacts the elderly. With the graying of Americans these issues will increase in importance and APA needs to be in the forefront in developing policies and services for our aging citizens.

(3) Yes, it is. Science Issues. It is time to expand funding for psychological science and research on aging as the percentage of our population lives longer. Over 50% of health problems are caused by psychosocial and life-style factors, yet less than 7% of the National Institutes of Health budget is spent on research in these areas. The NIH budget has been doubled over the past several years. It is a critical time to increase the percentage of the NIH budget for psychological science and research on aging.

Practice Issues. It is time to expand psychological practice in primary health care settings and enhance our prevention services and interventions. The vast majority of mental health problems are treated by medical providers without the assistance of psychologists. Research indicates that over 50% of major health problems (diabetes, heart disease, obesity) are due to psychosocial and lifestyle problems, yet these issues are not effectively addressed by the medical profession. Most of these problems have their greatest impact on the elderly. Psychologists can provide solutions to effectively prevent and treat the major health problems of our nation. I will help APA develop new relationships with our primary healthcare colleagues, working together to solve the pressing healthcare problems of our nation. See <http://www.bcm.tmc.edu/familymed/jbray> for more information about my candidacy.

**Alan E. Kazdin**

(1) I am not a member of Division 20 and have not been active in the division or organizations devoted to psychology of adult developmental and aging. I have strong interests in development over the life span, and, as noted below, have direct involvement in issues related to development and aging. An overarching theme of my work, perspective, and teaching is that the core topics of psychology begin with the notion that humans (and nonhumans) are developing and changing. Experiences, functioning, and contexts are moderated by development and changing personal resources and views.

(2) My research, clinical work, and supervision are in the context of child and adolescent therapy. I have a clinic (Yale Parenting Center and Child Conduct Clinic) where I work with families. Routinely, foster parents, grandparents, and great grandparents are the primary or sole guardians for the children referred for treatment. Thus, the clinic sees the full spectrum of adults who at once are coping with critical life issues for themselves (e.g., chronic illness, depression, and dementia) while having to rear children for a second time. Although my research does not involve directly studying the rich agenda of adult development and aging, my work has sensitized me to issues that bring aging to my platform and agenda as a candidate.

(3) Aging is a pivotal to my platform and priorities for several reasons apart from my interest, work, and training in development. First, aging is central to virtually all other areas of psychological science and practice. From basic psychological science, obviously learning, memory, cognition, perception, and language raise critically important issues. From applications of psychology, work, family and other relationships, physical and mental health, loneliness, and adjustment to new living conditions and arrangements, all take on special characteristics with adult development and aging. Consequently, aging is not merely an area of work in its own right but is pertinent to virtually all areas of our discipline.

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## Alan E. Kazdin (continued from page 18)

Second, health care in particular warrants special attention and is central to my platform. Mental health services for aging populations is deplorable—services are unavailable, rarely considered, and poorly reimbursed. Most physical health conditions among aging adults will require counseling and support services of some kind, as the effects spill into daily functioning and mental health. Moreover, physical conditions of aging individuals often raise critical issues for caregivers and that too warrants services. These services need to be included in health care legislation and reimbursement at state and federal levels

Third, too few psychologists are trained in geropsychology. Few graduate programs, even those with strong developmental programs, offer even one course on aging. Courses ought to be available for graduate and undergraduate students. Related, there are few incentives for graduate students to do research that involve adult aging or opportunities for practicum and clinical experiences that involve adult aging. All of this is noteworthy in light of the aging population and enormous needs and career opportunities in science and practice.

Fourth, information of psychology's contribution to aging ought to be made more readily available to the public and in multiple formats. Psychology has a great deal to say about the changes associated with aging, including the impact of changes in relationships, retirement, changes in financial status, loss of partners and friends, and so on. Retirement and post-work planning is much more than financial. There are special vulnerabilities with adult aging, and we can help with information and the results of our research to anticipate, build resilience, and suggest how to improve life.

I intend to develop initiatives to advance adult development and aging to address these issues. More specifically, I intend to:

1. Work closely with the Division regarding priorities for graduate training and based on these lobby for greater and more routine integration of adult development in graduate psychology programs;
2. Utilize the APA Directorates (Science, Practice, Public Interest, and Education) and mobilize joint activities to educate the public better regarding what is known from psychological research on adult development and aging. More resources (e.g., brief papers, web resources) ought to be available to educate the public and legislators on psychology's contributions;
3. Provide additional incentives for graduate students to conduct research on adult development and aging and for their advisors and mentors to incorporate such topics into existing research;
4. Lobby at the federal and state level for improved services for an aging population. Physical and mental health are intertwined remarkably at any age, but certainly these become most evident with adult development and aging where resilience is strained and many social support systems and personal resources are limited. Mental and physical health parity requires special lobbying to ensure that an aging population is not neglected—they already are but I am eager to work with the Division and APA to have impact on this; and
5. Lobby for increase funding. I am involved with funding agencies, both private and federal, and can make the case. For example, adult development and aging are a place for much more funding and would be ideal venues for roadmap and translational research priorities at NIH.

There are enormous career opportunities for psychologists in relation to adult aging. These involve basic research (e.g., cognitive neuroscience) as well as delivery of services. We need to continue to work on both facets of this, i.e., make clear to the public the unmet opportunities and needs and to provide training opportunities among our own programs to meet these needs.

I currently chair a large medical school department (400+ faculty and staff) and oversee training (psychology, child psychiatry, social work) and clinical services (inpatient and outpatient), serve as Director of Child Psychiatric Services at Yale-New Haven Hospital, and am involved directly in issues related to patient care (e.g., medication, advocacy at the state level). I have an outpatient service clinic where I work with parents, grandparents, and foster parents daily, have an active research program, and work with and teach graduate and undergraduate students. The experiences in health care settings, in lobbying at the state level, and a developmental perspective on psychological research and services will help make me an effective, informed, credible, and vigorous advocate for the Division (please see <http://votekazdinapa.yale.edu>). I would be delighted to work closely with the Division to craft priorities and bring them to fruition.

***Presidential Candidates Comments Continued on p. 20***

**Nora Newcombe**

Thanks for writing to me about the APA Presidency. APA is a large and complex organization that serves many constituencies. I believe that the staff of APA, headed by a very capable CEO, does a fantastic day-to-day job of monitoring and addressing the concerns of the various groups of psychologists who comprise APA. My aim in running for President is to provide a unifying face and voice for several over-arching issues: relating science to practice and public policy; organizing “big picture” activities that reduce the fragmentation of our discipline; and, delineating appropriate ways to make evidence-based decisions. Because I am committed to this vision, I have decided to concentrate on these themes in my campaign rather than comment on all of the many particular questions that form a part of the ongoing work of this largely well-functioning organization.

**Stephen A. Ragusea**

In past years, I built and served as clinical director for a brand new 92 bed private psychiatric hospital in central Pennsylvania. A friend of mine, Dr. Michael Smyer, who is now in Boston, helped me understand the special needs of the elderly population as we together designed a unit and program especially for that developmental level. In my clinical practice, although actively involved with the issues that concern Division 20, I must confess to being involved primarily with other divisions and organizations. With an ABPP in Family Psychology and nearly three decades of practice as a family psychologist, I obviously have a profound interest in the entire family lifecycle and that certainly includes adult development and aging. In addition, my work in neuropsychology and forensic psychology also frequently involves aging-related matters.

From a scholarly perspective, my decades long focus on Practice-Research Networks is directly related to our scientists in this field. Psychologists recognize that science and practice must advance hand in hand for either to thrive. Psychology’s research heritage has provided a scientific foundation that allowed psychology to leap ahead of all other mental health professions over the past 50 years. However, we must continue to nurture the dynamic interaction between practice and research in order for the field to thrive as a viable science and profession. We need to get our best and brightest working together for the advancement of psychology and society. By having our researchers and practitioners work together in Practice-Research Networks, we can help conduct more relevant research while making practice more powerful.

When the practice research model is fully developed, we will see office based clinical research conducted with numbers of participants that would have been unimaginable to early psychologists such as William James, John Dewey, James Cattell, and G. Stanley Hall. Imagine the data available from 100 psychologists working with 1,000 patients. Now imagine the data from a mere 1% of APA’s psychologists conducting research with only 10 patients each year. That will represent *in vivo* clinical research data on 830 psychologists with 8,300 patients. Imagine what we will learn after 5 years of such research. Now think about how much that system will increase our knowledge in 20 years. Therein lies the value of the Practice Research Network model!

Pennsylvania’s Practice-Research Network was created in 1995 to link practitioners with researchers in a mutual enterprise to share expertise and resources. Immediate goals were to collect basic outcome data from practitioners, allow the development of more specialized research projects involving both practitioners and researchers, and to focus on research questions of direct relevance to clinical practice. An initial collaboration between Pennsylvania clinicians and researcher at the Pennsylvania State University was conducted in the late 1990s. The interested reader should see Borkovec, T.D., Echemendia, R.J., Ragusea, S.A., and Ruiz, M. (2001). The Pennsylvania Practice Research Network and possibilities for clinically meaningful and scientifically rigorous psychotherapy effectiveness research. *Clinical Psychology: Science and Practice*, V8 N2, pp 155-167 for a discussion of the initial Phase I project.

The PRN model is a natural fit for those involved with Division 20 and will be one of my primary goals as president to establish a series of APA organized Practice-Research Networks. If you, the reader, would be interested in helping with this project, please contact me via my website: [www.raguseaforapa.com](http://www.raguseaforapa.com)

In general terms, it is impossible to consider psychology’s role in our culture over the next 20 years without envisioning our work with the aging baby boom population. With the growing focus on the mind-body connection in health care, we must strengthen psychology’s position in whatever reimbursement system takes the place of managed care and, most probably, Medicare. Whether it is Consumer Driven Healthcare, a Single Payer system, or some new hybrid, we must assure that psychological services are adequately reimbursed and that psychologists are equal partners in the health care marketplace. These issues are very much a part of my agenda for the term of my presidency. *Stephen A. Ragusea Psy.D., ABPP [www.raguseaforapa.com](http://www.raguseaforapa.com)*

**TEACHING TIPS:** *Selective review of some recent (and not so recent) Adulthood and Aging Texts.*

F. Richard Ferraro, Ph.D.

Dept. Psychology

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If you are like me you may often cringe when you know that publisher's book reps are in your building hawking their latest editions of various textbooks. To be fair, I only cringe some of the time and there are actually some extremely competent book reps out there who have aided me greatly over the years. While I am pretty settled in what text I use for *PSY 355 – Adulthood and Aging* (and most of my other classes), I now frequently either get desk copies of new editions of texts and/or review chapters and/or entire books for several publishers. Over the past few months, I have noticed that an ever-increasing pile on my office floor that consists of new and not-so-new Adulthood and Aging texts. Tripping over this pile recently (and stubbing my toe in the process) motivated me to a) move the pile and b) examine some of these texts more critically. What follows is a selective review of some recent (and not so recent) texts that would be appropriate for an Adulthood and Aging class. I emphasize the word **selective**, but 5 texts seem like a lot to me (my toe still hurts) and a good starting point for review. Any one of these would be an excellent text for a standard undergraduate course in adulthood and aging. Although I use 2 of these 5 in my classes, there are parts of the remaining 3 that have come in handy in many of my classes, including developmental, cognitive and neuropsychology.

1. Cavanaugh, J. C., & Blanchard-Fields, F. (2006). *Adult development and aging* (5<sup>th</sup> Ed.), Belmont, CA: Wadsworth/Thomson Learning (ISBN# 0-495-00812-5). This engaging text, now in its 5<sup>th</sup> edition, contains 14 chapters across 509 pages, and includes a reference section and name index. This edition also contains many new features including Multimedia Manager (with PowerPoint slides), Exam View, WebTutor Toolbox and *Scientific American* selections on aging on aging for students. The 12 chapters include studying adult development and aging, physical changes, longevity, health and functioning, clinical assessment, mental health, and mental disorders, person-environment interactions (read: human factors) and optimal aging, attention and perceptual processing, intelligence, social cognition, personality, relationships, work, leisure and retirement, dying and bereavement and a final looking ahead chapter.
2. Erber, J. T. (2005). *Aging & older adulthood*. Belmont, CA: Wadsworth/Thomson Learning (ISBN# 0-534-35636-2). A new coming on the block, this text contains 12 chapters over 520 pages and includes a reference section, name index, and subject index. New(er) textbooks, these days, seem to come with all the additional technology add-ons and this text has some of these, including something called InfoTrac College Edition. This allows students a fully searchable online library of current periodicals. Additionally, the publisher has included the Wadsworth Psychology Resource Center. The 12 chapters include an introduction to aging and older adulthood, theory and method for studying aging, biological aging and health, sensation, perception and attention, memory, intellectual functioning, cognition and problem-solving, personality and coping, social interaction and social ties, employment, retirement and living arrangements, mental health services, psychopathology, and therapy and facing the end and looking to the future.
3. Foos, P. W., & Clark, M. C. (2003). *Human aging*. Boston, MA: Allyn & Bacon (ISBN# 0-205-28626-7). I have used this text for 3 years in my PSY 355 Adulthood and Aging class (summer as well as fall semesters) and the student reviews are always positive. It contains 14 chapters over 485 pages and includes references, and a name and subject index. These chapters are broken down into 5 sections, which include Aging and Our Bodies, Aging and Our Minds, Aging and Our Selves, Aging and Our Survival, and Aging and You. Each section contains 1-3 chapters, which is a good way to structure the course over a 14-15 week semester or even a 6 week summer session. Each chapter contains study questions, recommended readings and internet resources. Chapters include an introduction to aging, physical aspects of aging, theories of senescence, health and longevity, sensation, perception, and slowing, memory and cognition, intelligence, creativity, and wisdom, personality, relationships, work and retirement, psychopathology, healthy/helpful environments (which includes an enlightening human factors focus), death and bereavement and a final chapter on the future of aging.

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4. Lemme, B. H. (2006). *Development in adulthood* (4<sup>th</sup> Ed.). Boston, MA: Allyn & Bacon (ISBN# 0-205-43964-0). There are 12 chapters across 562 pages, including a glossary, reference section, name index, and subject index. This is a new book for me, and I had not been aware of it. The coverage is typical of these sorts of books and includes chapters on the study of development in adulthood, theories of psychosocial development, the self (which includes gender, culture, and ethnicity), cognitive processes, social development, friendship, mate selection, friendship, family ties, work, retirement, physical development, health, longevity, prevention, coping and mental health, and death, dying, and bereavement.
5. Hoyer, W. J., & Roodin, P. A. (2003). *Adult development and aging* (5<sup>th</sup> Ed.). Boston, MA: McGraw Hill (ISBN# 0-697-36202-7). I have used this text in my on-line PSY 355 class, starting with the 4<sup>th</sup> edition (which included John Rybash as a co-author). I use the 5<sup>th</sup> edition because the student feedback was always excellent. The 5<sup>th</sup> edition is dedicated to John, among others. This is one of the few books out there that have an entire chapter devoted to Cultural and Ethnic Diversity, and we are all aware of the increased importance this topic holds for aging world-wide. This text also contains a very handy Appendix devoted to Developmental Research Methods, which I have used from time to time in other classes I teach. There are 13 chapters (plus the appendix) and these cover the typical areas including physiological, sensory processes, mental health interventions, coping and adaptation, physical health, memory, attention, learning, intelligence, creativity, cognition, wisdom, expertise, personality, relationships, work, leisure, retirement, and death.

### Summary

While each text offers standard coverage of relevant topics in adulthood and aging, many also offer information on emerging areas (i.e., human factors and the future of aging) that will become important topics in the years to come, especially with the ever-increasing aging population. I encourage you to examine these to see how they fit your specific needs. If you are like me, you will realize they each have something unique to offer those of us who teach adulthood and aging. For more information on other books on aging check out APA's Division 20 website, which lists several such books broken down by specific category (<http://www.apadiv20.php.ufl.edu/txtbk.doc>).

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Baton Rouge residents as they too are adapting to this life-changing situation. Although not part of our official study sample, we also have observed the stress and strain placed on members of the formal community service network, many of whom are dealing personally with the aftermath of Katrina and have had very little disaster training.

Based on the data collected during this one-year project, we will develop a *Research Brief* for distribution to community leaders, service providers, and policymakers to further their understanding of the issues and challenges facing aging families under non-normative duress, which has implications for culturally competent practices. Our goal is for communities to be able to use this information to augment or construct effective disaster prevention and intervention programs for aging families.

## STUDENT NEWS

Submitted by Cory Bolkan & Christie Chung

Dear Students,

We hope that you are enjoying the summer season and we are looking forward to meeting many of you at the upcoming APA convention August 10 – 13<sup>th</sup> in New Orleans. Below are more details about Division 20 student events that you will want to be sure to attend.

First, the Graduate Student Conversation Hour has been scheduled for Friday, August 11<sup>th</sup> from 5:00 – 5:50 p.m. For this session, we have organized a roundtable discussion titled “Securing a career in aging: Post-doctoral and academic positions”. This session will include interactive talks by three distinguished professors: Drs. Anderson Smith and Christopher Hertzog, both from Georgia Institute of Technology, School of Psychology, and Dr. Carolyn Aldwin, from Oregon State University, College of Health and Human Sciences. These speakers, who are actively hiring for post-doctoral and professorship positions, will provide valuable insight and address your questions about the application processes for jobs and grants in the aging field. This is a great opportunity for Division 20 students and postdoctoral fellows to consider and to prepare for the job market.

Second, the graduate student social event is scheduled for Friday, August 11<sup>th</sup> at 6:00 p.m. (just following the Graduate Student Conversation Hour). The event will take place at Gordon Biersch, 200 Poydras Street, New Orleans, LA 70130. This social hour is open to all students in Division 20 as well as their friends and families. Come relax from the conference, share appetizers and drinks, and mingle with your fellow students. Additionally, as a graduate student member of Division 20, you are also welcome to attend another social event organized by Division 20 on Saturday, August 12<sup>th</sup> at a discounted rate. Both of these social events are great opportunities to meet and interact with other students, faculty, and researchers that share similar research interests in aging and adult development. We're looking forward to meeting you all then!

Cory Bolkan & Christie Chung  
 APA Division 20 Student & Post-doctoral Representatives  
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## Symposium on Family Issues

Intergenerational dependent care will be the focus of Penn State's 14<sup>th</sup> annual Symposium on Family Issues, October 5-6, 2006. “Caring and Exchange Within and Across Generations” will be addressed by 16 of the top scholars in gerontology, sociology, economics, demography, and human development from major institutions. The symposium is innovative for the integration of perspectives from multiple social sciences as well as for addressing policy implications. The intent of the symposium is to consider factors that account for variation and change in relationships within and among generations, the strengths and weaknesses of existing information that can be used to understand change in inter- and intra-generational relationships, and implications for social policies, in light of the dramatic changes in family composition. Lead speakers will include Kathleen McGarry (Economics, UCLA), Donald Cox (Economics, Boston College), Karl Pillemer (Human Development, Cornell), and Steven Nock (Sociology, U. of Virginia). Information and registration at <http://www.pop.psu.edu/events/symposium/2006.htm> or contact Carolyn Scott (814)863-6806, [css7@psu.edu](mailto:css7@psu.edu).

## Nominations Sought for APA Fellows

Please help to identify potential fellows of Division 20—nominate yourself or others who meet the following criteria:

### For new Fellows:

1. Possession of a doctoral degree based in part upon a psychological dissertation conferred by a graduate school of recognized standing;
2. Membership in Division 20 for at least two years;
3. Achievement of a minimum of five years of acceptable professional experience subsequent to the granting of the doctoral degree;
4. Evidence of unusual or outstanding contribution or performance in the field of psychology;
5. Record of distinguished and scholarly contribution to the field of adult development and aging, ordinarily in the form of published papers or books documenting the work in empirical research, the development of theory or method, or other scholarly pursuits; and
6. Presentation of endorsements from at least three fellows of APA (the majority of whom must be fellows of Division 20) written within the past year.

The nominee submits a self-written statement about the professional accomplishments that warrant Fellow status, a completed copy of the Uniform Fellow Application, and a CV with publications marked 'R' for refereed as appropriate.

### For Division 20 members who are already APA Fellows:

1. Membership in Division 20 for at least two years, and
2. Professional work related to the psychology of adult development and aging.

Current Fellows of other divisions who wish to become Fellows of Division 20 submit the Uniform Fellow Application, their APA membership number, and a CV.

The next review process will take place in spring, 2007; completed application packages will be due Jan. 6, 2007. Submit nominations to and request forms or more information from: Sara J. Czaja, Division 20 Fellowship Chair, Department of Psychiatry and Behavioral Sciences, University of Miami School of Medicine, 1695 N.W. 9th Avenue, Miami, Florida 33136. Phone: 305-355-9068, Fax: 305-355-9076, Email: sczaja@med.miami.edu.

### Adult Development and Aging News

Division 20, American Psychological Association

#### Co-Editors:

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