

Adult Development & Aging News

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20 DIVISION

President's Message

Inside:

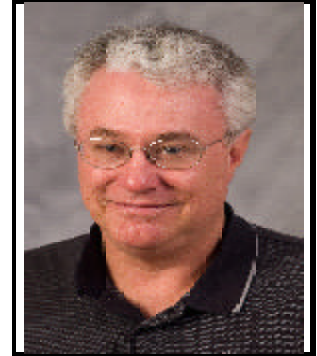
- 1 **President's Message**
- 3 **Feature Article**
- 4 **New Members**
- 6 **Teaching Tips**
- 7 **Fellowship News**
- 8 **APA 2008 Convention Program**
- 10 **CONA Events at APA 2008**
- 11 **APA 5K Ray's Race**
- 11 **Election News**
- 12 **Announcement of Dialogue between Division 20 & Division 7**

As I write this column, I'm at Washington University in St. Louis, accompanying my wife, Ann Pearman, to attend an event commemorating the 50th year of the aging training grant at Wash. U. The event also honored Martha Storandt, Ann's Ph.D. advisor, who had directed the training program there for over 20 years before turning it over to the capable hands of Dave Balota.

It was fascinating to listen to the talks at the event that recounted the history of the program there, and a reminder of an important tenet of life-span developmental psychology that our lives evolve in a historical context. Certainly Washington University's program has made a major contribution to the growth of life-span developmental research through the training of outstanding scientists who are leaders in our field. It was wonderful to see the contributions of Jack Botwinick, a former Program Director at Washington University, highlighted during the conference. Jack was very gracious and yet tough-minded with me when I was a graduate student in the 1970's, at a time when he was challenging some of the arguments of my PhD mentor, Warner Schaie, about the representativeness of cross-sectional age curves as capturing intraindividual developmental change. I took a summer school class from Jack at USC at the time, and enjoyed him, his perspective and expertise, and his dry sense of humor, immensely. Our conversations broadened

me as a scholar and a scientist.

But speaking of generational change, I wonder how many of the younger psychologists in our field even know his name, let alone his excellent textbook on the psychology of aging last published in the 1980's! I certainly had never heard of his predecessor who ran the training grant in its inception, Marion Bunch. The history of the program at Washington University was nicely highlighted by the range of talks. Tim Salthouse, the keynote speaker here, was a postdoc in the 1970's at Washington University. Cindy Lustig (last year's winner of Division 20's Springer Early Career Achievement Award), was a postdoc in this decade. An impressive number of the program's predoctoral trainees have continued research-oriented careers with a focus on adult development and aging. One of them, Dan Spieler, is a faculty colleague of mine at Georgia Tech. And I've directly benefited from the Washington University training grant – having had one of their predoctoral trainees, Lisa Connor, work with me as a postdoc on the training grant in cognitive aging we have at Georgia Tech. Lisa helped shape a transition in my metacognitive research to experimental studies of metacognitive monitoring (Connor, Dunlosky, & Hertzog, 1997, *Psychology*



Christopher Hertzog
Division 20 President

and Aging). It was good to see her, all-too-briefly, in St. Louis.

Federal funding for advanced training in gerontology research has had a major impact on our field. I had the privilege of being a predoctoral trainee in USC's gerontology program, also one of the older aging training programs in the country, was on the faculty at Penn State for four years, where (at that time) Warner Schaie directed the training program, and have myself been the Program Director for the training grant at Georgia Tech that was directed for 19 years by Andy Smith. I've seen what these kinds of training programs do for gerontology; the impact on the quality of research on the psychology of aging has been enormous. Currently, funding for institutional training programs is being squeezed by competing demands and the indirect consequences of the Iraq

Continued on p. 2

Adult Development & Aging News is co-edited by Jennifer Margrett (Iowa State University) and Grace Caskie (Lehigh University).

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President's Message, continued from page 1

War and the federal budget deficit on the NIH budget. My fervent hope is that NIH continues its fruitful and important support of these kinds of training grants, despite the funding challenges. They do make a difference, and our field is far richer for them.

Guidelines for Dementia Assessment

In cooperation with Division 12, Section II (Clinical – Aging), Division 40 (Neuropsychology), and the Committee on Aging (CONA), Division 20 has spearheaded the assembly of a task force to review, revise, and renew the existing Guidelines for the Assessment of Dementia, which are about to be sunsetted. I wanted to tell you briefly about the guidelines and the task force. First, some of you may not even be aware that APA had created and published such guidelines. As someone who doesn't do clinical assessment and practice with older adults, I certainly wasn't aware of their existence before the issue of their renewal came up during my presidency. The original task force was an APA Presidential Task Force (see <http://www.apa.org/practice/dementia.html>) for the guidelines), and the guidelines were also published in the *American Psychologist*. The new task force includes a stellar group of psychologists, including Glenn Smith (Chair) Cameron Camp, Susan Cooley, Hector Gonzalez, Paula Hartmann-Stein, Jennifer Manley, Nancy Pachana, Asenath LaRue, and Antoinette Zeiss. These psychologists represent a real cross-section of persons with expertise on Alzheimer's Disease, other dementias,

and related disorders. They include individuals working in academic settings, Veteran's Administration research groups and clinics, and private practice. Collectively, we are grateful to them for undertaking this important service. The charge to the task force is to produce a revised set of guidelines that will undergo a formal review process within APA before they are finalized and then adopted. I read the original guidelines with interest as I prepared to assemble the task force. I lack relevant expertise and experience in assessment issues in these populations – so my impressions probably aren't that important or even valid. Having said that, I found the guidelines to be relatively general in their orientation and to have less emphasis on some topics (e.g., differential diagnosis relative to pseudo-dementias such as late-onset thyroid disease) than I might have expected. This revision cycle represents an opportunity to strengthen and enhance the guidelines to be even more practically useful to psychologists practicing in this area. I encourage interested parties to review the guidelines and to send comments or suggestions to the task force chair, Glenn Smith (smitg@mayo.edu), for consideration by the task force.

CONA and the APA Office on Aging

This year will mark the 10th year of CONA and the APA Office on Aging, which was initiated in large part due to advocacy and leadership by Norman Abeles during

his APA presidency. CONA and the Office on Aging do a remarkably effective job of informing APA members about aging, keeping the organization focused on important policy, practice, and scientific issues relevant to aging, and other activities that keep work on adult development and aging in our collective consciousness (see www.apa.org/pi/aging). CONA has an active relationship with Division 20, and its efforts on behalf of an aging agenda benefit our members greatly. Members may remember the materials on pre-retirement planning for psychologists that CONA developed a few years back. Members of Division 20 and Division 12-II have historically played an important role in guiding CONA's mission. Peter Lichtenberg (a candidate this year for Division 20 President-Elect) is the current Chair of CONA, and he was quite helpful to me in identifying potential participants for the dementia guidelines task force. For an informative yet brief summary of CONA activities, see the June issue of the APA Monitor (the article by Dr. Gwendolyn Keita). CONA usually sponsors aging-related program content at the APA convention, and this year is no exception, including both aging-related symposia and conversations during the program and a major pre-convention workshop, "What Psychologists Should Know About Working with Older Adults" (see the announcement in this newsletter).

Continued on p. 5

Feature Article: New Technologies Gain Popularity with Older Adults

Submitted by MaryAnn Sutton

Editors' Note: Ms. Sutton is a doctoral student in counseling psychology at Lehigh University. Her research focuses on older adults.

Author's Note: Special thanks to Dr. Elizabeth Zelinski for agreeing to be interviewed for this article.

Recently, many new technologies have become increasingly popular with older adults in the United States. Numerous seniors have begun integrating everything from video games to personal data assistants into their daily lives, with more and more possibilities on the horizon. The increasing success of many of these products has been in direct contradiction to a widely held belief in the United States that the majority of older adults are simply not interested in new technology. Many still think that seniors would rather avoid the monitors, video game consoles, and cellular devices that are so important to younger generations. Although the digital divide between older and younger age groups may still exist to some extent, a great deal of evidence shows that it has decreased with time. So, you might be asking questions such as: "What kinds of new technologies have made their way into the homes and communities of many seniors?" or "Why have these innovations become more and more successful over time?" This article seeks to answer such questions, as well as describe some of the supports that can help older adults in adopting new technology.

Nintendo, a popular gaming corporation from Japan, was among the first to target new video games specifically at older adults. Douban (2007) stated that, in Japan, where the aging population is even larger than in the United States, Nintendo made marketing their products to seniors a top goal. In order to do this successfully, however, they decided on two important components that might spark the interest of seniors in their games. First, they wanted to make games that were easier for older adults to learn to operate. Secondly, they sought to develop products that would be appealing to senior citizens in particular. Although seniors may not usually classify themselves as gamers, Nintendo found that their approach worked well. Their first effort to target the senior demographic began with the now popular "Brain Age," a game developed for their hand held gaming system, the Nintendo DS.

According to the Nintendo DS website (2008), "Brain Age" includes a variety of mini challenges that were designed to exercise the mind and keep it sharp. In addition, Nintendo sought to present "Brain Age" in an interactive, fun, and easy to use format. Dr. Elizabeth Zelinski, Professor of Gerontology and Psychology at the University of Southern California, has done extensive research with older adults in the areas of cognition and memory, and has been recently featured on Nintendo's "Brain Age" website. In an interview with me about this topic, Dr. Zelinski said that ease of use is a very important aspect of appealing to seniors. She stated that "user friendliness is [an important] issue. New platforms, such as those developed by Nintendo Corporation, make it possible to play games competently without having to spend a great deal of time learning the user interface."

After the success of "Brain Age," Nintendo's latest hit with older adults has been their newest and wildly popular video game console, the Nintendo Wii. The Nintendo Wii interactively responds to movement through its unique wireless game controls. The Wii offers players the opportunity to go bowling, golfing, fishing, and more, all in the comfort of their own living rooms or senior centers. Nintendo's (2008) attempt to market the Wii gaming system to older adults is evident on their website, which features a video of a grandmother and granddaughter, as well as a senior couple, playing with the interactive console. In addition, many sources report that the Nintendo Wii is being used increasingly for rehabilitation in the United States, as well as in nursing homes and retirement communities nationwide. According to an account by Leto (2008), many communities for seniors are excited about the prospect of integrating the Nintendo Wii into the lives of residents. Not only can the system provide older adults with a great opportunity for some exercise, but it also gives them a chance to gain skills for using new technology, as they learn how to change game discs, navigate on-screen menus, or hook the system up to the TV.

Researchers have just begun to examine the possibility of using the Wii for rehabilitation with the older adult community, although the jury still remains out on claims of therapeutic benefits. Dr. Susan Lynch and her colleagues (2008) recently finished collecting data in a study designed to determine if Wii bowling can be used as a successful tool in arthritis rehabilitation. So far, the researchers have found that many people who work with seniors think that the use of Wii games can be a beneficial part of therapy, as they often involve movements that are similar to traditional rehabilitative exercises. In addition, many patients have commented that they find Wii games to be more entertaining and fun than traditional therapies. The use of Wii Sports in rehabilitation has become so popular that many have begun to call it "Wiihabilitation."

Video game makers are not the only ones developing technology with older adults in mind. "I think that some assistive technologies will become a normal part of everyday life because they help everyone, not just people with deficits and disabilities," Dr. Zelinski said. For example, Sterns (2005) successfully designed a training program to help a group of older adults to use personal data assistants (PDAs). In addition, the PDAs were programmed to give medication reminders, which the majority of participants found to be quite useful. Also, Science Daily (2007) recently described many new technologies that will soon be available to assist older adults in their everyday lives. For example, one device uses radio frequency barcodes on individual bottles to track which medications have been taken and when. Another gadget soon to reach the market uses sensors placed in a senior's home so that family members can monitor their activity levels and overall safety.

Continued on p. 4

Continued from p. 3

These are only a few examples of the new technologies that may be adopted by older adults in the near future. According to Dr. Zelinski, however, those who create these products may still need to address several key areas in order to help older adults continue to increase their use of technology. "An acceptable cost range, ease of use, and familiarity will be important in making technological products a part of everyday life." In a study by Czaja et al. (2006), the authors found that although older adults may still be less likely to use technology such as computers and the internet than younger adults, several factors enabled seniors to feel more confident with the use of these tools. Better cognitive abilities, higher computer self-efficacy and lower computer anxiety were found to increase the likelihood of seniors enjoying and using computers. In addition, many believe that increasing familiarity and use of technology among older adults may become an important aspect of helping them to maintain independence during the aging process, especially as more beneficial technologies emerge. This could be accomplished through the use of technology training, specifically aimed at older adults, that could both increase self-efficacy and lower anxiety. Dr. Zelinski agrees that it will be important to increase the use of technology among seniors stating that, "Technology can be used to support optimal, or promote vital aging, helping people to maintain abilities or to possibly slow declines that affect everyday functioning."

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New Members Submitted by Joe Gaugler

August, Kristin J	Irvine, CA*
Bailie, Jason M	Cincinnati, OH
Baird, Brendan M	Notre Dame, IN
Beimesch, Barbara B	Crestview Hills, KY
Bersing, Doris S	Sausalito, CA
Biermann, Jeanette S	Avon, OH
Carlson, Keith W	Camrose, AB, Canada
Carr, Amanda G	Macungie, PA*
Cheng, Sheung-Tak	Kowloon, Hong Kong
Corsentino, Elizabeth	Tallahassee, FL
Davies, Kimberly K	Indianapolis, IN
Davison, Gerald C	Los Angeles, CA
Dreer, Laura E	Birmingham, AL
Ebanga-Tanyi, Maureen	ENS Yaounde BP, Cameroon
Emmons, Luli	Berkeley, CA
Farhadzadeh, Amy	West Hills, CA*
Fiori, Katherine L	Brooklyn, NY
Foos, Paul W	Charlotte, NC*
French, Jodi L	North East, MD
French, Samantha L	Fremont, CA
Gavin, Eileen A	St Paul, MN
Gerstorf, Denis	University Park, PA
Goldstein, Sondra B	Encino, CA
Gordon, Brian H	Gainesville, FL
Gruehn, Daniel	Geneva, Switzerland
Hale, Nathan A	San Francisco, CA*
Hayes, Barry W	Monte Sereno, CA
Henriott, Billie J	Palm Harbor, FL*
Hodis, Flaviu A	Carbondale, IL
Hoshino, Kazumi	Shizuoka-shi, Japan
Hubel, Kerry A	Mountain View, CA*
Hughes, Laura W	Rapid City, SD
Hyde, Trevor F	Milwaukee, WI
Johnson, David K	Lawrence, KS
Kagan, Marnie J	El Granada, CA
Kehn, Michelle M	New York, NY*
Kensingler, Elizabeth A	Chestnut Hill, MA
Kilian, Shirley C	Loma Linda, CA
Kletter, Jacqueline	Brooklyn, NY
Lawson, J Morris	Monrovia, CA*
Luong, Gloria	Irvine, CA*
Lyons, Linda	Fort Lee, NJ
Magee, Joshua C	Charlottesville, VA
Matovich, Jennifer L	Clarksville, PA*
McCarrier, James	Marinette, WI
McCormick, Mercedes A	Jersey City, NJ
McFadden, Susan H	Oshkosh, WI
Metzger, Suzanne M	Greenacres, WA
Mikael, Mona	Los Angeles, CA*
Mlinac, Michelle E	S Easton, MA
Morgenstern, Amy H	Brooklyn, NY*
Noble, Carolyn E	Troy, MI
Parkinson, Sharon M	Wilmington, NC
Patterson, Meredith M	Atlanta, GA
Pipinelli, Artemis	New York, NY
Podchaski, Eric J	Highlands Ranch, CO*
Pottie, Colin G	Halifax, NS, Canada*
Riley, Rebecca J	Coralville, IA*

*Student Affiliates

Continued on p. 7

Continued from p. 2

I'd like to take a moment here to acknowledge the efforts of Debbie DiGilio of APA's Office on Aging, who does an extraordinary job of liaison between divisions and various levels of APA administration, promoting aging related activities within APA. Debbie has been very helpful to me in several respects this year, and I want to personally thank her for her work on our behalf. She is currently working as the APA staff person assisting in finding a mechanism for financial support of the task force. She is an enormous asset to our division.

Boston Convention

Your newsletter contains the convention program insert that we've come to know and love (and which many of us use during the convention in lieu of the gargantuan general Program to help us keep track of aging-related program content). As I noted in my last column, I wanted to again thank Mara Mather and Derek Isaacowitz for putting together an outstanding Division 20 program for Boston. It truly reflects the diverse range of interests of our membership, and contains high-quality content. I hope to see you there!

Division 20 Membership

One interesting note about membership I'd like to pass along. APA as an organization is rightly concerned about a steady reduction in its membership over the last decade. An interesting irony, from a life-span perspective, is that the membership has become, on average, a lot older. As a life-span psychologist, I know better than to infer from such information anything about the specific causes of declining membership, although a number of hypotheses come to mind (e.g., increases in the amount of APA dues during that time period). One would need to know the causes to craft effective solutions, but there's no denying there's a potential problem looming. If you've been to a symphony concert during the last few years and observed the age distribution of the audience (my guess is that, at age 56, I'm at or below the median age of an audience member for the Atlanta Symphony Orchestra), you understand a potential concern that is now being directly experienced in that arena. Without new members and new generations of members, APA is in danger of becoming a smaller and less vital organization than it is today. We receive regular reports from APA tracking membership in our division. It should be at least a little comforting to us that the rate of loss in Division 20 has been lower than in other divisions. We haven't collected empirical data on this, but I'd like to believe that we are doing relatively well because Division 20 has always emphasized representation of the broad membership of our division. It may also be the case that the decision made a couple of years back to include *Psychology and Aging* as a benefit for division membership has helped. Nevertheless, we're looking for ways to maintain and grow membership. A shout out, then, to Joe Gaugler, who is our Membership Chair. Joe has been coming up with innovative ideas on how to promote new membership in our division. With help from APA's

Central Office, he has produced a slick new brochure advertising our division and the benefits of joining it. He has also promoted some new ideas for increasing membership, including a reward system for referrals of new members (which will be discussed at the Business Meeting of our Executive Committee in Boston). Ultimately, though, the vitality of our division depends on us, the membership. There may be some extrinsic rewards and reinforcements in the works for membership referrals, but please don't wait for that development. Please recruit new members, including new student members, for the Division. Contact Joe (gaug0015@umn.edu) for brochures, distribute them among colleagues, talk up our Division and what it does. Encourage people to visit our web site to see its useful content, to sign up for the Division 20 e-mail listserve, to use the graduate program directory, to check the resources for people teaching aging courses in University settings, and so on. If we do this, we'll all be rewarded by the continuing benefits of being associated with one of the more successful divisions in APA.

Division 20 Awards

As President, I'm one of three voting members (Past-President, President, and President-Elect) on our Awards Committee. Brent Small has done an excellent job in stewarding the process for us. We had some excellent candidates this year, and deserving awardees (to be announced at the Convention). One thing I wanted to mention at this point. Even though we had some tough decisions this year, it would be better for all if we had had even more nominees for our awards. I was surprised that there weren't more persons nominated than there were. My guess is that people simply don't think about nominating a peer or a colleague. It is not a difficult process. So I encourage everyone to think proactively about nominating deserving colleagues for a Division 20 award in 2009. Let's make sure that we make the Committee's choices even more difficult next year, so that we can be sure that deserving members have an opportunity to be recognized. After all, simply being nominated is recognition in its own right. I also encourage individuals to re-nominate persons who were deserving but didn't win this time around, or earlier.

Goodbye and Thanks

This is my last column as Division President. I've enjoyed the experience, and I am grateful to the membership for the opportunity to serve. I wish my successor, Liz Zelinski, much success and enjoyment. As Past-President, I'll enthusiastically do my part to help. I'm confident the Division will continue to thrive with her at the helm and with the contributions of our members. Please contact Liz to volunteer to help out by serving on committees, or in other ways. I haven't checked with her on this, but I'm sure she'd appreciate hearing from you!

Teaching Tips: Beginnings and Endings

Submitted by Kristi S. Multhaup, Chair, APA Division 20 Education Committee

With the recent close of one semester and the realization that my fall teaching schedule includes a course I haven't taught for three years, beginnings and endings have been on my mind. Thus, this column will share exercises I use in my Psychology of Aging course, one at the beginning and two others toward the end of the semester.

The Beginning

Not surprisingly, students enroll in Psychology of Aging with many stereotypes about older adults. A prominent generalization is that *everything* falls apart with age. A contrasting set of generalizations comes from students who have at least one vibrant older adult in their lives. My goal is to highlight from the beginning of the semester that older adulthood has pros and cons, just like any other period of life does. Thus after defining what our working definition of older adulthood is, which includes dispelling the notion that it starts at age 30, I ask students to think about stages of life they have already experienced. I ask them what was good and bad about being 8 years old. When responses die down, I ask them what was good and bad about being 14 years old. Again, when students are out of responses, I ask them what is or was good and bad about being 18 years old. This Q&A often allows much shared laughter as we identify common experiences, a wonderful way to start a course. I wind up this exercise by stating that every stage of life has good and bad things about it, and that we should expect that from older adulthood as well. To reinforce this point, I show students an excerpt from the book *Tuesdays With Morrie* (Albom, 1997) that includes statements such as

As you grow, you learn more. If you stayed at twenty-two, you'd always be as ignorant as you were at twenty-two. Aging is not just decay, you know. It's growth. It's more than the negative that you're going to die, it's also the positive that you understand you're going to die, and that you live a better life because of it.....if you've found meaning in your life, you don't want to go back. You want to go forward. You want to see more, do more. You can't wait until sixty-five..... You have to find what's good and true and beautiful in your life as it is now. Looking back makes you competitive. And, age is not a competitive issue. (pp.118-120)

Many students comment later that the *Tuesdays With Morrie* passage startled them and got them thinking about aging in a new way.

Parts of the Ending

After we have studied a wide range of topics in the psychology of aging, students have two opportunities to discuss what they have learned with actual older adults. The last mini-paper, due sometime within the last couple of weeks of the semester, asks students to interview an older adult about that person's experience regarding one

of the topics we have covered (e.g., personality, memory, creativity). The assignment acknowledges that a given person's experience may or may not fit with the general patterns of data discussed in the text and lectures, and it asks students to reflect on and write about how well the individual's experience matches the typical experience. Students often take this opportunity to contact an older-adult relative or family friend, an experience which students spontaneously comment has its own rewards. For students who do not have an older adult in their social network, I pair the student with one of local older adults who has expressed interest in working with my students. I have a deadline mid-way through the semester for students to let me know that they need this help to avoid last-minute, panicked requests that my older adult contacts may not be able to accommodate (only 1 or 2 out of 30 students per semester request assistance).

About the time this writing assignment is due, students also interact with older adults from a local continuing care retirement community (CCRC). When possible, the retirement community sends their bus to campus to transport the class to their facility, giving some students their first exposure to a CCRC. At other times, several of the residents meet us on campus. Typically 4-5 older adults talk with roughly 6-7 students at a time. After about 20 minutes, we rotate the older adults around the groups so students talk with two different older adults. My contact at the CCRC invites a range of individuals in terms of age, marital status, health, and personal background. The students and the older adults alike report that they love this experience.

I designed both the written assignment and the conversations with older adults from the CCRC to remind students that actual older adults can differ from the "average older adults" that we have studied, but many older adults' experiences match the typical patterns we have discussed. When we debrief from the conversation experience, at least one of the students typically exclaims something like, "Wow, Dr. Multhaup, everything you have been talking about all semester is actually true!" This gives me another opportunity to talk about three of my hopes for my students: (1) Instead of seeing one or two people's experiences as powerful evidence that validates large-scale studies, students learn to value large-scale studies' data for what they tell us about the typical aging process independent of vivid anecdotes, (2) students understand variability among people, often illustrated by the kinds of anecdotal evidence they learned about in their conversations with several older adults, and (3) students realize that the choices they make today can impact the kinds of experiences they will have if they are lucky enough to become older adults.

This column is an ending in another way. My term as chair of the APA Education Committee concludes at the end of

Continued on p. 7

Fellowship News

Submitted by Susan Krauss Whitbourne

The Fellowship Committee is soliciting nominations for initial election to APA Division 20 fellowship status. The deadline for nominations will be December 1, 2008. Requirements for initial fellow status include evidence of substantial contributions to the field of psychology. Nominees and recommenders should be able to summarize the distinctive qualities of the nominee's work and its relevance to psychology. The nominee will be requested to provide a CV noting which journal articles were published in peer-reviewed journals, a self-statement describing his or her major contributions to the field. Three letters of reference are also required, which include a statement of the nominee's qualifications as well as a rating of the importance of the nominee's contributions. Because there is a considerable (though not insurmountable!) amount of work involved in this process, it is best for interested nominees to start securing their letter-writers very soon and then to start assembling the rest of the application. Information on the fellowship application can be found at: <http://www.apa.org/about/division/fellows.html>.

Unfortunately the application is not available online but can be obtained from me in PDF form.

The Division's Fellows committee will forward the applications of the top nominees to the APA Fellowship Committee. Don't be shy! If you are interested in nominating yourself, please let me know, and I can give you feedback on how and when to get started. Also, if you have colleagues who you think would be appropriate, please encourage them to start to assemble their materials and assist them in doing so. In addition to nominating new fellows, the Fellowship committee will also nominate individuals for Division 20 fellowship status who have already achieved primary fellowship status in another division. Please consider submitting the names of colleagues who you feel would qualify for this distinction as well. Meanwhile, we once again had a successful year in nominating Fellows who will now be submitted to APA Council for final approval during the August Council meeting. Please be sure to come to the Division 20 Business Meeting at the APA Convention to meet the all of the new 2007-08 fellows and share in congratulating them on their accomplishments!

Teaching Tips, continued from page 6

the summer. I look forward to reading about other people's teaching ideas in future Teaching Tips columns!

Albom, M. (1997). *Tuesdays with Morrie: An old man, a young man, and life's greatest lesson*. Random House: New York.

New Members, continued from page 4

Romo, Daniel	Anaheim, CA*
Roecke, Christina	Binzmühlestrasse, Switzerland
Rosen, Allyson C	Stanford, CA
Rosito, Olga	San Jose, CA*
Roskos-Ewoldsen, Beverly B	Tuscaloosa, AL
Sandberg, Vanya E	Kirkland, WA*
Shah, Avani	Jacksonville, FL
Sheldon-Morris, Tiffini A	Lubbock, TX7
Simonson, Tegan	Oakland, CA*
Sinclair, Starlette M	Atlanta, GA*
Siroskey-Sabdo, Linda A	Columbus, OH*
Spencer, S Melinda	Pittsburgh, PA
Stadtlander, Leann	Bozeman, MT
Stawski, Robert S	University Park, PA
Steadman-Wood, Pamela	Portsmouth, RI
Teachman, Bethany A	Charlottesville, VA
Thau, Susan N	Santa Monica, CA
Yen-Patton, Georgia P	Mattapoissett, MA*
Zagheri, Karen L	Canyon County, CA*

* Student Affiliate

APA 2008 Convention Programming

Please join your Division 20 colleagues at the APA convention in Boston, which will take place August 14-17th. Information on the wonderful line-up of Division 20 speakers and sessions can also be found online at: <http://apadiv20.phhp.ufl.edu/convention.htm>. You can also find information there about our social event, which will take place Saturday night, August 16th, at Skipjack's Seafood Restaurant in Boston's Back Bay. Please make sure to fill out and return the reservation form by August 1. Hope to see you in Boston in August! ---Mara Mather and Derek Isaacowitz (Division 20 Program co-chairs)

8/14 Thu: 8:00 AM - 9:50 AM

Symposium: Heartaches and Headaches in Midlife—The Impact of Untimely Stressors
Boston Convention and Exhibition Center, Meeting Room 104A

Chair: Kathrin Boerner, PhD

Participant/1stAuthor: Daniela Jopp, PhD
Title: Coping With Multiple Life Events in Midlife
Co-Author: Marina Schmitt, PhD

Participant/1stAuthor: Kathrin Boerner, PhD
Title: Coping With Functional Loss in Midlife
Co-Author: Luba Popivker, BS

Participant/1stAuthor: Jen D. Wong, MS
Title: Timing of Employment Transitions Predicts Daily Stressors and Diurnal Cortisol
Co-Author: David M. Almeida, PhD

Participant/1stAuthor: George A. Bonanno, PhD
Title: Untimely Spousal Bereavement at Midlife: The Role of Emotional Processing

Discussant: Margie E. Lachman, PhD

8/14 Thu: 1:00 PM - 2:50 PM

Symposium: Once Again, With Feeling—Engagement Enhances Older Adults' Cognitive Skills
Boston Convention and Exhibition Center, Meeting Room 257B

Chair: Elizabeth M. Zelinski, PhD

Participant/1stAuthor: Robin L. West, PhD
Title: Memory, Strategy, and Self-Efficacy Gains for Active Versus Inactive Trainees
Co-Author: D.K. Bagwell, MA
Co-Author: A. Dark-Freudeman, MA
Co-Author: E. Hastings, MA

Participant/1stAuthor: Elizabeth A.L. Stine-Morrow, PhD
Title: Engagement Models of Cognitive Optimization: It's Not Magic

Participant/1stAuthor: Elizabeth M. Zelinski, PhD
Title: Intensive Adaptive Exercises Generalize Cognitive Improvements: Another Approach to Engagement

Discussant: Christopher K. Hertzog, PhD

8/14 Thu: 3:00 PM - 3:50 PM

Invited Address
Boston Convention and Exhibition Center, Meeting Room 156B
Chair: Jane M. Berry, PhD, MA

Participant/1stAuthor: Fredda Blanchard-Fields, PhD
Title: Older Adult Expertise in Emotion Regulation: Strategic Gains and Cognitive Costs?

8/15 Fri: 8:00 AM - 9:50 AM

Symposium: Competencies for Professional Geropsychology Practice—Strategies for Definition and Assessment

Boston Convention and Exhibition Center, Meeting Room 213

Chair: Michele J. Karel, PhD

Participant/1stAuthor: Michele J. Karel, PhD
Title: Development of a Rating Scale to Assess Geropsychology Practice Competencies
Co-Author: Jeannette Biermann, PhD, MBA
Co-Author: Jeremy Doughan, PsyD
Co-Author: Sarah Stoner, MA
Co-Author: Erin E. Emery, PhD
Co-Author: Lynn Northrop, PhD
Co-Author: Yvette Tazeau, PhD
Co-Author: Susan K. Whitbourne, PhD
Co-Author: Janet A. Yang, PhD
Co-Author: Richard A. Zweig, PhD

Participant/1stAuthor: Daniel L. Segal, PhD
Title: Clinical Comprehensive Geropsychology Examination at the Graduate Student Level

Participant/1stAuthor: Richard A. Zweig, PhD
Title: Findings From an Objective-Structured Clinical Examination for Geropsychology Training
Co-Author: Steven Hahn, MD
Co-Author: Elizabeth Kachur, PhD
Co-Author: Ilene West, PhD
Co-Author: Jamie Schumpf, MA

Participant/1stAuthor: Lee Hyer, PhD
Title: Interface of Interdisciplinary Geriatrics for Geropsychologists

Discussant: Catherine L. Grus, PhD

8/15 Fri: 2:00 PM - 2:50 PM

Invited Address

Boston Convention and Exhibition Center, Meeting Room
161

Chair: Robin L. West, PhD

Participant/1stAuthor: Cameron Camp, PhD
Title: Translating Translational Research: Creating
Interventions for Dementia in Real-World Settings

8/15 Fri: 3:00 PM - 3:50 PM

Invited Address: Baltes Distinguished Research
Contribution Award
Boston Convention and Exhibition Center, Meeting Room
256

Chair: Elizabeth A.L. Stine-Morrow, PhD

Participant/1stAuthor: Leah L. Light, PhD
Title: Aging Memory in Context

8/15 Fri: 5:00 PM - 5:50 PM

Graduate Student Conversation Hour
Boston Marriott Copley Place Hotel, Regis Room

8/15 Fri: 6:00 PM - 6:50 PM

Graduate Student Social Hour
Boston Marriott Copley Place Hotel, Regis Room

8/16 Sat: 8:00 AM - 9:50 AM

Executive Committee Meeting
Westin Boston Waterfront Hotel, Hale Room

8/16 Sat: 11:00 AM - 12:50 PM

Symposium: Social Neuroscience and Aging
Boston Convention and Exhibition Center, Meeting Room
157B

Cochair: Angela H. Gutches, PhD

Cochair: Elizabeth A. Kensinger, PhD

Participant/1stAuthor: Heather L. Urry, PhD
Title: Neural Correlates of Emotion Regulation as We Age

Participant/1stAuthor: Elizabeth A. Kensinger, PhD
Title: Age-Related Changes in the Neural Processing of
Emotional Information

Participant/1stAuthor: Angela H. Gutches, PhD
Title: Neural Responses With Age to Positive and Negative
Social Information

Participant/1stAuthor: Denise C. Park, PhD
Title: Cultural Experiences and Neurocognitive Function
With Age

Discussant: Fredda Blanchard-Fields, PhD

8/16 Sat: 1:00 PM - 1:50 PM

Invited Address

Boston Convention and Exhibition Center, Meeting Room
157B

Chair: Mara Mather, PhD

Participant/1stAuthor: Naftali Raz, PhD
Title: Cognitive Aging and Its Modifiers: Neuroanatomical,
Genetic, and Health Factors

8/16 Sat: 3:00 PM - 3:50 PM

Presidential Address

Boston Marriott Copley Place Hotel, Simmons Room

Participant/1stAuthor: Christopher K. Hertzog, PhD
Title: Strategic Self-Regulation by Older Adults

8/16 Sat: 4:00 PM - 4:50 PM

Business Meeting
Boston Marriott Copley Place Hotel, Simmons Room

8/16 Sat: 5:00 PM - 5:50 PM

Social Hour
Boston Marriott Copley Place Hotel, Regis Room

8/17 Sun: 8:00 AM - 9:50 AM

Symposium (S): Aging, Health, and Technology—Findings
From CREATE

Boston Convention and Exhibition Center, Meeting Room
156C

Chair: Sara J. Czaja, PhD

Participant/1stAuthor: Sara J. Czaja, PhD
Title: Technology and Access to Health Care Services
Among Older Adults

Participant/1stAuthor: Kelly E. Caine, MS
Title: Age, Health, Race, and Income in Health-Related
Search

Participant/1stAuthor: Joseph Sharit, PhD
Title: Effects of the Internet on Older Adult Health Information
Needs and Patient—Physician Interaction

Continued on pg. 10

APA 2008 Convention Programming
Continued from p. 9

Participant/1stAuthor: Neil Charness, PhD
Title: Maintaining a Healthy Work Environment: Office Ergonomics at Work and Home for Younger and Older Workers

8/17 Sun: 8:00 AM - 9:50 AM

Symposium (S): Disasters and Elders—Have Our Response and Recovery Systems Improved?
Boston Convention and Exhibition Center, Meeting Room 261
Chair: Lisa M. Brown, PhD

Participant/1stAuthor: Joan M. Cook, PhD
Title: State of the Evidence: Older Adults' Disaster Mental Health Responses
Co-Author: Diane L. Elmore, PhD, MPH

Participant/1stAuthor: Lisa M. Brown, PhD
Title: Issues in Providing Disaster Behavioral Health Services to Elders

Participant/1stAuthor: Jennifer W. Campbell, PhD
Title: After a Disaster Strikes: Rebuilding the Aging Services Infrastructure

Participant/1stAuthor: Diane L. Elmore, PhD, MPH
Title: Federal Policy Issues Related to Older Adults and Disasters

8/17 Sun: 10:00 AM - 10:50 AM

Invited Address
Boston Convention and Exhibition Center, Meeting Room 103
Chair: Joseph E. Gaugler, PhD

Participant/1stAuthor: Karen Hooker, PhD
Title: Personality: Key to Optimal Aging

Thinking Ahead! Upcoming APA Conventions

2009	Toronto, Ontario Canada	August 6-9
2010	San Diego, California	August 12-15
2011	Washington, DC	August 4-7
2012	Chicago, Illinois	August 2-5
2013	Honolulu, Hawaii	July 31-August 4

Committee on Aging (CONA) Events at APA 2008 Convention

Here is a summary of Committee on Aging (CONA) events at convention:

CONA 10th Anniversary Celebration: Friday, August 15th from 6:30 pm – 9:00 pm. Please drop by for appetizers, cake, and bubbly to celebrate this developmental milestone. Boston Marriott Copley Place, Public Interest Directorate Suite (suite number TBD).

CONA 10th Anniversary Symposium: “Moving Psychology Forward in an Aging Society: Progress and Possibilities.” Saturday, August 16th from 2:00 pm – 2:50 pm. Boston Convention and Exhibition Center, Meeting Room 257B.

APA Presidential Symposium cosponsored by CONA: “Responding to the Challenges of Aging: Lessons from Medicine, Psychology, and Law.” Friday, August 15th from 11 am -12:50 pm. Boston Convention and Exhibition Center, Meeting Room 253B

CONA and the Committees on Disability in Psychology, Ethnic Minority Affairs, and Psychology and AIDS cosponsored symposium, “Best Practices of Integrated Care: Opportunities and Challenges.” Saturday, August 16th from 5:00 pm-5:50 pm. Boston Convention and Exhibition Center, Meeting Room 256.

Also, CONA and the Office on Continuing Education are cosponsoring an **All day pre-convention workshop** “What Psychologists Should Know about Working with Older Adults” on Wednesday, August 13th. A flyer will be sent to the list serve upon its completion to share with colleagues who are interested in work with older adults.

Hope to see you at these events!

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APA 5K Ray's Race

The 30th Annual Running Psychologists' APA 5K Ray's Race will take place at the 2008 APA Convention. The event is presented by APA Division 47: Exercise and Sport Psychology. The race/walk will begin at 7:00 am on Saturday, August 16, 2008 at Artesani Park, in Boston, Massachusetts. Olympian Runner Bill Rodgers, Winner of the Boston and New York Marathons, will be a special guest.

Sponsors are American Psychological Association; APA Insurance Trust; Blackwell Publishing; Pearson Assessments; Worth Books; Psi Chi; and APA Divisions 47, 19, 20, and 50.

Pre-registration (received by August 11, 2008) is \$25 for APA members; \$20 for students or Division 47 members. Convention site registration is \$30.

The registration form may be found online at <http://www.apa.org/about/division/div47.html>. If you have questions, please contact Lucinda Seares-Monica, Psy.D., psydmd@optonline.net.

Election News

Submitted by Jane Berry
(co-chaired with George Rebok, assisted by Becky Allen)

The Elections Committee would like to announce the results of this year's election and congratulate our new officers:

President-Elect:	Peter Lichtenberg, Wayne State University
Secretary:	Cynthia Berg, University of Utah
Members at Large:	Lisa McGuire, Center for Disease Control Avron Spiro, III, Boston University
Council Representative:	Susan Whitbourne

A special thanks to all the candidates who stood for election. Their willingness to serve the division is greatly appreciated. Members who took the time to vote are also thanked for their participation and effort.

Announcement of Dialogue between Divisions 20 and 7

Patricia Miller (Division 7 President-Elect) and Christopher Hertzog (Division 20 President) are co-organizing an effort to facilitate and encourage dialogue between developmental psychologists studying child development and developmental psychologists studying adult development and aging. The goal is to foster communication and shared perspectives between persons working on similar psychological constructs and processes at different parts of the human life-span. Hopefully, these dialogues will show that knowing about current research in the “other” part of the life cycle informs, broadens, and enriches one’s own perspective. To further that end, we are encouraging psychologists to identify peers researching the same topic in different parts of the life-span and to initiate a conversation about common research interests, similarities and differences in how constructs are conceptualized and measured, commonalities and divergences in developmental issues and approaches, etc. The effort is sponsored in part by a grant from APA’s Committee on Division/APA Relations (CODAPAR). Small travel awards are available to help promote contact and dialogue between scientists. The immediate vehicle would be a series of jointly authored articles to be published in the newsletters of both divisions. Drs. Hertzog and Miller will produce the first joint newsletter article, to appear later this year. People interested in being a contributor in subsequent issues can contact either Hertzog <christopher.hertzog@psych.gatech.edu> or Miller <phmiller@uga.edu> for further information.

Adult Development and Aging News

Division 20, American Psychological Association
Division Services Office
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