

Adult Development & Aging News

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20 DIVISION

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Feature Article

Aging from the Perspective of an APA President

Invited Address, International Congress of Applied Psychology, San Francisco. August 11, 1998

Norman Abeles, Ph.D.
Michigan State University

Before I begin talking about issues of aging, let me comment briefly on a question which I have often been asked. It is usually asked of me in a quiet, somewhat confidential tone of voice at a social gathering of psychologists and their friends. The most frequent questions go like this:

Tell me, what does the President of APA really do?

Does he jet around the world first class, live in the penthouse suite rent free and sign a lot of autographs? And does he go back and forth in a chauffeured limousine with flags flying? Does he increase membership dues for APA members with a stroke of

the pen and does he live in Washington, DC during the term of his office?

Well, the answer to all of the above is a solid NO! First, the president of APA travels coach class like everyone else, does not live in the penthouse suite, uses taxis or rental cars like everyone else and does not have the authority to raise dues.

But I can tell you some of the things I did last year that may be of interest to you. I participated in the National Public Radio program "Talk of the Nation" where we discussed myths about aging like some of the following:

1. The growing number of older people in the United States has been the primary factor fueling the rise in America's health care costs.
2. It is common for older people to receive heroic high tech treatments at the end of life.
3. As the population ages, health care costs for the elderly will necessarily overwhelm and bankrupt

the nation.

What are the facts? First, the Alliance for Aging Research reports that population aging does not appear to be the major determinant of rising health care costs even though health care costs have risen in the last 30 years. Data suggests that between 1965 and 2005 the aging of the population will add less than one percent per year to the growth of personal health costs. It is general price inflation that has accounted for about 60% of the growth of health expenditures and there is no evidence to show that an increasing proportion of resources are being utilized for dying elderly patients.

Second, with regard to heroic high tech treatments, the data suggest that older patients receive less aggressive care even when severity of illness and prior functional status are similar and comparable to those of younger patients. One study indicates that "do not

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Adult Development and Aging News is edited by Harvey L. Sterns and co-edited by Martin D. Murphy both at the Department of Psychology and Institute for Life-Span Development and Gerontology, The University of Akron.

Deadlines for submissions are: November 1, February 15, and June 1.

Please direct mail submissions to Adult Development and Aging News, Department of Psychology, The University of Akron, Akron, OH 44325-4301. Please submit materials via e-mail or on disk to: Harvey L. Sterns, Tel: (330)972-7243, FAX: (330)972-5174, Internet: hsterns@uakron.edu, or Martin D. Murphy, Tel: (330) 972-8374 FAX: (330)972-5174 Internet: mmurphy@uakron.edu.

resuscitate" orders were written earlier for patients aged 75 and older regardless of prognosis.

The third point, about health care overwhelming and bankrupting the nation is an important topic and I will return to that a little later in this discussion.

What else does the President do? Well, I testified before a Congressional committee (the House Appropriations Committee) on funding for the National Science Foundation, for the National Aeronautics and Space Administration and for the Veteran's Health Administration. I also attended a meeting with the staff of the Undersecretary of Health to talk about psychology in the Veteran's Health Administration and pointed out the cost effectiveness of predoctoral interns in the Veteran's Health Administration. We currently provide ½ million hours to the VHA by psychology trainees and the total costs for these hours comes to \$9 per hour. We

currently have 15 postdoctoral research fellowships in the VHA and we hope to increase those. We talked about including psychology as a health discipline in the VHA and discussed the special contribution of geropsychologists and neuropsychologists in the VHA and how they are crucial in helping our aging population.

I attended the meeting of the Council of Scientific Society Presidents where we heard from William Raub, Director of the President's Bioethics Board. This is a little known group that was established in 1996. What do they do? Well, they make recommendations on bioethical issues. The current big issue concerns Dolly. Who is Dolly – well, she is a one year old sheep living happily on a farm in Scotland—and she was cloned. Her mother, by now, has been served for supper but Dolly keeps making headlines. Now, no one worries very much about Dolly, or cloned cows or cloned tomatoes but ev-

eryone is worried about human cloning. About two weeks prior APA got a call from the Bioethics Commission asking whether we had any comments on this topic. Some of my colleagues at APA said that psychologists do not have expertise in this area and we ought to pass on this topic. I disagreed. It was my contention that we have a responsibility to educate the public on a variety of topics – and cloning was such a topic. Our statement, after some research, pointed out that it is human behavior in all its aspects which should ultimately serve as the focus of scientific and bioethical inquiry not simply the techniques which initiate the process. After all, just think if nature had not beaten us to the development of twins. Wouldn't there be a huge hue and cry about how we wouldn't want to have identical twins because it would be unnatural to have two people so similar to each

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Has your address changed?

If you have moved and are not receiving your Division 20 Newsletter, **please contact the APA office** at 1- (800) 374-2721 or e-mail to membership@apa.org. Address changes can be effected only by APA; your Newsletter editors must use the addresses APA provides.

1999 APA Convention in Boston

From the Program Chair
Neil Charness
Florida State University

First, let me thank, on behalf of all of Division 20, Sue Whitbourne for doing such a tremendous job as Program Chair for the recently completed and very successful APA 98 Convention. As well, we need to extend our thanks to our CEO, past-president Joan Erber, for safely guiding the division through another year.

But...

We have to begin thinking NOW about the program for next year. The call for papers went out in October and abstracts are due to me on December 2, not that far into the future. The convention next year is in Boston from Aug. 20-24. I've already been told (courtesy of an 8:00 am APA Conference Program Chairs' meeting) that hotel space will be tight, so book as soon as you can. Boston should be a fine venue at that time of year.

I thought I would also take this opportunity to share with you some important issues concerning the convention process.

1. Program Hours. Typically, Division 20 is assigned about 21-24 hours of program time. This number is based on prior year attendance figures. Thus, our program hours for the coming year are already determined by the number of people who attended this year's convention and who indicated Division 20 as their primary division when registering.

The moral of the story is that if you want to see more hours of program time, attend the conference, and most importantly, if you belong to multiple divisions, list Division 20 first.

Fortunately, there are ways to add hours to our total. Sue managed to work some magic to bring us from 24 to about 31 hours. The magic incantations included starting some sessions at 8:00 am (free hours to 9:00 am) as well as co-sponsoring hours with other "richer" Divisions. I noted this year that, typically, 8:00 am sessions draw fewer people at the beginning (20-30) and end up with about 30-40 by the end of the session. We had the "good fortune" this year, that 8:00 am was an easy time to attend for those coming from Eastern time zones. However, 8:00 am is going to be a particularly tough time to make for next year for those who will be travelling to the East from other time zones.

2. Program Days. Typically, we have almost no control over what days we are assigned for our program hours. The APA convention committee does the assignment, not the Division program chairs. The APA convention dates next year are quite late, and may intrude on teaching starts for some attendees (Monday, Tuesday). I cannot promise to be able to do much about this problem, but will try my best to jawbone for a Friday - Sunday/Monday time block for our division.

If you have suggestions about programming for next year (symposia, speakers) let me know soon. Art Wingfield has agreed to handle local arrangements issues (dining/entertainment) and I am sure would be willing to entertain suggestions for the evening event for the division too, if you can get them to him soon. ("Beach Blanket Babylon" will be a hard act to follow!) Places book up all too quickly, even a year in advance.

So, get those program ideas, symposia, and speaker suggestions to me soon. Let's make the last convention of the millenium a great one to remember!

New Fellows!

Congratulations to the twelve Division 20 members who were recently elected to Fellow status in APA.

These new Division 20 Fellows are:

Tannis Y. Arbuckle
Louis D. Burgio
Bob G. Knight
Arthur F. Kramer
Peter A. Lichtenberg
Jon F. Nussbaum
Jane L. Pearson
Wendy A. Rogers
Karen S. Rook
Ursula M. Staudinger
Mary Ann Parris Stephens
Gail Williamson

Applications for Fellow status in the next cycle are due on 4 January 1999. Please send inquiries to Roger A. Dixon (radixon@uvic.ca), Division 20 Fellows Committee Chair.

Minutes: Division 20 Executive Committee Meeting

August 15, 1998

Held at the 106th Annual Convention of the American Psychological Association
San Francisco, CA

Attending: Ron Abeles, Toni Antonucci, Cindy Berg, Rosemary Blieszner, John Cavanaugh, Barry Edelstein, Joan Erber, Tom Hess, Karen Hooker, Peter Lichtenberg, Leah Light, Michael Marsiske, Lisa McGuire, Marty Murphy, Mary Ann Parris-Stephens, Sara Qualls, Harvey Sterns, Liz Stine, Tim Salthouse, Andy Smith, Judith Sugar, Robin West, Sue Whitbourne, Barbara Yee

Meeting was called to order at 8:05 A.M. by Joan Erber, President

Minutes from November, 1997 meeting were distributed and approved.

Treasurer's Report

The division is financially healthy. Our revenues continue to exceed expenses by \$10,000; there is approximately \$43,000 in an account that earns 5% interest. Therefore, there is no need to increase dues. The budget for next year is comparable to last year's budget, with three modifications: 1) Added \$1,000 to Education. 2) In the 1997 November meeting the Executive Committee approved a line in the budget to support travel to attend board meetings. Thus, \$2,500 is set aside for travel (5 board members @ \$500 to support travel for the August or mid-year meetings); 3) Added \$1,000 to supplement the Program Chair's budget for food.

Andy Smith moved that we add an equivalent amount of funding to support our Division's Council members (2 @ \$500) for the February meeting, since APA does not cover hotel or food. The Committee unanimously voted to add \$1,000 to the budget for this expense. Sue Whitbourne raised the issue of supporting the Program Chair's expenses and after some discussion it was suggested that perhaps this could be pursued at the Council level.

Committee Reports

Awards Program: Tom Hess and Liz Stine

There are actually three separate programs, each supported by the Retirement Research Foundation. 1) Awards for the best completed paper and for the best proposal for predoctoral and postdoctoral levels. There were 42 submissions this year! 2) There is a high school teacher award of \$1,000 for development of innovative programs. 3) There is a mentorship award—this year's

recipient is Lillian Troll. Robin West and Leslie Frazier will be handling the awards next year. The announcement for the awards will be printed in the Monitor this year, so even more applications are expected.

Continuing Education: Sara Qualls

This year we implemented the transition to supporting regional conferences around the country rather than having a single program at APA as was done in the past. So far, only positive comments have been heard about the changes. Many thanks to committee members, Peter Lichtenberg and Rebecca Allen-Burge. The committee is searching for institutions that could handle a regular CE program—a good example of one such program that is working well is the CE Conference at Wayne State. The key to making this work is that the institution have a good infrastructure in place to support the conference. We are willing to help people get CE credits for psychologists. The procedure is highly standardized, e.g., a c.v. for every presenter must be kept on file along with handouts for all the workshops. One of the challenges is to establish clearly defined levels of training (beginner's, immediate, advanced).

Sara also brought up the issue of establishment of the mechanism by which people can earn the new proficiency in Clinical Geropsychology. She asked the Committee for financial help to support this process. Division 20 and Division 12 (section 2) received an interdivisional grant (\$1,500) from APA to establish procedures for the proficiency. Out of 18 grants submitted, only 6 were funded. George Niederehe and Dolores Gallagher agreed to do a needs assessment; but \$1500 is not enough money. The plan is to ask Division 12 to fund the difference. If they don't, then Sara proposed splitting the costs with Division 20. The Executive Committee voted on a motion that approved the plan Sara presented adding \$500 to the budget, with a possible maximum of up to \$1000 if necessary (if Division 12 does not agree to fully fund the difference between the grant amount and the cost).

Elections: Judith Sugar

Judith announced the results of the recent elections:

President-Elect is Toni Antonucci

Council representative is John Cavanaugh

Two new members at large are Barbara Yee and Leah Light

Approximately 440 ballots were received. Council posi-

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Division 20 Awards

Student Research

Division 20 is sponsoring a series of awards to support and encourage high quality student research in psychology and aging. Research on any topic related to psychological issues in adult development and aging is eligible for these awards.

As in previous years, the awards have been funded by the Retirement Research Foundation, a foundation established by John D. McArthur in 1978 to support programs, research, and public policy studies to improve the quality of life of older Americans.

AWARDS FOR COMPLETED RESEARCH

Awards will be made for completed research at undergraduate (\$250), graduate/master's (\$300), graduate/doctoral (\$400), and postdoctoral (\$500) levels.

FUNDING AWARDS FOR RESEARCH PROPOSALS

Awards will be made to fund proposed research at the undergraduate (\$500), graduate/master's (\$750), graduate/doctoral (\$1250), and postdoctoral (\$1500) levels. Funded research proposals are expected to be completed during the 1999-2000 academic year. To be eligible for one of these awards, the student must initiate and conduct the project under the supervision of a professor or research advisor; the applicant is expected to be the principal investigator on the project.

Send submissions to Dr. Leslie Frazier (address below). One submission per student will be reviewed each year. The deadline for receipt of submissions is May 25, 1999.

INSTRUCTIONS and COVER SHEETS:

Research Proposals:

<http://www.iog.wayne.edu/apadiv20stuawd01.htm>

Completed Research:

<http://www.iog.wayne.edu/apadiv20/stuawd02.htm>

Or, write (specify completed research or proposal) to:

Leslie D. Frazier, Ph.D.,
Department of Psychology, UP Campus
Florida International University
Miami, FL 33199
Fax: (305) 348-3879
Phone: (305) 348-2045
e-mail: frazier@fiu.edu

Division 20 is sponsoring an award program to stimulate interest in the Psychology of Adult Development and Aging in high schools, and WE NEED YOUR HELP.

This award will be advertised in publications that are read by high school psychology teachers, but advertising is always better with a more personal touch, don't you think?

Please copy the ad below and take it to your local high schools, or drop it off at your son or daughter's high school, and make sure it gets in the hands of the psychology teachers. We want high participation!

SPECIAL AWARD FOR HIGH SCHOOL PSYCHOLOGY CLASSES

Division 20 of the American Psychological Association (the division on Adult Development and Aging) is sponsoring a special awards programs for high schools. An award of \$1000 will be made to a high school teacher in psychology to develop a RESEARCH OR EXPERIENTIAL PROJECT that will enhance students' awareness of psychological issues related to adult development and aging.

It is expected that a large portion of the funds will be used for project development (e.g., materials, transportation, or equipment), but some portion must be reserved to reward excellence in one or more student projects. The award will be made in the Fall of 1999 so that the project may be implemented during the 1999-2000 school year.

Interested high school teachers should develop a 5-8 page proposal (about 1500 words) that (1) describes the project or range of projects that s/he will ask students to do, (2) lists the educational goals of all planned activities, (3) is specific about the product that each student is expected to complete, (4) is specific about the criteria by which student projects will be judged, and (5) outlines how a review committee (e.g., of other teachers and/or community volunteers) will be formed to judge student projects.

Submissions will be judged according to their clarity and their potential for stimulating student interest in the psychology of adult development and aging. Deadline: June 24, 1999.

For a cover sheet and more information, please refer to web site <http://www.iog.wayne.edu/apadiv20/stuawd03.htm>, or contact Robin L. West, Department of Psychology, Box 112250, University of Florida, Gainesville, FL 32611-2250, Phone: 352-392-0601 x221, Fax: 352-392-7985, e-mail: rwest@geron.ufl.edu

Bulletin Board

The 10th Annual Southern Regional Student Convention in Gerontology and Geriatrics

Gerontological Research and Practice in the Next Century

February 12-13, 1999

The Gerontology Centers at the University of Georgia and Georgia State University, The School of Nursing at Georgia Southern University, The College of Science at Columbus State University, the Gerontology Program at The State University of West Georgia, and The Health Science Department at Armstrong Atlantic State University are pleased to announce the Tenth Annual Southern Regional Student Convention in Gerontology and Geriatrics: "Gerontological Research and Practice in the Next Century". The convention has been developed to serve as a vehicle for promoting student professional development, sharing important student work in the fields of gerontology and geriatrics, and promoting faculty/student mentoring and collaboration.

Graduate and undergraduate students are invited to submit abstracts of proposed posters for review and inclusion in the convention program. The posters accepted will be reviewed by a committee of faculty and students and the three posters judged to be of the highest scholarly quality will receive cash awards. Travel and registration scholarships are also available for students who have posters accepted for presentation.

The opening reception for the Convention is a riverboat dessert cruise. It will be held on Friday night, February 12th in Savannah, Georgia. The convention will be held on the campus of Georgia Southern University in Statesboro, Georgia on Saturday, February 13th, 8:30 a.m. to 5:00 p.m. Statesboro is located about 50 minutes from Savannah. Teams of faculty and students from Louisiana State University, Emory University, and The University of South Carolina will present research on the topics of the psychology of aging, the sociology of aging, and the biology of aging.

For more information about the student convention, please contact:

Roger W. Morrell, Ph.D., Assistant Director
Gerontology Center

100 Candler Hall
The University of Georgia
Athens, GA 30602-1775

Phone: (706) 542-3954, FAX: (706) 542-4805
Email: rmorrell@geron.uga.edu or visit the University of Georgia Gerontology Center Website: <http://www.geron.uga.edu>.

Research Training in Psychology of Aging

Nationally recognized experts in research methodology related to the psychology of aging will lead a training institute specifically designed for psychology faculty from four-year colleges who received their doctoral degree at least 5 years ago. Faculty for the institute will include: K. Warner Schaie, Neil Charness, Margaret Gatz, M. Powell Lawton, Keith Whitfield, and Timothy Salthouse. In addition, Robin Barr and Jared Jobe of the National Institute on Aging (NIA) will provide information on seeking grant support and will be available for consultation.

This institute, sponsored by APA's Division 20, and funded by NIA, aims to strengthen participants' knowledge and skills essential for developing an active research agenda and integrating research with teaching. The institute for the second cohort will be held July 25 to August 6, 1999 at The College of St. Scholastica in Duluth, MN, overlooking beautiful Lake Superior, with on-call consultation available during 1999-2000. In addition, participants will attend a one-week follow-up institute in Summer 2000. Food, lodging, and travel support will be provided for the 15 applicants selected to participate in the program. Participants from the first cohort found the institute highly beneficial, gave it favorable ratings, and are currently in the process of developing their research proposals. For details and application materials, please contact:

Chandra M. Mehrotra, Director
Research Training Institute
The College of St. Scholastica
1200 Kenwood Avenue
Duluth, MN 55811

218-723-6161
Cmehrotr@css.edu
Web site: www.css.edu/depts/grad/nia

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tions start at the beginning of the calendar year.

Education: Cindy Berg

Cindy reported a severe backlog of syllabi that have not made it onto the Division website due to problems with reviewing these syllabi. She suggested that we make the syllabi list an unreviewed one, similar to the video list. John Cavanaugh suggested that we think about how to handle updating these materials on the website. Kristi Multhaup has updated the video list.

Cindy reported that the questionnaires for the new Doctoral Study Guide will be going out in the next few weeks.

Membership: Lisa McGuire

Lisa reported that we are continuing to grow [see Membership report for numbers]. A new initiative this year was to automatically put new members on the Division listserv. The membership brochure is now on the website, but we only received about 5 applications this way. Perhaps if people could pay the dues through the website or we could bill them, more would be received. Lisa suggested that we do more recruiting, but the membership chair does not have time to do this because it is such a time-consuming job to handle the paperwork. Karen Hooker echoed Lisa's concerns and suggested going to a committee structure for membership. Having even one other person would be helpful, and that person could concentrate solely on recruiting. A graduate representative and postdoctoral representative to this committee might make sense. Sue Whitbourne suggested sending the Program Chair membership brochure applications to include with mailings. Lisa also suggested that we might want to keep our own membership lists, as APA sometimes takes a long time to report back when there are

questions about members.

Newsletter: Marty Murphy and Harvey Sterns

Harvey reported that they stayed within budget this year. He said they had wonderful assistance from the previous newsletter editor, Roger Morrell. Dan Paxton, a graduate assistant, has also been helpful. The main thing they have done differently this year is they went to bar coded mailing labels. Between 1300-1400 copies of the newsletter are sent per issue. The deadlines have changed, please note the new deadlines: November 1, February 15, and June 1. Approximately 2210 copies are printed each issue, so contact Harvey if you need extra copies for some purpose. More material for the newsletter would be helpful. It was also suggested that we could send newsletters to prospective members.

Program: Sue Whitbourne

Sue thanked people for reviewing the proposals. Division 20 didn't get a lot of hours this year, but it's based on the number of division members who go to the convention. If even another 1% of our members would go—we would get 5-10 more hours on the program. Hopefully attendance was up this year, submissions were increased over last year. Sue put a lot of hours into symposia and put papers into poster sessions. One difference from past years was that there was no Program Chairs' meeting this year. However they did establish a listserv that was very effective. Sue did a lot of communicating and was able to add hours to the program by co-listing many sessions with other divisions. It was suggested that next year's Program Chair, Neil Charness, work closely with Greg Hinrichsen so that we can co-list sessions with section 2 of Division 12 next year. Our social hour is tonight at 5:00 and tomorrow a Division 20 activity is to attend Beach Blanket Babylon and go to dinner afterwards at a restaurant in North Beach. Many thanks to Marilyn McKean Skaff for

making the arrangements.

Website: Michael Marsiske

The Division listserv has grown by 300 members this year, in part because of automatically adding new members to the listserv. The website is automatically updated, and has actually evolved into an archiving function. The video list is a new initiative this year. Also, the Handbook for Members, recently updated by Joan Erber, is on the website. It is helpful for the President to be able to communicate quickly with members.

Liaison to National Institute on Aging: Ron Abeles

The Behavioral and Social Sciences review committees are currently undergoing re-organization. The goal is to have them posted on the web by the end of the month. NIH is seeking public comment. There is no longer a HUD-2 and some people have expressed concern about that. It is expected that there will be a reasonable minority of reviewers trained in aging within 3 of the committees so that applications will get competent reviews.

Council: Andy Smith

The recently approved Proficiency is now called *Clinical Geropsychology* rather than the originally approved Geropsychology. The main news to report is that APA is in financial crisis. Earlier in the year APA was facing a projected six million dollar deficit. Council decided that there would be a balanced budget and no dues increase, so many cuts had to be made. APA is facing a major transition—membership is not growing. However, only 15% of APA income is collected through dues. Journals and books are major sources of income, and journal subscriptions have fallen precipitously. Therefore reductions in budget were made—for example the Leadership Conference was dropped and other cuts were made. The defi-

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Continuing Education in Geropsychology

From the Education Committee
Cindy Berg
University of Utah

The Education Committee is busy on two projects and needs your help. First, in the upcoming weeks your department will receive a survey about your graduate program in adult development for a revision of the Guide to Doctoral Study in the Psychology of Adult Development and Aging. We will be sending information to all directors of developmental programs (both child and adult development), human development and related programs. However, if your program does not receive a survey, please contact Cindy Berg (berg @ freud.sbs.utah.edu) so that all programs can be included.

Second, we are expanding the list of teaching materials that are included in the Division 20 page on the World Wide Web and have new contacts to announce for each of the areas.

1. Syllabi for undergraduate and graduate courses in all areas of adult development and aging. We are in need of all courses, particularly graduate courses. Descriptions of teaching activities, exercises, and assignments that you find useful in your classes are also needed. Please submit materials (preferably in electronic form) to **Manfred Diehl**, Ph.D. Department of Psychology, P.O. Box 7150, University of Colorado, Colorado Springs, 1420 Austin Bluffs Parkway, P.O. Box 715, Colorado Springs, CO 80933-7150, e-mail: mdiehl@brain.uccs.edu.
2. Textbooks and resources that you have used in your adult development classes. Please send information to **David Mitchell**, Ph.D., Loyola University Chicago, Center for Aging Studies, 8320 N. Michigan Ave, #601, Chicago, IL 60611, email: dmitch@orion.it.luc.edu.
3. Videos. Please send information to **Kristi Multhaup**, Ph.D., Psychology Department; Davidson College, Davidson, NC 28036, email: krmulthaup@davidson.edu.
4. Popular movies used in your adult developmental classes. Send information to **Rick Scheidt**, Ph.D., Human Development/Family Studies Department, Justin Hall, Manhattan, KS 66506, email: scheidt@humec.ksu.edu.
5. Internet sites that you have students access for information on adult development and aging. Send information to **Cindy Berg**, Ph.D., Department of Psychol-

ogy, University of Utah, Salt Lake City, UT 84112, email: berg@freud.sbs.utah.edu.

There is no deadline. We will be continuously adding information to the web page. Please send your materials. Further, if you are interested in being involved in the education committee please contact Cindy Berg at the addresses listed above.

Continuing Education Credits

The Continuing Education Committee that coordinates efforts between Division 20 (the official sponsor) and Division 12-Section 2 (Clinical Geropsychology) want to encourage you to apply for CE credits for your educational offerings.

For information on the application process, see either the Division 20 web page, or contact Sara Qualls at 719-262-4151 or squalls@mail.uccs.edu. Please make contact early in your planning process! Watch the website for offerings sponsored by Division 20.

Is Your Child or Parent a Psychologist?

We are doing research on intergenerational career choice in Psychology. Please contact either Susan Whitbourne (Swhitbo@aol.com) or Harvey Sterns (hsterns@uakron.edu).

APA Council Report

From Division 20 Council Representative
Anderson D. Smith
Georgia Institute of Technology

The APA Council of Representatives meets twice a year, once during the APA meetings in August.

The major discussion item at the August meeting was the APA budget. Membership is not increasing as much as it has in the past, and we have not had the same increased revenues from the sale of APA journals and books as we have had in the past. This combination of events has led to the possibility of deficits.

The Council was firm in requesting the Board of Directors to bring to Council a balanced budget without a dues increase for 1999.

Such a budget has been accomplished but with significant reductions in meetings for next year and reductions in the operating budget. For example, the new Committee on Aging was scheduled to meet twice next year. Now under the new budget, the Committee will meet only once.

The net results are (1) a balanced budget for next year; (2) no member dues increase; and (3) much discussion on how to generate more revenues or reduce expenses for the long-term. While dues will remain the same next year, the special assessment for licensed health care providers will increase. This increase was recommended by the Practice Directorate and endorsed by Council to help with court expenses associated with the issues of managed care.

While APA continues to attract a large number of young psychologists to membership, the new number barely keeps up with those leaving the organization or those who become "dues exempt" because they have reached retirement age. New members pay reduced dues while those leaving the organization were paying full dues. One of the pressures on the collection of APA membership dues is the increasing number of "dues-exempt" members who are reaching retirement age. Division 20 should take special efforts to insure that policies are adopted that are not only fair to the organization, but also fair to our retired members.

I am also pleased to report that the word "clinical" has been returned to the name of our recently approved APA proficiency in geropsychology. So now, the official title of the proficiency is again "Clinical Geropsychology."

Thanks to Norm Abeles and George Taylor who spearheaded this final step of the process. And special thanks to George Niederehe for his leadership in the Interdivisional Task Force on Qualifications for Practice in Clinical & Applied Geropsychology.

The next Council meeting will be in February and I am sure that budget issues will again predominate discussion. At least I won't be alone in representing the members of Division 20. John Cavanaugh joins me on Council at the February meeting. Now Division 20 will have two representatives rather than just one. I look forward to working with John as we continue to promote the recent APA support of aging issues.

Division 20 Web site

Are you interested in graduate or undergraduate syllabi, textbooks, or movies? Do you need an e-mail address for someone in the Division? Are you a clinician who needs a resource guide? Are you looking for a job, or an old issue of the Division Newsletter? Are you interested in the newest draft of the Task Force on Qualifications for Practice in Clinical and Applied Geropsychology? Want to get Vitality for Life in your life?

Visit the Division 20 web page!

It really is good. The page is located at <http://www.iog.wayne.edu/apadiv20/apadiv20.htm>. It is hosted by Wayne State University; Michael Marsiske and his group maintain the page.

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other? And why should the government or anyone else interfere with research in the first place? Do you know there are now two bills before the Congress, one preventing any research funding by the government for nuclear cell research which MIGHT lead to human cloning and the other making it a penalty for private researchers to work in this area. Do you really think this is going to stop researchers worldwide who work on this topic? My sources suggest that we are truly a long way off with regard to human cloning – but then one never knows.

Practitioner's Information Task Force

Well, that gives you a brief sampling of activities that I engaged in last year. What else did I do in the area of aging? Well, I appointed a task force to come up with a brochure to tell practitioners what they should know about working with older adults. This brochure is now available from the American Psychological Association. What does it cover? Here are two of the topics:

First, the demographic realities of the increasing older population. Did you know that the percentage of Americans 65 years and older has more than tripled since the year 1900? There are now 12 million people over the age of 65 in this country. The over 85 group is increasing faster than any other age group. The ethnic racial minority population over the age of 65 is growing faster than the older adult group. Minority persons are projected to represent up to 25% of older adults by the year 2030.

Second, the report also talks about common age-associated cognitive changes. While there is general agreement that some cognitive abilities decline with age, (such as information processing which may result in a slower learning rate and greater need for repetition of new information), changes in cognitive abilities are highly variable from individual to individual and many cognitive abilities show little change and some actually improve. Short term memory shows relatively less age related decline while long term memory shows more substantial age changes. However, an accumulation of practical expertise, or wisdom, may continue till the very end of life. Some of you who are sports fans in from Washington, DC may recall that the sports writer, Shirley Povich, continued to write his sports column in the Washington Post and wrote his last column the day before he died. How old was he? He was 92 years old.

In addition to these topics, the report talks about appropriate interventions for older adults, assessment of older adults and the psychological problems some older adults experience. Following the task force on "What the Practitioner Should Know about Older Adults," I commissioned

another group to develop guidelines for the evaluation of dementia and age-related cognitive decline. You and I know very well that many, if not most, older adults are worried about their memory. In this country, many older adults have heard publicity about Alzheimer's disease and begin to worry the first time they forget where they parked their car in the supermarket parking lot, or misplace their keys or forget someone's birthday. I thought it important that we prepare some guidelines concerning age consistent memory decline and dementia. As you know, most older people assume that memory decline, no matter how small, inevitably leads to dementia. Well, the task force developed guidelines which were adopted by the Governance of APA, the Council of Representatives last February. What do they cover? Here are the headings:

1. Psychologists performing evaluations of dementia and age-related cognitive decline should be familiar with the prevailing diagnostic nomenclature and specific diagnostic criteria.
2. Psychologists attempt to obtain informed consent.
3. Psychologists gain specialized competence.
4. Psychologists seek and provide appropriate consultation.
5. Psychologists are aware of personal and societal biases and engage in nondiscriminatory practice.
6. Psychologists conduct a clinical interview as part of the evaluation.
7. Psychologists are aware that standardized psychological and neuropsychological tests are important tools in the assessment of dementia and age-related cognitive decline.
8. When measuring cognitive changes in individuals, psychologists attempt to estimate premorbid abilities.
9. Psychologists are sensitive to the limitations and sources of variability and error in psychometric performance.
10. Psychologists recognize that providing constructive feedback, support, and education, as well as maintaining a therapeutic alliance, can be important parts of the evaluation process.

Mood and memory checkups

You should know that I advocate the concept of mood and memory checkups for older adults in the same manner that we advocate physical health checkups for older adults. I do believe that for many able elderly, knowing about the state of their mood and memory is important information. Additionally, for the able elderly, memory training can be an important learning experience and has been shown to decrease memory complaints. The extent to which memory training increases objective memory

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performance is, of course, a more controversial topic.

Now, critics of regular mood and memory checkups have commented that there are two problems with obtaining such checkups. First of all, they state that memory problems in older adults are so common that it is not necessary to obtain checkups; second of all, they point out that memory decline in older adults is really not that severe for most older adults so there is no need for regular checkups. One of my colleagues and chair of my task force (Thomas Crook III, Ph.D.) aptly points out that were we to take that position and apply it to sensory modalities like vision and hearing there would be little need for individuals to check their vision and hearing as they got older since these are common age related changes and they are not very severe in many cases. We could just wait till people are nearly deaf or nearly blind. By then of course, it might be too late to effect significant changes anyway. Anyway, I hope you see my point.

Let me return for a little while to the international perspective in which many of you are quite interested. Recall that I started with some myths about aging which were discussed on the radio program "Talk of the Nation." Let me pick up on the myth which states that as the population ages, health care costs for the elderly will necessarily overwhelm and bankrupt the nation. The Alliance for Aging research suggests that population aging may not be as much of an economic burden as some of us may have thought. The Alliance presents cross national data comparing the percentage of change in proportion of population aged 65 and older to changes in percentage of gross domestic product (GDP) spent on health care from 1980-1990. For example, both Sweden and Denmark have large proportions of individuals over the age of 65 but the percent spent on health care has not increased proportionately. And in Japan, there was a 31% increase in the number of individuals over the age of 65 but the gross domestic product spent on health care increased less than 2% during the period from 1980-1990.

Vignettes

Well, enough of statistics for right now. Let me tell you about some of the work we do in our Clinic at Michigan State University. I direct the Clinic and our graduate students in clinical psychology perform assessments, interventions and research in the area of geropsychology. Here are some examples of the kinds of concerns we face in our clinic:

*66 year old Walter comes to us and says: It took me ten minutes to find my parked car yesterday at the super-

market and I forgot my youngest brother's birthday last week and only thought of it today; and my wife tells me I don't respond to what she tells me much of the time.

*72 year old Sara tells us that she was a passenger in a car driven by her friend. The friend made a sudden stop and Sara bumped her head against the windshield. I was not unconscious Sara says, but I had a headache for about 3 hours and then I was fine. I'm in good health but I do have a little high blood pressure and the doctor thinks my arteries may be a little clogged. He gives me Procardia and a little Elavil to help me sleep. But what I came to see you about, dear psychologist, is that it is now two months later and I don't think I can concentrate

Note from the Editor-

It was my good fortune to be able to participate in both the International Congress of Applied Psychology and APA Annual Meeting. One presentation that I found especially interesting at the International Congress was by Dr. Norm Abeles.

Since he made the presentation to a small group, I asked if we could publish his presentation in the Newsletter. He was most gracious in allowing us to share his presentation with Division 20 members.

Thank you.

as well as I used to. My physician thinks I should get an assessment. He doesn't think there is much the matter with me considering my age. Do you think you can help me – by the way, I contacted the insurance company of my friend and they said you should get in touch with them before you do any testing because they want to know what tests you are going to give me. I too would like to know what tests there are for concentration since I took psychology in college.

*Gina is hospitalized on the geropsychiatric ward of the local hospital. Her children are concerned because she has become increasingly forgetful and especially despondent since the death of her husband last year. Gina sometimes forgets to turn off the burners on the stove her children say. Gina denies this. The geropsychiatrist wants a differential diagnosis between pseudodementia and dementia. How old is Gina, you will ask – well she is 84.

*Bob is a 68 year old resident in an independent living unit. He is a widower and he retired three years ago from

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his job as a math teacher at the local community college. He is coming in because his daughter wonders if he should continue to drive his 1986 manual shift Chevrolet.

*Finally, there is Samantha. She is 75 years old and she does the New York Times crossword puzzle every day in 80 minutes, she says. She knows older adults begin to lose their memory and she sometimes has difficulties finding the right word to use. She tells me that only two years ago she could do the crossword puzzle in 55 minutes. She has started to worry about what is going to happen when she can't live on her own any more. She does not want to move in with her children and her husband has been dead for 10 years now. She wants to know if she should come for counseling or whether she is needlessly worried about her memory.

Let's talk briefly about some of these vignettes:

First, Walter – you know he couldn't find his car in the parking lot and he forgot his brother's birthday and he doesn't respond to his wife. He is only 66 years old. Should your memory be going out on you at that age? Well – it depends. On what, you may ask? Well, what about his general health? What medications is he taking, if any? Are there any indications of depression? Is there some mild cognitive impairment or is his functioning within the range of age-consistent memory decline, as the experts like to call it. Ask your experts what that is. Experts in this area will probably ask you to be sensitive to interindividual variability. Even with respect to age, you need to consider whether one is young old, old or among the oldest old. Age differences may also be reflected by your cohort. That's a fancy term used to describe the overall society and culture in which you are born. For example, your parents may have seen their parents' livelihoods wiped out by the Depression of the 1930's while now we have unemployment of less than 5%. That provides a different cohort experience.

Now what about Sara. Here is a case vignette which gets increasingly complex the more she tells you. Recognize that she is willing to tell you a lot and recognize that there are multiple factors coming to play here. If you are not knowledgeable in neuropsychology you should consider referring this case to someone who knows neuropsychological assessment. Also, if you are uncomfortable testifying in court this is not a case which you might want to begin. Recognize that while you are getting lots of complex information, it is simply because the client is willing to provide you with all of this. Many clients have equally complex concerns but you have to elicit the information and that may be especially difficult at times. Note

also, that you may need permission to get information from family members, friends, and others in order to provide an adequate assessment.

Moving right along to Gina. This is as close as you get to the stereotypic hospital referral. There are many subquestions here that need to be answered. For example, can Gina return to her previous living setting (whatever that may have been)? Can she maintain herself or does she need a supervised living unit? Should she live with her children? If the depression is treated, will she become less forgetful? Could she be both depressed and cognitively impaired? Is this a sign of Alzheimer's disease, (as her children suspect) or is her behavior age consistent? What are the ground rules for 84 year olds?

Finally, let's talk about Bob, the 68 year old community college retired math teacher. Why, you may want to know, does his daughter want him to stop driving? Could it be because he is traveling 20 miles one way every day to date a friend in a nearby town? Is there a conflict between the daughter and her dad? Is there some concern that the "friend" may be after Dad's money? What are the criteria for driving ability in older adults? What do you think? What does the literature say?

Applied research on aging

Finally, let me tell you briefly about applied research on aging that students are doing at Michigan State University.

We began about 12 years ago to encourage clinical students in our doctoral program to consider entering the field of geropsychology. To that end, I established a research program which provides mood and memory workshops for older adults preceded by assessments of mood and memory functions prior to the workshops and followed by assessments post workshop. We began by investigating the area of memory complaints in order to investigate whether or not even mild subclinical depression would impact memory complaints. We found that this was so. Whether or not mood and memory workshops (we taught memory techniques along with dealing with mood problems using a depression course outline developed by the AARP Andrus Foundation) improve objective memory performance is, of course, a different story. We moved from there to utilizing more ecologically valid memory measures since some of our participants thought our memory tasks were rather dull. From there we begin to focus on training components in our mood and memory workshops since many of our older adults told us their main problems seemed to be the ability to

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cit is now \$300,000. Long-range planning must now be done. The task forces and committees are very expensive. Fortunately, the Committee on Aging staff person was hired before the hiring freeze. The additional dues assessment for practitioners was raised by \$20 and the budget was adopted. In sum, fiscal concerns were the major issues for Council. We should really try to recruit more members, as the majority of APA members belong to no Divisions.

American Psychological Society (APS) liaison: John Cavanaugh

John and Denise Park attended the APS summit. The Human Capital Initiative was discussed and the consensus was that it was a mixed bag. Some of the initiatives (the Aging one, for example) were successful; others were not. The future of the HCI is unclear, by November John expects to have a better idea.

Science Directorate: Pat Kobor, Dave Johnson, and Gretchen Jennings attended to report on news from the Science Directorate. This is a good time to work on research funding—a 9.1% increase to NIH is being proposed and Pat thought that we can bet on at least 6% increase for next year. Prospects for all research is not necessarily so good. Behavioral research in the Department of Defense is not faring well. There was a recent amendment, that ultimately did not pass, that would have taken control away from peer reviewers—this was due to some “silly” sounding titles in Social Psychology being funded through NSF.

It is proposed that a new initiative called, the “Decade of Behavior” get passed by Congress (similar to “Decade of the Brain”), and the Director of the Science Directorate Dr. McCarty, is hopeful that psychology will finally get rid of its “image problem”. We need to make it clear what research and public policy can contribute to solving societal problems. We can position Psychology to really grow. Pat also reported on peer review changes. A web page will be constructed with all the relevant documents and rosters of committee members posted.

Gretchen Jennings reported that she is working on an Exhibition about aging with the museum of science and advisors around the country. The Exhibit will travel to seven museums and is designed to address 5 questions: 1) What is aging? 2) What happens to me as I age? 3) Is there anything I can do about it? 4) What does it feel like to age in our society? and 5) How and why has the human lifespan become longer in recent years? They are trying to develop a very “hands-on” exhibit. The committee is interested in getting more materials to expand their

presentation of aging for a more global perspective. They are currently seeking funding from NSF. AARP has given some support for the Exhibit.

Public Interest directorate: Jackie Gentry

Jackie Gentry is on the Committee on Aging. The Committee met for the first time in March and will meet again in September. A staff member, Weldon Bagwell, was hired to support the Committee. Weldon has a master's degree in Gerontology.

The International Year of Older Persons is scheduled to start Oct 1, 1999.

Committee members are especially interested in issues of training. It was suggested that there is a necessity for a formal liaison from Division 20. Andy Smith is currently on the Committee, and he and the committee agreed this would be a good thing. Tim Salthouse, incoming President, will ask someone to serve in this role (preferably someone in the Washington D.C. area so the person can attend meetings).

Dave Johnson reported on Public Policy issues. An issue that was brought up was reviews for NIA. Ron Abeles asked that when they review research on cognitive aspects of aging they involve people who are aging researchers, as well as people who are not, in order to establish the strongest cognitive science for the future. Dr. Hodes, Director of NIA, is enthusiastic about this approach. APA and APS have been working together on this.

President's Report: Joan Erber

Nominees for fellowship status all passed—two were previously Fellows from other Divisions [Kenneth Heller, John Mueller]; ten initial Fellows to our Division were also approved [names to appear in next newsletter]. Roger Dixon will be head of the Fellowship Committee this year.

Andy Smith was the 1997 awardee of the Division 20 Distinguished Contribution Award; Donald Kausler, a former Division 20 President, is the winner for 1998. Karen Fingerman is the recipient of the The Springer Early Career Achievement Award.

Tom Hess has been contacted by APA on several occasions to see if someone wants to archive materials for our division. This issue is not resolved.

Joan has updated the Division Handbook and it is now on our website.

The meeting was adjourned at 9:45.

Respectfully submitted,
Karen Hooker

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Note from the Editor and Co-Editor

This is our 4th issue of the Newsletter (yes, we're counting). We congratulate the new president of Division 20, Dr. Timothy Salthouse. Dr. Salthouse is on sabbatical at the University of Michigan. He will be writing a President's message in a future issue. We wish him an enjoyable year.

We thank everyone who contributed to this issue. Contributors' timely submissions have allowed us to tighten our deadlines and reduce the lag between our receipt of information and its publication.

We encourage division members to send us announcements of general interest for the Newsletter. In addition if you have an idea for a feature article, please contact one of us. We also encourage the submission of short provocative pieces to add some "jazz" to the Newsletter.

The deadline for the next issue is February 15. Please send content.

Feature Article continued from page 12

concentrate and to focus. They told us that if they could only pay attention long enough their memory complaints might diminish and maybe their memory would improve. We are now analyzing data from these projects which were funded in part by seed grants from my university and from grants from the AARP Andrus Foundation.

What are we working on currently? Well, we are moving toward the area of worry and anxiety. Some of our participants tell us that they are not really depressed but they worry a lot and feel anxious. We are wondering whether we can differentiate between anxiety, worry, and depression in older adults, and to what extent worry is related to memory complaints. Further, we are looking at whether or not a little bit of anxiety can actually improve attention and concentration and how much anxiety is too much. Again we are dealing with subclinical symptoms as opposed to diagnosable entities.

I hope this presentation has been of interest to you. I have ranged far and wide from what the president of APA does, to my presidential initiatives, to some global issues concerning the elderly, to our own research project at Michigan State University. I hope that these brief remarks have stimulated your thinking about issues on aging.

Adult Development and Aging News

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