Geriatric department likely at med schools

By Carol Bauer

Legislation creating an office or department of geriatric medicine at all seven state-assisted medical schools, including Ohio State's, is awaiting Gov. James A. Rhodes signature to become law.

The measure requires the department to be established after July 1, 1976. It will be funded by a $350,000 appropriation in the state's general budget. It was approved by the Senate 32-1, Wednesday.

State Rep. Paul Pfeifer (R-Bucyrus), the only senator who voted against the bill, did so because he felt "it is not the authority of the General Assembly to designate that all seven have a department of geriatric medicine. Maybe one, but not seven. Medical schools should use their own medical judgement to decide if they need a department. Therefore, it is an unnecessary piece of legislation."

However, Dr. Henry Cramblett, dean of Ohio State's College of Medicine, said he recommended to President Harold L. Enarson over a year ago, that the Board of Regents should appropriate money for a program to study geriatrics.

The Board of Regents refused to appropriate money at that time.

Chancellor James A. Norton said, "The Board of Regents has always felt there was a need to study geriatrics, but instead of having one program at Ohio State, as Cramblett and Enarson suggested, the Board should instead implement a program for all state-assisted medical schools."

Presently there are 690 students at-
COLUMBUS, Ohio -- Gregory L. Trzebiatowski has been named director of the Office of Geriatrics and Gerontology at Ohio State University.

The appointment was made by Manuel Tzagournis, vice president for health services and dean of the College of Medicine.

Trzebiatowski joined the faculty at Ohio State in 1967 as an associate professor in the College of Education. He currently serves as associate dean for medical and graduate education in the College of Medicine. He will continue to hold that position as he assumes his new responsibilities.

The Office of Geriatrics and Gerontology is charged with the responsibility of addressing the problems of aging.

Trzebiatowski believes that one of the biggest crises facing society today is how health care is delivered to the elderly.

He hopes that the Office of Geriatrics and Gerontology can make a contribution toward focusing interdisciplinary efforts on this problem.

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Contact: Joanne Wisemiller, 422-6437. (0166j)
For Immediate Release

STUDENTS LEARN MEDICAL NEEDS OF OLDER ADULTS

COLUMBUS -- Students in the College of Medicine at The Ohio State University are making house calls as they participate in a project to develop a curriculum to teach geriatric medicine.

The Department of Internal Medicine has a three-year, $396,000 grant from the Department of Health and Human Services for a model education program in ambulatory chronic care training. In this program, students are learning a new way to deliver medical care to older adults, the nation's fastest growing population group.

Students from the College of Medicine, the College of Nursing and the School of Allied Medical Professions are working with community agencies that provide services to older adults. Students visit older adults in their homes to see how they live, how they function, and how these people can contact the many social services in the community.

This project was drawn up by Dr. Ernest Mazzaferri, chairman of the Department of Internal Medicine, and Bonnie Kantor, interim director of the Office of Geriatrics and Gerontology. Kantor, who has a doctorate in long-term care management and policy, is the project director while Beverly Engel, who has a master's degree in gerontology, is the project coordinator.

-more-
Services expanding with Americans' age

By MATTHEW HALL

The "graying" of Greater Columbus will present numerous challenges — and business opportunities — for area hospitals, nursing homes and home-care services.

The ongoing aging of the area's population is reflected in statistics compiled by the U.S. Census Bureau. In 1980, census figures show, just under 9 percent of the population in Franklin County and its six adjoining counties was age 65 and older. By the 1990 census, that percentage had grown to just under 10 percent.

(For more information on the 65-and-older population in the Columbus area, see the adjoining chart.)

Barry Bennett, manager of the Ohio Data Users Center, says the proportion of older residents in Greater Columbus is expected to grow at an even faster rate in coming years, as the post-World War II "baby boom" generation ages.

"By the year 2015, we expect the number of people age 65 and older to represent somewhere between 20 and 25 percent of the total population," says Bennett, whose organization is a state agency that compiles and analyzes census data for business, government and the general public. "That situation will have a huge impact on the health-care system."

Some clues as to how an aging population will affect specific segments of the health-care system can be found in a 1991 study performed by the U.S. Department of Health and Human Services.

That study, titled "Tracing the Elderly Through the Health Care System: An Update," used data from the National Center for Health Statistics and other sources to trace the movement of a hypothetical "cohort" of 100,000 people age 65 and older through the health-care network during the 1980s.

Some major findings from that study:
- In 1986, the most recent year for which the study had statistics, 84 percent of the cohort saw a physician, 26 percent were hospitalized at least once, 4 percent entered a nursing home at least once, and 5 percent made use of an organized home-care program.
- Between 1980 and 1986, those in the cohort increased their utilization of physicians, dentists, nursing homes and community services.
- During the same time, hospital admissions by those in the cohort declined. The study says that phenomenon is mainly traceable to the federal government's decision to institute a prospective-payment system for Medicare coverage in 1983.

(Considered that system, Medicare determines in advance the amount it will pay hospitals to treat most major illnesses and injuries. Hospitals contend the prospective-payment system does not fully cover their costs, which has led them to make greater use of outpatient services.)

"These trends in physician and hospital utilization, together with the increasing proportion of elderly in the population and the changes in their age composition, focus attention on the post-hospitalization needs of the elderly," the report notes. "Families, nursing homes and organizes community-care programs — public and home-health programs — are the sources of such post-hospital care."

The report notes that the study showed a "longitudinal pattern of utilization" of the elderly population, with 18,000 medical episodes for one cohort member. Eighty percent of this care was for chronic conditions. The average age of the cohort was 76, with 33 percent of the attendees age 85 and older.

"Basic goal of the program is to provide ongoing care and support to the older adult to help them maintain their independence as long as possible," says Blackburn, who also runs Mount Carmel's Line program.

Also seeking to increase its community outreach efforts to seniors is the Office of Geriatrics and Gerontology at Ohio State University Hospitals. Next month, for example, the hospital will incorporate a series of free monthly health-related lectures into the "Hearts in Motion" mall-walking program at Lane Avenue Shopping Center in Upper Arlington.

"Many of the participants in the 'Hearts in Motion' program are older than 50, and some are retired people who come out nearly every morning for socializing, as well as walking," notes Marsha Mucks, the shopping center's general manager.

The mall opens for the walking program at 6 a.m. daily, except on Mondays, when it opens at 7 a.m. The new OSU lecture series, called "Fitness Forum," will take place on the third Thursday of every month at 8:30 a.m. in the shopping center's food court. The first of those sessions will be held Sept. 17, when the chairman of OSU's Department of Family Medicine will speak on "Sports Medicine for the Active Adult."

Bonnie Kantor, interim director of OSU Hospitals' geriatrics and gerontology office, notes that while many malls across the country have walking programs, relatively few have fitness-related lectures aimed at senior citizens.

"This program is different because the primary focus is on the older adult," Kantor notes. "However, younger people will also find pertinent information in these presentations, as they deal with family issues and their own aging concerns."
Taking care of Mom and Dad

More families face the dilemma than ever before: sorting through the options for aging parents, now suddenly dependent on the kids.

By Laura Pienkny Zakin

Thirteen years ago Maggie Huff’s parents sold their farm in Michigan and moved to Columbus to be near Huff, their other daughter and their grandchildren.

Huff’s mother was in a wheelchair, but Huff’s father was able to take care of her. and for years they led completely independent lives. All that changed when Huff’s father developed a terminal illness.

“There was absolutely no way they could be on their own,” she says.

Huff, an HER Realtor, and her husband, a Lutheran pastor, faced the dilemma thousands of other aging baby boomers must deal with: deciding on the best possible arrangements for an elderly parent who no longer can live alone.

Huff, her sister and their brother, Livir in Michigan, got together to confer parents. She says, “wanted to make up our minds about it.” They were aware arrange for in-home h services. “We didn’t consider meals, home health care, or arrangements for adult day services. We wanted to look at all options, respite care, housing options, health promotion and care management assessment. Many on the waiting list for such services may be able to get them.

OSU gerontologist Bonnie Kantor agrees with Kathy O’Connor that assessment is the key to proper care. “Four out of five adults will have at least one chronic condition, but they can continue to function well,” says Kantor. “The concern comes when the condition worsens, or you get another condition. Remember, for every one in a nursing home, you have one like them in the community.”

Day care for senior adults can keep a parent out of a nursing home. Like the Heritage Day Health Center, most are open weekdays from 7:30 am to 5 pm and are utilized by the elderly who, most commonly, live with sons or daughters employed outside the home.

At Riverside Methodist Hospitals the Day Care Center limits itself to 24 elderly persons a day. Most of the attendees come daily, a few come only a couple of times a week. They suffer from heart conditions, Parkinson’s, post-stroke effects, Alzheimer’s, and varying stages of dementia, “Yet,” says social worker O’Connor, “they participate in a whole range of programs, many involving music and exercise.” The current fee is $27.50 for a full day.

For caregivers struggling with the decision about whether an elderly relative would be better off with care at home or in a nursing home, Bonnie Kantor suggests a professional assessment.

CONT’D ON PAGE 7
Forum helps adults exercise

By Jennifer Kroeger  
Lantern staff writer

Philip Hollander, a former OSU pharmaceutical professor, said he would be dead today if it weren't for exercise.

Hollander is one of many people who walk daily at Lane Avenue Shopping Center and attend Fitness Forum, a health and fitness information program.

Moira Kelsey, program manager of OSU Cardiovascular Rehabilitation Services, spoke Thursday to the Fitness Forum crowd about "Exercise and Your Heart."

Kelsey emphasized the importance of fitness in old age and gave suggestions on getting started with an exercise program.

Exercise can reduce risk factors for heart disease, arthritis, diabetes and other illnesses affecting older adults, she said.

Kelsey said, "no pain no gain" is true in competitive sports, but it doesn't always have to hurt to be healthy.

Kelsey suggested exercising three to five times a week for about 20 to 40 minutes.

Fitness Forum is geared toward older adults who are concerned with changes going on in their bodies, said Dr. Bonnie S. Kantor, director of OSU Geriatrics and Gerontology.

The program is a great opportunity to provide additional information and hands-on demonstrations to older adults in the community, Kantor said.

The program often brings in expert speakers from University Hospitals to Lane Avenue Shopping Mall to discuss health and fitness issues concerning older adults, said Linda Mauger, program coordinator of the Office of Geriatrics and Gerontology.

Twenty years ago, Hollander weighed about 220 lbs. and was a smoker and drinker. "My doctor told me at the rate I was going, I would be dead in a year," Hollander said.

On that day, Hollander said he changed his way of life. He started walking three to four miles a day, quit smoking and drinking and today weighs about 175 lbs.

University Hospitals in cooperation with Lane Avenue Shopping Mall and Upper Arlington Commission of Aging present Fitness Forum every third Thursday of the month in the Lane Avenue Shopping Center food court.

The next Fitness Forum will be Thursday, Nov. 19, with guest speaker, Shirley Kindrick, who will speak on "Cooking for Good Health and Good Taste."
Seniors walk for health at mall

By BARBARA J. AYRES
ThisWeek Contributor

Hanging out at the mall, long a way of life for teenagers, has also become a way of life for a good many Upper Arlington seniors—the 60-and-over variety.

Nearly 200 area seniors turned out Oct. 15 for the second Fitness Forum at Lane Avenue Shopping Center. Most had previously been involved with Hearts in Motion, a free organized walking program for people of all ages. The forum is a recent addition. The program, jointly sponsored by the shopping center, OSU Hospitals’ Office of Geriatrics and Gerontology, and the Upper Arlington Commission on Aging, provides the latest health information direct from the university to older adults.

Those present Oct. 15 heard about the benefits of an exercise program from Moira Kelsey, program manager of Cardiovascular Rehabilitation Services at OSU Hospitals. Kelsey told them how to start a program and when to progress, and demonstrated several exercises to help people get started.

Seniors who attended the forum also walked laps in the mall and enjoyed coffee and muffins. Many found themselves eligible for door prizes from Lane Avenue merchants. More than a dozen participants went home with products or gift certificates.

For most participants, age seems merely a matter of chronology. Few look or feel as old as they might be. "You can see that age is a very poor measure of physical changes," said Dr. Bonnie S. Kantor, director of the OSU Office of Geriatrics, as she watched participants walking briskly down the mall.

In Upper Arlington, more than 40 percent of households include an adult over 65. Many of them are active—or want to be. Through the Fitness Forum and Hearts in Motion, Lane Avenue Mall offers a safe, climate-controlled environment for exercise every day.

"We wanted to provide a service to the community and answer the needs of people interested in fitness," said Lane Avenue marketing director Sandy Klotz.

"A lot of people come regularly, alone or in groups," she said, "and when they complete 250 miles they get a Lane Avenue gift certificate."

Hope Weese, Jeannette Wians, and Lois Hartman, friends who have been members of Benders and Stretches at the UA Senior Center, attended the Fitness Forum together.

Benders and Stretches, Weese said, "made a big difference in flexibility" and gave them incentive to do more. After experimenting with Tai Chi and line dancing, they now plan to walk together at the mall.

"There are just so many things to do," said Wians. Hartman agreed.

"Who knows how far we might go?" she asked as the three pushed off on their first lap around Lane Avenue.

Fitness Forum is open to anyone of any age who wants more information on how to maintain good health. It meets the third Thursday of every month at 7:45 a.m. at Lane Avenue Shopping Center. The program begins at 8:30 a.m.

The Nov. 19 program will feature "Cooking for Good Health and Good Taste" by Shirley Kendrick, director of OSU Hospitals’ Comprehensive Weight Management Program.

More information is available by calling the Lane Avenue Mall at 481-8341.
Family care for elderly to increase

By Jennifer Kroeger
Lantern staff writer

Everyone needs to think more about the care of their family members in the future because their family members are living longer and are more susceptible to chronic disease, said Pat Thrall, co-coordinator of the OSU Support Group for Caregivers of Older Adults.

For example, statistics show that women in the future will probably care for their elderly parents more than for their school-aged children.

People 65 years and older are the largest growing population in America, said Thrall, a licensed geriatric social worker at OSU Hospitals.

Considering these growing trends, the OSU Hospitals' Office of Geriatrics and Gerontology established the caregivers' support group two years ago, said Linda Mauger, co-coordinator for the program.

The support group has a guest speaker each meeting for an hour and caregivers share experiences and concerns, Mauger said.

Thrall gave five strategies to help caregivers cope with stress:

* Accept the illness or situation and talk about the emotions of the situation.
* Use humor as often as possible. Laughter is the best medicine.
* Find comfort, strength and support through religion, which affects some people more than others.

"The more they (the family member) do for themselves the more confident and better off they are," said Sheila Enhart, an occupational therapist at OSU Hospitals.

Caregivers need to show success and improvement, Enhart said. For example, if the family member is recovering from a stroke, caregivers should progress from the weak side of the body to the strong side, she said.

Caregivers should buy clothing in fabrics that give a little and in a size larger than the family member wears to allow for easy dressing, Enhart said.

The OSU Support Group for Older Adults meets the last Wednesday of each month from 7 p.m. to 9 p.m. in room 2136 of the Davis Center, 480 W. 9th Ave.

The support group will meet Dec. 2, Jan. 6 and Jan. 27 the next three months because of the holiday season.
For Immediate Release

NORMAL AGING IS FITNESS FORUM TOPIC

Physical and emotional changes that are normal with aging will be explained at the Jan. 21 session of Fitness Form, a free program that provides health information for older adults. The program is held at the Lane Avenue Shopping Center, 1585 W. Lane Ave. Registration begins at 7:45 a.m. and the program at 8:30 a.m.

Dr. Robert Murden, a geriatrician and assistant professor of internal medicine at The Ohio State University Hospitals, will discuss changes in sleep patterns, memory retention and sexual activity that older adults often encounter. His presentation will help the older adults learn how to recognize and handle the changes.

Fitness Forum is presented by the Office of Geriatrics and Gerontology at University Hospitals along with the Lane Avenue Shopping Center and the Upper Arlington Commission on Aging. The program is offered the third Thursday of every month.

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Contact: Sandi Latimer, University Hospitals Communications, 293-3737
OSU program helps drive seniors back onto road

Richard Page put away the keys to his pickup in 1990 after a stroke left him partially disabled.

Now he's hoping to get back on the road.

Page practiced driving for a year in his driveway. Last week, he had his driving assessed in Ohio State University's new Older Driver Evaluation Program.

"I'm tired of asking my wife to drive me," said Page, 60, of northeast Columbus.

"There are times a fellow just wants to be by himself. I like to get in my car and go not too far and watch people."

But Page also wants to be safe.

"I don't want to hurt anyone," he said. "I don't want to be a danger."

The OSU tests will tell Page and his doctor whether he has recovered enough to start driving again. He fared well enough on the initial assessment to schedule the road test.

Page is one of 15 volunteers who have helped test OSU's evaluation program. The program, developed by the Office of Geriatrics and Gerontology, is available through a physician's referral.

Drivers climb into a $34,000 car seat with a seat belt, steering wheel and computerized dashboard, then "drive" along a road simulated by a movie. A computer records the driver's response time, recognition of threats, and right driving and turning abilities.

Doctors then can recommend whether their patients should be driving and whether adaptive devices are necessary.

"Page, for instance, may need a left-foot accelerator because he has no sensation in his right foot and can't "feel" how fast he travels."

As they age, people typically restrict their driving voluntarily and adapt to changes in vision, range of motion and reaction time. Some don't drive at night; others don't drive freeways.

Still, statistics show that older drivers have more accidents for the miles they drive than younger adults. By age 75, they are involved in as many accidents as teens; and by 80, they are involved in more.

Their accidents also are more likely to result in injuries or death because older adults are more vulnerable physically.

The biggest challenge of the driver evaluation program is to balance the older adult's need for independence with the public's need for safety, said Bonnie Kantor, director of the Office of Geriatrics and Gerontology.

Kantor and program director Linda Mauger know that the stakes are high for participants. So the program is forgiving, they said.

"On many tests, we throw out the top two and bottom two scores," Kantor said. "There is no one thing that is going to throw you out. Everything is considered."

At the same time, the evaluations identify individuals who could benefit from retraining without losing their licenses.

Upper Arlington officials already have been persuaded. Senior citizens cited for driving violations can complete the program and have their charges dropped, city Prosecutor Jeanne Amaid said.

The seniors pay the $320 cost but could save that much or more by not having their insurance costs raised or coverage canceled because of a conviction.

None of the recommendations of the evaluation program is legally binding.

People whose test results suggest they shouldn't be on the road, Amaid said, are referred to the Ohio Bureau of Motor Vehicles for testing.
FINDING JOY, HUMOR IN A CAREGIVER'S LIFE

Learning to find joy and humor in life will be explained in a light-hearted session of The Ohio State University Support Group for Caregivers of Older Adults Feb. 24.

Jeptha R. Hostetler, an associate professor of preventive medicine at The Ohio State University College of Medicine, will get the support group members involved in the program as he helps them look for the humorous side of life.

The support group meets from 7 p.m. to 9 p.m. in 2136 Davis Center, 480 W. 9th Ave. There is no charge for the two-hour session and parking is free. Refreshments will be served.

After Hostetler’s presentation, participants will have the opportunity to share personal caregiving concerns and questions, says Linda Mauger, program coordinator for the support group, co-sponsored by University Hospitals and Ohio State’s Office of Geriatrics and Gerontology.

For further information and registration, call Linda Mauger at 293-4815.

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Contact: Sandi Latimer, University Hospitals Communications, 293-3737
For Immediate Release

PREVENTION AND DETECTION OF CANCER IS TOPIC FOR FITNESS FORUM

A cancer expert at The Ohio State University will talk about prevention, detection and treatment of cancer at the Feb. 18 Fitness Forum, a free program that provides health information for older adults. The program is held at the Lane Avenue Shopping Center, 1585 W. Lane Ave. Registration begins at 7:45 a.m. and the program at 8:30 a.m.

Dr. Randall Harris, a professor of preventive medicine at Ohio State and director of cancer control at The Arthur G. James Cancer Hospital and Research Institute, will talk about risk factors and how lifestyles, health education and proper nutrition are important in staying healthy. He will discuss methods of early detection as well as possible causes of the disease.

Fitness Forum is presented by the Office of Geriatrics and Gerontology at University Hospitals along with the Lane Avenue Shopping Center and the Upper Arlington Commission on Aging. The program is offered the third Thursday of every month.

Contact: Sandi Latimer, University Hospitals Communications,
293-3737
New OSU program helps older drivers

A program to evaluate the driving capabilities of older adults, the first of its kind in the state, has been developed at The Ohio State University Hospitals.

"This program is a diagnostic evaluation," said Dr. Bonnie Kantor, director of the Office of Geriatrics and Gerontology which administers the Older Driver Evaluation Program.

The evaluation consists of two parts. The first segment, which takes about two hours, includes a vision screening and tests of cognitive skills, range of motion, reaction time, threat recognition and traffic sign knowledge.

A driving simulation is used for a portion of the test. Most clients will be asked to return for the second part, which includes a maneuverability and driving test through the neighborhood.

"After the evaluation, recommendations are offered as appropriate, which may include adaptive equipment for the vehicle, changes in current medications, physical or occupational therapy and other mediation possibilities," Kantor said. "Although our goal is to help older adults remain independent and safe, it may be recommended in some cases that the client discontinue driving. In those instances, the overall needs of the client will be addressed toward the goal of continued independent living."

An occupational therapist who has trained as a driving instructor and a physician trained in geriatric medicine perform the tests.

Older drivers experiencing changes that occur with aging, or who may be suffering from a debilitating ailment, can be referred to the program.

More information about the program and how to obtain referral forms is available at the Office of Geriatrics and Gerontology, or by calling 293-4815.
SANDWICHED
Those who care for 2 generations seek some relief, understanding

By ANNMARIE L. GEDDES

Just when Brenda Newsome was ready to return to the work force after raising her son Shane, her father died.

Within two weeks of her father's death, Newsome realized that she would have to care for her mother.

“She almost needed constant care when Dad passed away — mentally and physically. She was so depressed, I knew she couldn't live in Michigan. So I brought her back with me,” she says.

“I was planning on going to work 

(over)
after raising Shane," she says. "I had just made up my mind to go to work. Shane was in the fifth grade. That was eight years ago."

Newsome, now 47, is still caring for her aging mother, Icy Mullins, now 86, who requires round-the-clock care because her health has worsened. "It was like something happened, one thing after another," Newsome says.

As Newsome can attest, caring for an aging parent while raising a child and maintaining a marriage is financially, mentally, physically and socially draining.

Newsome's case is not uncommon. Growing numbers of baby boomers are literally being sandwiched between caring for the generations ahead and behind them, and the situation is having an impact on the workplace.

In his book "Age Wave," Ken Dychtwald gives some startling statistics about this "sandwich generation":
- 25 percent of care givers rearrange their work schedules or lose work to provide elder care.
- 13 percent of care givers have left the work force to care for an elderly parent full time.
- On any given day, 5 million Americans are actively providing elder care. This number is estimated to rise to 10 million by the year 2005.

Who are care givers? Dychtwald says they are usually adult children (commonly the daughter or daughter-in-law). The average care giver is in the mid-40s; however, 33 percent are older than 65 and 20 percent are less than 35 years old.

Ohio State University conducted a sample study in 1990 to get an idea of how many of their 18,000 employees were facing the responsibilities of caring for children, aging parents or both.

Of those surveyed, 21 percent indicated they had elder-care responsibilities and 34 percent said they were caring for children.

Fifteen percent of the sample said that they expected care-giving responsibilities in the next five to 10 years, 15 percent expected to care for both their parents and their children.

And half of the care givers caring for older people are doing so for more than four years.

"So it's not a passing phase," says Bonnie Kantor, who conducted the OSU survey. Kantor is the director of OSU's office of geriatrics and gerontology.

"It's a big issue," she says. "That's why I call it the sleeping giant for employers. You don't have people clamoring to their employer about it. There are employers who don't know the burden their employees are carrying."

That means employers will need to take notice as the population grows older and lives longer.

"The aging of our work force is making this an everyday issue for the workplace," says Nancy Chernett, corporate elder-care consultant for the Geriatric Service Organization (GSO).

The GSO is a private non-profit service to care givers and their families. It provides help to aging people who do not need to be institutionalized, but who need help with light housekeeping and transportation. The organization also offers individual consultation and referrals as an employer-financed employee benefit.

The organization works directly with working care givers, too. They are "a growing number of people in our society," says Chernett. "People are getting so overwhelmed."

The results: lower productivity from employees, absenteeism, late arrivals, early departures and excessive personal phone use.

"Mid and upper managers (who are care givers) will not accept promotions because of the necessary increase in hours," she says.

Chernett conducts seminars at local companies and organizations that recognize that care givers need information and support. Her clients include Banc One, OSU and Westerville Public Schools.

"Employers benefit from offering the

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"Employers benefit from offering the seminars, which cost $100 an hour, because it generates a feeling of good will," Chernett says. "It also makes employees more healthy and happy, which makes them more productive."

Chernett stresses, "People are quitting jobs because of this issue, particularly women."

Newsome understands this very well. "Some people can work and have their parents live in. I am not physically able. The stress takes a lot of energy out of me."

Kantor says that employers don't expect employers to provide service, but just want help in obtaining information and referrals. She adds this gives employers the opportunity to proactively help their employees and reduce the stresses associated with care giving.

Chernett, however, says that many employers are not considering an elder-care benefit because employers are focused on dealing with the increase in health insurance and other employee benefits.

"But they cannot ignore it. They need to recognize it is an issue that affects the workplace," she adds.

Chernett says that 75 percent of care givers are women, although "men are taking a much larger role in it." Typically, men handle the financial and legal aspects of care giving, while women handle meal preparation, cleaning and errand running.

According to a report from the Older Women's League, Chernett says, "Women spend 17 years (of their life) caring for their children and 18 years caring for parents."

Employers also need to pay attention if they want to attract the best workers, says Max Larsen, president of Future Finances Inc., a financial services company in Worthington.

"Employers are seeing a demand by employees" for such benefits as profit sharing and 401k plans, he says. "They will go to other employers who offer that."

John B. Reed is an osteopathic physician of internal medicine in private practice and a staff physician at St. Ann's and Doctors Hospitals. Reed
believes that society will also have to change in response to this issue.

“Our whole economic society, I feel, will change. There are too many sandwiched kids,” he says. “This idea of retiring at 65 is over. Aging no longer means that we retire.

“As a society, we will either not retire or we will enter many phases of our work life,” he says. “Nobody has real answers. We need to continue to grow and plan goals as we grow older. If we plan, things will work out better.”

Annmarie L. Geddes is a free-lance writer.
BEHIND THE WHEEL of a simulated vehicle, John Mitchell has his driving capabilities diagnosed April 15 by Linda Mauger, coordinator of the Office of Geriatrics and Gerontology's new Older Driver Evaluation Program. Mitchell, professor emeritus of agricultural economics and rural sociology, also had a vision screening and tests of cognitive skills, range of motion, reaction time, recognition of danger and knowledge of traffic signs. If Mitchell needs advice, he will receive recommendations that may include putting special equipment in his car, changing medication, or taking physical or occupational therapy. For more information about the testing program, the first of its kind in Ohio, call 293-4815.
Grandparents widen med students’ perspective

Theater group offers practical lessons on aging, quality of life

By Christine A. Burford

Nine grandparents taught 210 first-year medical students some important concepts about life and aging in a special program May 19 at Ohio State.

What really matters is not the length of life, but the quality of life, cast members of the Grandparents Living Theater showed in their production, “I was Young...Now I’m Wonderful.”

“The experience was invaluable for these medical students,” said Pamela Jelly Boys, director of the Medical Humanities Program. “They not only need to know about the importance of the aging process and care of the elderly, but they also need to address their own attitudes and beliefs about the elderly.”

The medical profession has done its best to lengthen life, grandparents explained. Now, society can help older folks to get the most from their lives. The more active they are the better they feel and, ultimately, the longer they will live.

The theatrical company is based in Columbus and directed by Joy Reilly, associate professor of theatre. The group’s primary purpose is to dispel misconceptions about aging while illuminating the issues that concern older adults.

Their production is a satiric look at growing old. It takes the audience through all of life’s stages — from the age of 10 to the 90s — pausing just long enough to reflect on those things that tug at the heart strings.

The script stressed that all older people should not be lumped together. Some 90-year-olds are more active than 65-year-olds.

Following the show, students talked about the impact older adults have had on their lives. Discussions also focused on misconceptions that younger people have about the elderly.

“I was guilty of stereotypical thinking regarding the elderly,” said medical student Talya Greathouse. “Today has truly shown me how completely wrong I have been. Older people have a lot to offer and a lot of younger people don’t realize this.”

The theater performance was a finale to the Medical Humanities and Behavioral Sciences curriculum and was sponsored by the Office of Geriatrics and Gerontology.

“Most medical students are exposed only to older people who are sick,” Boys said. “It is important for them to know that there are many healthy, active older people who learn to live and function actively despite their ailments.”

“I enjoyed the performance very much,” said Tim Custer, also a first-year medical student. “It presented a balanced view of the joys and challenges of going through life’s journey. It gave a realistic view of the experience of growing older with grace.”

Christine A. Burford, a 1992 graduate of Ohio State, is program assistant for the Medical Humanities Program.
For Immediate Release

FITNESS FORUM RESUMES WITH EXERCISE INFORMATION FOR OLDER ADULTS

Sept. 1, 1993

The importance of exercise and how people who have physical limitations can plan an exercise program will be discussed Sept. 16 at the season opening Fitness Forum, a free program of health information for older adults that The Ohio State University Hospitals offers at the Lane Avenue Shopping Center.

This popular program is held the third Thursday of every month at the center, 1585 W. Lane Ave. Registration begins at 7:45 a.m. and the program at 8:30 a.m.

Dr. Robert Trent Sickles, an associate professor of family medicine and sports medicine at University Hospitals, will talk on "Don't Take It Easy... Keep Moving." He will talk with the older adults about exercise and how they can exercise even if they have some physical limitations.

Fitness Forum is presented by the Office of Geriatrics and Gerontology at University Hospitals, the Lane Avenue Shopping Center and the Upper Arlington Commission on Aging.

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Contact: Sandi Latimer, University Hospitals Communications,
293-3737
Fitness and fun focus of forum

A mixture of humor and preventative medicine can make for an exhilarating life. The Fitness Forum starting this week will show how humor and exercise affect lives.

Jeptha Hostetler, an associate professor of preventative medicine at Ohio State, helps those participating look for the humorous side of life. He will also show them how humor can affect their attitudes and health.

The Fitness Forum is sponsored by the Office of Geriatrics and Gerontology at the University Medical Center and the Upper Arlington Commission on Aging.

The Fitness Forum registration will begin at 7:45 a.m., with the program beginning at 8:30 a.m., on Oct. 21, in the Food Market area at Lane Avenue Shopping Center. The forum will take place on the third Thursday of every month.

— Beth Rausch
Business shy of elder care benefit costs

By MATTHEW HALL

Look under the "child care" heading in the local Yellow Pages, and you'll find six pages of listings.

But look under "elder care" and there's nothing.

That contrast illustrates the difficulties many people face in finding care for their aging dependents.

"The number one thing people tell us they need to deal with elder care is basic information on where to get help," said Bonnie Kantor, director of the Office of Geriatrics and Gerontology at Ohio State University Hospitals.

The elder-care issue will be of growing importance to employers in coming years. The reason: more and more workers are becoming responsible for caring for aging relatives.

"As baby-boom generation employees age, many find themselves squarely in the middle of the so-called 'sandwich' generation — sandwiched between raising children and caring for aging parents," said Richard Federico, a consultant with William Mercer Inc., a human-resource consulting firm.

Similarly, OSU Hospitals's Kantor calls elder care a "sleeping giant" of an issue within the employee-benefit field.

"The need for elder care is something that will affect an ever-growing number of workers in coming years, and research has shown that these care givers can experience increased stress and lower productivity on the job," she said. "Employers can avoid those problems by providing mechanisms that help workers deal with their elder-care responsibilities."

Perhaps the most common elder-care benefit companies currently offer is a referral service that can tell employees where to get help in caring for their elderly dependents. That situation is reflected in a recent Mercer survey of 55 large companies, which found that nearly half the responding companies provided such a benefit.

One local company that offers an elder-care referral service to its workers is Ashland Chemical Inc. in Dublin. That company, which employs about 1,000 in Greater Columbus, has offered this benefit for more than two years.

"That service is provided for us on a contract basis by a local company called the Geriatric Service Organization," said Ashland spokeswoman Lois Wong. "Our employees can call the GSO and tell them about their elder-care needs. The GSO then researches their requests, and comes back with recommendations on where the employees can go to get help."

While many employers offer referral services like Ashland Chemical's, another Mercer survey showed that relatively few companies offer more comprehensive elder-care assistance, such as help in paying for nursing home care, adult day care or home personal care.

The latter survey, which involved responses from 166 companies from across the country, found that only 8 percent of the respondents were offering what Mercer calls "long-term care benefits."

While such benefits are generally used by the aged, Mercer spokesperson Edward L. Hansen noted that "long-term care involves providing personal and medical services for those unable to function independently, regardless of their age."

"As individuals age, the likelihood increases they will need long-term care," Hansen noted. "About 4 percent of the non-institutionalized population under the age of 65 needs such assistance, compared with 41 percent of the population aged 75 and up."

Despite that, the Mercer survey doesn't show any marked movement by companies toward offering elder-care benefits. Specifi-}

ically, only 18 percent of the respondents said they expect to make those benefits available within the next three years.

Three-quarters of the respondents, by contrast, say they are unlikely to add long-term care benefits in the near future. The main reason for that reluctance: cost.

"Cost was overwhelmingly cited by the respondents as the top reason for not offering long-term care," Hansen noted. "Other factors for that reluctance include a lack of employee/retiree interest; uncertainties about the tax treatment of such benefits; concern about changing government policies in the health-care arena; and the fact that many employers have a relatively young work force."

However, OSU Hospitals's Kantor says employers can provide some useful elder-care benefits without having to spend a lot of money. One such benefit noted by Kantor is the previously mentioned option of offering help from a referral service.

"It doesn't cost much to offer that service, and it keeps employees from spending a lot of work time on the phone, trying to find the elder-care help they need," she explained.

Kantor says another inexpensive elder-care employee benefit is flex time.

"Such arrangements give workers the opportunity to do such things as take their mother to a doctor's appointment during the work day," she noted. "Such flexibility is good for both the employer and the employee."
FITNESS FORUM RETURNS TO LANE AVENUE SHOPPING CENTER WITH PROGRAM TOPIC ON DEPRESSION IN LATER YEARS

Fitness Forum, the free program from The Ohio State University Medical Center that offers health-related information for older adults, returns to Lane Avenue Shopping Center April 21 with a presentation on depression.

Dr. Stephen F. Pariser, a psychiatrist at University Medical Center, will address the symptoms, causes, and cures of depression in his presentation at the monthly program at 8:30 a.m. in the Food Court area of the shopping center at 1585 W. Lane Avenue.

The Fitness Forum presentation will be one of the first events in the Food Court area since it was closed in January so repairs could be made to the shopping center’s roof that was damaged by the severe winter weather. February’s program was rescheduled and March’s program was moved to another location.

The mall opens at 6 a.m. for walking. Registration for the program is at 7:45 a.m. with the presentation at 8:30 a.m.

Fitness Forum is presented by the Office of Geriatrics and Gerontology at the University Medical Center, the shopping center and the Upper Arlington Commission on Aging. The program is offered the third Thursday of every month at the shopping center.

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Contact: Sandi Latimer, University Hospitals Communications, 293-3660
Med college to offer course in geriatrics

Disease believed to be understudied

By Kristina L. Mintz
Lantern staff writer

Low interest and insufficient knowledge has induced the College of Medicine to offer its students a class next year studying geriatrics.

Geriatrics, the study of diseases in older adults, is believed to be understudied not only at Ohio State, but throughout the nation. Of the 126 medical schools across the country, only one, Mount Sinai, has a geriatrics department.

Officials say two reasons for low interest in geriatrics are a shortage of role models in the field and poor reimbursement in this area of medicine.

Bonnie Kantor, director of the Office of Geriatrics at OSU Hospitals, thinks there is a need to restructure practitioners' pay scale and make geriatrics more attractive because many older adults who suffer from chronic illnesses need long-term care.

"Medicare doesn't pay as well," said Dr. Robert Butler, head of the geriatric department at Mount Sinai Medical Center in New York.

Ohio State is doing an average job of making geriatrics a more attractive field, said Dr. Bob Murden, division director of OSU general internal medicine.

"It would be better if there was a well-defined geriatrics curriculum in the medical school," he said.

OSU officials said it would be difficult to add a geriatrics department because the medical curriculum is already crowded.

They also said the university has only two fully trained geriatricians qualified to teach.

Based on the college's population, about 20 percent of medical students will take the geriatrics course, Murden said.

Officials said the goal of the College of Medicine is to include basic information about geriatrics so students will eventually be able to take care of older adults.

"We believe all physicians should know what they need to know to treat older adults," Kantor said. "It is hard to find someone specialized in geriatrics."

"The knowledge being passed on to medical students is better than it was 10 years ago, but students are not any more interested," Murden said. "The few students who have shown interest in geriatrics have gone into primary care."

Studies say after the year 2020, one out of five Americans will be over 65.

"Every school of the 126 should have a major teaching base in geriatrics or generations to come will really be in for it," Butler said.
July 8, 1994

OHIO STATE'S GERIATRICS OFFICE HONORS ASSISTED LIVING FACILITIES ASSOCIATION OF AMERICA WITH FIRST JANIS AWARD

COLUMBUS -- The Assisted Living Facilities Association of America (ALFAA), which is dedicated to helping older adults receive personalized quality care while remaining independent, is being honored July 15 with the first Martin A. Janis Award from the Office of Geriatrics and Gerontology at The Ohio State University Medical Center.

Carol Fraser Fisk, executive director of the Assisted Living Facilities Association of America, will accept the award and deliver the Martin Janis Lecture at the 14th Summer Institute on Aging. The Institute, sponsored in part by the Office of Geriatrics, is July 14 and 15 at the Ramada University Hotel.

"The award embraces the visions that Mr. Janis, the first director of the Ohio Department of Aging, has for older adults," says Dr. Bonnie Kantor, director of the Office of Geriatrics and Gerontology.

"It honors an individual or organization which has made a substantial contribution to the promotion of health, wellness and the joys of aging," she says.

Janis, who has been identified with older adults since 1965 when he established the Ohio Department of Aging, is well known for his long-time dedication to improving the quality of life for older adults.

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ALFAA was chosen for this award because "it represents the important contribution of long-term care toward keeping older adults in a home-like setting as long as possible," Kantor says.

Assisted living is a special combination of housing and personalized quality health care designed to foster independence for each resident.

"To be selected for this award in his (Janis) name is a most welcome acknowledgment of the risks that ALFAA members have taken and the work they have done to expand the spectrum of long-term care options available throughout the United States," says Fisk.

Rick Slager of Columbus, president of Karrington Communities of Columbus and chairman of ALFAA, says it is an honor to see the industry recognized.

"This award will bring attention to a young organization dedicated to preserving quality of life to its residents while meeting the needs of a special and well-deserving group of people," he says.

Slager says he is pleased that during his term as chairman, the association is being recognized by an Ohioan who has meant so much to the people it serves.

Janis, a Toledo native, helped create the Golden Buckeye Card for older adults, and was instrumental in obtaining passage of legislation that mandated Ohio's seven medical schools to establish offices of geriatric medicine. He serves as chairman of the Advisory Board to the Office of Geriatrics and Gerontology at The Ohio State University Medical Center and has lent his name to the office's new Martin A. Janis Program in Aging that includes community-based education, clinical services and research.

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Contact: Sandi Latimer, University Medical Center Communications
293-3660
Award promotes ‘joys of aging’

A new award presented by the Office of Geriatrics and Gerontology at the OSU Medical Center will honor those who enrich the lives of older adults.

The first Martin A. Janis Award was presented to the Assisted Living Facilities Association of America at the 14th Summer Institute on Aging. The conference was held July 14-15 at the Ramada University Hotel.

“The award is given to an individual or organization which has made a substantial contribution to the promotion of health, wellness and the joys of aging,” said Dr. Bonnie Kantor, director of the Office of Geriatrics and Gerontology.

Martin A. Janis, namesake of the award and founder of the Ohio Department of Aging, has dedicated his life to the promotion of these concepts, Kantor said.

Headquartered in Washington, D.C., ALFCAA represents over 8,000 assisted-living homes across the country and is dedicated to helping older adults receive personalized quality care while remaining independent, ALFCAA Chairman Rick Slager said.

“The significance of this award is that the industry is being recognized, for the first time, as a viable future growth industry,” Slager said.

-Beth Ann Wolford
FITNESS FORUM AT LANE AVENUE SHOPPING MALL BEGINS THIRD SEASON WITH PROGRAM FOCUSING ON LIFE-LONG LEARNING

COLUMBUS -- Fitness Forum, free programs from the Office of Geriatrics and Gerontology at The Ohio State University Medical Center, begins its third season Sept. 15 at the Lane Avenue Shopping Center with a program to help older adults understand the importance of life-long learning and the opportunities available to them.

Michael Hoza from Ohio State’s Office of Continuing Education will explain how older adults can enroll in classes without charge through Program 60, and enhance their active lifestyle through educational experiences.

The mall opens daily for walking at 6 a.m. Registration for this program begins at 7:45 a.m., and Hoza’s presentation is at 8:30 a.m.

Fitness Forum is presented the third Thursday of the month at the Lane Avenue Shopping Center, 1581 W. Lane Ave. Programs center on health and wellness for older adults.

Co-sponsors of this program with the nationally recognized Office of Geriatrics are the shopping center and the Upper Arlington Commission on Aging.

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Contact: Sandi Latimer, University Medical Center Communications, 293-3660
Eye disease prevention focus for senior citizens

By Kelley Kurtz
Lantern staff writer

An eye seminar for older adults, sponsored by the OSU Office of Geriatrics, was held Thursday at Lane Avenue Shopping Center.

The seminar is part of the "Fitness Forum" that provides free medical information once a month to older adults.

"Our whole goal is to keep people healthy, safe and active for as long as possible," said Linda Mauger, program manager of the OSU Office of Geriatrics.

Informed people are more likely to get early health care, Mauger said. "We see that as a real link to being healthy and active."

OSU assistant professor of ophthalmology, Dr. Thomas F. Mauger, informed more than 100 concerned citizens about eye diseases.

"The eye is the most important square inch of the body," Mauger said.

By looking in the eye, diseases such as diabetes and high blood pressure can be detected, he said.

Eye diseases are most common in people more than 65. Glaucoma, however, can occur at any age but is most common after 40, Mauger said.

"Glaucoma, macular degeneration, and diabetes are the three leading causes of blindness," Mauger said.

Glaucoma is a disease of the optic nerve. It disrupts the normal flow of fluid in the eye which results in increased pressure inside the eye, Mauger said.

Mauger said that pressure can be decreased by eye drops, pills or laser treatment. He added that if the pressure is not decreased, blindness may develop.

Macular degeneration is the loss of central vision. Affected people can't read or see directly in front of them, but they do maintain peripheral vision, he said.

"Macular degeneration is the most common cause of blindness in people over 65," Mauger said.

Another common eye disease is cataracts, which are the clouding of the eye's normally clear lenses.

"Cataracts are the No. 1 cause of correctable blindness in the world," Mauger said.

Cataracts are a normal part of aging. After the age of 60, everyone has a normal protein change in the eye. Mauger said treatment includes an ultrasonic probe to break up the cataract and implanting a new plastic lens to restore focus.

Mary Antonelli, who attended the seminar, said she has been treated at the OSU medical center since the mid-1960s.

"I've always had excellent treatment," she said. "I feel they have saved my eyesight."

Another participant, Jane Reamer, said she enjoys the lectures and reading material of the "Fitness Forum." She has attended lectures on depression, arthritis, cancer and the heart.

"It's a nice setting and it's convenient for people," Reamer said. "I think it is very much appreciated."

For more information on future fitness forums, which are held the third Thursday of each month, contact the OSU Office of Geriatrics.
CAUSES AND TREATMENT OF PAIN TO BE DISCUSSED AT FITNESS FORUM

What causes pain and how to treat it will be discussed at the Feb. 16 Fitness Forum, a free program of health information for older adults held at the Lane Avenue Shopping Center.

Two physicians from The Ohio State University Medical Center will talk about today’s therapy and pain management approaches to help older adults live active lives. Presenting the program will be Dr. John S. McDonald, chair of the Department of Anesthesiology, and Dr. P. Rao Lingam, co-director of the Center for Pain Control.

Registration for Fitness Forum begins at 7:45 a.m. and the program at 8:30 a.m. A continental breakfast is served prior to the program.

Fitness Forum is presented by the Office of Geriatrics and Gerontology at the University Medical Center, Lane Avenue Shopping Center and the Upper Arlington Commission on Aging. The program is offered the third Thursday of every month in the Food Court area of the shopping center, 1585 W. Lane Ave.

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Contact: Sandi Latimer, University Hospitals Communications, (614) 293-3660
Ice truck at OSU helps older patients

By Amy M. Hannah
Lantern staff writer

A Brutus doll sits atop a re-creation of an ice truck from the early 1900s, created by the Office of Geriatrics and Gerontology to help older adults endure their hospital stays.

It helps to divert patients' attention from their illnesses by making their time in the hospital more bearable, said Erin Beisler, program assistant for Volunteer Services at the Ohio State Medical Center.

It also gives visitors, who feel uncomfortable in hospitals and don't know what to say, something to talk about, Beisler said.

The ice truck, called the Caremobile, is a type of lending library carrying large-piece puzzles, magazines and low-vision and Braille playing cards, all to stimulate older adults, Beisler said.

Volunteer Services began work this quarter with 20 members of Alpha Epsilon Delta, the pre-med fraternity, to provide the service during visiting hours Monday through Thursday from 6:30 to 8:30 p.m.

This program is also helpful for the volunteers, said Mary Merriman, director of Volunteer Services.

"They enjoy being with each other," Merriman said. "They get contact with patients and staff. That's what they want; they don't want to come here and do paper work."

David Williamson, a senior from Austintown, said he got involved to help his communication skills with patients.

"It's an opportunity to brighten their day, help them forget about their problems and to relax a little bit," he said.

Volunteering helps students become familiar with the hospital, said Chris Harmon, assistant director of Volunteer Services.

"Sometimes students learn their perceptions of the hospital and potential career are not the reality and they make adjustments to their course of study," Harmon said.
OSU MEDICAL CENTER WINS A NATIONAL VIDEO AWARD

COLUMBUS, Ohio -- The Ohio State University Medical Center’s Office of Geriatrics and Gerontology received a gold award at the fifth annual National Mature Media Awards Program. OSU Medical Center received the award for the production of the “I Was Young, Now I’m Wonderful” video. The awards program, presented by the Mature Market Resource Center, recognizes the nation’s finest advertising, marketing and educational materials designed and produced for older adults.

“We were delighted to take part in the Mature Media Awards Program this year and we are honored to be selected as a winner,” says Linda Mauger, program manager of the office of geriatrics and gerontology.

More than 1,000 entries were judged by a panel of experts from across the United States. Entries were judged on excellence of design, content, creativity and relevance to the senior market.

This video was funded by a grant from the Battelle Endowment for Technology and Human Affairs and is in collaboration with the OSU Department Theatre and WOSU-TV. The video spotlights older adults’ aging experiences and life choices, and emphasizes the impact of an aging population on our evolving health care system.

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Contact: Kirsten Kluge, Medical Center Communications, 293-3737.
March 17, 1998

ADDITION TO OSU CURRICULUM EMPHASIZES AGING STUDIES

COLUMBUS, Ohio -- A significant addition to the curriculum at The Ohio State University will provide graduate students in diverse fields with an opportunity to expand their knowledge of an aging population and the issues affecting the care of older adults.

A curriculum for graduate students that will earn them the designation "specialization in aging" will help those future professionals understand how the aging population will impact their respective fields and society in general, according to Dr. Bonnie Kantor, director of the office of geriatrics and gerontology at Ohio State.

Projections indicate that by the year 2030, adults over the age of 65 will comprise 21 percent of the population, according to Kantor. Presently, 12 percent of the population is over the age of 65.

"No demographic trend is more important or more fundamental than the changing age structure of our society," said Kantor. "By preparing students to meet the unique needs of older adults, the future generations of seniors will be better able to lead quality, independent lifestyles for as long as possible."

The offering of a specialization in aging by Ohio State will provide students the -more-
opportunity to gain specific expertise in the care of older adults through both required and elective course work. The core curriculum will focus on the basic components of gerontology. Students will have the option to pursue either a research agenda or a clinically-oriented curriculum.

The courses leading to a specialization are open to graduate students in any field. A minimum of 21 hours are required for the specialization in aging and students have the option of choosing from among nearly 100 courses. Upon successful completion of the course work, the specialization will be noted on the student’s transcript.

Kantor said knowing and understanding the concerns and issues confronting older adults is not only essential for those involved in the health care specialties but it’s becoming equally important for professionals in other fields as well.

“As the number of people over the age of 65 continues to grow, so will the influence of this group on everyone from the engineers who design homes and buildings to people in charge of public policy who will need to know how to allocate resources to better serve an aging society,” said Kantor.

“A goal of the program is to improve the quality and availability of services for Ohio’s older citizens and to do this in a cost-effective manner,” she added.

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Contact: David Crawford, Medical Center Communications, 614-293-3737, or crawford.1@osu.edu
SEMINAR TO FOCUS ON ISSUES FOR AGING ADULTS

COLUMBUS, Ohio -- The Ohio State University Medical Center’s Office of Geriatrics and Gerontology will co-sponsor a health and safety fair on October 7, featuring health, fitness and safety education for older adults.

The health and safety fair will be held from 9 a.m. to 1 p.m. at the Second & Summit Senior Center, 95 East Second Avenue. A continental breakfast and lunch will be served for a nominal fee. Flu vaccines will be available for $10, from 9 a.m. until noon.

Informational health workshops will be presented throughout the event, with topics ranging from nutrition, driving and aging successfully, Medicare/Medicaid update, fraud and consumer safety to fitness tips. Participants will also enjoy musical entertainment and a bake sale. Numerous exhibitors will be available to provide information about community services and programs for older adults.

For more information about the “Reach For Your Summit” event, call (614) 645-3106.

Additional co-sponsors of the event include the Good Shepherd Community Care Center, LifeCare Alliance, and Second & Summit Senior Center of Columbus Recreation and Parks.

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Contact: Betsy Samuels, Medical Center Communications, (614) 293-3737, or samuels.9@osu.edu
In addition, the information received from Toledo residents will be added to a database the OSU Medical Center is currently developing.

"It is our goal to aid older people who desire to maintain their independence," says Mauger. "In some cases it can be as simple as adjusting medication, eyeglass prescriptions or recommending physical or occupational therapy."

For more information on the Older Driver Evaluation Program at The Ohio University Medical Center call the office of geriatrics and gerontology at (614) 293-3377. For information on the Toledo Hospital program call (419) 824-1968.

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Contact: Heather Jacobson, University Medical Center Communications, at (614) 293-3737.
MEDIA ADVISORY

Oct. 22, 2001

MEDICAL STUDENTS TO HELP OLDER ADULTS WITH FALL CHORES

Medical students from The Ohio State University College of Medicine and Public Health will assist older residents in the Columbus area on Saturday (10/27) with fall cleaning chores as part of a program to familiarize the students with the needs faced daily by older adults.

In return for the free labor, the older adults will share their thoughts with the students about how physicians and other medical providers can better serve the aging population.

Reporters are welcome to interview students or homeowners as the chores are performed.

From 10 a.m. and noon students will be working at 1858 Chatfield Rd. in Upper Arlington.

Chores range from washing windows to raking leaves and cleaning garages.

This is the sixth year the students have provided free labor to residents as part of the Student/Older Adult Community Outreach Program sponsored by the office of geriatrics and gerontology at Ohio State. This year, approximately 25 students will perform work at 20 homes. Later, the homeowners will join the medical students for lunch to further discuss healthcare issues and how they relate to older adults.

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Contact: David Crawford, Medical Center Communications, 614-293-3737, or crawford.1@osu.edu