With a new year almost upon us, it’s an opportune time to reflect on current and future directions. As described in previous newsletters, activities comprising the NCF-GWEP continue unabated. To date, all of the goals set forth in our original application have been met and are well on their way to sustainability once funding ends next year. Although there has been no official announcement of another GWEP funding cycle, we remain optimistic and are preparing to submit an application once officially announced. For this proposal, four projects have been identified, three of which share the common themes of community engagement, staff empowerment and integration of informal caregivers into the care equation.

As regards to applications for extramural funding, a letter of interest was recently submitted to the Canadian Center for Brain Health and Innovation as part of a “Clinician-Researcher” initiative. If accepted, a formal application will follow that seeks to apply newly developed quality measures for nursing home physicians within 8 senior care organizations in Canada and the United States. Dr. Alexandra Nowakowski continues to work diligently on an NIH R21 application that focuses on the unique aspects of caring for older couples while I prepare to submit a grant proposal through the Centers for Medicare and Medicaid Services in January of 2018. Dr. Antonio Terracciano has also recently submitted an NIH R21 exploring the link between uric acid and behavioral disorders in patients with dementia.

Department faculty continue to publish in high impact journals and participate through formal presentations and posters at national meetings. Currently, we have 21 articles in press with several in the preparation stage. Finally, in January 2018 I will be assuming the position of Senior Associate Editor for the Journal of the American Medical Directors Association (JAMDA).

The new year is indeed looking bright! Happy holidays and good health to all our readers!
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The Department of Geriatrics is pleased to welcome new faculty member Dr. Mridul Mazumder. Dr. Mazumder will be serving as the Geriatrics Clerkship Director for the Tallahassee Regional Campus. In this role, Dr. Mazumder will coordinate fourth-year medical student geriatric rotations in several locations in the greater Tallahassee area. Assuring that all of the students’ educational goals within the clerkship are met will be one of Dr. Mazumder’s primary aims. He will also serve as a liaison to the regional campus faculty participating in the geriatric clerkship.

Dr. Mazumder joins the College from Tallahassee Memorial Healthcare, where he worked as a psychiatrist in the Behavioral Health unit. He received his medical degree from the University of Arkansas for Medical Sciences. He has prior experience in medical student education from the University of South Carolina School of Medicine, where he lectured and supervised third-year medical students on psychiatry rotations as an Associate Clinical Professor. Dr. Mazumder has research experience in coronary angioplasty, lung airflow pattern modeling, and cerebral lithium uptake where he utilized both his medical interests and undergraduate degree in Electrical Engineering.

With the arrival of Dr. Mazumder, the department hopes to develop a geriatric psychiatry consultation service in the Tallahassee area. Welcome Dr. Mazumder!

The 7th annual Health Law Conference will be held January 22, 2018 at the FSU Alumni Center. This year’s program will sensitize participants to opportunities in clinical practice for collaborating with attorneys to plan and resolve actual and potential problems confronted by their patients, especially older adults.

Offering 6 AMA PRA credits, the conference is designed for physicians, attorneys, nurses, social workers, psychologists, and community members with an interest in the delivery of medical and legal services to patients/clients, health policy, legal medicine, health care ethics, and public health in Florida. Click here for more information and to register.

FSU’s Claude Pepper Center recently opened a new art exhibition titled “The Age of Experience: We Tell Better Stories”. Amy Fleming, an adjunct professor in Printmaking in the College of Fine Arts, worked with older adults at the Tallahassee Senior Center to develop a series of portraits. Her goal is to help change the way that aging and ageism is discussed. The Claude Pepper Center is located on FSU’s campus at 636 W. Call Street. Free to the public, the exhibition runs through January 19th. For more information on this exhibition and her other work, visit www.amyflemingstudio.com. Information on the Claude Pepper Center can be found at www.claudepeppercenter.fsu.edu.
Announcements

Summer Research Opportunities

Engaging in research provides the opportunity to move to a new level of learning, discover new findings, and work with a team with similar interests. For medical students, it can also help develop and refine scientific and clinical interests.

The Department of Geriatrics participates in both summer research opportunities: The Charles R. Mathews Scholarships in Education and Research and the Division of Research’s Summer Research Fellowships. Department faculty mentor first-year medical students on research projects that focus on the older adult, whether it be educational, community-based, or exploratory.

Due dates for proposals for both funding mechanisms is 5 pm on Monday, February 26, 2018. See each program’s focus and requirements below.

**Charles Mathews Summer Research Scholarship**
- Focus: Projects must relate to the field of aging or involve community projects with a focus on aging populations.
- Two $3,000 scholarships available.
- Applicants must be first-year medical students.
- Students must work with at least one full-time faculty mentor from the Department of Geriatrics.
- Interdisciplinary projects are allowed if a first-year medical student partners with another student from exercise physiology, nutrition, social work, music therapy, nursing, or law.

**Division of Research Summer Research Fellowships**
- Focus: Projects should develop and refine the scientific and clinical interests of the applying medical student.
- A limited number of $4,000 fellowships available.
- Applicants must be medical students.
- Students must work with at least one full-time faculty mentor from the FSU College of Medicine.
- Only one student per one research project will be considered for funding. Exceptions for research conducted outside of the FSU College of Medicine may be considered.

14th Annual College of Medicine Research Fair

The 14th Annual Research fair is quickly approaching. In February, researchers of all types come to discuss their studies and share their results. This year, the department’s Division of Research and Charles R. Mathews funded, first-year medical students will be displaying their work on their summer research projects. This includes, Derek Schwabe-Warf on his work with Dr. Terracciano’s study regarding uric acid levels and agitated behaviors in adults with dementia. Dr. Katz worked with Michael Penfold on a student-developed topic of statin use in adults 76 years and older. Mentors Ms. Karen Myers (Family Medicine and Rural Health) and Dr. Agens worked with Ellen Ann Sockman and Tarvis Peacock to identify the relationship between food deserts and preventative screening assessments. We hope you stop by the research fair and checkout everyone’s posters.
Announcements

3rd Annual Discovery on Parade

The 3rd annual “Discovery on Parade” will be held March 1, 2018 at Florida State’s Turnbull Conference Center. This community event is a combined effort between FSU, FAMU and TCC to showcase research and commercialization in all of Tallahassee’s institutions of higher education. Attracting more than 500 business, government and community members, it provides a unique preview of new and exciting inventions, discoveries, and innovations.

“Discovery on Parade” not only displays research efforts but has enabled many faculty and staff to gain interest from community members that developed into mentoring and investment support. Each individual or team of exhibitors are provided a table to display posters, provide demonstrations, and talk about their research.

For more information or to register as an exhibitor, please visit http://www.discoveryonparade.com/. Exhibitors must register on or before January 15, 2017.

33rd Annual Alzheimer’s Disease Education & Training Conference

Save the date for the 33rd Annual Alzheimer’s Disease Education and Training Conference, happening Saturday, February 10th from 8 am until 3 pm at the FSU College of Medicine. This event is organized by Tallahassee’s own Alzheimer’s Project. Topics will include music therapy, updates on Alzheimer’s research, local resource access, and more. The event will also feature keynote speaker Nancy Kriseman, speaking on “The Mindful Caregiver.”

Registration is required and CEs will be available for $25. Free on-site respite care as well as continental breakfast and lunch will be available. For more information, please contact Stephanie Pollack at stephanie@alzheimersproject.org or (850) 386-2778.

Multi-College Faculty Research Networking Opportunity

On February 23, 2018 faculty across FSU will have the opportunity to meet and share research interests around underserved populations at the Multi-College Faculty Research Networking Event. This event is sponsored by the College of Education’s Office of Research and the FSU Office of Proposal Development.

Faculty will have the opportunity to share research interests, establish partnerships, and identify possible collaborative funding opportunities. The focus of this event will include research interests related to educational, health- and justice-centered challenges for underserved populations.

The event will be held in the Student Services Building, Room 203. More information and a link to register can be found here. Space is limited so register soon!
It gives me great pleasure to announce Professor Marshall Kapp’s appointment to emeritus status at the FSU College of Medicine. Since his arrival at Florida State in 2010 as the Founding Director of the Center for Innovative Collaboration in Medicine and Law, Professor Kapp, JD, has distinguished both himself and the University. His exemplary scholarship, coupled with the establishment of a novel program integrating both medical and law school education, have cemented his reputation as a leading educator and scholar in the field.

Professor Kapp has been a major force, both locally and nationally, in advancing the concept of person centered care. He has written extensively on the full range of ethical issues impacting older adults including patient autonomy, decisional capacity, patient rights and advance directives. His reviews of system related topics such as those focusing on physician and nursing home liability, regulator constraints, consumer choice and health transitions have served as guideposts for clinicians and policy makers alike. Professor Kapp has advanced our understanding of the complicated interplay between medicine and the law in the elderly and its impact on decision making and ultimately quality of life. His Center for Innovative Collaboration in Medicine and Law has been at the forefront of new approaches to interdisciplinary training, thus broadening perspectives of a new generation of physicians and lawyers.

Professor Kapp’s scholarly productivity has been nothing short of amazing. He has written or edited 26 books as well as authored 115 book chapters and monographs and over 230 peer reviewed articles. He has served on numerous national boards and review committees, and has served as the editor of the leading journals in his field. Professor Kapp is also the recipient of numerous prestigious awards including the Florida State University College of Medicine Shining Star of Educational Innovation, The American College of Legal Medicine Gold Medal Award, and the Donald P. Kent Award from the Gerontological Society of America for exemplifying “the highest standards for professional leadership in gerontology through teaching, service, and interpretation of gerontology to the larger society.”

Professor Kapp is not only an exemplary scholar but has also been lauded as a superb teacher and mentor by both his peers and students alike. I personally have had the pleasure of working with Professor Kapp for over two decades and can attest firsthand to how acutely he will be missed here at the College of Medicine. The Department of Geriatrics wishes him all the best as he transitions into retirement and his appointment as emeritus professor.

Sincerely,

Paul Katz, MD
Professor and Chair, Geriatrics

“Inside patient-centered care occurs when patients and doctors negotiate medical decisions based on three factors: hard evidence, the physician’s judgment and the patient’s values.”

-Professor Marshall Kapp

In the Spotlight

Marshall Kapp, Scholar and Educator of Medicine and Law, Appointed Professor Emeritus

“The best patient-centered care occurs when patients and doctors negotiate medical decisions based on three factors: hard evidence, the physician’s judgment and the patient’s values.”

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In the Spotlight

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“The best patient-centered care occurs when patients and doctors negotiate medical decisions based on three factors: hard evidence, the physician’s judgment and the patient’s values.”

-Professor Marshall Kapp
New Projects and Collaborations

Florida’s Geriatrics Workforce Enhancement Programs Join Forces

FSU’s North and Central Florida GWEP has partnered with the University of South Florida’s GWEP to expand the dissemination of presentations to older adults in continuing care retirement communities. Fourth-year medical students on their geriatrics clerkship present evidence-based health topics that are of interest to the sites’ residents. With this partnership, USF’s nursing students will play the role that our medical students play and help disseminate this information to retirement communities in Tampa.

One aim of this activity is to inform and empower older adults to better manage their own health. Student presenters have enjoyed this activity over the last two years. It provides them valuable experience discussing health information with older adults. We expect that USF’s nursing students and older adult residents will enjoy this activity as much as we have.

For any NCF-GWEP related questions, please contact Nicolette.Castagna@med.fsu.edu.

Advancing Achievements of the Geriatric Workforce Enhancement Program

As we move into the New Year, the department is preparing for the next round of funding for the Health Resources and Services Administration’s three-year Geriatrics Workforce Enhancement Program (GWEP). The purpose of this funding opportunity is to develop a healthcare workforce that maximizes patient and family engagement and improves health outcomes for older adults.

Building upon the achievements and network of our current GWEP grant, this new proposal will also include all levels of the geriatrics workforce, including COM faculty and students; community leaders; family caregivers; and administrators, healthcare professionals, staff, and residents from various agencies and facilities across Florida. Many of the projects will also require some organizational or culture change in order to successfully facilitate the proposed interventions. This will allow for sustained practice of grant activities after the funding cycle.

For those who have helped with the success of the current GWEP grant and for those who have begun planning for the next, we thank you. Your dedication to serving older adults and caregivers in Florida is invaluable.
Personality and Alzheimer’s Disease

Changes in behavior and personality can be indicators of dementia, but Drs. Terracciano and Sutin, along with colleagues from the National Institute on Aging, set out to determine if these changes occur before dementia’s onset. They analyzed data from the Baltimore Longitudinal Study of Aging, a project that spanned 36 years and included personality and clinical assessments from 2,046 older adults. Unique to this study was the availability of personality assessments of individuals who began the study with no cognitive impairment, and developed it later. “About 18% of the sample developed mild cognitive impairment (MCI) or dementia,” Terracciano said. “The study compared whether personality change in people who later developed dementia differed from those who remained cognitively normal.”

Their findings, published in the September issue of *JAMA Psychiatry*, found no evidence to support the idea that personality changes begin before clinical onset was identified. “The trajectory of personality traits and facets for individuals who were later diagnosed with MCI or dementia did not differ significantly from that of non-impaired older adults,” Terracciano said. “We further found that personality remained stable even within the last few years before the onset of MCI.” These results provide evidence against the hypothesis that personality change is a cause of dementia and strengthens evidence for personality traits as a risk factor for dementia.

11th Annual Intergenerational Picnic

For over 10 years, the Department of Geriatrics and the student Geriatric Interest Group (GIG) have hosted the annual Intergenerational Picnic. Originating with a Donald W. Reynolds educational grant, this activity’s aim is to expand upon the Senior Mentors Program by providing first- and second-year medical students with the opportunity to interact with their senior mentors outside their homes as well as other older adults living in our community. This year’s event was held at the FSU Reservation in October and included over 150 faculty, staff, students, and older adults. Everyone enjoyed a barbecue dinner, games, and prizes.

FMDA’s 26th Annual Conference

The Florida Society for Post-Acute and Long-Term Care Medicine’s 26th Annual Conference was held this year in Lake Buena Vista, Fl, October 12-15. Drs. Niharika Suchak, Ken Brummel-Smith, and Paul Katz and Professor Marshall Kapp all represented the Department of Geriatrics, presenting on several topics that spoke to this year’s theme of Best Care Practices in the Post-Acute and Long-Term Care Continuum.

Dr. Suchak, also representing the Florida Geriatrics Society, presented an overview of POLST, or Physician Orders for Life Sustaining Treatment, during FMDA’s Quality Advocacy Coalition Strategic Forum on the impact of end-of-life care and advance directives on hospital re-admissions. Professor Kapp and Drs. Brummel-Smith and Suchak partnered to present on End-of-Life Discussions, Decisions, and Care. Dr. Suchak also provided a Geriatrics Literature Update during the conference.
Deck the Halls

Martinis, great food, a $500 cash giveaway, a silent auction, and great company – what else could you ask for to start off the holiday season? On December 1, the Tallahassee Senior Center Foundation held its annual premiere fundraiser. Sponsors across Tallahassee raised funds to enhance the lives of the thousands of older adults living in Tallahassee and Leon County. These funds support the more than 180 Tallahassee Senior Center activities each month, which provide opportunities for socialization and recreation that some may not receive otherwise.

Whether you are a researcher, student, or community member and want to get involved with the Tallahassee Senior Center, call 891-4005 to get more information on volunteer opportunities and member benefits.

Alzheimer’s Project: Forget-Me-Not Walk

On November 5, supporters of the Alzheimer’s Project came together to raise funds to support the services of this local non-profit. Alzheimer’s Project is dedicated to providing relief to the caregivers of persons suffering from Alzheimer’s disease and other memory impairments. All caregiver services are provided free of charge.

Supporters of the Forget-Me-Not Walk can create teams to help raise funds. The FSU College of Medicine, through the support of the Geriatrics Interest Group and others, formed such a team in order to support Alzheimer’s services in our community. This year, the Alzheimer’s Project raised over $86,000 to keep caregivers healthier, to prolong the abilities of caregivers, and to delay institutionalization of Alzheimer’s patients.
Resource Highlights

Canva: Empowering the World to Design

Need to develop a flyer or advertisement but have no design experience? Boasting a 23-second learning curve, Canva is a new web-based design program that can be used to create everything from flyers and invitations, to social media banners and business cards. This beginner friendly site is loaded with hundreds of pre-designed layouts, stock photos, vectors, illustrations, fonts, and icons free and ready-to-use, making any amateur into a graphic designer.

Canva uses a drag-and-drop feature that makes it very easy to maneuver a design and make any layout into your own. The website also offers design tutorials on branding, font and image selection, using shapes and icons, and more. Once a design is complete, it can be exported as a PDF or JPEG. With a Canva account, you can save all of your designs to use or edit at any time. Canva is a great resource to create professional looking designs quickly and easily, and without any professional experience!

Publications and Presentations

Faculty Publications

**Alexandra Nowakowski, PhD**


**Antonio Terracciano, PhD**


**Antonio Terracciano, PhD Con’t**


*English Astor by Nancy Maudlin*
Faculty Special Mentions

Ken Brummel-Smith, MD

Lisa Granville, MD
Named in 2017-2018 Best Doctors in America

Marshall Kapp, JD, MPH

Faculty Presentations

Ken Brummel-Smith, MD
Brummel-Smith K. “Evidence-Based Medicine and Medical Cannabis” at the American Association of Medical Marijuana Physicians annual meeting in Orlando, FL, October 6, 2017.

Lisa Granville, MD

Marshall Kapp, JD, MPH

Alexandra Nowakowski, PhD

Lisa Granville, MD
Named in 2017-2018 Best Doctors in America

Marshall Kapp, JD, MPH

Alexandra Nowakowski, PhD
Nowakowski ACH. “The Strange Case of Baby X: How Genetic Counseling Can Transform Cystic Fibrosis Care” at Genetic Counseling Case Studies course for MS degree candidates, University of South Florida, Tampa, FL, November 15, 2017.

Alice Pomidor, MD
Pomidor A. “Physical Activity in Older Adults,” Senior Savvy Presentations at Capital Health Plan, Tallahassee, FL, December 1, 2017.

Niharika Suchak, MD

Antonio Terracciano, PhD