



INSTITUTE FOR ENGAGED AGING

NEWSLETTER

ISSUE NO. 1
Spring, 2024, Vol. 3



Mobile Health Resource Fair at The Preserve (Greenville)



RESEARCH

Our dedicated staff takes pride in providing valuable insights on brain health, physical fitness, mobility and well-being.



OUTREACH ACTIVITIES

Learn how the Institute for Engaged Aging is dedicated to working with our communities.



EDUCATION

We are committed to generating knowledge that benefits individuals and communities.

Inside this issue

- 1 MOBILE HEALTH RESOURCE FAIR**, stay informed about our latest community engagement events and keep up to date with our upcoming activities.
- 2 5 TIPS TO HELP YOU STAY MOTIVATED TO EXERCISE**, discover how to optimize your health and unlock your full potential!
- 3 RESEARCH STUDY UPDATES**, learn about our work in current studies.



Dr. Lesley A. Ross
Director of the Clemson
Institute for Engaged Aging

Looking toward the future, the IEA has developed four core focus areas: *brain, mobility, health, and technology*. These overarching categories capture the trends we are seeing in our modern world. Our work in these areas will provide essential pathways to well-being across the lifespan through better programs and interventions, more advanced technological tools, and more supportive systems and environments. Outreach activities, educational opportunities, and research studies spearheaded by the IEA and our partners will keep these vital domains at the forefront.

Our work is not possible without you. To learn more on how you can get involved in our studies, or how you can support the work at the IEA, please see pages 3, 8, 9 and 11.

Thank you for your support!

We are committed to **ENHANCING SUCCESSFUL AGING**

The Institute for Engaged Aging (IEA) develops and disseminates best practices for engaged aging through research, education, and community outreach. Institute initiatives focus on brain, mobility, and technology, enabling older adults to engage in family and community living activities regardless of their social, economic, or health status.

Research, educational programs, and community outreach generated through the IEA, and its partnerships with Clemson faculty and regional organizations, are critical in meeting the needs of a diverse older adult population.

College of Behavioral, Social and Health Sciences **HONORS FACULTY AND STAFF EXCELLENCE DURING ANNUAL AWARDS PRESENTATION**



Faculty and staff in the College of Behavioral, Social and Health Sciences (CBSHS) were honored for their excellence in research, teaching and service during the College's Spring Faculty and Staff Meeting on May 7.

"CBSHS faculty and staff are advancing our mission to build people and communities through their incredible contributions to research, high-quality teaching and commitment to transforming lives throughout South Carolina and beyond," said Leslie Hossfeld, CBSHS dean. "It is an honor to gather together each year to celebrate their hard work and achievements."

[Click here](#) to read more.



Congratulations to our Director, **Dr. Lesley Ross** for receiving the **Excellence in Research Senior Scholar Award**

Join a focus group to

HELP FIND APPROACHES THAT WORK FOR YOUR FAMILY

What is this focus group about?

This focus group was created to better understand communication among black families on topics of memory loss.

We aim to gather perspectives on individual and family concerns about potentially developing dementia and develop helpful resources that would encourage family discussions regarding future care planning.

What is involved?

Participants will have a discussion, prompted by open ended questions, about family communication on memory loss.

Who can participate?

Black American families (limit of 5-6 members) who can tell us about their life narrative in terms of planning or care if one of them should have memory loss. Important: All participating family members must be 18 years or older.

Why should I participate?

You could be a part of:

- **Diversifying participant groups to help our community.**
- **Monitoring your health and learning about your risks.**
- **Discussing care preferences for your family should Alzheimer's and related dementia occur.**



Contact:
Lena Simon
404-454-4779
lgsimon@clermson.edu



Little John Community Center
644 Old Greenville Hwy,
Clemson, SC
29631



Scan the QR Code below to fill out our interest form



You could receive a total of **\$75 in a VISA gift card**

Completion of pre-survey receive a **\$15 VISA gift card.**

Completion of focus groups receive a **\$30 VISA gift card.**

Completion of post survey receive a **\$15 VISA gift card.**

Completion of follow up receive a **\$15 VISA gift card.**

Completion of all activities receive a **total of \$75 VISA gift card.**



COMMUNITY OUTREACH ACTIVITIES

PREVIOUS EVENTS

February 26th, Make and Take at Serenity Place. We had the opportunity to interact with the residents and share information related to improving health.

February 29th, Vendor Luncheon
We connected the IEA with vendors and community leaders and brainstormed ways to support service providers in the Upstate area.

April 16th and May 28th, Health Bingo at Serenity Place. We had a great time playing Bingo with the Serenity community while also sharing health information.

April 29th and 30th, Mobile Health Resource Fair at The Preserve.
We provided helpful information to approximately 80 residents in a familiar and comfortable setting.

May 31st, Bingo at The Manor. We enjoyed a fun Friday evening playing Bingo with The Manor community. We also had the opportunity to share important health information with the attendees.

UPCOMING EVENTS

JUN 20 Mobile Health Resource Fair at The Manor @ 10:00 am. Greenville, SC.

JUL 10 Health Bingo at Blue Ridge Community Center @ 1 pm. Seneca, SC.

Why is the IEA committed to engaging older adults?

For the IEA, fostering social engagement, boosting health knowledge, and building strong connections between older communities and service/resource providers is crucial.

Through our different events and activities, we are committed to facilitating access to information and services available in the community that individuals may not be aware of. Engaging older adults is also pivotal for the IEA in fostering community and promoting active engagement.



Upstate Senior Community Events

The Institute for Engaged Aging is thrilled to participate in other Senior Community Events around the Upstate. Don't miss the opportunity to learn about preventive care, IEA & ADRC information, current research opportunities, and ask questions about healthy aging. Visit us at the upcoming events:

JULY 17 9TH ANNUAL - GOLDEN YEARS JAMBOREE
9:00 – Noon @ Civic Center of Anderson
Dr. Mac Arnold & Plate Full of Blues, door prizes, and more.

AUG 16 UPSTATE SENIOR WELLNESS
10:00 AM – 2 PM @ Greenville Convention Center
Live entertainment, raffles, giveaways, games, education and a wide variety of senior resources.



@Clemson Institute for Engaged Aging

Mobile Health Resource Fair

BUILDING A STRONG AND HEALTHY AGING COMMUNITY

On April 29th and 30th, around 80 residents of The Preserve at Logan Park (Greenville) actively participated in a community engagement event. The SC Alzheimer's Disease Research Center development team, in collaboration with faculty members of the Engaged Resource Alliance and Clemson's Institute for Engaged Aging, organized the Mobile Resource Health Fair. This event was designed to promote social inclusion, raise awareness on topics of particular concern, and provide helpful information to older adults in a comfortable setting.



Organizers, volunteers, and vendors arrived at The Preserve at Logan Park, focused on providing the residents with information, assistance, and dialogue.

Throughout both days, they listened to the needs of the residents, provided screening services, and reaffirmed the empowerment of older adults to follow up on their "all-around"



well-being. The Mobile Resource Health Fair featured various activities, including presentations, games, a raffle, and free lunches, which the residents thoroughly enjoyed.

Presentations at the Mobile Health Resource Fair allowed participants to delve deeper into critical issues. The dedicated spaces for each presentation created an ideal setting for direct and robust dialogues between experts and the attendees.

The presence of vendors such as AARP Upstate, Bon Secours LifeWise Program, Memory Health Prisma, and Caring Hearts and Homecare at the fair was crucial to its success. Vendors were committed to ensuring all attendees received high-quality and practical information.

As the day drew to a close, organizers bid farewell to all residents, promising to return soon. The event was a resounding success and a testament to the organizers' unwavering dedication to making a difference in the lives of older adults. The two-day event not only brought joy and happiness to the residents but also

strengthened the bonds between the vendors, volunteers, and organizers, inspiring them to persist in organizing similar initiatives.

Finally, it was also a reminder that small acts of kindness could go a long way in building a strong and healthy aging community.

In the words of Dr. Alyssa Gamaldo, "This event is a creative way to make adults step out of their homes and engage with each other, student-volunteers, and other community providers."



5 Tips to Help You Stay Motivated to Exercise

Physical activity is a great way to boost your health and your mood. As you age, staying active can also help you continue doing the things you enjoy. Learn ways to make exercise fun and stay motivated.

There are many ways to fit physical activity into your regular day, even while you are at work! Look for easy ways to add physical activity to your regular schedule:

- Take the stairs instead of the elevator.
- Take a walk with co-workers during your lunch break. An exercise buddy can help you stick with your plan to be more active!
- Walk down the hall and talk with a co-worker instead of sending an e-mail.
- Park a little farther away from your office and enjoy the walk.
- Join your company's fitness center if there is one.

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as age.

Quick tip: Rewards for being active

Don't forget to build rewards into your plan. Write down something you will do for yourself when goals are achieved. **Treat yourself to something special: a movie, a trip to the museum, a new audiobook, or a massage. Celebrate your successes!**

Make exercise a priority with the following tips:



1. Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.



2. Do activities you enjoy to make it more fun! Be creative and try something new.



3. Make it social. You can find an “exercise buddy” to help and encourage you to keep going and provide emotional support.



4. If there is a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.



5. Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals.

To learn more, [click here](#).

Graphics designed by Freepik

Let's play, word search!

Theme: Health and fitness

Words list:

WALKING
SHAPE
HEALTHY
GYM
BONES
YOGA
FITNESS
LIVE LONGER
FEEL GOOD
HYDRATION
EXERCISE
BALANCE
STRETCHING
BLOOD PRESSURE
STRENGTH
NUTRITION
MUSCLES
HEART
EAT LESS
WORKOUT

Physical activity has many health benefits, such as reducing falls, maintaining mobility and independence, and promoting heart health. It reduces the risk of depression, diabetes, high blood pressure, and stroke — health conditions that can contribute to age-related cognitive decline. Being physically active, and making healthy dietary choices, will help reduce your risk of many chronic health conditions and may help reduce your risk of dementia.



Play this puzzle online at : <https://thewordsearch.com/puzzle/396203/>

Have you challenged your mind recently?

To keep your mind active, it is important to participate in activities that expose your brain to new topics, high-level reading materials, games with strategy, adopting a new hobby, or learning a skill. Selecting activities you enjoy will increase the likelihood that you will continue to participate in them over time.

Challenging your mind may have short- and long-term benefits for your brain. Remember to embrace curiosity! Engage your brain to work and do something new for you. Take charge of your brain health today — it's never too early or too late to start.

Preventing Alzheimer's with Cognitive Training



What is PACT study?

The National Institute of Health's, National Institute on Aging, awarded a grant of \$44.3 million over five years for the Preventing Alzheimer's with Cognitive Training (PACT) study. **Clemson University** was chosen as one of six sites across the US to conduct this study, which is the largest primary prevention trial to date designed to test the effectiveness of computer-based training to protect against mild cognitive impairment (MCI) and dementias.

IEA, PACT study progress

As we move closer to the culmination of our third year of active participation in the PACT study, it's time to gear up for the final in-person visits that are scheduled to start early this Fall 2024.

We are proud to announce that Clemson has enrolled over 1000 participants in the PACT Study. We are very grateful for these volunteers and their willingness to join in our fight against Alzheimer's Disease. As we enter the third year of the study, the retention rate of participants stands at over 91%, indicating a high level of continued engagement.

By the numbers

1000 PARTICIPANTS | **3rd** PHASE | **91%** STILL ACTIVE

We are involved in so many more studies!

Please consider getting involved by participating in research studies with us.

Scan the QR code or visit our website to find more information:

www.clemson.edu/centers-institutes/aging/



VOLUNTEERS NEED FOR THE PACT RESEARCH STUDY TO SEE IF COMPUTERIZED TRAINING EXERCISES REDUCE RISK OF ALZHEIMER'S DISEASE.

Study participation takes about three years and includes 3 study visits of up to 2 hours each. You will also complete 45 hours of computerized training exercises.

You may qualify if you:

- Are 65 years of age or older.
- Do not have any neurological disorders.
- Have not had a stroke or brain injury.
- Do not have mild cognitive impairment or dementia such as Alzheimer's disease.

Please contact the PACT study location nearest you for more information.

Compensation available!

864-916-6220
Seneca/Greenville

For more information about PACT study, please visit:

www.PACTstudy.org

IF YOU WANT TO STAY ACTIVE, KEEP US IN MIND!

We are recruiting volunteers age 65+ for the **ACTIVE MIND** research study to see if computerized brain training exercises can prevent Alzheimer's disease.

You may qualify if you:

- Do not have dementia such as Alzheimer's disease.
- Have not had a major stroke or serious brain injury.
- Have some difficulty with your memory.

Study participation takes at least two years and requires you to attend in person study visits.

Participants will be asked to complete at least 40 hours of digital training exercises. Enrolled participants receive a free tablet and may be compensated up to \$150 for study compensation.

Potential benefits of computerized brain training!

Research has shown that these exercises may:

- Protect against dementia such as Alzheimer's disease.
- Enhance mental quickness and visual attention.
- Improve gait speed and balance.
- Improve driving safety.
- Maintain health and well-being.
- Improve everyday abilities.
- Protect against depression.



The **ACTIVE MIND** study is being conducted at multiple sites across the US from California to Florida. The first of three phases in this study has begun at Clemson with the enrollment of the first participants in May 2024.

Clemson is expected to enroll 232 eligible participants for this study and is excited about the community's involvement. Volunteers ages 55-89 who are experiencing some difficulty with their memory are being recruited, and if eligible to enroll, will be compensated up to **\$150 for their participation**. In addition, the benefits of participating include access to computerized brain training which prior research has shown to protect against dementia and improve everyday abilities.

To see if you qualify for the study, please call: **864-916-6220**



Are you worried about the risk of falling?

Then you should read this program information.

As we age, falls become more common and threatening to our health. In fact, many older adults experience a fear of falling, limiting their activities, causing physical weakness, and making the risk of falling even greater.

If you're 60 years or older, have concerns about falling, have experienced a fall before, restrict activities due to fear of falling, or want to improve your flexibility, balance, and strength, then A Matter of Balance classes are designed for you. Join us through 8 two-hour sessions to set goals for increasing physical activity, learn how to change your environment to reduce fall risk factors, and increase strength and balance.

For questions, or to find a local workshop,
contact: IEA@clemson.edu

If you're interested in becoming an AMOB
coach call: 855-200-2372

WOULD YOU RATHER

Wellness edition

Consider these questions for yourself, then look at how our featured IEA staff and faculty members answered these same questions

1. Would you rather eat chicken or fish for your next meal?
2. Would you rather run or swim for 30 minutes?
3. Would you rather eat an orange or a handful of grapes?
4. Would you rather take a walk or do yoga to start your day?
5. Would you rather give up cheese or chocolate forever?



Dr. Christy Phillips is a Research Assistant Professor in the Department of Psychology and the IEA.

Would you Rather Answers:

1. Fish
2. Swim
3. Handful of grapes
4. Do Yoga
5. Chocolate



Chloe Bloom has a BA in Psychology. She is the PACT and Active Mind Assistant Coordinator at the IEA.

Would you Rather Answers:

1. Chicken,
2. Run, for sure,
3. Handful of grapes
4. Yoga
5. Chocolate



Samual Wiley is the Program Manager of the ADRC and IEA. He has a Bachelor of Science Degree in Psychology from Clemson University.

Would you Rather Answers:

1. Chicken
2. Swim
3. Orange
4. Walk
5. Chocolate.

Useful RESOURCES

In order to lead a productive and meaningful life, it's important to adopt healthy habits and behaviors, stay involved in your community, use preventive services, manage health conditions, and understand all your medications. Check out the following resources for more information:

AARP

BMI Calculator

How To Get Started Playing Pickleball

US News & World Report Health. *The MIND Diet Sample Menu Plan & Recipes: The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet focuses on foods associated with a lower risk of cognitive decline and dementia.*

Centers for Disease Control (CDC)

How Right Now campaign encourages us to explore our emotions and provides resources to help with coping and increasing resilience.

Exercise is Medicine (Rx of Health Series)

Being Active as We Get Older (Disponible en español)
Exercise Prescriptions for the Most Common Chronic Conditions (Disponible en español)

Word search answers



We need **YOUR HELP** to continue doing this **VERY VITAL** research.

Your contribution to the *Institute for Engaged Aging* will promote initiatives enabling older adults to stay engaged in their family and communities regardless of social, economic, or health status.

Your gift will support critical research, educational programs, and community outreach that meet the needs of a diverse older adult population in the state and region.



TAX TIPS.

Your financial contribution can be documented as a charitable tax deduction.

MAKE YOUR GIFT TODAY!

Give online! For online donations, please [click here](#).

Please check that the designation field on the website lists:
"Institute for Engaged Aging"

Mail Checks to:

Clemson University Foundation
P.O. Box 1889
Clemson, SC 29633-1889

Be sure to include "Institute for Engaged Aging" in the memo line to designate your gift!

DONATE
today



SCAN QR Code

Thank you so much for your annual or one time donation!

Your contribution means everything to us and to the community we serve.



Mobile Health Resource Fair @ The Preserve

South Carolina Universities Partner to Pursue Statewide Alzheimer's Disease Research Center (ADRC)



Clemson University, the Medical University of South Carolina (MUSC), and the University of South Carolina (USC) are combining their expertise and resources to establish a first-of-its-kind Alzheimer's Disease Research Center (ADRC) that will support all of South Carolina.

This collaboration is part of a multi-institutional effort to establish the first federally designated Alzheimer's Disease Research Center (ADRC) in South Carolina. Part of this strategic approach includes the pursuit of federal ADRC status through the collaborative efforts of the state's top research institutions.

The goal is to establish a highly visible, accessible, trusted, and coordinated source of information so that patients and families of all income levels are better connected to resources, research opportunities, and more when enduring the challenges brought on by these diagnoses.

Want to participate in research and learn more about the IEA?

Tiger Partners and Advocates for Lifespan Science (Tiger PALS) is a database project that connects individuals of all ages and interests in participating in research at Clemson University!

- As a Tiger PALS member, you may choose to participate in research, volunteer, receive our newsletter, or other benefits.

- There is no cost, and your support helps the IEA accomplish our goal of discovery, development and sharing of best practices for engaged aging across the lifespan through research, education and community outreach.

To sign up, please call (864)916-6220, email IEA@clemson.edu, or complete the survey on our website.

SCAN QR Code



Please consider joining!

Please contact us for any additional information.



PRISMA'S Oconee Memorial Hospital
298 Memorial Drive, Seneca, SC
29672



864-916-6220



IEA@clemson.edu