The Kent State University Symposium on Aging

Life in the Balance: Fall Prevention from Multidisciplinary Perspectives

NOV. 13, 2014
KENT STATE UNIVERSITY HOTEL AND CONFERENCE CENTER

CO-SPONSORED BY:

Ohio Department of Aging

POSTER SESSION SPONSORED BY:

Northeast Ohio Medical University
Dear Colleague,

It is my pleasure to welcome you to the inaugural Kent State University Symposium on Aging: Fall Prevention from Multidisciplinary Perspectives. This event features internationally renowned scholars presenting leading-edge research and interventions on fall prevention in community, home and healthcare settings.

I'd like to take this opportunity to thank the Ohio Department of Aging for co-sponsoring the symposium, Northeast Ohio Medical University for sponsoring our poster session, as well as members of the Symposium Organizing Committee, listed in the back of this program, who have worked hard to put together an exciting program for us today.

We are delighted to welcome all of our presenters today, including Bonnie Burman, Sc.D., director of the Ohio Department of Aging, and our keynote speaker, Laurence Rubenstein, Ph.D., professor and chair of the Department of Geriatric Medicine at the University of Oklahoma College of Medicine and a renowned expert on fall prevention assessment and intervention.

We are also pleased to be able to showcase the research of more than 30 Kent State faculty members and clinicians in nine colleges across the university who are investigating key behavioral, biological, physiological and societal aspects of aging and developing therapies, technologies and interventions to address many of these challenges. For more information on these researchers, please review our Kent State Directory of Researchers on Aging, which includes contact information, research interests and major publications for each researcher.

Finally, I would like to thank you for attending and participating in our symposium, and I hope you will take advantage of our future research events. If you would like more information about our other research programs or partnering opportunities with us, please contact me at research@kent.edu or 330-672-0717.

Sincerely,

Grant McGimpsey, Ph.D.
Vice President for Research
Kent State University
Kent State University Hotel and Conference Center

Thursday, Nov. 13, 2014

8 - 8:30 a.m.  Registration

8:30 - 8:35 a.m.  Welcome
Beverly Warren, Ed.D., Ph.D., President, Kent State University

8:35 - 8:40 a.m.  Greetings
Grant McGimpsey, Ph.D., Vice President for Research, Kent State University

8:40 - 8:45 a.m.  Overview
Gregory C. Smith, Ph.D., Professor, School of Lifespan Development and Educational Sciences, Director, Human Development Center, Kent State University

8:45 - 9:15 a.m.  “STEADY U Ohio: Preventing Falls, One Step at a Time”
Bonnie K. Burman, Sc.D, Director, Ohio Department of Aging

9:15 - 10:15 a.m.  Kent State Fall Prevention Research and Resources
Moderator: Jeffrey S. Hallam, Ph.D., Professor and Chair, Department of Social and Behavioral Sciences, College of Public Health

Nadia Greenhalgh-Stanley, Ph.D., Assistant Professor, Department of Economics, College of Business Administration

“The Role of the Podiatrist in Fall Prevention”
Abe Osbourne, D.P.M., M.B.A., Assistant Professor, College of Podiatric Medicine

“Retraining the Nervous System to Reduce the Risk of Falling in Parkinson’s Disease”
Angela Ridgel, Ph.D., Associate Professor, Department of Exercise Science/Physiology, College of Education, Health and Human Services

“Bone Health and Osteoporosis Prevention: Ingredients for Fall Prevention”
Carol A. Sediak, Ph.D., R.N., Professor, Director of Nurse Educator MSN Concentration, College of Nursing

10:15 - 10:30 a.m.  Break

10:30 - 11:30 a.m.  Keynote Session
Moderator: Sonia Alemagno, Ph.D., Dean, College of Public Health, Professor, Health Policy and Management, Kent State University

“Fall Prevention in Older Adults: An Overview of the Evidence”
Laurence Z. Rubenstein, M.D., M.P.H, Donald W. Reynolds Professor and Chairman, Donald W. Reynolds Department of Geriatric Medicine, University of Oklahoma College of Medicine

11:30 a.m. - 1 p.m.  Lunch Break

1 - 2 p.m.  Session on Fall Prevention in the Community
Moderator: Barbara Broome, Ph.D., R.N., Dean, College of Nursing, Kent State University

“Fall Prevention in the Community: Using an Integrated Approach to Maximize Public Health Impact”
Judy Stevens, Ph.D., Epidemiologist, National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

Respondents:
Jeffrey M. Robbins, D.P.M., Director of the Veterans Health Administration Headquarters Podiatry Services and Chief of the Podiatry Section, Louis Stokes Cleveland VA Medical Center
Kimberly Mozzochi, Care Management Supervisor, Area Agency on Aging, Uniontown, Ohio
2 - 2:15 p.m.  Break

2:15 - 3:15 p.m.  Session on Fall Prevention in the Home
Moderator: Kelly Cichy, Ph.D., Associate Professor, Human Development and Family Studies, College of Education, Health and Human Services, Kent State University

“The Role of the Environment in Fall Prevention: Problems and Solutions”
Jon Pynoos, Ph.D., UPS Foundation Professor of Gerontology, Policy, and Planning, Co-Director, Fall Prevention Center of Excellence, Andrus Gerontology Center, University of Southern California

Respondents:
Victoria Bowden, M.S.N., R.N., Clinical Nurse Specialist, MetroHealth Medical Center
Lynne Giacobbe, Executive Director, Kendal at Home

3:15 - 3:30 p.m.  Break

3:30 - 4:30 p.m.  Session on Fall Prevention in Health Service Settings
Moderator: Patricia Vermeersch, Ph.D., Associate Professor, College of Nursing, Kent State University

“Environmental Correlates of Falls in Health Care Settings”
Margaret Calkins, Ph.D., Associate Professor and Program Coordinator, Health Care Design Programs, College of Architecture and Environmental Design, Kent State University

Respondents:
Nicole Dawson, P.T., M.A., Ph.D. candidate, Adult Development and Aging, Department of Psychology, Cleveland State University
Cornelia Hodgson, AIA, lead architect, C.C. Hodgson Architectural Group

4:30 - 5:15 p.m.  Panel Discussion
Moderator: Douglas Delahanty, Ph.D., Professor, Department of Psychological Sciences and Director, Initiative for Clinical and Translational Research, Kent State University

5:15 - 6:30 p.m.  Reception and Poster Session
Bonnie K. Burman, Sc.D.
8:45 - 9:15 a.m.

"STEADY U Ohio: Preventing Falls, One Step at a Time"

Bio:
Bonnie K. Burman, Sc.D., was appointed director of the Ohio Department of Aging by Governor John Kasich in 2011. In this role, she is helping to lead the state’s effort to transform healthcare and long-term care for its citizens, while promoting the concept of preventive gerontology.

Under Burman’s leadership, the Ohio Department of Aging has developed a laser focus on initiatives to reform and enhance the quality and efficiency of our system of long-term services and supports. Special attention is being paid to strengthening person-centered, relationship-based care options to ensure that elders are able to live meaningful lives as their care needs change. At the same time, she encourages Ohioans ages 65 or older to be “Golden Buckeyes” and be inspired by their age, not defined by it, as she advocates for resources and opportunities for elders to continue to grow, thrive and contribute.

Burman has made it her mission to ensure that Ohio is on the leading edge of innovation and responsiveness to the growing and changing aging population. In 2013, she and Director John McCarthy (Ohio Department of Medicaid) were honored by the Ohio Association of Area Agencies on Aging with its first Ohio State Innovators Award for their contributions toward transforming Ohio’s system of long-term services and supports.

As the former executive director of the Pioneer Network, a national center for person-centered long-term care delivery systems development, Burman drove consistent and creative public policy change at the national and state government levels. Prior to joining the Pioneer Network in 2007, she worked for 16 years as the director of The Ohio State University’s Office of Geriatrics and Gerontology.

Burman earned her doctorate in health policy and management from The Johns Hopkins Bloomberg School of Public Health. She currently resides in Gahanna, Ohio, with her husband, Robert.

Abstract:
It is not an exaggeration to call falls an epidemic in Ohio. Falls are the No.1 cause of injuries leading to ER visits, hospitalizations and deaths for Ohioans age 65 and older. But falls are not a normal part of aging, and most falls can be prevented. Recognizing this reality, the State of Ohio launched the STEADY U Ohio initiative in 2013. Led by the Ohio Department of Aging, STEADY U coordinates the many falls-prevention programs and resources offered by various state and local agencies and coalitions to advance falls prevention as a key planning strategy for the state, communities, businesses and families.
Nadia Greenhalgh-Stanley, Ph.D.
9:15 - 9:30 a.m.

“Home Safety, Accessibility and the Elderly: Evidence from Falls”

Bio:

Nadia Greenhalgh-Stanley graduated summa cum laude with a B.A. in economics from Wittenberg University and an M.A. and Ph.D. in economics from Syracuse University. She currently is an assistant professor of in the Department of Economics at Kent State University, where she teaches urban economics, economics of healthcare and principles of microeconomics. Her research interests are in urban economics and public finance. More specifically, she focuses on the effects of changes in social insurance programs on elderly housing decisions, long-term care decisions and health outcomes. Greenhalgh-Stanley's recent work has focused on the effect of living in a low-access food desert on elderly food distress and health outcomes, as well as investigating the low take-up rates of the elderly for the Supplemental Nutrition Assistance Program. Her work has been published in the Journal of Law and Economics, Journal of Urban Economics, Applied Economics Letters, and Public Finance Review. Her research has been funded by the Social Security Administration, the Institute for Poverty on Research at the University of Wisconsin, the U.S. Department of Agriculture and the MacArthur Foundation.

Abe Osbourne, D.P.M., M.B.A.
9:30 - 9:45 a.m.

“The Role of the Podiatrist in Fall Prevention”

Bio:

Abe Osborne is an assistant professor in the College of Podiatric Medicine, where he serves as course coordinator and instructor for the Standardized Patient Rotation. He is also an instructor for the Simulated Patient Rotation and has recently taken over the coordination of the fourth-year business course. Osbourne also works in the Cleveland Foot and Ankle Clinic, overseeing the patient care provided by third-year students, fourth-year students and residents.

Osbourne received a B.A. in history and a Graduate Diploma in gerontology (DGRT) from the University of Toronto. He received his Doctor of Podiatric Medicine (D.P.M.) from the Ohio College of Podiatric Medicine. He later received a Master of Business Administration (MBA) from Indiana Wesleyan University.
Angela Ridgel, Ph.D.
9:45 - 10 a.m.

"Retraining the Nervous System to Reduce the Risk of Falling in Parkinson's Disease"

Bio:
Angela Ridgel is an associate professor in exercise science/physiology at Kent State University. She received her undergraduate degree in biology from The College of William and Mary, a master's degree in biology at Villanova University and a doctoral degree in biomedical sciences from Marshall University. Ridgel completed her post-doctoral training at Case Western Reserve University and Cleveland Clinic. Her talk will discuss the role of neurorehabilitation in promoting improvements in balance, gait and motor function in Parkinson's disease. She has ongoing research collaborations with Case Western Reserve University, University Hospital and Rockwell Automation.

Carol A. Sedlak, Ph.D., R.N.
10 - 10:15 a.m.

"Bone Health and Osteoporosis Prevention: Ingredients for Fall Prevention"

Bio:
Carol A. Sedlak is professor and director of the Nurse Educator M.S.N. Concentration in the College of Nursing. Her research is on the initiation and maintenance of health behaviors in understudied populations and her National Institutes of Health-funded research has focused on health promotion and osteoporosis prevention in men and post-menopausal younger women. She's also one of the first nationally recognized nursing researchers to study bone health in men. Sedlak’s work in prevention of musculoskeletal injuries in healthcare workers led to the National Association of Orthopaedic Nurses customizing safe patient handling practices for orthopaedic care settings. Sedlak received her B.S.N., M.S.N. and Ph.D. in education from Kent State University.
Laurence Z. Rubenstein, M.D., M.P.H.
10:30 – 11:30 a.m.

“Fall Prevention in Older Adults: An Overview of the Evidence”

Bio:
Laurence Z. Rubenstein is professor and chairman of the Donald W. Reynolds Department of Geriatric Medicine at University of Oklahoma College of Medicine. He moved to Oklahoma in 2010 after 32 years on the faculty of UCLA College of Medicine in Los Angeles, where he was professor of Geriatric Medicine, director of the Geriatric Research Education and Clinical Center (GRECC) at the Los Angeles Veterans Administration.

Rubenstein received his bachelor’s degree in anthropology from the University of California, Santa Cruz (1970), his M.D. degree from the Albert Einstein College of Medicine in New York (1974), and an M.P.H. from UCLA College of Public Health (1979). He completed internal medicine residencies at the UCLA and Albert Einstein Medical Centers and a preventive medicine residency at UCLA. He was a UCLA-Robert Wood Johnson Clinical Scholar. He is board-certified in internal medicine, geriatric medicine and preventive medicine.

Rubenstein is a fellow of the American College of Physicians, the Gerontological Society of America, the Royal Society of Medicine, and the American Geriatrics Society. He is past president of the Gerontological Society of America. He serves on editorial boards of more than 10 scientific journals, is an active health services researcher and the author of over 330 scientific publications. Rubenstein’s most recent publications and research focus on preventive geriatric care, geriatric assessment technology and the prevention and treatment of falls and instability in older people.

Abstract:
Disorders of mobility, balance and gait and the associated problems of falls are major causes of morbidity and mortality in old age. Many specific causes and factors underlie falls and mobility problems, including both effects of age and of specific pathologic processes. Among the most important are weakness, disorders of balance and gait and lack of exercise.

A systematic diagnostic approach, including a formal balance and gait evaluation, can help to identify causes amenable to intervention. Specific therapeutic and preventive measures can improve mobility, reduce falls and enhance functional independence – shown in many controlled trials. The most effective programs thus far have been comprehensive preventive fall assessments with intervention, individualized exercise regimens, environmental inspection/modification and combined interventions.

This presentation focuses on the impact of falls on morbidity, morality and functional impairment in the elderly population, identifying the most common precipitating causes and risk factors for falls as well as approaches to reduce them. Finally, the essentials of a post-fall assessment and the important components of prevention are described.
Judy Stevens, Ph.D.
1-2 p.m.

“Fall Prevention in the Community: Using an Integrated Approach to Maximize Public Health Impact”

Bio:
Judy Stevens received her Ph.D. from Emory University and joined the Injury Center at the Centers for Disease Control in 1996 as an epidemiologist in the Division of Unintentional Injury Prevention. She is a national expert and the lead scientist on older adult falls and fall prevention and conducts epidemiologic research on fatal and nonfatal falls. Stevens has published over 80 peer-reviewed journal articles and has contributed chapters on older adult falls to five textbooks. She also has developed resources for healthcare providers as well as educational materials for older adults and their caregivers. In addition to her research, Stevens provides technical assistance and oversight to CDC-funded studies, conducted by universities and state health departments, that develop, implement, and evaluate older adult fall prevention programs.

Abstract:
PURPOSE
Falls are a leading cause of mortality and morbidity among older adults, so finding ways to prevent fall injuries is an important public health issue. Research has identified a number of effective fall interventions. The purpose of this presentation is to describe how the Centers for Disease Control and Prevention’s (CDC) Injury Center is reducing the number of and consequences of falls among older adults by promoting an integrated approach to fall prevention.

IMPLEMENTATION
CDC is funding state health departments in Oregon, New York and Colorado to pilot test a five-year fall prevention project. Each state is charged with implementing clinical fall risk assessment and prevention activities in healthcare settings and linking the clinical practice to evidence-based community fall prevention programs. In the healthcare setting, each state has engaged a limited number of healthcare providers to implement fall risk assessments and interventions using STEADI (Stopping Elderly Accidents, Deaths, and Injuries), a CDC-developed toolkit based on the American and British Geriatrics Societies’ clinical guideline. Clinicians refer suitable patients to one of three community fall prevention programs: 1) Tai Chi: Moving for Better Balance—a Tai Chi program adapted for older adults; 2) Stepping On—a group adult education and exercise program; and 3) the Otago Exercise Program—a home-based individualized exercise program delivered by physical therapists.

RECOMMENDATIONS
Older adults are the fastest growing segment of the U.S. population and a subgroup particularly vulnerable to fall injuries. To reduce falls, we need a comprehensive, multi-level approach that incorporates fall prevention activities in healthcare settings and connects at-risk patients to community fall prevention programs.

Respondents:
Jeffrey M. Robbins, D.P.M., Director of the Veterans Health Administration Headquarters Podiatry Services and Chief of the Podiatry Section, Louis Stokes Cleveland VA Medical Center
Kimberly Mozzochi, Care Management Supervisor, Area Agency on Aging, Uniontown, Ohio
"The Role of the Environment in Fall Prevention: Problems and Solutions"

**Bio:**
Jon Pynoos is the UPS Foundation Professor of Gerontology, Policy and Planning at the Andrus Gerontology Center of the University of Southern California. He is also co-director of the Fall Prevention Center on Excellence and director of the National Resource Center on Supportive Housing and Home Modifications. His career has focused on improving housing, communities and services so that older persons can age in place. He has advocated for policy changes that facilitate home modifications in existing housing and the development of new housing based on principles of universal design and elder friendly communities. He has written/edited over half a dozen books and teaches courses on Social Policy and Aging as well as Housing for an Aging Society.

Pynoos was a delegate to the last three White House Conferences on Aging and has served as a member of the ABA Commission on Legal Problems of the Elderly and vice president of the Gerontological Society of America. He recently received the Award for Excellence in Research, Policy and Advocacy from the American Society on Aging. He has been the recipient of both Guggenheim and Fulbright fellowships.

Pynoos was the first director of Minuteman Home Care Corp., an area agency on aging outside of Boston that provides services to keep older persons out of nursing homes. He holds a B.A. from Harvard College, an M.C.P. from the Harvard School of Design, and a Ph.D. from Harvard University’s Graduate School of Arts and Sciences.

**Abstract:**
The vast majority of falls among older persons occur in and near the places that they live. Unfortunately, the home environment often presents fall hazards such as stairs without railings, inadequate lighting and unsafe bathrooms. Because a variety of circumstances contribute to falls and an array of health (e.g., vision, balance) and behavioral factors (e.g., clutter) are associated with increased fall risk, the environment is best viewed as interactive with other risk factors.

Home assessments and modifications are key to reducing fall hazards. Assessments by trained professionals such as occupational therapists and social workers using validated checklists and functional assessments have been demonstrated to be efficacious in identifying problems and potential solutions. Home modifications, which refer to changes in the home setting, can be grouped into four categories: additive, subtractive, transformative and behavioral. Implementing home modifications requires identifying what changes are needed, sources of payment, and qualified providers.

Building housing that follows the principles of universal design could prevent many of the environmental problems that contribute to falls. Such housing would have such features as: at least one zero-step entrance, wide-enough hallways for a wheelchair, non-glare lighting, and walk-in showers. The overall design would ensure a home-like setting intended to benefit persons of all ages and abilities over their lifetime.

**Respondents:**
Victoria Bowden, M.S.N., R.N., Clinical Nurse Specialist, MetroHealth Medical Center
Lynne Giacobbe, Executive Director, Kendal at Home
Margaret Calkins, Ph.D.
3:30 – 4:30 p.m.

“Environmental Correlates of Falls in Healthcare Settings”

Bio:
Margaret Calkins is nationally recognized as a creative, dynamic leader, trainer and researcher in the field of environments for elders. She is currently associate professor and coordinator of the Healthcare Design programs at the College of Architecture and Environmental Design at Kent State University. Previously, she was president of IDEAS: Innovative Designs in Environments for an Aging Society, a consulting firm dedicated to exploring the therapeutic potential of the environment — social and organizational as well as physical — particularly as it relates to frail and impaired older adults. She is also chair of the Board of IDEAS Institute, which focuses on research and education in the same area. A member of several national organizations and panels which focus on issues of care for cognitively impaired older adults, she is a highly sought after speaker (20+ a year) for conferences in the U.S. and abroad. She has published extensively, and her book Design for Dementia: Planning Environments for the Elderly and the Confused was the first design guide for special care units. Creating Successful Dementia Care Settings — a four-volume series — addresses the care setting in a more holistic manner, combining physical, social and organizational issues in to one comprehensive text.

Calkins graduated with a B.A. in psychology from Kenyon College, and a master’s and doctorate in architecture from the University of Wisconsin-Milwaukee. She has received over $5 million in grant funding from the National Institutes of Health and foundations to develop training materials and explore the impact of the environment on people with dementia. Recent projects include the development of Dementia Design Info (www4.uwm.edu/dementiadesigninfo) which summarizes the environment-aging literature, puts it into easy-to-understand terms, and provides practical design suggestions for creating dementia-capable environments, and the development of the ECAT: Environmental Communication Assessment Toolkit to create environments that support effective communication in individuals with dementia.

She currently serves on the board for the Pioneer Network, and has partnered with The Green House® Replication Project and Planetree. She was a founding member of SAGE- Society for the Advancement of Gerontological Environments, and is on the editorial board for The Gerontologist, Journal of Housing and the Elderly, Journal of Clinical Psychology and Health Environments Research & Design Journal.

Abstract:
Falls are the most common adverse event reported in acute care settings, affecting from between 2 percent to 10 percent of annual hospital admissions. They also lead to more hospitalizations of nursing home residents than any other event, and cause increased morbidity, mortality, length of stay and have significant cost impacts. Risk factors are clearly multimodal, but recent research has indicated key environmental factors associated with higher numbers of falls include multiperson rooms, shared toilet rooms, number and location of grab bars, and others design characteristics. This session will explore the intrinsic and extrinsic factors on fall risk and the role design plays in mitigating these factors through real design solutions.

Respondents:
Nicole Dawson, P.T., M.A., Ph.D. candidate, Adult Development and Aging, Department of Psychology, Cleveland State University
Cornelia Hodgson, AIA, Lead Architect, C.C. Hodgson Architectural Group
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Gregory Smith, Ph.D., Symposium Chair
Professor, School of Lifespan Development and Education Sciences; Director, Human Development Center

Vincent J. Heatherington, D.P.M., Co-Chair – Poster Session
Professor, Senior Associate Dean, College of Podiatric Medicine

Angela Ridgel, Ph.D., Co-Chair – Poster Session
Associate Professor, Department of Exercise Science / Physiology, College of Education, Health and Human Services

Patricia Vermeersch, Ph.D., Co-Chair – Poster Session
Associate Professor, College of Nursing

Michael Bloom, Ph.D.
Associate Vice President, Corporate Engagement and Commercialization, Research and Sponsored Programs

Margaret Calkins, Ph.D.
Associate Professor, College of Architecture and Environmental Design

Kelly Cichy, Ph.D.
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Judith Gere, Ph.D.
Assistant Professor, Psychological Sciences, College of Arts and Sciences

Ellen Glickman, Ph.D.
Professor, Exercise Science/Physiology, College of Education, Health and Human Services

Nadia Greenhalgh-Stanley, Ph.D.
Assistant Professor, Economics, College of Business Administration

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Associate Director, Research Communications

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Assistant Professor, Biological Sciences, College of Arts and Sciences, East Liverpool Campus

SPECIAL THANKS TO:

Ohio Department of Aging
Northeast Ohio Medical University
Molly McNett, Ph.D., R.N., Director, Nursing Research, The MetroHealth System
Ruth Ludwick, Ph.D., R.N., Director of Nursing Research, Robinson Memorial Hospital
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Save the Date: The Third Annual Neuroscience Symposium at Kent State University: The Neuroscience of Aging
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Keynote Speaker: Mark Mattson, Ph.D.
Chief, Laboratory of Neurosciences, National Institutes of Health.
Dr. Mattson has made major contributions to understanding Alzheimer’s disease, its prevention and treatment.

Speakers include: Roberta Diaz Brinton, Ph.D.,
R. Pete Vanderveen Chair in Therapeutic Discovery and Development,
School of Pharmacy, University of Southern California

Gemma Casadesus Smith, Ph.D.,
Associate Professor, Department of Biological Sciences, Kent State University

Alan J. Lerner, M.D.,
Professor of Neurology, Neurological Institute Chair for Memory and Cognition, School of Medicine, Case Western Reserve University; Director, Brain Health and Memory Center, University Hospitals Case Medical Center

Guilio Pasinetti, M.D.,
Professor of Psychiatry, Professor of Neuroscience and Professor of Geriatrics and Adult Development, Department of Psychiatry at Mount Sinai School of Medicine, New York.

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