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President's Message
by LaVona Traywick, PhD, MA

We Are the Bridge

2014 will celebrate the Southern Gerontological Society's 35th annual meeting. I am so excited that the conference will be held in Little Rock, Arkansas. The conference theme this year is "Building the Bridge to the Future: 21st Century Families." The theme is symbolic of many aspects of this year's conference. SGS is unique, as organizations go, because "SGS provides the bridge between research and practice, translating and applying knowledge in the field of aging." SGS is the bridge. We bring researchers, scholars, practitioners, vendors, caregivers and many others together. Our conference provides the platform for those interactions to take place.

Since the conference is in Arkansas this year, I thought it was important that we experience a little part of Little Rock. The Presidential Gala will be held at the Clinton Presidential Library. Clinton described the architecture of the Clinton Library as the "Bridge to the Future." Looking forward to the future, the years yet to come, is why the "bridge" keeps going without ending on the opposite shore. So even though the Library records the events of the

(Continued on page 5)

Getting to Know Little Rock

The 35th Annual Meeting of the Southern Gerontological Society (April 3 – 6), is coming to the DoubleTree Hilton in Little Rock, Arkansas. Most attractions are in downtown Little Rock, though some are across the river. The cities of Little Rock and North Little Rock are connected by the River Rail Streetcar System across the Arkansas River. Our conference hotel is located on Markham St., a main downtown street offering restaurants, entertainment, museums and more—either within walking distance or a short streetcar ride away.

Several universities of the University of Arkansas System are found in Little Rock: the University of Arkansas Division of Agriculture Cooperative Extension, the University of Arkansas at Little Rock, and the University of Arkansas for Medical Sciences. Dr. Donald R. Bobbitt, the President of the University of Arkansas System, will give the keynote address, “The Future of Higher Education,” at the SGS Presidential Gala Friday night.

Little Rock, the state capital and largest city in Arkansas, offers a variety of nearby attractions for you to experience along with the conference program. The Clinton Presidential Center and Library, the site for the SGS Presidential Gala, is at the east end of downtown. Heifer International, a major non-profit organization, is headquartered next door and works to end hunger and poverty around the world-- providing livestock, training and education. Central High School National Historic Site, just a couple of miles from downtown, commemorates a crucial desegregation struggle for civil rights.

Restaurants and entertainment are a draw to both downtown Little Rock and North Little Rock, with many choices along the streetcar routes. Arkansas musicians have long been among the most significant contributors to American music. The heritage of Mississippi Delta Blues is a continuing legacy of Arkansas. The downtown is alive evenings with blues, country, rock, pop, and classical music. The Arkansas Repertory Theatre will be performing *Les Miserables* (March 5 - April 6). The River Market section of downtown Little Rock is also home to the Butler Center for Arkansas Studies, as well as the new Ron Rob-

inson Theater for the arts, and the Museum of Discovery with its hands-on science exhibits.

In North Little Rock, the Arkansas Travelers baseball club, AA affiliate of the Los Angeles Angels, plays in Dickey-Stephens Park next to the river. Nearby Verizon Arena, an 18,000 seat multi-purpose facility, attracts major sports and entertainment events for Central Arkansas and beyond. These venues and the Argenta entertainment district of North Little Rock are a short streetcar ride from downtown Little Rock.

Arkansas calls itself “the Natural State,” for its many scenic mountain and river trails. An extensive biking and jogging loop extends miles upriver on both sides with one of its scenic bridges accessible from the Clinton Center itself. Arkansas is also the nation’s “Rice Capital,” growing almost half of the rice in the United States. The Crystal Bridges Museum of American Art in northwest Arkansas offers some of the strikingly best in American art, as well as an architecture that is itself art nestled among its surrounding nature trails. Arkansas’ prominent figures have included former Governor Winthrop Rockefeller and former Senator J. William Fulbright, as well as General Douglas MacArthur, business innovator Sam Walton, music legend Johnny Cash and authors Maya Angelou and John Grisham. In addition, former President Clinton’s legacy and ongoing humanitarian interests are the focus of the Clinton Presidential Library and the Clinton School of Public Service which sponsors an M.A. in Public Service through the University of Arkansas at Little Rock.

The Local Arrangements committee of the Southern Gerontological Society invites you to enjoy your stay in Little Rock. We will host dine-arounds Saturday evening in both Little Rock and across the Arkansas River in North Little Rock. The faculty, students, and alumni from the School of Social Work, Gerontology Program, at the University of Arkansas at Little Rock are available to offer Arkansan hospitality. Please join us at the opening reception Thursday at 6:00 pm as we focus on “Building the Bridge to the Future: 21st Century Families.” See you in Little Rock!

— Rosalie Otters, SGS Local Arrangements Chair

Not sure how to pack? Here’s a link to Little Rock weather forecasts:

<http://www.accuweather.com/en/us/little-rock-ar/72201/weather-forecast/326862>

Presidential Opening Session

Thursday • 6:00 p.m.

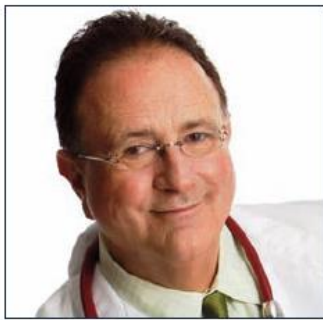
Dr. LaVona Traywick, President of SGS, will speak on “Building the Bridge to the Future” with a concert from the Hallelujah Handbells of Benton Arkansas. Immediately followed by the President’s welcome reception.



Breakfast with Dr. David

Friday • 7:30 a.m.

Start your morning off with nationally known geriatrician Dr. David Lipschitz. You may have read his



syndicated newspaper column, heard him on his syndicated radio talk show, seen him on television with his PBS aging series or read one of his many books. Now, you can meet him in person and hear him speak.

Council of Past Presidents Symposium

Sunday • 8:00 a.m.

Don’t leave early or you will miss out! Dr. Karen Roberto is Professor and Director of the Center for Gerontology



and the Institute for Society, Culture and Environment at Virginia Tech. She also holds adjunct appointments in the Department of Internal Medicine and the Department of Psychiatry and Behavioral Medicine at the Virginia Tech Carilion School of Medicine. She will speak on “Family Structures and Caregiving in the 21st Century.”

Pre-Conference Educational Tours:

- Historic Neighborhoods Bicycle Tour, Little Rock, Arkansas
- Garvan Woodland Gardens walking tour, Hot Springs, Arkansas
- Heifer Global Village educational tour, Little Rock, Arkansas

Plenary Session

Sunday • 10:00 a.m.

The Plenary session will entertain and challenge you! Becky Comet, a contestant on the NBC Hit show “Biggest Loser,” will talk about the importance of family support and how we need to be healthy now to be healthy as we age.



Mentoring Sessions

- **Building your Career**, Friday • 8:30 a.m. — learn how to write your CV and Resume and how to put your best foot forward using LinkedIn.
- **Women in Science**, Friday • 3:30 p.m. — hear about opportunities and strategies to overcome obstacles in the sciences.
- **Publish or Perish**, Saturday • 3:30 p.m.. — led by the editor of the SGS journal, *the Journal of Applied Gerontology*. Dr. Joe Gaugler will help alleviate some fears that come from “Publish or Perish.”

Registration: Register online at www.southerngerontologicalsociety.org

Before you register please consider the benefits of an SGS membership:

- **Non member full registration: \$295**
- **Member full registration: \$255**
- **Non member student full registration: \$120**
- **Member student full registration: \$90**

Early registration deadline: March 1, 2014



Help Support SGS through the 2014 Silent Auction!

Don't forget your Silent Auction donation! The Silent Auction -- what an enjoyable and successful way to raise funds for the Society and provide great shopping without leaving the hotel.

This is my first SGS conference. What kind of things should I bring?

Bring anything you think will appeal to SGS meeting participants. Some popular items are: books (autographed ones are nice), jewelry, chocolates, college/university items, collectibles, gifts for children, handmade crafts, gift cards from national store chains (especially bookstores), items that represent your state or region, items you "won" at previous auctions that you didn't really want, or anything with an aging theme. Sometimes we even have a donation of a weekend at a beach condo. You will receive a receipt for your donations that you can use to deduct the full, fair-market value of the item on your income taxes.

How does the Silent Auction work? The donated items are displayed on tables, with a bid sheet beside each item. When you find an item you like, write down your bid, making sure your bid is above the required minimum. Throughout the conference, you will want to periodically check your bid, and if someone is bidding against you, raise your bid! At the close of the auction (starting Saturday at 5:00 p.m.), the highest bidder gets the item.

Where do I take the items I bring for the auction? The Silent Auction set-up time is Thursday, April 3, 2:00-6:00 p.m. Bring your items then or anytime during the meeting, but the sooner the better for more bidding! Someone will check in your items and give you a receipt.

When will the Silent Auction take place? The Silent Auction will be open throughout the conference: Friday, 8:00 a.m. – 5:00 p.m. and Saturday, 8:00 a.m. – 5:00 p.m. (but closed during the Awards Luncheon, Sat, 12:00 – 2:00 p.m.) Bidding will close promptly at 5:00 p.m. on Saturday. When you are visiting the exhibits or taking a coffee break, visit the Silent Auction and place your bids.

How will I know if I win the items I bid on? Try to be at the auction when it closes on Saturday at 5:00 or arrange for someone to be there for you. As each table is sequentially "closed," take the items you won to the cashier to pay (cash, checks, MasterCard and VISA accepted). If you can't be present at the closing, check at the SGS registration desk later to see if your bids were successful. Any items not claimed before the Closing Brunch on Sunday will be auctioned off live at that time.

Let's make the 2014 Silent Auction a great success! Questions? Please contact Lora Gage at LGage4SGS@aol.com.

President's Message—continued from page 1

past, it is also a symbol of working towards the future. This year's conference program planning committee took charge

of looking forward to the future and has planned three distinct mentoring sessions this year. Training our students and young professionals now to be future leaders in the field of aging as well as SGS is part of building the bridge.

As gerontologists we have to be many bridges. We are the bridge between seniors and government. We are the bridge between research and legislation. We are the bridge between caregivers and

physicians. We are the bridge for the countless aspects of aging. Each of us, no matter what our degree or position, cannot do it alone. We have to do it together. As a family. We are a family of gerontologists. SGS may be one crazy family reunion, but we are a family.

I think you will enjoy this year's conference. Come early; take part in a pre-conference educational tour. Stay till the end; hear the Council of President's Symposium and recognize our GRITS recipients. Be a part of building the bridge—the bridge to the future of SGS.



Lee Ann Ferguson and LaVona Traywick (left to right) answered questions, distributed information, and promoted our Annual Meeting at the 66th Annual Meeting of the Gerontological Society of America (GSA) in New

Book Review

An Unintended Journey: A Caregiver's Guide to Dementia

Reviewed by Kelly Munly, M. S., Doctoral Candidate, Human Development, Virginia Tech

Shagam, Janet Yagoda. (2013). *An unintended journey: A caregiver's guide to dementia*. Amherst, NY: Prometheus Books.

Shagam's book *An Unintended Journey: A Caregiver's Guide to Dementia* is a well-written and enjoyable read about a difficult topic, a resource that would be appropriate and enriching for families, practitioners, and gerontology and human services students. In addition to being a freelance science and medical writer, Shagam writes from the platform of someone who has expertly merged creativity and health issues with a depiction of her own experience with epilepsy through her printmaking and other art. She has also served as a visiting professor at the Max Planck Institute in Göttingen, Germany. *An Unintended Journey* would effectively provide students with a holistic view of the experience of Alzheimer's by individuals and their families. Professors of gerontology and other related disciplines would benefit from the rich material presented by the book as a supplement to text book descriptions of cognitive decline in a family context. Practitioners could benefit from a review of the comprehensive picture of dementia that it provides, ranging from the family experience to practical decisions that require professional guidance. The relatable vignettes and detailed situational insights provided by the book would serve as a resource and source of comfort for families, as well as an impetus for community awareness, compassion and support. The title itself, *An Unintended*

Journey, highlights the unexpected and shattering nature of the disease that may impact anyone in the community, underlining the need for awareness and support infrastructure.

Shagam develops her narrative from the sound contextual platform of aging demographics and the increase in numbers of family caregivers, as well as the multidimensional demands on these family members who are sometimes in challenging family situations, such as blended families. As the author, she is compassionate and comprehensive in her approach to her chapters, making an effort to overcome the caregiver-care recipient hierarchy by uniquely focusing on behavior management of *both* the caregiver and the care recipient, as opposed to only the care recipient. She provides practical tools, an ample glossary, and answers to frequently asked questions, as well as compassionate suggestions informed from her own experiences on avoiding confrontational moments involving the individual with dementia.

Shagam initiates her narrative by positioning her point of view with regard to her mother's story with dementia. In intentionally calling her mother "Dorothy" and consequently adopting an objective stance, Shagam allows the readers the opportunity to relate to her mother as their own family member and thus fully enter and learn from the story. Shagam further evokes a sense of reality for her readership through the incorporation of drawings at the beginning of each chapter completed by individuals with dementia. The drawings visually depict the decline experienced by the individuals, as well as the dawning realization of this decline among their family members. In the last chapter "Talking Among Friends" Shagam opens up the conversation further, incorporating stories from other friends with family members with dementia. These

vignettes provide a poignant sense of the pervasive nature of dementia, as well as a sense of community with others who are experiencing its hardships, both as individuals and as families.

Shagam effectively discusses the decisions that families must make with regard to placing their loved one in long-term care and facilitating palliative care, including the discussion of the range of living options, such as assisted living facilities, including small-setting options like congregate care and personal care homes, as well as nursing homes. Her mention of small, more home-like care options (e.g., private homes serving one or a few people) and intentional, philosophically-based communities such as the Eden Alternative is meaningful, as these types of settings are examples of ways that states may de-institutionalize and provide community-based care and community integration, compliant with federal regulations. Shagam also presents ample information about home care agencies and other in-home caregiving support and tips for working with these options, as well as insights on benefits related to long-term care insurance, the Program of All-Inclusive Care for the Elderly (PACE), the US Department of Veterans Affairs (VA), Medicaid and Medicare.

Shagam presents context and advice on approaching all of these possible services, including issues of cultural sensitivity, such as choosing a welcoming care community for lesbian, gay, bisexual and transgender family members. Shagam's advice on end-of-life decisions and tasks goes so far as to exceed the lifespan of the family member with dementia to provide guidance for family members in the event of their loved one's death, such as making funeral arrangement, and dealing with the necessary considerations of paperwork for notifications and estate documentation. With a

thorough read of *An Unintended Journey: A Caregiver's Guide to Dementia*, families have the potential to feel comprehensively supported during their entire care process, and students and professionals will be better prepared to support the individuals and families they encounter.

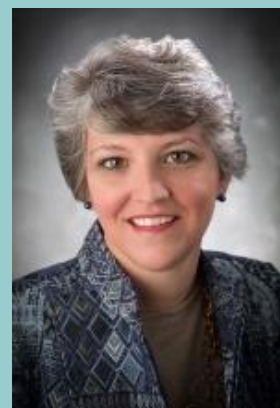
The paperback is available online through the publisher Prometheus Books for \$20.00 and through other online outlets noted on the Prometheus website. The main body of the book is 377 pages, with more than 50 additional pages of helpful glossary terms, detailed chapter notes, online resources, and a comprehensive

Member News



Rosemary Blieszner, PhD, Associate Director of the Center for Gerontology at Virginia Tech, has been installed as president of The Gerontological Society of America.

Christy J. Jensen, Ph.D. was recently named a Master Trainer with the Rosalynn Carter Institute for Caregiving for her work with the "Caring For You, Caring For Me" Program. She is the only Master Trainer that is not a Rosalynn Carter Institute employee. Jensen is Director of Health Services Research at Riverside Center for Excellence in Aging and Lifelong Health in Williamsburg, VA.



Publications Committee Update

Southern Gerontologist

Past editions of the Southern Gerontologist are available on the website and are distributed to the membership via email. Editorial Assistant Jenni Mathews (kindly provided through the Virginia Center on Aging at VCU) continues to provide support to the Co-Editors. The Publications Committee is looking for ways to tighten the bond between the journal (JAG) and the newsletter. We can consider a piece on the most cited articles. Standard content of the newsletter includes: a President's Column; information about the Annual Meeting; upcoming articles in JAG; member news; a welcome to new members and membership info; a calendar to include upcoming conferences and programs; officers; and a Student Rep update. Periodic content includes: updates from states; featured articles/books/websites; awards and nominations; and obituaries. The newsletter editors would appreciate contributions from the Board related to the latter items. Two of the three co-editors, Christy Jensen and Luci Bearon, have announced their resignation as Editors of the newsletter effective April 2014.

Journal of Applied Gerontology

If you have opened a recent issue of the Journal of Applied Gerontology lately, you may have noticed that we are now grouping articles by theme. At the beginning of my term as Editor, I focused on publishing articles in time of acceptance in order to reduce the backlog of the journal, but it did not take advantage of the many pending articles that are aligned according to theme. Starting the the first issue in 2014, you can now see a group of articles organized by theme: issue 1 focused on workforce retention, and issue 2 focused on community-based long-term care. Issue 3 will focus on engaging diverse communities. Now that we publish 8 issues a year, I will use issue 4 and 8 to publish articles in chronological order, but all remaining issues will be organized by theme where possible. I have been quite pleased with how these recent issues are presented to the journal's readership. Keep your eyes peeled for future exciting, thematic issues of JAG!

— Joseph E. Gaugler, Ph.D.
Editor-in-Chief
Journal of Applied Gerontology

Now in JAG

- ◆ Lavin, R., & Park, J. (2014). A characterization of pain in racially and ethnically diverse older adults: A review of the literature.
- ◆ Sun, F., & Hodge, D. R. (2014). Latino Alzheimer's disease caregivers and depression: Using the stress coping model to examine the effects of spirituality and religion.
- ◆ Wong, C. K. M., Yeung, D. Y., Ho, H. C. Y., Tse, K., & Lam, C. (2014). Chinese older adults' internet use for health information.
- ◆ Jervis, L. L., Fickenscher, A., Beals, J., & the Shielding American Indian Elders Project Team. (2014). Assessment of elder mistreatment in two American Indian samples: Psychometric characteristics of the HS-EAST and the Native Elder Life-Financial Exploitation and -Neglect measures.
- ◆ Carlson, M., Jackson, J., Mandel, D., Blanchard, J., Holguin, J., Lai, M., Marterella, A., Vigen, C., Gleason, S., Lam, C., Azen, S., and Clark, F. (2014). Predictors of retention among African American and Hispanic older adult research participants in the Well Elderly 2 randomized controlled trial.

Let's Continue to Nurture our Journal

- 1) Confirm that your local institutional library has an up-to-date subscription to *JAG*.
- 2) When you incorporate journal articles in the classroom, send your students a link to the full-text journal articles, utilizing your institution's subscription, rather than posting or sending around a PDF. This will help increase *JAG*'s article download and usage counts on your campus.
- 3) On your website, or in your CV, link your articles published in *JAG* to the full-text articles. This increases the journal's search engine results and article downloads count.
- 4) To stay on top of the latest research published in *JAG*, register for table of contents or subject matter alerts at <http://online.sagepub.com/cgi/alerts>.
- 5) Mention or link to *JAG* articles on your Facebook page or Twitter.
- 6) Cite the journal in your manuscripts when appropriate, and take a moment to be sure you have the latest or all the relevant articles from *JAG*.

SGS In The Press

Check out the the new "[SGS in the Press](#)" tab on the SGS website. We would like to showcase articles featuring our members and their work, or any article that mentions our organization or the Journal of Applied Gerontology. Please forward contributions to Lora Gage at lgage4sgs@aol.com

The Search is On!

For several years the dynamic editing trio, Luci Bearon, Connie Coogle, and Chrsty Jensen, have delivered your Southern Gerontologist newsletter regardless of weather or dark of night. But the time has come for them to allow other SGS members to have a turn at editing the news, so the current editors can transition to their new responsibilities. Four times a year, the editor(s) gather, organize and edit the news before turning it over for layout. Please contact one or all of the editors named below with your questions and interest.

Contact the editors of the Southern Gerontologist to share news or article ideas or provide feedback. We also welcome member and event news.

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Southern Gerontological Society

CONFERENCE CALENDAR

April

Southern Gerontological Society Annual Conference

“Building the Bridge to the Future: 21st Century Families”

April 3 – 6, 2014 - DoubleTree by Hilton Hotel, Little Rock

<http://www.southerngerontologicalsociety.org>

Alabama Gerontological Society

“AGING: Is there an APP for that?”

April 9-11, 2014 - Embassy Suites Hotel and Conference Center, Montgomery

<http://www.agsinfo.org>

University of Georgia Institute of Gerontology

“Southeastern Student Mentoring Conference in Gerontology and Geriatrics”

April 11-12, 2014 - UGA Hotel & Conference Center at the Georgia Center, Athens

<http://www.publichealth.uga.edu/geron/programs/conference>

North Carolina Association on Aging (primarily practitioners)

“All Hands on Deck”

April 23-24, 2014 - New Bern Riverfront Convention Center, New Bern

<http://www.ncaoa.org/Conference.html>

May

University of Alabama, Tuscaloosa

“Successful Aging Across the Lifespan”

May 15-16, 2014 - Bryant Conference Center, University of Alabama, Tuscaloosa

<http://training.ua.edu/aging-successfully/index.php>

American Geriatrics Society Annual Meeting

May 15-17, 2014 - Walt Disney World Swan and Dolphin, Orlando, FL

http://www.americangeriatrics.org/annual_meeting/

Assisted Living Federation of America (ALFA) Annual Conference and Expo

May 19-22, 2014 Phoenix, AZ

www.alfaconference.org

June

West Virginia University 36th Summer Institute on Aging

“Aging without Limits: Expanding Community”

June 3-5, 2014 - Lakeview Resort & Conference Center, Morgantown

<http://www.wvsioa.org>

July

Georgia Gerontological Society Annual Conference

“Aged to Perfection”

July 28-30, 2014 - Chateau Elan, Braselton

http://www.georgiagerontologysociety.org/ggs_annual_conference_2014.htm

Oct

65th Annual AHCA/NCAL Convention & Expo

October 5-8, 2014 - Washington D.C.

<http://www.eventscribe.com/2014/ahcancal/>

Welcome, New Members!

Evelyn Givens - AR
Mindy Sollisch - FL
Kayla Cook - NC
Linda Danley - AR
Shanil Juma - TX
Sarah Tate - NC
David Watkins - GA
Lynn Akdamar - AR
Sam Sellers - AR
Susan Kennerly - NC
Tracey Yap - NC
Christopher Kelly - NE
Cassie Hudson - TX
Ronda Christman - TN
Steven Fulks - NC
Gloria Yates - LA

James Morgan - FL
Nadia Flanigan - GA
Adrienne Cohen - GA
Annette Kelly - FL
Janice Brewer - GA
Amy Mitchell - KY
Hao Liu - TX
Martha Bramlett - NC
Elizabeth Armstrong - VA
Jason Crandall - KY
Michael Minton - AR
Lisa Kurtz - NC
Jerry Ingram - AR
Shannon Trecartin - TN
Ami Moore - TX
Mike Davis - TN

Barbara Manning - TN
Makala Daniels - TN
Celeste Greene - GA
Vicki Glenn - AR
Elaine Bowen - WV
Donna Faye McHaney - AL
Linda Bobroff - FL
Cheryl Kaczor - WV
Becky Smith - WV
Theresa James - AR
Doug Ballinger - AR
Patrice Blanchard - KY
Peter Moser - FL
Lacy Will - VA

SGS Membership Benefits

SGS Annual Conference & Meeting:

Leadership & Professional Networking;
Continuing Education. Members receive a deep discount on registration fees for the annual meeting.

Publications: The Journal of Applied Gerontology and The Southern Gerontologist newsletter. A free subscription to the **Journal of Applied Gerontology (JAG)**, the official journal of SGS is included with membership. The Journal is devoted to the publication of contributions that focus explicitly on the application of knowledge and insights from research and practice to improvement of the quality of life of older persons. Particular emphasis is placed on manuscripts and editorials that enhance dialogue among researchers, policy makers, and practitioners. In addition, members receive the **Southern Gerontologist**, a quarterly newsletter that complements JAG by providing updates on applied projects, member activities and emerging issues, and informing members of

new books and videos of interest to the field of aging.

Student privileges: Membership discount, conference registration discount, and networking & leadership opportunities.

SGS Committees are member-friendly and provide an excellent opportunity to enhance one's professional development. By adding your voice to SGS you can help ensure that dialogue and cooperation maintain the balance between research and practice, through the guiding principle of SGS-- the alliance of practitioners and academicians to enhance the lives of our elders.

For more information contact **Lora Gage**, SGS Executive Director, at lgage4sgs@aol.com. She will gladly send you an application and information. Don't miss the opportunity to become a member of a group of the South's most respected gerontology professionals.

NOT YET A MEMBER?! JOIN TODAY! ONLINE!!

[HTTP://WWW.SOUTHERNGERONTOLOGICALSOCIETY.ORG/JOIN.HTML](http://www.southerngerontologicalsociety.org/join.html)