As you probably know, I was asked to serve as director of the Center for Health Aging Research as of January 1. I am very grateful to Dean Tammy Bray for recommending me for this position, to Jo Anne Leonard Peterson for funding the endowed directorship, and to Karen Hooker for doing such a great job getting CHAR up and running.

Our first task for the center was to submit a Roybal Center Grant (see next article), with Karen Hooker and I as multiple PIs. We had a lot of fun putting the proposal together, with the able assistance of C. J. Cleveland and Deanne Hudson. There may be other possibilities for collaborative ventures afoot, including two PARs (see sidebar). Early next quarter we will convene a meeting of interested investigators to see if there is any interest in submitting a grant or two.

As you all know, Anne Hatley retired in February. Karen Hooker and I are in the process of searching for a new person, who hopefully will be working full time, split between IGERT and CHAR. The ad should be running shortly, and we will be interviewing potential applicants in April. We welcome suggestions for possible applicants.

CHAR is now up to 52 faculty members from several different colleges, and I think it’s time for some strategic planning to occur to determine vital questions such as future directions and what we would like to accomplish as a center. I hope to meet with the core directors at the beginning of Spring Quarter, and hopefully each core will meet at some point in the quarter. I would like to reinstate the annual meeting in September.

We will also be reinstating the quarterly newsletter. Each newsletter will feature one or more of our new faculty members. (See articles on David Hurwitz and Rob Stawski in this issue.) Any suggestions, announcements or opportunities are welcome. We would also like to include press releases on CHAR faculty research, links to articles of interest and so on. We will also include other opportunities for collaborations with both the academic and larger communities.

Finally, CHAR will run the Life Scholars program again this summer, which provides funding up to $1,000 per student. Up to five scholars will be accepted. We strongly prefer departmental matches that bring the total award to $2,000. Applications are due Friday, May 2, 2014.

I’m looking forward to working with everyone!

Carolyn Aldwin
Director, CHAR
## Proposed OSU Roybal Center on Applied Resilience in Aging (RCARA)

The Roybal Center grant proposal to the National Institute on Aging focused on two areas in gerontology: resilience and health disparities. We proposed two stages: the first focused on internal grant proposals (see table below). In the second, we will solicit proposals nationwide on aging and health disparities, collaborating with the Resource Centers for Minority Aging Research (RCMARS).

Thanks to everyone who worked on this proposal!

<table>
<thead>
<tr>
<th>Investigators</th>
<th>Title</th>
<th>RFA Theme Number*</th>
<th>Resilience Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smit, Gombart, &amp; Branscum</td>
<td>Vitamin D, Depression, and the Risk of Diabetes Mortality in Mexican American, non-Hispanic Black and Non-Hispanic White Older Adults with Pre-diabetes</td>
<td>1</td>
<td>Resource: Vitamin D&lt;br&gt;Outcome: Diabetes-related Mortality &amp; all-cause mortality</td>
</tr>
<tr>
<td>Stawski, Cheng, Aldwin &amp; Chiang</td>
<td>Psychosocial Stress and Biomarkers in Late Life</td>
<td>3</td>
<td>Process: Dynamic effects of stress &amp; coping on salivary biomarkers &amp; heart rate variability&lt;br&gt;Outcome: Neuroendocrine resilience</td>
</tr>
<tr>
<td>Mendez-Luck</td>
<td>The Family’s Role in Promoting Resiliency in Elderly Adults with Chronic Disease: A Health Disparities Perspective</td>
<td>3</td>
<td>Process :Interactions with family &amp; community&lt;br&gt;Outcome: Understanding contextual factors that promote resilience</td>
</tr>
<tr>
<td>Odden &amp; Ahluwalia</td>
<td>Social Health and Resiliency in Older Adults with Heart Failure</td>
<td>1</td>
<td>Resource: Social support&lt;br&gt;Outcome: Delayed progression of heart failure</td>
</tr>
<tr>
<td>Hord &amp; Odden</td>
<td>Does Dietary Nitrate Exposure from Leafy Green Vegetables Lower Blood Pressure and Increase Energy And Resilience in Older Adults with Hypertension?</td>
<td>1, 2</td>
<td>Resource: Dietary nitrate&lt;br&gt;Outcome: Lower blood pressure and higher well-being</td>
</tr>
<tr>
<td>Hurwitz &amp; Hunter-Zaworski,</td>
<td>Investigation of the Impact of In-Vehicle Technologies to Improve Rear Visibility for Older Drivers</td>
<td>5</td>
<td>Resource: Driving skills&lt;br&gt;Outcome: Improved mobility &amp; decrease in functional limitations</td>
</tr>
</tbody>
</table>

*Roybal RFA Themes
1. **Mechanisms of behavior change**
2. **Novel interventions exploiting the malleability or plasticity of biobehavioral risk mechanisms associated with adverse aging outcomes**
3. **Novel methods for survey research and data collection**
4. **Novel programs or practices at homes, workplaces or firms benefiting older people**
CHAR Faculty Introduction: David Hurwitz

David Hurwitz is an assistant professor and group coordinator of transportation engineering in the School of Civil and Construction Engineering at Oregon State University. David also serves as the point of contact for the OSU Driving and Bicycling Research Lab. David conducts research in the broad areas of transportation user behavior, older and younger drivers, transportation safety, traffic control and transportation engineering education. In particular, David is interested in the consideration of user behavior in the design and innovation of transportation systems. His recent work has examined the safety of road users at signalized intersections, such as pedestrians in the conflicting crosswalk of permitted left-turning vehicles during a flashing yellow arrow, right-hook crashes between vehicles turning right and simultaneously through moving cyclists during a circular green indication, and dilemma zone conflicts for drivers responding to the onset of the circular yellow indication. David has studied the implications of distracted driving on teenage drivers in the Pacific Northwest and the implications of distraction of reduced traffic signal efficiency. He has also lead a national team of faculty, students and practicing engineers to better understand the pathway from novice to expert transportation engineer, and to develop conceptual exercises that improve student learning outcomes based on that knowledge.

Early outcomes of this work included support for changes to signal timing practices in Washington County, Ore., that prevent concurrent pedestrian movements in the conflicting crosswalk of permitted left-turning vehicles during the flashing yellow arrow, the in-person interactive training of 3,000 teenagers in high schools and universities across the Pacific Northwest regarding the dangers of distracted driving, and the adoption of more than 100 conceptual exercises by professors who teach traffic signal systems at 30 colleges and universities across the country.

David is enthusiastic about the prospect of collaborating with new colleagues in CHAR to more effectively provide transportation solutions that specifically consider the needs of older road users. The increasingly complex challenges associated with providing safer and more accessible transportation solutions for older road users undoubtedly require more interdisciplinary teams. Potential avenues for collaboration could include the study of older road user performance (visual attention, perception reaction times, decision making, etc.), the evaluation of novel transportation infrastructure and traffic control devices designed specifically for the benefit of older road users, or the development of education and training programs for the older road user. This and other work could leverage the OSU Driving and Bicycling Simulators to study older drivers in a virtual built environment with the experimental controls of a laboratory setting.
CHAR Faculty Introduction: Robert Stawski

Robert S. Stawski, PhD, is an Associate Professor of Human Development and Family Sciences and Biostatistics. Professor Stawski is an experimental and developmental psychologist whose research broadly focuses on links among stress, mental, physical and cognitive health in the contexts of adult development and aging, close personal relationships and the intersection of work and family. Specifically, his research is driven by three particular research foci: 1.) Understanding the role cognition as an outcome, indicator and resource for understanding stress and health; 2.) Understanding stress processes and the psychological and biological pathways stress has proximal and cumulative influences on cognition, health and well-being; and 3.) Using longitudinal measurement burst designs for tracking the influence of micro-level processes (e.g., stress reactivity) on long-term health trajectories and outcomes.

Robert earned his bachelor’s degree in psychology from Oklahoma State University, his master’s degree and PhD in Experimental Psychology from Syracuse University, and was a National Institute of Mental Health Post-Doctoral Fellow in Aging and Mental Health at the Pennsylvania State University Gerontology Center. Prior to joining Oregon State University, he was an associate research scientist in the Gerontology Center and Department of Human Development and Family Studies at Pennsylvania State University and a faculty research fellow at the Survey Research Center at the University of Michigan Institute for Social Research. Robert’s current research is supported by grants from the National Institute of Aging, the Natural Sciences and Engineering Research Council of Canada, and FORTE: Swedish Council for Working Life and Welfare.

“The Center for Healthy Aging Research (CHAR) was an important factor contributing to my decision to come to Oregon State University,” he says. “I have known of the high-quality interdisciplinary aging-related research that has been supported at Oregon State University and facilitated by CHAR for quite a number of years. Knowing that such infrastructure for and commitment to aging-related research existed made it easy to see that Oregon State University and CHAR would be an ideal professional context. Joining the faculty at OSU and affiliating with CHAR provides unique and inspiring opportunities for continuing my existing research, as well as establishing new collaborations with the wonderful cadre of aging researchers here at OSU addressing many important issues facing aging individuals.”
Upcoming Conferences

Don't forget the 38th Annual OSU Gerontology Conference, April 2-3, at LaSells Stewart Center. Visit osugero.org for more information.

The keynote speakers will be:

- Alan Arnette, Alzheimer's Advocate, Professional Speaker, and Mountaineer
- Robert Winningham, Professor, Psychological Sciences, and Chair, Behavioral Sciences Division, Western Oregon University; Co-Director of Geriatric Wellness Center, Salem, Oregon
- Richard Leider, Author and Facilitator of The Power of Purpose, Founder and Chairman of The Inventure Group, a life-coaching company.

ORCATECH Council Meeting
Date: Friday, April 4, 2014
9 a.m.-noon with networking lunch to follow until 1 p.m.
Location: Marquam Room in Mackenzie Hall

Orientation to Layton Center and ORCATECH: an overview for collaborators
2-3:30 p.m. Thursday, April 17, 2014
Hatfield Building 13D40A (Layton Center conference room)

Are you interested in data or specimens from longitudinal aging research? Writing a grant application and in need of pilot data?
The OHSU Layton Aging & Alzheimer's Disease Center and Oregon Center for Aging and Technology (ORCATECH) work closely to make the data and specimens that comprehensively characterize longitudinal cohorts of research volunteers available to the wider research community. This presentation will orient interested investigators to the data and specimens available for collaborative use, including clinical data (e.g., neuropsychologic, neurologic), activity data (e.g., in-home continuous assessment data, computer use, weekly health form surveys, social health surveys), recruitment data (e.g., several ongoing longitudinal projects), biomarker (e.g., plasma, CSF), and genetic and pathology specimens and data. This overview is an opportunity to become more familiar with the resources these research centers have to offer. (R.S.V.P. not necessary; regretfully, we cannot provide parking passes.)
Sidebar No. 1: Collaborative Research Opportunities

- Technologies for Healthy Independent Living (R01) ([PAR-14-118])
  National Institute of Biomedical Imaging and Bioengineering
  National Heart, Lung and Blood Institute
  National Institute on Aging
  *Eunice Kennedy Shriver* National Institute of Child Health and Human Development
  National Institute of Nursing Research
  Office of Behavioral and Social Science Research
  Application Receipt/Submission Date(s): September 23, 2014; September 23, 2015; September 23, 2016 AIDS Date: January 7, 2015; January 7, 2016; January 7, 2017

- Design and Development of Novel Technologies for Healthy Independent Living (R21) ([PAR-14-119])
  National Institute of Biomedical Imaging and Bioengineering
  National Heart, Lung and Blood Institute
  National Institute on Aging
  *Eunice Kennedy Shriver* National Institute of Child Health and Human Development
  National Institute of Nursing Research
  Office of Behavioral and Social Science Research
  Application Receipt/Submission Date(s): September 23, 2014; September 23, 2015; September 23, 2016 AIDS Date: January 7, 2015; January 7, 2016; January 7, 2017

- Angela Long is the Director of Business Intelligence for the Oregon Department of Human Services. She is requesting collaborators for the following project.

  In the February 2014 legislative session, DHS-Aging and People with Disabilities program was provided funding to develop a work plan and more precise costing for a project to restart annual Nursing Facility and Community Based Care reports. Work could involve assistance facilitating meetings with stakeholders, gathering and analyzing data for the report, and production of the report. We have a requirement to report back to the legislature in May related to the ongoing cost of this project so our timelines for stakeholder input and planning are tight. If this is something you'd be interested in talking more about, please let me know as soon as possible and I'll give you a call. Her email is: angela.long@state.or.us.
An article you might have missed

This is an interesting article on the association between income and longevity published in the *New York Times*. There are some nice graphics in the article.

Income Gap, Meet the Longevity Gap
www.nytimes.com
Two counties demonstrate the widening divide in life expectancy between affluent and struggling areas.