

The Newsletter

Human Development and Family Studies, Oregon State University

Premier Edition and Call for Submissions

Volume 1, Issue 1

December 2011

Human Development and Family Studies brought us all together at OSU; Sometimes, our own development as humans or our personal 'family sciences' take us away from each other and the proverbial office water cooler. The purpose of this newsletter, in its infancy and most definitely a work in progress, is to keep the grad students in our program connected to each other and to faculty. The goal of this project is to minimize the impact of 'growing pains' as our program becomes fully integrated into the new School of Social and Behavioral Health Sciences.

This newsletter is for you, the HDFS graduate students and faculty. Your comments, suggestions, and especially your news and photos are welcome. Has your work been published? Did you present at a conference? Do you have travel plans, new children, research ideas or questions?



Milam Hall

Tips and or tricks for teaching on campus or on-line? Statistics jokes? Please contribute.

You can begin right away by helping to name your newsletter. *HDFeSentials?*

Surely you can do better. Please send your submissions to Kaycee or Kendra. There might be a prize for the winner.

Thanks to all the grad students who replied to our call for short biographies. Due to an editorial oversight, as well as time and space constraints, we weren't able to include them in this edition. Our next issue will feature the graduate students; we will learn who has recently signed up for her first marathon and who is an aspiring cactus farmer!

Mendez-Luck helps to build HDFS-PH Bridge

Carolyn Mendez-Luck arrived on campus this fall as one of two HDFS/ Public Health "bridge faculty". She says the thing that excites her most about being a part of HDFS at OSU is "The faculty and

students and their collective passion about public health issues related to family relationships."

Over the past few months, Carolyn has traveled be-

tween Corvallis and Los Angeles a few times. She drove from southern California to Corvallis in August, and then returned to the Golden State when she gave a talk to caregivers and direct service provid-

Congratulations to:

- Adam Clark, whose daughter Lily was born Nov. 21
- Heidi Igarashi, who successfully completed her oral exam.
- Jack Day, who successfully completed his oral exam.
- Sara Schmitt, who successfully completed her oral exam.
- Monica Olvera, who successfully completed her oral exam.
- Kendra Lewis, awarded Provisional Certified Family Life Educator
- Steve Wicks, awarded provisional Certified Family Life Educator
- Doris Cancel-Tirado, PhD!

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IGERT Research Seminar

Pam Allen

IGERT trainees and associates met fall term in a weekly seminar facilitated by Dr. Hooker to initiate a year-long research project that will take the form of an interdisciplinary critical review of the literature on circadian rhythms. In the social sciences, research has focused on light as a stimulus in the treatment of sleep disturbances related to aging and dementia. However, research in humans unrelated to aging, and animal studies examining age related influence on circadian rhythms suggest the potential to move beyond light based therapies for improving circadian clock regulated hu-

man level outcomes. The group is examining how biological research and molecular level understandings of the circadian clock can inform future approaches to research concerned with the social, psychological, and behavioral outcomes associated with optimal aging. The seminar will continue winter 2012 under the facilitation of Dr. Pavol of exercise and sport science. For more information on the IGERT in healthy aging see <http://health.oregonstate.edu/igert/>. Look for updates about how to follow the research via facebook and twitter beginning winter term.



From left to right: Laura Lien (Design and the Human Environment), Han-Jung Ko (HDFS), Shannon Mejia (HDFS), Jennifer Davidson (Human-Computer Interaction), Jeff Proulx (HDFS), Kuntol Rakshit (Molecular and Cellular Biology), Pamela Allen (HDFS), Ritwik Nath (HDFS), Nicholas Thomas (Biochemistry and Biophysics), Karen Hooker

Mendez-Luck *continued*

ers in L.A. for National Family Caregivers Month, November 2011.

Dr. Mendez-Luck recently gave a talk in Washington, DC about the relative importance of caregiver status in predicting poor health among older adults in Los Angeles County, based on research she conducted as part of her tenure at UCLA.

Carolyn is successfully acclimating to our colder climate- she really appreciates the opportunity to use the two fireplaces in her home, which she shares with her husband and a 14 year-old cat named Milky. She says, "It would be almost absurd to use a fireplace in Los Angeles!" She has yet to discover her favorite place to eat in Corvallis, but expects she will con-

- *"Learn to say 'No' so you don't burn yourselves out before you start your careers. Also, remember that your time is a valuable and scarce commodity—use it wisely."*
- Carolyn Mendez-Luck, when asked to share advice for graduate students

tinue to search for the next 6 months or so.

OSU HDFS at GSA and NCFR

The halls of Milam were unusually quiet in November as many of our faculty and graduate students attended conferences.

The National Council on Family Relations held their annual conference in Orlando. Drs. Kate MacTavish and Leslie Richards gave talks about their respective studies of low-income families. Council Fellow Alan Acock discussed research methods. Many other faculty and grad

students presented posters, a complete list is included as a special section.

The Gerontological Society of America met in Boston. Drs. Aldwin, Levenson, Goins, Mendez-Luck, Hooker and Walker all presented their work. Our gerontology graduate students also presented, a complete list of their contributions follows on pg. 4.. Dr. Karen Hooker was elected Secretary-Treasurer of the Behavioral and Social Sciences section of the GSA.



Past and present OSU HDFS students enjoyed the chance to connect at the NCFR conference in Orlando.

Photo: Kendra Lewis

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HDFS graduate students, researcher, friends, family, and pets were awarded first place in the group costume competition in the Corvallis 5 race on Halloween. The group used the \$100 gift card they won to buy breakfast. The 11 participants were featured in the Corvallis Gazette-Times.

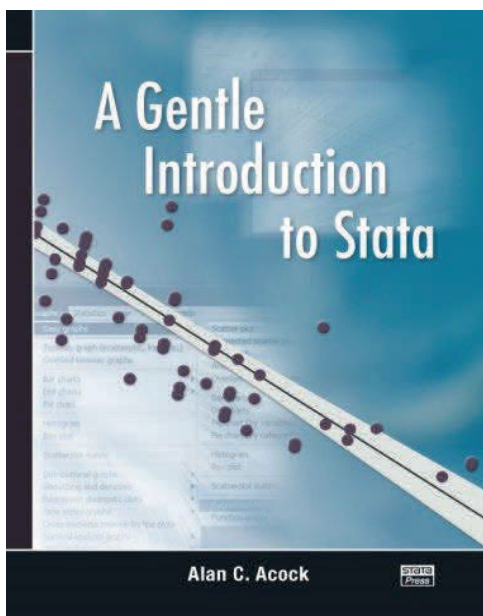
L-R: Megan Pratt, Steve Wicks, Derek Becker, Karley Lewis, James Scott, Rob Duncan, Beth Becker

Photo: Karley Lewis



The next issue of *The Newsletter* will feature our amazing HDFS graduate students. If you would like to be featured and you haven't done so already, please contact Kaycee or Kendra.

Acock gets Sirious



After nearly two years of intense research, speculation and anticipation, Alan Acock became an iPhone owner in late November. Now that he is one step closer to becoming fully self-actualized human, he has found time to work on other projects.

He has authored a chapter on dealing with missing values that will be published in the *APA Handbook for Quantitative Methods* in March. He has also been working on the 4th edition of *A Gentle Introduction to Stata*, as well as a new book, tentatively titled *Advanced Applications of Stata*, covering missing values and multi-level analysis and structural equation modeling.

The Stress, Health, and Aging Research Program: Effects of Military Service on Veterans' Life Course E. H. Davison¹; C. M. Aldwin² 1. Women's Health Sciences Division, National Center for PTSD, VA Boston and Boston University, Boston, MA, United States. 2. Oregon State University, Corvallis, OR, United States.

Disparities in Health Status and Health Care Access and Use between Older American Indians and Alaska Natives and Non-Hispanic Whites G. Kim¹; A. N. Bryant¹; R. Goins²; C. B. Worley¹; D. A. Chiriboga³ 1. Center for Mental Health and Aging/Department of Psychology, The University of Alabama, Tuscaloosa, AL, United States. 2. West Virginia University, Morgantown, WV, United States. 3. University of South Florida, Tampa, FL, United States.

Meanings of a Good Old Age: Quality of Life of Older Adults who Receive Home and Community Based Services A. Choi¹; S. Wallace²; K. G. Kietzman²; E. Durazo²; J. Torres²; A. Benjamin²; C. Mendez-Luck² 1. Department of Interdisciplinary Studies, California State University Dominguez Hills, Carson, CA, United States. 2. UCLA Center for Health Policy Research, Los Angeles, CA, United States.

Does Coping Mediate between Stress Severity and Stress-Related Growth? X. Bi^{1,2}; C. M. Aldwin² 1. Center for Health Care Evaluation, Menlo Park, CA, United States. 2. Oregon State University, Corvallis, CA, United States.

Age Differences in the Factor Structure of Self-Transcendent Wisdom. M. Levenson¹; S. Lee¹; S. Choun¹; C. Jones²; P. Wink³; C. M. Aldwin¹ 1. Human Dev. & Fam. Sci., Oregon State University, Corvallis, OR, United States. 2. California State University Fresno, Fresno, CA, United States. 3. Wellesley College, Wellesley, MA, United States.

When Does the Normative Decline in Social Contact Occur? Findings from the VA Normative Aging Study. N. Toyokawa¹; C. M. Aldwin¹; A. Spiro^{2,3}; A. Acock¹; S. Choun¹; R. Nath¹ 1. Oregon State University, Corvallis, OR, United States. 2. Boston University, Boston, MA, United States.

American Indian Aging: Cultural, Health, and Political Considerations

R. Goins¹

1. Dept of Community Medicine, West Virginia University, Morgantown, WV, United States.

Correlates of Lower Body Functioning among Older American Indians: The Native Elder Care Study

R. Goins¹; K. E. Innes¹; L. Dong¹

1. Dept of Community Medicine, West Virginia University, Morgantown, WV, United States.

Regulating Daily Affect and Stress Across the Life Span C. A. Berg¹; C. M. Aldwin² 1. Psychology, University of Utah, Salt Lake City, UT, United States. 2. Oregon State University, Corvallis, OR, United States.

Possible Selves in Action: Promoting Social Goal Progress for Older Adults H. Koi¹; S. Mejia¹; S. Choun¹; T. Pham¹; R. Metoyer¹; K. Hooker¹ 1. Oregon State University, Corvallis, OR, United States.

"Do As I Say, Not As I Do": Messages From Parents to Their Emerging Adults About Late-Life Caregiving H. Igarashi¹; D. P. Coehlo²; K. Hooker¹ 1. Human Development & Family Sciences, Oregon State University, Corvallis, OR, United States. 2. Juniper Ridge Clinic, Bend, OR, United States.

Predicting Out-of-Pocket Caregiving Expenses Using the 2009 California Health Interview Survey

G. Boyer¹; C. Mendez-Luck²; T. R. Konrad¹ 1. BOYER, UNC-Chapel Hill, Carrboro, NC, United States. 2. UCLA, Los Angeles, CA, United States.

Stress Trajectories and Mortality Among Older Men: Findings From the VA Normative Aging Study

C. M. Aldwin¹; N. Molitor¹; A. Spiro^{2,3}; H. Igarashi¹; J. Molitor¹; M. Levenson¹ 1. Human Development & Family Sciences, Oregon State University, Corvallis, OR, United States. 2. NAS, VA Boston Healthcare System, Boston, MA, United States. 3. Boston University School of Public Health, Boston, MA, United States.

The Digital Frontier of Aging Research: Emerging Methods in Microlongitudinal Studies

S. Mejia¹; K. Hooker¹ 1. Human Development and Family Sciences, Oregon State University, Corvallis, OR, United States.

Capturing 100 Days of Self Regulation Processes via the Web: Design, Implementation, and Evaluation S. Mejia¹; T. Pham²; S. Choun¹; R. Metoyer²; K. Hooker¹ 1. Oregon State University - Department of Human Development and Family Sciences, Corvallis, OR, United States. 2. Oregon State University - School of Electrical Engineering and Computer Science, Corvallis, OR, United States.

The Predictors of Access to Care, Preventive Services Use, and Lifestyle Behaviors among California Caregivers: Findings from the 2009 California Health Interview Survey C. Mendez-Luck¹; G. Hoffman¹ 1. UCLA School of Public Health, Los Angeles, CA, United States.

States.

"I'm Old, I'm Not Dead": Sexuality, Age, and Gender Relations in Late-Life Dating E. B. Levario¹; A. J. Walker²; K. Hooker² 1. University of Wisconsin-Stout, Menomonie, WI, United States. 2. Human Development and Family Sciences, Oregon State University, Corvallis, OR, United States.

The Daily Social Context of Goal Progress: Processes of Support, Hindrance and Satisfaction

S. Mejia¹; S. Choun¹; T. Pham²; R. Metoyer²; K. Hooker¹

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2. Oregon State University - School of Electrical Engineering and Computer Science, Corvallis, OR, United States.

NCFR

Methods for Analyzing Longitudinal and Repeated Cross-Sectional Data

Discussants: Rebekah Young and Alan Acock

Item Analysis Issues

Discussants: Isaac Washburn and Arthur Greil

Assessing Couple and Family Stability Over Time

Presented by: Randal D. Day, Alan C. Acock, Isaac J. Washburn, Sherry Cowan, Richard B. Miller and Stephanie Blickfeldt

Diverse Families and Health

Facilitator: Doris Cancel-Tirado

Fellows Roundtables

Working with Missing Values

Presented by: Alan C. Acock

Health Outcomes of Parent Versus Adult Child Caregivers

Presented by: Verna E. Zehner Ourada, Alexis J. Walker

Stress, Proactive Parenting, Externalizing Behaviors, and School Engagement *Presented by:* Derek Becker, Guadalupe Diaz, Monica Laura Olvera, Randal D. Day

Coming of Age in the Margins of the Rural Economy: Low-Income Youth on Reaching Adulthood

Presented by: Katherine A. MacTavish

Policies That Facilitate Rural, Low-income Families' Ability to Work

Presented by: Jean W. Bauer, Elizabeth M. Dolan, Bonnie Braun, Carolyn Bird, Patricia H. Dyk, Mary Jo Katras, Frances C. Lawrence, Jaerim Lee, Sheila Mammen, Margaret Manoogian, **Leslie Richards**, Yoshie Sano, Seohee Son, Susan Walker

Direct Support of Employment for Rural Low-income Families

Child Care as a Support to Employment for Rural Low-income Families

Support for Rural Low-income Families' Employment Through Education, Transportation, and Public Assistance Programs

Physical and Mental Health as a Barrier to Employment