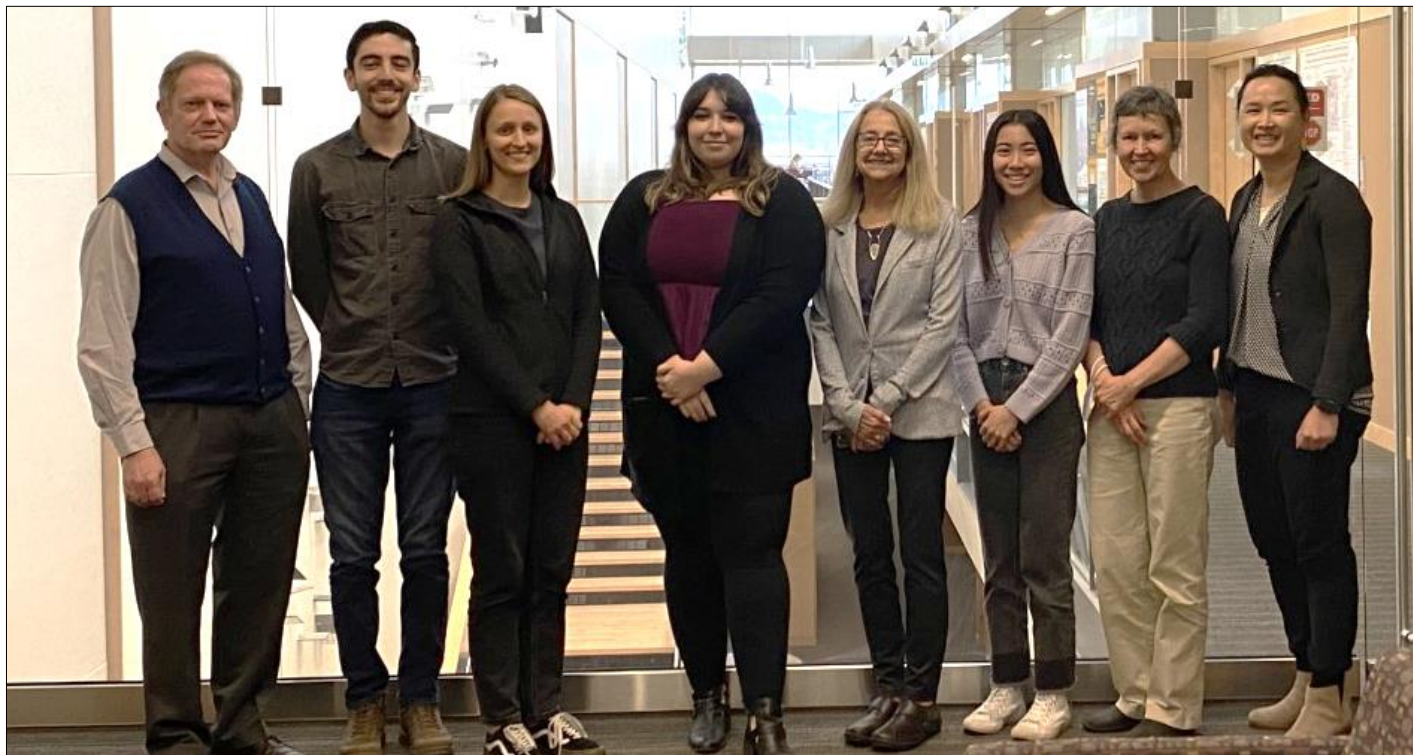


LIFE LINES



2022 LIFE Scholars Program participants included (left to right): Dr. Fred Stevens (mentor), Aidan Fichter (student), Paige Jamieson (student), Madeline Nichols (student), Dr. Karen Hooker, Lily He (student), Dr. Urszula Iwaniec (mentor), and Dr. Emily Ho (mentor).

LIFE Scholars application call

The Center for Healthy Aging Research is preparing for the 18th annual Summer LIFE Scholars Program.

The call for applications was announced during winter term, and they are due by 5 pm on April 14th.

Through the program, students work with a Center faculty member to develop research skills in the interdisciplinary field of aging. At the end of summer term, students present a scholarly report of their work. Application details are available

at health.oregonstate.edu under "Student Opportunities".

Several students may be selected for the program, which involves a maximum award of \$1,000 and \$1,000 match from each student's faculty advisor or department. The funds help pay for student wages and research expenses.

Applicants must be enrolled for fall term 2023 or intend to complete a degree at Oregon State University. Preference will be given to undergraduate students.

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Dr. Hooker to retire: Reflections on CHAR history

It has been an honor and one of the signature accomplishments of my career to have had a role in founding the Center for Healthy Aging Research at OSU in 2005.

As I look to retire from OSU this summer, I find myself reflecting on the Center's roots and accomplishments and its ongoing relevance to the science of aging.

When we formed, there were many faculty members across the university who were conducting research related to aging. We came together in a new Center to share ideas and create synergy for research projects that could have greater impact by crossing disciplinary boundaries.

Our interdisciplinary research cores address issues of healthy aging from cellular to societal perspectives. Over the years, we've engaged renowned scholars who are biochemists, psychologists, engineers, public health researchers, design and human environment researchers, and sociologists.

A point of pride during the time that I was Center Director (2005 – 2014; and Co-Director 2021-23) was that we were awarded a prestigious grant from the National Science Foundation to train doctoral students in aging sciences.

The model we developed has been a blueprint for other training programs around the country. We also developed the LIFE (Linking Individuals, Families, and Environments) Registry, a human participant registry of Oregonians aged 50 and older who agree to be contacted about research opportunities. The LIFE Registry is a valuable resource for faculty and students at OSU.

And we started the LIFE Scholars summer research program to give undergraduate students an important research experience working with a faculty mentor that could jumpstart their interest in aging research.

Thanks to Dr. Carolyn Aldwin's leadership as director of the Center from 2014-2021, these resources continued and grew. Through it all,



Dr. Karen Hooker

I have most valued the relationships we developed and the fun of seeing people get excited about new ideas and conducting research to discover novel insights about healthy aging.

I will miss those experiences in retirement but feel great about "passing the baton" to Emily Ho and Suzanne Segerstrom and the many creative faculty members who are the heart of the Center for Healthy Aging Research.

EDITOR'S NOTE



This Spring 2023 issue marks the return of LIFE Lines from hiatus, as well as my first issue as its editor.

I am excited to be in this role to help promote the Center for Healthy Aging Research and share its news and accomplishments.

Serving as LIFE Lines' editor is part of my responsibilities as the Center's new part-time Administrative Coordinator. I began working for the Center in February, and I also provide administrative support to the Linus Pauling Institute.

It has been a pleasure to relaunch LIFE Lines because of my interest in health and well-being, and because it also reconnects me to my earlier work in journalism and publishing. Since then, I have worked as an educator and also provided administrative, communications, and development support to nonprofit organizations in the region.

I hope you enjoy our Spring newsletter! Please feel free to reach out to me about LIFE Lines at healthyaging@oregonstate.edu.

- Joan Rutkowski

IN THE NEWS

OSU Names its 2023 Distinguished Professors

Oregon State University has named Drs. Emily Ho and Yanyun Zhao as its 2023 University Distinguished Professor recipients, the highest academic honor the university bestows upon faculty.

Dr. Ho is co-director of the Center for Healthy Aging Research, director of the Linus Pauling Institute, and a professor of nutrition in the College of Public Health and Human Sciences. Dr. Zhao is a professor of food science and associate dean for faculty affairs in the College of Agricultural Sciences.

Ho and Zhao will deliver lectures about their research on May 24 at OSU's Memorial Union. Advanced registration and in-person attendance are encouraged; the lectures will also be livestreamed.

Dr. Ho's presentation, "From B to Z: Food & Nutrients to Help You Live Better Longer", will focus on her work with broccoli and zinc and how nutritional choices can help tip the balance favorably towards optimal health. It is scheduled for 3:30-5 p.m.

Dr. Zhao's presentation, "A Challenging Yet Rewarding Journey in Search of Sustainable Food Packaging



Drs. Emily Ho and Yanyun Zhao

Solutions", will focus on the impact of food packaging waste on the ecosystem and her team's quest to develop sustainable solutions. It is scheduled for 8:30-10 a.m.

Additional details and lecture information can be found at: leadership.oregonstate.edu/provost/osu-university-distinguished-professors.

Annual Gerontology Conference: June 2

Planning is underway for the 46th Annual OSU Gerontology Conference. The day-long conference will be held Friday, June 2, at the OSU Alumni Center.

The conference offers gerontological education from a variety of disciplines and perspectives. Speakers range from local, national, and internationally-known gerontology professionals. This year's keynote speakers are Rawle Andrews Jr., Esq., and Larry S. Sherman, Ph.D.

Andrews is the Executive Director of the American Psychiatric Association (APA) Foundation. He will discuss the social determinants of mental health, as well as the APA Foundation's upcoming First Step public mental health campaign.

Dr. Sherman is a professor of neuroscience at Oregon Health & Science University and president of the Oregon and Southwest Washington Chapter of the Society for Neuroscience. He will discuss how music influences the aging brain by engaging the nervous system and its cognitive, sensory, and motor functions.

Registration and additional agenda details are at osugero.org. The annual conference is a collaborative effort by OSU's Extension Service (Family and Community Health), the College of Public Health and Human Sciences, the Center for Healthy Aging Research, and the Center for Health Innovation.

CHAR Faculty Spring Retreat: April 18

Center for Healthy Aging Research faculty are encouraged to attend the Spring Retreat on Tuesday, April 18th, from 3-6 p.m., at OSU's Hallie Ford Center.

The Center's co-directors, Karen Hooker and Emily Ho, have been planning an agenda that will help their fellow aging researchers across campus strengthen their connection with each other and consider possibilities for collaborative, interdisciplinary research. The gathering will be followed by a reception from 5-6 p.m.

Please email Joan at joan.rutkowski@oregonstate.edu if you are able to attend and have not yet provided your RSVP.

FACULTY SPOTLIGHT

CHAR welcomes new members

Over the last few months, the Center for Healthy Aging Research has welcomed several new members:

Regan A. R. Gurung, Ph.D.

Associate Vice Provost & Executive Director, Center for Teaching and Learning; Professor, Psychological Science

Dr. Gurung is a social psychologist whose research encompasses social, health, and pedagogical psychology. His current research areas are prejudice, sexism, and learning. He has joined CHAR with an interest in using age as a variable in his research.

Hyosin (Dawn) Kim, Ph.D.

Assistant Professor (Senior Research), College of Public Health and Human Sciences

Dr. Kim has joined CHAR with a desire to conduct research focused on health care systems and social support for older adults with serious and terminal illnesses and their caregivers. Her research interests revolve around assessing innovative payment and delivery models, as well as identifying disparities in health care access and quality of end-of-life care.

Nathan Mortimer, Ph.D.

Associate Professor of Biochemistry and Molecular Biology, Department of Biochemistry and Biophysics; Faculty Affiliate, Linus Pauling Institute

Dr. Mortimer's lab studies cell signaling and inflammation using the *Drosophila* fruit fly and parasitic wasps as a model system. His research includes studying diseases

Dr. Suzanne Segerstrom, Ph.D., will officially join the Center for Healthy Aging Research and becomes its co-director this fall, when she begins her role as Professor of Human Development and Family Science in OSU's College of Public Health and Human Sciences.

Dr. Segerstrom has been with the University of Kentucky since 1997 and is known internationally for her work as a health psychologist and her aging research.

The move brings Dr. Segerstrom back to familiar territory. She grew up in Oregon and earned her bachelor's degree in psychology and music from Lewis & Clark College.

Dr. Segerstrom has an M.A. and Ph.D. in clinical psychology from the University of California, Los Angeles and an M.P.H. from University of Kentucky.

of aging, including Alzheimer's and cancer, and how insect venoms can manipulate cell signaling and health outcomes.

Mark A. Phillips, Ph.D.

Assistant Professor, Department of Integrative Biology

Dr. Phillips researches adaptation and the genetic basis of complex traits using approaches from evolutionary biology, computational biology, "omic" technologies, and model organisms. He is especially interested in identifying factors that underlie differences in the rates of senescence between individuals.



Dr. Suzanne Segerstrom

Dr. Segerstrom is particularly interested in understanding how aspects of self-regulation, including personality, behavior, and executive cognitive function, affect well-being and health in older adults.

One of her longitudinal studies, the Thought, Stress, and Immunity Study, examines the effects of self-regulation and self-regulatory capacity on immunological and brain health in older adults.

Alysia Vrailas-Mortimer, Ph.D.

Associate Professor, Department of Biochemistry and Biophysics; Principal Investigator, Linus Pauling Institute

Dr. Vrailas-Mortimer's research focuses on understanding how we age and how aging leads to neurodegenerative diseases like Parkinson's disease and muscular dystrophy. She is interested in how genetic mutations and exposure to environmental toxins contribute to aging and aging disorders, and her lab uses *Drosophila melanogaster* (fruit fly), a genetic model organism, to explore these questions.

CENTER FOR HEALTHY AGING RESEARCH

Waldo Hall, 2250 SW Jefferson Way
Oregon State University
Corvallis, OR 97331



Oregon State University
College of Public Health
and Human Sciences