



# Healthy Aging Division Newsletter

## 2008 - 2009 Officers

### **Chair**

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### **Chair-Elect**

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### **Secretary**

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### **Nominations Chair**

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### **Membership Chair**

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## Division Goal:

To provide a forum for SNE members to network, stimulate research, & optimize nutrition-related quality of life for older adults through improved nutrition education and behavior and policy development.

Volume III Issue 2

Spring/Summer 2009

## A Message from our Chair

Greetings All!

This is our Spring/Summer issue and I am again pleased to be able to speak with you through our HAD newsletter.

I want to take a minute to tell you how much I have enjoyed being your Chair especially working with our wonderful officers - they are terrific! My thanks to each of them for their creative and tireless work toward keeping our division growing and moving in the right direction. Please thank them yourselves (their names and contact information are on the side of this newsletter). Now to tell you about what has happened in our Division since the last newsletter:

Congratulations to our newly elected Division officers who will be initiated into their positions at the HAD Business meeting on Sunday, July 12 at 5:30pm. They include: Shanthy Bowman as Chair, Karla Shelnett as Chair-elect, Carlene Russell as Secretary (Carlene's 2<sup>nd</sup> year in this position), Mary Meck Higgins as Treasurer, Ardith Brunt as Nominations Chair and Jung Sun Lee as Membership Chair.

My thanks to each of you, our new Division officers, for

being willing to 'take the wheel and run the ship' for 2009/10. We look forward to your leadership in the coming year!

Last summer we co-sponsored, with the Food and Nutrition Extension Education Division, a very successful and well-attended session, "The New Face of 60: 60 is Young Now," in Atlanta at the SNE Annual Meeting. If you missed it, you missed three excellent presentations. If you want to see what you missed, you can now go to the SNE Web site and peruse the PowerPoint slide sets under last year's conference.

This year we are sponsoring an exciting session titled: Food Insecurity Issues in the Aging Population: Individual to Environment. It will be held on July 14 (Tuesday) at 2:20 to 3:20pm. For more information describing the session and our excellent line-up of speakers see the write-up by Shanthy Bowman later in this newsletter. We will be setting up our HAD marketing display in the registration section of the SNE conference. Thanks, Shanthy, for supplying us with a new one. We hope the display will receive a lot of attention and bring us additional members. We are



including a copy of it in this newsletter so you can get an early look at it. It looks great! Thanks again, Shanthy!!

**This year's annual business meeting will be slightly different from the past. We will, of course, cover all the relevant/pertinent topics. To this we are adding a section: 'New Projects/Materials/Research' where members will have about 5 minutes to share their efforts with the rest of us. Anyone interested in doing this, please send me an email so I can get you on the list. I already have 2 names on the list. You are also encouraged to bring handouts with you to disseminate.**

The annual business meeting is a critical coming together of the membership where you can be heard and make a difference in the Division direction. You should not miss this opportunity! You may make suggestions for improvements or changes and

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## A Message from our Chair, continued

can volunteer in one of the ongoing activities or start on a new adventure.

I encourage all of you to come to the 2009 SNE Annual Conference, July 11-15, 2009 at the Sheraton New Orleans in Louisiana. With the tightening budgets it is not

easy, however it should prove to be a rewarding and exciting event as it offers access to the latest developments in food, nutrition, and education. The Society provides us with new research, creative ideas, and practical techniques applicable in our various settings. One of the most impor-

tant features of the conference (for me) is getting together with colleagues from across the country and exchanging ideas. I enjoy the exciting and energetic discussions and atmosphere of the conference while advancing my knowledge and skills. I hope to see you there shortly!



**July 11-15, 2009**  
**New Orleans, LA**

### Healthy Aging Division Events

**Sunday, July 12:** HAD Business Meeting (5:30 - 7:00 pm)

Join us for dinner after the meeting! If you would like to come along just let us know at the meeting or call Kelly Morrison at 215-512-7879 that day. (Restaurant TBD).

**Tuesday, July 14:** HAD-sponsored Session: Food Insecurity Issues in the Aging Population: Individual to Environment (2:20 - 3:20 pm)

## 2009 Healthy Aging Division Poster

**Special Interest Division**

# HEALTHY AGING

**The Goal of HEALTHY AGING:**  
To optimize nutrition-related quality of life for older adults through education, policy development and research.

**Objectives and Activities:**

- Promote SEE goals and strategic plan through Division activities
- Provide aging knowledge, skills, and resources to SEE Members
- Support partnerships with agencies to promote older nutrition-related quality of life for older adults
- Provide a forum for development and discussion of aging issues.
- Strengthen SEE policy advice, support, education and resources for successful aging.
- Promote nutrition and aging research.

**Older Adults are:**

- The nation's fastest growing population, with major growth occurring as Boomers age;
- Significantly underserved in nutrition services and nutrition education;
- Interested in nutrition for health promotion and disease prevention.

**Nutrition Educators need:**

- Knowledge and resources to effectively work with older adults

**We invite you to join this timely Division.**



**Sign up for HEALTHY AGING today!!!**



"Dishing Up Healthy Aging!"

Look for it at in New Orleans!

### Welcome to our Division's Newest Member!

Let's give a big welcome to: Jacqueline M. Piemonte from Wyckoff New Jersey.

Thank you, Jacqueline, for joining our Healthy Aging Division. You will find the most incredible dynamic and visionary members in our Division who would love to meet with you and help you get involved in the Division. Your membership and those six new members who preceded you this year will help grow the Division into an even more dynamic, diverse group of individuals who serve the nutrition education profession. If you have any questions about your membership or how you can get more involved in the Healthy Aging Division, please feel free to contact Jackie McClelland, Shanthi Bowman, or Karla Shelnett. Our contact information is on the side of page one of this newsletter.

## Healthy Aging Division Sponsored Session at 2009 SNE Conference:

There will be a Healthy Aging Division-sponsored session at the 42<sup>nd</sup> Annual Conference of the SNE, July 11-15, 2009 in New Orleans, LA, on Tuesday, July 14 from 2:20 p.m. to 3:20 p.m. The topic of the session is "Food Insecurity Issues in the Aging Population: Individual to Environment." The session will address three major areas that are important to the health of older adults: (i) Nutritional and fluid requirements of older adults, (ii) Associations between food insecurity and nutrition, health, and functionality in older adults, and (iii) Food access in rural areas and its impact on the older adults living in rural areas. The session will highlight possible solutions and programs available to increase food security among older adults.

Our session topic aligns well with the SNE Annual Conference theme. Despite the increasing trend in income among older adults in the recent years, a significant proportion of older adults are not fully food secure. In the recent past there has been a substantial increase in energy costs for heating and cooling, and transportation costs. Current changes in U.S. economic conditions will further impact how households would allocate money toward food expenditures when the incomes of retired older adults are further reduced. These factors have the potential to impact the food security status of older adults and consequently may impact health and quality of life. The session will address food access, food security, and nutrition of older adults and possible solutions and programs available to increase food security among older adults.

Joseph R. Sharkey, Ph.D., M.P.H., R.D., School of Rural Public Health, Texas A&M Health Science Center, College Station, Texas; Jean L. Lloyd, M.S., U.S. Department of Health and Human Services, Administration on Aging, Washington, D.C.; and Ann Grandjean, EdD, The Center for Human Nutrition, Omaha, NE are the speakers.

The learning objectives of the session will address: (i) The relationship between food insecurity or hunger and nutrition, health and quality of life, (ii) Accessibility to food in rural areas, (iii) The importance of adequate hydration in the elderly and its relationship to overall health, and (iv) Programs and resources available to the elderly that address nutrition and health

We look forward to seeing you at the session. Have a safe trip to New Orleans!

Shanthy Bowman, Ph.D.  
Chair-Elect

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## 2010 Dietary Guidelines Update

The 2010 Dietary Guidelines Advisory Committee has conducted three meetings to date. The third meeting in April 2009 was held online via Webinar. The following experts gave interesting presentations at the third meeting: Adam Drewnowski, University of Washington, Frank Sacks, Harvard School of Public Health, Patricia Crawford, University of California, Berkeley, Michael Hamm, Michigan State University, Brian Wansink, Cornell University, and Andrea Carlson and Mark Lino, CNPP, USDA. An archive recording of the complete meeting including the Committee deliberations and expert presentations is available for viewing at: [www.cnpp.usda.gov/DGAsMeeting3.htm](http://www.cnpp.usda.gov/DGAsMeeting3.htm). You may also view summary of public comments received by the Committee at this Website, grouped by key topic areas.

Public comments are accepted throughout the Committee process at: <http://www.cnpp.usda.gov/DietaryGuidelines.htm>.

Shanthy Bowman, Ph.D.  
Co-Executive Secretary to the 2010 Dietary Guidelines Advisory Committee  
Nutritionist  
USDA, Agricultural Research Service  
Beltsville, MD

## Healthy Aging Resources

### National Academy on an Aging Society Public Policy & Aging E-Newsletter

This free bimonthly e-newsletter highlights key developments and viewpoints in the field of aging policy from a wide variety of sources, including articles and reports circulating in the media, academy, think tanks, private sector, government and nonprofit organizations. To subscribe go to: [www.agingsociety.org/agingsociety/index.html](http://www.agingsociety.org/agingsociety/index.html).

### Environmental Threats to Healthy Aging

An interesting new report released by the Greater Boston Physicians for Social Responsibility and the Science and Environmental Health Network. The report offers a comprehensive

review of the currently available research on the lifetime influences of environmental factors on Alzheimer's and Parkinson's diseases, and their relation to a range of other chronic diseases the report terms the "Western disease cluster" - diabetes, obesity, cardiovascular disease and metabolic syndrome - and how these are all being driven by dramatic alterations over the past 50 to 100 years in the U.S. food supply, an increasingly sedentary lifestyle, and exposure to toxic chemicals. Positive changes to these drivers will help the health of people and the planet. To view the report go to: <http://www.psr.org/chapters/boston/resources/environmental-threats-to-healthy-aging-report.html>.

**Source:** Physicians for Social Responsibility

This newsletter is published three times a year. Articles may be reprinted for educational purposes only. Please address any questions or comments to the editor: Kelly Morrison at [phillyrd@verizon.net](mailto:phillyrd@verizon.net).

## In the News

### Recovery Act (ARRA): Senior Nutrition Programs

\$100 Million in Recovery Act funding has been awarded to support Senior Nutrition Programs. Approximately 14 million meals will be provided through the HHS Administration on Aging's community senior nutrition programs. To read more go to: [www.hhs.gov/recovery/programs/aoa/arra.html](http://www.hhs.gov/recovery/programs/aoa/arra.html).

**Source:** US Dept of Health & Human Services

### AoA to Award \$5 Million for Community Aging in Place Programs

The Administration on Aging (AoA) will use up to \$4.5 million to fund up to 15 new Community

Innovations for Aging in Place (CIAIP) grants. These new projects will promote aging in place for older individuals by developing and implementing innovative, cost effective, comprehensive and coordinated health and social services including *evidence-based disease prevention and health promotion services* that allow them to continue to live in their communities among their families and friends. AoA will also award one grant of up to \$500,000 for a technical assistance cooperative agreement that will support the CIAIP grantees. **The closing date for CIAIP and cooperative agreement applications under this announcement is Wednesday, July 15, 2009.**

To learn more about this grant opportunity, please visit: [www.aoa.gov/AoARoot/Grants/Funding/index.aspx](http://www.aoa.gov/AoARoot/Grants/Funding/index.aspx).

## NEEDED

- ★ Co-editor for future editions of HAD newsletter. Responsible for requesting and gathering of articles/materials from members. No technical skills necessary! I do all the formatting and send to SNE for posting on website. If interested, please contact me at: [phillyrd@verizon.net](mailto:phillyrd@verizon.net). This is a great opportunity to get involved in the Division so please consider it!

*Kelly Morrison*