The Gold Standard Award for Optimal Aging: A Celebration of Life-Long Flourishing

by Natalie Pope, MBA
U of L Institute for Sustainable Health & Optimal Aging

The UofL Institute for Sustainable Health & Optimal Aging (the Institute) is excited to announce that it will be hosting the 6th annual Gold Standard Award for Optimal Aging this September. This event celebrates and honors older adults who embody the Institute’s vision for a world where all older adults lead flourishing lives. This award recognizes older adults who are 85 years or older and who are outstanding models of optimal aging in the following four categories: physical, social, spiritual and creative.

“The Gold Standard Award for Optimal Aging is a special event that demonstrates the importance of appreciating the contribution of persons of all ages in our community,” says Dr. Christian Furman, M.D., Medical Director of the Institute. Previous awardees and nominees have demonstrated exceptional on-going passion and strength of character in the areas of caregiving, humanitarian efforts, business and government engagement, military service, and academic achievement.

The award is part of the larger movement to transform the aging paradigm in our community. In October of 2016, Louisville became the newest Age-Friendly City in Kentucky. Per this recognition, the Institute is working with leaders in the city to develop a strategic plan to make Louisville a place where persons of all ages can flourish. The
The ultimate goal is to create a community where age-diversity naturally occurs in all areas of society. To achieve this, Louisville must improve the support and accommodations needed to help persons thrive, as well as develop a culture that views all persons, regardless of age, as valued members of society. This dual-pronged approach is essential for reducing the barriers to social participation as well as taking a proactive approach for how our community maximizes the value of all its citizens.

The Gold Standard Award for Optimal Aging addresses the need for an inclusive culture by highlighting thriving older adults in our community. It celebrates not only the life-time achievements of older adults, but also their continuing contributions. As such, the award is one of the cornerstone events of Optimal Aging Month - a month dedicated to promoting the positive view that aging is an opportunity, not a disease.

“Optimal aging is the ability to flourish throughout one’s lifespan,” says Anna Faul, PhD, Executive Director of the Institute, “It is not a specific level of achievement but rather a state where in a person is able to continue living life to its fullest.” Nominees and awardees demonstrate that while aging optimally looks different for every person, the spirit of optimal aging is something everyone can strive for.

Nominations for the award will be open from January 1, 2017 until April 15, 2017. Nominations and registration are located on the Institute’s website. The award ceremony and luncheon will be held September 8, 2017 at the Crowne Plaza Hotel in Louisville, KY.

For more information, please contact the Institute at OptimalAging@louisville.edu

Community-Based Services: Challenges and Opportunities
February 8, 2017 11:30 a.m. - 1:00 p.m.

Meeting the burgeoning need of older adults for community-based support is the focus of the Feb. 8 lecture of the Spring 2017 Optimal Aging Lecture Series, sponsored by the University of Louisville Institute for Sustainable Health & Optimal Aging and the UofL Alumni Association.

Barbara Gordon, director of social services of the Kentuckiana Regional Planning and Development Agency (KIPDA), will present a discussion entitled “Access to Community-Based Services: Challenges and Opportunities.” The event will be held from 11:30 a.m. to 1 p.m. at the University Club, 200 E. Brandeis Ave.

Louisville is a health care hub and is proposing to be an age-friendly city, yet many older adults struggle to access the programs, services and support they need to maintain their quality of life. Funding and policy neglect can further exacerbate these challenges at both the local and state levels. If left unaddressed, Louisville and Kentucky will be incapable of meeting either the current needs or the future demands of an aging population. Gordon will address how creative collaboration can revive and strengthen this support for an uncertain future.

Gordon has been with KIPDA for 14 years after working with the Cabinet for Health Services as a branch manager for Elder Rights, Special Initiatives and Supports Branch in the Office of Aging Services. Her experience serving older adults includes working as a home care case manager serving older persons in Southwestern Kentucky, working with older adults with mental health issues at the Barren River Community Mental Health Center, and as a senior citizen center director in Franklin County. Gordon also is an instructor at the University of Louisville Kent School of Social Work and is the current president of the Southeast Association of Area Agencies on Aging. Admission is $25 per person and includes lunch. Reservations are required. For information, call 502-852-5629 or email OptimalAging@louisville.edu.
Dean Appointment Approved

On January 21st the UofL Board of Trustees approved Dean T. Gerard Bradley, School of Dentistry. Prior to assuming the top leadership position at the UofL School of Dentistry in August, Bradley served as associate dean of research and graduate studies, chair of the Department of Developmental Studies, and program director of advanced education in orthodontics at the Marquette University School of Dentistry, where he has taught and led in various roles since 1995.

Under his leadership, Marquette’s dental school doubled its research publications within a 12 month period, tripled the number of grant applications and tripled the number of student research presentations. As department chair, Bradley oversaw a change in the pediatric dentistry clinical experience for predoctoral students, led the expansion of clinical space, and increased patient flow.

He earned a bachelor of dental surgery from Cork University in Ireland, a master of science and orthodontic advanced training at The Ohio State University, and a doctorate of medical dentistry at the University of Bern in Switzerland. An American Board of Orthodontics Diplomate, Bradley has researched and published extensively in the areas of orthodontic materials and evidence-based clinical outcomes. Specific areas of study include coated orthodontic wires, mechanical properties of clear aligner systems, and ceramic brackets and bonding characteristics. Bradley also had an orthodontic practice during his time in Wisconsin.

Bradley has published more than 50 publications, and mentored more than 80 dental graduate students. He has lectured both nationally and internationally including during an annual session of the American Dental Education Association, several American Association of Orthodontists meetings, an Hispanic Dental Association conference, among many others. He sits on the editorial boards as a reviewer for Progress in Orthodontics, European Journal of Orthodontics, and The Angle Orthodontist. He is a member of the American Association of Orthodontists, American Dental Association, Tweed Society and first year affiliate member of the Edward H. Angle Society.

A Message From Dean Bradley

This is an exciting time in the life of our school, as we launch a new strategic plan in 2017. Developed with the input of our faculty, staff, students and alumni, this roadmap will direct our future with the start of the next D1 class this summer.

Educational excellence is foundational within our plan, and includes curricular revamps with the integration of more advanced dental digital technologies. Students also will learn to better serve our patients by delivering personalized dentistry within a comprehensive care model. Patient-centered care is our highest pursuit and will become the hallmark of our school.

Expanding our existing research enterprise, building on the national recognition of our researchers, and developing new areas of expertise also are central to our growth. The strategic plan underscores the need to increase scholarship and research activities in the clinical departments, and foster more collaboration between basic and clinical sciences.

Finally, the School of Dentistry plans to strategically grow our community engagement with public and private entities who have a mutual mission in the promotion of oral health, oral health equity and social justice. In partnership with the community, we also hope to better engage in research and teaching through the work with our partners. As 2017 begins, we look forward to the energy of a new year, and we hope it will be your resolution to join us on this journey of excellence.
Graduate Students Attend SACNAS Conference
by George H. Kunkel, M.S., Ph.D. Candidate, Department of Physiology and Biophysics & Hazel Ozuna, M.S., Ph.D. Candidate, Department of Microbiology and Immunology

The Society for Advancement of Chicanos/Hispanics and Native Americans in Science (SACNAS) initiative is a national and soon to be international driving force in the effort to diversify the scientific academic setting. This year’s celebration of STEM diversity conference was held in beautiful Long Beach, California. We observed the sunny side of our diverse American culture through workshops, research presentations, networking opportunities and engaging speakers. National sponsors such as NIH, CIA and NSA provide support for a culmination of activities and information on potential career choices at the fingertips of student attendees. Conferences bring together diligent people seeking to advance in a highly competitive society, highlighting diversity and culture in the scientific community. As scientific communities and organizations grow, so must we.

In recent years, the School of Medicine is broadening its recruiting horizons to focus on further diversifying the student population within graduate programs. At the forefront of this movement is Dr. Russel Salter, the Director of the Integrated Programs in Biomedical Sciences (IPIBS) and Associate Dean of the Medical School, who has increased diversity awareness in our university. Under the direction of graduate students Hazel Ozuna & George H. Kunkel, and in conjunction with IPIBS and Dr. Claudio Maldonado (Physiology Department), the University of Louisville SACNAS chapter was created. At this year’s conference U of L was represented by a diverse group of U of L graduate students and staff. Hazel Ozuna, from Puerto Rico, serving as the president and co-founder of this society, is pursuing a PhD in Microbiology & Immunology (M&I) in Dr. Donald Demuth’s lab. Hazel’s research focuses on *Aggregatibacter actinomycetemcomitans* mechanism to cause aggressive periodontitis and exploit the host immune response. Irina Miralda, the chapter secretary, is doing her PhD in M&I in Dr. Silvia Uriarte’s lab and focus her research on characterizing the interactions between human neutrophils and mycobacteria and its effects on neutrophil functions. Additionally, recent MS graduate Emeri Jimenez Flores, from Mexico, works at the Uriarte lab as well, and did her masters project on *Peptostreptococcus stomatis* interaction with human neutrophils during a periodontitis infection. Emeri assists the SACNAS chapter and IPIBS recruiting efforts. George H. Kunkel comes from New York City and is a Ph.D. Candidate within the Physiology department in Dr.
Medical School to Launch “You Belong” Campaign

by Dwayne Compton, Executive Director, School of Medicine Office of Community Engagement and Diversity

In an effort to promote a climate where all faculty, staff, and students/trainees feel welcomed, included, and supported, the School of Medicine is launching a You Belong campaign throughout the spring semester. This campaign coincides with university-wide efforts to promote an environment of inclusiveness and supports Dean Ganzel’s objective of fostering a learning and work environment that is positive, professional, and diverse.

With the roll-out slated for the end of January, the campaign will consist of yard signs, posters, flyers, and window clings that showcase the You Belong logo and photos of faculty, staff, and students/trainees here at the School of Medicine. The campaign signage will be posted in all School of Medicine facilities, as well as, the School of Medicine social media sites.

This campaign will provide faculty, staff, students, and residents/trainees with an outlet to share their experiences with the Dean and leadership within the Office of Community Engagement and Diversity. As the School of Medicine continues to strive for inclusive excellence, it is imperative to recognize the unique contribution that individuals with diverse backgrounds, cultures, experiences, and identities bring to the institution. If any member within the School of Medicine does not feel like they belong, we want to learn more about their experience and explore ways to improve the situation.

If you would like to show support for the You Belong campaign, please feel free to contact the Office of Community Engagement and Diversity for a copy of the You Belong logo to add to your email signature: somdiv@louisville.edu or 502-852-6193.
Reflections from a ULSON Visiting Scholar
by Liyan Fu, Visiting Scholar

I’m Liyan Fu, faculty member at the Wenzhou Medical University School of Nursing in Zhejiang Province, China. My wonderful experience as a visiting scholar at the University of Louisville (UofL) School of Nursing began on January 19, 2016. It’s hard to believe that I am headed back to China at the end of 2016. As I leave, I wish to share my wonderful experience with others.

I chose to come to UofL for many reasons. First, the UofL School of Nursing (SON) is a well-respected nursing school in the United States. In addition, the Dean of our university visited the ULSON in 2012 and highly recommended UofL for my visiting scholar experience. Furthermore, my mentor, Dr. Diane Chlebowy, has done scholarly interprofessional research related to diabetes self-management which is my research interest area. Lastly, Wenzhou Medical University and UofL have a strong relationship and have worked cooperatively in the areas of research and doctoral studies for many years.

I learned a lot during my visiting scholar experience. By attending classes, observing simulation experiences, discussing different views of nursing education with other faculty, I have a better understanding of nursing education in the United States. The ULSON has established several baccalaureate and graduate programs to promote the development of the nursing profession to best meet the healthcare needs of diverse populations. Many teaching methods, such as group discussions in the classroom and in Blackboard, student classroom presentations, written assignments, and simulation experiences were used to cultivate students’ critical thinking abilities, team work and leadership. I was most impressed by the experienced, knowledgeable, passionate, patient, and helpful faculty at the SON. They were ready to answer students’ questions at any time. The facilities in the SON classrooms were user-friendly and the sound systems in the classrooms allowed teachers to move around in the classroom to have better interaction with students. In addition, there were large screens on the front and rear walls which made it easier for faculty to teach a large number of students. Lighting could be adjusted in the classrooms to complement different situations and the skills labs were connected with video systems to allow the faculty to observe students’ interactions in several rooms. I attended various teaching workshops hosted by UofL which allowed me to have a closer look at the university as a whole. UofL does a wonderful job facing the challenges of the ongoing development of technology and student-centered education.

Faculty members at the SON have conducted a number of research studies to further develop nursing knowledge and promote the health of different populations. Dr. Chlebowy provided me with many opportunities to enhance my understanding of the research process. I attended various research workshops, participated in multiple interprofessional research team meetings, assisted with proposal writing, co-authored a manuscript with Dr. Chlebowy and her colleagues, and attended local research conferences. What I have learned at UofL will help me to conduct my own research in China.

I had the opportunity to enjoy the beautiful natural and cultural scenery across the United States during my visit. I was amazed by the magnificent Niagara Falls, the quiet lakes in the Grand Teton National Park, the sunshine in the Antelope Canyon, and the colorful leaves in the fall. I watched beautiful horses in the Kentucky Horse...
Park and walked along the Ohio River to see the sunset. I went to museums which told stories about the world during different times in history. I visited the Metropolitan Museum of Art in the New York City, the Getty Center Museum in Los Angeles, the Art Institute of Chicago, and the Speed Art Museum in Louisville.

I also enjoyed seeing the differences between the United States and China. In China, we wait for a bus at a bus station while in the U.S. you will get on a bus at each crossroad with a boarding pass. In China, a bus will only stop at every bus station while in the U.S. you should signal the driver your destination by pulling the yellow rope on the bus. In China, we will drink hot water even in the summer while in the U.S. people drink iced water every day even on the coolest days. In China, you can find a grocery in five minutes by walking while in the U.S. you may have to drive a long way to buy things. In China, when you go to a hospital, you are expected to pay your medical bills in advance while in the U.S. the hospital will mail the medical bill to your home after you have finished your treatment.

Even though there are some differences between China and the United States, I think both of them have their attractions waiting for us to explore. I hope that UofL and Wenzhou Medical University have more opportunities to collaborate in teaching and research. We welcome UofL faculty and students to Wenzhou Medical University to explore the beauty of our culture.

As I close, I would like to thank all faculty and staff at the ULSON for their warm welcome and for allowing me to participate in their classes while learning about all kinds of educational approaches. With their help, my visiting scholar experience has been wonderful and enriching.

Racetrack Clinic Named Finalist for Health Care Heroes Award

The Kentucky Racing Health Services Center has been chosen as a finalist for Louisville Business First's Health Care Heroes awards. The inaugural program recognizes locals who've made a significant impact in the Louisville health care community as a provider, manager, innovator or community-outreach trailblazer. Finalists and winners will be honored at an awards event on February 23.

The clinic, which is run by the University of Louisville School of Nursing, was nominated in the community outreach category. The nonprofit clinic serves the backside workers of Kentucky's thoroughbred racing industry. Most of the clinic's patients are low-income, migrant workers from Latin America.
This past summer I had the amazing opportunity to conduct research in Southwestern Uganda through the Minority Health and Health Disparities International Research Training (MHIRT) Program at Christian Brothers University funded by the National Institutes of Health. I am still in awe at the experience - the people I met, the places I visited, and how I developed both academically and personally.

We arrived in Kigali, Rwanda and traveled three hours by car to our site for the summer in Kabale, Uganda. Kabale is a beautiful town characterized by its mountainous terrain and dense forests where families of silverback gorillas still live. Our team consisted of a medical anthropologist, Master’s in public health student, Ugandan physician, local research assistants, and I. By adopting a multidisciplinary team approach we were able to dissect the multifaceted nature of public health issues. Collaborating with the Kigezi Healthcare Foundation we began by observing in local health centers and communities to understand the Ugandan health care system, identify the community’s health concerns, and ultimately identify the focus of our research. Among all health centers I noticed that while the prevalence of chronic, non-infectious diseases was increasing the government contin-
ued to prioritize infectious disease. In addition, I realized the lack of resources and trained health workers further perpetuated the lack of preventative and treatment services especially in cancer management. After discussions with a local physician, Dr. Anguyo, we decided to investigate the beliefs and perspectives regarding cervical cancer.

The qualitative nature of our research allowed us to fully understand the social, economic, and cultural obstructions to reproductive health services and women’s inequitable exposure to the burden of sexual risk. I listened to each person’s unique story and how the reproductive health consequences of HPV and cervical cancer have both short and long term effects on all aspects of their lives.

As I sat on a bench outside of a small health center I talked with a young woman about her concern for developing cervical cancer. I saw the hurt in her eyes and a faint frown as she spoke about the friends she’d lost to cancer. Unfortunately, conditions that can be prevented or treated in the U.S. can be a death-sentence in other parts of the world. Through interviews with local men and women, I empathized and attempted to understand the reproductive health inequities women unfortunately face that can mean the difference between life and death.

I grew tremendously from when I arrived in Kabale, Uganda. While I learned how to apply public health knowledge from the classroom as an ethical researcher, more importantly I learned how to be a compassionate human being. Through conducting interviews and hearing each woman’s story I became empathetic in attempting to understand their feelings and individual situation. As current and future professionals in medicine, dentistry, public health, nursing, etc. lessons in compassion and empathy can be invaluable in treating each individual with the respect and dignity they deserve to live a healthy and fulfilling life. In light of differing health outcomes locally and abroad we should adopt a humanistic approach to ameliorate health inequities and prevent unnecessary morbidity and mortality.

For more information regarding the MHIRT Program at Christian Brothers University you can visit www.cbu.edu/mhirt

The Bubarre Clinic where research was conducted.
Did you know…?

by V. Faye Jones, M.D., Ph.D., M.S.P.H.,
Assistant Vice President for Health Affairs/Diversity Initiatives

We are starting a new series, “Did You Know….?” Its’ purpose is to highlight persons of diverse backgrounds, places and events in our history that have changed the face and trajectory of healthcare in our community. We invite each school to help us in this venture by researching your school’s history to broaden our understanding and appreciation of the many contributions that may have been forgotten or overlooked, to create a richer understanding of our past.

In this issue, we feature a man that impacted the nation with his talents and strength. The first black student admitted to the University of Louisville School of Medicine was Dr. Joseph L. Alexander. Dr. Alexander was born in 1930 in Oneonta, Alabama, and raised in Kentucky by a single mother. Although he was no stranger to breaking racial barriers in his life, he realized education was key for success. He placed a high priority in education, which resulted in a full scholarship to Fisk University where he graduated magna cum laude. Applying to medical school in 1951, a time in which it was difficult for persons of color to gain access to the medical field in white institutions, he was the first black student admitted to UofL School of Medicine, graduating in 1955.

After joining the Army, he practiced at Walter Reed Medical Center outside Washington, D.C. He later received a fellowship to study organ transplants at Harvard University. Upon completion, he returned to Walter Reed to head its organ transplantation service. He personally performed the Army's first kidney transplant.

Later in life, Dr. Alexander moved to Los Angeles where he retired from the Army to join the Martin Luther King/Charles R. Drew Postgraduate Medical School and soon became the founding director of the King/Drew's Trauma Center and taught surgery at UCLA.

Another first, Dr. Alexander became the first black member of the all-white California Club in Los Angeles in 1988. Dr. Alexander died May 6, 2002 after a brief illness.
Events and Announcements

UofL to celebrate Black History Month with events throughout February
See full schedule of events here

- **Post Traumatic Slave Syndrome and Black Healing**
  Monday, February 6
  6:30—8:30pm
  Location: Room 103, School of Public Health and Information Sciences
  Register [here](#)

- **Project HEAL (Health. Equity. Art. Learning.) Artist Showcase**
  Friday, February 10
  5:00—7:00pm
  Location: St. Peter Claver, 526 Lampton St.
  More information [here](#)

- **HSC Poverty Simulation**
  Wednesday, February 15
  9:30am—12:00pm
  Location: CTR Room 101/102
  Register [here](#)

- **LGBT Health and Wellness Certificate Series**
  Core Content—Social and Sexual History
  Wednesday, February 15
  12:00—1:00pm
  More information [here](#)

- **A Conversation with Members of the Lacks Family: Victoria Baptiste and Alfred Lacks, Jr., *The Immortal Life of Henrietta Lacks***
  Tuesday, February 21
  11:00am—12:00[,
  Location: Bellarmine University, Frazier Hall

- **Panel: Healthcare Coverage and the ACA in Kentucky**
  Tuesday, February 21
  12:00—1:00pm
  Location: Kornhauser Auditorium
  Free lunch for 1st 50 attendees

  Tuesday, February 21
  7:00—9:00pm
  Location: Bellarmine University, Frazier Hall

- **UofL Commission on the Status of Women (COSW) HSC Open House**
  Friday, February 24
  2:00—4:00pm
  Location: CTR Room 124