

Your go-to source for aging insights, news, events, games and fun!

INSTITUTE FOR ENGAGED AGING Fall Newsletter

Sleep Edition | Issue No. 2 | Fall 2024 | Vol. 4



In This Issue



Join us as we explore the highlights of this exciting event and learn about the potential of the new MRI scanner.

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There is something in these walls - Ms. Seitz shares insights about her artistic journey.

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Ever wondered what it's like to experience the challenges of aging? Our latest article, "Simulating Aging: Hands-On Activities to Foster Empathy," offers a unique and enlightening perspective.

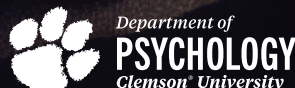
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Prioritize Your Sleep:

Essential Tips Await on Page 8!

As we age, maintaining quality sleep becomes crucial for overall well-being. Discover essential tools and strategies to enhance your sleep quality and improve your health in this issue.





Fall is a bridge between the warmth of summer and the renewal of winter. Each fall has its own traditions, including when we adjust our clocks and “fall back”. Falling back gives everyone an extra hour of sleep every November. Sleep is so beneficial for well-being throughout our lives, and we have dedicated this issue of the Institute for Engaged Aging (IEA) newsletter to it. I hope you will join me in learning more about this essential part of our lives as we share with you the many exciting activities in the IEA this fall.

As always, thank you for your support. We cannot do this important work without you.

— **Lesley Ross, Ph.D.**
 Director of the Clemson
 Institute for Engaged Aging



Learn more about the IEA Who We Are

The Institute for Engaged Aging (IEA) discovers, develops and disseminates best practices for engaged aging through research, education and community outreach.

The IEA empowers older adults to remain active and connected within their families and communities. We focus on finding and sharing the best ways to support and enrich the lives of older adults through research, education and community outreach.

The IEA collaborates with Clemson faculty and local organizations to address the diverse needs of older adults. Our goal is to ensure everyone can enjoy a fulfilling and engaged life, regardless of their social, economic or health situation.

With the aging population expected to nearly double by 2030, the IEA is dedicated to serving as a valuable resource for older adults and their communities in the state of South Carolina.



Research - PACT Study



Community outreach - Health Bingo



Education - “Avoiding Grandparent Scams” Talk

New MRI Scanner at Prisma Health Oconee Memorial Hospital

Clemson University and Prisma Health collaborate to bring advanced MRI imaging technology for diagnostics and research.



Left to right: Prisma Health Oconee Memorial Hospital CEO Hunter Kome; Clemson University Director of the Institute for Engaged Aging Lesley Ross; South Carolina Senate President Senator Thomas C. Alexander; Clemson University Associate Vice President for Health Research Windsor Sherrill; Clemson University Executive Vice President for Academic Affairs and Provost Robert H. Jones; and Prisma Health Executive Vice President and Chief Clinical Officer Dr. Jonathan L. Gleason

On October 7, Clemson University in collaboration with Prisma Health unveiled a new 3T Magnetic Resonance Imaging (MRI) machine at Prisma Health Oconee Memorial Hospital.



The MRI scanner is particularly beneficial for earlier diagnosis and more precise treatment, especially for patients with neurodegenerative diseases.

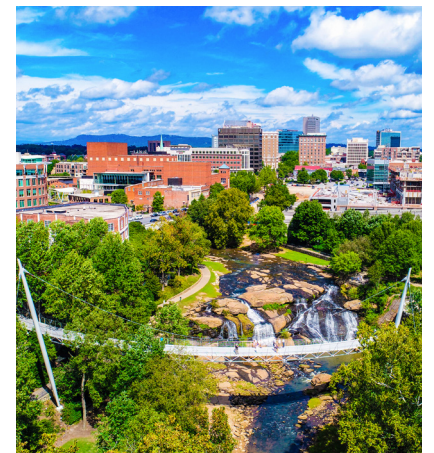
We look forward to the positive impact this new 3T MRI scanner will bring to patient care in our community.

“The scanner will promote a cascade of research innovation in areas of cognitive aging and cognitive health.”
- Kaileigh A. Byrne
Associate Professor


Clemson University Institute for Engaged Aging Will Host the Second SC-ADRC Symposium this Fall

The IEA will host the South Carolina Alzheimer’s Disease Research Center (SC-ADRC) Symposium presented in collaboration with the Medical University of South Carolina and the University of South Carolina.

The symposium will take place November 7- 8, 2024, at The Westin Poinsett in Greenville, S.C. The event features research presentations, posters and networking with state leaders across different disciplines.



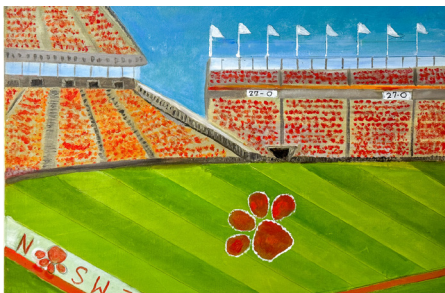
The symposium will be an exchange of ideas, discoveries and enriching experiences as we come together to address Alzheimer’s disease and related dementias (ADRD) in the state of South Carolina.

 Don't forget to set your clocks back on **Sunday, November 3rd**



There Is Something Special About These Walls

When you enter the IEA at Prisma's Oconee Memorial Hospital in Seneca, you are greeted by colorful canvases of many familiar Clemson sites. The paintings were generously loaned by Clemson's Osher Lifelong Learning Institute (OLLI) in Spring 2023. Ms. Joanna Seitz, 82-year-old artist and OLLI member, visited the IEA during the summer to tell us more about her artwork.



Ms. Seitz has an inspiring artistic journey. She was born and raised in Clemson, where she lived for many years. However, life led her to take different paths. Years later, Ms. Seitz moved to Jacksonville, Florida, where she began painting. A dear friend in Jacksonville invited her to a painting class. Ms. Seitz never imagined that, at the age of 73, she would discover her true passion for painting.

Initially, Ms. Seitz focused on oil painting. Though over time, she began trying different techniques and mediums, like acrylic and watercolors. Despite exploring other mediums, Ms. Seitz found that oil painting remained her favorite.

Returning to Clemson in 2016, Ms. Seitz found a welcoming community at OLLI. She currently attends painting lessons every Thursday. The vibrant stadium, the energy of football and baseball players, and the diverse landscapes of the Clemson area are constant sources of inspiration for her. Her favorite subjects to paint are baseball and football, a testament to her genuine love for sports and the community that supports them.

Art is more than a hobby for Ms. Seitz. It helps her stay youthful and mentally engaged. When asked what activities she engages in to stay healthy, Ms. Seitz shared that she swims three days a week, paints, attends church and different sports events. Ms. Seitz encourages staying active to lower the risk of disease while fostering creativity and nurturing the spirit.

The IEA thanks Ms. Seitz for sharing her beautiful paintings with us. Her talent has enriched our community, with many research participants, students and community members commenting on her wonderful artwork in the IEA halls. Ms. Seitz is a great inspiration for aspiring creatives of any age.



Mobile Resource Health Fair @ Blue Ridge Community Center

IEA & SC-ADRC Outreach

Discover Healthy Aging Resources

IEA and SC-ADRC staff and faculty are dedicated to enhancing social engagement, increasing health knowledge and strengthening connections between older adults and the service providers in their community.

Engaging older adults is central to the IEA mission. We aim to build a strong community and encourage active participation.

Through the different events and activities hosted by the IEA and SC-ADRC, you can:

1. Learn about preventive care and how to maintain your health and well-being.
2. Discover valuable information about the IEA and our events.
3. Explore current research opportunities that could benefit your health.
4. Ask questions and gain insights into healthy aging and staying active.

We look forward to connecting with you, sharing resources and providing information to enhance your quality of life. Don't miss out on these engaging and informative upcoming events!



Follow Us

Clemson Institute for Engaged Aging

Engage with us through Facebook. Keep posted about our upcoming events and news!

Community Events

The Institute for Engaged Aging also participates in other events across the state. Join us to learn about the IEA, ongoing research studies and ask questions about healthy aging.

Visit us at these upcoming events:

Wednesday, October 9th

- Home, Health and Life Expo
- 9:00 AM to 1:00 PM
- Shaver Recreation Complex
- Seneca, S.C.

Saturday, October 12th

- Hispanic Heritage Month
- 2:00 PM to 6:00 PM
- Anderson County Farmers Market
- Anderson, S.C.

Tuesday, October 15th

- Dr. Lesley Ross presentation
- 5:30 PM to 8:00 PM
- Founders Hall at Charles Towne Landing, Charleston, S.C.

Tuesday, October 22nd

- Senior Wellness Day Event
- 9:00 AM to 12:00 PM
- 370 Memorial Dr, Seneca, S.C.

Monday, October 28th

- Dr. Anna Baker presentation
- 10:00 AM to 12:00 PM
- Sterling Community Center
- Greenville, S.C.

Sunday, November 3rd

- Walk to End Alzheimer's
- 8:30 AM opening ceremony
- Fluor Field, Greenville, S.C.


Join the Clemson Balance Lab's Fall Prevention Program


IEA Fall Prevention classes feature the evidence-based, A Matter of Balance (MOB) program, to reduce the risk of falls.

The program will include group discussions, exercise and assertiveness training, mutual problem-solving, role-play activities and some homework assignments.

Interested in the Fall Prevention Program or want to register? Please e-mail us at IEA@clemson.edu.

Consider signing up now to secure your spot!

 Introducing new classes starting January 2025. Stay tuned for more details!

 Clemson Balance Lab
IEA (5th floor)
Oconee Memorial Hospital



Why I participate?

We all have a reason!

We are interested in hearing why you participate or would like to be involved in IEA research project.

E-mail us at IEA@clemson.edu to share your "why."

It may appear in one of our future newsletters!

Want to Participate in Research and Learn More About the IEA?

Partners and Advocates for Lifespan Science (PALS) Network connects individuals of all ages interested in participating in research at Clemson University!

• As a PALS Network member, you may choose to participate in research, volunteer, receive our newsletter or other benefits.

• There is no cost to be a member, and your support helps the IEA accomplish our goal of discovery, development and sharing of best practices for engaged aging through research, education and community outreach.

To sign up, please call (864) 916-6220, e-mail IEA@clemson.edu or complete the survey on our website.

SCAN QR Code



Please consider joining!

Research Studies

There are many ways to be involved with the IEA, including joining one of our research studies. Your involvement in research is essential for advancing treatments and prevention for Alzheimer’s disease and promoting healthy aging.

With volunteers like you, progress is possible. The IEA seeks volunteers for the PACT study and the ACTIVE MIND study.

To learn more, email us at IEA@clemson.edu or visit our website at www.clemson.edu/centers-institutes/aging/.



Clemson IEA joined the PACT study in 2021, with sites in Seneca and Greenville. We are grateful to the 1,082 number of people in our local community who have volunteered for PACT.

What is PACT Study about? The goal of Preventing Alzheimer’s with Cognitive Training (PACT) Study is to prevent or delay the onset of dementia like Alzheimer’s disease among healthy adults aged 65 years and older through computerized brain training exercises.



Since the start of participant enrollment in March 2024, 21 individuals have joined the Active Mind Study at Clemson IEA. We thank them for joining us in the fight against Alzheimer’s disease.

What is ACTIVE MIND Study about? This study will determine if computerized brain training exercises can prevent dementia such as Alzheimer’s disease and improve everyday activities for adults 65 years and older with mild cognitive impairment.

We are Looking for Volunteers Participate in a focus group!



The focus group will examine intergenerational communication and decision-making around memory loss in African American families. We are looking for African Americans in the Seneca, Clemson and Anderson areas without family in the area or not have family able to participate with them in the focus group discussion. Participants will talk with the group about family communication on memory loss and discussion will be guided by open-ended questions.

You could receive up to **\$75 in VISA gift cards!**

Here is how you earn gift cards:

Completion of pre-survey receives a **\$15 VISA gift card.**

Completion of focus groups receives a **\$30 VISA gift card.**

Completion of post survey receives a **\$15 VISA gift card.**

Completion of follow up receives a **\$15 VISA gift card.**

Contact: Lena Simon
(404) 454-4779
lgsimon@clemson.edu

Sleep and Wellness: Essential Tips for Older Adults

What is sleep? Sleep is a natural, recurring state of rest.

Health, lifestyle and personal sleep quality may influence the amount of sleep a person needs. The average amount of sleep needed varies by age group.

Age	Hours of sleep
0-3 months	14 - 17
4-12 months	12 - 16
1-2 years	11 - 14
3-5 years	10 - 13
6-12 years	9 - 12
13-18 years	8 - 10
19-64 years	7 - 9
65+ years	7 - 8

Why is sleep so important for older adults? Sleep is crucial for people of all ages and is more important as we age.

Here are some of the reasons why sleep is vital for older adults:

- **Cognitive Function:** Sleep supports cognitive functions such as memory, learning and problem-solving.
- **Physical Health:** Proper sleep is linked to better physical health outcomes with cardiovascular health, blood pressure and weight management.
- **Immune System:** Good sleep strengthens the immune system and helps the body avoid infections and illnesses.
- **Mental Health:** Sleep is vital for emotional and mental well-being. Older adults who sleep well are less likely to experience symptoms of depression and anxiety.
- **Fall Prevention:** Good sleep helps with balance and coordination, reducing the risk of falls.

Common Sleep Problems for Older Adults:

- Difficulty maintaining sleep
- Nocturnal waking
- Waking too early
- Waking feeling unrested
- Daytime napping

Tips for Good Sleep

- Stick to a routine
- Create a bedtime routine
- Optimize your environment
- Limit exposure to screens
- Watch your diet
- Stay active
- Manage stress
- Limit naps
- Get natural light
- Be mindful of sleep position

Getting quality sleep is essential for overall health and well-being, especially as you age.

If sleep problems persist, please consult a health care professional to address sleep issues and find solutions.



Simulating Aging

Hands-On Activities to Foster Empathy

For activities to engage older adults, it is essential to recognize the challenges they may face. More inclusive environments encourage participation and engagement.



IEA students do hands-on activities that simulate the aging experience. These activities raise awareness and inspire thoughtful solutions, listed below.

- **Simulating Challenges:** Different tools highlight specific physical and sensory challenges some older adults face.
- **Gloves to Simulate Arthritis:** Wearing gloves mimics challenges that arthritis may present with fine motor skills and illustrates the need for accessible programming and easy-to-handle materials.
- **Earplugs for Hearing Impairment:** Using earplugs helps students understand the value of providing loud, concise instructions to ensure everyone can participate fully, regardless of hearing ability.
- **Modified Sunglasses for Vision Issues:** Older adults may encounter cataracts or macular degeneration. It highlights the need for visually

accessible environments and materials.

These experiences serve as powerful teaching moments to encourage empathy among our students.

The IEA's goal is to create inclusive and engaging outreach programs that consider the diverse needs of older adults. The IEA focuses on:

- **Accessibility:** Ensure all materials and activities are easy to use regardless of physical ability or sensory impairment.
- **Clear Communication:** Provide straightforward information and accessible design with larger type sizes and clean fonts.
- **Social Connection:** Encourage social interaction, reduce feelings of isolation and promote community engagement through IEA programs.
- **Flexibility:** Accommodate different abilities to enable participation.

Students' feedback



“

It is unique to see how different aspects of physical health can affect older adults. This simulation is a really good practical application of what I have learned in some of my classes, but I have never seen it in practical use and applied it outside until now.”

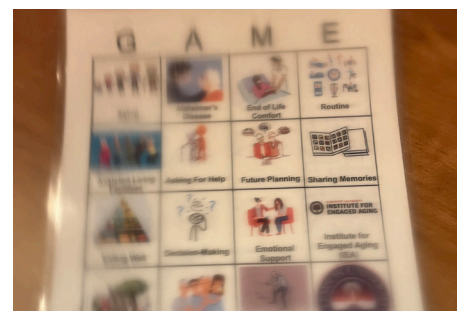
- Lauren,
Psychology Student



“

This activity brought me a new perspective because you hear a lot about how older adults experience declines in certain parts of their health, but to experience it yourself is very eye-opening and made me want to be more considerate when doing activities with people older than me.”

- Betsy,
Biology Student



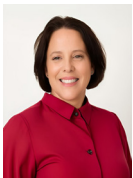
Example of cataract visual impairment

WOULD YOU RATHER

Welcome to “Would You Rather” section! Where we explore different, interesting and humorous choices! Get ready to weigh in and share your preferences with us!

This segment encourages our contributors to pick between two good scenarios, sometimes making it a tough decision and revealing some of their personalities. Check out the questions below, reflect on your own answers and see how some IEA-Community Outreach team members responded!

1. Would you rather get 6 hours of sleep at night with a 2-hour nap during the day or have a continuous 8 hours of sleep at night?
2. Would you rather sleep in a completely silent room with blackout curtains or have some background noise and natural light but still sleep well?
3. Would you rather have a sleep routine that involves no screens before bed but allows you to drink caffeine or use screens before bed but requires you to avoid caffeine all day?
4. Would you rather have warm milk before bed or have warm tea before bed?
5. Would you rather read a book before bed or practice relaxation techniques to help you unwind?



Shannon Lambert

Retention and Public Info Coordinator

1. Continuous 8 hours of sleep / 2. Completely silent room with blackout curtains / 3. No screens before bed & allowed to have caffeine / 4. Hot tea / 5. Read a book



Mary Helen Brock

Institute Operational Manager

1. 8 hours straight / 2. Blackout curtains and silence / 3. Use screens before bed and avoid caffeine / 4. Warm tea / 5. Practice relaxation techniques



Jeffrey Clayton Meadows

Community Engagement Coordinator

1. 8 hours! / 2. Silent with blackout curtains / 3. No screens, I am addicted to caffeine / 4. Warm tea / 5. Read a book



Lena Gabrielle Simon

Project Manager

1. Continuous 8 hours / 2. Black out curtains / 3. Screens before bed and no caffeine, caffeine gives me the jitters / 4. Warm tea / 5. Read a book before bed

No-Coffee Pumpkin Latte Recipe

Great for those chilly fall days!

This warm and creamy pumpkin drink tastes like a Starbucks® pumpkin latte, without the caffeine.



4 servings



15 mins

INGREDIENTS

- 1 cup pumpkin puree
- 1 quart milk
- ¼ cup sugar
- 1 tsp ground cinnamon
- 1 tbsvp vanilla extract

DIRECTIONS

- Combine pumpkin, milk, sugar, cinnamon, and vanilla in a large saucepan over medium heat.
 - Use a whisk to blend well.
 - Heat to a simmer; do not boil and serve.
- Enjoy!



The Original Bedtime

Lavender Chamomile Vanilla Milk



Get ready for a sweet night's sleep with this delicious bedtime beverage recipe! Learn how to make lavender chamomile vanilla milk that will leave you with sweet dreams.



1 serving



Less than 10 mins

INGREDIENTS

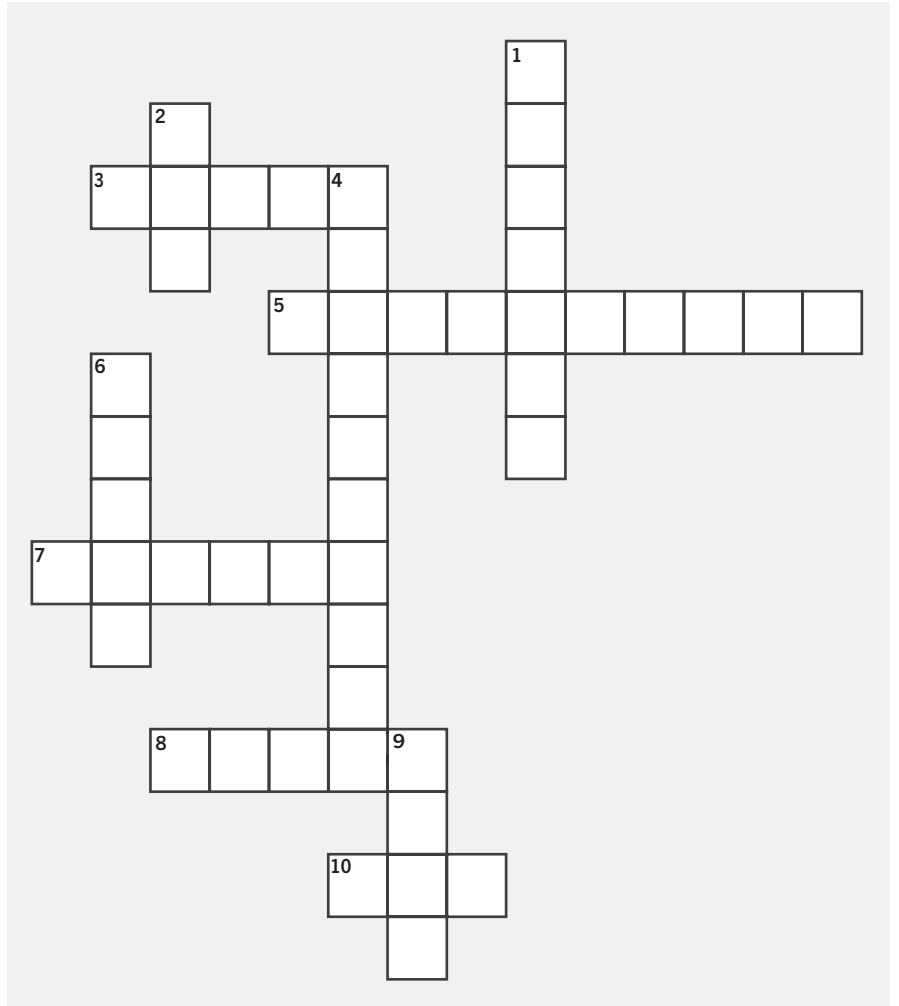
- 1 cup unsweetened almond milk
- 1 tsp. dried chamomile flowers
- 1 tsp. dried lavender buds
- A few vanilla seeds from the pod (or a bit of pure vanilla extract)
- Raw honey, to taste
- *Optional: one drop of purple food coloring.

DIRECTIONS

1. Simmer almond milk with herbs and vanilla seeds for a few minutes, but don't boil.
2. Strain herbs and pour milk into a mug.
3. Add honey and food coloring. Enjoy!

It's Time to Challenge Your Brain!

Crossword Puzzle



ACROSS

- [3] You need at least _____ hours of sleep
- [5] We use this noisy thing to wake up in the morning
- [7] During deep sleep, we think of images or stories called _____
- [8] Don't play games on your _____ less than two hours before bed
- [10] What you sleep on

DOWN

- [1] Clothes you sleep in
- [2] People spend at least _____ years of their lives dreaming.
- [4] Don't watch movies or shows on your _____ less than two hours before bed
- [6] Loud noises someone makes during sleep that can keep you up if you sleep near it
- [9] Some people can sleep with their _____ open

IEA Team News

Celebrating our Colleagues' Contributions and New Beginnings

As we bid farewell to two valued members of our team, we want to take a moment to highlight their significant contributions and wish them all the best in their new roles.



Christy Phillips', Ph.D., dedication and expertise have made a remarkable impact in promoting well-being and everyday functional outcomes among older adults. We are excited to announce that she will be moving on to Brookdale Senior Living as a gerontologist-aging expert where she will play a pivotal role in incorporating evidence-based practices into care delivery and developing aging-related programs. Dr. Phillips will continue her research in the IEA part-time.



Similarly, **Mary Brock** has been an integral part of the IEA. Her contributions have greatly advanced our mission, notably through her community outreach initiatives, which have expanded our network of community partners and forged long-term relationships for the IEA. Her leadership and sense of humor will be missed. Mary will soon embark on a new journey as executive director of the Osher Lifelong Learning Institute (OLLI) at Clemson, and we look forward to expanding our partnership with OLLI.

Please join us in celebrating Dr. Phillips and Mary for their achievements and wishing them the best as they start this exciting new chapter in their careers. Their presence here will be greatly missed, but their legacy will undoubtedly continue to inspire us.

Contact Us for Any Additional Information!

Have questions, feedback or just want to say hello? Our team is here and ready to assist you. Your input helps us grow and serve you better. Please reach out using the contact details below. We look forward to connecting with you!



(864) 916-6220



IEA@clemson.edu



Oconee Memorial Hospital
298 Memorial Drive, Seneca, SC 2967

Crossword Puzzle Answers: 1. Pajamas | 2. Six | 3. Eight | 4. Television
5. Alarm Clock | 6. Snore | 7. Dreams | 8. Phone | 9. Eyes | 10. Bed

We need you!

Join Us in Supporting a Worthy Cause

Your generous gift will support critical research, educational programs and community outreach that meet the needs of diverse older adult populations in the state.

MAKE YOUR GIFT TODAY!

Online Donations can be made at: clemson.edu/centers-institutes/aging

**Please check that the designation field on the website lists:

"Institute for Engaged Aging."

Mail Checks to:

Clemson University Foundation
P.O. Box 1889
Clemson, SC 29633-1889

** Be sure to include "Institute for Engaged Aging" in the memo line to designate your gift!



TAX TIPS.

Your financial contribution can be documented as a charitable tax deduction.



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