



**SOUTHERN
GERONTOLOGICAL
SOCIETY**

Bridging Aging Research & Practice

THE SOUTHERN GERONTOLOGIST

VOLUME 30

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ISSUE 2



Dr. Leland "Bert" Waters

The theme of the 45th Annual Meeting & Conference is ***A Balanced Approach: Seeking Evidence-Based Holistic Strategies to Promote Healthy Aging***. Breaking down the title, I will start with evidence-based strategies. Evidence-based strategies are programs, practices, or activities that have been evaluated and the findings demonstrate improved outcomes.

Why holistic strategies? The Oxford Dictionary describes holistic as being characterized by the belief that the parts of something are interconnected and can be explained only by reference to the whole. In medicine, holistic strategies are characterized by the treatment of the whole person, considering mental and social factors, rather than just the symptoms of an illness.

JOIN US IN GREENVILLE, SC!

What is healthy aging? Healthy aging is very individualistic and is highly influenced by the degree to which basic needs are met. For instance, ensuring proper nutrition and a safe environment in which to live impacts a person's ability to age healthfully. Similarly, addressing stress levels, depressive symptoms, and social isolation also impacts a person's health trajectory.

A critique of evidence-based practice is that it does not consider individual needs. This may be addressed by using a holistic approach to provide evidence-based practice. Evaluation, modification, and refinement can only enhance evidenced-based strategies that support healthy aging across the lifespan.

From a researcher's perspective, the theme highlights the development and ongoing study and improvement of interventions that support healthy aging. From a practitioner's perspective, the theme highlights interventions that have evidence of success. From an individual's perspective, the menu of evidence-based practices is just that, a menu that you can pick and choose from to implement in your own life to foster healthier aging.

We hope this balanced approach to attaining healthy aging practices stimulates SGS attendees to think both broadly - on a professional level - and locally about our own unique aging journeys.

FROM THE DESK OF THE SGS EXECUTIVE DIRECTOR

In upcoming issues of the *Southern Gerontologist*, we will highlight SGS members, getting to know each other beyond our professional titles and accomplishments. The SGS Membership Committee has requested that we begin with me since I am the one person all SGS members will interact with in some way. Hello, I am Amanda James and I am your Executive Director.

For those of you I haven't had the pleasure of meeting yet, I am your go-to person for all things SGS. When you call or email, you get me! I am happy to answer any questions you have about your SGS benefits, the Annual Meeting & Conference, volunteer opportunities, and more.

If you are a member of an SGS committee, you've probably seen or heard my two children during a committee meeting. I am the proud mother of a newly turned 6 year old, Lily, and a 3 year old, Daniel. They keep me on my toes and help me hone my multitasking and logistics handling skills that are so useful to my role at SGS.

My husband (Vince), Lily, and I have taken karate for the past two years. I am currently an advanced red belt and will be eligible to take my first degree black belt exam next year. We are hoping to enroll Daniel next year. It has been a fun family experience as well as providing physical activity and an increased sense of self defense.

I also really enjoy singing and volunteering at my church, participating in a local Lions Club, trying new restaurants, spending time kayaking on our backyard lake, and watching movies.

If you would like to be featured in an upcoming issue of the *Southern Gerontologist*, please email me at admin@southerngerontologicalsociety.org.





**THE CALL FOR
ABSTRACTS IS OPEN!**

**SUBMIT YOUR
ABSTRACT BY
1/8/24!**

Learn more about the Call for Abstracts at

<https://southerngerontologicalsociety.org/meeting-abstracts.html>.

CALL FOR ABSTRACT REVIEWERS

SGS needs your help to ensure the success of the 45th Annual Meeting and Conference! We need members of SGS to volunteer to review submitted abstracts. Abstract reviewers assist in fulfilling the mission of the organization and preserve the integrity of the annual meeting by confirming the high quality and relevance of proposed conference presentations. Your participation in the abstract review process will allow the SGS Program Planning Committee to organize a compelling, impactful, innovative annual meeting that fosters reflection, discovery, advocacy, and collaboration to serve our aging society best.

Being an SGS abstract reviewer can result in the following;

- Gaining experience to add to your CV
- Increasing gerontological knowledge
- Further establishing your reputation as having expertise in the field of aging
- Personal fulfillment knowing that you have contributed to an enlightening annual meeting with sessions designed to educate and empower academics, students/trainees, advocates, practitioners, policymakers, and community members concerned with enhancing the lives of older adults.

Professional, Emerging Scholar, Encore, and Student Members can participate in the abstract review process. Reviewers are assigned approximately 10 abstracts to review. Abstracts are no more than 250 words and typically take ten minutes to review. You will be provided with instructions.

Deadline to Volunteer: December 31, 2023

Abstract Review Period: January 15 – 26, 2024

If you would like to participate, please complete the [interest form](#).

CONFERENCE REGISTRATION IS OPEN!

SGS has kept conference rates the same as 2023. Make sure you log in as an SGS member to access membership rates. See all rates and register at <https://southerngerontologicalsociety.org/member-meeting-registration.html>.

If you are an SGS member in the “Encore” membership category and have maintained at least five (5) years of SGS membership, we encourage you to apply for a travel grant to help offset the cost of attending the SGS Annual Meeting & Conference. The amount of the grant will be determined by the SGS Executive Committee and may be split amongst more than one applicant. Winners will remain anonymous.

[Learn more and apply here.](#)



Welcome to the Greenville Everyone Is Talking About: Yeah, THAT Greenville! Greenville, South Carolina.

How did we become that Greenville, you ask? People came, enjoyed, and started to talk about us. They talked about our delicious food and drink, quaint Main Street, bustling art scene, bike-friendly attitude, girlfriend getaways and mancations, picturesque parks, fun-filled festivals, and our sweet Southern hospitality. And the more they talked, the more people wanted to come experience it all for themselves...which brings us to you. As nice as it is to hear other folks say nice things, it's you we want to impress. So come on—give us a try! You'll find your own favorite place, tastes, and ways to celebrate. Experience what turned "America's Friendliest City" into one of America's hottest destinations and one of The New York Times' "52 Places to Go in 2023".



The 2024 Annual Meeting & Conference will be held at the Hyatt Regency Greenville. The Hyatt Regency Greenville offers guests the perfect balance of Southern hospitality and modern amenities. Located in the trendy downtown area of Greenville, SC, they are near the area's best dining, shopping, and entertainment. We are pleased to offer a conference room rate of \$179/night for single/double occupancy and \$189 for triple/quad occupancy. Limited government room rates are available for the prevailing per diem rate. [Learn More Here](#).



SGS AWARD NOMINATIONS OPEN

We all know someone who goes above and beyond. Help them get the recognition they deserve by nominating them for a SGS award! Or maybe you would like to nominate yourself? Go for it! From students to experts in the field, SGS offers many award opportunities. [Learn More Here](#).

Deadline: 2/10/2024



Why Sponsor the SGS Annual Meeting & Conference?

- Spotlight the resources, products, and services your company has to offer.
- Participate in valuable networking opportunities that allow you to have one-on-one conversations with potential consumers.
- Support the SGS mission of improving the quality of life for older adults through education, research, and practice.
- Designated exhibitor breaks will allow registered attendees to participate in all conference activities.
- Stay in downtown Greenville and enjoy the area's best dining, shopping, and entertainment.

[**LEARN MORE HERE**](#)

Keep up with all the latest conference updates at
[**https://southerngerontologicalsociety.org/meeting.html**](https://southerngerontologicalsociety.org/meeting.html)



SGS Advocacy in Aging Virtual Forum
Finding Your Place in Advocacy for
Disaster Planning & Response
October 17 & 18, 2023

SGS SOUTHERN GERONTOLOGICAL SOCIETY
 Bridging Aging Research & Practice

Did you miss the Aging in Advocacy Virtual Forum? SGS Members can access the recordings and handouts from the [Member Homepage](#) after you log in.

Non-SGS members can register [here](#).

The SGS Public Policy & Advocacy Committee has developed a [Disasters & Older Adults Resource Page](#). Please check it out and feel free to submit other resources we should include.

Thank You to Our Sponsors!



THE ERICKSON SCHOOL
 OF AGING STUDIES



SGS MEMBER DIRECTORY PROFILE GUIDE CONTEST

Did you know that all SGS members have access to our Member Directory? The Directory can be a wonderful tool for networking with other members, looking for resources, and identifying potential mentors. In order for our Directory to serve its purpose, we need all members to make sure their profile includes helpful information. The [SGS Member Directory Profile Guide](#) will walk you through how to update your profile as well as suggested items to include.

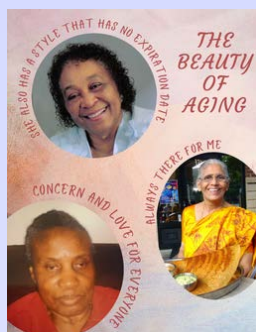
As an incentive for updating your profile, SGS will be providing two \$50 gift cards to the retailer of your choice. In order to enter for your chance to receive a gift card, you must update your profile by December 31, 2023.

- Good profiles will be entered once.
- Better profiles will be entered twice.
- Best profiles will be entered five times.

You can learn about Good, Better, and Best profiles in the [SGS Member Directory Profile Guide](#).



BEAUTY OF AGING PHOTO EXHIBIT



In late 2022/early 2023, SGS invited students of all ages to submit photos of older adults in their life and explain why they thought the older adult was beautiful.

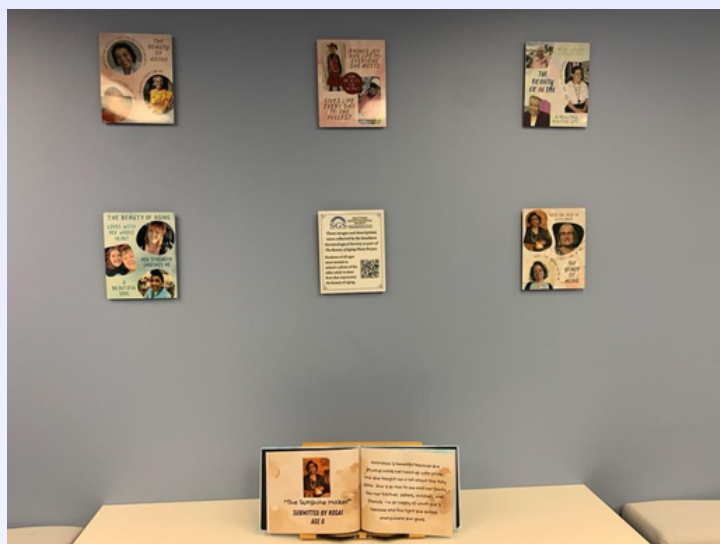
The Georgia State University Gerontology Institute partnered with SGS to develop a photo exhibit showcasing these photos.

This photo exhibit is available to showcase at your organization for a suggested donation of \$300. Your donation will go toward the SGS Endowment Fund which provides a small grant each year to address one or more issues related to aging in the South.

The photo exhibit will also include a selection of notecards featuring the photos while supplies last.

If you would like to discuss how to bring the Beauty of Aging Photo Exhibit to your organization, please contact Amanda James at admin@southerngerontologicalsociety.org.

You may also contact Amanda James if you would like to purchase a set of 10 notecards for \$20 shipped to you.



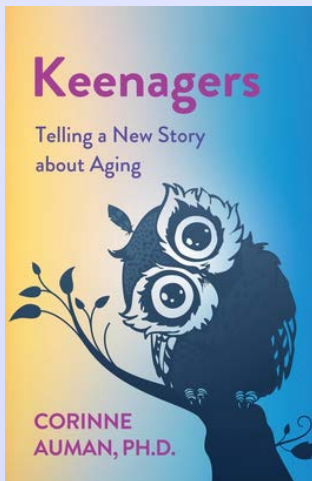


RESEARCH ANNOUNCEMENT - Using a Delphi panel to access Home and Community Based Services (HCBS) and resources post COVID-19 changes

I am conducting a study about the experiences of professionals in the aging network's views of Home and Community-Based Services (HCBS). If you are a health professional or a service provider who is working to provide these services with older adults and are interested in participating in this IRB-approved study (Protocol # 2103) please [click this link to the survey](#).

Please feel free to share this link with people you think may be interested. Thank you!

Submitted by Joyce Weil. Towson University



NEW BOOK - Keenagers: Telling a New Story about Aging

Are you looking for a book that will inspire and motivate you to take on new challenges and break outdated stereotypes about aging? *Keenagers: Telling a New Story about Aging* by Dr. Corinne Auman is the perfect read. This book will change your life by showing you that life doesn't have to stop when the gray hairs start to come in. It will empower you to make the most of your later years and find new adventures and opportunities, no matter your age.

What you'll find in *Keenagers*:

- Learn how to embrace and make the most of your later years
- Get inspired to take on new challenges and break outdated stereotypes of aging
- Discover how to create a fulfilling life, even when faced with changing circumstances
- Explore the stories of keenagers and gain a deeper understanding of the aging process

[**CLICK HERE TO PURCHASE**](#)



*Above - Amanda James at the Georgia Gerontology Society Conference
Right - Dr. Adrienne Cohen and Amanda James at the Social Gerontology Community Conference*

SGS AROUND THE REGION



L to R: Karen Appert, Dr. Debra Dobbs, Dr. Ethlyn McQueen - Gibson, and Dr. Lindsay Peterson at the Florida Conference on Aging

Look for SGS!
American Public Health Association Conference
November 12 - 15
Positive Approach to Care Conference
November 15 - 17



The Carework Network organized a bilingual (Spanish and English) three-day conference and brought together carework researchers, scholars, and stakeholders from across the globe. More than 250 people attended the Third Global Carework Summit, a substantial increase from previous Summits. Participants came from 32 countries and represented various interest groups, including academics, activists, and policymakers.

Over three days, the Carework Network held three keynote events, 35 sessions of presentations, two lunchtime conversations with book authors, and many opportunities to network and share ideas. SGS provided logistical support and a sponsorship. You can read a wonderful review by Grazielle Valentim [here](#).



L to R: Dr Louise Oldridge, Dr. Bert Waters, Dr. Cindy Cain, Annie Rhodes, Dr. Christina Barmon, and Dr. Jennifer Craft Morgan



INTERESTED IN BEING A REVIEWER FOR *JAG*?



The *Journal of Applied Gerontology* (JAG) depends on volunteer peer reviewers to evaluate manuscripts and recommend revisions in order to publish innovative and practical applied gerontology research. Learn more about reviewer awards offered by Sage [here](#). If you are interested in learning more about being a reviewer, contact Editor-in-Chief, Dr. Debra Dobbs at ddobbs@usf.edu.

WRITING A PAPER?

JAG provides an international forum for information that has clear and immediate applicability to the health, care, and quality of life of older adults. Published monthly, it brings you comprehensive coverage of all areas of gerontological practice and policy, such as caregiving, exercise, death and dying, ethnicity and aging, technology and care, long-term services and support, mental health, and sexuality. [Submit your paper](#)

Sage Perspectives

The Sage Perspectives blog focuses on highlighting topical and interesting research published in Sage books and journals. The blog includes posts from authors across a wide range of subject disciplines and research areas. Authors published in *JAG* have contributed blogs on a variety of topics within the field of gerontology. Explore the blogs and associated articles [here](#).

Making the Most of Your Membership

Contribute to the *Southern Gerontologist*

SGS is excited to bring back the *Southern Gerontologist* to our membership. Our next issue will be released in the fall, and we invite SGS members to submit articles on issues.

What's New(s)?

- Please send your professional accomplishments (i.e. promotions, job changes, awards, grant work, scholarships, graduation notices) and newsworthy personal events such as weddings, anniversaries, births, etc.
- Have you published a video, article, or podcast you would like to have in the newsletter? We can do that! Just send us a link to the material and a description, along with any information you need us to include to help promote the great things you are working on!
- Also, we would like to remember those who have been influential to SGS. Should you know of anyone who may have passed away, please let us know. We welcome the opportunity to publish "In Memoriams" written on the behalf of SGS members who are no longer with us.
- And if you need to brag on one of your fellow members, that's okay too!
- If you have any upcoming events you'd like other members to put on their calendars, please be sure to send the dates and details!

Please limit articles to 250 words with no more than two photos. Send content to Amanda James at admin@southerngerontologicalsociety.org.

Join a Committee

Are you currently on an SGS committee? Joining a committee is one of the best ways to influence the work of SGS and meet other SGS members. You can read about all of our committees at <https://southerngerontologicalsociety.org/committees.html>.

Update Your Profile

Did you know that all SGS members have access to our Member Directory? The Directory can be a wonderful tool for networking with other members, looking for resources, and identifying potential mentors. In order for our Directory to serve its purpose, we need all members to make sure their profile includes helpful information. Our [SGS Member Directory Profile Guide](#) guide will walk you through how to update your profile as well as suggested items to include. If you would like help updating your profile, please reach out to Amanda James at admin@southerngerontologicalsociety.org.

A Supplement of the Southern Gerontologist provided by the Student and Early Career Committee



HAPPY HEALTH LITERACY AWARENESS MONTH!

Submitted by Karah Alexander

What Is Health Literacy?

- The characteristics and social resources needed for individuals to make decisions about healthcare.
- Our health literacy capacity can be thought of as a “constellation of skills” that are needed to effectively function in the healthcare setting and act on healthcare information.

How Did Health Literacy Awareness Month Begin?

Occupational therapist Helen Osborne, proposed Health Literacy Month in 1999, to raise awareness about health literacy and clear communications among clinics and healthcare systems, insurance providers, literacy programs, libraries, and social service agencies, industry, government agencies, and others.

Helen spoke live at the 2023 US Health Literacy Policy and Press Event on October 2, 2023. Here’s what she touched on:

Health information is miscommunicated all the time, why October? Well, October has better weather and fewer religious holiday and events. Additionally, October brings awareness for many health outcomes and health-related topics, including breast cancer, HIV/AIDs Awareness, National Medical Librarians and National Mental Health Awareness week. Lastly, October is soon before elections, so she figured this awareness would serve well for politicians to clearly communicate to their constituents and understand the dire need to address health literacy in the US.

Who is this month for? Originally it was geared toward healthcare professionals, then it was envisioned to include policy makers, community leaders and the general public. Health literacy knows no geographical grounds and is now celebrated worldwide!

What exactly happens during the month? Advocates and organizations work together to recognize the importance of making health information easy to understand and the healthcare system easier to navigate through trainings, workshops, and other events. There is no right or wrong way to celebrate health literacy awareness month! [Check out the Institute for Healthcare Advancement's \(IHA\) website for upcoming virtual events taking place.](#)

A CALL TO ACTION

Health literacy is now a central focus of Healthy People 2030. One of the initiative's overarching goals demonstrates this focus: "Eliminate health disparities, achieve health equity, and attain health literacy to improve the health and well-being of all."

<https://health.gov/healthypeople/priority-areas/health-literacy-healthy-people-2030>

[**READ ALL OF OUR STUDENT BLOGS HERE**](#)

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