

# NIH Aging and Adult Dependent Care Committee (AADCC)

**February 23, 2021**  
**WebEx**  
**2:00 PM to 4:00 PM**

## **Attendees:**

Carla Alvarez Mells	Rusty Mason	Dawn Lea
Jill Bartholomew	Cooper McLendon	Sonia Marable
Quandra Blackeney	Annie Franco	Melissa Porter
Louie Brennan	Chris Gaines	Mark Rubert
Virgilio Bundoc	Chao Jiang	Diane Rutberg
Lynn Cave	Lyndon Joseph	Alisha Sutton
Tammie Edwards	Martina Lavrisha	Dan Xi

## **I. Welcome and Introductions**

### **A. Introduction of Special Guest**

Lyndon Joseph, Ph.D., an Exercise Physiologist, is a Program Officer at the National Institute on Aging's Division of Geriatrics and Clinical Gerontology. Before joining the NIA team, Dr. Joseph was an Assistant Professor in the Division of Gerontology, Department of Medicine at the University of Maryland Baltimore with a joint Research Fellow appointment in the Geriatric Research, Education and Clinical Center (GRECC) at The Baltimore Veterans Affairs Medical Center. Dr. Joseph received his doctorate degree in Physiology (Interdisciplinary) from The Pennsylvania State University, Master's degree in Clinical Exercise Physiology from Northeastern University, and bachelor's degree in Biology from St. John Fisher College. He completed his Post-doctoral Fellowship at the University of Maryland, School of Medicine in the Division of Gerontology, and his Cardiac Rehabilitation internship at Boston University Medical Center.

## **II. Special Guest Presentations**

### **A. Dr. Lyndon Joseph, NIA, Division of Geriatrics and Clinical Gerontology**

Dr. Joseph presented a wonderful and insightful presentation on the importance of physical activity and public health, especially in older adults. He discussed several studies that provided evidence that as little as 150 minutes of moderate aerobic activity per week could help reduce rates of a variety of diseases and ailments. Dr. Joseph reminded the committee that sedentary behavior and inactivity can have long term effects and that daily physical activity is just one way to help reverse those effects. Below are highlights of his presentation.

- i. An NIA sponsored Frailty and Injuries: Cooperative Studies of Intervention Techniques (FICSIT) study on strength training to improve muscle mass, strength, and physical function in frail 90-year olds. The study provided proof that gait speed showed a 48% improvement over eight weeks of high-intensity resistance training. This improvement can help mobility and decrease the risk of falls in the elderly.
- ii. London Transport Workers Study from 1949-1952. The study compared the rates of coronary heart disease (CHD) between drivers and conductors of the London Transport Executive. This study showed that drivers had a much higher rate of coronary heart disease than conductors due the conductors having higher rate of physical activity.

### **III. Updates**

#### **A. Letter to Dr. Alfred Johnson 2020 Annual Summary of the AADCC**

The 2020 Annual Summary of the Aging and Adult-Dependent Care Committee letter was signed by co-chairs Jill Bartholomew and Cooper McLendon and routed to Dr. Alfred Johnson's office. The committee will be updated on the progress.

#### **B. Wellness at NIH Newsletter**

The Wellness@NIH newsletter has been resurrected and will go out on a quarterly basis. The next newsletter will include information from stakeholders as well as remind staff of the existence of various groups and what they do. The newsletter will also include an overview article for each of these groups.

#### **C. ORS Website Updates**

ORS is currently undergoing a rebranding and reorganization of its webpage. The timetable for the completion is not yet finalized. This puts the posting of the updated AADCC page on hold. However, members of the AADCC are meeting to review current AADCC content, identify gaps, update information, as well as reviewing the navigation and flow of the AADCC page. The goal is to make AADCC content easier to find on the ORS website and to update and consolidate AADCC content. There will be a variety of templates that can be used to display content on the ORS website once they're released. Then we will be able to move forward with choosing a template and streamlining the page so that AADCC content is easily accessed.

#### **D. Upcoming Webinar**

On Tuesday, March 30, 12:00pm-1:00pm there will be a webinar featuring Drs. Sylvia Chou and Christine Hunter. While the title of the webinar is still pending, the topic will be "Using research based-communication to alleviate concerns when discussing COVID-19 vaccine with family, friends, and loved ones". More information to come.

### **IV. Open Discussion**

#### **E. What are the goals of the AADCC?**

In response to the 2020 AADCC Annual Report, Colleen McGowan, Director, ORS sent a letter asking the chairs to send prioritize recommendations to former DATS Director, Susan Cook. They will send the list to the committee and ask for input moving forward, keeping in mind that these priorities can change.

#### **F. How best structure ourselves to do meaningful work in 2021?**

Jill and Cooper wanted to get committee member input on moving forward in 2021. The recommendations from this brainstorm session are listed below.

- i. Develop interim workplan based on current working environment and abilities.
- ii. Consolidate both work groups and assign task/project leaders.
- iii. Develop a FAQ sheet for the website in a resources section.
- iv. Locate signature block that was created for AADCC communications on the NIH Adult Listserv.
- v. Survey the adult listserv on what their concerns are as an aging employee and/or caregiver.
- vi. Work with Chris Gaines and Linda Owen to facilitate meetings with Well Being Ambassadors, Health and Wellness Council, Child Care Board, and

Nurse Wellness Committee. The purpose would be to collaborate with other stakeholder groups that have commonality.

- vii. Create a calendar of aging-related events on the website. Explore using information from the listserv poll as a starting point.
- viii. Update information on the website to include a comprehensive list of age-related screenings and what to expect at those screenings. This information could also be included in the quarterly newsletter.

**G. Follow-up Meeting March 4<sup>th</sup>, 2021**

- a. The full AADCC meeting concluded prior to deciding on how to structure the committee for 2021. Available members met again to discuss the pros and cons of two options: Option 1: Maintaining the current structure of both the Research and Communications Workgroup or removing workgroups and establishing tasks and projects leaders for the prioritized work to be accomplished in 2021. The group was in favor of temporarily disbanding the workgroups and accomplishing project-based activities. Jill and Cooper will share the decision with the remaining committee members and will work to create the list of projects to be shared widely.

**H. Announcements and Adjournment**

**The next AADCC meeting will be April 27, 2021.**