Institute Vision

“To become nationally recognized as a center of excellence for the creation and application of new knowledge about healthy aging through research, innovative interdisciplinary education and collaborative community outreach efforts.”

Institute Mission

“The Garrison Institute on Aging is a unique organization whose mission is to promote healthy aging through cutting-edge research in Alzheimer’s disease and other diseases of aging, and through innovative educational opportunities offered to students, health care professionals and the public.”

About this Report

Healthy aging is the focus of all the related activities of the Garrison Institute on Aging — research, education, outreach, and all areas of community involvement. The photographic essays in this report represent activities that we suggest as tapestries for aging successfully, weaving together all the valuable efforts of the GIA.
More than $18 million in funding has been awarded to Garrison Institute on Aging researchers, evidence that novel approaches are desperately needed in order to further understand how nerve cells die. More than half a dozen innovative projects are under way within the GIA in the areas of biochemical, genetics, behavioral and alternative medicine/methods in the treatment of neurodegenerative diseases.

GIA Executive Director Paula Grammas, Ph.D., and her research team focused on the following projects in 2008:

- “Vascular Inflammation in the Aging Brain,” a $1.3 million grant from the National Institutes of Health (NIH) focuses on the hypothesis that age-related inflammatory changes in brain blood vessels contribute to age-related pathology in the brain. Research in the past year has shown new insight as to the cellular/biochemical basis for the susceptibility of the aged brain to the development of neurodegenerative diseases.

- “Vascular-mediated Neuronal Cell Death in Alzheimer’s,” a $1.5 million grant from the NIH focuses on the hypothesis that the angiogenic (creation of new blood vessels) process does not progress to new vessel growth because an imbalance of pro- and anti-angiogenic factors results in aborted angiogenic signaling. Research over the past year has shown that pharmacologic blockade of angiogenic signaling improves cognitive function in Alzheimer’s disease.

- “Is There a Link between Alzheimer’s and Atherosclerosis?” a $790,000 grant from the NIH, focuses on the hypothesis that risk factors involved in atherosclerosis (a disease affecting arterial blood vessels) are also linked to the development of vascular-mediated neuronal cell death in Alzheimer’s disease. Research over the past year has shown that by identifying a mechanistic cascade linking cardiovascular risk factors, specific proteins and neuronal cell death, we are providing a unique framework to study the pathogenesis of Alzheimer’s and highlight novel therapeutic modalities for the prevention and treatment of this disorder.

**Lab personnel**

Alma Sanchez, Ph.D.; Debjani Tripathy, Ph.D.; Ester Luo, Ph.D.; Linda Yin, Research Associate; Devon Robinson, Med Tech III; James Deal, Med Tech III; Sonia Shah, Med Tech III; Chelsea Martinez, Med Tech III; Jason Fields, Student Assistant; Seema Johnson, Student Assistant

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“**But times do change — and move continually.**”

— EDMUND SPENSER

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**Publications and presentations**


6. Christov A, Ottman T, Hamdheydari L, Grammas
When grace is joined with wrinkles, it it adorable. There is an unspeakable dawn in happy old age.”

— VICTOR HUGO


Presentations
• February 2008, Financial Women International Group Lubbock, Texas, “Untangling Alzheimer’s: Research into the causes of AD”
• February 2008, TTUHSC Student Senate Lubbock, Texas, “Alzheimer’s and research at the Garrison Institute on Aging”
• May 2008, Texas Tech Foundation Board Lubbock, Texas, “TTUHSC Clinical Trial for Alzheimer’s Disease”
• June 2008, Office of Technology Commercialization Lubbock, Texas, “Use of Angiogenic Drugs for Alzheimer’s”
• September 2008, University of Colorado Denver, Colo., “A Role for Brain Blood Vessels in the Pathogenesis of Alzheimer’s Disease”
• September 2008, Department of Psychology TTUHSC Lubbock, Texas, “A Role for Brain Blood Vessels in the Pathogenesis of Alzheimer’s Disease”
• November 2008, Cleveland Clinic Foundation Cleveland, Ohio, “A Role for Brain Blood Vessels in the Pathogenesis of Alzheimer’s Disease”
Inna Kruman, Ph.D.,
The CH Foundation Chair in Parkinson’s disease

Since her arrival in March 2008, Inna Kruman, Ph.D., The CH Foundation Chair in Parkinson’s disease, has established her laboratory, recruited a post-doctoral fellow and submitted three grant proposals to national organizations, including two to the National Institutes of Health. She actively collaborates with the Grammas research group and has contributed innovative procedures for nerve cell isolation and cell culture. Since coming to TTUHSC, Kruman has been invited to present her work at the University of North Texas, as well as the annual meeting of the Society for Neuroscience. During the past year she has published three papers and one patent. Currently, she is working on the mechanisms of neuronal repair from damage induced by oxidative stress. Since the pathogenesis of many neurodegenerative disorders, including Parkinson’s disease, is linked to oxidative stress, her study may have broad therapeutic implications.

Publications

Patents

Mark Lyte, Ph.D., Research Group
Professor, TTUHSC School of Pharmacy
Director of Translational Research,
Garrison Institute on Aging

Mark Lyte, along with his research team in 2008 continued work into the clinical application of Microbial Endocrinology, a field which Lyte founded. This field seeks to understand how we relate to the microorganisms both in us (such as in our gut) and around us as they produce and recognize the very same hormones that we make and have in our body. To that end, researchers have now shown that changing the composition of bacteria in the gut of animals can actually change their memory and learning ability.

They are also seeing how to apply the concept of Microbial Endocrinology to better diagnose infections in immunocompromised patients. The researchers have shown that they can increase the ability to detect antibiotic-damaged bacteria in the laboratory by adding hormones to the growth medium that is used for laboratory diagnosis. Based on this initial work, they have started an approved double-blind trial in patients to see if they can improve the laboratory detection rate for infections in immunocompromised patients.

During the year, Lyte also was selected as finalist for the prestigious National Institutes of Health Directors Pioneer Award. In addition, he also was appointed visiting professor at the University of Chicago School of Medicine.

Keynote Presentations
1. Lyte, M. Microbial Endocrinology: Why the Intersection of Microbiology, Neurobiology and Food Science Matters to Animal Welfare, Keynote Speaker at the Colston Symposium on Animal Welfare and the Interface with Disease, University of Bristol, United Kingdom, April, 2008.

“The health of the people is really the foundation upon which all their happiness and powers as a State depend.”

— BENJAMIN DEIsraeli
May you live all the days of your life.
— JOHNATHAN SWIFT

Xingjia Wang, Ph.D., Research Group
Assistant Professor, TTUHSC Department of Neurology
Director of Trainee Development
Garrison Institute on Aging

Xingjia Wang, along with his research team focused on the following projects during 2008:

- **Understanding how cyclooxygenase-2 (COX2) depresses testosterone synthesis during male aging.** As the male body ages, normal testosterone levels start to decrease. This research group uses the idea that thromboxane A2, a metabolite generated by COX2, binds to specific receptors found on the surface of Leydig cells, which produce testosterone. This complex is then responsible for initiating the inhibition of StAR protein expression. This protein is essential for transferring substrate cholesterol for testosterone synthesis. The current research involves blocking the thromboxane- A2 receptors, which would stop it from binding to the complex. This was accomplished by the use of a drug that stopped the decrease of StAR protein, as well as testosterone production in aged rats. This shows great possibility of delaying the normal decline of testosterone that occurs with age.

- **Utilization of natural compounds in food to delay the aged-related decline in testosterone biosynthesis.** Looking for safe and practical approaches for delaying the age-related decline in testosterone, the researchers have studied a group of natural compounds that inhibit COX2 activity or block the thromboxane A2 receptors. Incubation of Leydig cells with these natural compounds dramatically increased StAR gene expression and testosterone biosynthesis.

- **The roles of StAR protein in vascular endothelial cells.** Research indicates that silence of StAR gene expression in micro-vessel endothelial cells resulted in increases in inflammatory factors, cholesterol level and death of the cells. The studies suggested that StAR protein plays a role in protection of vascular endothelial cells.

Publications and presentations

2. XingJia Wang, Xiangling Yin, Randolph B. Schiffer, Steven R. King, Douglas M. Stocco, Paula Grammas (2008) Inhibition of Thromboxane A Synthase Activity Enhances Steroidogenesis and Steroidogenic Acute
The person who says youth is a state of mind invariably has more state of mind than youth.”

— AMERICAN FARM & HOME ALMANAC

Sid O’Bryant, Ph.D., Research Group Director, Rural Research F. Marie Hall Institute for Rural and Community Health Assistant Professor, TTUHSC Department of Neurology

Cochran County Aging Study moves to next phase

The Cochran County Aging Study, a unique, long-term examination of how ethnic, environmental and biological factors impact aging in rural West Texas, successfully completed its first phase in 2008.

Phase 1 of the project included enrollment of 311 participants ages 40 and up with an ethnic distribution nearly perfectly matching that of the county itself — approximately 45 percent non-Hispanic white, 45 percent Hispanic — primarily Mexican American, and 10 percent African American.

The project recently began Phase 2 in which much more information will be gathered and free comprehensive medical evaluations provided to each participant. Project leader Sid O’Bryant, Ph.D., expects 300 participants to be evaluated by September 2009 with an additional 300 the following year.

Data being collected include a standardized medical examination, clinical blood work, a more detailed interview regarding medical, occupational, and residential history, a brief informant interview, neuropsychological testing, and screenings of depression and anxiety.

“We also have created a biobank with stored serum and DNA,” O’Bryant said. “This is no longer just a study of cognition and aging, but of more broad health care issues for rural dwellers.”

As a result of the group’s hard work, the project has grown into a major collaborative entity with collaborators from the F. Marie Hall Institute for Rural and Community Health, Garrison Institute on Aging, Laura W. Bush Institute for Women’s Health, South Plains Alcohol and Addiction Research Center, the TTUHSC School of Nursing, the Departments of Neurology, Internal Medicine, Family Medicine and Psychiatry, the Texas Tech Department of Psychology, and the Mayo Clinic Jacksonville, Fla., with additional investigators and collaborators from other groups and institutions currently being added.

The Laura W. Bush Institute for Women’s Health is working to add an additional county in the Texas Panhandle, O’Bryant said. “We are also working to add another one or two counties adjacent to Cochran with plans of having a minimum of 1,000 participants enrolled in the next 18 months,” he said. “I am hoping for 3,000 to 5,000 participants in the next three years.

“If we continue on our course, this project will quickly become the premier rural health care study in the United States,” he said.

Texas Public Health Journal

Age, I make light of it,
Fear not the sight of it,
Time’s but our
playmate, whose toys are divine.

— THOMAS WENTWORTH HIGGINSON


Poster Presentations/Published Abstracts

Brain Bank Program continues to grow
In January 2007, the Garrison Institute on Aging Research Division launched an innovative program, the GIA Brain Bank. This program helps families of dementia patients by providing a free brain autopsy and also banks tissue for well qualified researchers studying dementia-related diseases such as Alzheimer’s.

The GIA Brain Bank provides the service of a brain autopsy, which is the only way to confirm clinical diagnosis of Alzheimer’s disease, at no cost to the patient’s family. A brain autopsy can also determine a patient’s precise type of dementia; results typically are available in six to nine months from the time of the patient’s death and a copy of the report is provided to the family and becomes part of the family’s medical history.

Brain tissue also is retained in our laboratory to use and share with other qualified scientific researchers across the country studying diseases related to dementia.

Just as important as tissue with dementia, non-dementia “control tissue” also is needed desperately for our research. If families would like to assist with furthering research and want to help in this way, please consider tissue donation to the GIA Brain Bank even if there is no clinical diagnosis of dementia.

This program is funded solely through private contributions. Since the program’s launch, 31 brains have been donated to the Brain Bank at an estimated cost of $2,010 per autopsy. The GIA will continue to seek private funding for this important research. You can help as well; please consider a financial gift to the GIA Brain Bank in lieu of flowers.

The Garrison Institute on Aging, along with other TTUHSC entities, assisted in recruiting subjects for the National Center for Complementary and Alternative Medicine study, “GTP and Tai Chi for Bone Health.” Principal investigator is Leslie Shen, Ph.D., associate professor of pathology in the School of Medicine. Recruitment for the project has been completed with 171 participants joining the clinical bone study. Laboratory analysis of collected specimens will begin in 2009.
**Garrison Institute on Aging** is the only university affiliated educational organization in Texas to address the long-term care workforce crisis and has trained almost 2,000 professional and para-professional staff to date who care for this specialized population. By creating workforce initiatives for students; advocating for best practices to improve care; and offering advanced education in geriatrics, leadership and management to long-term care staff, the GIA has helped to promote healthy work environments and thus improve patient care.

*An honored old age has so great authority that this is of more value than all the pleasures of youth.*

— MARCUS CICERO

**Andrew Dentino, M.D.**
**Chief of the Division of Geriatrics and Palliative Medicine**
**Director of Clinical Geriatrics**
**Professor of Internal Medicine, Family and Community Medicine and Psychiatry**
**Executive Medical Director of the Mildred and Shirley L. Garrison Geriatric Education and Care Center**

Geriatrician Dentino in November received University Medical Center Bernhard T. Mittemeyer, M.D., Endowed Chair in Geriatric Medicine. The chair is named for Mittemeyer, a long-time TTUHSC leader and professor in the Department of Urology at the School of Medicine.

Dentino has served on the Centers for Medicare and Medicaid Services (CMS) Committee on End-of-Life Care, and has been Chair of the Ethics Committee of the American Medical Directors Association. Formerly Chief of Geriatrics and Director of Medical Ethics at LSU Health Sciences Center School of Medicine in Shreveport, Dentino is board certified in internal medicine, geriatric medicine, psychiatry, geriatric psychiatry and hospice and palliative medicine. He also previously served as Chair of the Ethics Committee of the American Academy of Hospice and Palliative Medicine, and has served on the Ethics Committee of the American Geriatrics Society. He is a member of the American Medical Association, the Texas Medical Association and the Lubbock-Garza-Crosby County Medical Society.

In December, Dentino, along with Ron Bannister, M.D., of TTUHSC’s Department of Anesthesiology and Donald Lie, Ph.D., and Tim Dallas, Ph.D., from the Texas Tech Edward E Whitacre College of Engineering, received $100,000 from Texas Instruments Inc., to study falls detection and geriatric patient monitoring. Dentino said the translational research involves technologies that are developed in Texas Tech laboratories, and are then brought to the bedside to study. “We are grateful to Texas Instruments. This endorsement of TTU-TTUHSC research by such an internationally respected company as TI attests to the level of world-class products we can bring to the health care market,” Dentino said.

**Geriatric Education and Training Academy**

Since its inception in 2003, the academy has developed and implemented programs to provide additional education to those who provide direct care in long-term care, including:

- Those interested in completing a basic certified nursing aide (CNE) course.
- CNAs currently employed in long-term care who are interested in advancing their knowledge of geriatrics and care of the elderly.
- Licensed vocational nurses (LVNs) employed in long-term care who are interested in supervisory skills to assist in their roles as charge nurses.
- LVNs employed in long-term care who desire advanced training in geriatrics.
- Registered nurses (RNs) working in long-term care who are seeking additional training.
- Long-term care administrators
- Family caregivers
- Surveyors from the state regulatory agency.

**Student Scholars**
Collaborative Career Ladder Project

In collaboration with the TTUHSC Anita Thigpen Perry School of Nursing, the GIA has created an innovative project to address the high turnover rate and the educational needs of staff in long-term care by developing a career ladder pilot project.

While certified nurse aides (CNAs) spend the majority of their time providing direct care to nursing home residents, they are the lowest paid workers in health care.

“They are expected not only to perform a physically and emotionally demanding job, but also to interface with staff, residents and families with skill and patience,” said Ann Laurence, senior director of GIA education programs. “In spite of these demands, they are often given little respect by staff, residents and families and consequently, turnover rates are quite high, especially in the first three to six months of employment.”

Collaborators on the new career ladder program expect that to change once the program is implemented. Research has shown that a successful career ladder program for CNAs can reduce turnover rates and increase job satisfaction. A three-tier curriculum, developed by a group of nurses experienced in long-term care, is ready to be tested in two facilities in Lubbock. Once the pilot program has been tested, it will be available to long-term care facilities for adaptation to their educational needs.

American Geriatric Society Student Chapter

The AGS strives to enhance the visibility of geriatric medical care, and to provide educational programs on geriatric health care. Student chapters work toward the goals of the society with particular emphasis on: encouraging interest in geriatrics among faculty and students in various health care professions concerned with the care of the elderly; advocating interprofessional curriculum development in the Health Sciences Center schools; including geriatrics in the general curriculum and in elective course offerings and interprofessional programs; developing educational opportunities in geriatrics and making them accessible to interprofessional audiences at TTUHSC and practicing health professionals throughout West Texas; and promoting educational activities throughout West Texas and TTUHSC’s network of campuses. President of the AGS student chapter was Tonia Srubar and vice-president was Eser Graham-Marski.

"Age is not all decay; it is the ripening of fresh life within …"
— GEORGE MCDONALD

Student Scholars Program

The Student Scholars Program was established to develop a cadre of students from allied health sciences, medicine, nursing and pharmacy who have a long-term commitment to advancing health care for older adults and are actively engaged in projects designed to improve the quality of health care for the aging population. The following 13 students participated in Student Scholars in Geriatrics in 2008: Kelsey Kelso – School of Medicine; Clayton Kelso – Physical Therapy; Reagan Bagget – Occupational Therapy; Libby Zacharia – School of Medicine; Leila Green – Speech and Language Pathology; Ryan Nipp – School of Medicine; Kendall Adams – Speech and Language Pathology; Eser Graham-Marski – Physical Therapy; Alexander Yu – School of Medicine; Kelly Gandy – Speech and Language Pathology; Lisa Antonson – Nursing; Nazanin Majdzadeh – School of Medicine; Christine Ratzer – Nursing.

Busby finds nursing a labor of love

Johnana Busby loves working with elderly patients, especially putting them to bed at night. “I love to tuck them in and kiss them goodnight,” she says. “There’s something really special about that.”

Busby recently completed the Certified Nurse’s Aide (CNA) training course offered through the Garrison Institute on Aging Education Division. She currently is manager at Manna Acres, an assisted living facility in Lubbock. She and two other CNAs take care of the facility’s 13 residents, most of whom have some form of dementia.

Busby says she first became interested in nursing in the 1980s when someone told her she would make an excellent nurse. However, she wouldn’t get the opportunity until years later. After working in the cotton industry for 19 years, she got back to doing what she loves six years ago when she began taking care of elderly patients in their home. “Now I’m back on track,” she says. And after completing her formal training courses in 2008, she is exactly where she wants to be.
Annual Aging Symposium

“The Fitness Prescription: Should Grandma Pump Iron?” was held on April 10, 2008. Target audience was faculty, primary care physicians, pharmacists, nurses, allied health professionals and long-term care administrators in the region. The symposium featured Laura Fink DeFina, M.D., a staff physician from the Cooper Clinic in Dallas. Other speakers included TTUHSC faculty Kerry Gilbert, Sc.D., Dan Poulsen, P.T., Mimi Zumult, M.D., and Leslie Shen, Ph.D. Posters on aging research were displayed at the symposium. Long-term care administrators, nurses, pharmacists and physicians received continuing education credit for attending the symposium.

“A man’s real possession is his memory. In nothing else is he rich, in nothing else is he poor.”

— ALEXANDER SMITH

The Garrison Institute on Aging in September 2008 launched GET Fit Lubbock II, a community fitness challenge that is a program of the Healthy Lubbock Initiative. The contest took place Sept. 15 through Nov. 10.

GET Fit Lubbock II, presented by Bodyworks Family Sports Centers, was an 8-week challenge in which teams of six to 10 participants earned points for minutes of exercise, weight lost and attendance at community health events. The GPL competitions include exercise and weight loss activities, encouragement and support from health and fitness professionals and free GET Fit Lubbock lectures. GFL II featured 68 teams who exercised a combined 14,856 hours and lost 2,062 pounds.

Additional sponsors for GET Fit Lubbock II include American Laser Center, Calvert Home Health Care, Chick-Fil-A, Garrison Geriatric Education and Care Center, Superior HealthPlan, Texas Tech Physicians, Wellstar Wellness and the Falls Tennis and Athletic Club.

Healthy Lubbock Day

The Healthy Lubbock Coalition, Garrison Institute on Aging and Lubbock Parks and Recreation came together June 14 to host the 4th annual Healthy Lubbock Day. Hundreds from the community and more than 50 vendors came to Maxey Park to participate in the event.

Attendees had the opportunity to take part in free health screenings provided by the TTUHSC School of Nursing, Texas Tech Physicians, BodyWorks, UMC and Lubbock Family Chiropractic. Also provided was an array of exercise demos as well as a number of booths with information regarding healthy and improved living. Other activities included kid’s jumpers, a climbing wall and a spider climber by BodyWorks, paddle boats run by Boy Scout Troop 513, an AeroCare helicopter, child seat and bike safety, and much more.

The Texas Tech University Health Sciences Center initiated the Healthy Lubbock program in June 2003 as a tool to help community members prevent obesity and related health issues. The Healthy Lubbock Initiative strives to empower individuals to make smart lifestyle decisions for themselves and their families.

Serving Up Prevention

A tennis event and auction — “Serving Up Prevention” was hosted by The Garrison Institute on Aging to support local Alzheimer’s research. Festivities took place May 17 at LakeRidge Country Club.

The event included fun for the entire family, beginning with a free tennis zone hosted by the South Plains Tennis Association. Following the tennis zone was an adult tennis clinic led by French Open doubles champion and ESPN analyst Luke Jensen, LakeRidge tennis head pro Ben Stewart, and other members of the tennis community. The adult tennis clinic provided hands-on guidance for players of all levels.

Exciting exhibition matches featuring Jensen, former top 10 in doubles Christo Van Rensburg, and community members Richard Hope, MD, and Charles Key followed the tennis clinic. To conclude the tennis event, a live and silent auction took place inside LakeRidge Country Club. The auctions included round-trip tickets to anywhere provided by Southwest Airlines, stays at the Horseshoe Bay Resort and Bally’s Las Vegas, tickets to Disneyland, antiques, autographed Texas Tech memorabilia and much more.
GET FiT Award

GET FiT Lubbock was recognized by The Texas Council on Cardiovascular Disease and Stroke as the Outstanding Program for the 2008 Texas Cardiovascular Health Promotion Award. Healthy Lubbock, a community-wide initiative and a program of the Garrison Institute on Aging, launched the GET FiT Lubbock campaign on Sept. 15, 2007.

GET FiT Lubbock is a 12-week competition to help people in the community meet their fitness and weight loss goals. The competition includes exercise and weight loss activities, encouragement and support from health and fitness professionals, and free GET FiT lectures. The mission is to promote a healthy lifestyle in the community to reap the benefits of improved health and fitness.

More than 1,200 people across Lubbock participated in GET FiT Lubbock, creating 145 teams. In the end, a total of 42,644 hours of exercise was reported along with 5,694 pounds lost by team members. The program will again take place in September 2008.

Recognition by the council is based on commitment to the prevention of cardiovascular disease in Texas through the implementation of an innovative and effective program. The Garrison Institute on Aging was honored by the Texas Council on Cardiovascular Disease and Stroke at the 83rd Annual Texas Public Health Association Conference in March.

In the Community...

- In honor of National Nursing Assistant’s Day, the GIA on June 12 hosted a reception for local Certified Nurse’s Aides (CNAs) that included door prizes and refreshments.

- GIA hosted the Alzheimer’s Association Memory Walk Steering Committee lunch on September 24.

- GIA staff members participated in the Walk to Defeat ALS September 27 at Buddy Holly Recreation Area.

- GIA Research Division participated in the Permian Basin Health Fair in Odessa on October 4.

- GIA staff members participated in the West Texas Protective Services event Paws for Parkinson’s on October 11.

- Memory Walk Bank Night took place in the GIA foyer on October 22. Participants picked up T-shirts and turned in their team money during the event.

- GIA staff members participated in the Alzheimer’s Association Memory Walk October 25 at Mackenzie Park. The team ranked 4th raising $1,304.

- GIA collaborated with Caprock Home Health on November 10 to host free memory screenings as part of Alzheimer’s Awareness Month.

- GIA collaborated with the Alzheimer’s Association and Sam Brinkman, Ph.D., of Gray Matters memory screenings on November 14 to provide the community educational presentations and dementia screenings as part of Alzheimer’s Awareness Month.

“We grow neither better nor worse as we get old, but more like ourselves.”

— MARY L. BECKER
Institutional Endowments and Growth

The GIA continues to make strides in developing and expanding funding for its research, education and outreach efforts. Three $1 million endowed chairs are housed within the institute. The CH Foundation Regents Chair in Parkinson’s Disease was filled in 2008, and progress continues toward recruiting top-level scientists to the Don-Kay-Clay Cash Regents Chair in Alzheimer’s Disease and to the Corrine Payne Wright Regents Chair in Alzheimer’s Disease.

“The great thing about getting older is that you don’t lose all the other ages you have been.”

— MADELINE L’ENGLE

RSVP joins Institute

The Lubbock Retired and Senior Volunteer Program (RSVP) in 2008 relocated to the Garrison Institute on Aging administrative offices at 6630 S. Quaker, Suite E, in Lubbock. RSVP is a nationwide organization created especially for people 55 and older who have a lifetime of experience to share with their local community through volunteer work. RSVP has been in Lubbock for more than 20 years and currently has more than 1,100 volunteers working in 140 different nonprofit agencies.

November 2008 launched “Christmas Memories,” a program inviting participants to place a personalized snowflake ornament in honor of a loved one on the GIA Christmas tree.

“We thought the Christmas holidays would be a wonderful time to allow people to honor or to remember loved ones in this special way,” said Paula Grammas, Ph.D., executive director of the institute. All proceeds from ornaments benefit GIA research programs.

King Foundation awards grant for novel respite program

In December 2008, the King Foundation awarded the Garrison Institute on Aging a grant of close to $50,000 to create a free respite care program in a rural community.

“This really is a novel grant,” said Ann Laurence, GIA senior director of education. “It will be staffed by volunteers from the community in Cochran County and they will be trained to work with dementia patients.”

Respite care provides caregivers a break from their caregiving duties, which is important for the patient as well, Laurence said.

The program, set to begin in April 2009, will serve as a model for other rural communities, eventually creating a network throughout the state. “This is particularly needed in West Texas because of the isolation of some of the communities,” Laurence said.

Organizers will recruit and train volunteers and work with the Cochran County community to sustain the program. The respite care will be provided at the Morton Senior Center. The Area Agency on Aging will provide transportation for those who need it.

“We hope it will be fun for them,” Laurence said. “We want to involve the entire community, combining events with the Cochran County Aging Study activities.”

Kruman joins research team

In March 2008 The Garrison Institute on Aging Research Division welcomed Inna Kruman, Ph.D., to the Parkinson’s disease chair position established by The CH Foundation. She is an associate professor and faculty researcher in the Department of Neurology and at the GIA.

Her research aims to explore the protection of genomic integrity as a major challenge for living cells which are continuously exposed to environmental DNA-damaging agents and oxyradicals within cells. She has corporate and academic experience in the United States over the past 15 years, including the Parkinson’s Center at the Sun Health Research Institute and the National Institute on Aging where her research focused on neuronal cell death.

“I look forward to furthering the institute’s mission of finding causes of and treatment for neurodegenerative diseases with specific focus on Parkinson’s, in addition to collaborating with other members of the institute’s neurodegenerative research team,” Kruman said.
Operational Costs and Development Activities

REVENUE FOR FY '08

- **Total GIA Endowments, Gifts, and Revenue**
  - $1,376,925

- **Total TTUHSC/SOM Support**
  - $633,485

- **Total Research and Education Grants**
  - $293,408

DOLLAR AMOUNT

REVENUE SOURCES
Brain work comes as easily to the old as physical exertion to the child. — GEORGE SAND
Friends of the Garrison Institute on Aging

Janie Abell  
(Abell Companions)
Ann Adams
Associated Supply Company
Julie Bates
William Bennett
Elmer and Helen Berryhill
R.R. Berryhill
Randy and Rose Berryhill
Lynn Bickley
Jay & D’Lois Bryson

Kendra Burris
Don-Kay-Clay Cash Foundation
Blenda Cortez
Covenant Makers
Cari Dillon
Larry Duyck
Richard Edwards
Shirley and Lucille Garrison
Garrison Family Foundation
VE. Gohlke
Ruben Gonzales
Paula Grammas
Betty Hamilton
Susan Hance
Jennidfer L. Hancock
Charles Henry
Paul W. & Rowena S. Hilburn
Arthur & Virginia Hood
Jacquelyn Hopkins
Linda Hutchins
Kathryn Kalinowski
Lamar & Mildred Kelly
Sarah Key
Cecil C. Kuhne, Jr.
Ann Laurence
Sandy Lehman
Teresa Levine
Chris Magness
Judy Mainord
Jewel Mogan
Scott & Sandra Morse
Linda Norman
Joyce Peterman
Ashley Pfeirrer
Sheri Phillips
Betty Robinson
Maria Rosales and Family
Dr. R. B. Schiffer
Deniese Smith
SMD Properties
SuddenLink Comm
Tennis Association
D’Lynn McGinty Terry
Julie Toland
Jill Watkins
Beth Wright
Olga Wright
W.B. Wright
Judith Woody
Christine Young