

Preparing yourself to age in place

By JANE GLENN HAAS

Everybody says the best deal is to "age in place," to never leave the confines of home for some sort of community care.

But the problems of "in place" can be horrific, starting with health care and crossing into social isolation.

At the same time, 76 million aging baby boomers will get older, and options for housing plus care are costly and require seniors to move from residential living to assisted living to nursing homes.

One study, just completed, is said to prove the financial benefit as well as the social and personal benefits to aging in place.

"Adults want to remain healthy and independent during their senior years, but traditional long-term care often diminishes seniors' independence and quality of life," says **Marilyn Rantz, a professor at the University of Missouri's Sinclair School of Nursing**. "Aging in place enables most older adults to remain in the same environment and receive supportive health services as needed. With this type of care, most people wouldn't need to relocate to nursing homes."

Q. There is nothing new to the senior preference to stay at home rather than move to a facility. What did your study discover?

A. **At Tiger Place, adjacent to the University of Missouri** (which has 54 apartments), we have discovered that we can save Medicare and Medicaid dollars with nurse care coordination. We do early illness detection and coordinate with other health care providers.

Our service package increases as more care is needed and then decreases as the patient's needs decrease.

We have successfully uncoupled the housing cost from the care cost. Putting the two together – in an assisted living home, for example – is part of the high cost component.

Q. Seems as if this is pretty simplistic and bound to work well. What's new?

A. Intuitively, we all knew this would work. The cost of care should go up and down. But we had to prove that.

Q. So people rent the apartment separate from the care they receive?

A. Yes, and about a third of them are using long-term care insurance to pay the cost of care. As we look ahead to a larger aging population, we can expect to see more of that type of insurance used.

Q. You are advocating apartment-style living, community meals. Is that similar to residential care?

A. Usage depends upon the person and their social network.

Co-housing makes a whole lot of sense with a wellness component. It's got to have a really strong independent focus. One that maintains good health and encourages functionality.

I think we all want to go to bed one night and just not wake up. We want to think we can be active until "the end" and then face a very rapid decline in health. Well, that is pretty much what we are seeing.

Aging In Place is a four-year project used at Tiger Place, an independent living community of 54 apartments that helps senior residents stay healthy and active and avoid hospitalization and relocation. Residents receive care services in their apartments. (University) researchers use sensors, computers and communication systems to discreetly monitor residents' health.

The results were published in a recent issue of Nursing Outlook.

Q. People who age in place often depend on family. Are they still around?

A. We involve the family in the care process and delivery. Nothing changes. Except independence. That's the key.

(For more information, see agingmo.com).



MU urges students in Japan to return home

The University of Missouri is working with its students studying abroad in Japan to return home as quickly as possible in the wake of last week's devastating earthquake and tsunami.

MU spokesman Christian Basi said three of the students have already returned and the university was working with the remaining six to get them home. The students have been in touch with university administrators since the disaster happened, and they were all safe, Basi said earlier.

The U.S. Department of State issued a travel warning yesterday that recommends U.S. citizens who are in Japan leave the country and defer any non-essential travel there. A statement on the MU International Center's website said that in response to that warning, "MU has given all MU students abroad the option of returning home as soon as possible and recommends that they do so."

The university will help the students resolve registration and housing issues when they return to the U.S.

MU students recommended to leave Japan after earthquake, tsunami

By Amanda Harrison

March 17, 2011 | 9:35 p.m. CDT

COLUMBIA — Travis Worsowicz felt the magnitude 8.9 earthquake that hit Japan on March 11 while walking into his dorm room after a field trip. He and other students were evacuated from the dorm because of the aftershocks.

The earthquake caused a tsunami, and the combined force killed more than 10,000 people in Japan and caused major problems at the Fukushima Daiichi nuclear power plant. A number of explosions have rocked the plant, and there is a threat of radiation exposure in the region. The AP reports the international community is coming together to help keep the plant under control and radiation contained. **Still, many are evacuating Japan, including MU study abroad students such as Worsowicz.**

“I didn’t think it was big news at the time,” Worsowicz, a junior broadcast journalism major, said.

Students spent the first night after the quake on the first floor of the building while news was still coming out. “We slowly realized how big it was,” Worsowicz said. “It was the most depressing thing I’ve ever felt. We just sat there and had to wait for more crappy news to come in.”

After a tutoring session with a professor the next day, Worsowicz decided to go out and see the devastation in Shibuya, which he called the Times Square of Tokyo.

“People were actually scared,” he said. “I had never seen it that empty before. It was the scariest thing in this world. This was the scariest moment. He said there was not much destruction, but everything was closed.

By Sunday, Worsowicz and his friends were tired of watching the news, but they were keeping an eye on reports about the nuclear plant.

“It was beautiful outside, and you could tell people were trying to go back to normal, but it was an odd mood,” he said. When Worsowicz made his way out to a ball field, there were only two baseball games compared with the normal five; there weren’t nearly as many people as usual, he said.

Monday came quickly for Worsowicz, and it was time for classes even though he said he had no desire to go or do anything. He, along with others in his building, was still unclear about what was happening. He said it was the first day international students started going home because of developing news about the nuclear plant and the potential radiation exposure.

Jim Buell, a former MU student, was on a train bound for Tokyo when the earthquake happened. After being stranded on the train for a few hours, he walked home and remained there for several days.

“All the while, we were watching the news about the escalating nuclear disaster, so me and some friends went to go get reentry permits in case we had to leave the country,” Buell said.

There was a threat of radioactive rain on Tuesday, Worsowicz said. It was reported that radiation levels were elevated. “It wasn’t enough to be dangerous yet, but the fact that it existed at all scared people,” he said. His friends from California were told their program was being canceled, but MU told Worsowicz he could safely stay there.

Worsowicz said people were stockpiling groceries Tuesday evening: “I saw this old lady with food piled in her cart. I figured she’s probably lived through something worse than this. But she was definitely getting ready for what’s going on,” he said. “But it ended up being nothing. All the restaurants were open, and I went out to eat at this crappy place, but it was a decent meal.”

Wednesday, Worsowicz’s California friends were ordered to leave Japan. “They were really pissed off. Things finally felt like they were getting back to normal,” he said. He said people were starting to come out of their homes.

“I received an email from John Wilkerson that said they believed I was safe, but I got the vibe that other students in Japan wanted to leave,” Worsowicz said. Wilkerson is a student service coordinator in the MU study abroad office.

Buell and his friends decided they needed to leave Japan. His major concern was the potential threat of radiation exposure. “I needed to get out of here yesterday,” Buell said Thursday. “I wanted to be out earlier.”

Worsowicz was awoken Thursday morning, he said, by the largest aftershock since the initial quake. That evening, there was a farewell party for his California friends. They were going to go out to dinner, but everything closed early, so they ended up at a bar to grab a bite to eat.

At about 1:30 a.m. Friday, Worsowicz and Wilkerson began emailing back and forth.

"Things started to look up," Worsowicz said. "Then I talked to John, and he said there was a strong chance I was going home. So I asked him to be honest about my chances of staying here, and he said, 'Yeah, you're coming home.'"

Worsowicz contemplated his options and decided it was best to go back to his home in Oregon. "My family was relieved. But it just doesn't make sense to stay here right now," he said.

Worsowicz is to depart from the airport in Tokyo at 3:30 p.m. JST on Friday and arrive in Portland, Ore., on Saturday at approximately 8:30 a.m. PDT.

"I have no idea how I am getting to the airport. I have to pack, and I only have two suitcases. I don't really have a game plan. I'm just going to try and cram as much as I can in my suitcases and backpack," he said.

Christian Basi, assistant director of news services at MU, said the students are not being forced to leave Japan but are being strongly recommended to evacuate. Basi said three of the nine students in Japan are already home, and the other six still haven't decided to return. "We are doing everything possible to help them," he said.

It took Buell and five of his friends three tries to book flights to Bangkok. "We went to the airport and slept there near the ticket desk," Buell said. They are waiting in a hotel in Bangkok until they feel it is safe to return to Japan.

"I want to go back; I'm hoping to be back within the next two weeks," he said.

AP Associated Press The Washington Post

CBS NEWS The★Star
THE KANSAS CITY STAR

ST. LOUIS POST-DISPATCH

Experts: Radiation not a concern for West Coast

(AP) LOS ANGELES (AP) — Government experts are keeping a close eye on any radioactive particles that could travel from Japan to the West Coast, but insist there's no threat to public health.

"Radiation is one of those words that get everybody scared, like 'plague,'" said Dr. Jonathan Fielding, director of public health for Los Angeles County. "But we're 5,000 miles away."

Some computer models tracking the possible path of radioactive material from the stricken Japan nuclear reactors suggest it could cross the Pacific, swipe the Aleutian Islands and reach Southern California as early as Friday.

Even if particles waft to the U.S. coast, the amount will be so diluted that it will not pose any health risk, officials say. Wind, rain and salt spray will help clean the air over the vast ocean between Japan and the United States.

Nuclear experts say the main elements released are radioactive cesium and iodine. They can combine with the salt in sea water to become cesium chloride and sodium iodide, which are common and abundant elements and would readily dilute in the wide expanse of the Pacific, according to Steven Reese, director of the Radiation Center at Oregon State.

"It is certainly not a threat in terms of human health" added William H. Miller, a professor of nuclear engineering at the University of Missouri.

Earlier this week, the U.S. Environmental Protection Agency deployed extra radiation detectors throughout the country to allay public concerns. On Thursday, President Barack Obama said "harmful levels" of radiation from the damaged Japanese nuclear plant are not expected to reach the U.S.

The radiation stations will send real time data via satellite to EPA officials, who will make the data available to the public online. The monitors also contain two types of air filters that detect any radioactive

particles and are mailed to EPA's data center in Alabama.

That information, as well as samples that numerous federal agencies are collecting on the ground and in the air in Japan, also will be sent to the Department of Energy's atmospheric radioactivity monitoring center in California, where teams are creating sophisticated computer models to predict how radioactive releases at Fukushima could spread into the atmosphere.

Inside Lawrence Livermore National Laboratory near San Francisco, scientists, engineers, and meteorological experts were analyzing those charts and maps to help policymakers predict where radioactive isotopes could travel.

"The models show what happens if the situation gets worse, if the winds change, or if it rains to predict what could happen," National Nuclear Security Administration spokesman Damien LaVera said. "The Nuclear Regulatory Commission has said they see no radiation at harmful levels reaching the United States, and we're not seeing anything that is inconsistent with that."

An arm of the United Nations earlier this week made a forecast of the possible trajectory of the radioactive fallout from Japan. The forecast only showed how it might move, but does not have information about radiation levels.

On Thursday, air quality regulators in Southern California said they have not detected increased levels of radiation.

"So far there's nothing out of the ordinary," said Sam Atwood of the South Coast Air Quality Management District.

The agency is continuing to monitor radiation levels at its three stations every hour and planned to post daily updates on its website.

In the unlikely event that the situation escalates, the California Emergency Management Agency would coordinate emergency response efforts with state public health officials and local officials.

"Worst-case scenario, there is no threat to public health in California," said the agency's acting secretary Mike Dayton.

The California Department of Public Health, which set up a hotline for concerned residents, also has its own network of 8 monitors sampling the air, water, and soil for harmful substances, including radiation, said agency spokesman Ron Owens.

Farther north in Alaska, people also have been asking where they can buy potassium iodide pills. Greg Wilkinson, a spokesman for the state Department of Health and Social Services, said the state doesn't monitor or track private inventories, but he also said it's seen no indication that potassium iodide will need to be taken by Alaskans in response to events in Japan.

MU Faculty Council votes in favor of diversity course requirement

By Andrea Braxton

March 17, 2011 | 7:10 p.m. CDT

COLUMBIA — **MU is one step closer to requiring students to take a diversity course.**

The Faculty Council voted 19-1 to add a diversity intensive course to the list of general education requirements, but the proposal still has a long way to go.

“I don’t know if it can happen as soon as next year,” said council member and biomedical sciences professor Leona Rubin.

The next step for the proposal is for the general faculty to discuss it at a meeting in mid-April. The faculty will vote later that month.

If the faculty approves the proposal, Vice Provost of Undergraduate Studies Jim Spain, would work with the Committee on Undergraduate Education to implement the requirement.

The committee would have to create criteria for the courses, which would have to be sent back to the Faculty Council for approval. A smaller committee would be created to evaluate the submitted courses, Rubin said.

“I seriously doubt that there would be courses ready by the fall,” Rubin said.

The most recent draft of the proposal is shorter and more concise than previous drafts. Studying abroad will fulfill the course requirement, council member and sociology professor Victoria Johnson said.

Small changes were also made to the wording of the proposal. Age was added to the list of social inequalities. The term “global economic” in the list of social inequalities was changed to “economic” because some members felt “global” excluded national economic issues.

Council members decided against including the list of courses when they present the proposal to the general faculty.

"It's confusing to have sample courses because some of them might not be approved," journalism professor and council member Clyde Bentley said.

Another topic of discussion at the council meeting was the grievance policy. The council members will vote to include an administrator on the grievance resolution panel at the next meeting on April 7.

THE MANEATER

Diversity course requirement gets green light from faculty

The council also discussed the smoking policy and capstone requirements.

By Megan Hager

Published March 18, 2011

Faculty Council members vote to add a diversity intensive course requirement **to the university's** general education requirements Thursday at Memorial Union. Faculty members also discussed changing capstone requirements for smaller departments.

Editor's note: The written Diversity Intensive Course Requirement Proposal passed by Faculty Council is attached in the sidebar to the right as a downloadable PDF. The document contains a list of about 160 courses that could fulfill the 3-credit-hour diversity requirement.

The product of years of debate and amendments, a diversity course requirement proposal passed through Faculty Council on Thursday.

Members also discussed the next step of the smoking policy to be implemented later this year and changed capstone requirements. A large part of the meeting was spent discussing the details of the Diversity Intensive course requirement.

The proposal, which will go before the **UM System Board of Curators** for final approval, requires students to fulfill a 3-credit-hour minimum of diversity education. The written proposal passed by faculty members contained a list of classes that could end up qualifying as "diversity intensive" courses, including Culture of Communication, African American History and Urban Geography and about 160 other courses.

"We're living in a very diverse world," Academic Affairs committee chairwoman Victoria Johnson said. "We want to prepare students for a diverse market. It will also help improve campus and social interactions through the program. Sometimes students do abusive actions toward people different than them. It will help improve the campus climate."

According to the Diversity Intensive Course Requirement Proposal, the incorporation of a Diversity Intensive requirement will help students view complex worldviews, policies and issues from different perspectives, analyze cultural myths and stereotypes of minority groups and communicate with other social groups with an open mind.

“It double dips into other courses such as humanities courses,” Johnson said. “It is not adding any new courses.”

The proposal outlines the criteria all Diversity Intensive courses will meet. The first is that courses will focus on understanding different social groups on a local, national or international level. The second is that courses will explore a broad definition of social inequalities.

During the meeting, faculty also discussed the next step of MU’s smoking policy, which will be implemented in July.

“A map will be made available to the public that shows where designated smoking areas will be,” Intercampus Faculty Council representative Bill Wiebold said. “Most of those areas will be parking lots and the top floor of parking garages. Some spots without parking lots are also indicated on the map, such as Lowry Mall.”

Wiebold said this step of the plan will be implemented for two to three years in order to prepare smokers to the transition of a smoke free MU. No fines or punishments are outlined to enforce the spaces, but if multiple complaints come from an area, the police will be informed.

Faculty members unanimously decided to change senior capstone course requirements as well, because a capstone class or seminar does not work for all of the schools on MU’s campus. The wording for the proposal was amended to avoid confusion.

“Any department can use a capstone course or a 4000-level course to meet the capstone requirement,” Johnson said.

THE MANEATER

UM System campaign focuses on health projects

An effort to treat pancreatic cancer with gold nanoparticles is one of these projects.

By Tony Puricelli

Published March 18, 2011

An MU project to treat pancreatic cancer using gold nanoparticles is one of several health initiatives across the four-campus system highlighted by the UM System's new website.

In a new campaign, the university is focusing on contributions by members of its campuses advancing the state of Missouri in fields such as healthcare, economy, art and culture and competitiveness.

“Once we realized there was a communication understanding gap about the university we decided to brainstorm internally about ways to combat that,” UM System spokeswoman Jennifer Hollingshead said. “We decided that a communications campaign geared toward communicating the impact of the university might go a long way in that endeavor.”

Kattesh Katti, radiology professor and senior research scientist at the MU Research Reactor, and assistant radiology professor Raghuraman Kannan are testing the effectiveness of these particles in radiotherapy for shrinking cancerous tumors.

Their goal is to create a treatment that will shrink inoperable tumors until they are operable again.

“To the best of our knowledge, we are the first group in the world who have been able to produce radioactive gold nanoparticles coated with biocompatible Gum Arabic protein within our nuclear reactor here,” Katti said.

The process involves injecting the gold nanoparticles directly into the tumor, which Katti says minimizes the toxic side effects of radiation therapy by avoiding the particles traveling through the body.

“Gold is the only element in the periodic table which retains nanoparticle properties at nanoparticle size,” Katti said. “Gold is the only element that remains unoxidized at the nanoparticulate level.”

The research team has tested the treatment on prostate tumors in mice. Katti said the data clearly shows single injections of the radioactive nanoparticles reduced tumor growth to unprecedented levels.

“What we have seen so far is there are no toxic side effects and the tumors have reduced in size to almost 80 or 85 percent of their original size,” Katti said. “This is for real. It’s not a hypothesis.”

Although it has only been tested on prostate cancer, this radiotherapy would work on a variety of cancers, including breast and pancreatic cancers.

Tests on larger animals, such as dogs, are in progress and only limited data is available. Katti expects testing on humans to begin in about 18 months. Initial tests will be on the safety of the treatment in humans.

“Once we determine safety in humans, we will begin testing human patients to determine drug efficacy,” Katti said. “It is never a fast track. There is no such thing, but we have been very happy so far with the progress that we have made.”

Kannan said the project is a collaboration between him and many faculty at the university, including Katti and Cathy Cutler, senior research scientist at MURR who helped in the production of the nanoparticles.

“It’s an example of team effort,” Kannan said. “The work has to be shared by everyone.”

COLUMBIA MISSOURIAN

Seven honored at MU women's history month tribute

By Catherine Newhouse

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COLUMBIA – Vicky Riback Wilson fought for women's rights for years in the Missouri House of Representatives. Now, she's the service-learning and fellowships coordinator at MU and advocates for women's rights on campus.

Riback Wilson said young women tend to forget that the fight for gender equality and participation is not over yet, especially within the realm of public policy. She said the U.S. has worked with other countries to develop constitutions that require at least half the legislature to be female, but, in the U.S., less than 22 percent of legislators are female.

"I think that disadvantages all of us, to have the perspective of over half our population missing in our public policy discussions," Riback Wilson said.

Riback Wilson was one of seven honored at the Tribute to MU Women on Thursday afternoon. The Chancellor's Committee on the Status of Women sponsored the event.

"It's important to acknowledge how far we've come since we were founded as a men's only, whites' only university many, many years ago in 1839," Chief Diversity Officer Roger Worthington said.

Riback Wilson was recognized for her support of women's rights in the Missouri House of Representatives and her involvement at MU, where she is active in the Sue Shear Institute for Women in Public Life and the Griffiths Leadership Society for Women.

Rebecca Calvin, marketing specialist for the Chancellor's Diversity Initiative, was honored for supporting nursing MU mothers so they don't have to choose between studying and parenting or working and parenting. She was also recognized for her leadership in the Health and Wellness Gathering and Information Fair.

Access Services librarian **June DeWeese** was honored for her prior involvement in the Chancellor's Committee on the Status of Women, her involvement in the Task Force on Violence against Women and breast cancer awareness activism.

Jill Ford, director of student enhancement for engineering, was honored for mentoring female engineers and expanding the relationship between Residential Life and engineering. She helped start the female engineering Freshman Interest Group.

Journalism graduate student **Stephanie "Stevie" Mathieu** was honored for her fight for women's rights through journalism. Her article for The Daily News about the HPV vaccine won a Society of Professional Journalists award. Mathieu also advocates for women in her daily life. She will often stop intoxicated women on the street to make sure they're okay, journalism graduate student Rebecca Wolfson said.

Peggy Placier, associate professor for educational leadership and policy analysis, was recognized for encouraging people to think critically about gender issues.

Public health graduate student **Stephanie Smarr** was recognized for her work with women with autism.

The seven award recipients received flowers and certificates at the event.