Our team has lots of great news to report. We’ve been hard at work on several projects.

First, I’m very pleased to report that Division 20 successfully participated in an interdivisional grant proposal entitled “GeroCentral: An Internet Geropsychology Resource Clearinghouse”, ably led by Erin Emery, President, APA Division 12/I, Society of Clinical Geropsychology. This is a partnership not only between Divisions 20 and 12/I, but also with the Council of Professional Geropsychology Training Programs (CoPGTP) and Psychologists in Long Term Care (PLTC), as well as APA’s Committee on Aging (CONA). This project will create a website whose function will primarily be to integrate geropsychologists, who are now spread across several divisions and organizations, as well as provide practitioners, researchers, and students with an important resource for accessing information that they need to know about the aging process and older adults. Many thanks to Joe Gaugler and Cameron Camp for their work on this project! They will be developing webinars on various aspects of dementia care.

We are also supporting the effort, spearheaded by Victor Molinari, to gain American Board of Professional Psychology (ABPP) for developing a specialty credential for practicing geropsychologists. To quote from Victor’s article summarizing the potential benefits of ABPP credentialing, these include: “validation and ‘raising the profile’ of the profession; recognition of provider expertise for treating patients as distinct from other non-gero trained psychologists; job market advantage (VA pay increase; more referrals; being allowed to testify in courts); increasing and lending credibility to geropsychology specialty training programs by employing ABPP psychologists and by clearly specifying gero competencies to be acquired; assisting with the development of standards of practice and quality assurance; and advancing a public policy agenda by providing better resources to older adults (e.g., with better trained providers).”

Once this becomes approved, our long-term goal is to develop a series of webinars to provide training for the certification process.

We are also reaching out to early career psychologists, or ECPs. One way of
President’s Message, continued from p. 1

doing this is a major initiative to switch management of our website to APA. This new version of our website will include a members-only facebook page, chat rooms, blogs, etc. Thanks to the work by Michael Marsiske, we are currently in the queue for this transition, which hopefully will occur in the next few months.

The executive committee also voted to invite the Editor of Psychology and Aging, Ulrich Mayr, to sit as a non-voting member on the EC. He has graciously accepted. This hopefully will bring closer ties between P&A and Division 20.

Shevaun Neupert and Julie Wetherell have been very active in developing an agreement between Division 20 and their university that will allow them to offer CE credits for their workshop. This is currently under consideration by the Executive Committee.

Jane Berry has put together a terrific slate of candidates for Division 20 offices. Many thanks to her for all of her hard work! Thanks also to all of the folks who have volunteered to run. I look forward to the outcome of the elections! Remember to cast your ballot!

Two major issues that we will be addressing at this summer’s meeting include changes in voting procedures and potential changes in the dues structure. APA is moving towards electronic voting, and we need to change our by-laws in order to accommodate this. The EC has approved this change, but this is something that needs to be voted on by the Division 20 membership (YOU!). Second, a number of years ago, we voted to include P&A as a benefit of our membership, but that raised our dues by $25. There are pros and cons for doing this, and we will be considering whether discontinuing this benefit and reducing our dues will help to increase our membership, which has dropped in recent years but is now stabilized, largely due to Joe Gaugler’s efforts as chair of the membership committee.

Monisha Pasupathi and Benjamin Mast have put together a terrific program for this summer. Looking forward to seeing everyone there!

Carolyn Aldwin
President, Division 20

Upcoming APA Convention Dates and Locations

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<tr>
<th>Year</th>
<th>Location</th>
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<tr>
<td>2012</td>
<td>Orlando, FL</td>
<td>August 2-5</td>
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<tr>
<td>2013</td>
<td>Honolulu, Hawaii</td>
<td>July 31 - August 4</td>
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<tr>
<td>2014</td>
<td>Washington, DC</td>
<td>August 7-10</td>
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<tr>
<td>2015</td>
<td>Toronto, Ontario, Canada</td>
<td>August 6-9</td>
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The year 2013 will mark 25 years since the beginning of the Georgia Centenarian Study (Poon et al., 2007), and centenarians were interesting to the research community well before then (e.g., Beard, 1967; Woodruff-Pak, 1977). Recently, however, research on exceptional longevity has experienced a growth spurt. A number of factors make centenarians an interesting and important topic in Adult Development and Aging research. In absolute terms, the number of centenarians is increasing very rapidly. The 1950 census listed approximately 3500 centenarians; in 2010, it was 53,364. Even so, they remain very rare, currently representing approximately 1-in-5000 members of their birth cohort. While there is intense debate regarding the projected changes in life expectancy and survival, projected increases of about 2.2 years per decade make it conceivable that up to half of children born today may reach this age, marking an important new phase of the adult life-span to study.

Currently, the number of centenarian participants in nationally-representative studies is very small and provides a striking example of just how rare these individuals remain. The Health and Retirement Study (HRS) has interviewed 31,169 individuals across 10 interviews spanning 18 years. Nevertheless, the HRS only has data from 78 individuals aged 100 years and older in their oldest interview (but see Ailshire et al., 2012, for an ingenious use of these resources toward an informative end). Likewise, the 2004 National Long-Term Care Survey, which included an over-sample of individuals aged 95+, lists 898 individuals aged 100 through 136 (!), but only 60 of these are identified as having a functional limitation, with ages ranging from 100 to 107; finally, excepting special tabulations (e.g., Krach & Velkoff, 1999), the census top-codes age at 85. Thus, centenarians remain sufficiently rare that adequate design of a prospective study would require extremely large samples. Beyond national datasets, there are also numerous centenarian studies, each with its own area of particular emphasis.

In the United States, for example, there is the Georgia Centenarian Study (Poon, Martin and Johnson, co-PIs), the New England Centenarian Study (Perls, PI), and the Ashkenazi Jewish Centenarian study (Barzalai, PI). The numerous international centenarian studies include Italian (Cellini, PI), Swedish (Samuelsson & Hagberg, co-PIs), Danish (Vaupel, Jeune, and Christensen, co-PIs), French (Allard and Robine, co-PIs), Heidelberg, Germany (Martin and Rott, co-PIs), Chinese (Zeng, PI), Korean (Park, PI), Australian (Richmond, PI) and Sydney (Sadev, PI) and in Japan, Tokyo (Hirosi and Gondo, co-PIs), and Okinawa (Suzuki, Willcox, and Willcox, co-PIs) Centenarian Studies, with some of these studies working cooperatively. The field as a whole is moving from description to hypothesis testing and now multivariate modeling.

A number of data repositories have also been created around banked genetic samples from exceptional survivors. They vary in terms of the breadth and depth of phenotypic information they provide. Prominent examples include the Longevity Consortium (http://www.longevityconsortium.org/about/) and the Coriell Institute (http://www.coriell.org/), which includes the NIA Longevity Collection.

Studying centenarians poses several unique challenges and opportunities for researchers, and a number of unique psychological considerations emerge from research with this age group. For example, the prevalence of cognitive impairment is high, which can make it difficult to disentangle normal from pathological aging. In turn, this makes

Continued on p. 4
it difficult to establish a set of norms on measures such cognitive functioning. Age-related declines in normal cognitive function may increase the overlap between normal and pathological groups such that a demented octogenarian may score higher on a standardized test than a nondemented centenarian. Centenarians also present with an extraordinary range of functioning – typical performance is located somewhere between George Burns and moribund. This broad range of functioning observed in centenarians poses considerable difficulties for measurement, suggesting that new methods are likely to be required in order to appropriately characterize functioning within a domain in the presence of considerable floor and ceiling effects. Studying centenarians is further complicated by issues of testing burden and the high prevalence of sensory impairments. There is so much we need to know from these rare individuals, but assessment can take many times longer with this age group. Finally, their short life-expectancy (~2 years) makes design and planning of longitudinal studies exceptionally difficult with this population, and the issue of managing testing burden alone can quickly turn a cross-sectional study longitudinal as hospitalizations and other events interfere with multiple testing sessions.

Issues of mortality and terminal drop underscore the importance of selection out of the population (i.e., mortality) when making inferences about the nature of longitudinal change. For example, we wonder whether it is currently even meaningful to make inferences regarding normative changes in cognition, for example, when half of a centenarian sample is likely to be within two years of mortality. The importance of selection grows as the length of time over which inferences are being made increases and as research grows to include samples of individuals who are increasingly rare in the population.

For example, Stone, Schwartz, Broderick, and Deaton (2010)’s cross-sectional study of well-being included a sample of 340,847 individuals aged 18 to 85 in the United States. They concluded that “relative to prior studies, the present results broaden the case that [well-being], including positive affect, increases with age” (p. 3). Recently, we (Siegler, Bosworth, Davey, & Elias, in press) showed how selection alone (constructs associated with negative affect – depression and depressive symptoms – predict mortality, e.g., Barefoot, Mortensen, Helms, Avlund, & Schroll, 2001) can account for their findings.

To show the effects of selection out of the population on cross-sectional inferences, we began with a stable, standardized ($M = 0$, $SD = 1$) variable that was completely unassociated with age. Next, we calculated the effects on mean levels of this standardized variable of dropping individuals from the bottom of the distribution in proportions consistent with mortality data published in the Social Security Administration life tables, separately for men and women. Changes in population mean levels associated with age were due solely to selection out of the population due to mortality, and as such, there was absolutely nothing “developmental” affecting the data (i.e., within-individual levels of well-being were constant over time).

Well-being in the (surviving) population is seen to increase, beginning slowly early in midlife and then in a rapidly accelerating fashion in the 50s and 60s, consistent with when Stone and colleagues (2010) first reported changes to occur. Considered across the entire adult life span, the effects of selection are equivalent to a small ($d = .2$) effect size by age 54 years for men and 62 years for women; to a medium ($d = .5$) effect size by age 71 years for men and 77 years by women, and to a large ($d = .8$) effect size by age 79 years for men and 84 years for women. Perhaps we would expect all centenarians to be dancing a jig if the same thing weren’t simultaneously happening in the opposite direction for physical functioning. It

Continued on p. 6
The APA Council of Representatives met on February 23-26, 2012 in Washington, D.C. As a test of the new “Good Governance Project (GGP),” Council met in a reconfigured structure for its first day. Tables were organized thematically, and we both represented educational interests. The topic of discussion was technology. At the end of the day, we concluded that the most urgent priorities for governance are to place the larger issues into positions of greater prominence, to make decisions in a more timely manner, to define and clarify the role of Council (vis a vis the Boards and Committees), and to use technology more effectively within governance. The exercise allowed us to focus on a new way of conducting business and also may move us closer to a model in which governance actually becomes more streamlined and efficient.

Returning to regular Council business on the second and third days, we began by considering the motion for a bylaws change regarding the membership dues of psychologists in the Canadian Psychological Association (CPA). The proposal would have allowed members of the CPA who were also members of APA choose whether or not to join as international affiliates rather than as full members. This was a separate issue from that of whether they would retain their dual membership discount. The original proposal was part of the Membership Board’s revision of the membership dues structure that resulted in the $40 reduction for all APA members. Responding to the need to maintain historical ties with the CPA, Council voted to retain the discount.

The second major piece of business was the motion to make a Bylaws change that would set a term limit for APA President so that a Past President would not be eligible to run for office within a 10-year period after having served as President. The motion was passed, and the vote will be sent to the full APA membership in November (along with the apportionment ballot).

The 2011 year end margin was $3,080,400; the margin had been projected to be $20,000. The reason for this disparity was job vacancies. The proposed net margin for 2012 is $258,200.

We then approved the proposal by APAGS to develop and launch a journal in the area of translational research to be published by APA through the Educational Publishing Foundation imprint. Graduate students will be involved in the editorial process, including reviews, through mentoring programs built into the journal structure. This is an exciting project that will allow students and early career psychologists to get involved in this important aspect of professional development.

It remains crucial to maintain our two Council seats so that we can have an impact on APA’s aging agenda. Along with the Council Representatives from other divisions, we maintain a listserv to discuss specific aging-related agenda items. Both of us are also involved in the caucus leadership. Warner is Chair of the Coalition of Academic, Science, and Applied Psychology, and Susan is the Secretary-Treasurer. Susan is Chair-Elect of the Women’s Caucus and will be working next year to focus attention on issues regarding aging and women’s health.

We also encourage Division 20 members to run for boards and committees in APA. The deadline for nominations is March 15 so please let us or Carolyn Aldwin know if you would like to be nominated. This is the primary way that we can keep our agenda moving forward. If you have any questions, feel free to contact either of us.
is easy to think of research applications in which the effects of selection may easily trump those of the substantive variable under investigation.

Implications of rapid increases in the number of exceptional survivors provide psychologists with a number of interesting new questions to consider. For example, we know very little about the nature of family relations among individuals who have outlived every family member older than themselves and a surprising number of family members younger than themselves. Given the high levels of frailty among this population, many have been receiving care, in one form or another, for a very long time. Many centenarians live with a high burden of disease and disability, much of which they may have been living with for decades. Growth in this population also brings the potential for changes to important life phases, such as how to fill 40+ years of retirement with productive experiences.

Finally, there is both growing consensus that HIPAA can impede the sharing of important health research and that there is an urgent need for better approaches for protecting privacy in health research. Researchers may be faced with the decision to meet the letter of the law by disclosing a large amount of data of extremely limited quality and utility or else restrict access to data in ways that severely limit their value to the broader research community. Centenarians are individuals with unique characteristics who are often highly visible within their communities. As such, they are at particularly great risk of re-identification, either directly or deductively which prevents public data release in their original form (An, Little, & McNally, 2010).

References


Adam Davey, Ph.D., is an Associate Professor in the Department of Public Health at Temple University, and a Member-at-Large for Division 20. His research interests focus on the epidemiology of the second century of life and methods for analysis of incomplete non-independent data.

Tushar Joshi, B.H.M.S., is a Graduate Student in the Master's of Public Health program at Temple University with a concentration on Epidemiology and Biostatistics. His research interests are with predictors of survival in the second century of life.

The authors thank Leonard Poon, Mary Ann Johnson, and Peter Martin for their helpful suggestions on this article.
The 2012 Division 20 APA program is well underway, thanks in no small part to terrific submissions from all of you, as well as the generous commitment of time and energy on the part of invited speakers, Division 20 members who stepped up to chair events, and collaborations with other divisions, not to mention the contributions of our fabulous division reviewers (it may be the first time in academic history that there were TOO MANY volunteers). We feel like there is so much to offer this year. The beach won’t be able to compete.

The theme this year is Bridging Aging Communities – highlighting relationships across research, practice, and diversity. Our invited program reflects these bridges, with James Jackson delivering a keynote address "From Social Diversity to Group Disparities: Aging, the Life-Course, and Stress," a collaborative symposium on resilience across the lifespan with Division 7, starring Suniya Luthar, Ann Masten, Liz Stine-Morrow, and Alex Zautra, with Division 20 president Carolyn Aldwin as a discussant. The talks focus on commonalities and differences in the way we examine resilience across the lifespan and present cutting edge findings about the factors that support resilience at different ages and in diverse contexts. We are also contributing to a series of presidential initiative programs with a symposium on interprofessional practice (iPractice). This symposium describes interprofessional assessment and care of geriatric patients with a range of clinical problems across a variety of health care settings. The four presentations (Lichtenberg, Rusin, Strada, Mast) will outline approaches to collaborating and communicating with other professionals to enhance the assessment and care of the older patient in diverse settings including primary care, outpatient medical clinics, rehabilitation facilities, and palliative care settings.

But wait – that’s not all! Carolyn Aldwin will revisit resilience and ideas about optimal aging in her presidential address. We will also hear from Chris Hertzog, our Baltes award winner, about metacognitive self-regulation in older adults. And we will hear a virtual datablitz of presentations by our new fellows of the past two years: Lisa Brown, Jamila Bookwala, Rebecca Allen, Gregory Smith, and Adam Davey, with a nod to Steve Boker who cannot be present.

And, we still haven’t told you about the accepted symposia. We were able to have a very high acceptance rate (around 80%) because of a combination of relatively low submission rates and very high quality. The accepted symposia will cover innovative psychotherapy treatment, caregiver support interventions, custodial grandparent support, social media in long term care, the use of videogames to address cognitive aging, holistic programs for mind-body wellness, and memory self-efficacy and cognitive performance. These contributions also neatly bridge research, practice, and diversity issues. We’ll round out the academic program with two poster sessions, one addressing well-being and mental health and the other cognitive aging and dementia.

Finally, we never want to forget the social and mentoring events. With CONA and Division 40 (Neuropsychology), we will be hosting a speed mentoring event for budding geropsychologists and neuropsychologists – Early Career Folks TAKE NOTE! Jeffrey Proulx and Lewina Lee are organizing a social event with mouth-watering appetizers and a lovely bar, at a Chinese restaurant near the convention center. Details about this will be coming soon (Editor’s Note: see page 19 of this newsletter) – don’t miss your chance to join!

We hope this brief overview has whetted your appetite and encouraged you to make plans for Orlando this summer. We will look forward to seeing you there!
I've been a member of Division 20 for about 30 years, and it's a real honor to be nominated as a candidate for President of the Division. APA and Division 20 have made enormous strides in emphasizing aging over the past 30 years, with the launching and success of the Office on Aging, CONA, and *Psychology and Aging* as an APA journal having been particularly impressive accomplishments. I've been very active in APA and GSA projects and leadership. Within APA and GSA, I've been a Fellow since 1993. I've been on the Editorial Board of *Psychology and Aging* since 1993 as well, with a term as Associate Editor under Rose Zacks during 2003-2006. I served on the APA Search Committee for the most recent Editor. I've also represented aging interests on numerous APA efforts, including the Presidential Task Force on Family Caregiving, Primary Care Task Force, and Ad-hoc Committee on End-of-Life Issues. I served on the APA's Society of Clinical Geropsychology (12-2) and Chair of the BSS Section of GSA. I've received the Mentor and Master Mentor Awards from Division 20.

My PhD was in clinical psychology, with a postdoc in geriatric psychology. My research, funded by multiple NIH Institutes, has focused on stress, coping, and evaluation of interventions for family caregivers of persons with Alzheimer's, stroke, cancer, and terminal illness. I've published over 150 articles and chapters on aging. I also served for 12 years as Chair/Director of the School of Aging Studies at the University of South Florida.

Division 20 has done a superb job of being a structure welcoming psychologists with very diverse interests in aging, and representing those interests to APA and other organizations. It has been very gratifying for me to see psychologists interested in aging stand united, regardless of their specialty areas and research emphases, to promote policies and programs beneficial to basic scientists, clinical geropsychologists, and those interested in improving public policy related to aging. Recent efforts to represent the concerns of psychologists concerning revised diagnostic criteria for Alzheimer's disease, and proposed DHHS National Plan to Address Alzheimer's Disease, are examples of Division 20/Office on Aging/CONA/12-2 working together for the betterment of psychology and of society.

APA and Division 20 face some very important challenges in the years ahead. Finding ways to involve retired members of Division 20 are well aware of the social and economic implications of unprecedented global population aging. However, when I interact with psychological scientists and practitioners outside our field, they often appear to lack an understanding of the profound implications of this demographic shift. They are, however, eager to relate personal stories about their own aging or that of their aging parents. As more and more people's lives are personally touched by population aging, appreciation for Division 20 members' expert knowledge will continue to grow. As nations grapple with challenges presented by their aging populations, the need for expertise in adult development and aging will become even more essential. I would be extremely honored to serve Division 20 as its President at this time in history.

I earned my PhD in developmental psychology from the University of Utah under the mentorship of Cindy Berg. Upon graduation, I accepted a position as an assistant professor at West Virginia University, where I was promoted to associate professor and then to professor. At WVU, I serve as the coordinator of the doctoral training program in life-span developmental psychology. I served on the editorial board of the *Journals of Gerontology: Psychological Sciences* and am a member of the editorial board of *Experimental Aging Research*. I have two lines of research. The first focuses on cognition in everyday contexts—specifically, everyday problem solving and decision making; the second focuses on gender development. My research has been funded by NIA.

I have been and continue to be actively involved in Division 20 and APA. I served Division 20 as co-editor of the Newsletter (with Julie Hicks Patrick and Jennifer Margrett) for five years—from 2002 to 2007. This experience provided valuable insight as to the roles of various members of the Executive Committee, both within the Division and within APA. In 2007, I was invited to attend APA's Science Leadership Conference where I learned how to advocate on behalf of research funding for psychological science on Capitol Hill. In 2009, I completed the APA Committee on Accreditation's training to become a site visitor and continue to serve the profession as a "generalist" in that role. Most recently, I was selected to attend APA's Leadership Institute for Women in Psychology. Participation in this Institute provided me with specific training, skills, and professional contacts that I could draw upon to advance Division 20 within APA and facilitate...
psychologists within APA, and encouraging early career psychologists to join and retain membership in APA and the Division, are key issues. It's also important to ensure that undergraduate and graduate students in psychology receive the right mentorship and encouragement to pursue aging as an area of emphasis, and to see Division 20 as their home within APA. If elected as President, I will do my best to represent the interests of the full range of Division 20 members, to continue the successful efforts of the Division, and to respond to these emerging issues so that APA and Division 20 can grow and thrive in the future.

As President, I would work with the Executive Committee to foster initiatives that increase the visibility of our Division within APA and the public at large. I would also work to bring existing initiatives to fruition, including promoting the importance of basic, applied, and translational research, increasing Division membership, and serving the needs of early career professionals. I would welcome the opportunity to serve Division 20 as President and am honored by the invitation to do so.

Division 20 Treasurer Candidate Statements

Joe Gaugler, Ph.D.

Perhaps the least recognized mission of a faculty member's responsibility is "service," although it is through a commitment to service that we become part of a community of science, instruction, or practice. Since 2002, I have had the honor of participating in Division 20 through service first as Co-Chair and then Chair of the Education Committee (2002-2006), and since 2006 as Chair of the Membership Committee. As our Division valiantly attempts to maintain or increase our membership numbers, serving as Chair of the Membership Committee has offered me a wonderful opportunity to communicate with so many of you and discuss how Division 20 can position itself in the future through more flexible membership options, vigorous outreach to scholars, students, and clinicians, and revamped promotional materials (all of which we have accomplished). I plan to bring this same dedication and energy to the related role of Treasurer for Division 20.

I am currently an Associate Professor and McKnight Presidential Fellow in the School of Nursing and Center on Aging at The University of Minnesota. My research examines the sources and effectiveness of long-term care for chronically disabled older adults. I received doctoral training in human development and family studies at The Pennsylvania state University. In addition to my scholarly interests (I have 63 peer-reviewed publications to my credit), I am currently the Editor-in-Chief of the Journal of Applied Gerontology and serve on 4 additional editorial boards. I am also a fellow of the Gerontological Society of America and the American Psychological Association.

Shevaun Neupert, Ph.D.

Division 20 has been my academic "home" since I started graduate school. The opportunity to run for Treasurer is an honor, and I welcome the chance to serve the division in this capacity. Some of my involvement in the division thus far includes reviewing student award applications, receiving the Completed Post-Doctoral Research Award (2004), serving as co-chair of the Continuing Education committee (2007-present), and reviewing submissions for the annual APA convention as well as articles for Psychology and Aging (2003-present).

I earned my Ph.D. in Family Studies and Human Development with a minor in Statistics from the University of Arizona in 2003. I then spent two years as a postdoctoral fellow at Brandeis University on the Cognitive Aging in a Social Context training grant funded by NIA. After my postdoc, I came to North Carolina State University and am now an Associate Professor of Lifespan Developmental Psychology. Broadly defined, my program of research is focused on contextual and individual differences in the way people react to daily events across the adult lifespan. In particular, I examine questions regarding the within-person associations of daily stressors and well-being (i.e., affect, physical health, cognition) and how these relationships differ depending on sociodemographic (e.g., age) and psychosocial (e.g., control beliefs, personality) factors.

Since I was appointed as co-chair of the CE committee, I have worked to provide offerings that would appeal to the diversity of the Division 20 membership. As Treasurer, I look forward to continuing the serve the division.
Kira S. Birditt, Ph.D.

I would be honored to serve Division 20 as a Member-at-Large. I welcome the opportunity to become more active in our academic community. I have been committed to the field of aging since graduate school when I obtained my Ph.D. in 2002 from Pennsylvania State University in Human Development and Family Studies with a focus on gerontology. After earning my Ph.D., I moved to the University of Michigan where I was a postdoctoral fellow in the School of Social Work, a research fellow, and now an assistant research professor at the Institute for Social Research.

I am interested in understanding the negative aspects of relationships across the lifespan and how those relationships "get under the skin" to influence health/well-being. I was fortunate to receive a K99/R00 grant from NIA to study how relationships influence health with a particular emphasis on training in the biological indicators of stress and stress-related biological systems. I recently completed data collection on a 14-day diary study in which I am examining age differences in interpersonal tensions among 40 to 95 year olds.

I am especially appreciative of NIA for supporting research in the psychological, behavioral, and social sciences of aging. I have been funded by NIA since my early career as a Ph.D. student through the present. I regularly publish in aging journals such as *Psychology and Aging* and *Journals of Gerontology: Psychological Sciences*. As a Member-at-Large, I look forward to contributing to the ongoing successes in the field of adult development and aging.

Katherine L. Fiori, Ph.D.

I am an assistant professor of Psychology at Adelphi University in Garden City, NY. I received my Ph.D. from the University of Michigan in Developmental Psychology in 2006, after which I completed two years of postdoctoral work at the Intercultural Institute of Aging and Human Development at Long Island University.

I am interested in the mental and physical health of adults, especially as a function of social relations and social networks. I am also interested in and have conducted research on related issues, such as interpersonal dependency, attachment, and emotions. I have published in a variety of aging journals, including the *Journals of Gerontology*, *Research on Aging*, and *Aging and Mental Health*.

I have been active in Division 20 of APA for 11 years and have presented at the convention for 7 of those years. In 2006, I received an honorable mention for the Division 20 Retirement Research Foundation Completed Research Award. In graduate school, I was active in the APA graduate student organization (APAGS), first as a campus representative and then as Michigan’s State Advocacy Coordinator. I have been active in the Gerontological Society of America for 11 years and have served as an ad-hoc reviewer for a number of aging journals. As the faculty advisor to Adelphi’s Psi Chi International Psychology Honor Society chapter, I have had the opportunity to invite experts in adult development and aging to speak at Adelphi (e.g., APA Division 20 members Dr. Gregory Hinrichsen and Dr. Daniela Jopp).

I welcome the opportunity to become more involved in APA’s Division 20. I believe that my energy and enthusiasm will help me in serving the Division as a Member-at-Large.
Division 20 Member-at-Large Candidate Statements

Jordan Lewis, MSW, Ph.D.

As we face the challenge of meeting the increasing health care needs of racially and ethnically diverse older adults, the incorporation of culturally appropriate health long-term care services and programs are one way to improve the quality of care, as well as the lives of the elders. As a community psychologist, gerontologist, and Alaska Native (Aleut) researcher, most of my early career has focused on rural community health and gerontology in Alaska, and I am currently working on developing culturally appropriate long-term care services for Alaska and Indian Country. I believe in giving the elders a voice when providing health care services and working collaboratively with tribal communities to develop and provide services that promote health and wellbeing and enable the elders to age with dignity in their own homes and communities.

It would be an honor to serve on the APA Division 20 board, working with psychologists dedicated to improving the lives of older adults in our communities. If elected to the APA Division 20 Board, I will continue my efforts to include elders and communities in the development of health and long-term care services, reflecting the needs of the elders. These services should also incorporate the local culture and traditions to ensure our elders are able to age with dignity and feel at home in any environment. As our nation becomes more diverse, I believe this is the time to focus on developing services that reflect their unique cultural differences.

Ann Pearman, Ph.D.

I am currently an Assistant Professor of Gerontology and Psychology at Georgia State University in downtown Atlanta. In May, I will be transitioning to a research scientist position at GATech as well as starting a small private practice focused on clinical geropsychology. I completed my doctoral degree in 2003 at Washington University in St. Louis in clinical psychology with a focus on aging. My research and clinical interests include investigating the meaning of memory complaints in older adults, the interaction between personality and cognition, and barriers to help-seeking for adults with dementia and other mental health concerns. I have been an active member of Division 20 since starting graduate school. Two years ago, I served as co-chair of the Early Career Task Force, which was a Presidential Initiative of Peter Lichtenberg. Almost as importantly, Joe Gaugler and I won second place in the 2001 Division 20 Social Event Pool Tournament.

I am honored to be considered for Member-at-Large for APA Division 20. I believe that we are at a crucial time in our division. The majority of members are senior leaders in the field with fewer and fewer younger scholars and clinicians joining the division. If elected as Member-at-Large, I would strive to represent our membership, with a particular focus on our early career members as well as those members who bridge academic and clinical geropsychology. I am confident that my experience in both academia and clinical practice allow a broad perspective related to the issues of Division 20.
2012 Division 20 Student & Postdoctoral Research Travel Award Winners
Submitted by Lisa McGuire & Cory Bolkman

This award competition was open to undergraduate and graduate students, as well as individuals in postdoctoral positions who first-authored an APA submission. The recipients will be awarded $500 to support travel to the annual convention of the American Psychological Association. This year's award winners and titles of their research presentations are below. Be sure to look for their presentations at the 2012 Annual Convention in Orlando, FL this summer!

Postdoctoral Level
Michael Scullin, Washington University (advisor: Donald Bliwise): Sleep, Memory, and Aging.

Graduate Level
Rachel Hemphill, Kent State University (advisor: Mary Ann Parris Stephens): Causal Attributions and Diet-related Involvement Among Spouses of Older Adults with Type 2 Diabetes.


Undergraduate Level
Megan Mann, University of Michigan (advisor: Sara L. Weisenbach): The Impact of Healthy Aging on Performance and Hippocampal Activation During Encoding of Semantic Novel Words.


APA News

Appropriations Alert: Graduate Psychology Education Program (GPE) Receives Full Funding In Extremely Difficult Budget Climate

Congress finalized action on the FY'12 appropriations by rolling together all remaining spending bills into a larger “megabus” vehicle. The U.S. House of Representatives passed H.R. 2055, the Consolidated Appropriations Act, 2012 on December 16th, and the U.S. Senate passed the legislation the following day. Overall, federal spending in the “megabus” legislation came in at $915 billion. Within this package, there are a number of programs of great importance to psychology.

We are delighted to announce that this appropriations bill included level funding of nearly $3 million for the Graduate Psychology Education Program (GPE). In an extremely difficult budget climate, the inclusion of this vital program represents an extraordinary feat for the psychology community. The overall budget for Health and Human Resources (HHS) was cut by nearly $700 million from fiscal year 2011. Moreover, the Health Resources and Services Administration (HRSA), which administers the GPE grant program, received a $41 million reduction in funding. For context, funding for other HRSA programs under the Interdisciplinary Community Linkages (ICL) category were cut by over $7 million.

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As we start the new year, we are hoping to match or exceed our total membership from 2011! If you have not renewed your membership, please consider doing so or joining as a new member! As a long-time member of the Division myself, membership has allowed me to enjoy the multitude of professional benefits of Division 20 including job opportunities, faculty development, research training, and networking contacts that will help me throughout my career.

Please visit the APA Division 20 membership page (http://apadiv20.phhp.ufl.edu/join.htm) and fill out an application to join as a new member or a renewed member. The membership page also provides a wealth of detail of why membership in Division 20 is such a great professional opportunity.

In response to the need to create flexible membership options and encourage more robust participation in Division 20, we have two new membership categories for new or current members:

1. Professional affiliates are persons who, due to their proficiency in areas related to the mission of the Division, can contribute to the Division’s objectives but do not hold membership in the American Psychological Association.

2. International affiliates are also proficient in areas related to the mission of the Division and can contribute to the Division’s objectives, but reside in a country outside of the United States. International affiliates do not have to hold membership in the American Psychological Association to join Division 20.

Dues for both Professional and International Affiliates are the same as Divisional dues for full members (e.g., $44 per year), and confer many of the same benefits as Full Members, including subscriptions to Adult Development & Aging News as well as Psychology and Aging. However, to reiterate: one does not have to join APA itself in order to be an Affiliate of Division 20!

To join as a Professional or International Affiliate, please go to http://memforms.apa.org/apa/cli/divapp/. If you have any questions or concerns, please do not hesitate to contact me at the email or numbers below.

If you are a member, you will note on the APA Division 20 membership page that we have designed new brochures. If you would like some brochures to post in your office or share with colleagues, please let me know, and I would be happy to mail you some. Please spread the word and encourage your colleagues to join.

These include cuts to Area Health Education Centers, Allied Health and Other Disciplines (which no longer includes GPE) as well as Geriatric Programs. Overall, Nursing Programs were cut by $10 million and Health Professions suffered a cut of $28.9 million.

This great success for the Graduate Psychology Education Program (GPE) is due in large part to the psychologists and psychology students who made a record-breaking 358 hill visits on behalf of GPE this year. It is the efforts of our psychologist-advocates that make this tremendous victory possible.
Teaching Tips

Game of Life in a Continuum of Care
Shannon E. Jarrott, Virginia Polytechnic and State University

Students in their early 20s know they will not live forever, yet many young (and older) minds boggle over the concept of a future that involves old age. In an effort to integrate theory, policy, practice, and research related to human services for elders and their families, I introduced a semester-long role-play to my undergraduate students of Human Development that concluded with a variation on the popular Game of Life. In this column, I provide a brief description of the student role-play in \textit{constituency groups} and details of my Game of Life, which were created to convey the richly diverse, inherently ecological nature of aging.

Students in \textit{Community Services for Older Adults} developed personas that they role-played in group activities targeting specific domains of functioning and community services, such as nutrition, education, and housing. Students were assigned to the role of elder, caregiver, or community service provider. Accordingly, all constituents were assigned an age, gender, and race. Elders were assigned socioeconomic, marital, and health status. Caregivers and community service providers were aligned with a specific set of care needs for their relative or client population. Students then considered how their persona’s or their constituents’ individual, familial, and community characteristics would influence their need for, access to, and experience with categories of community services. When discussing information and referral services, for example, constituents identified the needs of an elderly member, available services to meet his or her needs, and obstacles this persona faced accessing these services. Over the semester, constituents developed stories that explained their family networks, personal values, and preferences.

The detailed personas informed students’ responses to the Game of Life activity at semester’s end. Students worked in pairs, selecting one persona to apply to the steps of the game. The pair repeated the game with the other student’s persona if time permitted. First, students drew one “urgent” card from a list of 17 events that could negatively impact the health and activities of an independent or frail elder. Students considered the demographic, health, and familial qualities of their persona, along with any relevant personal details that may have emerged over the semester (e.g., being a loner or having a dense network of family members nearby). They then used the continuum of care figure, created by Wacker and Roberto (2008, p. 11), to plot what services their persona could and would access to address this urgent event. Examples of urgent events included breaking a hip, being verbally abused by a caregiver at the nursing home, or failing the vision test at the Department of Motor Vehicles. Personas might seek out support services, community services, or long-term care services on the continuum to meet their needs. Each persona’s path could have been different and should have reflected their individual qualities and the nature of services in the persona’s fictional community.

Students next drew a “social” card from a group of 18. These events or conditions reflected a challenge to maintaining mental and emotional health. Here too, students considered what resources the persona would be eligible to access and challenges they might face accessing the service before plotting their response on the continuum of care. Examples included an inability to go to church, deterioration of handwriting, a pet dying, and living in an isolated area.

To end on a more positive note, the final round of the game involved students drawing a “growth” card that allowed them to demonstrate how their persona, irrespective of material resources or health, can continue to grow and contribute to the well being of self and others. Students mapped their persona to human services options that could support growth in response to the drawn card. Examples included helping peers, coping with a loss, and standing up for one’s self. After concluding the game, students presented their map of responses, providing brief explanations of...
how the persona’s characteristics influenced their progress within the continuum of care.

Students appreciated the variation in class format. Of course, some were better able to develop persona details and consider their influence on the services available to an individual and how a person with specific qualities would access these services. Students integrated stories of their grandparents and adults at their Service-Learning site into their persona’s qualities, which made the task more salient. Those playing caregivers or human services providers determined that one size does not fit all in meeting the needs of an aging population. Perhaps Milton Bradley should consider an aging component in its popular board game; with my variation, the rich diversity of an aging American population became more tangible to 20-year olds.

Table 1

<table>
<thead>
<tr>
<th>“Urgent” cards</th>
<th>“Social” cards</th>
<th>“Growth” cards</th>
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<tbody>
<tr>
<td>• You break a hip</td>
<td>• You are lonely</td>
<td>• You join a community organization</td>
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<tr>
<td>• You lose your glasses</td>
<td>• You lose your spouse or a dear friend</td>
<td>• You volunteer to help peers</td>
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<tr>
<td>• You fail your vision test at the DMV</td>
<td>• You are turning into a couch potato</td>
<td>• You reach out to a friend</td>
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<td>• You can’t afford your rent increase</td>
<td>• Your pet dies</td>
<td>• You make your voice heard</td>
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<tr>
<td>• Your roof gets a leak</td>
<td>• Your grandchildren are grown</td>
<td>• You speak out against injustice</td>
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<tr>
<td>• You are in a NH; the nurse yells at you every time you spill food</td>
<td>• You can’t understand your grandkids on the phone</td>
<td>• You are integrated with the community</td>
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<tr>
<td>• You fell climbing out of the tub</td>
<td>• You don’t get outside anymore</td>
<td>• You improve your physical health</td>
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<tr>
<td>• You don’t have the energy to prepare “real” meals anymore</td>
<td>• There are no sidewalks in your neighborhood</td>
<td>• You improve your spiritual health</td>
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<td>• You think there are incorrect charges on your credit card bill</td>
<td>• Your SS check didn’t come this month</td>
<td>• You contribute your time</td>
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<tr>
<td>• Your SS check didn’t come this month</td>
<td>• You fell climbing out of the tub</td>
<td>• You share your talents</td>
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<td>• You can’t afford your rent increase</td>
<td>• Your dentures don’t fit, and insurance doesn’t cover new ones</td>
<td>• You build your self-esteem.</td>
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<td>• Your roof gets a leak</td>
<td>• You can’t cut your own toenails</td>
<td>• You find meaning in your life</td>
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<tr>
<td>• You are in a NH; the nurse yells at you every time you spill food</td>
<td>• Your SS check didn’t come this month</td>
<td>• You volunteer to help another generation</td>
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<tr>
<td>• You fell climbing out of the tub</td>
<td>• Sometimes you don’t take your meds because you can’t keep them straight</td>
<td>• You improve your mental health</td>
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<td>• You don’t have the energy to prepare “real” meals anymore</td>
<td>• You need to get to the doctor’s office</td>
<td>• You contribute a service.</td>
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<tr>
<td>• You think there are incorrect charges on your credit card bill</td>
<td>• The town is going to fine you if you don’t mow your lawn</td>
<td>• You stand up for yourself</td>
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<td></td>
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<td>• You give back to the community</td>
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<td>• You volunteer to help another generation</td>
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American Psychological Association, Division 20 Adult Development and Aging
Executive Committee Meeting
Boston, MA
November 19, 2011, 8:00 - 9:50 a.m.

Minutes submitted by Lisa Miller, Secretary


I. Welcome and Introductions (Carolyn Aldwin);
   Meeting began at 8 am.

II. Committee Reports

a. Fellows and Council (Susan Whitbourne)
   Fellows Report - Reporting for John Cavanaugh, Sue reported that fellowship applications are pending and reminded everyone that the process is now online; the recommender must complete an online form as well as a letter.

   Council Report - Sue reported that APA dues decreased by $40 this year, but dual discount is gone; changes in the due are underway in an attempt to streamline them. Council is also trying to improve the annual conference (e.g., there too many sessions with too few folks). One goal is to increase the number of posters and access to them. Sue encourages members to provide other ideas and input. Council is also working on the Good Governance Project to decrease layers and complexity of relations among council, boards, and committees. Sue encourages members to tell council reps if they want something (money and regulations) as well as to consider volunteering their time (i.e., running for positions on boards and committees).

b. Treasurer’s Report (Keith Whitfield)
   All awards have been paid out. Budget categories were revised (e.g., from travel funds to awards and meeting expenses). When submitting receipts for reimbursement, please forward the original receipts or the process will be significantly slowed. You should expect payment in 30 days; if you don’t, follow up with Keith. Keith will follow up with specific budget numbers in August when the bulk of the fiscal activity happens. We need volunteers to run for treasurer. Discussion surrounded the use of funds (e.g., webinars and other training activities, divisional student-mentor suite for APA convention, joint award with div 45 for best paper).

c. Continuing Education Committee
   (Shevaun Neupert and Julie Wetherell)
   Shevaun reported that Div 20 is close to the deadline on CE accreditation payment; report and payment are due 12/15 to avoid probationary status. Some discussion surrounded whether and how CE credits could be offered for webinars. Shevaun offered to look into whether the division could get a portion of the revenues if it’s a Div 20 event. Robin West has volunteered to offer a half-day workshop next year at APA; her proposal was submitted to APA. The committee encourages others to participate in CE activities; it increases visibility of the division and may provide a source of revenue.

d. Program Committee (Monisha Pasupathi and Benjamin Mast)
   Carolyn reported on behalf of the committee that we will have the same number of program hours as year. The program will focus on bridges between the research, diversity, and clinical communities. They plan to include symposia on resilience, co-sponsored with Div 7, as well donate an hour to the presidential seminar on integrated practice with Div 12-ll as part of the presidential initiative. The committee encourages everyone to submit presentations and to encourage student participation.

e. Membership Committee (Joe Gaugler)
   Joe reported that membership grew this year (by 3), a nice change from the decreases of the recent past. Some of this success may be due to the affiliate category, which Joe feels may help members maintain ties to the division. We should consider sending out letters to students as other divisions do. 1998-99 was highest membership level, and Joe would like to see some data on where these individuals went. The webinar was
helpful in advertising the division. The next webinar will focus on pro/cons of early dementia diagnosis, and they are considering some key note speakers for that. Discussion surrounded how to involve Div 45 (ethnic and minority) members who are interested in aging (promote joint membership, offer joint travel award). Joe would like to transition out of membership. Member-at-large positions may be able to offer support in this area.

f. Education Task Force (Tina Savla and Joe Mikels)
Tina reported that the task force has reviewed webpage resources and begun a wiki to organize the educational materials (e.g., syllabi, materials, career and training opportunities). They have used the newsletter to solicit feedback on the process. Michael Marsiske has also been involved to help ensure a smooth transition to the new APA-hosted website. The wiki will be online in January. The new website will allow only due paying members to have access; it’s unclear at this point whether the wiki will be in the public or private section. Members can spread the word about this resource (e.g., put links in our class websites/syllabi to guide students to careers/educational information). We should use wiki to inform students that, if they are APAGS members and are first-authors on a paper, they can get free conference registration. Students also need to know that they must ask for this benefit.

g. Newsletter (Grace Caskie)
Feb 15 - reports are due for the next edition of Newsletter. Grace would like to thank members-at-large for writing feature articles. If your students have written papers that may be of interest to the membership, they can be modified to fit into the newsletter.

h. Award Committees (Lisa McGuire & Cory Bolkan)
Cory reported that retirement research funding is gone but for this year, Div 20 has stepped up. We decided to change the “completed research” awards to travel awards for the best presentation, one each for undergraduate, graduate, and postdocs, to encourage student and ECP attendance. McMillen Memorial Award funds, shared with Div 40, are still available for Parkinson’s disease; and the dissertation award will remain the same. Dave Chiriboga suggested sponsoring a student poster award with Div 45 on best presentation on student minority aging. American Psychological Foundation (APF) is another possible avenue for funding aging awards.

The website will be updated to clarify types and amounts of awards. Committee members would like to add a link to a page which describes all of the awards rather than several individual links, and Michael Marsiske said he would help out with this. The committee is also preparing a manual to guide incoming committee members.

i. Early Career Professionals (ECP) Task Force (Adam Davey).
Senior members can help recruit early career professionals and try to get some insight into how to bring folks back who dropped out. How do we keep them turning to APA for info and tools for their career and profession? Some ideas on how to do this were discussed. Tangible support (manuscript help; funding advice) could be offered through speed mentoring. Who can help provide mentoring and do we charge for it? Mentors could offer a gift membership to their PhD students upon graduation. Keith said that we can try offering gift certificates, if we cap or limit it for budgeting. Webinars could be offered to offer support on topics of interest to ECPs, such as obtaining NIH funding (e.g., could ask NIH program officers to talk about changes going on at NIH). Offering CE credits may also help ECPs to see value of Div 20. APA needs to be a part of professionals’ identity – they need to see value of APA and mentors can role model this to ECPs. Could send divisional holiday cards. Advocacy is free but folks need to understand that this service requires members. Need to work with Michael on new website design for ease of access of information/resources and understanding.

III. CONA (Debbie DiGilio)
Debbie reported on the very successful webinars that were offered as part of Office on Aging (ION) (Mental Health Workforce for Geriatric Populations) and Office on Aging/Administration on Aging (Caregiver Webinar) with close to 400 participants in each and very positive feedback. APA will help pay costs of webinars so Debbie can offer more. They are working on developing a webinar on capacity to...
assessment and are now in the process of determining scope/depth of stakeholder needs. Discussion surrounded whether Div 20 could get some income from webinars if fees were charged.

IV. Special Projects  
  a. **Interdivisional Grant** (Carolyn Aldwin, Cameron Camp, and Joe Gaugler)  
  A proposal for an interdivisional grant among 4 divisions: Div 20, Div 12-11, Psychologists in Long-Term Care (PLTC), and Council of Professional Geropsychology Training Programs (CoPGTP). The grant, headed by Erin Emery, to be submitted by 12/2, will help pay for the development of a Gerocentral website that will serve as a clearing house of gerontology information and resources, including webinars. Webinars will be linked to our website. The grant is for one year and requires ongoing commitment of $1200/year maintenance (divided by 4 units); CoPGTP can help fund it; webinars and CE credits may help fund it. Discussion surrounded ways to avoid overhead costs if APA is the provider rather than the university/college/school.

  b. **Website update** (Michael Marsiske)  
  Carolyn reported for Michael that the transition is happening slowly (2013 is possible).

  c. **Dues structure** (Carolyn Aldwin and Keith Whitfield)  
  The question addressed is: if we drop dues to $15 (1998 level) and do not provide the journal, could we maintain or increase membership? The $25 per person cost to include the journal is a “pass through” cost, meaning it would have no direct impact on Div 20 budget. Discussion surrounded the concern that Div 20 membership is aging and we need to get ECPs interested and committed. GSA membership is going up slightly, in part, by retaining individuals who leave student status to become ECPs. One argument is that we don’t lose money by dropping the journal but we may get more members. However, if journal subscriptions decrease substantially, that will reduce its impact factor (which is already somewhat lower than other areas) and this in turn will not be good for the division. Journal credit is $44 and their “mandatory” cost is $25. Could we allow members to decide whether they want the higher membership cost with discounted journal, or opt out of the journal and pay the lower membership rate? Joe will look into that possibility. Discussion also surrounded the importance of including the journal editor on the EC to provide input on this and other matters. We voted to include the editor on EC. The decision was made to table this discussion until we can include his input. Carolyn agreed to provide data on this issue to the EC soon.

The division newsletter is also an important resource to members – could we make more use of that?

Another possibility for increasing interest in Div 20 is to have student members on all of the committees.

V. Meeting Adjourned (10 am)
Greetings Student & Postdoctoral Members from your new Graduate Student Representative (Jeffrey Proulx) and Postdoctoral Representative (Lewina Lee)! One of our main tasks this year is to reach out to students and early-career psychologists in our professional community and offer opportunities for networking. To that end, we have been planning a joint social event with Division 12-II (Society of Clinical Geropsychology) at the upcoming APA Convention to provide a fun and informal venue for getting to know one another. Here are the details!

**WHAT:** Divisions 20 and 12-2 Social Hour at the APA 2012 Convention

**WHERE:** Ming’s Court
9188 International Drive, Orlando, FL 32819
(407) 351-9988

**WHEN:** 6pm to 8pm; August 4, 2012 (Saturday)

**COST:** $15 (students), $25 (faculty)

At the 2012 APA convention, Division 20 (Adult Development & Aging) and Division 12, Section II (Society of Clinical Geropsychology) will have a combined social hour/cocktail reception on Saturday, August 4th from 6:00 to 8:00 pm in Ming’s Court, just an 8-minute walk from the Orange County Convention Center. The cost is $15 dollars for students and $25 for faculty to cover hors d’oeuvres and space rental. There will also be a cash bar at the reception. Details on payment method will be announced later via the Division 20 listserv. Join us for a jolly time over shumai, sushi, and spring rolls (carnivores and vegetarians are welcome)! Please feel free to include family and friends.

Please note that dinner is not included in this event. If you wish to dine afterward at Ming’s Court, you can make a reservation by phone at (407) 351-9988.

Please join us for a wonderful time on August 4th with your friends and colleagues!

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**Continuing Education Report**

Submitted by Shevaun Neupert, Co-Chair

We are pleased to announce that Division 20 will soon offer APA CE credit for completion of online statistical training. We are working with The Center for Statistical Instruction (www.thescionline.org) to offer CE credit for online modules such as Multilevel Modeling, Confirmatory Factor Analysis, and Structural Equation Modeling. Division 20 members receive a 25% discount (code = div20), and student members receive a 50% discount (code = div20students).
Congratulations to all of the 2012 Student and Postdoctoral Research Travel Award Winners (see page 12)!

Division 20 would also like to remind members and others that we offer a number of awards, including the Baltes Distinguished Research Achievement Award, the Lawton Award in Applied Gerontology, and the Santos Award in Clinical Geropsychology. Additional awards are available for mid- and late-career, early career, and for students.

For further information, go to the Division 20 web page (http://apadiv20.phhp.ufl.edu/) and click on the orange tabs.