

Adult Development & Aging News

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Adult
Development
and Aging

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President's Message

On coming full circle and looking to the future

Thank you for the opportunity to serve as your President in 2018-2019. I want to express particular gratitude to outgoing Past President **Manfred Diehl**, and President **Joe Gaugler**, for the time and passion they gave to the President role; they have given me strong models for effectiveness, and they have helped to set Division 20's agenda for years to come. As Joe tells you elsewhere in this issue, his Presidential Initiatives to support early career professionals, and to improve the financial sustainability of the Division, have coalesced into an American Psychological Foundation (APF) Fund for Division 20. In a remarkable feat of fundraising, as of this writing, the Fund has received pledges, donations and commitments totaling almost \$40,000. Continuing to grow this Fund will be an important activity for the Division. This "paying it forward" to the future generations is at the heart of what our Division has always done well.

I suspect I am not alone when I say that Division 20 has always been my intellectual home. As a member of APA since 1998,

and a member of the Division Executive Board since 1995, I have had the privilege to observe and support our many strong leaders. At its best, Division 20 is an intergenerational organization that recruits and mentors persons in training and early career professionals, and helps to guide them to eventual paths of leadership. Indeed, I have benefited greatly from this mentoring ethos: My doctoral mentor (and still close colleague) **Sherry Willis** is a former President, as was my entire doctoral committee (**John Nesselroade**, **K. Warner Schaie**, **Steve Zarit**), as was my postdoctoral mentor (**Paul Baltes**). Manfred Diehl was a graduate school colleague, and our President Elect (**Jennifer Margrett**, who is already serving as a fully engaged member of the leadership team) was also my first doctoral student. I believe the Division does best when it encourages this kind of multi-generational collegiality.

The beauty of Division 20 is that support for early career professionals transcends the individual



Michael Marsiske
Division 20 President

department or program. The just-finished APA convention was a perfect personal illustration of this for me. At my first APA convention in Atlanta 1998, **Chris Hertzog** (whom I'd never met) approached me and offered – in a kind, supportive way – important questions I needed to think about to move my work forward. That brief conversation inspired years of subsequent work. Recently, in Summer 2018, I watched Chris (subsequently a Past President himself) approach one of my current students, **Brad Taylor** (who is also stepping into a Student Representative role on our Division) at *his* first APA convention. Brad would later tell me how much he gained from the

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Adult Development & Aging News is edited by Grace Caskie (Lehigh University).

Deadlines for submissions are:
September 1
March 1
June 1

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Address changes must be made through the APA office: Phone: (800) 374-2721; e-mail: membership@apa.org
 Your Newsletter editor must use the address that APA provides.

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conversation and how it is informing his next steps. For me, it was a full circle moment, and it illustrates what our Division has always done best.

Of course, much has changed in the thirty years since my first APA convention. Just about every aspect of attending a conference has gone “virtual” – from airline reservations and boarding passes, to how we produce and present research, and to how we connect with each other. In San Francisco, hashtags (#APA2018) and text messages (to colleagues to arrange meet-ups, replacing the paper message boards of the past) ruled. Indeed, it is this virtualization of social networking and collegial contact that represents, I believe, a critical evolutionary direction for the Division.

In 2021, the Division will turn 75 years old! (Yes, we’re beginning to think about how to celebrate this; we’ll probably not top **Susan Krauss Whitbourne’s** 50th anniversary cruise around Toronto Harbour, dancing the Macarena). Looking back, it is remarkable that the Division helped to put the “problems of aging” (later reframed as the understanding of maintenance, growth, and decline across adulthood) at the core of APA’s emphases. (Indeed, APA’s commitment to aging has never been stronger, in no

small part due to the leadership of **Debbie DiGilio** and the APA Committee on Aging that she supports). Along the way, the Division has supported educational programs in aging and has joined with clinical divisions to help formalize certification and specialization in geropsychology.

But what’s next? What are the unique emphases, services and outcomes that the Division needs to provide to continue to maintain value in the eyes of its members? What is the Division’s role in stemming the loss of membership and the relative difficulty of recruiting early career psychologists that has concerned much of APA? How must the division evolve in a world where most of “social networking” is now done in real time and online, rather than at Annual Conventions? I believe it is time for us to try to answer some of those questions.

Correspondingly, my three Presidential Initiatives for this year are:

(a) to continue to support and grow our APF Fund for Division 20,
 (b) to conduct a needs assessment to identify strengths, weaknesses, opportunities and threats for the division (to help

frame our future agenda), and
 (c) to improve our “telepresence”, especially for early career members and affiliates, to ensure that the Division meets them where they live.

Telepresence refers to the use of virtual technology (e.g., internet) to facilitate participation in distant events. Much of the early work of our Executive has already been framed around the idea of bolstering our daily connections with members. Increased listserv messaging (thanks to **Joann Montepare**, heightened engagement in our social media channels (**Lisa Hollis-Sawyer** and **Katie Anthony** are growing our Facebook and Twitter presence), and improving the content on our website (**Frank Infurna** and **Jessica Brooks** are web co-chairs) are all part of the messaging strategy. With our Education/Continuing Education Committee, we are about to survey Division members about the kinds of content we should be prioritizing; we’re also working closely with **Grace Caskie** to make sure that Newsletter articles are widely disseminated. You will be hearing much more from us about these telepresence initiatives in the next year.

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TEACHING TIPS

Using Popular Media to Engage Undergraduate Students in the Psychology of Aging

By Eric S. Allard, Ph.D.

“Slow...feeble...forgetful...cranky...lonely...gray...hard of hearing...” A common refrain emerges during the first day of class for my undergraduate survey course in Adult Development and Aging. Before even getting to the syllabus, I ask my students to say aloud the first words that come to mind when they think about “old age.” Without fail, the first several responses are a Greatest Hits tribute to typical negative conceptualizations of aging; many minutes will pass before a positive or optimistic descriptor is uttered—if at all. This should be relatively unsurprising given the persistent stereotypes that our culture perpetrates regarding the prospect of growing old. Fortunately, as educators who advocate for the dynamic nature of the aging process, we have the opportunity to address and dispel common misconceptions within our field. To this end, I have developed and borrowed several activities and projects that have been quite useful in facilitating student interest and expanding knowledge within the ever-maturing field of adulthood and aging.

I will discuss three main projects that I feel have been the best received and effective for broadening student awareness and curiosity regarding more accurate and optimistic aging portrayals. Two projects are designed to be small activities, while the third could be implemented as a semester-long capstone assignment. All three utilize theory and research in adult development as a foundation for applicability to real-world contexts. The first assignment deals specifically with addressing stereotypical portrayals of aging in consumer media. This assignment was borrowed from an activity I was assigned as a graduate student for a course in midlife development. Here, students are tasked with identifying stereotypical images of aging among across various products and/or advertisements. Common examples include greeting cards (the “over-the-hill” trope), vitamins/supplements/medications/cosmetics (the “anti-aging” theme), and automobiles (the “mid-life crisis” myth), among others. Once students choose their respective example, they are instructed to identify the stereotype/misconception being promoted and then revise the depiction in a way that exemplifies a more accurate representation. Hence, students are able to critically identify the problematic aspects of how aging is addressed while creatively reframing the narrative. To assist with this latter portion of the assignment, I provide students with examples of

positive/realistic aging representations in consumer media. One such example includes Dove’s “Pro-Age” campaign, launched in 2007. Finally, students present their discoveries to the class, outlining the most problematic features of the original product/ad while highlighting how their revised representation addresses the identified misconception(s).

The second activity involves students searching for aging depictions in popular television programs and movies. Here, students are given the flexibility to highlight either stereotypical/exaggerated vs. more realistic depictions of aging characters/themes. Furthermore, students have the option to choose more than one program/movie for the purposes of showing how certain aging themes and character depictions have changed over time. For instance, have representations of older adults become less stereotypical in more modern media? Has there been a shift in the number of movies and programs that feature older adults in leading roles? Popular exemplars from former students have included *Golden Girls*, *Modern Family*, *Harold and Maude*, *On Golden Pond*, and *Something’s Gotta Give*, just to name a few. As with the consumer media assignment, students provide a summary as to the veracity of the character(s)/theme portrayed (or the evolution of such portrayals) in consultation with theory and research disseminated throughout the course.

The final assignment that has been quite valuable in transforming students’ knowledge and attitudes about the aging process comprises a qualitative research project that assesses aging themes that emerge out of the life and work of a creative icon, including (but not limited to) visual artists, actors/actresses/directors, writers, and musicians. This project has evolved from a similar activity that I was assigned as an undergraduate student for a special topics course titled “The Experience of Aging through Music and Film”. Here, students were provided a basic background of aging theory and key phenomena, with an emphasis on how such information could be tied to the work of a popular artist. Through the years, students have investigated issues related to midlife transitions in the music of Paul Simon, how the theory of selective optimization with compensation can be related to the work of

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Program Chair Report: APA 2018
Submitted by Alison Bielak & Tina Savla

The APA Convention in San Francisco was very successful for Division 20. The conference included several exciting collaborative programming sessions that reflected a broad range of research findings and clinical issues including: neuroscience of creativity; guidelines on multicultural education, research, and practice for psychologists; innovative evidence-based interventions for veterans' mental health; and a guide on best practices for running intervention studies. Division 20 hosted 5 other symposia, 2 paper sessions, 1 conversation hour, and over 70 research posters were presented at the conference. These symposia and posters presented innovative and contemporary topics that included: strategies for healthy aging, emotional processing and regulation; caregiving; mental health needs of older adults; biological aspects of aging; positive aging; social support and social networks; training and intervention programs; end of life issues; and translating research findings to policy. Division 20 also co-sponsored two skill-building sessions for early career psychologists on research funding and publication success, and a symposium on current and emerging cognitive interventions.

Dr. Joe Gaugler's presidential address, *Dementia Care Services and Supports: Evolving Perspectives on Evidence and Engagement*, discussed current developments in dementia care services and supports and provided state-of-the-art recommendations for the future of dementia care research. Other programming highlights included Dr. Carol Ryff's Baltes Distinguished Research Achievement Award Address and the Fellows address given by Dr. Shevaun Neupert. Additionally, a unique panel of prominent practitioners, academics, and researchers discussed the aging of APA and how their own work and experiences influenced their plans for retirement and aging. We also had a skill-building session in collaboration with CONA that introduced a new online resource to help mentors guide students to rewarding careers in aging.

Finally, APA 2018 offered members the opportunity to network and socialize. A group dinner was organized for the first day of the convention at The Stinking Rose. This was a joint event between Division 20, Division 12-Section II and PLTC. Over 50 individuals participated and enjoyed a great evening. After the Presidential Address, Division 20 hosted a Social Hour that included the Awards Ceremony. The Social Hour was graciously sponsored by our Gold Sponsor: Robert L. Kane Endowed Chair in Long-term Care and Aging, University of Minnesota (<https://directory.sph.umn.edu/bio/sph-a-z/joseph-gaugler>); & Bronze Sponsors: Columbine Health Systems Center for Healthy Aging at Colorado State University (<http://healthyaging.colostate.edu/>); Center for Gerontology at Virginia Tech (<https://liberalarts.vt.edu/research-centers/center-for-gerontology.html>); RoseMary B. Fuss Center for Research on Aging and Intergenerational Studies (<http://www.lasell.edu/academics/academic-centers/rosemary-b-fuss-center-for-research-on-aging-and-intergenerational-studies.html>); University of Alabama Research Institute on Aging (<http://aria.ua.edu>); the Center for Research and Education on Aging and Technology Enhancement (CREATE, <http://www.create-center.org>); and the Beckman Institute, University of Illinois at Urbana-Champaign (<https://beckman.illinois.edu/research/themes/intelligent-systems/clear>).

Overall, the programming for Division 20 at APA 2018 was a great success and reflected innovative findings in the field of Adult Development and Aging. Highlights of the program were posted on Division 20 Facebook Page (APA Division 20) and Twitter Handle (@apadiv20). The program chairs look forward to working with Division 20 members to put together an even better program for APA 2019 in Chicago, IL!

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In other news, please take note of important deadlines and opportunities that are coming up. **Tina Savla** and **Laura Zahodne** are already hard at work on the Chicago APA2019 program. Inter-divisional collaborative programs are due October 12, and Poster/Paper/Symposium abstracts are due December 3. **Karen Hooker** and **Ruchika Prakash** will soon reach out to remind you of our annual award program for students and members; most student awards will be due on

December 1, and most member awards will be due in March 2019. Similarly, please see the call for new Fellows of the Division put out by **Alan Stevens** and **Lynn Martire** in this issue (due December 1!).

You will hear more from us soon, across our channels of communication, about our plans for 2018-2019. We value all feedback from members, and I encourage you to reach out to me at marsiske@phhp.ufl.edu.

Awards Committee Report Submitted by Karen Hooker

We are pleased to announce that the following awards were presented at the APA 2018 meeting:

- Baltes Distinguished Research Achievement Award: Karen Rook, PhD, Professor, University of California, Irvine
- The M. Powell Lawton Distinguished Contribution Award for Applied Gerontology: Dolores Gallagher Thompson, PhD and Larry Thompson, PhD, Professors, Stanford University
- Mentorship Award in Aging: Elizabeth A.L. Stine-Morrow, PhD, Professor, University of Illinois
- Student and Postdoctoral Research Awards (previously known as Student Travel Awards)
 - Graduate Student Award: Yijung Kim, M.S., University of Massachusetts, Boston, "Grow old with me: Understanding discrepancies in married couples' subjective aging experiences" (Mentor: Kathrin Boerner, PhD)
 - Postdoctoral Award: Jennifer Bellingtier, PhD, Friedrich Schiller University, Jena, "Feeling young and in control: Daily control beliefs predict younger subjective ages" (Mentor: Michaela Riediger, PhD)
- The Walter G. McMillen Memorial Award for Parkinson's Disease Research: Bonnie M. Scott, M.S., University of Florida, "Neurophysiology of motivational disorders in Parkinson's disease" (Mentor: Dawn Bowers, PhD)
- Doctoral Dissertation Award in the Psychology of Aging: Nadia Brashier, PhD, Duke University, "Heuristics for truth across the lifespan" (Mentor: Elizabeth Marsh, PhD)
- The Springer Early Career Achievement Award in Research on Adult Development and Aging: Gloria Luong, PhD, Assistant Professor, Colorado State University

Congratulations to all! Thank you to those who took the time to nominate your colleagues and also to the committee members who participated in the selection process for each award.

The upcoming deadlines for the undergraduate, graduate, and postdoctoral student awards are December 1, 2018. The deadlines for several of the career awards are March 15, 2019. Please see the Division 20 awards page on our website for complete information on eligibility, how to apply, and deadlines:

<http://www.apadivisions.org/division-20/awards/index.aspx>

Council of Representatives Report Submitted by Patricia Parmelee & Susan K. Whitbourne

APA's Council of Representatives met August 8 & 10, 2018. Below, Division 20's representatives to the Council report on this meeting.

Expanded advocacy model (c3/c6 merger)

The Council of Representatives (COR) voted at its March meeting by an 89% margin to integrate the two APA-related 501(c)(3) and 501(c)(6) organizations, such that all APA members and affiliates would be members of two organizations in the APA Family while paying one combined dues fee on an annual basis. Progress of a workgroup assembled to develop a plan for this merger was reported to Council. The 14-person workgroup, including only 2 academic/research psychologists, was charged with “develop[ing] a ‘one APA’ model in which the c3 and c6 organizations seamlessly integrate priority-setting and advocacy initiatives while also maintaining the strength of the current decentralized approach; to consider advocacy priorities with respect to impact on both the discipline of psychology and the professions of psychologists so that all voices are heard, and to benefit from existing governance structure to make these determinations...”. The group met virtually 14 times over a 3-month period; it delivered its final report on July 12. Powerpoint summaries and notes of meetings are available for members’ review on the APA website.

The group recommended a set of guiding principles that emphasize a single approach to advocacy (vs. the current “siloe[d]” approach by which advocacy is planned and executed within Directorates) and a process for setting annual advocacy goals and priorities. A new Advocacy Director will coordinate synthesis of input into recommendations to a new Advocacy Coordinating Committee (ACC) for development of priorities. A single unified Board of Directors and a similarly unified Finance Committee will make decisions about allocation of annual dues to c3 and c6 activities. We (PAP, SKW) wish to note, editorially, that the proposed process explicitly excludes COR beyond initial input, further diluting the voice of membership in the process of setting and funding advocacy priorities. We and others were surprised at this fact, having only been presented with the flow chart of the new legislative and policy-determining set of steps.

For 2019, the 501(c)(6) revenues are budgeted to be \$7,490,000; \$6M of this amount will come from membership dues. Of the estimated \$10,000,000 in annual membership dues, 40% will go to the (c)(3) (APA) and 60% to the (c)(6) (APA Services, Inc.). Member benefits will include a free “psychologist locator” listing,

discounted liability insurance, and free/discounted continuing education credits. Future benefits to nonclinicians “will be developed”. Additionally, the 40-60% split is only for the year 2019; in subsequent years, a “hydraulic” mechanism will regulate the split of membership dues.

COR passed, by large margins, four specific actions regarding this process: (1) to receive the report of the work group; (2) to support establishment of a unified Finance Committee and a single Board of Directors for the two arms of the organization; (3) to approve allocation of 2019 membership dues allocation as described above, and (4) to approve amendments to APAPO bylaws to change organizational name and create Advocacy Coordinating Committee.

Psychologists in Military Detention Settings

A new business item proposed to revise existing policy regarding presence of psychologists in military detention centers that operate outside the standards of international law. Representatives from Division 19 (Military Psychology) moved to defer the vote in favor of formation of a Presidential Task Force to investigate the issue further. After considerable discussion, Council voted to go into executive session in order for a psychologist on active military duty to speak. Following that discussion, Council voted on the original motion, voting to retain the original language limiting involvement of military psychologists in detention sites operating outside the standards of international law.

Relocating the Hoffman Report on the APA website

Much of this discussion was in executive session and cannot be described in detail, but Council did receive information from APA legal counsel proposing that the Hoffman Report be moved from its current position on a landing page. An alternative motion, sponsored by the BOD, proposed a compromise with the original motion. After lengthy discussion, the amended motion, retaining the Hoffman Report in context (timeline) but not as a stand-alone document, and with additional materials representing opinions on both sides of the debate regarding its veracity, passed by a substantial margin.

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Committee on Aging (CONA) Update

Submitted by Walter R. Boot, Ph.D., Chair-Elect of CONA

The Committee on Aging provides the following updates on some recent CONA committee activities. Among other goals, CONA aims to promote the inclusion of knowledge about adult development and aging in all levels of education, including continuing education, training programs and professional development of psychologists, and develop and disseminate information concerning the scientific findings and practice issues about older adults to psychologists, other professionals, policymakers and the public.

With respect to education, CONA developed, tested with undergraduate and graduate students, and disseminated the Careers in Aging Roadmaps to promote and provide step-by-step guides for undergraduate and graduate students interested in aging careers. Within just the first six months after the deployment of this website it has been viewed more than 2,500 times. This resource is already being used by university career centers as a resource to help guide students toward careers in aging. CONA members also promoted this new resource during two sessions at the 2018 Convention: *Skill-Building Session: Introducing a New Tool to Help Mentors Guide Students to Critical Careers in Aging* and *APA psycCareers LIVE: Exploring Careers in Aging*. In addition to these efforts to promote interest in aging careers, CONA initiated and maintained a collaboration with Teachers of Psychology in Secondary Schools (TOPSS) to encourage interest among high school students in aging issues. Collaborative activities included: “An Aging World” essay contest for high school students; conducting follow-up interviews with four essay winners and publishing an PI-Education blog, “What High School Students Told Us About the Future of Healthy Aging”; and developing a “What is Psychology and Aging?” poster.

With respect to disseminating important information to policymakers, CONA members recently participated in in-district advocacy visits with lawmakers throughout the month of August, facilitated by APA Public Interest Government Relations Office staff. CONA committee members advocated for \$2 million funding for S. 2070, Kevin and Avonte’s Law. This bill’s primary purpose is to help those individuals who wander and is of particular interest to the aging population as well as those individuals living with disabilities (most notably autism). The legislation which became law in March of this year

has no current funding. The bill helps to reduce the risk of injury and death relating to wandering, adds grant program support for individuals with autism and other developmental disabilities, safeguards the well-being of individuals with disabilities during interactions with law enforcement, and provides education and resources to law enforcement agencies, schools, and clinicians.

With respect to disseminating important information to the public, CONA has created, maintained, updated, and disseminated a library of online and print educational materials for older adults, psychologists, health and aging service providers, and policymakers including *Elder Abuse and Neglect: In Search of Solutions*; *Prolonging Vitality Society’s Grand Challenges: Insights from Psychological Science*; *What Mental Health Practitioners Should Know about Working with Older Adults*; *Older Adults Health and Age-related Change: Reality versus Myth*; and, *Life Plan for the Lifespan* which are all available on the APA Office on Aging webpage. In the period between 2015 to the present, these documents were viewed 250,000 times.

These are just a few of the many efforts CONA has been working on. You can read more in our next column. Keep abreast of current Office and CONA activities by subscribing to the APA Aging Issues Newsletter and checking the Office on Aging webpage regularly.

As Chair-Elect of CONA, and the CONA liaison with Division 20, I look forward to future collaborations and increased communication with Division 20 and its members. Please feel free to contact me at boot@psy.fsu.edu with your thoughts and ideas.

Teaching Tips, continued from p. 3

Michelangelo, Georgia O'Keefe, and pianist Arthur Rubenstein, and mortality themes in the films of Akira Kurosawa. Students are required to create an APA-style review paper and discuss their findings in a conference-style talk at the end of the semester. Another benefit of this project is that it provides students with an opportunity to discuss their findings in forums outside of the classroom. For instance, aspects of this project have been presented at the annual meeting of the Association for Gerontology in Higher Education, and students have presented their individual papers at academic conferences, including the annual meeting of the Popular Culture Association.

A common thread throughout these aforementioned assignments is the focus on exposing students to the

multidirectional and multidimensional nature of adult development and aging. By having students address principles of aging within a real world context, they are able to refine their conceptualization of developmental psychology using a life course perspective.

Furthermore, as undergraduate students are just beginning to enter their adulthood years, this educational exposure could help set the stage for eliciting positive attitudes regarding their own aging trajectories and disengaging from the "slow...feeble...forgetful...cranky" images of late life.

Eric S. Allard, Ph.D., is an assistant professor of psychology at Cleveland State University.

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Other items of business

In other actions, Council (1) passed a motion that, at the beginning of each COR meeting, Council members will vote on whether to release the electronically-collected votes of individual members on each motion; (2) voted to appoint a task force to review an existing set of guidelines regarding effects of violent video games; (3) voted to encourage use of the word "patient"

instead of "client" in healthcare delivery settings; (4) approved formation of a task force on differences in sex development; (5) received updates on APA finances, strategic planning, and the Diversity and Inclusion Plan; and (6) heard an update and observed awards by President Jessica Henderson Daniel on her Citizen Psychologist initiative.

Fellows Committee Report Submitted by Alan Stevens

Congratulations to Dr. Anthony Sterns, new Division 20 Fellow!

As the Fellows Chair, I am pleased to announce that Dr. Anthony Sterns has been recognized with Fellow status in Div. 20. Fellowship – the highest honor bestowed within the APA Division 20 – is an acknowledgement of distinguished and scholarly contribution to the field of adult development and aging. This recognition is based on his scientific and professional accomplishments and volunteer leadership and service within the field of psychology.

Dr. Sterns represents one of the modern trajectories (entrepreneurship, industry) of doctoral training in psychology. Dr. Sterns' work in gerotechnology is innovative and clearly fills an important niche in the science of adult development and aging. Dr. Sterns was instrumental in developing and evaluating an electronic pillbox and medication adherence system. He has been involved in developing a memory training program, called Memory Magic, for use with older adults with dementia. Dr. Sterns has also made a number of contributions in the area of aging workers. He has served as the webmaster for Division 20 since 2012.

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Here is what Dr. Sterns has to say about his newly achieved fellow status “Division 20 has been a part of my life since I can remember coming to APA as a little kid. And it was exciting for me to be part of Division 20 as a member throughout my career, but especially during the terms my father, Dr. Harvey Sterns, served as President. Through my involvement in Division 20 I have had the chance to work with and learn from so many influential and pioneering gerontologists. I have also had the chance to collaborate and work with many wonderful colleagues in many disciplines testing and implementing and even commercializing products and services that are aimed at improving the lives of older adults. It has been great to have the chance to present these efforts and get input through these professional affiliations. I want to take this opportunity to thank all my collaborators and all the Division 20 members who contribute to its mission. It is a great honor to be granted the status of Fellow in the Division and to be recognized for my contributions to the field.”

A list of those who currently hold Fellow status in Division 20 can be found [here](#).

Interested in becoming a Fellow of Division 20?

Application for fellow status is open to any APA member who meets the criteria of both APA and Div 20. The requirements and access to the online application for Initial Fellow status are available on the [APA Fellows website](#). Division 20 criteria for fellowship status can be found [here](#). Advice for applicants and endorsers on submitting a successful application is also available on the APA Fellows website.

Division 20 welcomes self- and other nominations for Fellow status in APA and the Division. There are two processes:

- (1) if you are currently not a Fellow in any APA Division, you would be applying for initial Fellow status; or
- (2) if you are a Fellow in another APA Division, and you are a member of Division 20, you can request consideration for Fellow status in Division 20.

Nominees should be aware of the importance of the nominee’s self-statement, which must make clear exactly how the nominee has made “unusual and outstanding contributions or performance in the field of psychology” (an essential APA requirement). Such contributions must go well beyond those typically necessary for tenure or promotion recommendations for individuals in academic positions. Also, although not mandatory, evidence of involvement in APA in general and Division 20 in particular, is very helpful and greatly strengthens the application.

Recommenders must fill out two forms: one is called a “Worksheet” and contains a rating scale; the second form (the “Fellow Status Evaluation Form”) includes the actual letter of recommendation. Nominees are expected to send both forms to their recommenders (unless someone else is handling the entire nomination process). The last day to submit all of the materials for Initial Fellow applications is **December 1**.

The application process for individuals who are already Fellows of an APA Division requires only a current CV and brief cover letter sent directly to Alan Stevens. The deadline for submitting materials for Current Fellows is **April 1**.

Please contact Alan Stevens (Alan.Stevens@bswhealth.org) if you have any questions.

APA Presidential Candidates Comment on Adult Development and Aging

Division 20 posed the same two questions to all five APA presidential candidates. Candidate responses that were received are printed below; Dr. Hollon is also running for the office.

Armand R. Cerbone

We know that information about you and your platform is available at: <http://www.apa.org/about/governance/elections/candidate-armond-r-cerbone.aspx>. Is there any place else we can go to find out more information?

My campaign website is: <http://www.armandcerbone2020.com>.

What special emphases of your platform are relevant to research and teaching in adult development and aging, or are relevant to policy and practice in clinical psychology?

Nowhere is the relevance of aging and adult development clearer to me than in my clinical practice in Chicago with LGBT clients where the intersection of age and sexual and gender minority stigma manifest very differently. Older gay men worry about care and companionship after the devastations of HIV/AIDS; some experience a second wave of loss, grief, and survivor-guilt. Younger LGBT adults worry about possible reversals of rights an older generation fought for. What has been most helpful to my practice and community work with aging LGBT groups is the literature on age-cohort effects, psychosexual developmental tasks, and practice guidelines I site in psychotherapy. I value the contributions of Division 20 and its members to the effectiveness of practitioners like myself.

My platform is *Advancing ALL of psychology to advance ALL people*.

Implicit in this is a commitment to improve the capacity of every psychologist to promote the welfare of every person. Extending the reach of one branch extends the reach of the tree. APA needs a 25-50-year **vision plan** that must include the mission and input of Division 20. My conviction and commitment is borne of more than 40 years in clinical practice, training, and policy development at APA.

Jean Lau Chin

We know that information about you and your platform is available at: <http://www.apa.org/about/governance/elections/candidate-jean-lau-chin.aspx>. Is there any place else we can go to find out more information?

Information about me and my platform is also available at my website: <https://www.jeanlauchinforapapresident.com/> You can also go to my Facebook page: <https://www.facebook.com/JeanLauChinforAPAPresident/>, my Twitter page: <https://twitter.com/JeanLauChin>, and my LinkedIn page: <https://www.linkedin.com/in/jeanlauchinforapapresident/>

What special emphases of your platform are relevant to research and teaching in adult development and aging, or are relevant to policy and practice in clinical geropsychology?

My platform focuses on Leadership for Change and an APA for all psychologists with an emphasis on inclusion and diversity of all groups in the populations we serve. As a society with a growing aging population and longer lifespan, we need a cultural shift in our attitudes and practice as to how we address adult development and aging.

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Presidential Candidate Statements, continued from p. 10

Dr. Chin, continued

New issues emerge regularly in health care, retirement, lifestyle and financial resources as people live longer. Technological advances make health and lifestyle choices that were never before possible. Rapid change creates new challenges for our elderly population as they adapt and learn new experiences. When I talk about Leadership for Change, it is about our ability as a profession and as an association to address these challenges with new initiatives and new outlooks to shape our research, teaching and practice—this must apply to adult development, aging, and geropsychology as well. I do take a lifespan and developmental perspective to our science and our practice. We need APA to consider this in how we address the policy and practice issues we face. I created a Let's Talk Series during my campaign to inform me about the concerns of members with input to the issues we should be addressing. As APA president, I would translate these to action by convening Integrative Forums with the input of a diversity of experts to address the pressing issues. I would seek out the expertise of the division in defining innovative solutions on what psychology can offer to the dialogue.

Sandra L. Shullman

We know that information about you and your platform is available at <http://www.apa.org/about/governance/elections/candidate-sandra-l-shullman.aspx> Is there any place else we can go to find out more information?

Yes, more information is available on my website, including a description of my background and past experiences, my CV, some links to media where I have acted as an expert resource, and some video material where I present my ideas on learning leadership applied to psychology and psychologists. In addition to my website link, below, there are number of other links to recent work on international leadership development and a recent article about psychologists and leadership.

Campaign website

<https://www.sandyshullmanforapapresident.com/>

Sandy Shullman's Campaign YouTube Channel

https://www.youtube.com/channel/UCJikffR-8M_z1Xd2xI7RUUpQ

Kelly-Radford & Shullman 2012 - Intersection between Culture and Executive Education

https://drive.google.com/open?id=1I06X_faug7aLgLgu21LBUJwMSQ6Bbhocz

Shullman et al. 2009 - APA's Role in International Quality Assurance

<https://drive.google.com/open?id=1t4YtxBbtVxcqXJ-b664uHRGFneiZN0sc>

Shullman & Kelly-Radford 2015 - Global Leaders Embrace Difference

https://drive.google.com/open?id=1oMQUY2ij2sX_Szsx_kjkJxTw9w9IF-Ft

White & Shullman 2012 - Global Leadership Training

<https://drive.google.com/file/d/1IvoKjmQPSaFdgJLzOQofULKIVP3VNJ4S/view?usp=sharing>

Shullman 2017 – Leadership and Counseling Psychology

https://docs.wixstatic.com/ugd/0dbfbf_5f1786afb26e4951a015dcb02846dd63.pdf

What special emphasis of your platform are relevant to research and teaching in adult development and aging, or are relevant to policy and practice in clinical geropsychology?

I view my leadership development work, in part, as an applied adult developmental psychologist, with adult development and aging as intellectual foundations. Leaders regularly struggle with developmental challenges at various stages of their careers, as well as relevance and adaptation to a changing world, including decisions about when and how to retire.

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Presidential Candidate Statements, continued from p. 11

Dr. Shullman, continued

I am interested in the psychology workforce of the future, which will be significantly informed by knowledge of the changing demography of the US population and the growing need for clinical geropsychologists.

The rapidly accelerating digital age will provide new resources to address many social issues in our society, including isolation, depression and access to care, while also creating challenges (e.g., increasing the already existing SES chasm of the digital divide that impacts marginalized populations including older adults).

There is much to be done in educating the public about healthy aging. I am committed to promoting our understanding of healthy aging as a critical prevention strategy for cost reduction and reduced demand in the current healthcare system. I fully support Division 20's recent efforts to create an APF fund to build a greatly needed research pipeline for adult development and aging researchers.

Within APA, we have challenges with the changing demographics of our membership and how we address needs of psychologists at various stages of life and career development. There is much we can do to support psychologists who are transitioning to retirement as well as strategies to engage the wisdom of our senior members who have retired.

Susan Krauss Whitbourne

We know that information about you and your platform is available at <http://www.apa.org/about/governance/elections/candidate-susan-kraus-whitbourne.aspx>. Is there any place else we can go to find out more information?

I addressed my "aging initiative" in my platform, as well as in the videos taken at the APA convention, and which should be available soon.

What special emphases of your platform are relevant to research and teaching in adult development and aging, or are relevant to policy and practice in clinical geropsychology?

Given my career-long focus on educational issues in adult development and aging, it is clear that I am committed to improving research and teaching within the field. My textbooks and edited volumes in the psychology of aging include materials intended to support new instructors as they develop their own curricular materials. Over the course of my career, I have given numerous workshops and led symposia focused on education, including my most recent participation in the "Advancing Your Confidence as an Educator" webinar. My popular writing on my "Psychology Today" blog also addresses issues of ageism as well as topics relevant to healthy aging, and I am frequently quoted in media outlets regarding the latest research in the field.

In addition to my own research on lifespan psychosocial development, including the leadership of a 50-year sequential study of personality, I have served on the editorial boards and as reviewer for our major professional outlets. I held every leadership position on the Executive Committee within Division 20, having begun when I was just out of graduate school on the Education Committee. Most recently, I have served as Division 20 Council Representative, where I strongly advocated for the concerns of the Division. One of the original CoPGTP members, I was involved in the development of ABPP geropsychology and currently serve as its Treasurer. I consider Division 20 to be my home in psychology, and will work to infuse Division 20's mission throughout psychology as one of my major Presidential initiatives.

Membership Report Submitted by Gloria Luong

Now that the APA convention is behind us, now is a great time to renew your membership. Remember that APA division memberships run through the calendar year (January through December), so renew now before the craziness of the school year catches up to us: <http://www.apadivisions.org/division-20/membership/index.aspx>. Also, with the new school year comes new students. Students can get their first year of Division 20 membership free!

Do you have ideas about what kinds of membership benefits you'd like to see from Division 20? If so, email me at Gloria.Luong@colostate.edu.

Please welcome our most recent Division 20 members (who joined through June 2018):

Please join me in welcoming our newest Division 20 colleagues!

| | | |
|---------------------|--------------------|----------------------------|
| Nadia Brashier | Rhonda Miller* | Stephanie Tipple* |
| Deborah Coleman | Lisa Moen* | Dylan Vavra* |
| Nicole Dawson | Mandana Mostofi* | James Vaughn |
| Mark Davis | Constance Nguyen* | Stacey Villanueva* |
| Alexander Erickson* | Madeline Nichols* | KeShaun Walker* |
| Katrina Hamilton* | Cynthia Osias* | Andrea Weinstein* |
| Harpa Jonsdottir | Jaypee Reyes* | Matthew Wynn* |
| Lori Katzman | Rachael Rodriguez* | Patricia Xi* |
| April Krowel | Rebecca Saracino | |
| Janet Lau* | Rachel Scott* | |
| Caroline McClellan* | Kimberly Stewart* | *Denotes Student Affiliate |

Early Career Task Force Report Submitted by Nicole DePasquale

The Early Career Task Force (ECTF) will be developing Special Interests Groups (SIGs) for Division 20. SIGs would function as subdivisions that reflect specific areas of study within the broader field of adult development and aging (e.g., caregiving) to connect members who share similar interests, knowledge, or goals. SIGs could serve as a resource for: becoming more involved in Division 20; networking, collaborating, maintaining or facilitating more frequent communication among members in between conventions; hearing about the latest subject-specific information; and spreading the word about your own work. The extent to which SIGs develop and remain active will depend on membership engagement, as each SIG will need a chair or leadership team. We ask that members begin thinking about SIGs they would like to see formed, identifying fellow members who would also be interested in seeing the same SIGs formed, and whether they would be interested in leading a SIG. We will be sending surveys to formally pose these questions; survey responses will dictate the initial formation of SIGs. Should any members like to express interest in seeing particular SIGs formed or taking on a leadership position prior to these surveys being sent, however, please feel free to contact ECTF co-chair Nicole DePasquale at nicole.depasquale@duke.edu so that this topic area is included in our survey.

FEATURED STUDENT**Yijung Kim**

Yijung Kim was selected as the recipient of Division 20's Graduate Student Research award in 2018. We are happy to feature her in this issue!

After receiving my BA in Psychology from Boston College, I started my graduate training in Gerontology at the University of Massachusetts Boston. Under the mentorship of Dr. Kathrin Boerner and Dr. Kyungmin Kim, I have had valuable experiences of working with both quantitative and qualitative data on older families. As a Ph.D. candidate in Gerontology, my research focuses on how individuals' social environment and subjective aging experiences are linked.

Being a member of the Division 20 gave me the opportunity to identify and connect with other aging researchers in psychology. As a graduate student faced with interdisciplinary issues in the field of aging, I joined Division 20 because sharing a sense of professional interest and commitment with other like-minded researchers was vital to me. I was initially overwhelmed by the size of the APA conference, but attending the Division 20 listed events led

me to the talks by some of the most renowned researchers in our field. At the social hour, I had a chance to chat and exchange business cards with the authors of the works that I cited. It was truly inspiring to be a part of a group that presented both rigor and enthusiasm in aging research. There also seems to be an understanding within Division 20 that those more advanced in their careers are committed to supporting and mentoring the next generation. Even before attending my first APA conference, the Division 20 mentoring program set me up to connect with three mentors. I had a chance to meet my mentors at this year's conference, and they have already opened many doors to my professional development.

Being a student member in Division 20 has tremendously benefited my professional development, and I am grateful for the experience thus far. Going forward, I hope to develop my career as an aging researcher, and I look forward to future opportunities to collaborate with other professionals in the aging field.



Editor's Note: In each issue, we aim to feature at least one current Division 20 student member. Please recommend any student members that you think we could feature, so others could enjoy learning how student members benefit from involvement with Division 20. Send your recommendation via email at caskie@lehigh.edu, and be sure to include the student's contact info!

STUDENT NEWS

Introducing Your New Division 20 Student Representatives **Submitted by Katie Anthony, Naomi Meinertz, Lauren Stratton, & Brad Taylor**

This year, we are fortunate to have four student representatives contributing to various aspects of Division 20 activities. In this issue of the newsletter, we thought it would be good to introduce them to you. In future newsletters, they will provide updates on the initiatives on which they are working. If you are a student who would like to become more active in Division 20, or if you would like to recommend a student for greater participation, please email Brad Taylor brad.taylor@ufl.edu.

Katie Anthony

My name is Katie Anthony, and I am one of the new graduate student representatives to Division 20. I am currently working on my PhD in Gerontology at Iowa State University. I am an interdepartmental student who is also in the School of Education, working in Instructional Technology as well. While my master's degree is in journalism, I switched courses after my grandma was diagnosed with Alzheimer's and my immediate family became her primary caregivers. In the process of diagnosis and caregiving, I saw the benefits that technology could offer in the field and in the lives of those diagnosed and caregiving. That is part of the reason why my research interests center on the use of technology as a means of intervention for mental health among older adults. I am particularly interested in social media sites and how those media impact the aging cohort. Like Brad Taylor (below), I am looking forward to working closely with the other student representatives for Division 20 and working to increasing the overall presence. I'll be working primarily on the social media for Division 20, so I welcome any feedback or suggestions you may have.

Naomi Meinertz

My name is Naomi Meinertz, and I am a doctoral student in Human Development and Family Studies (HDFS) at Iowa State University. As part of the Early Career Task Force, I look forward to the opportunity to get back to my psychology roots in the APA community. A little about my background, I recently received my master's degree in the HDFS from Iowa State University and my undergraduate degree in psychology from Viterbo University in 2014. My master's thesis addressed group differences in perceptions of aging, and my dissertation topic focuses on the prevention of elder abuse through intervention methods. Through my research assistantship at Iowa State University Human Sciences Extension and Outreach, I gained experience in my core interests of program development, evaluation, and translational research.

Lauren Stratton

My name is Lauren Stratton, and I am excited to be serving the Division 20 executive board as a graduate student representative. I am a doctoral student in Gerontology at Iowa State University with a home department in Human Development and Family Studies. My major professor is Dr. Jennifer Margrett, and my research interests include caregivers of people with dementia, specifically caregiver burden, caregiver knowledge of long-term services and supports, and programs that assist caregivers. I am currently involved with a program in partnership with the Alzheimer's Association that trains direct care professional on increasing person-centered care in long-term care facilities. I also work part-time at a long-term care facility as an activity assistant where I translate the research I study into practice. I am excited to be a graduate student representative and engage with the other students in Division 20.

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Student News, continued from p. 15
Brad Taylor

My name is Brad Taylor, and I am a new graduate student representative to the Division 20 executive board. I am working on my PhD in Clinical Psychology at the University of Florida where I am a member of the Cognitive Aging Lab under the supervision of Dr. Michael Marsiske. I am interested in cognitive aging and interventions and neurodegenerative disease. I initially came to study adult development and aging when I did an internship with Dr. Fred Unverzagt and then was able to get my M.A. while working in Dr. Paul Gilbert's Center for Healthy Aging and Neurodegenerative Disease Research Lab. I'm currently involved in a few projects focusing on how a videogame intervention affects mental rotation performance, how Hispanic status moderates cognitive impairment risk factors, and the maintenance of training effects in a cognitive intervention. My personal goal is to work closely with the other student representatives to try to make Division 20 engaging for fellow graduate students and to increase our presence, be it via the LISTSERV and/or social media.

2018 APA Division 20 Executive Committee Meeting Minutes
APA Convention, Marriott Marquis, San Francisco, CA
Thursday, 08/09/18, 8 AM to 9:50 AM

In attendance: Joe Gaugler, Michael Marsiske, Joann Montepare, Pat Parmelee, Susan Whitbourne, Lisa Hollis-Sawyer, Patrick Hill, Harvey Sterns, Jennifer Margrett, Jennifer Bellingtier, Courtney Polenick, Jennifer Stanley, Kathie Judge

Guests: Ann Springer, Nina Tandon, Keith Cooke, Deb DiGilio

- President Gaugler opened the meeting at 8:00 am.
- Ann Springer (Deputy General Counsel and Associate General Counsel) and Nina Tandon (American Psychological Association) described their roles working with all APA divisions on legal issue (e.g., contracts, program legalities) and addressed questions regarding the distinctions between 501c3 and 501c6 organizational status as it pertained to the recent APA change in status. It was noted that the change in status would not affect advocacy efforts and that merging c3 and c6 would allow for reimbursement efforts to be better addressed. D20 was reminded that it had free access to APA legal counsel.
- Treasurer's Report: Gaugler gave highlights provided in report by Kopera-Frye. D20 is doing fairly well with approximately \$33,000 in cash reserves and \$40,000 in short-term investments (which it may want to consider reinvesting). Awards continue to be the biggest cost; however, strategies are being explored to cover these costs through alternative means.
- Membership Report: Luong reported that D20 presently has 625 dues paying members, which is slightly down by 40 from the last report. It is unclear if the decrease reflects the increase in membership dues or other forces given that the number of student affiliates rose from 18 to 154 over the course the recent membership campaign.
- Council Report: Parmelee and Whitbourne reported further on the background of the 501c3 – c6 merger and concerns raised about how finances will be distributed via the "hydraulic model" that was proposed. Concerns about the representation of science versus practice segments were also discussed and how D20 might prepare and strategize in the case of unfavorable outcomes. One option was that D20 become an incorporated APA division such as SPSP. It was also reported that APA voted not to change the current policy regarding the role of military psychologists in detention centers.
- Program Report: Savla reported highlights of a full program that included 4 collaborative programs, 74 research posters, and an awards ceremony/social hour supported by a record \$4,500 donated by a range of member-affiliated institutions, programs, and centers. Issues for further discussion included whether D20

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Minutes, continued from p. 16

- could obtain a credit card to conduct business and how to best manage the poster competition (recommending that this responsibility be moved from the program chairs to the awards committee).
- Early Career Task Force Report: Polenick described ongoing success of the mentor matching program which now has 21 mentees/mentors. Participants have been communicating via email, phone, and conference meetings. The suggestion was made to include an event in next year's program for participants to meet and discuss outcomes and future opportunities.
 - Education Committee Report: Stanley reported that the Teaching Tips columns are lined up, but suggestions for new ones are welcomed. The suggestion was made that the committee explore new ways to make the Newsletter more dynamic using different presentation formats or other strategies. Other suggestions for the committee included developing a cross listing of classes to engage instructors across disciplines and integrating the EC's educational efforts better with CONA efforts.
 - Continuing Education Report: Margrett discussed persistent problems of tracking down APA CE process and the fact that D20 no longer receives revenue from APA for CE programs. For this year's program a good deal of work went into developing a program that was not approved and therefore needed to be withdrawn. As noted at previous meetings, webinar ideas are welcomed if D20 decides to continue its CE initiatives.
 - Elections Report: Hill announced that 200 members voted for the office of President-Elect (2 candidates) and Members-at-Large (5 candidates for 2 spots). Jennifer Margrett, PhD, Associate Professor in Human Development and Family Studies, Iowa State University, was voted to be President-Elect. The elected Members-at-Large were Kelly Cichy, PhD, Kent State University and Nancy Sin, PhD, University of British Columbia. In 2019, D20 will vote on President-Elect, Council Representative, Two Members-at-Large and Treasurer.
 - Awards Report: Drawing on the submitted report, it was noted that the main awards went smoothly, but the student poster award did not due to confusion in the process. The question was raised as to whether it was necessary to continue with the student poster award given that other awards for student research were given. EC argued that continuing the award was valuable on several fronts. The suggestion was made that D20 publicize awards better by sending letters of recognition to award recipients' institutional and department/program leaders and their communication offices.
 - Fellows Report was not given, although it was noted that historically it has been difficult to persuade individuals to apply and D20 should continue to examine ways to make the process more accessible.
 - Social Media: Hollis-Sawyer reported that to-date D20 have 223 Twitter followers, 168 Facebook followers, and 280 LinkedIn accounts. Ways to get parallel access were discussed. The suggestion was made that a brief overview of D20's social media platforms and how to use them (e.g., subscribe, post, etc.) should be developed and posted on the D20 webpages and listserv.
 - Division 20 Fund Update: Gaugler announced that the APF partnership is well in motion and hit the \$40,000 mark (of the \$100,000 goal). D20 needs to develop a campaign to raise further donations, perhaps leveraging an upcoming anniversary milestone.
 - Review and Potential Revision of Bylaws: Parmelee noted that it is unclear what happens when a member-at-large or individuals occupying other positions are unable to complete their terms. The issue needs to be addressed in a review and revision of the existing Bylaws.
 - New Business: Keith Cooke (Manager, Divisions; Membership Recruitment and Engagement; APA) discussed with the EC how/why APA does not issue credit cards. Members expressed difficulties doing business when payment has to be made via individual members (who then need to make arrangements to be reimbursed). D20 encouraged Cooke to raise our concerns with APA leadership and explore creative solutions. Issues of tracking membership on several front were also discussed (e.g., making reports more accessible to Membership Committee at needed times, arranging for automated emails to let members know when their membership has lapsed, a more member-friendly on-line "one-click" system for joining mid-year).
 - Deb DiGilio (CONA) announced that the Exploring Careers in Aging web initiative has been launched: <http://www.apa.org/pi/aging/resources/careers/index.aspx>. APA program highlights and events were distributed

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that included an APA Conversation Hour on Aging and Social Connectedness and several multicultural happenings.

- CODAPAR Grant Opportunities – Suggestions included developing a set of webinars in collaboration with other divisions interested in diversity and inclusion drawing on the *FrameWorks Institute reframing aging initiative, and/or developing an initiative around “aging and the retirement of us” (or “Being 75”) that explored later life transitions and experiences of psychologists across different divisions/disciplines.*
- Incoming President Initiatives: Marsiske described how D20 is about “continuity and change” and his interests moving forward focusing on early career development, membership, and increasing value to members. He also expressed interests in examining more closely what the membership sees as the value of D20, improving and integrating communications (including better branding and publicity) among listserv, website and social media, and also refining the D20 Executive Handbook to clarify roles/procedures and to use as a tool in explaining opportunities for involvement and engagement to prospective new leaders. In short, giving D20 a stronger voice and eliminating surrounding noise.
- Meeting was adjourned at 9:55

Respectfully submitted,

Joann M. Montepare

D20 Secretary

Director, RoseMary B. Fuss Center for Research on Aging and Intergenerational Studies

Lasell College/Lasell Village

jmontepare@lasell.edu

Upcoming APA Convention Dates and Locations

Aug. 8-11, 2019
Chicago, IL

Aug. 6-9, 2020
Washington, DC

Aug. 12-15, 2021
San Diego, CA

Apportionment Ballots Will Be Arriving Soon!

Your representatives to Council remind you that when your apportionment ballot arrives later in the fall,

we need your 10 votes.

With two Council seats,
we are able to keep
the voice of aging heard!

VOTE
10 for 20!