

# ANNUAL REPORT



## FLORIDA STATE UNIVERSITY'S PEPPER INSTITUTE ON AGING AND PUBLIC POLICY



**ANNUAL REPORT**  
**2018-2019**



# CLAUDE PEPPER CENTER



## Pepper Institute on Aging and Public Policy

For over 40 years, the institute has served as the hub for multidisciplinary research on aging at Florida State University, bringing together faculty and students from a range of disciplines for research focused on pathways to later life, aging and health disparities, communities and transportation, and aging and health policy.



# Letter from the Director

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The Pepper Institute on Aging and Public Policy continues to make important contributions to the various communities in which it's embedded – the college, university, scientific, and local communities. We do this through our research, teaching, and community outreach – all fueled by the energy of our faculty, students, and staff.

Our faculty associates and graduate students shared their research findings by writing dozens of papers and giving presentations at numerous venues for academic and broader audiences, including a couple of Policy Pub presentations at Backwoods Bistro. They also received funding from state and national sources to support their

work, including two Fulbright awards.

We also continued our “Aging Today” radio segments on WFSU, highlighting critical aging-related trends, issues, and policies. Written by Pepper associates, affiliates, and students, along with research faculty at the Claude Pepper Center, “Aging Today” reaches over 30,000 listeners in our area.

Just as much activity occurred within the two organizations supported by the Pepper Institute, the Safe Mobility for Life Coalition and the Osher Lifelong Learning Institute (OLLI) at FSU. In addition to offering its usual cornucopia of courses in the Tallahassee area, OLLI offered summer courses in Italy. Safe Mobility's Resource Center, housed at the Pepper Institute, produced and shipped hundreds of information packets to a variety of groups affected by, and able to affect, later life transportation issues, like Florida's aging road users, health care providers, law enforcement agencies, and state legislators.

I hope you enjoy reading more about our activities -- and that they further spark your interest in the Institute and aging issues!

*Anne Barrett*

Anne Barrett

Director, Pepper Institute on Aging and Public Policy



Photo: nia.nih.gov

## Depressive Symptoms and the Buffering Effect of Resilience on Widowhood by Gender

### September 2018

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Sociology graduate student **Brittany King**, along with Pepper Associates **Dawn Carr** and **Miles Taylor** used data from the [Health and Retirement Study](#) to examine symptoms of depression in older men and women before and after they experienced the loss of a spouse compared to those who remain continuously married.

Results of the study show effects of resilience following spousal loss varied by gender. Men who lack resilience were found to be particularly vulnerable to becoming severely depressed after the death of a spouse.

The research team's findings were published in [The Gerontologist](#).

“Recent research suggests that psychological resilience may play a role in shaping how well people recover from the loss of a spouse. This study examined the moderating effect of resilience on widowhood in relation to changes in depressive symptoms for men and women.”





# Policy Pub: Local Organizations Supporting Aging in Place: What Can We Learn?

## September 2018

The FSU College of Social Sciences **Policy Pub** is a recurring series of brief, plain-language talks given by faculty of the college on public policy issues that affect everyone.

The talks take place in a relaxed social atmosphere in the bar area of local Tallahassee restaurant, Backwoods Bistro. Sessions are open to the public and well attended.

In the September 2018 session of Policy Pub, Pepper affiliate and Professor Emerita of Urban and Regional Planning **Rebecca Miles** spoke about the Elderly Inclusion Program in Kerala, India and examined how it could be adapted in other places like the United States, making it easier for people to age well in community and for families to support and care for their elders.

Dr. Rebecca Miles was on the faculty at FSU for nearly 30 years, during which she became an affiliate at the Pepper Institute on Aging and Public Policy where her work focused on neighborhoods and health; rapid urbanization and aging populations; planning and public health, safety and well-being, and development and social policy.

[Click here](#) to hear audio from this Policy Pub session.





# Pepper Institute featured in *Tallahassee Magazine*

## “You’ll Be Older, Too: Pepper Institute Assesses Impacts Of Aging Population” by Marina Brown

### September/October 2018

Pepper Institute Director **Anne Barrett** was featured in the September/October 2018 issue of [\*Tallahassee Magazine\*](#) highlighting the history and collaborative work of Pepper Institute, the Bernard Osher Lifelong Learning Institute at Florida State University (OLLI at FSU), and the Florida Department of Transportation’s Safe Mobility for Life Coalition.

“With 13 faculty associates, we additionally collaborate with 17 affiliate researchers across various fields of study at FSU,” she pointed out. From urban planning to psychology to medicine and economics, there isn’t a field of academic interest that doesn’t in some way intersect with issues regarding an aging population.”



*Pepper Institute does the research upon which intelligent decisions can be made. Living longer is less important than a good quality of life — social connections, active engagement and independent living. We strive to understand how that can be done successfully.*



# Research team explores gender differences in self-regulated driving

## October 2018

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Led by Pepper Institute Director **Anne Barrett, Ph.D.**, a research team including sociology alumni **Rachel Douglas, Ph.D.** and **Clayton Gumber, Ph.D.** published a study in [\*Ageing and Society\*](#) that found women are more likely to catch a ride to their destination instead of driving themselves because of health concerns or the availability of other transit options.

The study, which has implications for transportation, health, and aging policies, suggests that willingness to use driving alternatives — which women are more likely to do — is part of transitioning from driving.

The researchers studied nearly 5,000 drivers age 65 and older living in the U.S. through data collected by the [\*National Health and Aging Trends Study\*](#). They examined four situations in which older adults tend to self-regulate, examined four health indicators, and considered driving alternatives in their study. They found women are more likely than men to receive rides from friends and family members, with their spouse being the most common driving alternative. This study and future research can assist transportation planners in the design of options that both older women and men find accessible and appealing, which may increase their likelihood of use.



Top: Sociology alumnus Clayton Gumber and Pepper Institute Director Anne Barrett; Bottom: Sociology Ph.D. student Rachel Douglas

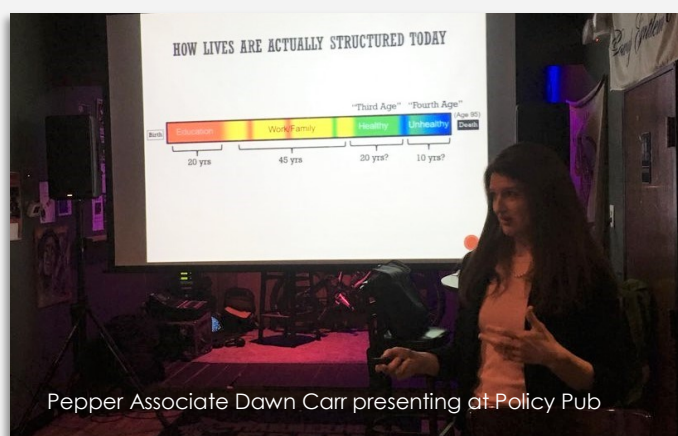






# Policy Pub: Longer Lives, New Paths Forward

## February 2019



In the February 2019 session of Policy Pub, Associate Professor of Sociology and Pepper Associate **Dawn Carr** discussed the overall rise in life expectancy and how this has increased the proportion of our lives we spend as “older adults.”

Greater longevity means later life can be as varied and changeable as our younger years, opening up new paths for our journey forward.

The importance of cultivating meaningful scripts for the later stages of life and how we can redesign our life course to bolster the quality of our later years was discussed, in addition to policy implications.

Carr’s expertise in this area lies in understanding the factors that bolster older adults’ ability to remain healthy and active as long as possible. Her recent work focuses on understanding the complex pathways between health and active engagement during later life, particularly with respect to the ways in which engaging in paid work, volunteering, and caregiving shapes cognitive, psychological, and functional health and the onset of disability.

[Click here](#) to hear audio from this Policy Pub session.







## Anne Barrett moderates panel at the inaugural Tallahassee Senior Day Policy Forum March 2019

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Pepper Institute Director **Anne Barrett** provided opening remarks and moderated a panel discussion at the inaugural Tallahassee Senior Day Policy Forum, sponsored by the Department of Elder Affairs and United Way of Florida. Panelists included:

Richard Prudom, Director of Florida Elder Affairs

Jeff Johnson, Director of AARP Florida

Danny Burgess, Director of Florida Department of Veterans Affairs

Kristen Griffis, Executive Director of Elder Options

Nick Cox, Statewide Prosecutor at the Office of the Attorney General





Photo: The Conversation/Mary Altaffer/AP Photo

## Structural Sexism and Health in the United States: A New Perspective on Health Inequality and the Gender System

May 2019

Assistant Professor of Sociology and Pepper Associate **Patricia Homan** developed a concrete method to measure an inequality concept she calls “structural sexism,” examining its relationship to health outcomes for both women and men alike.

Using data from the U.S. Census and the [National Longitudinal Study of Youth](#), Dr. Homan found that at the macro level, structural sexism, or gender inequality in power and resources to which someone is exposed, resulted in worse health outcomes for both men and women. The key implication of this research is that gender inequality in the United States is not only a human rights issue, but also a public health problem. The complete study was published in the [American Sociological Review](#).



“

*Researchers have known for decades that the experience of being sexually harassed or discriminated against can have a harmful effect on a woman’s health, but much less is known about the broader health consequences of living in a social environment where power, resources, roles and opportunities are unequally distributed along gender lines.*

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# Pepper Associate and Fulbright Scholar

## Miles G. Taylor examined health and well-being of older adults in Canada

### (2018-2019)

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Miles G. Taylor was a Visiting Fulbright Scholar (2018-2019) in Montreal, Canada, hosted by long-time collaborator Dr. Amélie Quesnel-Vallée at the McGill Observatory on Health and Social Services Reforms.

Dr. Taylor's work involves analysis of two secure nationally representative data sources, the Longitudinal and International Study of Adults (LISA) and the National Population Health Survey (NPHS), in examining older adult health and well-being in Canada.

Central to her work is the unique federal and provincial landscape of health and social supports in Canada, and how these might impact well-being as individuals age. Universal health care from birth and a generous old age pension system, for example, provide rich contextual comparisons with the United States in understanding aging in North America.

Dr. Taylor has trained and mentored a number of McGill University graduate students in advanced statistical techniques during her stay, and has initiated other research and educational collaborations across Canada and the globe as a result of her Fulbright exchange.





# Pepper Institute Director and Fulbright Scholar

## Anne Barrett examined aging in Italy

### (2018-2019)

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Anne Barrett received a Fulbright Senior Scholar Award to examine aging in Italy – a country that's a leader in key population-aging trends, namely shrinking family size and lengthening life expectancy. Italy's response at the national and local levels has been limited, leaving carework for older adults to family members, with tasks ranging from assistance with housework and transportation to help with bathing and dressing.

Faced with growing carework demands, families are increasingly relying on “care configurations” far more mixed in their composition (e.g., including migrant and other paid workers) than in earlier eras. However, examinations of care configurations in Italy, and elsewhere, often focus on average national patterns – an approach masking variation within nations. Studies also center, paradoxically, more on carework's impact on providers than recipients.

Anne's project involved interviewing older Italians about their caregiving networks, including comparisons with those of past generations. She worked with a graduate student, Katia Vecchione, who'll use the data they collected for her master's thesis.

In addition to conducting interviews, Anne traveled around Italy meeting with sociologists, presenting her research, and further learning about aging issues in Italy.

Anne was a visiting scholar at the University of Trento in northern Italy, home of the first sociology department in Italy. She was affiliated with the department, as well as the Center for Interdisciplinary Gender Studies.





# WFSU Public Media

## “Aging Today” Radio Segments

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***Aging Today*** broadcasts each Tuesday at 3:04 pm on WFSU-FM. Sponsored by the Pepper Institute on Aging and Public Policy and the Claude Pepper Center, with additional support by the Osher Lifelong Learning Institute and FSU’s College of Social Sciences and Public Policy, the one-minute segments highlight aging-related trends, issues, and policies, with an emphasis on social science research. The segment answers questions like the following:

**What are the consequences of uncorrected hearing loss?**

**How many older Americans are homeless?**

**Why do women tend to live longer than men?**

**How has grandparenting changed over time?**

**Can we count on having Social Security in the future?**

**What is Meals on Wheels?**

**How do pets affect our well-being in later life?**

**How rapidly is the world’s population changing?**



# wfsu

PUBLIC MEDIA

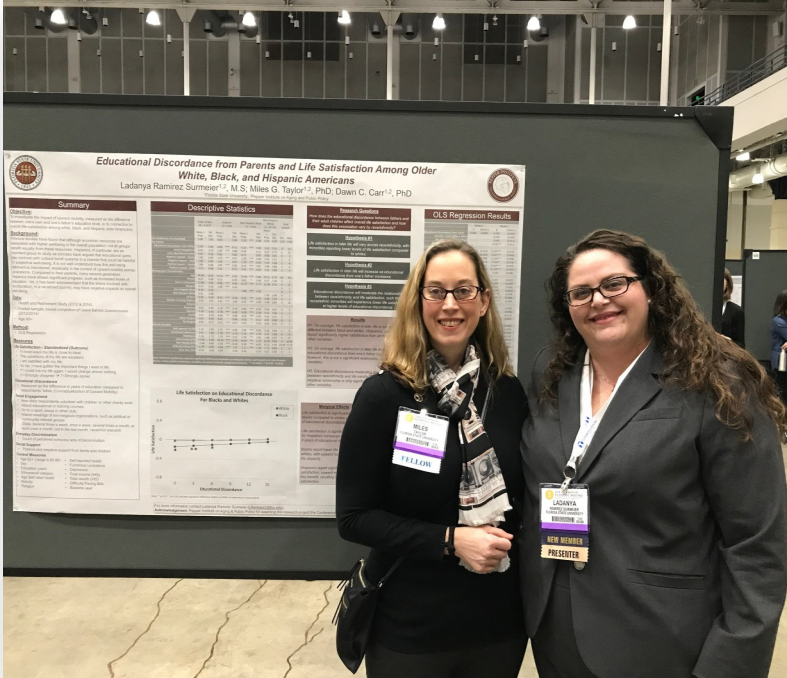
Archives: [pepperinstitute.fsu.edu/aging-today](http://pepperinstitute.fsu.edu/aging-today)





# Student Spotlight

## Pepper Institute Conference Travel Grant Recipients



Pepper Institute Conference Travel Grant recipient and Sociology Ph.D. student **Ladanya Ramirez Surmeier** photographed with Pepper Associate **Miles G. Taylor, Ph.D.** at the Gerontological Society of America Annual Meeting, presenting research on educational discordance from parents and life satisfaction among older white, black, and Hispanic Americans.

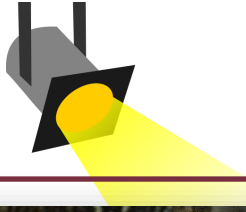
**November 2018**

Pepper Institute Conference Travel Grant recipient and Sociology Ph.D. student **Harry Barbee** attended the Southern Sociological Annual Meeting presenting research on sexual minorities' aging experiences.

**April 2018**







# Student Spotlight

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## **Nacia Goldberg**

*Awarded Osher Lifelong Learning Institute Scholarship  
Completed Honors Thesis, Interdisciplinary Social Science*  
Chair: Pepper Associate **Miles Taylor, Ph.D.**

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## **Ladanya Ramirez Surmeier**

*Completed Master's Thesis, Sociology*

Chair: Pepper Associate **Miles Taylor, Ph.D.**

Title: Educational Discordance from Parents and Life Satisfaction Among Older White, Black, and Hispanic Americans.



## **Stephanie Ureña, Ph.D.**

*Awarded NIH Dissertation Fellowship*

*Completed Ph.D. Dissertation, Sociology*

Chair: Pepper Associate **Miles Taylor, Ph.D.**

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## **Erin Harrell**

*Awarded the Aging Research Dissertation Awards to Increase Diversity (R36)*

Psychology graduate student working with Pepper Associate **Walter Boot, Ph.D.**

Dissertation Title: Investigating Adherence to Technology-Based Cognitive Interventions with the Potential to Slow or Reverse Cognitive Decline





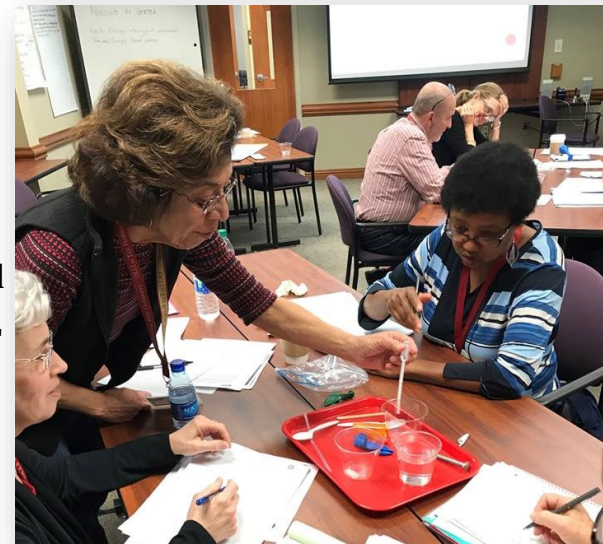


# OLLI at FSU

For more than two decades, the Pepper Institute has been involved in lifelong learning beginning with the Academy at FSU. Now called the **Osher Lifelong Learning Institute at FSU (OLLI)**, the program is supported by endowments from the Bernard Osher Foundation. Each year, it offers dozens of classes, field trips, and cultural events to its nearly 1,200 members.

## 2018-2019 Highlights:

- ◆ **December 2018:** Traveled to Iceland
- ◆ **February 2019:** Held first All-Member Reception at the FSU Alumni Center
- ◆ **February 2019:** The Inclusivity Committee hosted a successful three-day Black History Tour of Tuskegee and Montgomery, AL
- ◆ **March 2019:** Raised \$12,485 for OLLI Scholarships given to Florida State University students during FSU's Great Give
- ◆ **April 2019:** (3) \$2,000 scholarships were awarded to FSU students
- ◆ **June 2019:** Traveled to Italy
- ◆ Offered over 100 classes and activities to members





# Safe Mobility for Life Coalition

Since 2009, the Florida Department of Transportation (FDOT) through the **Safe Mobility for Life Program** in the State Traffic Engineering and Operations Office has been partnering with the Pepper Institute on Aging and Public Policy at FSU to facilitate a statewide coalition to address the specific needs of Florida's aging road users.



## 2018-2019 Highlights:

- ♦ **July 2018:** Developed new educational print series: "Tips on How to Use Transportation Options in Florida."
- ♦ **August 2018:** Rebranded the Safe Mobility for Life Coalition with an updated logo, website, and color palette
- ♦ **December 2018:** Launched Older Driver Safety Awareness Week Campaign
  - New quarterly newsletter, the "Safe Mobility for Life Insider" written in consumer-friendly language with aging road users as the target audience
  - Outreach toolkit with essential resources, information, and content to help older adults remain safe and mobile for life
  - CarFit Safety events along with media coverage in Tampa and Orlando, FL
- ♦ **January 2019:** Launched monthly outreach focus months beginning with Lifelong Communities Month with the goal of encouraging current and future residents to learn about Florida's age-friendly initiatives and communities and to consider what they will need to maintain their independence and safe mobility for life.

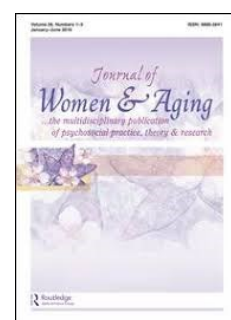
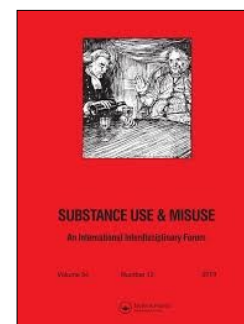
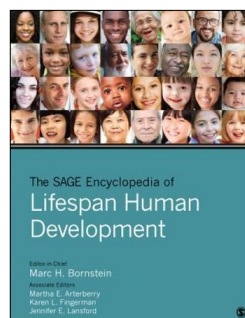
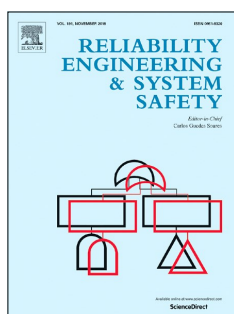
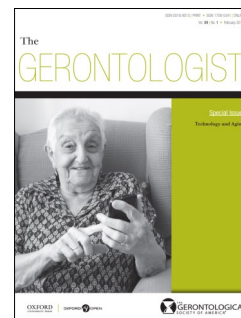
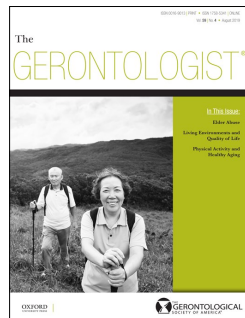
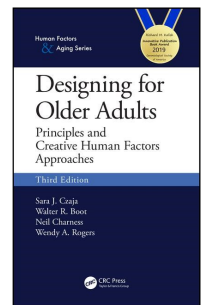
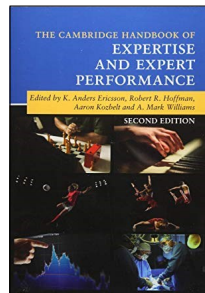
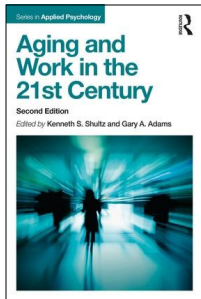




# Pepper Institute on Aging and Public Policy

## 2018-2019

### Media and Publications



THE CONVERSATION



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## Faculty Associates' Research Activities

### Publications

- Ai, L. A.**, Appel, H., & Lee, J. (2018). Acculturation factors related to obesity of Latino-American men nationwide. *American Journal of Men's Health*, 12(5), 1421–1430. (A member of the *Committee on Publication Ethics* or COPE).
- Ai, L. A.**, & Carretta, H. (in press). Optimism/hope related to low anxiety in patients with advanced heart disease controlling for standardized cardiac confounders. *Journal of Health Psychology*, (), -.
- Ai, L. A.**, & Lee, J. (2018). Childhood abuse, religious involvement, and lifetime substance abuse among Latina-Americans nationwide. *Substance Use & Misuse*, 53(13), 2099-2111. (formerly *The International Journal of the Addictions*).
- Ai, L. A.**, & Lee, J. (in press). Perceived discrimination and obesity of Latinas in the United States. *Ethnicity and Health*, (), -. (An official journal of the *UM Population Study Center Institute of Social Research*).
- Barrett, A.** (forthcoming). From the Crowning to the Crone: Extrapolating Judy Chicago's *Birth Project* to Older Women. Chapter in *Menopause and Reproductive Aging*, edited by Heather Dillaway & Laura Wershler. Demeter.
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### **Contracts and Grants**

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| 2019-2024   | Project Title: <i>The Adherence Promotion with Person-centered Technology (APPT) Project: Promoting Adherence to Enhance the Early Detection and Treatment of Cognitive Decline</i> . Principal Investigator: <b>Boot, Walter</b> ; Co-Investigators: <b>Carr, D., Charness, N., Terracciano, A.</b> , Chakraborty, S., He, Z., & Lustria, M. National Institutes of Health: 1R01AG064529-01. Award: \$2.9 Million. |
| 2019 – 2023 | Project Title: <i>The All-or-Nothing Marriage? Marital Functioning and Health Among Individuals in Same and Different Gender Marriages</i> . Co-Investigator: Taylor, Miles. Funded by National Institute on Aging (NIH). R01 AG060944-01. Award: \$2,400,258                                                                                                                                                       |
| 2018 – 2020 | Project Title: <i>Traumatization Following Major Disasters among Hurricane Maria Evacuees in Florida: Positive Media and Posttraumatic Growth</i> . Principal Investigator: <b>Ai, Amy</b> , funded by The Office of Proposal Development and the FSU Office of the Vice President for Research: Planning Grant and The Fahs-Beck Fund for Research and Experimentation. Award: \$44,823.68.                        |
| 2018 - 2019 | Project Title: <i>Health Disparities by Socioeconomic Status Across the Life Course in Canada</i> . Principal Investigator: <b>Taylor, Miles</b> . Fulbright Scholar Program. Traditional/Core Scholars Program 2019. Montreal, CA. Award: \$12,500                                                                                                                                                                 |
| 2018 – 2019 | <i>Fulbright Senior Scholar Research Award</i> . <b>Barrett, Anne</b> . University of Trento, Italy.                                                                                                                                                                                                                                                                                                                |
| 2018 – 2019 | <i>Safe Mobility for Life Coalition</i> . Funded by Florida Department of Transportation. Award: \$264,000.                                                                                                                                                                                                                                                                                                         |
| 2018        | Project Title: <i>Recalibrating Funding Formulas for Local Area Agencies on Aging (AAA): 2020 and Beyond</i> . Principal Investigator: <b>Taylor, Miles</b> . Florida Department of Elder Affairs. Award: \$8,000.                                                                                                                                                                                                  |
| 2018        | Project Title: <i>Is it Possible to Bolster Resilience by Increasing Emotional Regulation in Later Life?: Examining the Neural Correlates of Emotion Regulation and Resiliency among Older Adults</i> . Co-Investigator:                                                                                                                                                                                            |

**Taylor, Miles.** Institute for Successful Longevity Small Grant. Award: \$15,000.

- 2017 – 2021      Project Title: *One Bridge at a Time: Bridging the Digital Divide for the Well-Being of Aging Populations through Smart and Connected Communities*. **Ozguven, E. E., & Boot, W. R.** Funded by National Science Foundation. Award: \$116,090.
- 2017 – 2018      Project Title: *EIEG: Virtual Reality Equipment for Advancing Psychological Study*. Funded by FSU EIEG Award. **Charness, Neil H** (Co-PI), Joiner, Thomas E (Co-PI), Schmidt, Norman B (PI), Borovsky, Arielle Ann (Co-PI), & Conway, Paul (Co-PI). (Jan 2017–Jan 2018). Award: \$35,041.
- 2015 – 2020      Project Title: *CREATE IV - Center for Research and Education on Aging and Technology Assessment*. **Charness, N., & Boot, W. R.** Funded by National Institutes of Health/National Institute on Aging. Award: \$1Million.
- 2015 – 2018      Project Title: *Center for Research and Education on Aging and Technology Enhancement (CREATE IV)*. **Charness, Neil H** (PI), & **Boot, Walter** (Co-PI). (Apr 2015–Mar 2018). Funded by University of Miami. (660839). Award: \$1,107,390.
- 2013 – 2018      Project Title: *Center for Safe and Accessible Transportation for an Aging Population*. Funded by United States Department of Transportation. (DTRT13-G-UTC42). **Charness, Neil H** (Co-PI), Spainhour, Lisa K (Co-PI), Sobanjo, John O (PI), Ping, Wei-Chou V (Co-PI), Brown, Jeffrey (Co-PI), Horner, Mark W (Co-PI), **Boot, Walter** (Co-PI), Duncan Jr, Michael Douglas (Co-PI), & **Ozguven, Eren Erman** (Co-PI). Award: \$4,209,600.
- 2011 – 2021      **Charness, Neil H** (PI). (Feb 2011–Dec 2021). *Charness - PI Research Support*. Funded by FSU. Award: \$1,098.