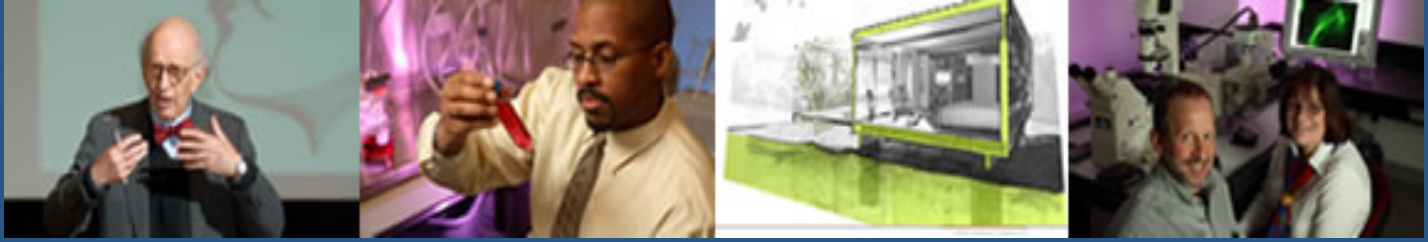


Lifelines

Institute on Aging at the University of Virginia



January 2009

Welcome to *Lifelines*, the e-newsletter from the Institute on Aging. *Lifelines* will feature the latest research, programs and events on aging from the University of Virginia.

Please be sure to [visit our website](#) to learn more about how the University fosters innovative research and discovery to promote healthy aging throughout the human lifespan!

Tip: if you wish to increase the text size of this newsletter, please press "Ctrl" and "+" simultaneously on your keyboard.

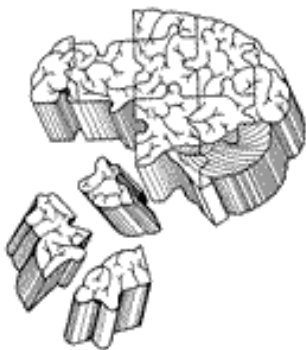
In This Issue

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The Youthful Brain Initiative



U.Va. neuroscientists team to find the key to brain aging.

How might stem cells eventually undo some of aging's damaging effects? What cutting-edge research is taking place on these topics at the University? How might this work eventually lead to potential medical treatments? In her lecture sponsored by the U.Va. Institute on Aging last spring, Professor Heidi Scoble of the U.Va. Department of Neuroscience described early yet pioneering experiments she and her colleagues are performing

as part of the Youthful Brain Initiative (YBI). [READ FULL ARTICLE](#)

Announcements

COMMUNITY RESEARCH FUNDING AWARDED

The Institute on Aging and the Jefferson Area Board for Aging (JABA) are pleased to announce the selection of three projects to receive funding for collaborative, community-based research. This program links U.Va. faculty with local and regional service agencies to jointly study and develop solutions to enhance quality of life for the elderly population of Central Virginia. [READ MORE ABOUT THE AWARDS](#)

Upcoming Events

Ageing 101 Lecture

March 3, 2009
Doubletree Hotel
3:00 pm - 4:30 pm

Strategies for Avoiding and Surviving a Stroke

Strokes can have devastating consequences, including long-term disability and death. The possibility of having a stroke increases substantially in the aging population; consequently, stroke has become an increasingly important biomedical and societal issue as our general population ages. Dr. Kevin Lee (the Harrison Foundation Professor and Chair of the Department of Neuroscience) will present current information on causes, preventative measures, and treatments for

Another Good Reason to Exercise

Planning for a Healthier Life-Span through Fitness and Nutrition

Professor William Evans, a nationally-recognized expert on the relationship between exercise and aging, delivered what one participant called a life-changing lecture to a capacity crowd of 300. [READ FULL ARTICLE](#)



Three hundred people packed ACAC for Professor Evan's lecture.

Challenges to Voting by Residents of Long-term Care Facilities



Institute on Aging Brings Together Leading Experts to Discuss Problems and Solutions for Voting by Seniors Living in Nursing Homes and Assisted Living Facilities

Ensuring "a more perfect union" by correcting the marked under-enfranchisement of citizens residing in long-term care facilities was the subject of a recent conference sponsored by the Institute on Aging. Professor Richard J. Bonnie, the Harrison Foundation Professor of Medicine and Law of the University of Virginia and one of the conference's primary organizers, was among those who noted this significant and growing problem. [READ FULL ARTICLE](#)

stroke.

For more information, [click here](#).

News

[NIA Grant to Further Novel Research Methods Training](#)

[Older and Wiser: U.Va. Engineers Strive to Solve Problems of the Aged](#)

[U.Va.'s Jeremy Tuttle Receives Grant to Explore Possible Link Between Bladder Control Drugs and Structural Brain Damage](#)

[U.Va. Health System Study Shows New Drug Boosts Muscle Mass in Arms and Legs of Older Adults](#)

[Cognitive Aging Lab Conducts Long-Term Cognition Study](#)

[U.Va.'s Cooper Center Advises Legislators to Prepare for Aging Population](#)

Please [let us know](#) if you have a friend or colleague who would like to join our mailing list.