

**International Longevity Center – Israel (ILC-Israel)
Report of Activities 2014**

ORGANIZATION

Name of the Center

The International Longevity Center (ILC) – Israel

Name of the President

Prof. Sara Carmel

Partner Institutions

- Center for Multidisciplinary Research in Aging: Director. Sara Carmel
- Myers-JDC-Brookdale Institute, Jerusalem. Director: Jack Habib; Director of the Center for Research on Aging: Mrs. Jenny Brodsky

OBJECTIVES

- To influence public policy on behalf of elderly people
- To pursue research focused on aging and the elderly population
- To disseminate knowledge and increase awareness about issues of aging and elderly people

ACTIVITIES

Conferences and lectures in Beer-Sheva

- Within the series of conferences on "Innovations and Challenges in Gerontology and Geriatrics", in 2014, we held a conference on "Promotion of Physical Function in old Age" at Ben-Gurion University on the 11th of March. The conference was supported by Ben-Gurion University, the Myers-JDC-Brookdale Institute, and Steiner Hearing Instruments Inc.
- The conference included a wide spectrum of topics, including: Rehabilitation of older people; psychological, nutritional and perceptual changes; and intervention studies for the improvement of function and prevention of falls among older people.
- The lecturers, all experts in the fields of physiotherapy and gerontology, elaborated on the following topics: Mediterranean diet and its effect on walking speed; walking speed as a predictor of falls among older people; the use of the chaos theory for improvement of motor learning and rehabilitation among older people; physical function in old age, as perceived by older persons and by their caregivers; the use of hydrotherapy and Pilates for improvement of balance among older people; the effect of walking trainings and perturbation on the balance of older people; and the effect of walking speed on the stability and coordination of older people.
- The conference was open to all. We had a large audience of physicians, nurses, physiotherapists, university faculty members of other departments, students, retirees from the university and other large companies in the area. We hope that our conference shed new light on the topic of promotion of physical function in old age, and will help to improve the quality of life for older people.

Participation in national and international committees

- The Steering Committee for Promoting End-of-Life Legislation for Dementia Patients established by the Israel Alzheimer's Association, and chaired by Prof. Sara Carmel,

presented its recommendations at a conference for practitioners and the Ministry of Health policy makers. The conference took place in January 2014.

Presentations of papers at universities and conferences

- Bachner, Y.G., Sela, N.Y., and **Carmel, S.** "Caregivers' communication with terminal cancer patients about illness and death: gender differences." Society for Longitudinal and Life Course Studies (SLLS). Amsterdam, Netherlands, September, 2013.
- Elhai, N., **Carmel, S.**, and Bachner, Y.G. "Psychometric properties of a Hebrew version of the Shalom spiritual well-being questionnaire." The Tenth Annual Israel Spiritual Care Conference. Neve-Ilan, Israel, November, 2013.
- Raveis, H.V., **Carmel, S.**, Tovel, H., and Kraus D.G. "An international perspective on determinants of successful aging in elderly community residents." The 141st Annual Meeting and Exposition of the American Public Health Association (APHA). Boston, USA, November, 2013.
- Sela, N.Y., **Carmel, S.**, and Bachner, Y.G. "Caregivers' communication with terminal cancer patients about illness and death: The role of gender." The 20th Biennial Conference of the Israel Gerontological Society. Tel-Aviv, Israel, January, 2014.
- Rafaeli, L., **Carmel, S.**, and Bachner, Y.G. "A model for explaining quality of life among elderly blind people." The 20th Biennial Conference of the Israel Gerontological Society, Tel-Aviv. Israel, January, 2014.
- **Carmel, S.**, Tovel, H. and Shraga Z. "Subjective well-being of elderly people living in sheltered housing and in the community: A comparative analysis." The 20th Biennial Conference of the Israel Gerontological Society. Tel-Aviv, Israel, January, 2014.
- **Carmel, S.**, Raveis, H. V. and Tovel, H. "Decline in health and function and subjective well-being: A longitudinal study of elderly Israelis." The 20th Biennial Conference of the Israel Gerontological Society. Tel-Aviv, Israel, January, 2014.
- Elhai, N., **Carmel, S.**, and Bachner, Y.G. "Psychometric properties of a Hebrew version of the Shalom spiritual well-being questionnaire." The 4th European Conference on Religion, Spirituality and Health. University of Malta, Malta, May, 2014.
- **Carmel, S.**, Sela, N. and Bachner, Y.G. "Caregiver-patient communication about terminal cancer and death: Gender differences." The 15th ESHMS (European Society for Health and Medical Sociology) Conference on Health and Welfare Challenges in Europe: East, West, North and South. University of Helsinki, Helsinki, Finland, August, 2014.
- **Carmel, S.**, Raveis, V., and Tovel, H. "Health losses and life satisfaction: A longitudinal study of elderly Israelis." The 15th ESHMS (European Society for Health and Medical Sociology) Conference on Health and Welfare Challenges in Europe: East, West, North and South. University of Helsinki, Helsinki, Finland, August, 2014.

Lectures given at forums of policy makers

- **Carmel, S.**, "Subjective well-being of elderly people living in sheltered housing and in the community: A comparative analysis." A conference of the Israeli Association of Nursing Homes and Sheltered Housing. Eilat, Israel, February, 2014.
- **Carmel, S.** "Medical treatment at the end of life of dementia patients: Recommendations of the committee for end-of-life care." The Agreement Conference for Treatment of Dementia Patients - the Israel Alzheimer's Association (as part of the national initiative for treatment of dementia patients).

Bar-Ilan University, Ramat-Gan, April, 2014.

Ongoing multidisciplinary research projects by members of the ILC-Israel team:

Effects of caregiving: A study of multifaceted intervention for reducing the detrimental effects of care-giving to dementia patients among older primary care-givers

Autobiographical memory and well-being in later life among survivors of the Nazi Holocaust

End-of-life care: Attitudes, preferences, and behaviors of the public, elderly, parents to children in the ICU, cancer patients, and formal and informal caregivers of severely-ill and dying patients

Life review at the end of life: Effects of a guided life review on psychological well-being of terminally-ill young and old patients.

Patterns of coping with decline in health/function: A large-scale national research project entitled "Patterns of coping with health losses and successful aging: A longitudinal study of elderly Israelis"

Promoting well-being in old age: Relating research on the will-to-live to geriatric competences: Professional practice and older adult's preferences

International cooperation for research

- A collaborative Canadian-Israeli study, conducted by Prof. Norm O'Rourke, Dr. Yaakov Bachner and Prof. Carmel on post-traumatic symptoms of Holocaust survivors living in Canada and Israel. (see above)
- A collaborative UCLA-BGU study, conducted by Prof. JoAnn Damron-Rodriguez and Prof. Sara Carmel (see above).

Selected Publications:

Research reports

The Center for Research on Aging of the Myers-JDC-Brookdale Institute, our partner institution in ILC-Israel, recently published several summary research reports:

- An Experimental Program: Placing Spiritual Care Providers in Long-Term Care Facilities in Israel: Evaluation Study – S. Resnizky, N. Bentur, 2014.
- Use of Healthcare Services, Quality and Cost of Care of Terminal Cancer Patients – N. Bentur, S. Resnizky, S. Eilat-Tsanani, R. Balicer, 2013.
- Addressing Alzheimer's and other Types of Dementia: Israeli National Strategy Summary Document of the Interdisciplinary, Inter-Organizational Group of Experts – J. Brodsky, N. Bentur, M. Laron, S. Ben-Israel, 2013.

Selected articles of different disciplines by members of the Center

Bachner, Y. G., Yosef-Sela, N., & Carmel, S. (2014). Open communication with terminally ill cancer patients about illness and death: A comparison between spouses of Ashkenazi and Sephardi ethnic origins. *Cancer Nursing*, 37(1), 50-58.

Bentur, N., Sternberg, S., Shuldiner, J., & **Dwolatzky, T.** (2014). Feeding tubes for older people with advanced dementia living in the community in Israel. *American Journal of Alzheimer's Disease and Other Dementias*. doi:1533317514539726

- Budovsky, A., Craig, T., Wang, J., Tacutu, R., Csordas, A., Lourenço, J., **Fraifeld V.E.**, & de Magalhães, J. P. (2013). LongevityMap: a database of human genetic variants associated with longevity. *Trends in Genetics*, 29(10), 559-560.
- Budovsky, A., Shteinberg, A., Maor, H., Duman, O., Yanai, H., Wolfson, M., & **Fraifeld, V. E.** (2014). Uncovering the geroprotective potential of medicinal plants from the Judea region of Israel. *Rejuvenation Research*, 17(2), 134-139.
- Carmel, S.** (2013). Achievements and challenges in geriatric care education and training: The case of Israel. *BOLD – Journal of the International Institute on Ageing (United Nations)*, 23(2), 2-10.
- Carmel, S.**, Shrira, A., & Shmotkin, D. (2013). The will to live and death-related decline in life satisfaction. *Psychology and Aging*, 28(4), 1115-1123.
- Carmel, S.**, Rechavi, T.B., & Ben-Moshe, Y. (2014). Antecedents of self-regulation in driving among older drivers. *Ageing and Society*, 34, 1-21.
- Clarfield, A. M.**, & **Dwolatzky, T.** (2013). Exercise in Alzheimer disease: Comment on “Effects of the Finnish Alzheimer disease exercise trial (FINALEX): A randomized controlled trial”. *JAMA Internal Medicine*, 173(10), 901-902.
- Fraenkel, M., Novack, V., Liel, Y., Koretz, M., Siris, E., Norton, L., Shafat T., **Shany S.**, & Geffen, D. B. (2013). Association between bone mineral density and incidence of breast cancer. *PloS One*, 8(8). doi: e70980
- Fraifeld, V. E.** (2013). Healthy ageing and regenerative medicine. *Biogerontology*, 14(6), 569.
- Gaon, A., Kaplan, Z., **Dwolatzky, T.**, Perry, Z., & Witztum, E. (2012). Dissociative symptoms as a consequence of traumatic experiences: The long-term effects of childhood sexual Abuse. *The Israel Journal of Psychiatry and Related Sciences*, 50(1), 17-23.
- Lehmann, G., Muradian, K. K., & **Fraifeld, V. E.** (2013). Telomere length and body temperature—independent determinants of mammalian longevity? *Frontiers in Genetics*, 4.
- Moskalev, A. A., Shaposhnikov, M. V., Plyusnina, E. N., Zhavoronkov, A., Budovsky, A., Yanai, H., & **Fraifeld, V. E.** (2013). The role of DNA damage and repair in aging through the prism of Koch-like criteria. *Ageing Research Reviews*, 12(2), 661-684.
- O'Rourke, N., **Carmel, S.**, Chaudhury, H., Polchenko, N., & **Bachner, Y. G.** (2013). A cross-national comparison of reminiscence functions between Canadian and Israeli older adults. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 68(2), 184-192.
- Tacutu, R., Craig, T., Budovsky, A., Wuttke, D., Lehmann, G., Taranukha, D., Costa J., **Fraifeld V.E.**, & de Magalhães, J. P. (2012). Human ageing genomic resources: Integrated databases and tools for the biology and genetics of ageing. *Nucleic Acids Research*. doi:gks1155
- Tovel, H., & **Carmel, S.** (2014). Maintaining successful aging: The role of coping patterns and resources. *Journal of Happiness Studies*, 15(2), 255-270.

Future activities

- Continue working on research projects
- Continue to influence aging policies through the *Ministry of Senior Citizens* and *Ministry of Treasure*
- Present up to date findings with potential implementation in conferences and forums of policy makers

Research projects:

- Continuation of Israeli and international studies mentioned above
- Starting new research projects on:
 - Israeli centenarians
 - Caregivers' experiences with community dwelling parents versus assisted living residents
 - Primary physicians awareness of and preventive practice regarding health risks of principal caregivers to frail elderly
- Presentation and publication of results of our studies
- Development of new initiatives and research proposals

Influence on Israel's policy:

We plan to continue our close working relationship with the Ministry for Senior Citizens in: (a) promoting research projects on aging in Israel and (b) chairing the Ministry's steering committee for following and evaluating a new national initiative for improvement of quality of life of older people at the city/town/settlement level.

Importance of our membership in the ILC

We greatly appreciate the significant increase in the ILC-GA's activities and collaborations among partners, and thank Monica Ferreira and Sally Greengross for their productive leadership.