



Biannual Report 2021-2022

A. Mark Clarfield, President ILC-Israel

1. About ILC Israel

ILC Israel is strongly interconnected with the Ben-Gurion University Center for Multidisciplinary Research in Aging (CMRA). Thus actions taken by the CMRA generally also include ILC-Israel. Prof. A. Mark Clarfield serves both as President of ILC-Israel, and international liaison for the CMRA.

a. National ILC-Israel Executive Committee

Current Members of the ILC-Israel National Executive Committee:

Prof. Mark Clarfield	Professor (emeritus) of Geriatric Medicine, Medical School for International Health, Ben-Gurion University of the Negev
Prof. Itzik Melzer	Professor at the Physical Therapy department & Director of Schwartz Movement Analysis & Rehabilitation Laboratory, Ben-Gurion University of the Negev
Prof. Liat Ayalon	Professor in the school of Social Work, Bar-Ilan University. Prof. Ayalon coordinates an international EU funded Ph.D. program on the topic of ageism (EuroAgeism.eu)
Dr. Vered Hermush	Director of Geriatric Department, Lando Hospital. Specialist in internal medicine and geriatric medicine. Lecturer at the Technion – Israel Institute of Technology
Prof. Israel (Issi) Doron	Dean Faculty of Social Work and Health Sciences at the University of Haifa. Head of the Center for Research and Study of Aging at the University of Haifa.
Prof. Shai Brill	Minerva Center for Interdisciplinary Studies of the end of life, Tel Aviv University
Prof. Carmel Shalev	Chair, Department for Reproduction and Society, International Center for Health Law and Ethics, University of Haifa. Fields of interest: Bioethics, human rights and social justice

2. Funded projects

In 2021 the CMRA in combination with the Ben-Gurion University ABC Robotics program (Agricultural, biological, and cognitive robotics), awarded funding for a research project:

Social Robots Domestication in Later Life.

Research is conducted by **Prof. Galit Nimrod and Prof. Yael Edan.**

3. Lectures:

On Israel's Holocaust Memorial Day - 27 April 2022 - Prof. A. Mark Clarfield gave a public lecture on: "The clinical approach to a VERY special population: the older Holocaust survivor"

4. Awards

In July 2022, Prof. Sara Carmel, A member of ILC-Israel, was awarded a Lifetime Achievement Award from the Israel Gerontological society.

5. Upcoming Events:

a. **Collaborative Meeting:** Healthy ageing in Israel and the UK: What can we learn from each other?

Participants: Members of ILC-UK and ILC-Israel, as well as experts from throughout Israel.

Date: January 31, 2023

Plan: A collaborative meeting will be held at the Ben-Gurion University of the Negev involving members of ILC-Israel (lead: A. Mark Clarfield) and ILC-UK (lead: David Sinclair).

Full Description: This event will explore the state of healthy ageing in both countries. In particular, we will consider the policy landscape, examples of good practice and the challenges and opportunities (including solutions) to ensure that people live not only longer but healthier as well.

This consultative meeting will be an opportunity to present data from ILC-UK's Health Ageing and Prevention Index, and key healthy ageing data from Israel ESHEL. With both countries enjoying the services of well organized, (largely) not-for-profit, national systems of care, delivering high quality care to all age groups, this event will be an important opportunity to share best practice. There will also be an opportunity to hear from experts on what needs to happen next to ensure healthy ageing can be realized by all members of society.

b. **Conference:** Steps towards Active Aging: the Second International Active Aging School

Date: February 22-23, 2023

Plan: A two day event in which world-leading experts in the fields of Aging and Neurorehabilitation discuss new approaches and challenges to Active Ageing, from basic science to clinical science.

Speakers include:

Avril Mansfield, R.Kin, PhD,

Itshak Melzer PhD, PT,

Shirley Handelzalts, PhD, PT

Neil Alexander, MD

Noah Rosenblatt, PhD

Howard Bergman, MD, FCFP, FRCPC, FCAHS

Chris McCrum, PhD

As well as several others.

6. Recently Published Articles:

Below is a shortened list of articles published by ILC-Israel Members from 2021-2022.

- Amar, S., Biderman, A., **Carmel, S., & Bachner, Y. G.** (2022, June). Elderly Caregivers' Awareness of Caregiving Health Risks. In *Healthcare* (Vol. 10, No. 6, p. 1034). MDPI. <https://doi.org/10.3390/healthcare10061034>
- Batcir, S., & **Melzer, I.** (2022). Daily Outdoor Cycling by Older Adults Preserves Reactive Balance Behavior: A Case-Control Study. *Journal of Aging and Physical Activity*, 1(aop), 1-11. <https://doi.org/10.1123/japa.2021-0378>
- Batcir, S., Shani, G., Shapiro, A., & **Melzer, I.** (2022). Characteristics of step responses following varying magnitudes of unexpected lateral perturbations during standing among older people—a cross-sectional laboratory-based study. *BMC geriatrics*, 22(1), 1-10. <https://doi.org/10.1186/s12877-022-03080-w>
- Biderman, A., **Carmel, S.**, Amar, S., & **Bachner, Y.** (2021). Care for caregivers- a mission for primary care. *BMC Family Practice*, 22:227. <https://doi.org/10.1186/s12875-021-01579-6>
- Britting S., Artzi-Medvedik, R., Fabbietti, P., Tap, L., Mattace-Raso^C, F., Andrea Corsonello, A., Lattanzio, F., Ärnlov^C, J., Carlsson, A. C., Roller-Wirnsberger, R., Wirnsberger, G., Kostka, T., Guligowska, A., Formiga, F., Moreno-Gonzalez, R., Gil, P., Martinez, S. L., Kob, R., **Melzer, I.*PI**, Freiburger E, PI. (Accepted June 2022). Kidney Function and other Factors and their Association with Falls in the Screening for CKD among Older People across Europe (SCOPE) study. Transient versus Stable Nature of Fear of Falling over 24 Months in Community- Older Persons with Falls—Data of the EU SCOPE Project on Kidney function. *BMC Geriatrics*. <https://doi.org/10.1186/s12877-020-01698-2>
- Carmel, S., Bachner, Y. G., & Cohn-Schwartz, E.** (2022). Psychological reactions to the coronavirus pandemic: a comparative study of Holocaust survivors and other older adults in Israel. *BMC psychiatry*, 22(1), 1-10. <https://doi.org/10.1186/s12888-022-04052-5>
- Clarfield, A. M., & Ouslander, J. G.** (2021). Ars longa: A new column featuring the humanities and aging. *Journal of the American Geriatrics Society*, 69(1), 51-53. <https://doi.org/10.1111/jgs.16963>
- Clarfield, A. M.** (2021). A tale of 2 viruses and 2 vaccines—perspectives from 2 stages of life. *JAMA Internal Medicine*, 181(6), 745-746. <https://doi.org/10.1001/jamainternmed.2021.4275>
- Clarfield, A. M., & Dwolatzky, T.** (2021). Age and Ageing during the COVID-19 Pandemic; Challenges to Public Health and to the Health of the Public. *Frontiers in Public Health*, 9. <https://doi.org/10.3390/ijerph18201056310.3389/fpubh.2021.655831>
- Clarfield, A. M., Smith, A. K., & Ouslander, J. G.** (2022). Older refugees are struggling. *Journal of the American Geriatrics Society*. <https://doi.org/10.3390/ijerph18201056310.1111/jgs.177782>

- Cohn-Schwartz, E. PI**, Hoffman, Y. C & Shrira, A. C (2022). The effect of pre-pandemic PTSD and depression symptoms on mental distress among older adults during COVID-19. *Journal of Psychiatric Research*, 151, 633-637. (IF= 5.250; Psychiatry, 48/257 Q1; citations: 0) <https://doi.org/10.1016/j.jpsychires.2022.05.022>
- Corsonello, A., Soraci, L., Ärnlov, J., Carlsson, A. C., Roller-Wirnsberger, R., Wirnsberger, G., Mattace-Raso, F., Tap, L., Formiga, F., Moreno-Gonzalez, R., Kostka, T., Guligowska, A., Artzi-Medvedik, R., **Melzer, I.**, Weingart, C., Sieber, C., Lattanzio, F., & on behalf of SCOPE investigators. (2022). The relevance of geriatric assessments on the association between chronic kidney disease stages and mortality among older people: a secondary analysis of a multicentre cohort study. *Age and Ageing*, 51(7), afac168. <https://doi.org/10.1093/ageing/afac168>
- Formiga, F., Moreno-González, R., Corsonello, A., Carlsson, A., Ärnlov, J., Mattace-Raso, F., ... Corbella, X., & **SCOPE Investigators**. (2022). Diabetes, sarcopenia and chronic kidney disease; the Screening for CKD among Older People across Europe (SCOPE) study. *BMC geriatrics*, 22(1), 1-10. <https://doi.org/10.1186/s12877-022-02916-9>
- Nimrod, G.** & Ivan, L. (2022). The dual roles of technology in leisure: Insights from a study of grandmothers. *Leisure Sciences*, 44(6), 715-732. <https://doi.org/10.1080/01490400.2019.1656123>
- Paran, I., Nachmani, H., Salti, M., Shelef, I., & **Melzer, I.** (2022). Balance recovery stepping responses during walking were not affected by a concurrent cognitive task among older adults. *BMC geriatrics*, 22(1), 1-13. <https://doi.org/10.1186/s12877-022-02969-w>
- Punchik, B., Tkacheva, O., Runikhina, N., Sharashkina, N., Ostapenko, V., Samson, T., . . . **Press, Y.** (2021). Ageism Among Physicians and Nurses in Russia. *Rejuvenation Res*, 24(4), 297-301. doi:10.1089/rej.2020.2376 <https://doi.org/10.1089/rej.2020.2376>
- Shapira, S.**, Yeshua-Katz, D., **Cohn-Schwartz, E.**, Aharonson-Daniel, L., Sarid, O., & **Clarfield, A. M.** (2021). A pilot randomized controlled trial of a group intervention via Zoom to relieve loneliness and depressive symptoms among older persons during the COVID-19 outbreak. *Internet interventions*, 24, 100368. <https://doi.org/10.1016/j.invent.2021.100368>
- Shapira, S.**, Yeshua-Katz, D., Goren, G., Aharonson-Daniel, L., **Clarfield, A. M.**, & Sarid, O. (2021). Evaluation of a Short-Term Digital Group Intervention to Relieve Mental Distress and Promote Well-Being Among Community-Dwelling Older Individuals During the COVID-19 Outbreak: A Study Protocol. *Frontiers in Public Health*, 9, 577079. <https://doi.org/10.3389/fpubh.2021.577079>
- Yeshua-Katz, D., **Shapira, S.**, Aharonson-Daniel, L., **Clarfield, A. M.**, & Sarid, O. (2021). Matching Digital Intervention Affordances with Tasks: The Case of a Zoom and WhatsApp Mental Health Intervention for Seniors during the COVID-19 Pandemic. *Health Communication*, 1-13. <https://doi.org/10.1080/10410236.2021.1956071>
- Shapira, S.**, **Cohn-Schwartz, E.**, Yeshua-Katz, D., Aharonson-Daniel, L., **Clarfield, A. M.**, & Sarid, O. (2021). Teaching and Practicing Cognitive-Behavioral and Mindfulness Skills in a Web-Based Platform among Older Adults through the COVID-19 Pandemic: A Pilot Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*, 18(20), 10563. <https://doi.org/10.3390/ijerph182010563>