

Prepared by A. Mark Clarfield MD FRCPC

President, ILC-Israel

ILC- Israel

The ultimate goal of our research center is to promote quality of life in late life. Our center's activities focus on promotion of evidence-based, aging-related knowledge, on disseminating accumulated and updated knowledge to national and local policymakers, service providers (public and private), the professional/semi-professional communities, and the public, and on mentoring research students – future leaders in aging in academia and various other institutions. ILC Israel is an integral part of Ben-Gurion University's Center for Multidisciplinary Research and Aging. The Center has a total of 18 members –largely professors and medical faculty. The Center encourages multidisciplinary ageing-related research and research collaborations.

Research

Most recent studies:

1. Influence of health beliefs and self-efficacy on outcomes of inflammatory bowel diseases - Crohn's and Ulcerative Colitis - in a patient population in southern Israel, led by Prof. Sara Carmel, Dr. Doron Schwartz, and Elena Chernin, MA.
2. Studying the effects of immunological history on responses to Influenza. Investigators: Dr. Lilach Friedman & Prof. Tomer Hertz
3. Loneliness and mental health in the coronavirus pandemic: A comparative study of Holocaust survivors and other older adults, led by Prof. Sara Carmel, Prof. Yaacov Bachner, and Dr. Ella Cohn-Schwartz
4. Active euthanasia and physician assisted suicide in Israel: Attitudes of older persons, social workers and gerontologists, led by Prof. Sara Carmel & Prof. Yaacov Bachner.

We have many ongoing local and international studies in addition to the ones listed above.

Policy

Activities affecting policies:

Sara Carmel, outgoing head of ILC-Israel, along with other members of the Center provided policy input and guidance for a number of institutions, organizations, and events:

- Consultant to the Israel Ministry for Social Equality
- President of the International Longevity Center –Israel (A member of the ILC Global Alliance), since 2007
- Member of the board of the scientific international journal "Health Care of Women International"
- Member of the editorial board of the professional journal - Gerontology - published by the Israel Gerontological Society (IGS)
- Member of the Managing Committee of the Center for Research in Aging, The Max Stern Yezreel Academic College, Israel
- Active researcher: Initiating and providing guidance and assistance in preparing research proposals to the CMRA's research groups and tutoring four PhD research students as well as several medical students.

- Prof. Carmel with Prof. Bachner organized a special session for presenting the center's studies at the 23rd Biennial Conference of the Israel Gerontological Society. Tel-Aviv, Israel, February, 2018. (Oral presentation).
- Prof. Carmel participated in a plenary panel presenting “Work, Aging and Cognitive Function – the Israeli case.” The 2017 Berlin Demography Forum, Berlin, Germany.
- Prof. Carmel participated in a panel and presented "Work, Aging and Cognitive Function in Israel." The 21st Conference of the International Association of Gerontology and Geriatrics (IAGG), and the Annual Conference of the Gerontological Society of America (GSA), San Francisco, U.S.A July, 2017. (Oral presentation).

Plans for the Next 6 Months

Conference

ILC Israel and The Center for Multidisciplinary Research in Aging (CMRA) organize annual conferences on ageing-related subjects. We are currently in the process of planning our next conference, which will take place at the end of March 2022. The conference is in collaboration with the Active Aging Hub of Ben-Gurion University and will be on the subjects: 1) Balance and physical activity in stroke patients, and recovery of motor and cognitive functions during the sub-acute phase, and 2) Current evidence on whether we are living longer and healthier lives, as well as who lives a healthier and longer life and why. The event will be a 3-day conference, with the third day being dedicated to promoting collaborations among attending researchers for future projects.

Creating a National ILC-Israel Committee

In October 2021, Prof. A. Mark Clarfield, the new president initiated expanding the scope and scale of ILC-Israel by developing a national executive committee for the center, which extends its reach beyond ILC-Israel's institutional home in the Ben-Gurion University to many academic facilities and medical institutions throughout Israel.

Future plans: continue to expand the committee and hold future meetings to plan upcoming initiatives.

Current Members of the ILC-Israel Executive Committee:

Prof. A. 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 and 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	President, Israel Geriatrics Society, Director of Geriatric Department, Laniado Hospital. 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; Chief Geriatrician, Clalit Health Services
Prof. Carmel Shalev	Chair, Department for Reproduction and Society, International Center for Health Law and Ethics, University of Haifa. Fields of

Recent Publications

Selected Refereed articles in Scientific Journals (Members of the center are identified in bold):

- Clarfield, A. M. (2021). Portrait of the golfer as an old man. Losing the long game. *Journal of the American Geriatrics Society*, 69(9):2668–2669. <https://doi.org/10.1111/jgs.17219>
- Shapira S., Cohn-Schwartz, E., Yeshua-Katz D., Aharonson-Daniel, L., Clarfield AM., 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
- **Carmel, S.** & Tur-Sinai, A. (2021). Cognitive decline among European retirees: Impact of early retirement, nation-related and personal characteristics. *Aging & Society*, 1-27 doi:10.1017/S0144686X21000064.
- Nachmani, H., Paran, I., Salti, M., Shelef, I., Melzer, I. (2021). Examining Different Motor Learning Paradigms for Improving Balance Recovery Abilities Among Older Adults, Random versus Block training–study protocol of a Randomized Non-Inferiority Controlled Trial. *Frontiers in Human Neuroscience*, 15, 37.
- Batcir, S., Lubovsky, O., Bachner, Y. G., Melzer, I. (2021). The effects of bicycle simulator training on anticipatory and compensatory postural control in older adults: study protocol for a single-blind randomized controlled trial. *Frontiers in neurology*, 11, 1869.
- Cohn-Schwartz, E., Levinsky M., & Litwin H. (2021) Social network type and subsequent cognitive health among older Europeans. *International Psychogeriatrics*. 33(5), 495-504.
- Muradian, K., Fraifeld, V. E. (2021). Hypercapnia-inducible factor: a hypothesis. *Aging and Longevity (A&L)*, 2(3), 27-31.
- O'Rourke, N., Sixsmith, A., Kirshner, G., Osher, Y. (2021). Perceived cognitive errors and quality of life for older adults with bipolar disorder. *Journal of Affective Disorders*, 287, 433-440. <https://doi.org/10.1016/j.jad.2021.03.024>
- Nimrod, G. (2021). Not good days for technophobes: Older Internet users during the COVID-19 pandemic. *Educational Gerontology*, 47(4), 160-171.