

The Corner: Inspire Study Insights

The Rundown Spring 2023

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Welcome to the Corner

The Corner: Inspire Study Insights is a quarterly newsletter that provides INSPIRE Study updates and behind-the-scenes information, ground-breaking discoveries, and helpful resources for caregivers, dementia and dementia care, and assisted living communities.

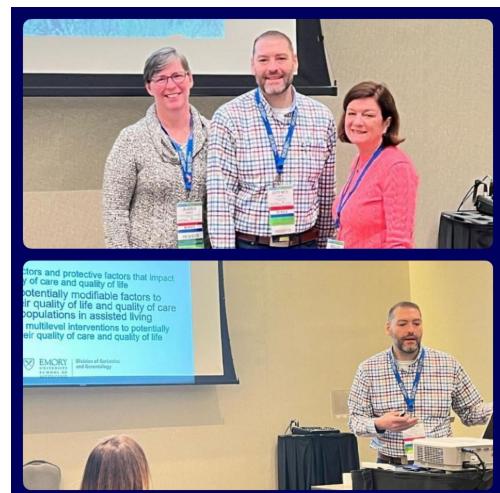
INSPIRE Insights & Milestones

Presenting Dr. Jeffrey Lentz

During this past month's 2023 Southern Gerontological Society Annual Conference, the INSPIRE Study Team's favorite Post-Doctoral Fellow, Dr. Jeffrey Lentz, gave two presentations during the April 13th and 14th sessions. The topics were:

- "Working with Sexual and Gender Minority Older Adults"
- "End of Life in Assisted Living: A Focus on Experiences and Unique Care Needs of Special Populations"

The latter session discussed different decisions and options older adults face as they approach end of life while also exploring challenges in communicating these choices to this population. INSPIRE Study Investigators Dr. Molly Perkins, Dr. Candace Kemp, and Dr. Alexis Bender were contributing authors to this presentation.



Conference presentations are a key milestone for Dr. Lentz's professional development for his career as geriatrics researcher. **We are so proud of his accomplishment!**



Award-Winning Leadership

A round of congratulatory applause goes to **Dr. Molly Perkins**, our Principal Investigator, and **Dr. Alexis Bender**, our Senior Investigator, for receiving awards at the 2023 Southern Gerontological Society Annual Conference.

Dr. Perkins received the Gordon Streib Distinguished Academic Gerontologist Award, which recognizes those who have shown excellence in leadership within and contribution to professional organizations and organizations which serve older people, a strong record of scholarly publications, and significant teaching influence with students and/or training of service providers or educators.

Dr. Bender received the Victor W. Marshall Fellowship in Applied Gerontology Award

It recognizes those who have made and continue to make substantive contributions to the field, and acknowledges outstanding and continuing achievement that bridges the domains of original and applied research, service to government, practice with older adults, gerontology education and advocacy within gerontology.

***Congratulations,
Dr. Perkins and Dr. Bender!***



Inspire Study Role: Post-Doctoral Fellow

Jeffrey Lentz, Ph.D., CPG, CDP earned his Ph.D. in sociology from Georgia State University, a master's degree in sociology from Southern Connecticut State University, and a bachelor's degree in human services from Post University. He has earned two graduate certificates in gerontology from Georgia State University and counseling from Post University. His primary research interests include aging, health, and disability among older sexual and gender minority adults. In his role as a Post-Doctoral Fellow for the study, he is involved in participant recruitment and interviewing, data analysis, and writing papers and presenting study results. Additionally, he develops content and maintains the study's website and social media pages.



What inspires you?

I am inspired by growth! Learning new knowledge and skills inspires me on a profound level. I try to learn something new everyday to keep me moving forward in my development as a scholar, person, and friend.

What is your most memorable spring break from your childhood or adolescence?

My most memorable spring break was spending time with my family and friends.

If you're having a picnic, what are your top food essentials in your basket?

The top foods in my picnic basket would be cucumber salad, a turkey and cheese sandwich with lettuce, tomato, onions, roasted peppers, and mayo, and an assortment of berries for dessert.



Meet Shermetria

Inspire Study Role: Clinical Research Coordinator

Shermetria D. Massingale, MPH, MCHES has received her Bachelor of Science degree in Radiation Therapy and Master of Public Health degree in Health Behavior, both from the University of Alabama at Birmingham. Although new to the gerontology and geriatrics field, Shermetria is not new to research - as she has worked on approximately 20 research studies in her 15 years of working in research. For the INSPIRE study, she recruits and interviews participants, assists in study administration and

database management, and develops content and maintains the quarterly newsletter.

What inspires you?

Any and everything. Sometimes it is as simple as the sun hitting my skin as I walk outside on a nice day, listening to music, or my niece sharing her day with me. I am very observant and an empath. Therefore, I tend to feel and absorb the world around me, and my most impactful work is driven from those moments.

What was your most memorable spring break from your childhood or adolescence?
I always looked forward to spring break as a child because it was the time when I would have an entire week of being spoiled by my grandparents! All of my grandparents lived in the same city, so that week I would rotate between their houses based on their work schedule. As our family grew, then my brother and cousins joined in on the childhood adventures and mischief.

If you're having a picnic, what are your top food essentials in your basket?

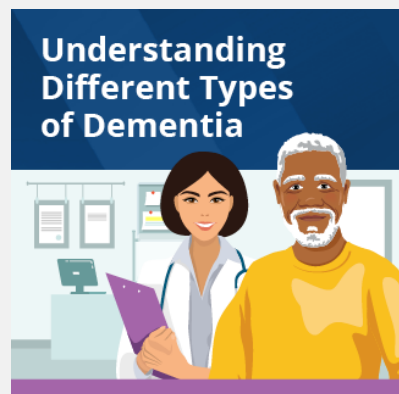
A positive of the pandemic was all the picnics I attended and it improved those skills. My essentials are water, chips or pita bread and hummus, and a fruity, frozen drink.

Resources Corner

Myths-busted

Discover and uncover the 11 Myths about Alzheimer's Disease.

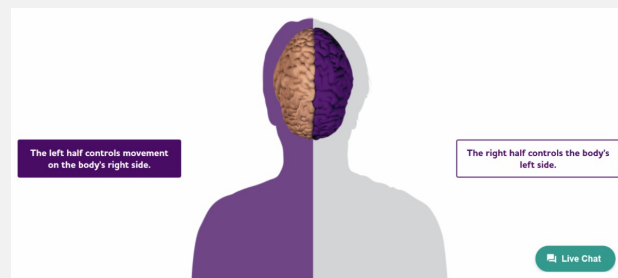
[Learn More](#)



Inside the Brain

The Alzheimer's Association takes readers on tour of how the mind works.

[Learn More](#)



[Visit the INSPIRE Study Website](#)



The INSPIRE Study is a statewide study designed to learn ways to better support families and others caring for residents in assisted living with advanced dementia. The study is being conducted by a multidisciplinary team of researchers from Emory University and the Gerontology Institute at Georgia State University with extensive expertise in dementia care, and is funded by the National Institute on Aging.



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