TEMPLE COGNITIVE NEUROPSYCHOLOGY LAB

October 2024 Newsletter

UPDATES FROM THE LAB!

This newsletter was prepared to keep members of our valued community up to date on our work, recent news, and events regarding our research. We hope you enjoy our second newsletter and reach out with suggestions for what you would like to see in future installments. Additionally, we will be sending a zoom link with this email fo**r a one hour session for us to present some of our recent findings with you, our valued research participants.**

Email us at aging@temple.edu
or call 484-843-1321.

We have many great lab updates from the past year. Our last newsletter was in Februrary 2023! Many students from our lab presented at the International Neuropsychological Society conference held in New York, NY in Feburary 2024 and the Alzheimer's Association conference held here in Philly in July 2024. Almost all presentations were based on data collected in our lab with the help of our community members, like you! We also have several other exciting lab updates to share.

Congrats to <u>Dr.</u> Rachel Mis and <u>Dr.</u> Katherine Hackett

Dr. Mis defended her dissertation examining **eye movements during everyday tasks**. After completing her dissertation, she moved to LA to complete her internship year at UCLA. She is currently a post doctoral fellow at UT Austin.

Dr. Hackett defended her dissertation on **Smartphone digital phenotyping**. After completing her dissertation study, she moved to New York to complete internship at NYU. She is currently a post doctoral fellow at Mount Sinai in NYC. In the photo Katherine is shooting our lab's "Money Gun' -our tradition to celebrate lab accomplishments!

Highlights from Alzheimer's Association International Conference- July 2024

Lab members gave <u>4</u> presentations and presented <u>8</u> posters at the conference

Highlights included **Moira McKniff, Kimberly Halberstadter, and Molly Tassoni** (left) presenting **Lightning Round Presentations** in a Session on <u>Functional Decline in Alzheimer's Disease</u>

Lab members from left: Moira McKniff (2nd year PhD), Riya Chaturvedi (4th year undergrad), our fearless PI Tania Giovannetti, Marina Kaplan (research coordinator), Kimberly Halberstadter (2nd year PhD), Melissa Rosahl (recent undergrad alum), Sophia Holmqvist (4th year PhD).

Molly, Kimmy, and Moira During Q+A
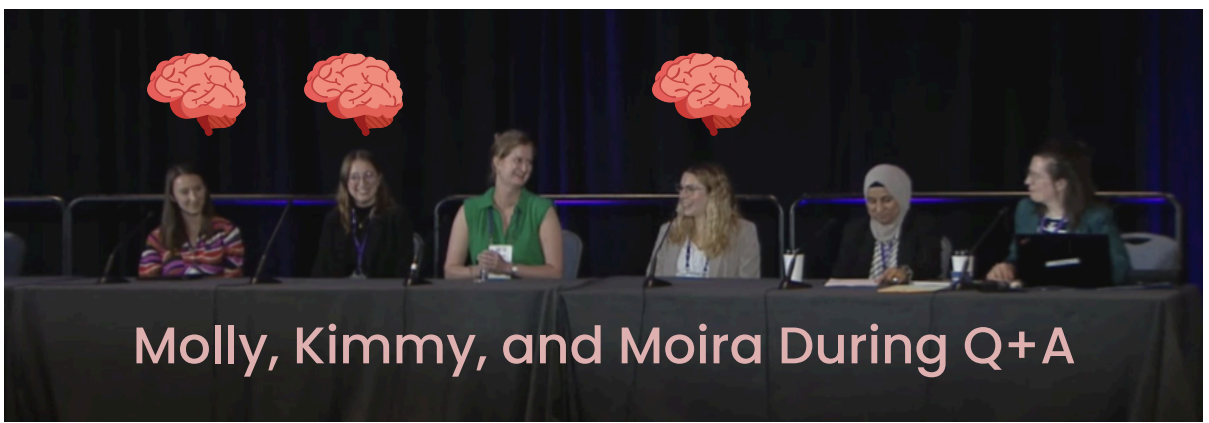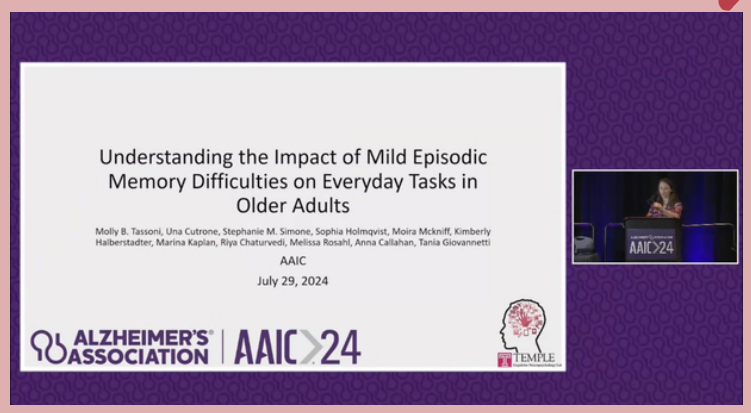
# Poster Presentations at Alzheimer's Association International Conference!

Script generation a reliable tool to determine early cognitive impairment in older adults

Key takeaways:

- Healthy controls performed better in testing for everyday tasks than those with mild cognitive impairment.

- Those with MCI performed poorer than healthy counterparts in episodic memory and executive function.
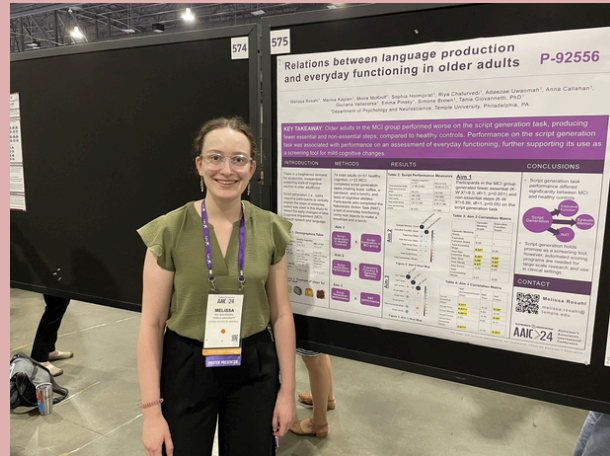
Melissa's work was featured in medical news outlet **Healio** with key findings outlined to the left.
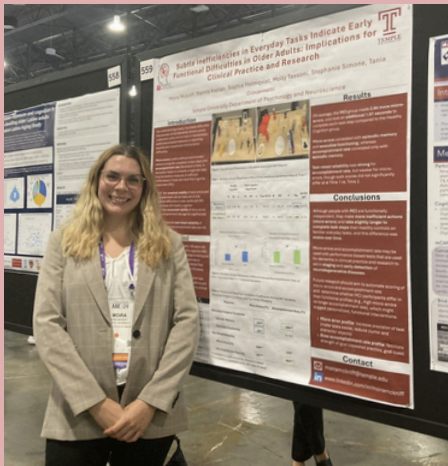

Moira's work revealed that people with mild cognitive impairment make more inefficient actions (micro-errors) than healthy controls on highly familiar everyday tasks, and this difference was stable over time.
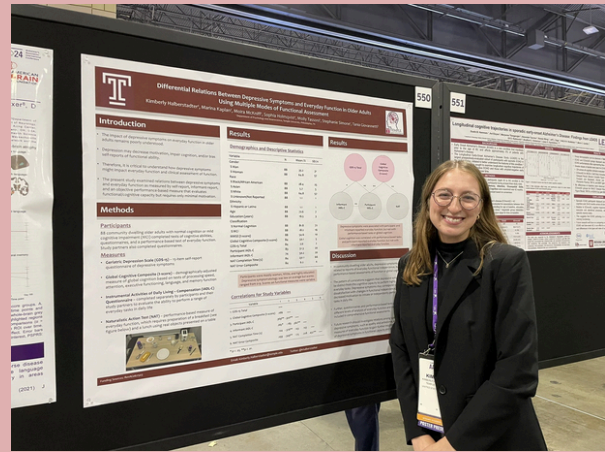

Kimmy's work suggested depressive symptoms may affect function in everyday contexts by decreasing motivation to engage in daily activities but without altering cognitive capacity to perform everyday tasks.

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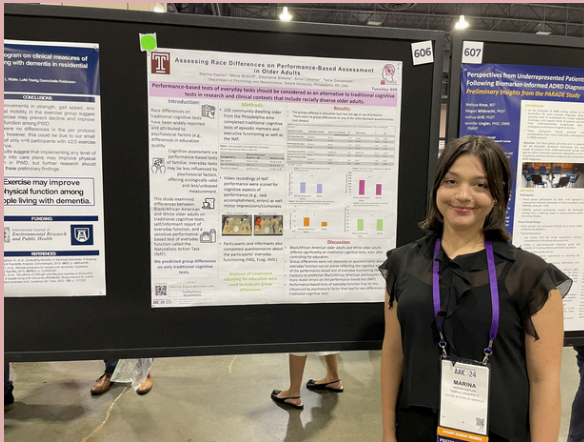
Marina's work showed that a performance based test of everyday activities was not as strongly influenced by social factors compared to traditional cognitive tests. Her work was featured in the **Philadelphia Inquirer** coverage on the conference.
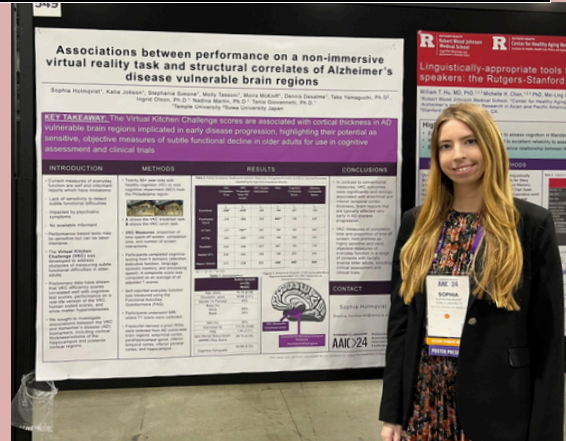
Sophia's work showed that the Virtual Kitchen Challenge (VKC) test, which was developed in the lab, was related to cortical thickness in brain regions (e.g., entorhinal cortex) implicated in early Alzheimer's disease
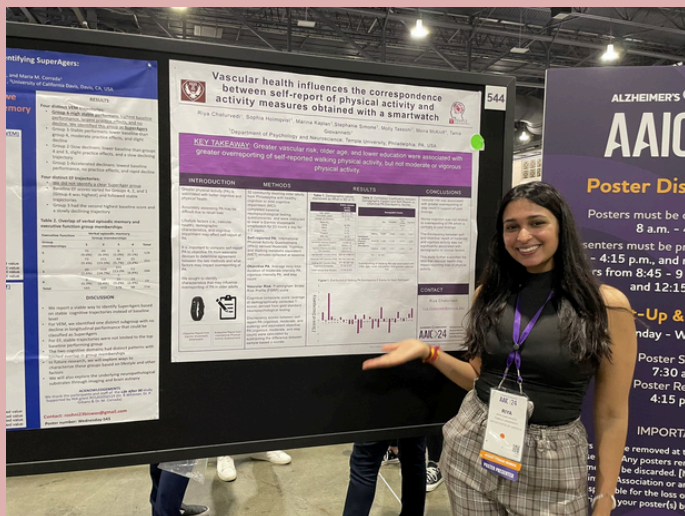
Riya's work demonstrated that vascular health was related to over reporting of walking based physical activity, but not moderate or vigorous physical activity from our **Smartwatch Study.**
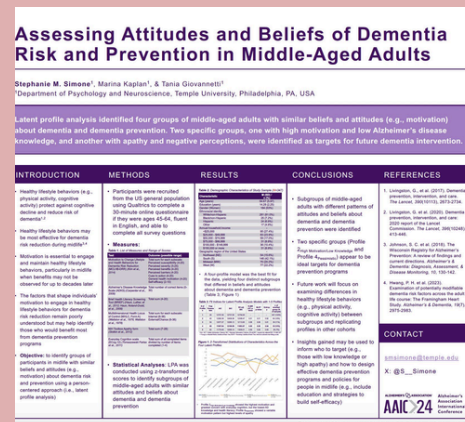
Stephanie's work revealed that 2 groups of middle-aged adults:
1. high motivation and low Alzheimer's disease knowledge, and
2. those who have apathy and negative perceptions
may benefit most from dementia prevention interventions.

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Lab Kudos/Happenings! (2023-2024)

Congrats to **Stephanie Simone** (6th year PhD) who won the Philadelphia Neuropsychology Society Dissertation Award, matched at MUSC/Charleston Consortium for her internship year, and defended her dissertation *'Understanding Motivation to Engage in Healthy Lifestyle Behaviors for Dementia Risk Reduction in Midlife using a Person Centered Approach'*

Marina Kaplan (Research Coordinator) completed a fully funded summer research program called STAR U at Columbia University in Summer 2023!

Anna Callahan (Recent Undergrad Alum) accepted a job at Penn as a Clinical Research Coordinator on the Aging Brain Cohort study!

Congrats to **Moira McKniff** (2nd year PhD) who was awarded a highly prestigious 3 year NSF Graduate Research Fellowship!

Congrats to **Sophia Holmqvist** (4th year PhD) who was awarded a 2 year NIA/NIH F31 Fellowship!

Congrats to our mentor, **Dr. Tania Giovannetti, PhD, ABPP/CN** for being awarded the **Mentor Award** from the Philadelphia Neuropsychology Society!

Congrats to Undergraduate Research Assistant, **Yuki Tsuchiya** on graduating from Temple in May!

Julina Hossfeld (Recent Undergrad Alum) was accepted into the Translational Neuroscience Master's Program at Heinrich Heine University Düsseldorf!

Melissa Rosahl (Recent Undergrad Alum) accepted a job at the Kessler Foundation as a Full Time Research Assistant! Melissa also completed a fully funded summer research program from NSF at CHOP in Summer 2023!

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Lab Kudos/Happenings! (2023-2024)

From top: Anna Callahan, Melissa Rosahl, and Riya Chaturvedi at the LAURA Award Ceremony with Dr. Giovannetti!

Riya Chaturvedi was funded in Summer 2023 for her project: **Assessment of Everyday Function in Older Adults**

Yuki Tsuchiya was funded in Summer 2024 to help with the project: **Producing an Efficient and User-friendly Function-based Assessment of Cognition for Older Adults**

Congrats to our wonderful undergraduate research assistants who received Liberal Arts Undergraduate Research Awards (LAURAs)!

The LAURAs grant $2,000 to undergraduate student-faculty member duos to conduct a research project over the course of a semester. Each student earns a $15/hour stipend from the grant while spending 100 hours on the project, which enables students to dedicate their time to developing research skills without having to worry about their financial wellbeing.

Julina Hossfeld was funded in Summer 2024 to assist on our project: **Developing an Automated Scoring Program to Assess Cognition in Older Adults: An International and Interdisciplinary Project**

Anna Callahan was funded in Spring 2024 to help with our study: **Validating a Novel Performance-based Measure of Everyday Function for Older Adults with Suspected Cognitive Decline**

Melissa Rosahl was funded in Fall 2023 for her work on the project: **Relations between Language Production and the Performance of Everyday Tasks in Older Adults**

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Lab Kudos/Happenings! (2023-2024)

From left: Dr. Rachel Mis, Dr. Katherine Hackett, Sophia Holmqvist, Moira McKniff, Marina Kaplan, and Dr. Giovannetti after Moira and Sophia's oral presentation session!

Lab members gave <u>2</u> presentations and presented <u>8</u> posters at the **International Neuropsychological Society** conference in February 2024 in NYC!
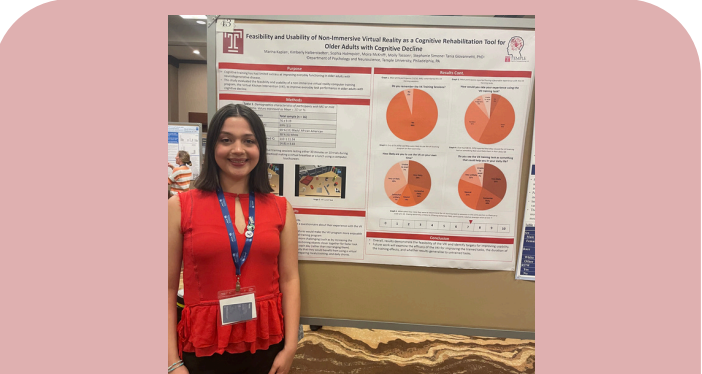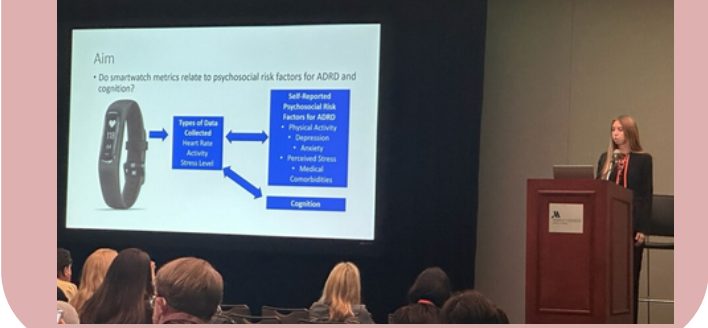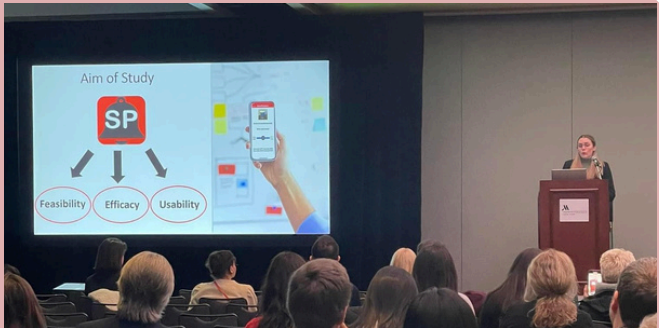
Congrats to **Marina Kaplan** who won a travel award to present results from our **Virtual Kitchen Intervention** study at the American Academy of Clinical Neuropsychology conference in Scottsdale, AZ in June 2024!

Moira McKniff (top) presented results from our **SmartPrompt** study showing good usability and adherence of the smartphone application.
Sophia Holmqvist (bottom) presented initial findings from her **Smartwatch** study.

We have two exciting additions to our lab! **Molly Tassoni** is a new mom to baby girl, Callan, who just turned 1 in July 2024! **Dr. Rachel Mis** is a new mom to baby boy, Owen, born in June 2024!

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Outreach Events

We have established several community partnerships in 2023-2024 including with the **Community Enrichment Fitness Network (CEFN),** an organization in Philly dedicated to improving lives of seniors by teaching them about healthy eating and exercise.

We have vounteered at several CEFN events, where we have assembled flyer folders, assisted in serving meals, and hosted our own booth to engage older adults in our research studies.

We have also hosted a number of outreach events, giving talks on brain health, to senior centers including MLK Older Adult Center, Yorkhouse Apartments, and Firehouse Active Adult Center, and in collaboration with Penn's Village!

Penn's Village

Temple's Association of Neuropsychology Students & Trainees (ANST) Presents

A Clinical Neuropsychology Lecture Series

Temple ANST and AACN 50 are hosting a series for **ALL** students (undergraduate, graduate) to learn about neuropsychology! We are hosting 3 sessions this semester: (1) the ins and outs of applying to post-bacc research jobs and graduate school, (2) neuropsychological clinical case presentations, and (3) a fact finding exercise which involve active participation to figure out what diagnosis a patient has!

Meetings are available to join in person or over Zoom!

1. Applying to Research Jobs and Graduate School
2. Clinical Case Presentations
3. Fact Finding Exercise: Guess the Diagnosis!

Wed. February 7th 5-6pm Weiss 615

Wed. March 13th 5-6pm Weiss 615

Wed. April 10th 5-6pm Weiss 615

SCAN HERE TO REGISTER->

We're excited to meet you!

https://scn40.org/anst/

Sponsored by: AACN American Academy of Clinical Neuropsychology

Our student organization **(Temple ANST)** that was led by lab members, Molly Tassoni, Stephanie Simone, and Sophia Holmqvist launched a collaboration with AACN50 in Fall 2023 to host a series of talks dedicated to engaging undergraduate and graduate students in neuropsychology!
We look forward to continuing this initiative in 2024-2025.

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Intergenerational Cafe

In February Tania facilitated Temple's 3rd Intergenerational Cafe. The Cafe brings Temple undergraduate students together with older people from the Temple Osher Lifelong Learning Institute and the Philadelphia Life Planning Network to engage in intergenerational learning and connection. Each student is paired with an older person to play an innovative card game during four zoom meetings. Feedback about the cafe was overwhelmingly positive. When asked to describe what they learned from the cafe, one participant remarked, "We have more in common than we've been led to believe. Ageism is not acceptable. We must respect each other. We can make our world a better place by collaborating with all generations."

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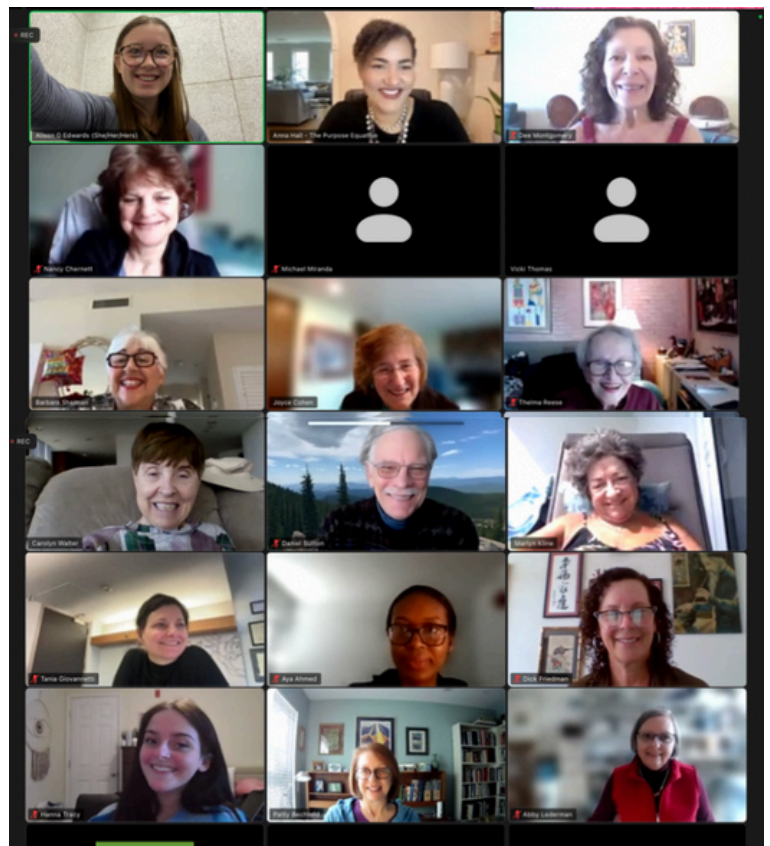
TU Cog Neuro Lab Event: Highlights & Future Directions

Friday November 15th 2024
10:00am-11:00am

on Zoom at

https://temple.zoom.us/my/taniagio

Join us for a special hour to learn about findings from the **Virtual Kitchen Challenge** study and future directions of the lab!

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Ways you can help!

☑ **Participate in our studies.**
We have studies for people with healthy thinking skills as well as people with memory difficulties. Sign up to learn more!

☑ **Stay connected.**
Follow us on Facebook and Twitter @TUcogneuropsych to get future newsletters and learn about future presentations. Learn more about current projects here.

☑ **Donate.**
Consider supporting student research expenses and projects by making a donation online or by mail.

Donate online here.
Follow these instructions:

1. Go to the website and find this on the upper right side of the page.

MAKE A GIFT
Every gift to Temple is an investment in the university – in our students, our faculty, and our research.

$ Enter gift amount   **NEXT**

2. Type the amount you wish to give in the box then click NEXT.

3. At the next page, click the OTHER Box at the bottom (it will turn red).

4. Type "Alzheimer Lab (P1434)" in the box.

5. Click NEXT and continue to follow the prompts.

Alzheimer Lab (P1434)
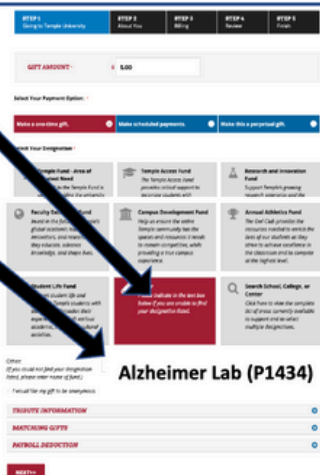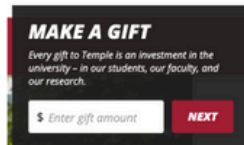
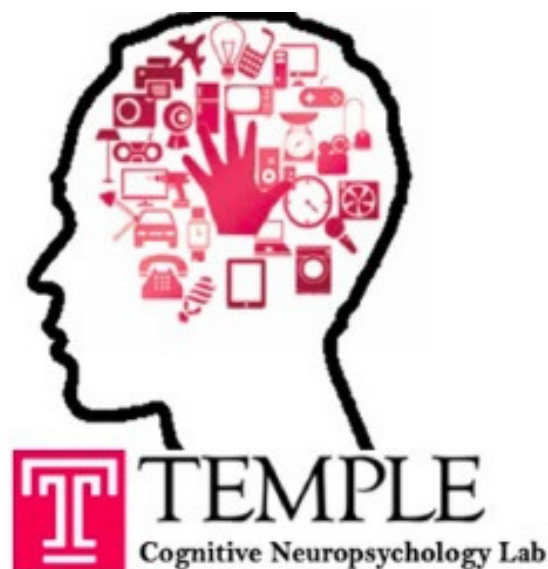Donate by mail.
Follow these instructions:

1. Make check payable to **"Temple University"**

2. Be sure to write **"Alzheimer Lab (P1434)"** in the memo.

3. Mail to
Temple University
Temple University Institutional Advancement
P.O. Box 2890
New York, NY 10116-2890

THANK YOU

We appreciate your interest in our lab. Special thanks to those of you who have participated in our studies. We couldn't do our work without you!

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