

From the Director



Happy 2018! We at HPRC wish you a healthy and fulfilling new year. Looking back, 2017 was energizing and eventful for HPRC. In March, a commemorative special issue of the American Journal of Preventive Medicine was released to celebrate the 30th anniversary of the CDC Prevention Research Centers Program. HPRC authors contributed to eight articles and commentaries in the special issue. In October, we

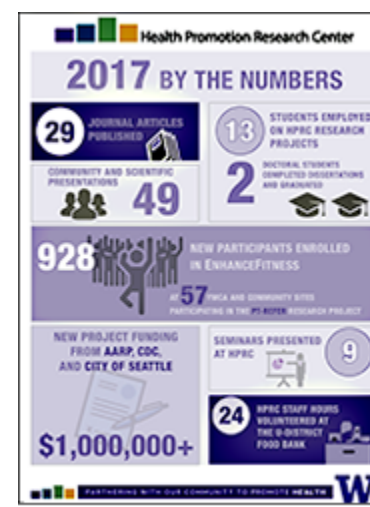
hosted site visits with our Scientific Advisory Board and with colleagues from CDC, and received excellent advice about future directions for our work. Overall, we had a very productive year. Other highlights included:

- Starting new projects funded by AARP, CDC, and City of Seattle, focused on social isolation among older adults, patient navigation for cancer screening, and cognitive impairment and decline in underserved communities.
- Over the year, welcoming the following fantastic new members to our Community Advisory Board:
 - G De Castro**, Asian Counseling and Referral Service
 - Paige Denison**, Sound Generations
 - Dian Ferguson**, Central Area Senior Center, Sound Generations
 - Pama Joyner**, Washington State Department of Health
 - Cathy Knight**, Aging and Disability Services of Seattle-King County
 - Marcia Peterson**, Washington State Health Care Authority
 - Kelsey Stefanik-Guizlo**, American Diabetes Association
- Continuing our 20 ongoing research projects, and inviting several superb students to collaborate with us.
- Seeing two doctoral students who did their dissertations at HPRC graduate: **Sarah Fishleder** is now at CDC, and **Debbie Passey** is conducting research at Xenex Disinfection Services.

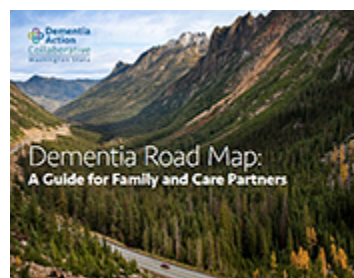
Looking forward, in 2018 we will be busy planning our next five years, as we anticipate writing for our 2019-2024 renewal. We look forward to continuing to collaborate with you and growing new partnerships in pursuit of HPRC's mission and vision: to partner with communities to conduct prevention research that promotes healthy aging and is incorporated into community practice, so that effective healthy aging programs, practices, and policies are widely implemented.

Thanks to you, our colleagues, partners, and students, for everything you do to create healthier communities!

--Peggy Hannon, HPRC Director



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New Guide for Caregivers of People with Dementia

HPRC's Healthy Brain Research Network, as part of the Washington State Dementia Action Collaborative, has helped produce a new resource called "Dementia Road Map: A Guide for Family and Care Partners." [More info and free download here.](#)



February is National Cancer Prevention Month

February 4, 2018, is [World Cancer Day](#) and the start of National Cancer Prevention Month. Read about HPRC's ongoing cancer prevention and control research [here](#).



George Dicks

Community Advisory Board Meeting

Date: Friday, January 26
8:45 am to 12:00 pm
At: Tukwila Community Center [Directions](#)

Join us along with new Chair **George Dicks**, Chair-Elect **Margaret Boddie** and past Chair **Winona Hollins-Hauge**.



Seminar

Workplace Stress-Management Techniques

Date: Thursday, February 8 - 10:00 am to 11:00 am PST
Presenter: Daron Ryan

Attend in person: HPRC conference room [Directions](#)

Attend via webinar:
[Join online here](#)
Meeting ID: 678 336 438
Join by phone: (408) 638-0968

Visit our [website](#) to see a full schedule of upcoming seminars.

Welcome

We are pleased to welcome research coordinator **Lauren Bardin**, who joins our cancer research team.

We also welcome our first new CAB member of 2018, **Mariel Mehdipour**, Public Health - Seattle & King County.

Recent Publications

McGough EL, Lin SY, Betza B, Becofsky KM, Jones DL, Liu M, Wilcox S, Logsdon RG. A Scoping Review of Physical Performance Outcome Measures Used in Exercise Interventions for Older Adults With Alzheimer Disease and Related Dementias. J Geriatr Phys Ther. 2017 Nov 28. [Abstract](#)

[See additional recently published articles here.](#)



HPRC is a [CDC Prevention Research Center](#), building healthier communities together for over 30 years.