

Lifestyle, Culture, and Health Newsletter

Volume 5, Issue 2

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Aloha...

Together as a part of the Lifestyle, Culture, and Health (LCH) 'ohana, we continue to learn about healthy aging. This includes learning about changes in how we think, how our bodies age, and how our memory might change.

Aging begins at birth and we continue to grow and change for our whole lives. You might wonder, do childhood experiences connect to how we are doing as adults? Few research studies can ask this question. When you join us for study activities, you help us answer questions like this. We can't find the answers without you.

We have started a new part of the study, where we would like to call you on the phone for an interview to help us learn about how we change over time. These phone interviews consist of a few questions about your health and brain exercises that involve creativity, problem solving, and memory. Interviews like this have been used in other research studies with people across the world.

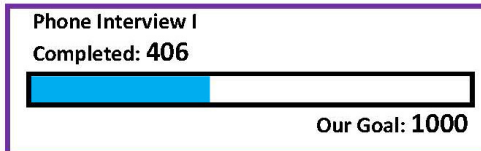
We are asking you to join us for 4 interviews over the next few years. This allows us to learn about normal ways that we are all changing.

To thank you for your help we will send you a \$25-check for completing the first phone interview, and slightly more for each one after that.

No one is expected to score perfectly on every phone interview, and we just ask that you try your best!

Members still have the opportunity to complete a clinic visit. Both first time and follow-up visitors are welcome and will receive \$150/\$300 (O'ahu/ Non-O'ahu).

Please help us reach our goal of having 1000 participants complete the 1st phone interview!



WE WOULD LOVE TO HEAR FROM EVERYONE IN THE LCH STUDY!

PLEASE SCHEDULE AN IN-PERSON CLINIC VISIT OR TELEPHONE INTERVIEW OR BOTH!

Please give us a call at (808) 432-4688 or call the toll-free number at (800) 833-5006.

Sandra Cordero, BA

We would like to welcome **Sandra Cordero.**

Sandra has a Bachelor of Arts in Biochemistry and Molecular Biology. Attending a liberal arts college



contributed to her interdisciplinary approach to solving problems and conducting research. Sandra has been conducting the recently implemented Telephone Interviews. Her comforting and encouraging voice may sound familiar to some of you. She would like to talk to all of you.

We are happy to have Sandra on our team and she looks forward to a Telephone Interview with you!

Aging is growing

MAHALO to our participants who have already joined us for the clinic visit and phone interview!

Study Results, Now and in the Future

LCH participants tell us they are interested in study results, especially after participating for many years. You will find a detailed summary of some study results in this mailing. We have also included some interesting facts about LCH members as a group at the bottom of this page. Look for more study results and interesting facts in future newsletters and mailings!

Why is Your Participation so Important?

When you come in for a clinic visit... *You help us learn:*

- Do some of our bodies age slower than our years would say?
- Do your life experiences shape how your cells age?
- Does the way you were thinking and feeling as a child help us understand your physical health today?

When you complete a phone interview... *You help us learn:*

- Are we changing in the ways we solve problems and remember?
- What do normal changes in thinking and memory look like?
- Does a healthy diet impact thinking and memory?

When you join us for both the clinic and the phone... *You help us learn:*

- Are changes in thinking and memory related to your physical health?
- Can slower aging in the body help us think and remember better?

Interesting Facts about LCH Members

50% of LCH members drink 1 to 2 cups of coffee a day, while 33% reported drinking none

33% have never been on a diet to lose weight

11% have served in the military, state, or National Guard

27% are current smokers

46% have never lived on the mainland

Questions or Concerns? Contact:

Lifestyle, Culture, and Health Project

On O‘ahu (808) 432-4688

Elsewhere toll-free (800) 833-5006

Welcome Dr. Patrick Hill!

We are excited to introduce a new member of the team, Patrick Hill, Ph.D., an associate professor at Washington University in St. Louis. Patrick’s work involves studying the value of leading a purposeful



life for healthy aging. He received his degree in cognitive psychology, which is the study of how individuals think about and remember things. He is assisting with the ongoing Telephone Interviews. He will also help us better capture how members of the LCH study are changing related to life purpose over time. He is excited to be part of the team and has already published some of the findings from the LCH Study!



**Research Staff:
Amy, Jonathan, Darlene,
Valentyna, Yannica, Sandra, Caryn**

**Oregon Research Institute
www.ori.org**

Toll-free (800) 261-4997, x 2286

Update your address and learn more about the project at www.lifestyle.hawaii.edu
