

The Herczeg Institute on Aging

Newsletter No. 15 - November 2015 – Tel Aviv University



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The Herczeg Institute founders:
Rosita and Esteban Herczeg



Dear Readers,

In the past academic year, the Herczeg Institute on Aging has continued its research, professional and communal activities. In the research domain, the Institute's faculty has published a large number of articles in academic literature, received funding from various research grant agencies, and has participated in professional committees and scientific conferences. The annual meeting of the *Doctoral Student Forum on Aging* was held on March 23, 2015, together with Herczeg's *Scholarship Award Ceremony* for PhD students from Tel Aviv University, who conducted aging-related studies in various disciplines across campus. A study day entitled, *Longitudinal Studies on Aging in Israel: Conclusions, Lessons and Benefits*, designed for researchers and for the wider audience interested in aging was held on May 17, 2015. Among the participants in the event were some of Israel's most renowned researchers in the field of Aging. This day also marked the 25th anniversary of the CALAS research, a program supported by the Herczeg Institute for many years.

In the professional domain, the lecture series for gerontologists entitled, *Quality of Life and Mental Health Promotion in Old Age*, took place between January and April, 2015. An expressive therapy workshop on *Creativity and Mental Health in Old Age*, guided by Dr. Ronen Berger, was held on June 25, 2015.

In the community domain, the lecture series for Discount Bank's pensioners, a tradition kept by our institute, took place between January to June 2015. In addition, a conference entitled, *The Internet and Old Age: Academic Investigations and Practical Tools*, designed for professionals working with an older population as well as for the wider audience interested in aging, was held on June 11, 2015, in collaboration with the Orange Institute for Internet Studies at Tel Aviv University. This conference was designed to attract researchers and the general public interested in this dynamic, rapidly growing field of study.

During the upcoming academic year, the Herczeg Institute on Aging will continue its activities. This includes: conducting research endeavors; organizing various events for the academic and the professional communities involved and interested in old age; encouraging young researchers in the fields of aging via special forums and scholarship awards; managing lecture series for particular audiences; holding special meetings with guest scholars from Israel and abroad; maintaining contacts with the public interested in aging through the use of our websites and mailing list; and accelerating fundraising activities with an effort to advance the establishment of a gerontological studies program on campus. **The Herczeg Institute is an active and vibrant agent of the Tel Aviv University for promoting the study and research of aging.**

We wish to inform you that the registration to the new lecture series for Gerontologists is now open. We will continue to inform you about each event separately throughout the year via the [mailing list](#), [web site](#) and [Facebook](#) page.

This year, we are hoping to have yet another exciting and enriching series of meetings, for both professionals and for the general public.

Wishing you a successful academic year,

The Herczeg Institute Team.

Lecture Series for Gerontologists

January - April, Tel Aviv University 2015

Quality of life and mental health promotion in old age

The gerontologists' lecture series is a continuing education program, designed for professionals who interact with the aged population. Its purpose is to provide the participants with new and updated knowledge, while relating it to the everyday professional environment.

Each lecture series includes four double meetings (eight lectures), given by experts from the academy or from the professional field in related disciplines such as psychology, sociology, medicine, nursing, or social work.

Lecture Series Program

Therapeutic and social aspects of psychological resilience in old age

Ms. Yifat Mizrahi (M.S.W.), a clinical social worker, spoke about *Cognitive and behavioral therapeutic methods of developing resilience and coping skills in older persons*.

Mr. Amir Manor, a film director and journalist, spoke about the movie *Epilogue*, which he wrote and directed. The movie tells the story of one day in the life of an elderly couple and describes their physical decline and disappointment from the social welfare policies in Israel.

Health, happiness, maturity and meaning in life in old age

Dr. Dina Eisen, a former family physician who currently writes and lectures about humor and optimistic health, spoke about *The way in which our health is affected by our attitude towards life*, and provided simple, daily tools for happier life

Dr. Denis Charbit, Head of Political Science & International Relations Department at the Open University of Israel, spoke about *Aspects of maturity and meaning in life in the works of Albert Camus*, a French Nobel Prize winning author and philosopher.

Philosophical, psychological and cultural aspects of old age

Dr. Tamar Aylat-Yaguri from the Department of Philosophy at Tel Aviv University, spoke about *Psychological and philosophical aspects of meaning in life in old age*, notably about the concept of death in old age.

Ms. Noa Vana, a doctoral student from the Department of Sociology and Anthropology at Tel Aviv University, spoke about *The influence of cultural differences on the treatment of mentally impaired older persons* and about the social construction of dying in mentally impaired older persons.

Fostering mental and physical health in an ever-changing world

Dr. Eleanor Pardess, clinical psychologist, lecturer and researcher, spoke about *Compassion, self-compassion and fear of compassion among older persons and their families*.

Ms. Lilach Erez (BPT), physiotherapist and lecturer in ergonomics and health, spoke about *Joint health in old age*. The lecture combined theory and practice.

Aging in the Face of a Hostile-World Scenario: A Conceptual and Empirical Investigation of Physical and Mental Health among Older Adults Experiencing Disadvantageous or Distressed Lives

We are glad to announce that a research team headed by Professor Dov Shmotkin, Head of Herczeg Institute, has received a research grant funding from the Israel Ministry of Science, for a study of *Aging in the face of a hostile-world scenario: a conceptual and empirical investigation of physical and mental health among older adults experiencing disadvantageous or distressed lives* (Co-Investigators: Kfir Ifrah and Noam Markovitz). The study started in July 2015 and it is now recruiting participants. See the abstract below.

Abstract: The research deals with the quest for positive quality of life in face of actual and potential adversities experienced in old age. To this purpose, the research applies the model on *the pursuit of happiness in a hostile world* (Shmotkin, 2005, 2011; Shmotkin & Shrira, 2012, 2013) that seeks to understand the links between resilience and vulnerability in challenging life conditions. A key concept in this model is the *hostile-world scenario* (HWS), referring to one's image about actual or potential threats to one's physical and mental integrity. The HWS maintains mutual-dynamic relations with positively oriented systems that includes: (i) *subjective well being* (SWB), referring to people's evaluations of satisfaction and pleasantness in their life; and (ii) *meaning in life* (MIL), referring to people's conceptions of leading a life corresponding to their values and potentials. A major aim in this research is to investigate how the counteracting effects of SWB and MIL over HWS facilitate physical and mental health of older adults despite challenging threats imposed by old age. In order to enlarge the scope of exploration, the research presents both longitudinal and cross-sectional designs. In *Study 1*, the research specifies secondary analyses of a 3-wave, nationally representative sample of older adults ($N = 2,598$ at first wave) in the Israeli branch of SHARE (Survey of Health, Ageing, and Retirement in Europe; SHARE-Israel). In *Study 2*, the research specifies the gathering and analysis of new data in three distinct groups: older handicapped adults; older bereaved parents; and older homosexual and bisexual adults. These three groups (approximately 300 participants in each) will be based on convenience, yet systematically heterogeneous, sampling, and will allow for a more thorough measurement of the model's pertinent concepts. In this framework, the nationwide database of SHARE-Israel, in *Study 1*, will provide normative results of the older population and will also expose the Israeli social diversity in terms of socioeconomic strata (focusing on a target group of elders in severe poverty versus counterparts with a better economic standing), as distributed in major ethnic/cultural groups (focusing on the minorities of new immigrants and Israeli Arabs versus veteran Jews). The poverty group in *Study 1*, along with the additional target groups in *Study 2*, will serve as paradigms for population groups that present intriguing problems of aging. A main question is whether each target group will highlight specific themes within the HWS. The research will provide opportunities for collaborative efforts of experienced researchers together with advanced students over acute issues of adaptation in old age. This endeavor will generate innovative insights for clinicians and other practitioners seeking assessment and intervention methods for at-risk older people whose imperative is to sustain well being in the face of adversity.

The present and future of telemedicine and communication technologies in geriatric medicine: Lessons from Parkinson's disease

Prof. Rivka Inzelberg, Specialist in Neurology

Dept. of Neurology and Neurosurgery, Sackler Faculty of Medicine, Tel Aviv University and the Center of Advanced Technologies in Rehabilitation, Sheba Medical Center

Abstract: Physical or mental disability, travel distance, or a geographically uneven distribution of specialists limit today's access to physicians worldwide. Rapidly growing technology of communication, Internet facilities and devices provide a spectrum of opportunities that may facilitate health care, which is rapidly moving in the direction of e-health. The present article relates to the novel aspects of geriatric medicine in the e-health era using examples derived from studies on Parkinson's disease (PD).

Telemedicine

Remote health services delivery is both feasible and already widely used to replace the urgent lack of specialist visits. Studies have shown that only 40 % of patients diagnosed with PD in the United States (US) have met a movement disorders specialist. In underdeveloped countries, these figures reach extremely small proportions. In China, about two-thirds of PD patients residing in rural areas are estimated to be undiagnosed, in addition to a third of PD patients in the cities as well. Similar observations are true for cognitive neurologists and other geriatric sub-specialties. In several countries, PD motor and cognitive evaluation was successfully and reliably performed via virtual visits. Some of these programs are already mature and functional. In Canada, the Netherlands and some US states, telemedicine programs are serving large populations. The Ontario Telemedicine Network has lately provided care to about 300,000 patients per year, including 600 patients with movement disorders. In these projects, the patient is either at home or reaches a nurse-attended "hub" clinic located in proximity to his/her residence, and the motor evaluation is performed by a remote movement disorder specialist. The health systems have already performed the ethical and administrative preparatory actions and the virtual visits are reimbursed and protected for malpractice, similar to classical face-to-face examinations. In the Netherlands, the ParkinsonNet infrastructure connects a multidisciplinary team and patients. The program covers exercising, medication adherence as well as communication with professionals on a single person interview basis via telehealth video systems. A pilot study at the Movement Disorders and Parkinson's Disease Clinics of the University of Rochester and Johns Hopkins Medical Center in the US showed that quality of life outcomes of virtual visits for PD patients were similar to those of face-to-face examinations. Virtual visits saved the participants on average 3 hours of time and 160 km of travel .

Mobile phones, tablets, sensors and wearable devices for e-health

Smart phones cover a large part of the globe and a multitude of applications have been developed to serve patients. In addition, built-in sensors that include gyroscopes, accelerometers and motion sensors already provide information that may enhance the medical team. Drug regimen adherence is one of the main fields using smartphones. A pilot program in Finland used a web-based tool to set the medication schedule, which then sent SMS text messages as a reminder for advanced PD patients. Seventy percent of patients were able to set the schedule without any help, 91% thought the SMS messages were helpful, 49% stated that the system had a clear benefit and 38% stated it had some benefit. Other programs monitor the Global Positioning System (GPS)

information derived from the phone motion to define the "Lifespace Metrics" of the individual as a reflection of motor capabilities as well as depression. The measuring of motor abilities and the detecting and monitoring of PD symptoms by smartphones or touchpad applied programs is already feasible, with clinical trials integrating the concept of virtual visits and e-data into protocols. Wearable sensors have reached a level that can provide quantitative real-time information on motor activities such as gait or tremors in every day environments. The future prospects encompass systems that may predict and prevent falls .

An "elderly tailored" home

"Home" serves as a place of self-security and comfort for the elderly, however, it often endangers its inhabitants since facilities are not adapted to motor disability, raising the issue of "Person-Environmental Fit" or "Home Environmental Adaptation". About 80% of PD patient falls occur at home. The freezing of gait is triggered at narrow passage areas and locations that require the cognitive switch between motor decisions. Visual cues often improve motor function and may be implemented on the floor of the bathroom and other locations. Very few centers have the multidisciplinary teams that are capable of assessing and consulting for home adaptation. Only 9% of patients are referred to such services in world areas that provide them. A recent review reveals that few studies focus on such expert programs. Given the complexity of each geriatric motor and cognitive condition, a multidisciplinary team including a physical therapist, nurse, social worker, together with technical professionals, may help to tailor an adapted home by implementing simple, mechanical, and practical changes as well as e-health devices such as basic internet and network systems. Education of such expert teams is mandatory. These supposed expensive projects may not only improve quality of life, but also depict an advantageous cost-benefit ratio by preventing falls and the subsequent burden .

Pros and cons

With comprehension that virtual visits are low-cost for the health care system, high-comfort for the patient and family is expected to accelerate the introduction of such programs in the future. There is a wide spectrum of services that can be offered without the cost of expensive clinical space and workers: the possible use of one exercise trainer for several home-located individuals simultaneously forming a virtual class, possible multidisciplinary care such as speech therapy, and dieticians – all of these services are only the beginning.

The novel methodology is expected to bring its own problems such as privacy, the need for education to enable the use of these systems, as well as repressing the fear from novelty at old age. Understanding the need and advantages will help to increase willingness to participate in e-health. Further issues that cover ethics for access to recorded data are: its de-identification, deposition in repositories for later use, its "eternal" character and managing Big Data flowing from sensors, and continuously recording life moments. These are a few concerns in a rapidly growing list.

The future

Israel is a world leader in advanced technologies. The implementation of telemedicine to the Israeli health system requires well-built pilot studies with the prospect of progressing to networks similar to those already functional in North America and the Netherlands. Webinar technologies are starting to work in order to share lectures, disseminate knowledge and increase literacy in patient organization networks. E-health is changing the landscape of clinical practice in medicine by facilitating access of data to health care professionals, easing the decision-making process, and through monitoring and intervention. Tailoring the best programs and technology for the individual needs of the elderly in the contemporary communication revolution era is the challenge of young brains.

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We wish to thank Prof. Inzelberg for writing this article.



Productive Researcher at Age 80: An Interview with Professor Ephraim (Eppie) Yaar

Eppie is Professor Emeritus of Sociology and Social Psychology and head of the Evens Program in Conflict Resolution and Mediation at Tel Aviv University. He has previously served as Dean of the Social Sciences Faculty and Head of the Tami Steinmetz Center for Peace Research.

Eppie was born in Tel Aviv in 1935 to Polish born parents. In 1940, his father was recruited to the British Army and served as a soldier in many World War II battles against the Axis powers. He was only released from service in 1945. From age five to ten Eppie lived alone with his mother and another family in a shared two-room apartment in Tel Aviv.

As a boy, Eppie was a member in the youth movement "Hatnua'a Hameuhedet" (the United Group), a pioneering movement that espoused Zionism and socialism. He studied in "Tichon Hadash" High School in Tel Aviv and, after his graduation, joined his friends from Hatnua'a Hameuhedet in the the Israel Defense Forces (IDF). They served in the Nahal unit and together established kibbutz Nahal Oz (first established as a Nahal settlement one year prior), located near the Gaza Strip in the northwestern Negev desert. After his military service, Eppie stayed in the Kibbutz and worked as a farmer and later as a builder, during which he built fortifications needed against Palestinian infiltrations and mortars bomb firings by the Egyptian Army near Gaza. In 1956, during one of these infiltrations, Palestinian terrorists murdered his childhood friend Roi Rotberg. The eulogy at his funeral was given by the IDF Chief of Staff at the time, Moshe Dayan. In his words, he had called on the Jewish public to remain "prepared and armed night and day" against the Palestinians and the Arab world who wish to annihilate them. "It is not among the Arabs in Gaza, but in our own midst that we must seek Roi's blood. How did we shut our eyes and refuse to look squarely at our fate and see, in all its brutality, the destiny of our generation." (Translated by *Jean-Pierre Filiu*, in his book *Gaza: A History*. Oxford University Press, 2014). At the time, this eulogy was considered to be one of the most influential speeches in Israel's short history.

At the time, the kibbutz only agreed to finance higher education in professions that could be beneficial to the farm, such as engineering or agriculture. Eppie, who wanted to pursue higher education in social sciences, decided to leave the kibbutz and start learning Sociology and International Relations at the Hebrew University, which in 1957 was the only University in Israel. The founder of the Social Sciences Faculty at Hebrew Univ. was Professor Martin Buber, and the staff included Professor Louis Guttman and Professor Shmuel Noah Eisenstadt. Eppie received his BA and continued to study for M.A. in Sociology and Social Psychology. He financed his studies by working as a builder (where he helped build the building of the National Library of Israel at Givaa't Ram) and then as a research assistant at the University. His thesis established a model that predicts the chances of pilot cadets to successfully graduate the Israeli Air Force flight course. The model was accepted by the army authorities and was implemented in future flight courses. Eppie received his M.A. with honors and was offered a spot at the University of Michigan Ann-Arbor's PhD program in Social Psychology, which was, and still is, one of the best programs worldwide in social psychology. He received his PhD, *summa cum laude*, in three years. During his studies, he was conducting research at the University IRS Institute, where he also received his post-doctorate. His PhD thesis, which led to a new conceptual framework for the term *organizational effectiveness*, established him as a leading researcher in the field of organizational research.

Eppie was offered to remain in the U.S, but he decided to return to Israel, where he received a lecturer position at Tel Aviv University's new Sociology and Anthropology department. In 1970, he was appointed senior lecturer, in 1975 as Professor, and in 1980 as full Prof. Among other roles, he was Head of the Department of Sociology and Anthropology, Dean of the Social Sciences Faculty, Head of Israel Sociological Society, a visiting Professor in leading U.S Universities (Columbia, Michigan and more) and Head of the Tami Steinmetz Center for Peace Research. In 1994, he established, together with Professor Tamar Hermann, the Peace Index Project, a project that is still continuing to this day. After retiring in 2003, he founded the Evens Program in Conflict Resolution and Mediation at Tel Aviv University. Six years ago he founded the International Program in Conflict Resolution and Mediation at Tel Aviv University. He continues to publish articles in Israeli and international scientific journals and occasionally writes articles for the Israeli media.

Eppie, how did you establish the Evans Program in Conflict Resolution and Mediation at Tel Aviv University?

According to the University rules, a staff member must retire at age 68. I turned 68 in 2003, and a few months before Itamar Rabinovich, then president of the University, who asked me to establish a new program in conflict resolution, addressed me. I remember he told me: "Until now you have researched conflicts, now you can establish a new program for advanced studies on conflict resolution." I thought about it for a while, and finally decided to take his offer. Before constructing the program curriculum, I checked other programs in Israel and abroad. In Israel, I enquired carefully about the programs at Hebrew University and Bar Ilan University, and I also went through some programs in Europe and in the U.S. When I started writing the new curriculum, I tried to make the proper adjustments for the Israeli students, while also integrating elements from the international academic arena. For example, it was clear that the students in Israel would be relatively old, some of them already working full-time jobs — and therefore the program was opened as a two-year program with only one study day per week. We later expanded the variety of courses within the program so that students could choose between focusing on communal, familial or work conflicts and have the option of adding one more study day per week. On top of that, in the summer between the first and second semester, the students take a practical mediation course designed to train them professionally.

You established the program at age 68, and it required you to specialize in a new academic field. How did you face this challenge?

This is true. I had to comprehensively study the conflict resolution field. I reviewed many academic and law documents, and consulted with experts in the field. I also had to overcome many bureaucratic difficulties. For example, the University teaching committee did not approve academic credit for the practical meditation course, arguing that the course is practical and not academic. I argued that since the course is based upon different theoretical perspectives, there should be academic credit for it. I convinced the committee to approve academic credit for the course by showing them that there are countless examples for practical courses in the University that do receive academic credit in the fields of Law, Architecture, Medicine and more.

Today, 12 years since its establishment, the program is considered very successful. The demand is high and approximately 60 new students are admitted annually. We have also opened another program: The International Program in Conflict Resolution and Mediation, taught in English and adapted for the international arena. Approximately 35 students from all around the world, including Arab countries, are admitted annually for the program, half of them are not Jewish. Despite our success, we are still encountering problems caused by "politics in the university" that delay our development. For example, at the moment we still cannot offer our students a PhD program due to

bureaucratic problems. As a result, we lose students in favor of other institutions in Israel that offer PhD programs. Naturally, these students are highly talented and it is a shame to give up on them. In this context, I recall a famous story about Woodrow Wilson, President of the United States during World War I. Before Wilson was elected president, he served as the President of Princeton University, and it is said that when his friends asked him why he decided to resign from Princeton and run for president in 1913, he told them: "I'm fed up with politics."

What does your average day look like?

I am work at my office on matters relating to the Conflict Resolution Program about four times a week, at least for half a day. I also make sure to take one day off each week to work on my research from home. My wife is a retiree and she is extremely occupied with her hobbies and our grandchildren. We have five grandchildren, the eldest of which is 16 years old. Their life is very important to me and I make sure to spend as much time with them as I can, for as long as they want to spend time with their aging grandfather. I gave up on long tours abroad, including visiting professor positions, so I could remain near my family and my grandchildren. In my spare time I read and listen to classical and Israeli music (I used to play the violin). Beside my research, I am also heading together with Professor Tamar Hermann, the Peace Index Project — a longitudinal research project, based on a monthly survey, that systematically monitors trends in Israeli public opinion regarding the Israeli-Palestinian conflict and the relations between Arabs and Jews. This survey was first conducted in June 1994, a few months after the Oslo Accords.

How do you see yourself aging healthily? How one can age successfully?

Every person has a different personality structure. In the U.S, unlike Israel, there is not a mandatory retirement law. Studies on American researchers show that there is a strong correlation between having the willingness to retire and a decrease in interest and productivity. That means that the person himself can tell whether or not he or she needs to retire or stay in the University to teach and research. Some of my friends, famous professors in the U.S, were tired of teaching and researching and they decided to spend their days painting, crafting or traveling the world. I, personally, am not so fond of it. I love to travel, but it is not meaningful enough for me, mostly because I have been and lived in a lot of places during my life. By the way, the opportunity to live abroad for short or extended periods of time is one of the top rewards the academy could offer for its members. I, like some other friends of mine, still conduct research and have a managerial position and it still gives me the same satisfaction it gave me 30 or 40 years ago when I had to publish articles in order to be appointed in the academic rank. This is a good example of the social-psychological concept of *intrinsic satisfaction*.

The interview was conducted in October 2015. We wish to thank Eppie for his time and effort.



2014

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(*) Names of the faculty members of the Herczeg Institute on Aging are **Bolded**.

See that my grave is kept clean

Blind Lemon Jefferson

Well there's one kind favor I ask of you.
Well there's one kind favor I ask of you.
Lord there's one kind favor, I'll ask of you.
See that my grave is kept clean.

It's a long lane that's got no end.
It's a long lane that's got no end.
It's a long lane, ain't got no end.
And it's a bad wind that there would chain.

Lord there's two white horses in a line.
Well there's two white horses in a line.
Well there's two white horses, in a line.
One take me to my buryin' ground.

My heart stop beatin' and my hands got cold
My heart stop beatin' and my hands got cold
Well my heart stop beatin' Lord, my hands got cold
It wasn't long before everybody climbs aboard.

Have you ever heard a coffin sound?
Have you ever heard a coffin sound?
Have you ever heard a coffin sound?
Then you know that the poor boy's in the ground.

O, dig my grave with a silver spade.
Well dig my grave with a silver spade.
Well dig my grave with a silver spade.
You may leave me down with a golden chain.

Have you ever heard the church bells toll?
Have you ever heard those church bells toll?
Have you ever heard those church bells toll?
Then you know that the poor boy's dead and gone.



See that my grave is kept clean is a Blues song written and composed by the legendary Texas bluesman Blind Lemon Jefferson (1893-1929). The song, recorded in 1927, is considered a blues standard, and was covered extensively, by artists such as Bob Dylan, B. B King, Lou Reed and the Grateful Dead, just to name a few. Narratively, the song addresses death and dying in an unrestricted way. In the song, the author speaks about his upcoming death, and urges some other person to make him "one kind favor" by keeping his grave clean after his death.

The blues as a genre was originated by the African-American communities, in the south of the U.S, around the beginning of the 20th century. The blues roots can be traced back to the African slaves and their descendants, and narratively it often deals with negative or troubled situations, in a way that reflects the hard lives of the African-Americans at that time. In some ways, the blues spirit contains the hardship and bereavement experienced by the African-Americans, and through its musical (such as repetition) and lyrical (such as uncensored writing) mechanisms, it offers them a modest relief from their daily life. Talking freely about death and somewhat accept the idea of death, could maybe relieve the pain of the elderly nowadays, who face constant illness and bereavement.

Here is the link to the original recording: <https://www.youtube.com/watch?v=pX3mxjtpyBc>



Join us at the "Creative Spirit" section. It is a platform for all your creative endeavors, as well as a place for us to share with you relevant inspiring content. We invite you to take an active part in it and send us your creations.

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- About Herczeg Institute on Aging -

The Herczeg Institute on Aging was established in 1992 at Tel Aviv University.

The Institute fosters interdisciplinary research, as evidenced by the joint direction of the Faculty of Social Sciences and the Faculty of Medicine.

The presence of this institute on campus signifies the increasing importance of research on aging-related topics at the university. The Herczeg Institute conducts and promotes an array of studies relating to aging and old age. These studies concern issues such as physical and mental health, health promotion, adaptation and resilience at old age, well-being and quality of life along the life span, cognitive and emotional aging processes, the elderly in society, ill-health at old age, dementia, problems in attending to the old, traumatic life events and the long-term impact of the Holocaust.

Additional goals of the Herczeg Institute include the dissemination of gerontological knowledge in the academia and the community, stimulating researchers of aging and old-age in the various disciplines with a particular emphasis on promoting young researchers in the field and maintaining relationships with decision makers and policy makers in areas related to aging and old age.

The Herczeg Institute is directed by **Prof. Dov Shmotkin**.

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We would appreciate you sharing this newsletter with others who are interested in the field of aging.

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