

The Herczeg Institute on Aging

Newsletter No. 19 – May 2020

Tel Aviv University



The Herczeg Institute on Aging

Bulletin No.19 – May 2020

Contents

A Letter to Our Readers	02
Editorial: <i>On the importance of sleep in old age and how to improve it / Mr. Omer Sharon</i>	04
An overview of the <i>LGBT older adult's conference at Herczeg Institute</i>	08
A summary of a meeting with <i>Dr. Francine Mayran, psychiatrist and artist</i>	10
Poetry: <i>The Panther / Rainer Maria Rilke</i>	11
List of Current Publications by the Herczeg Institute's researchers.....	12
About the Institute	23

The Herczeg Institute on Aging



TEL AVIV אוניברסיטת
UNIVERSITY תל אביב

Contact Information:

The Herczeg Institute on Aging, Tel Aviv University

P.O.B. 39040 Tel Aviv 6997801, Israel

Phone: (972) 3-6409544, Fax: (972) 3-6407339

Web site: www.herczeg.tau.ac.il

Facebook: Like us on [Facebook](#)

E-mail: herczeg@tauex.tau.ac.il

You are welcome to
share and
participate...

Join the Herczeg
Institute's mailing
list and [Facebook](#)
page to stay
updated on
content, events and
activities at the
Institute.

You are welcome to
forward this bulletin
to anyone
interested in the
field of aging.

Visit the Institute's
Website at
www.herczeg.tauex.tau.ac.il

**Graphic design and
editing:**

Gil Barbi

Academic Editor:

Tom Aival

On the Cover:

A portrait by Mia
Franco
<https://mfranco.porfoliobox.net/portraits>



THE INSTITUTE
FOUNDERS:
ROSITA AND ESTEVAN
HERCZEG

–A letter to our readers–



Dear readers,

We are pleased to present Bulletin No. 19 of Herczeg Institute on Aging at Tel Aviv University. The bulletin presents you with diverse contents. The bulletin starts with an editorial article about *The importance of sleep at old age*, by **Mr. Omer Sharon** – one of the awardees of Herczeg's awards for excelling doctoral students. Next, we have added summaries of two events that took place at the Institute: First, *The LGBT (Lesbian, Gay, Bisexual and Transgender) Older Adults Conference*, and second, the meeting with **Dr. Francine Mayran**, a psychiatrist and painter who devotes most of her artwork to advance the remembrance of the Holocaust as well as other genocides. This year's poetry section features the poem *The Panther* by the late German poet Rainer Maria Rilke.

The last year marked the expansion of the staff in the Herczeg Institute. The Institute is currently associated, in different forms of affiliation and activity, with about 50 researchers, including excellent and distinguished faculty members who are interested in the study of aging and its ramifications. In the last year we also renewed the lecture series for gerontologists in the community. This year the chosen theme was: *Between the inner and the external sphere: Creating meaning in the ever-changing reality of old age*.

Unfortunately, these accomplishments were accompanied with a sad feeling, as we also witnessed the passing of Ms. Nitza Eyal. Nitza was a founding member and a prominent researcher in Herczeg Institute. Nitza was also a gifted writer and author, and we will greatly miss her wisdom and insights. This bulletin is dedicated to her memory.

We publish this bulletin in the face of the distressing crisis over the Coronavirus pandemic, which has seriously affected older persons. During this hard time, we wish you all good health, and would like to offer our modest condolences for those grieving the loss of their partner, family member or friend.

Currently, as the situation seems to be improving, we hope to return into full activity. Then, one of our main goals will be to advance research and community activities concerning the virus and its ramifications. Please follow our updates through email to get further information about our activities.

With best wishes,

The staff of the Herczeg Institute on Aging at Tel Aviv University



On the Importance of Sleep in Old Age and How It Can Be Improved

Mr. Omer Sharon, PhD Candidate

The Department of Physiology and Pharmacology, Faculty of Medicine, Tel Aviv University

Advisor: Professor Yuval Nir

A good night's sleep is extremely important. When we spend a sleepless night, or suffer from a poor sleep, the effects of it will be prominent on the next day. Sleep deprivation affects many body functions, starting with those related to appetite control and the immune systems, but particularly to higher brain functions, such as decision making.

When we are very tired, we usually sink into a slow wave sleep (SWS), named after the slow waves observed in the electrical activity recorded using EEG. The peaks of these slow waves are observed on the scalp, when the nerve cells of the brain are in a period of neural quietness, characterized by reduced neural activity. Slow wave sleep is more dominant during the first part of the night, as the more tired we are, the larger the waves. Interestingly, these waves tend to weaken through the night, thus expressing, perhaps, a satisfied need.

Another kind of sleep is the dreaming sleep, also called paradoxical sleep, or Rapid Eye Movement sleep (REM). During this phase, the electric waves are similar to those of waking time, but the muscle tension remains very low, even lower than in slow wave sleep, so that the sleeping person is actually paralyzed (therefore called paradoxical sleep). At the same time, eye movements are rapid (hence the name REM), and when one wakes up, he often reports dreams. This kind of sleep appears more in the second part of the night and towards morning.

Paradoxical sleep and slow wave sleep appear intermittently and cyclically. During the night, both of which are influenced by circadian rhythms (meaning they tend to appear at typical hours of the day, regardless of our bedtime). For example, people who go to bed early and get up early, will spend less time in rapid eye movement sleep.

The sleep patterns, or sleep architecture in the professional jargon, are inclined to changes during the process of aging. From the fifth decade of life, people tend to: (a) go to bed earlier and wake up earlier than before; (b) spend more time trying to fall asleep. (c) sleep less time overall; (d) display more fragmented sleep (more awakenings, and more transitions to a shallow sleep); (e) experience more fragile sleep (more likely to be woken by an external sensory stimulus); (f) spend less time in slow wave sleep (SWS); (g) have slow waves of lower amplitude, and (h) have fewer and shorter sleep cycles overall. Apart from those general changes in the architecture of sleep, there are also changes in the electric oscillations (the sleep waves themselves, as measured by EEG). The most

significant change is the slowing wave activity, when a decrease in the waves' intensity is observed as early as in middle age. These change increases with the aging process.

However, there are major interpersonal differences in older persons' sleeping patterns. Some would have minimal sleep loss, while others would experience dramatic changes. In addition, the frequency of mid-day nap increases greatly with age. About a quarter of those aged 75-84 report mid-day nap, with about half of them reporting they do not plan it. This finding is consistent with the finding according to which a quarter of the elderly report fatigue during the day. This fatigue may be so severe that it is enough to prevent one from carrying out his or her daily routines. The hypothesis is that this fatigue is due to the fragile, fragmented and missing sleep during the night. Even so, daytime fatigue and mid-day drowsiness are not universal features of old age. Many people actually report the opposite with the transition from middle age to old age. Sleep changes are also correlated with other medical or concomitant conditions (e.g., hypertension, diabetes, medication taking, breathing disorders [apnea], chronic pain, depression, and excessive urination at the night).

Beyond normal aging, sleep deprivation is especially common in neurodegenerative diseases that involve dementia. Today, we know that Alzheimer's Disease is characterized by the accumulation of beta amyloid proteins in the brain, and by deterioration of protein skeletons (mainly TAU) of nerve cell axons (axons are the small fibers which interconnect to produce tangles). This disintegration leads to the weakening of the nerve cells connectivity pattern, and eventually, as the disease progresses, to cell death. Subjective and objective measures of sleep deprivation are correlated with the accumulation of amyloid in the cortex, as well as with its concentration in the extracellular fluid.

Recently, human studies have shown that amyloid is associated with the loss of the slowest oscillations of slow wave sleep (<1Hz). Together with other studies which were not mentioned here (see further reading), sleep changes seem to precede cognitive impairments by several years. Thus, in the future, sleep patterns analysis could perhaps support early diagnosis of neurodegenerative diseases. In addition, there seems to be a two-way relationship between sleep quality and amyloid accumulation. Pioneering studies in mice have shown that amyloid levels tend to increase with non-sleep time, while increased slow wave sleep predicts the removal of the amyloid. Moreover, cognitively healthy old people with fragmented sleep patterns are more likely to experience cognitive decline, and are more susceptible to develop Alzheimer's disease. Hence, some argue that insufficient or low quality sleep is a risk factor contributing to the degenerative process, whereas a good quality sleep may serve as a therapeutic and strategic tool for preventing dementia.

The following steps could help you falling asleep more easily:

- First, no panic. There is nothing more harmful to a good sleep than worrying, so it is better not to worry about the sleep itself.

- A light snack before bed may help. For example, many people find that hot milk increases sleepiness, as it contains natural soothing amino acids.
- Avoid stimulants (such as caffeine) found in coffee, tea, cola drinks and chocolate, at least 3-4 hours before bedtime.
- Do not nap during the day.
- Exercise moderately in the afternoon.
- A full and interesting day can benefit a good sleep (for example, when traveling and meeting people).
- Avoid strong bedtime stimuli, such as TV or violent computer games. It is better to relax before falling asleep.
- Use the bed only for sleep and sexual activity.
- Avoid tobacco products, especially before bed.
- Ask your doctor if any of your prescription medicine can affect your sleep.
- During the evening, it is recommended to keep a medium (instead of high) light levels in the house. It is also preferable to avoid overly intense light when using the bathroom late at night.
- In case you do not fall asleep after 20 minutes, get out of bed and engage in quiet activities, such as reading or listening to music. When you feel sleepy again, go back to bed and try to fall asleep again. If 20 minutes have passed and you are still unable to fall asleep, repeat the process.
- Drinking alcohol before bedtime is anesthetic, but it is best to avoid it, since it can also cause awakenings in the middle of the night.
- Low quality sleep is often caused by breathing difficulties, resulting from the anatomy of the mouth and neck anatomy, or from obesity. These complications might interrupt breathing when lying down. Small breathing breaks during sleep can significantly impair sleep quality. If you suspect that this is the case, you should consider getting diagnosed in a sleep lab. Several clinical solutions to this problem are available.

Resources and further reading:

Julie Carrier (PhD) lecture at the Physiological society (2016):

https://www.youtube.com/watch?v=_iSamfYTae8

U.S. National Library of Medicine:

<https://medlineplus.gov/ency/article/004018.htm>

National sleep foundation:

<https://www.sleepfoundation.org/articles/aging-and-sleep>

Mander BA, Winer JR, Walker MP. Sleep and Human Aging. *Neuron*. 2017; 94(1):19–36.

Doi:[10.1016/j.neuron.2017.02.004](https://doi.org/10.1016/j.neuron.2017.02.004)

Persons aged 60-80 years are welcome to participate in Prof. Nir's studies, including an overnight stay at the sleeping lab in Ichilov Medical Center (Tel Aviv). For more details please contact omerxsharon@gmail.com



Three awards were granted this year to excelling doctoral students at Tel Aviv University, who have conducted research on aging-related topics. These awards commemorate the late Shmuel Friedberg. This year's awardees were:

Mr. Omer Sharon (Physiology and Pharmacology Department, Sackler Faculty of Medicine) for his study entitled: *The effects of sleep on memory consolidation in healthy and demented elderly*. Advisor: Professor Yuval Nir.

Ms. Moria Degan (Center study of Movement, Cognition, and Mobility of the Neurology Department, Sourasky Medical Center, Sackler Faculty of Medicine) for her study entitled: *Mechanisms contributing to freezing of gait in patients with Parkinson disease*. Advisors: Professor Jeffrey M. Hausdorff and Professor Nir Giladi.

Mr. Asaf Buch (Epidemiology and Preventive Medicine Department, Sackler School of Medicine), for his study entitled: *The effect of circuit resistance training, empagliflozin or "Vegiterranean diet" on the physical and metabolic function in older subjects with type 2 diabetes*. Advisor: Professor Naftali Stern.

LGBT Older Adults Conference at Herczeg Institute



On February 21, 2019, the Herczeg Institute on Aging hosted a conference for researchers and professionals who interact with Lesbian, Gay, Bisexual and Transgender (LGBT) older adults. The conference was organized in collaboration with The Aguda –The Association for LGBTQ Equality in Israel; JDC-Eshel (Israel); Hoshen – the public education and awareness-raising arm of the LGBT community in Israel; the Social Services Department at Tel Aviv-Jaffa Municipality; and the Tel Aviv Municipal LGBT Community Center.

The conference started with a welcome speech and greetings from Professor Dov Shmotkin, Head of the Herczeg Institute; Dr. Einat Argavan, Head of Aging Section in the Social Services Department of Tel Aviv-Jaffa Municipality; Ms. Chen Ariely, Head of the Association for LGBTQ Equality in Israel; and Mr. Yossi Heymann, Executive Director of JDC-Eshel.

The program then continued with a lecture by Dr. Yitschak Schnoor (Myers-JDC-Brookdale Institute, Jerusalem) entitled *Needs of the aging LGBT community in Israel* (together with Dr. Ayelet Berg-Warman). The lecture mapped the difficulties experienced by older LGBT people, particularly in the fields of health and social services. The results showed that social difficulties of old age, such as loneliness and isolation, are augmented among aging LGBT. Moreover, older LGBT experience concerns when contacting social and health services, largely due to their fear of disclosing their sexual orientation or identity.

Next was Attorney Michal Eden, the Principal of LGBT Rights at the Israel Bar Association, who delivered a lecture entitled *Legal issues of LGBT seniors*. The lecture summarized the legal failures and difficulties that disrupt lives of older LGBT during crises, such as hospitalization or bereavement. This community is facing double discrimination on the grounds of age and sexual orientation. The lecture concluded with a review of some possible solutions to these difficulties.

The next lecture was by Dr. Kfir Ifrah (Ruppin Academic Center) and Dr. Geva Shenkman Lachberg (IDC Herzliya), entitled *Psychological well-being among gay and bisexual adults and older men in Israel: Challenges alongside strengths*. The lecture presented findings from recent studies depicting the duality of resilience versus vulnerability, as it manifested in different aspects of mental health among aging and older homosexuals. In this group, for example, negative psychological attitudes toward aging were related to higher vulnerability, while parenting was related to higher levels of meaning in life. These findings, together with other studies, could be applicative to clinicians and counselors working with older gay men.

Concluding this part of the conference was Dr. Ruth Litwin, a clinical social worker, with her lecture entitled *When sexism, homophobia and ageism meet: Lesbianism in late life*. The lecture dealt with acknowledging and valuing the narrative of aging lesbian women – who try to gain visibility and acknowledgment after a long period of hiding and social rejection. The lecture also addressed the difficulties of aging lesbians when contacting social and mental health services, and offered possible solutions for it.

The conference ended with a panel of aging LGBT people who shared their life stories. This panel was moderated by Neta Wolf, coordinator of LGBT older adults in Hoshen. The participants were: Efrat Tilma (71), one of the first trans women in Israel, a volunteer in the Israeli Police, and author of the book: "And this one will be called a woman" (In Hebrew); Mordechai Zilberman (85), who lately lost his spouse after 60 years of partnership, and is now active in senior LGBT issues; and Ruben Rosenblum (64), a clinical social worker, who works in public organizations and in a private clinic, and is an activist in the gay community.

The panel members spoke about their coping with discriminative and exclusionary attitudes towards their gender and sexual orientation, but also about moments of fulfilment and happiness.

The Herczeg Institute wishes to thank all the lecturers, participants and organizations who took part in this important and successful event.



Dr. Kfir Ifrah, faculty member at Ruppin Academic Center, and Shelly Natan, manager of psycho-social field, Aguda –The Association for LGBTQ Equality

A Meeting with Dr. Francine Mayran, Psychiatrist and Artist

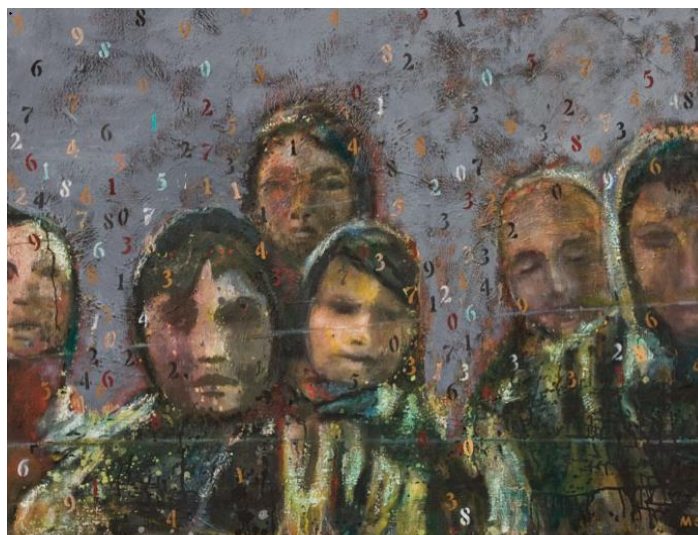


On May 2, 2019, The Herczeg Institute on Aging at Tel Aviv University hosted Dr. Francine Mayran, a psychiatrist and painter from Strasbourg, France. Dr. Mayran dedicates most of her artwork to advance the remembrance of the Holocaust as well as other genocides. During her visit, Dr. Mayran met with scholars from Tel Aviv University and delivered a lecture entitled: "Holocaust memory through artistic means: Tools and insights."

At the lecture, Dr. Mayran presented examples of her paintings, which depict Holocaust scenes as well as survivors' portraits of the [Holocaust](#), the [Romany people](#) genocide, the [Armenian](#) genocide, the [Tutsi](#) genocide in Rwanda and the [Yezidi](#) genocide in Iraq. In her work, she tries to transfer awareness and remembrance of them. She presented her work in many exhibitions in Europe, met with numerous survivors, and conducted educational work with children and youths on these topics. She regards her artwork (paintings and ceramics) as giving a voice for those who cannot speak and preserving a memory of largely untalkable experiences.

We wish to thank Dr. Mayran for her visit and very meaningful lecture. Notably, the Herczeg Institute collaborates with Cymbalista Center and Kantor Center at Tel Aviv University in organizing an exhibition of Dr. Mayran's paintings as well as a related academic event. This activity marks the long-standing engagement of the Herczeg Institute and its researchers over the years with the study of Holocaust survivors and their aging trajectories in the shadow of their trauma.

The front cover of Francine Mayran's book album: **Bearing Witness on these Lives: Painting the Memory** (in French)



TEMOIGNER DE CES VIES
PEINDRE LA MÉMOIRE

FRANCINE MAYRAN

The Panther / Rainer Maria Rilke

Translation from German to English: Jessie Lemont.



His weary glance, from passing by the bars,
Has grown into a dazed and vacant stare;
It seems to him there are a thousand bars
And out beyond those bars the empty air.

The pad of his strong feet, that ceaseless sound
Of supple tread behind the iron bands,
Is like a dance of strength circling around,
While in the circle, stunned, a great will stands.

But there are times the pupils of his eyes
Dilate, the strong limbs stand alert, apart,
Tense with the flood of visions that arise
Only to sink and die within his heart.



Originally published in the book *Poems by Rainer Maria Rilke*. (New York: Tobias A. Wright Publisher, 1918). See an online version of the book at Project Gutenberg:

https://www.gutenberg.org/files/38594/38594-h/38594-h.htm#THE_PANTHER

Rainer Maria Rilke (1875-1926) was a notable Bohemian-Austrian poet and novelist. He wrote the poem *The Panther* (1902) after witnessing a caged panther at the Ménagerie du Jardin des Plantes, a zoo at Paris. The author describes a panther overpowered by its imprisonment, in such a way that its inner world is eliminating, leaving it unable to distinct between the caged bars and its own self. This work could have several interpretations. Perhaps, this terrible feeling of vanishing inner self is similar to feelings experienced by some older people (e.g., Alzheimer's patients, severely disabled persons) who deteriorate behind their confining bars.

List of Recent Publications by The Herczeg Institute's Researchers

2018

- Azmon, M., Gayus, N., Michal, H., Olmer, L., & **Cukierman-Yaffe, T.** (2018). The association between glucose control and functional indices in older people with diabetes. *International Journal of Endocrinology*. doi: 10.1155/2018/1053815
- Barer, Y. Ohad Cohen, **Cukierman-Yaffe, T.** (2018). The effect of glycemic control on cardiovascular disease in individuals with type 2 diabetes with pre-existing cardiovascular disease - a systematic review and meta-analysis. *Diabetes Obesity & Metabolism*. doi: 10.1111/dom.13581
- Bar-Tur, L., **Ifrah, K.**, Moore, D., Kamin, S. T., & Lang, F. R. (2018). How do emotional closeness and support from parents relate to Israeli and German students' life satisfaction? *Journal of Family Issues*, 39(11), 3096-3123. doi: 10.1177/0192513X18770213
- Bodas, M., Siman-Tov, M., **Kreitler, S.**, & Peleg, K. (2018). The role of victimization in shaping households' preparedness for armed conflicts in Israel. *Disaster Medicine and Public Health Preparedness*, 12(1), 67-75. doi: 10.1017/dmp.2017.38
- Cohen-Mansfield, J.** (2018). Do reports on personal preferences of persons with dementia predict their responses to group activities? *Dementia and Geriatric Cognitive Disorders*, 46(1-2), 100-108. doi: 10.1159/000491746.
- Cohen-Mansfield, J.** (2018). Non-pharmacological interventions for persons with dementia: What are they and how should they be studied? *International Psychogeriatrics*, 30(3), 281-283. doi: 10.1017/S104161021800039X
- Cohen-Mansfield, J.** (2018). The impact of group activities and their content on persons with dementia attending them. *Alzheimer's Research & Therapy*, 10-37. doi: 10.1186/s13195-018-0357-z
- Cohen-Mansfield, J.**, & Regev, I. (2018). Retirement preparation programs: An examination of retirement perceptions, self-mastery, and well-being. *Research on Social Work Practice*, 28(4), 428-437. doi: doi.org/10.1177/1049731516645194
- Cohen-Mansfield, J.**, **Cohen, R.**, Skornick-Bouchbinder, M., & Brill, S. (2018). What is the end of life period? Trajectories and characterization based on primary caregiver reports. *The Journals of Gerontology: Series A*, 73(5), 695-701. doi: 10.1093/gerona/glx195
- Cohen-Mansfield, J.**, **Hazan, H.**, Lerman, Y., Shalom, V., Birkenfeld, S., & **Cohen, R.** (2018). Efficacy of the I-SOCIAL intervention for loneliness in old age: Lessons from a randomized controlled trial. *Journal of Psychiatric Research*, 99, 69-75. doi: 10.1016/j.jpsychires.2018.01.014
- Cohen-Mansfield, J.**, Perach, R., Kadmon Stern, T., Albeck, S., Rotem, D., Arnov, T. L., & Lerman, Y. (2018). Telephone hotline for aging: Information needs, quality of service, and insights. *International Social Work*, 61(5), 681-691. doi: 10.1177/0020872816651702

- Cohen-Mansfield, J., Sela, A. H., Iecovich, E., & Golander, H.** (2018). Quality of care for frail older persons in a homecare setting: What is it and how can it be measured? *International Psychogeriatrics*, *30*(9), 1259-1267. doi: 10.1017/S1041610217002228
- Cohen-Mansfield, J., Skornick-Bouchbinder, M., & Brill, S.** (2018). Trajectories of end of life: A systematic review. *The Journals of Gerontology: Series B*, *73*(4), 564-572. doi: 10.1093/geronb/gbx093
- Cohen-Mansfield, J., Skornick-Bouchbinder, M., Hoshen, M., & Brill, S.** (2018). The relationship between health services standardized costs and mortality is non-linear: Results from a large HMO population. *Health Policy*, *121*(9), 1008-1114. doi: 10.1016/j.healthpol.2017.07.004
- Crimmins, E. M., Saito, Y., Kim, J. K., Zhang, Y. S., **Sasson, I.**, & Hayward, M. D. (2018). Educational differences in the prevalence of dementia and life expectancy with dementia: Changes from 2000 to 2010. *The Journals of Gerontology: Series B*, *73*(suppl. 1), S20-S28. doi: 10.1093/geronb/gbx135
- Fajkowska, M., & **Kreitler, S.** (2018). Status of the trait concept in contemporary personality psychology: Are the old questions still the burning questions? *Journal of Personality*, *86*(1), 5-11. doi: 10.1111/jopy.12335
- Hazan, H.** (2018). That's how we were: individual, group, and collective in the Tel Aviv of "Late summer blues". In H. Herzog and E. Ben-Rafael (Eds.), *Language and communication in Israel* (pp. 53-76). New York: Routledge. doi: 10.4324/9781351291040
- Hazan, H., & Romberg, R.** (2018). Tilting the frame: Israeli suicide as an alternative to suicide in Israel. In H. Boas, Y. Hashiloni-Dolev, N. Davidovitch, D. Filc & S.J. Lavi (Eds.), *Bioethics and biopolitics in Israel: Socio-legal, political, and empirical analysis* (pp. 295-312). Cambridge, UK: Cambridge University Press. doi: 10.1017/9781316671986.016
- Ifrah, K., Shenkman, G., & Shmotkin, D.** (2018). How does sexual orientation relate to openness to experience along adulthood? *Personality and Individual Differences*, *131*, 164-173. doi: 10.1016/j.paid.2018.04.030
- Itzhaki, M., **Bluvstein, I.**, Peles Bortz, A., Kostistky, H., Bar Noy, D., Filshtinsky, V., & Theilla, M. (2018). Mental health nurse's exposure to workplace violence leads to job stress, which leads to reduced professional quality of life. *Frontiers in Psychiatry*, *9*, 59. doi: 10.3389/fpsyt.2018.00059
- Jensen B. & **Cohen-Mansfield, J.** (2018). Attendance in recreational groups for persons with dementia: The impact of stimulus and environmental factors. *American Journal of Alzheimer's Disease & Other Dementias*, *33*(7), 471-478. doi: 10.1177/1533317518788158
- Kreitler, S.** (2018). Empathy: How much is right? a methodology for the management of empathy in the context of healthcare. In C. Pracana & M. Wang (Eds.), *Psychology Applications & Developments IV* (Advances in psychology and psychological trends series) (pp. 12-23). Lisbon, Portugal: InScience Press. ISBN: 978-989-54312-0-5
- Kreitler, S.** (2018). Empathy without empathic exhaustion. In C. Pracana & M. Wang (Eds.), *Psychological applications and trends (InPact)* (pp. 3-7). Lisbon, Portugal: InScience Press. ISBN: 978-989-99864-5-9

- Kreitler, S.** (2018). Meaningfulness of life and existential distress in cancer patients with advanced disease. *Psycho-Oncology*, 27, 144. doi: 10.29011/acep-101.100001
- Kreitler, S.** (2018). Personality traits as patterns of meaning assignment tendencies. *Journal of Personality*, 86(1), 55-68. doi: 10.1111/jopy.12315.
- Kreitler, S.** (2018). The meaning profiles of anxiety and depression: Similarities and differences in two age groups. *Cognition and Emotion*, 32(7), 1499-1513. doi: 10.1080/02699931.2017.1311248
- Kreitler, S.** The mind-body problem: The perspective of psychology. (2018). *Open Journal of Philosophy*, 8(1), 60-75. doi: 10.4236/ojpp.2018.81006
- Lurie, L. (2018).** Gender and retirement – towards equality in public and private pension arrangements. (In Hebrew). *Research Report submitted to the National Insurance Institute*. Retrieved from: <https://www.btl.gov.il/Mediniyut/BakashatNetunim/dohot/Documents/luriya.pdf>
- Lurie, L.** (2018). Pension privatization in Israel. In A. Paz-Fuchs, R. Mandelkern, & I. Galnoor. (Eds.), *The privatization of Israel – the withdrawal of state responsibility* (pp. 101-121). Jerusalem: The Van Leer Jerusalem Institute and New York: Palgrave Macmillan.
- Mizrahi, E. H.,** Lubart, E., & Adunsky, A. (2018). Functional outcome of elderly hip fracture patients is not affected by prefracture dementia. *American Journal of Physical Medicine & Rehabilitation*, 97(11), 789-792. doi: 10.1097/phm.0000000000000969
- Natovich, R., Gayus, N., Azmon, M., Michal, H., Twito, O. G., Yair, T., ... & **Cukierman-Yaffe, T.** (2018). Supporting a comprehensive and coordinated evaluation of the elderly with diabetes by integrating cognitive and physical assessment in the evaluation process. *Diabetes/Metabolism Research and Reviews*, 34(7), e3030. doi: 10.1002/dmrr.3030
- Ohana, I., **Golander, H.,** & Barak, Y. (2018). Aging of Holocaust survivors: Discrepancies between subjective and general health in the greater Tel Aviv area. *The Israel Medical Association Journal (IMAJ)*, 20(4), 207-210.
- Raz, H., & Kreitler, S. (2019). Meaning correlates of mental pain in pediatric cancer survivors. *Acta Scientific Neurology*, 2, 88-100. doi: 10.31080/asne.2019.02.0090
- Sheehan, C., Montez, J. K., & **Sasson, I.** (2018). Does the functional form of the association between education and mortality differ by US region? *Biodemography and Social Biology*, 64(1), 63-81. doi: 10.1080/19485565.2018.1468239
- Shenkman, G., **Ifrah, K.,** & **Shmotkin, D.** (2018). Meaning in life among middle-aged and older gay and heterosexual fathers. *Journal of Family Issues*, 39(7), 2155-2173. doi: 10.1177%2f0192513x17741922
- Shenkman, G., **Ifrah, K.,** & **Shmotkin, D.** (2018). The association between negative attitudes toward aging and mental health among middle-aged and older gay and heterosexual men in Israel. *Aging & Mental Health*, 22(4), 503-511. doi: 10.1080/13607863.2016.1274374
- Shenkman, G., Shrira, A., **Ifrah, K.,** & **Shmotkin, D.** (2018). Interpersonal vulnerability among offspring of Holocaust survivors gay men and its association with depressive symptoms and life satisfaction. *Psychiatry Research*, 259, 89-94. doi: 10.1016/j.psychres.2017.10.017

Tepper, S., Alter Sivashensky, A., Rivkah Shahar, D., Geva, D., & **Cukierman-Yaffe, T.** (2018). The association between Mediterranean diet and the risk of falls and physical function indices in older type 2 diabetic people varies by age. *Nutrients*, 10(6), 767. doi: 10.3390/nu10060767

Teshuva, K., **Cohen-Mansfield, J.**, Iecovich, E., **Golander, H.** (2018). Like one of the family? Understanding relationships between migrant live-in care workers and older care recipients in Israel. *Ageing & Society*, 1-22. doi: 10.1017/S0144686X1800003X

Twig, G., Tirosh, A., Derazne, E., Haklai, Z., Goldberger, N., Afek, A., ... & **Cukierman-Yaffe, T.** (2018). Cognitive function in adolescence and the risk for premature diabetes and cardiovascular mortality in adulthood. *Cardiovascular Diabetology*, 17(1), 154. doi: 10.1186/s12933-018-0798-5

Van Raalte, A. A., **Sasson, I.**, & Martikainen, P. (2018). The case for monitoring life-span inequality. *Science*, 362(6418), 1002-1004. doi: 10.1126/science.aau5811

Books

Monterescu, D., & **Hazan, H.** (2018). *Twilight nationalism: From identity politics to politics of existence in a Palestinian-Israeli city*. Redwood City: Stanford University Press.

2019

Alon-Shenker, P., & **Lurie, L.** (2019). Do trade unions promote age diversity and intergenerational solidarity in the workplace? A view from Canada and Israel. *Labor Law Journal*.

Blokh, D., Stambler, I., Lubart, E., & **Mizrahi, E. H.** (2019). An information theory approach for the analysis of individual and combined evaluation parameters of multiple age-related diseases. *Entropy*, 21(6), 572. doi: 10.3390/e21060572

Cohen-Mansfield, J., & Sommerstein, M. (2019). Motivating inactive seniors to participate in physical activity: A pilot RCT. *American Journal of Health Behavior*, 43(1), 195-206. doi: 10.5993/ajhb.43.1.16

Cohen-Mansfield, J. (2019). What does conducting a clinical study teach you? Insights to improve care and enhance collaboration. *Journal of the American Medical Directors Association*, 20(2), 110. doi: 10.1016/j.jamda.2018.12.020

Cohen-Mansfield J., & Eisner R. (2019). The meanings of loneliness for older persons. *Ageing Mental Health*, 17, 1-11. (Advance online publication). doi: 10.1080/13607863.2019.1571019

Cohen-Mansfield J. (2019). Who is informed and who uninformed? Addressing the legal barriers to progress in dementia research and care. *Israel Journal of Health Policy Research*, 8, 17. doi: 10.1186/s13584-018-0279-z. PubMed PMID: 30782212.

Cukierman-Yaffe, T., Bosch, J., Jung, H., Punthakee, Z., & Gerstein, H. C. (2019). Hypoglycemia and incident cognitive dysfunction: A post hoc analysis from the ORIGIN trial. *Diabetes Care*, 42(1), 142-147. doi: 10.2337/dc18-0690

Golander, H. (2019). Mini research projects as a mechanism to improve the quality of dementia care. *Israel Journal of Health Policy Research*, 8(1), 16. doi: 10.1186/s13584-018-0273-5

Bar-Tur, L., **Ifrah, K.**, Moore, D., & Katzman, B. (2019). Exchange of emotional support between adult children and their parents and the children's well-being. *Journal of Child and Family Studies*, 28, 1250-1262. doi:10.1007/s10826-019-01355-2

Kreitler, S. (2019). The many faces of creativity. In S. Kreitler (Ed.), *Frontiers in creativity*. Hauppauge, New York: Nova Publishers. ISBN: 978-1-53616-637-8

Kreitler, S. (2019). Towards a consensual model in personality psychology. *Personality and Individual Differences*, 147, 156-165. doi: 10.1016/j.paid.2019.03.009

Lifshitz, R., Ifrah, K., Markovitz, N., & Shmotkin, D. (2019). Do past and prospective adversities intersect? Distinct effects of cumulative adversity and the hostile-world scenario on functioning at later life. *Aging & Mental Health* (available online ahead of print). doi: 10.1080/13607863.2019.1597014

Lifshitz, R., Nimrod, G., & Bachner, Y. G. (2019). Spirituality and wellbeing in later life: A multidimensional approach. *Aging & Mental Health*, 23(8), 984-991 doi: 10.1080/13607863.2018.1460743.

Lurie, L. (forthcoming). Should age discrimination be an integral part of employment discrimination law? *Theoretical Inquiries of Law*, 21(1).

Palgi, Y., Shrira, A., Kavé, G., Rubinstien, T., & **Shmotkin, D.** (2019). Which factors do older adults consider when estimating the time left for them to live? *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, 74(1), 69-73. doi: 10.1093/geronb/gby048

Sasson, I., & Hayward, M. D. (2019). Association between educational attainment and causes of death among white and black US Adults, 2010-2017. *JAMA*, 322(8), 756-763. doi: 10.1001/jama.2019.11330

Shenkman, G., & **Shmotkin, D.** (2019). Self-Perceived parental role and mental health concomitants among Israeli gay and heterosexual fathers. *Journal of Homosexuality* (available online ahead of print). doi: 10.1080/00918369.2018.1555392

Shenkman, G., **Ifrah, K., & Shmotkin, D.** (2019). Interpersonal vulnerability and its association with depressive symptoms among gay and heterosexual men. *Sexuality Research and Social Policy* (available online ahead of print). doi: 10.1007/s13178-019-00383-3

Shrira, A., Palgi, Y., & **Shmotkin, D.** (forthcoming). Aging in the shadow of trauma: Meaning in life as a resource for older adults in Israel. In O. Mayseless & P. Russo-Netzer (Eds.), *Search for meaning in the Israeli scene*. Oxford, UK: Oxford University Press.

Twig, G., Reichman, B., Afek, A., Derazne, E., Hamiel, U..., **Cukierman-Yaffe, T....** & Pinhas-Hamiel, O. (2019). Severe obesity and cardio-metabolic comorbidities: A nationwide study of 2.8 million adolescents. *International Journal of Obesity*, 43(7), 1391-1399. doi: 10.1038/s41366-018-0213-z

Books

Kreitler, S. (2019). *Psycho-oncology for the clinician*. Basel: Switzerland: Springer International Publishing. doi: 10.1007/978-3-030-06126-5

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

–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**.

Faculty members

Prof. Jiska Cohen-Mansfield, Ph.D.

Dr. Tali Cukierman-Yaffe, M.D

Prof. Hava Golander, Ph.D.

Dr. Eliyahu Mizrahi, M.D

Prof. Haim Hazan, Ph.D.

Prof. Shulamith Kreitler, Ph.D.

Prof. Jacob (Jackie) Lomranz, Ph.D.

Dr. Lilach Lurie, Ph.D.

Prof. Dov Shmotkin, Ph.D.

Dr. Isaac Sasson, Ph.D.

Administrative Staff

Gil Barabi –
Administrative Coordinator

Tom Aival –
Academic Coordinator

Join us and stay up-to-date

If you are interested in receiving updated information about events and activities, please join our [Mailing List](#). We also invite you to Like us on our [Facebook](#) page.

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

Contact Information:

The Herczeg Institute on Aging, Tel Aviv University

P.O.B. 39040 Tel Aviv 6997801, Israel

Phone: (972) 3-6409544, Fax: (972) 3-6407339

Web site: www.herczeg.tau.ac.il

Facebook: Like us on [Facebook](#)

E-mail: herczeg@tauex.tau.ac.il



Join us at the "Creative Spirit" section in our website. 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.

CREATIVE SPIRIT ONLINE | SEND US AN E-MAIL

