

BOSTONRISE hopes
you had a sunny
summer and wishes
you a lovely
autumn!

NEW STUDY!

WE WILL BEGIN ENROLLING 60 SUBJECTS IN THE FALL OF 2014 FOR A STUDY LOOKING AT MUSCLE HEALTH. IT WILL INVOLVE 2 VISITS (1 AT SPAULDING CAMBRIDGE & 1 AT MGH CLINICAL RESEARCH CENTER).

IF YOU HAVE INTEREST IN PARTICIPATING, PLEASE CALL LAURA KURLINSKI FOR MORE INFORMATION: 617-952-6951.

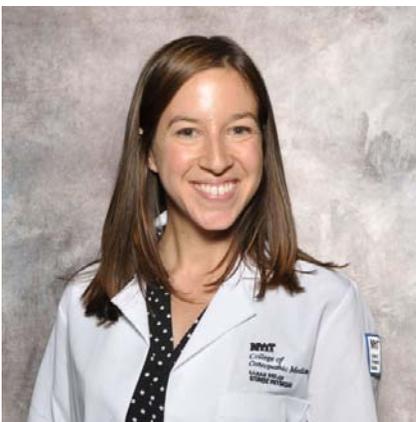
New Staff!



Marla Beauchamp joined the Boston RISE team as a physical therapist and postdoctoral research fellow in 2012. Marla's research is examining the measurement properties of questionnaires commonly used in rehabilitation for older adults. Hailing from Canada, Marla received her PhD from the University of Toronto in Canada, where she studied balance assessment and treatment in individuals with lung disease. When she's not doing research, Marla enjoys spending time with her son, Henry, and helping out with animal rescue groups.



Rachel Ward joined the Boston RISE team as an epidemiologist and postdoctoral research fellow in 2013. Rachel received her PhD from the University of Pittsburgh, where her research focused on peripheral nervous system impairments and mobility in older adults. Her current research investigates hip fractures, falls, and mobility in older adults. Last winter was a harsh welcome to the native Floridian, but Rachel (a Black Belt in Karate!) toughed it out and looks forward to more adventures as she continues to explore Boston!



Sarah Welch is doing a year of research with Dr. Bean and the Boston RISE team. She is between her third and fourth year of medical school at the New York Institute of Technology's School of Osteopathic Medicine. Ultimately, she hopes to apply for residency in Physical Medicine and Rehabilitation to become a research-oriented academic physiatrist. In her current project, she is studying predictors of falls in older adults. It has provided a unique learning experience which has fostered her growth as a researcher. Outside of work, Sarah enjoys running marathons and playing with her Boxer dog, Buddy!

Staff Updates!



Dr. Jonathan Bean visits lab mentee, Mette Pedersen, in Copenhagen, Denmark. Mette is a Physical Therapist researcher pursuing her doctoral degree. She spent 3 months in Boston working in our lab.



Julia, Braidie, Laura & Paige gathered in Cambridge.

Dr. Jonathan Bean and **Laura Kurlinski**

remain dedicated to the RISE study at Spaulding Cambridge. Dr. Bean was a featured speaker at a recent symposium in Copenhagen, Denmark and his audience was very interested to learn about the study! Laura looks forward to continuing to call RISE participants every 3 months as well as conducting in-person assessments for the new muscle health study.

Braidie Campbell graduated from Tufts University School of Medicine with a Masters in Biomedical Sciences. She is employed as a Research Coordinator in the Department of Endocrinology at MGH.

Nicole Holt continues at MGH's Department of General Medicine, Medical Practice Evaluation Center.

Paige Landry graduated from Northeastern University's Physician Assistant Studies (MS) program this past August. She is working in the Dermatology Department at Harvard Vanguard.

Courtney Opalenik continues her studies at Bay Path University's Physician Assistant program in Longmeadow, MA. She is currently enjoying her surgery rotation.

Julia Thomas is in her fourth & final year of medical school. She is applying to Family Medicine residency programs across the country with a focus on Geriatrics.



PUBLICATIONS TO-DATE:

We have previously shared 3 papers with you:

- *The Boston Rehabilitative Impairment Study of the Elderly: A description of methods* in Archives of Physical Medicine and Rehabilitation
- *A comparison of straight and curved path walking tests among older adults* in Journals of Gerontology: Medical Sciences.
- *Which neuromuscular attributes are most associated with mobility among older primary care patients?* in Archives of Physical Medicine and Rehabilitation.

We are happy to share **3 additional papers:**

- *CT-Based Muscle Attenuation and Electrical Impedance Myography as Indicators of Trunk Muscle Strength Independent of Muscle Size in Older Adults* in American Journal of Physical Medicine & Rehabilitation.
- *Mild Cognitive Impairment Status and Mobility Performance: an Analysis from the Boston RISE Study* in Journals of Gerontology: Medical Sciences.
- *Reconceptualizing Balance: Attributes associated with balance performance* in Experimental Gerontology.

FULL TEXT OF ALL PAPERS CAN BE FOUND ON THE BOSTON RISE WEBSITE: [HTTP://WWW.BOSTONRISE.ORG](http://www.bostonrise.org)