2008 Committee on Aging (CONA)

CONA welcomes its two newest members, Dolores Gallagher Thompson, PhD, ABPP and Chandra Mehrotra, PhD, who began three-year terms in January. They join Peter A. Lichtenberg, PhD, ABPP (Chair), Merla Arnold, PhD, RN (Chair-Elect), Victor Molinari, PhD, ABPP, and Michael Smyer, PhD on CONA. A fond farewell and thank you to Rosemary Blieszner, PhD, and Florence Denmark, PhD for all of their efforts as members of CONA over the past three years!

CONA and the Office on Aging
10th Anniversary Celebration

2008 marks the 10th Anniversary of the year that CONA held its first meeting and the Office on Aging was established. It was during the APA Presidency of Norman Abeles, PhD (1997) that the Council of Representatives established a continuing Committee on Aging. The Proposal for the Committee on Aging, drafted that year envisioned that, “What is currently a fragmented effort will become a powerful voice promoting psychological research and practice that enhances quality of life for older people…” We have come a long way in the past 10 years in this regard due to the efforts of the 27 current and past members of CONA and its predecessor, the Ad Hoc Committee on Issues of the Older Adult.
Other CONA Events at the APA 2008 Convention

CONA and the Office of Continuing Education will cosponsor the first all-day, preconvention, geropsychology continuing education workshop, “What Psychologists Should Know about Working with Older Adults.” This workshop will increase the competencies of psychologists interested in work with older adults. Our distinguished presenters, Rosemary Blieszner, PhD, Chandra Mehrotra, PhD, Peter A. Lichtenberg, PhD, ABPP, Martita Lopez, PhD, Chandra Mehrotra, PhD, Manuel Miranda, PhD, Victor Molinari, PhD, ABPP, Denise Park, PhD, Leonard W. Poon, PhD, Forrest Scogin, PhD, Anderson Dodd Smith, PhD, Michael Smyer, PhD, Beth Hudnall Stamm, PhD, Barbara Yee, PhD, Steven Zarit, PhD, Antonette Zeiss, PhD.

We are celebrating this developmental milestone at Convention. We will begin with a CONA CELEBRATION on Friday, August 15th from 6:30-9:00 pm (room to be determined). Save the date and plan to stop by!

Then, the CONA 10th Anniversary Symposium, “Moving Psychology Forward in an Aging Society: Progress and Possibilities” will be held Saturday, August 16th from 2:00-2:50 pm, Boston Convention Center, Room 257B. Michael Smyer, PhD, current CONA member and a member of the 1996 Ad Hoc Committee on Issues of the Older Adult, will present. The 2008 CONA Award for the Advancement of Psychology and Aging will also be presented at this symposium.

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For the second year in a row, a Presidential Symposium on aging will be offered. This year, as part of President Kazdin’s Grand Challenges Presidential Initiative, CONA has developed, “Responding to the Challenges of Aging: Lessons from Medicine, Psychology, and Law.” Presenters Robert C. Green, M.D., M.P.H., Boston University Schools of Medicine and Public Health; Sara Honn Qualls, PhD, University of Colorado at Colorado Springs; and Charles P. Sabatino, JD, Director, ABA Commission on Law and Aging will focus on dementia and mental health, addressing the medical, clinical psychology, and legal aspects of some emerging issues in this area of gerontology, highlighting the implications of these issues for psychological science. CONA immediate past-chair, Rosemary Blieszner, PhD, Virginia Polytechnic Institute and State University, will moderate and Michael Smyer, PhD, Boston College, will serve as discussant. It will be held August 15th from 11:00 am-12:50 pm, Boston Convention Center, Room 253B.
“Best Practices of Integrated Care: Opportunities and Challenges,” sponsored by CONA and the Committees on Disability in Psychology, Ethnic Minority Affairs, Psychology and AIDS, and the Board for the Advancement of Psychology in the Public Interest, will highlight models of integrated care across social status, disability status, age, multicultural representation and chronic diseases. It will be held on August 16, from 5:00-5:50 pm, Boston Convention Center, Room 256. Presenters include: Peter Lichtenberg, PhD, ABPP, Lydia P. Buki, PhD, Erica Johnson, PhD, Tomas A. Soto, PhD, MPH and Harriet G. McCombs, PhD, of the Health Research Services Administration (HRSA), as discussant.

The Office on Aging will once again prepare its Sessions on Aging Issues convention program guide and distribute to all newsletter recipients in July.

APA Presidential Task Force on Integrated Health Care for an Aging Population (IHAP)

Blueprint for Change: Achieving Integrated Health Care for an Aging Population, the report of Dr. Sharon Brehm’s Presidential Task Force on Integrated Healthcare for an Aging Population (IHAP) is now available. It was adopted as APA policy in February. The Blueprint informs psychologists about how to enter and function within an integrated team of health care professionals to ensure appropriate and effective health care for older adults.

CONA and the Office on Aging are committed to ensuring the wide dissemination of the Blueprint and the translation of its recommendations into effective practice. Next steps include the development of fact sheets for the following audiences: policymakers to make clear psychologists’ involvement in and contributions to this expanding model of care; graduate faculty and training directors to provide guidance to on how to shape and develop careers that would emphasize care for older adults in integrated settings; and, older adults and their families to provide information and skills to improve coordination of their care.

CONA Spring 2008 Meeting Summary

CONA held its first meeting of the year on March 28th-30th. A sample of the activities undertaken at this meeting follows.

CONA met with a number of guests to promote the incorporation of aging issues onto their agendas including APA President Alan E. Kazdin, PhD; APA President Elect James Bray, PhD; Board of Directors member, Douglas Haldeman, PhD; Steve Breckler, PhD, Executive Director, Science Directorate; Katherine Nordal, PhD, Executive Director, Professional Practice; Steve Sorkin, PhD, Associate Executive Director, Office of Continuing Education and Professional Development; Nina Levitt, EdD, Associate Executive Director, APA Government Relations Office; and Jessica Kohout, PhD, Director, Center for Psychology Workforce Analysis. CONA members also visited other Committees during the meeting to discuss possibilities for joint efforts. For example, CONA met with the Committee on Lesbian, Gay, Bisexual, and Transgender Concerns to discuss how to encourage NIA to foster investigator-initiated proposals focused on LGBT issues and populations; and with Psychology Teachers in Community Colleges to discuss aging related resources available for their use.
Another of CONA’s tasks during the Consolidated Meetings is to provide input on APA Cross-Cutting Agenda items. These are items that are working their way through the governance structure to the Council of Representatives to be considered as possible APA policy. CONA typically provides comments on most items on the Cross Cutting Agenda. For example, at this recent meeting CONA recommended that the Task Force on Resilience and Strength in Black Children and Adolescents incorporate a discussion of the parental role being assumed by many African American grandparents, which was absent in the report. CONA also urged the Task Force on Gender Identity, Gender Variance, and Intersex Conditions to broaden their report’s definition of development to include a lifespan perspective as there are many legal, medical and social issues that intersect with aging concerns for LGBT individuals.

CONA also used its meeting time to work on current and plan future projects. They discussed ways to market the 2008 preconvention Continuing Education Workshop and the possibility of recording it for use as an on-line CE program. CONA discussed their Priming the Geropsychology Pipeline Project that involves working with educators at all levels, including high school, community college, and graduate school, and with early career psychologists, to encourage careers in geropsychology. It was decided to work more closely with Division 2 (Society for the Teaching of Psychology), and to develop a listing of funding resources for age-related study for students at all levels of training.

CONA also developed a plan for future activities related to President Kazdin’s Grand Challenges Initiative including exploring a special journal issue on this topic, and providing input to the Science Directorate on themes for its proposed booklet on the contributions that psychology can make to the challenges of an aging society.

CONA Nominations

Nominations are being solicited for both the 2008 CONA Award for the Advancement of Psychology and Aging and for the 2009-2011 term of membership on CONA. See the last two pages of this newsletter or the CONA web page for the Calls for Nominations.

ABA/APA Capacity Assessment in Older Adults Project

The ABA/APA Assessment of Capacity in Older Adults Working Group was established in 2003. Its current effort is the development of Assessment of Older Adults with Diminished Capacity: A Handbook for Psychologists. It will be completed in late 2008. It will be the third in a series that includes handbooks for lawyers (2005) and judges (2006). The first two handbooks are very popular. 30,000 copies of the lawyers’ handbook have been downloaded from the APA website and it has been presented at National Association of Elder Law Attorneys, National Guardianship Association and National College of Probate Judges’ (NCPJ) meetings, as well as at numerous local CLE programs. The judicial book was the focus of the 2006 NCPJ conference and consistently receives approximately 1,500 online “hits” per month.
As Jennifer Moye, PhD, Working Group member recently noted, 31 states now explicitly recognize psychologists as experts qualified to assess capacity under guardianship, and many states are moving to adopt procedures that call for more extensive clinical evaluation of older adults under guardianship proceedings. Massachusetts has just adopted a new medical certificate for guardianship based on the model form developed for the Working Group’s judicial handbook. A number of geropsychologists are involved in providing professional education to legal professionals in their community regarding capacity assessment of older adults. Of note, forms developed in the judicial handbook are available for states to use and modify according to jurisdictional needs. Psychologists may wish to work with state courts around these matters.

Current members of the Assessment of Capacity in Older Adults Project Working Group are: Barry Edelstein PhD, Peter Lichtenberg, PhD, ABPP, Daniel Marson, JD, PhD, Jennifer Moye, PhD, David Powers, PhD, Charles Sabatino, JD (Director, ABA Commission on Law and Aging), Aida Salvidar, PhD, Erica Wood, JD (Associate Director, ABA Commission on Law and Aging), and Stacey Wood, PhD.

Aging Policy Update

Diane Elmore, PhD, MPH, Senior Legislative and Federal Affairs Officer in the Public Interest Government Relations Office (PI-GRO), is directing the APA efforts on a number of aging issues including:

- **Integrated Care/SAMHSA Reauthorization** - secured the inclusion of mental health and aging provisions from the Positive Aging Act (S.982/H.R. 1669) in the Senate draft bill to reauthorize SAMHSA.

- **Geriatric Mental Health Workforce** - worked closely with the office of Senator Barbara Boxer (D-CA) during the creation of her recently introduced geriatric workforce bill, the Caring for an Aging America Act of 2008 (S. 2708), which includes psychologists among the geriatric health care professionals eligible for the loan repayment program proposed in the legislation.

- **Lifespan Respite Care Act** - as a member of the National Respite Coalition continue to advocate for full funding of the Lifespan Respite Care Act (P.L. 109-442).

- **Grandparents and Kinship Caregivers** - continue to educate policy makers about the needs of these individuals and urge their support of legislation, including the Kinship Caregiver Support Act (S. 661/H.R. 2188).

- **Disasters and Elders** - at the 2008 Convention, Diane Elmore, PhD, MPH, APA PI-GRO; Joan Cook, PhD, Yale University; Lisa Brown, PhD, University of South Florida; and Jennifer Campbell, PhD, Grant Makers in Aging, will offer a Division 20 sponsored symposium entitled, “Disasters and Elders: Have our Response and Recovery Systems Improved?”
The National Coalition on Mental Health and Aging

At the January meeting of NCMHA, representatives of the Center for Medicare and Medicaid Services’ Division of Partner Relations met with the Coalition. They oversee technical assistance programs for 115 State Health Insurance Assistance Programs (SHIPs) that direct one-on-one counseling to Medicare beneficiaries. A SHIP-TAP (Technical Assistance Program) Toolkit, *Medicare Benefit Counseling for People with Mental Illness: A Guide for SHIP Directors* is available. The toolkit and other information about the program are available on their website.

NCMHA also welcomed Gene Cohen, Director, Center on Aging, Health & Humanities at George Washington University. NCMHA viewed *do not go gently: the power of imagination in aging*. The film, which recently aired on PBS, illustrates the role of creativity and art in contributing to a long, happy, healthy and vibrant life. Narrated by Walter Cronkite, the film uncovers the science of lifelong creativity through interviews with Dr. Cohen and others. After the film, the discussion continued with an overview of the *Creativity and Aging Study*, funded in 2001 by the National Endowment for the Arts. It was a multi-site national study with the aim of measuring the impact of professionally conducted community based cultural programs on the general health, mental health, and social activities of older persons.

APA has been the organizational home for the National Coalition on Mental Health and since 2001. Deborah DiGilio, Director of the APA Office on Aging, is current chair. Other APA representatives are geropsychologist, David Powers, PhD and Diane Elmore, PhD of the Government Relations Office.

For more information on these and other aging policy initiatives, please see the PI-GRO website and Dr. Elmore’s contact information listed under Contact Us on page 9.

**The National Coalition on Mental Health and Aging**

Elder Abuse - invited Lisa Brown, PhD, University of South Florida, to present “Ending Elder Abuse, Neglect, and Exploitation” at a February congressional briefing regarding trauma across the lifespan in collaboration with Representatives Davis (D-IL) and Platts (R-PA). APA is also a member of the Elder Justice Coalition, an alliance dedicated to enacting the Elder Justice Act (H.R. 1783/S. 1070).

Lisa Brown, PhD, presenting “Ending Elder Abuse, Neglect, and Exploitation” at February congressional briefing.

For more information on these and other aging policy initiatives, please see the PI-GRO website and Dr. Elmore’s contact information listed under Contact Us on page 9.

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In the News

**Psychology’s Growth Careers** reports that with an increasing number of Americans 65 and older, demand for geropsychologists is growing as well. *Monitor on Psychology, Volume 39, No. 4 April 2008.*

**Warding off Dementia** describes the growing body of cognitive aging research that identifies ways people can guard against dementia and other cognitive disorders. The work of Drs. Sherry Willis, K. Warner Schaie, Margie Lachman, Yaakov Stern and Martha Storandt (2007 CONA Award for the Advancement of Psychology and Aging recipient) is highlighted. *Monitor on Psychology, Volume 39, No. 3 March 2008.*


**Averting a Crisis** looks at Dr. Sheung-Tak Cheng’s international work with the Hong Kong government and the United Nations on creative, low-cost strategies that can help prepare for the aging population. *Monitor on Psychology, Volume 38, No.11 December 2007.*

**SAMHSA’s Reauthorization** reports on APA’s recommendations for Congress’s reauthorization of the Substance Abuse and Mental Health Services Administration including those related to older adults. *Monitor on Psychology, Volume 38, No 11 December 2007.*

**Early-Alzheimer’s Patients Financial Study**, conducted by Dr. Daniel Marson and his team at the University of Alabama-Birmingham’s Alzheimer’s Disease Center, showed that Alzheimer’s patients showed a substantial decline in overall financial capacity compared with healthy seniors. USA Today, March 10, 2007.

**APA Task Force Urges Integrated Health Care Model as Population Ages:** Developing a model of integrated health care is essential as the U.S. population ages, and mental health care providers can make unique and critical contributions to this paradigm. *APA Press Release, February 2008.*

**Resources**

**The APA Older Adults and Insomnia Resource Guide** has been recently updated. This annotated bibliography of journal articles, relevant books and resources is available on the Office on Aging website.

**Caregiving Mailing Listserv** maintained by the National Alliance for Caregiving, provides news, events, research, public policy, and programs related to family caregiving.

**Cash and Counseling: Improving the Lives of Medicaid Beneficiaries Who Need Personal Care or Home- and Community-Based Services** published by Mathematica Policy Research, evaluates Cash and Counseling home and community based services in Arkansas, Florida, and New Jersey.
Facilitating Voting as People Age: Implications of Cognitive Impairment, a voting rights and cognitive impairment policy submitted by the ABA Commission on Law and Aging, was adopted by its House of Delegates. It resulted from a working symposium of national experts in law and aging, medicine, long-term care, voting technology, and elections administration.

Global Age-Friendly Cities: A Guide, published by the World Health Organization, is based on research conducted in 35 cities in 22 nations that involved interviews with 1500 older adults and 750 caregivers and service providers.

Guarding the Guardians: Promising Practices for Court Monitoring, authored by Naomi Karp of the AARP Public Policy Institute, and Erica Wood of the ABA Commission on Law and Aging, offers help to courts around the country to ensure that the vulnerable adults under their jurisdiction receive appropriate care and financial management by their guardians. AARP and ABA identify exemplary courts with excellent guardianship monitoring practices and provide a menu of promising practices that other courts can adapt and use to enhance their monitoring.

Information Partners can Use: Medicare Drug Coverage under Medicare Part A, Part B and Part D is a new tip sheet from the Centers for Medicare and Medicaid Services that provides an overview of drugs covered within each of the Medicare program components (You can find the tip sheet by entering the publication number 11315-P in the search field).

Rosalynn Carter Institute for Caregiving maintains an Evidence Based Interventions Resource Center, including a database of effective psycho-educational intervention programs for professional and family caregivers.

Rural Assistance Center has an Information Guide on Aging on their web page. Specific tools, funding, journals, organizations and other valuable resources related to rural aging are posted.

State Perspectives on Emerging Medicaid Long-Term Care Policies and Practices is a survey of state officials on long-term care released by the National Association of State Medicaid Directors.

Unified Health Communication 101: Addressing Health Literacy, Cultural Competency, and Limited English Proficiency is a free online course developed by the Health Resources and Services Administration.
Aging at APA

The Office on Aging: The Office works to promote aging issues within APA, among its members, other professionals, policy makers and the public. It strives to bring psychological knowledge to bear on discussions regarding matters that affect older adults. Deborah DiGilio is the Director of the Office.

The Committee on Aging (CONA): CONA is a six-member committee of psychologists with substantive professional expertise in aging issues who are selected to serve three-year terms. CONA works toward the optimal development of older adults, expanded scientific understanding of adult development and aging, and the delivery of appropriate psychological services to older persons.

Public Interest Government Relations Office: This Office works on aging policy issues at the federal level. Diane Elmore, PhD is the Senior Legislative and Federal Affairs Officer who manages a policy portfolio that includes aging issues.

APA Division 20 (Adult Development & Aging): APA Division 20 is concerned with the study of psychological development and change throughout the adult years. Their website includes resources for educators and students, information about graduate programs for students interested in pursuing this field, publications, conference information, and links to other sites.

APA Division 12- Section II (Society for Clinical Geropsychology): APA Division 12, Section II is devoted to research, training, and the provision of psychological services for older adults. Their website includes information on training opportunities for students and professionals including clinical psychology internships, postdoctoral fellowship opportunities, and continuing education offerings, and research funding and job information.
CALL FOR NOMINATIONS
APA Committee on Aging
Award for the Advancement of Psychology and Aging

The Committee on Aging (CONA) of the American Psychological Association invites nominations, including self-nominations, for its award for the Advancement of Psychology and Aging. This award for outstanding achievement is presented annually to recognize psychologists and friends of psychology who have made significant contributions to the mission of CONA. The mission of CONA is to pursue the following goals:

Science: Provide strong and visible advocacy for a scientific agenda on aging to policymakers and private and public funding agencies.
Practice: Promote the practice of psychology by advocating policies that enhance the availability and reimbursement of health and mental health services to older adults and their families.
Policy: Contribute to the formulation and support of public policies and associated regulations that promote optimal development of older adults, facilitate psychological practice with older persons, and expand scientific understanding of adult development and aging.
Education: Promote inclusion of knowledge about adult development and aging in all levels of education, including continuing education, training programs, and professional development of psychologists.
Public Interest: Promote the application of psychological knowledge to the well-being of older people, with special attention to the influences of gender, ethnicity, culture, sexual orientation, and family in science, practice, and policy relating to older adults.
Public Affairs: Develop and disseminate information concerning the scientific findings and practice issues about older adults to psychologists, other professionals, policymakers, and the public.
APA: Serve as a visible focus for the coordination of information among groups within APA that address aging issues and offer consultation to relevant APA boards, committees, divisions, state associations, and directorates; also ensure that older members of APA receive the appropriate attention of the association.

Successful candidates will have made significant contributions in one or more of the areas of the CONA Mission stated above. All nominations must include a current curriculum vitae of the candidate and three letters of reference. Reference letters should indicate the categories in which the candidate has made contributions related to aging (Science, Practice, Policy, Education, Public Interest, Public Affairs, APA). Additionally, letters should address the nominee’s leadership activities, contributions, and scope of influence that advance knowledge for and about older adults and aging issues, foster understanding of older adult’s lives, and improve the status of older adults.

Nominations are solicited by CONA on a yearly basis with a June 30th deadline for receipt of nominations. The award is presented at the APA Convention. Prior recipients of the CONA Award for Psychology and Aging were the following:

2007  Martha Storandt, PhD
2006  Antonette Zeiss, PhD
2005  Margaret Gatz, PhD
2004  George Niederehe, PhD
2003  Norman Abeles, PhD

Nominations and supporting materials should be sent to Deborah DiGilio, Director, APA Office on Aging, Public Interest Directorate, American Psychological Association, 750 First Street, N.E., Washington, D.C. 20002-4242. Questions can also be directed to Ms. DiGilio at 202-336-6135 or ddigilio@apa.org.
Call for Nominations to the APA Committee on Aging

The Committee on Aging (CONA) is accepting nominations, including self-nominations, for two new members. CONA is the chief committee within the APA governance structure charged with addressing aging concerns. In its 10\textsuperscript{th} year of existence, CONA seeks full members of APA with specialization in aging issues to serve a three-year term beginning January 2009 and ending December 2011.

CONA places priority on maintaining representation within the Committee’s membership that reflects the diversity of psychology and society, including (a) individuals with experience in research, clinical training and practice, policy and advocacy, and education; (b) early- and mid-career psychologists and those who are retired or employed less than full time; and (c) diversity with respect to ethnicity, culture, age, gender, ability, sexual orientation, and geographic location.

CONA’s mission is to advance psychology as a science and profession and as a means of promoting health and human welfare by ensuring that older adults, especially the growing numbers of older women and members of minority groups, receive the attention of the Association. Its goals include:

- provide leadership for a scientific agenda on aging,
- advocate for policies that enhance availability and reimbursement of health and mental health services to older adults and their families,
- contribute to the formulation and support of public policies that promote optimal development of older adults, facilitate psychological practice with older persons, and expand scientific understanding of adult development and aging,
- promote inclusion of knowledge about adult development and aging in all levels of education,
- develop and disseminate information concerning the scientific findings and practice issues about older adults,
- serve as a visible focus for the coordination of information among groups within APA that address aging issues and offer consultation to relevant APA boards, committees, divisions, state associations, and directorates, and
- ensure that older members of APA receive appropriate attention from the Association.

For an overview of CONA’s activities since its inception, visit http://www.apa.org/pi/aging/cona01.html.

Selected candidates will be required to attend two committee meetings each year in Washington, DC, with expenses reimbursed by the APA, and are encouraged to attend a CONA meeting held during the APA Convention at their own expense. Members are also expected to participate in email discussions and bi-monthly conference calls, work on Committee priorities between meetings, provide consultation to the Director of the APA Office on Aging, and participate in policy advocacy activities.

Nomination materials should include a current curriculum vitae and a letter from the nominee indicating willingness to serve on CONA and highlighting specific competencies, interests, and potential contributions to the work of CONA. Letters of support from other APA governance groups and divisions, state psychological associations, or other organizations are desirable but not required. Prior applicants are encouraged to reapply.

**Nominations and supporting materials should be sent by September 1, 2008 to:** Deborah DiGilio, Director of the Office on Aging, American Psychological Association, 750 First Street NE, Washington, DC, 20002-4242 or ddigilio@apa.org.