Margie E. Lachman, Ph.D.
Terry Fulmer, Ph.D.

Funded by the National Institute of Aging (NIA)
Goals of Boston Roybal Center

http://www.brandeis.edu/roybal/

1) Promote health through increases in active engagement (physical, social, cognitive activity)

2) Apply basic research findings to pilot test interventions
   – Implement a multicomponent model of behavior change
     • Personalized approaches- goal setting
     • Motivational and Self-Regulatory Mechanisms
     • Provides means to social support
   – Target vulnerable, underserved populations, those at greatest risk
   – Use a common core of measures
   – Work with an interdisciplinary team of investigators and local community organizations
Structure of the Boston Roybal Center

Executive Committee
- M. Lachman, Chair (Brandeis)
- T. Fulmer (NEU)
- A. Jette (BU)
- L. Lipsitz (HMS/HSL)
- J. Lubben (BC)

Subcommittees and Working Groups

Management & Administrative Core A
- Co-Leaders:
  - M. Lachman (Brandeis)
  - T. Fulmer (NEU)

Pilot Studies Core B
- Co-Leaders:
  - A. Jette (BU)
  - L. Lipsitz (HMS/HSL)
  - Pilot Investigators

External Advisory Committee
- Academic Advisors
- Community Advisors
- Corporate Advisors
- TBD

Center Faculty
- Core Leaders
- Pilot Investigators
- Affiliated Faculty
Pilot Projects – Year One

- **Christina Costa, Boston College**
  Enhancing the Health-Promoting Effects of Older Adults’ Activity Portfolios: The Development, Feasibility and Initial Efficacy of a Real-Time, Ecologically Sensitive Intervention  
  **Mentor: James Lubben**

- **Elizabeth Howard, Hebrew Senior Life**
  Promoting Optimal Wellness among Elders through Vitalize 360 (Power V-360):  
  **Mentor: Lew Lipsitz**

- **Holly Jimison, Northeastern University**
  Remote Health Coaching Technology to Address Depression Risk Factors in Older Adult Populations with Health Disparities  
  **Mentor: Terry Fulmer**

- **Nancy Latham, Boston University**
  A web-based training module for peer-coaches to promote exercise adherence in people with neurological conditions  
  **Mentor: Alan Jette**

- **Carmen Sceppa, Northeastern University**
  Does exercise-induced improvements in emotion regulation enhance daily physical activity and well-being in frail sedentary older adults  
  **Mentor: Terry Fulmer**