

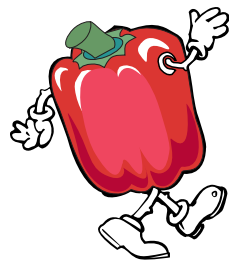
What are *Pepper Volunteers*?

- People 60 years of age and older who are interested in participating in research on muscle function, fitness, and health and well-being of older persons. Muscle strength will be studied considering the effects of exercise, nutrition and hormones.

What are the benefits of being a *Pepper*?

- Monetary reimbursements for time and travel.
- Study-related meals and parking.
- Information about your own health.
- Free extensive lab work up.
- Free comprehensive screenings for heart disease and some types of cancer.
- Free newsletter and health information.
- Information shared with personal physicians if you so desire.
- Opportunity to help other seniors have a better quality of life through scientific, experimental findings.

If you are 60 or older, and qualify, you can be a "*Pepper*" too!



Twelve *Pepper Centers* are located around the United States: in North Carolina, Massachusetts, California, Connecticut, Kansas, Michigan, New York, Missouri, and **here** in Galveston, Texas.



What is the UTMB *Pepper Center*?

- Part of a group of centers nationwide focused on various types of research related to keeping older Americans living independently.
- Funded by the National Institute on Aging.

Who are the physicians and scientists conducting the *Pepper* studies at UTMB?

- A variety of studies will be conducted over several years by geriatricians, nutritionists, endocrinologists, exercise physiologists, occupational therapists, physical therapists, advanced practice nurses, cardiologists, vascular specialists, laboratory scientists and others.
- The focus of UTMB Claude Pepper Older Americans Independence Center programs will be a coordinated team effort to examine the effect of exercise, nutrition and hormonal therapy on muscle strength and function in the elderly.



Please complete the information on the tear off card and we will be glad to provide more information on the *Pepper* studies and how you can participate.

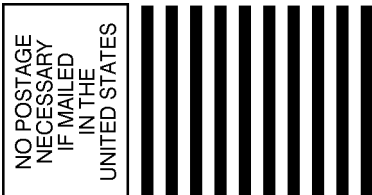


- I am interested in more information about the *UTMB Pepper Center* for anyone 60 years of age and older.
At UTMB there is also the Sealy Center on Aging Volunteer Registry for anyone 55 years of age and older. Volunteers will have opportunities to participate in a variety of research studies related to aging and receive free newsletters.

- I am interested in more information about the Sealy Center on Aging Volunteer Registry.

Name -----
Address -----
City ----- State ----- Zip -----
Phone ----- Date -----

Claude Pepper Center
The University of Texas
Medical Branch
at Galveston, Texas



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The human life span is often likened to the changing seasons. These UTMB researchers are not attempting to engineer eternal springtime by creating a race of immortal gods. But, by studying the causes and effects of aging, perhaps they can make the winter weather easier to bear.

How do I get more information on the *Pepper Center*?

- Contact Sue Minello, R.N., M.S.N., the Recruitment Coordinator:
(409) 772-8350
(800) 298-7015
- E-mail: sue.minello@utmb.edu
- Mail us the **request card** found in this brochure. (Postage is paid.)
- Visit our internet sites at <http://aging.utmb.edu> or www2.utmb.edu/gcrc/
- E-mail us on the web at gcrc@utmb.edu



Remember when...

- ... there was no television?
- ... there was no radio, or radio only part of the time?

But there *was* music and dancing!

Then you could become a **Pepper Volunteer**.

PEPPER VOLUNTEERS

Claude Pepper
Older Americans
Independence
Center

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UTMB

The University of Texas Medical Branch
at Galveston

UTMB Sealy Center on Aging