








## Who 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 to determine the effects of exercise, nutrition and hormones. Time and travel are reimbursed for qualified participants.

## What are the benefits of being a Pepper?

-  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 discoveries

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



Eleven 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?

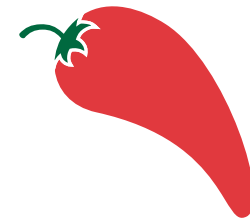
A variety of studies will be conducted over several years by geriatricians, nutritionists, endocrinologists, exercise physiologists, occupational therapists, physical therapists, advanced practice nurses, cardiologists, vascular specialists, laboratory scientists and others.

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 postage-paid card and we will be glad to provide more information on the Pepper studies and how you can participate.

**PEPPER VOLUNTEERS**  
Claude Pepper  
Older Americans Independence Center



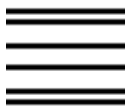
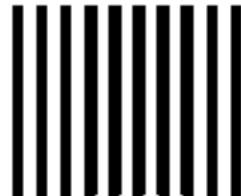
I am interested in more information about the **UTMB Pepper Center** for anyone 60 years of age and older.

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**.

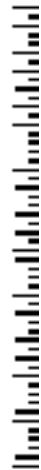
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GALVESTON TX 77553-9925



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

Contact the recruitment coordinators:  
Sue Minello, R.N., M.S.N., A.N.P., CCRC  
(409) 772-8350

or

Roxana Hirst, M.S., Clinical Gerontology  
(409) 772-3588

Toll-free  
(800) 298-7015

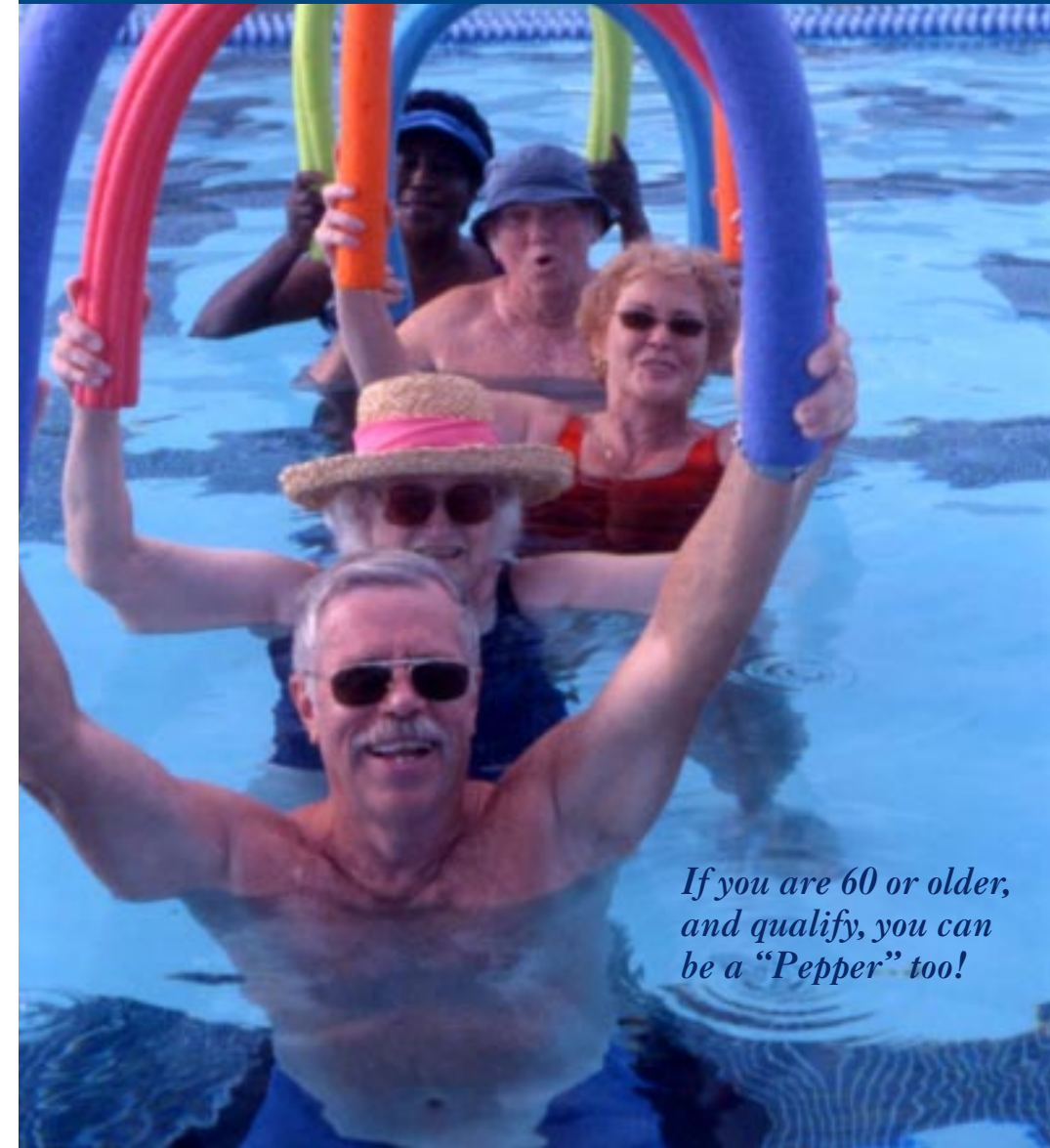
Email  
sue.minello@utmb.edu  
rmhirst@utmb.edu

Mail us the postage-paid reply card found in this brochure.

Visit our web site:  
<http://aging.utmb.edu/volunteer/pepper.asp>

# Pepper Volunteers

Claude Pepper Older Americans Independence Center



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