



**INSTITUTE FOR SOCIAL RESEARCH • SURVEY RESEARCH CENTER**  
**SURVEY RESEARCH OPERATIONS**  
UNIVERSITY OF MICHIGAN

# SRO All-Staff Meeting

October 28, 2020



# Welcome!

- Agenda:
  - Detroit Aging and Memory Project (D-AMP)
  - SRO Director, Stephanie Chardoul
  - Project/Proposal Update
  - Financial Overview
  - Wellness Update/Managing Stress
  - PAC Election
  - Wrap-up



# Reminders for the Meeting

- Everyone is automatically muted
- Ask questions in chat at any point
- Speaker will review and answer questions at the end of each section
- Brief 10- min break at halfway point: Timer!



# Detroit Aging and Memory Project (D-AMP)

Kristine Ajrouch

Toni Antonucci

Laura Zahodne

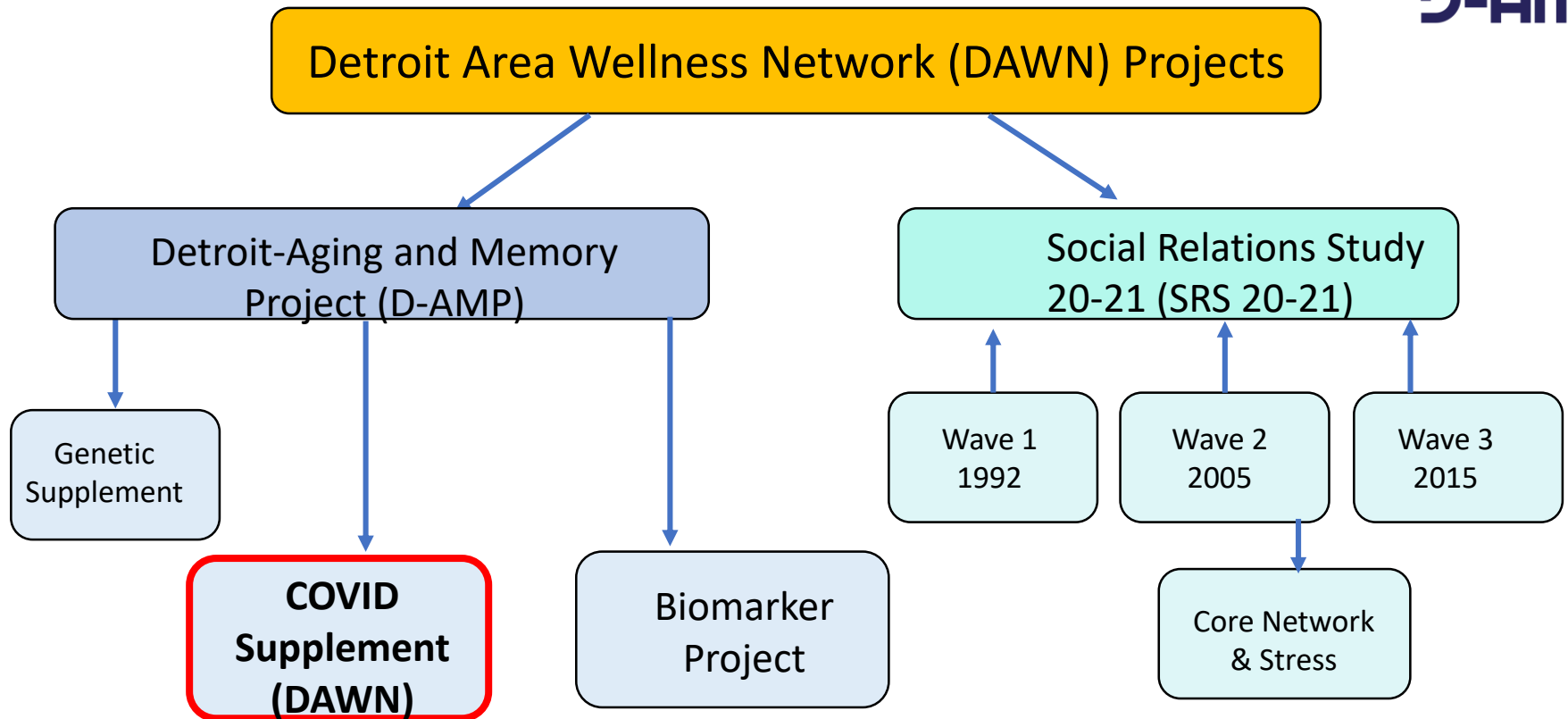
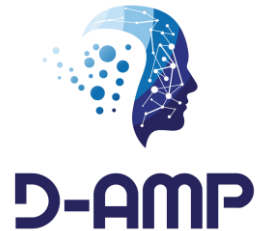


# Detroit-Aging and Memory Project D-AMP

Kristine Ajrouch  
Toni Antonucci  
Laura Zahodne

SRO Meeting, October 28, 2020

# Overview of Projects

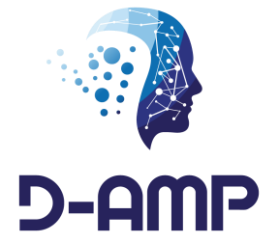


# Alzheimer's Disease and Ethnicity



- Alzheimer's disease and related dementias (ADRD)
  - Afflicts more than 5 million people in the US
  - Every 66 seconds someone develops this disease
  - 1 in 3 older adults dies with ADRD
- Not randomly distributed
  - Vulnerable populations (ethnic minorities, fewer resources) suffer greater prevalence and incidence
- Rates of ADRD among Arab Americans unknown

# Ethnic Groups in Metro-Detroit



## **New Sample: Arab Americans**

- Definition
- Prominent, visible, lengthy history in southeastern Michigan
- Invisible in aging research, rapidly aging population
- ADRD risk factors

## **Social Relations Study Sample**

- Blacks and Whites aged 65+
- Wave 4/5
  - 1992, 2005, 2015, 2019
  - Unique long term data on social relations
- Living in same geographic region, segregated



# D-AMP Study Goals



- Characterize cognition, MCI and AD among Arab Americans in metro-Detroit
  - Compare to blacks and whites in SRS
- Determine the contribution of immigrant factors to cognition, MCI and AD risk among older Arab Americans
  - Within-group variability, healthy immigrant paradox
- Identify aspects of social networks that have greatest effects on cognition, MCI and AD risk
  - Nature of social networks and buffering effects
- Genetic Supplement

# Covid-19 Supplement-DAWN Study Goals



- 1) Characterize prevalence of COVID-19 stress types and cognitive health in metro-Detroit among three racial/ethnic groups
- 2) Identify aspects of social relations that buffer links between COVID-19 stress and cognitive health
- 3) Determine the role of pre-existing social resources on COVID-19 stress and cognitive health

**D-AMP**

# SRS 20-21 Study Goals

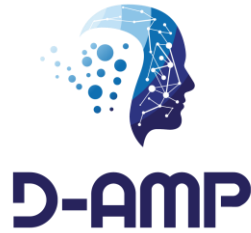
- 1) Examine secular trends in social relations and health by race/ethnicity in two adult lifespan regionally representative cohorts
- 2) Identify aspects of social relations that have the greatest effects on ADRD risk among blacks, whites and Arab Americans in adult life
- 3) Identify longitudinal associations between social relations across the life course and ADRD risk among blacks and whites



Figure 1. Schematic of specific aims

<b>P = Panel Cohort</b> <b>N = New Cohort</b>	<b>Data Collection Year</b>			
	1992	2005	2015	2020
<b>Measures</b>				
Social Relations	P	P	P	P N
Health	P	P	P	P N
Cognition				P N
Genetics				P N
<b>Aim #1</b>		<b>Aim #2</b>	<b>Aim #3</b>	

# Biomarker Project Study Goals



- Characterize brain aging among Arab Americans in metro-Detroit
  - Compare to whites in SRS and determine whether ethnic differences in brain health help to explain differences in ADRD
- Determine the contribution of immigrant factors to brain aging among older Arab Americans
  - Within-group variability; brain mechanisms linking social experiences to cognitive health
- Characterize the influence of social networks on brain and cognitive aging
  - Brain health vs. “cognitive reserve;” compare the role of social networks across ethnic groups



# SRO Director's Update: Stephanie Chardoul



# End of Year Report

## Highlights...



# Special COVID Response

Of course, life in SRO (like everywhere else) was interrupted by the COVID-19 pandemic. An annual report wouldn't be complete without a review of SRO's incredible response – keeping our staff and respondents safe while continuing to meet the production needs of our projects.



# COVID-19: What's Next

- ISR is part of the University of Michigan
  - Hiring freeze
  - Salary freeze
  - Travel and other spending restrictions
  - Some temporary and permanent staff reductions
  - Limited on-site staff and activities
  - Working toward re-engagement with in-person components of projects



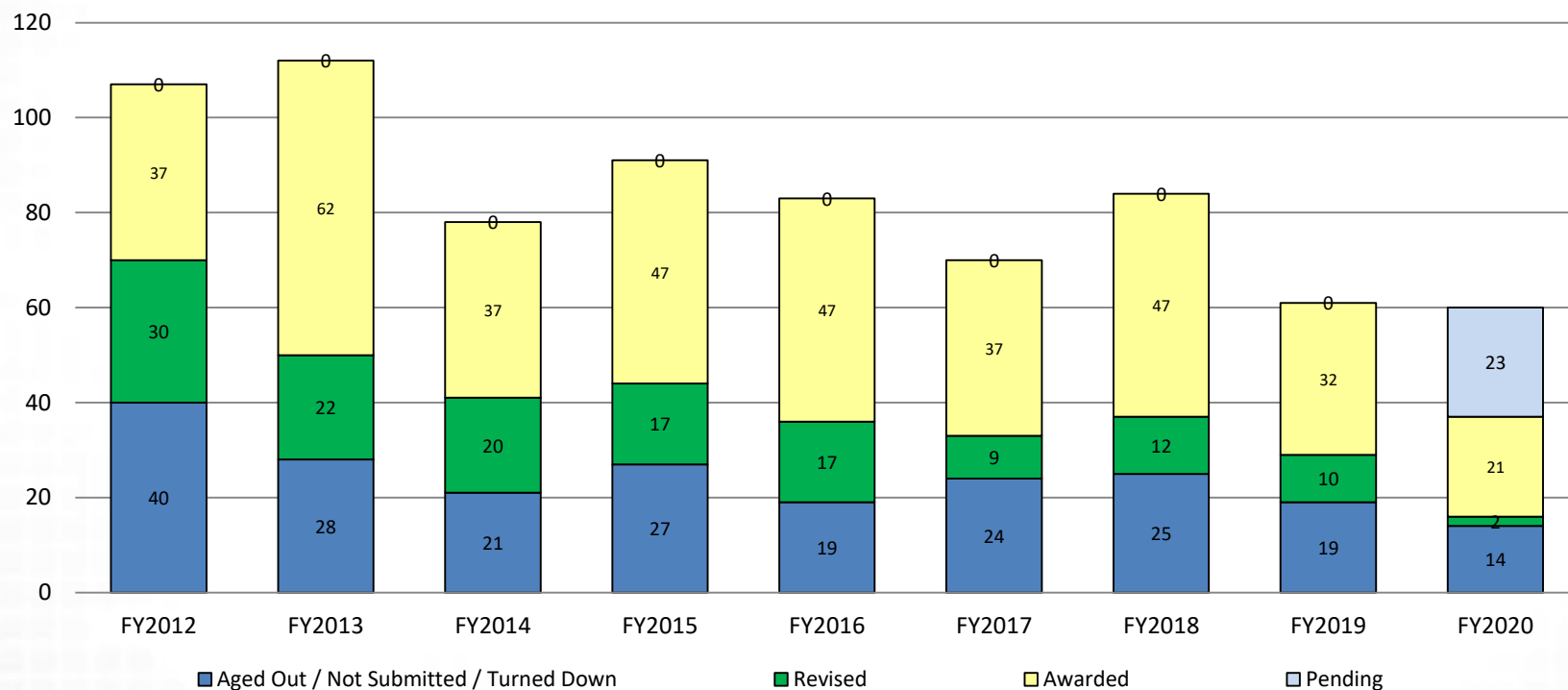


# FY2020 Financial Summary

- We completed \$36.9M in total **sponsored** project work, generating \$11.0M in indirect cost recovery fees (IDC).
  - Represents a (7.1%) *decrease* in IDC volume compared with FY19. SRO generated a **very** high effective IDC rate of 42% in 2020, higher than the previous two years which had respective rates of 38% and 40%.
  - Completed \$3.5M less (9% less) in sponsored work than our “medium” estimate at the start of the fiscal year, and \$1.3M less (3% less) than our “low” estimate.
  - We had a \$4.5M overhead budget allocation and ended the year with an underrun of \$169K (3.8% underrun).

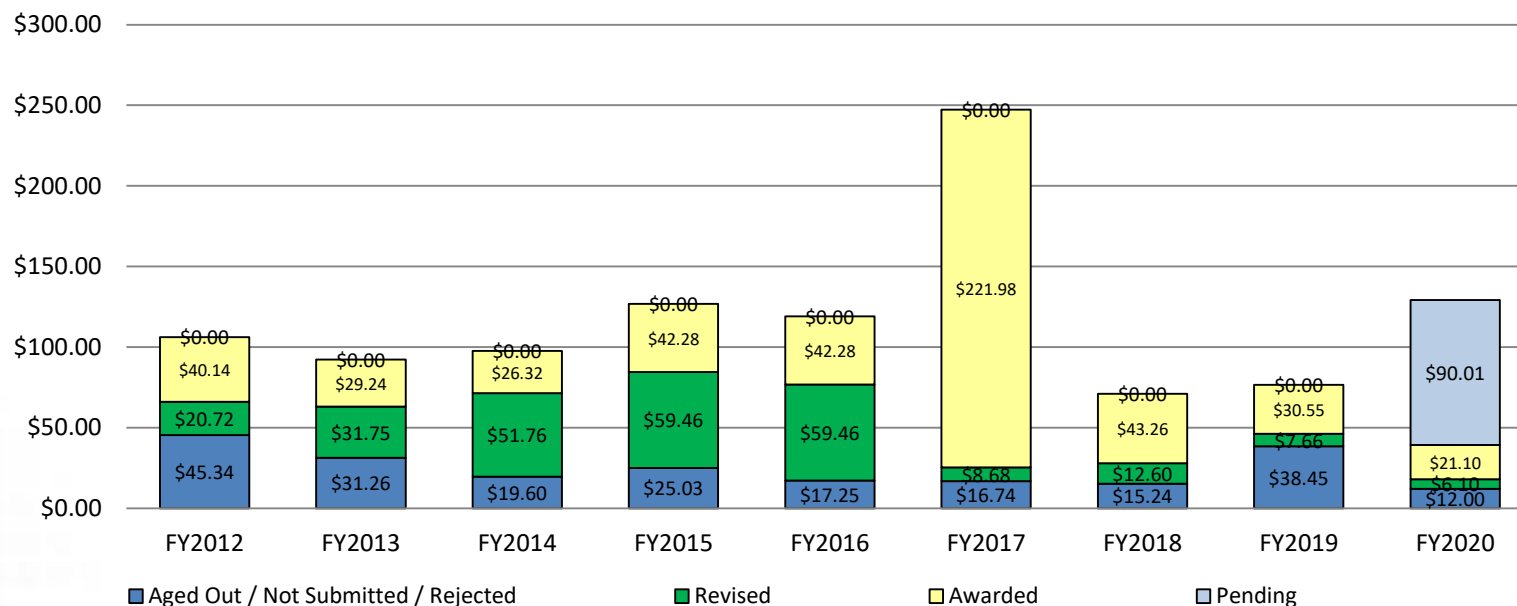


# Number of Formal Proposals by Disposition



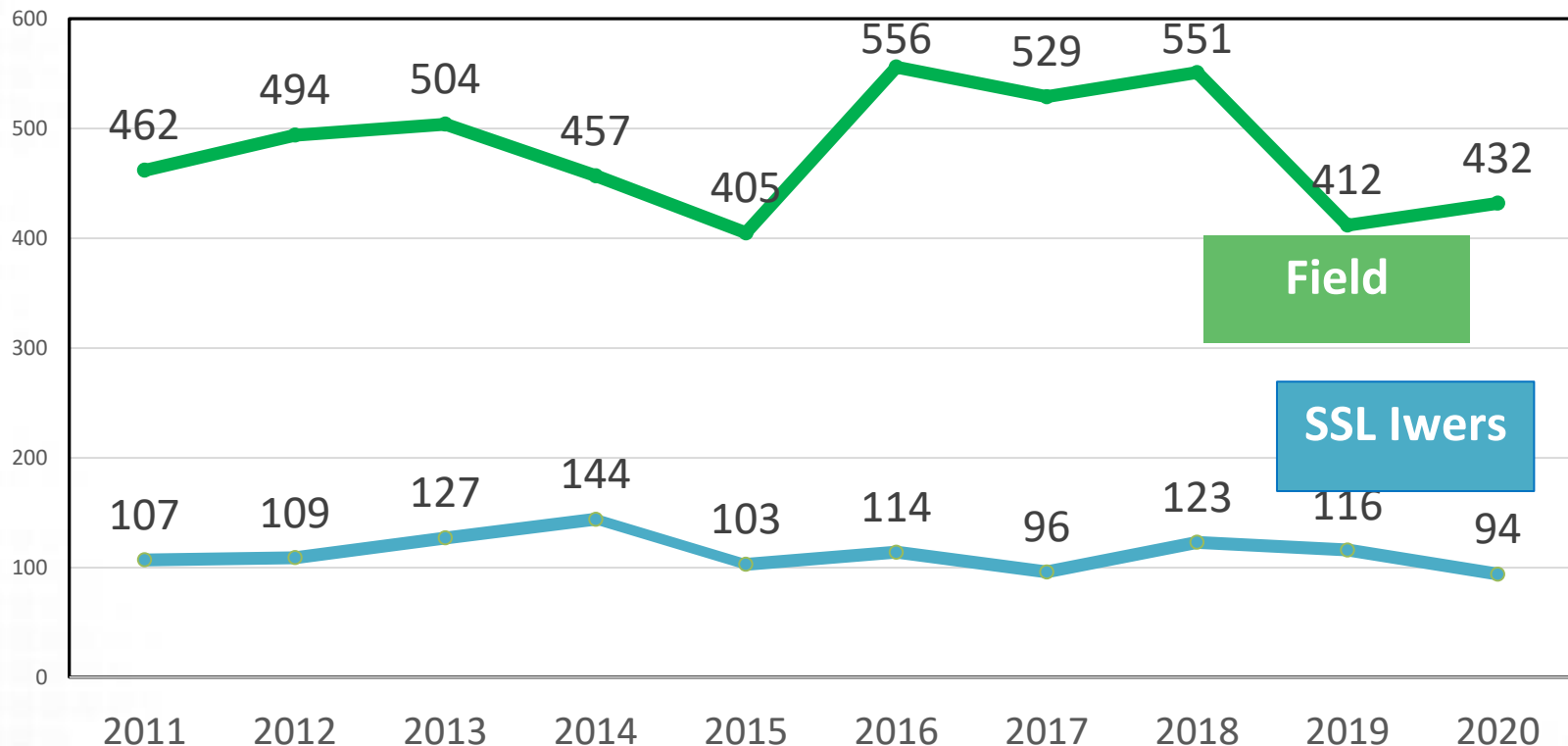


# Dollar Value (in Millions) of Formal Proposals by Disposition





# SRO Data Collection Staff - Counts by Year





# More from EOY Report

- Advances on major technical systems & tools
  - Blaise 5
  - MSMS
  - DMRS
  - PQT
- International projects
- Wellness Committee



# State of SRO



# Submitted Questions

- What funded projects are coming up next year?  
What projects may come in with a high probability of funding?
- Could we have an update about what strategies and plans are being implemented to address the chronic shortage of data management resources?
- Did we receive any useful feedback from the funding agency on the loss of the NSFG contract?  
How was RTI able to underbid us? Will the loss of NSFG have implications for SRO staffing?
- Will additional people be RIF'd?



# Project/Proposal Update: Lisa Holland





# Objectives

- Share information about upcoming work
- Increase transparency regarding proposal activity

# Early proposal work

- Housing Effects on Children's Development
  - No cost time extension to start Wave 2
  - Added a mail protocol for data linkage
- Baby's First Years
- CARE
  - Additional funding to extend field period through the end of 2020
- ECHO Year 5



# Upcoming projects - Fall

- HRS COVID Antibody Testing
- STARRS Wave 3
- Brain Health and Ethnic Disparities in ADRD  
Risk: The Case of Arab Americans - COVID  
Supplement (D-AMP COVID)



# Upcoming projects - Winter

- Survey of Consumer Attitudes
- College and Beyond Graduate Survey
- ACL-LIFE
- MTF Winter Location
- MTF Base Year (online)
- CARE Wave 2 Pre-Production
- PSID 2021



# Upcoming projects – Spring-ish

- EDC Semi Structured Interviews
- HRS Neuroimaging Pilot Re-Launch
- HCAP
- MTF Base Year
- MTF Nonresponse
  
- HRS 2022 Minority Oversample



# A shift toward web

- AFHS – another year of data collection
- ALS Matched Controls Recruitment
- MTF Vaping project
- High-Intensity drinking (complete)
- Relationship Dynamics & Social Life Study (complete)



# Proposals not awarded

- National Survey of Family Growth 2020 – 2030
- COVID-19 Neurodevelopmental Pathways in Adolescent Health Risk Behavior
- Understanding the Connections among Genes, Environment, Family Processes, and Mental Health
- The Promise of a School-Based, Trauma-Informed Cognitive Behavioral Therapy Intervention for Young Women in Chicago: Follow Up
- 16 Ballpark estimates



# Proposals still pending

- COVID-19 Effects on Children & Families: 2021 Follow-Up of the PSID Child Development Supplement
- Woodcock Johnson Remote Administration Pilot
- Aging and Dementia in Nepal
- Monitoring the Future Panel & Main 2022 - 2027
- Emergent Behavioral and Physiological Cardiovascular Health Risk Factors in the Transition from Adolescence to Adulthood
- Neurodevelopmental Mechanisms in the Emergence of Psychopathology in the Transition from Adolescence to Early Adulthood





# Summary

- Somewhat less proposal activity than usual
- Increase in expanded activity on ongoing projects
- Inquiries regarding COVID and special populations, web surveys



# Financial Update:

## Ryan Neice

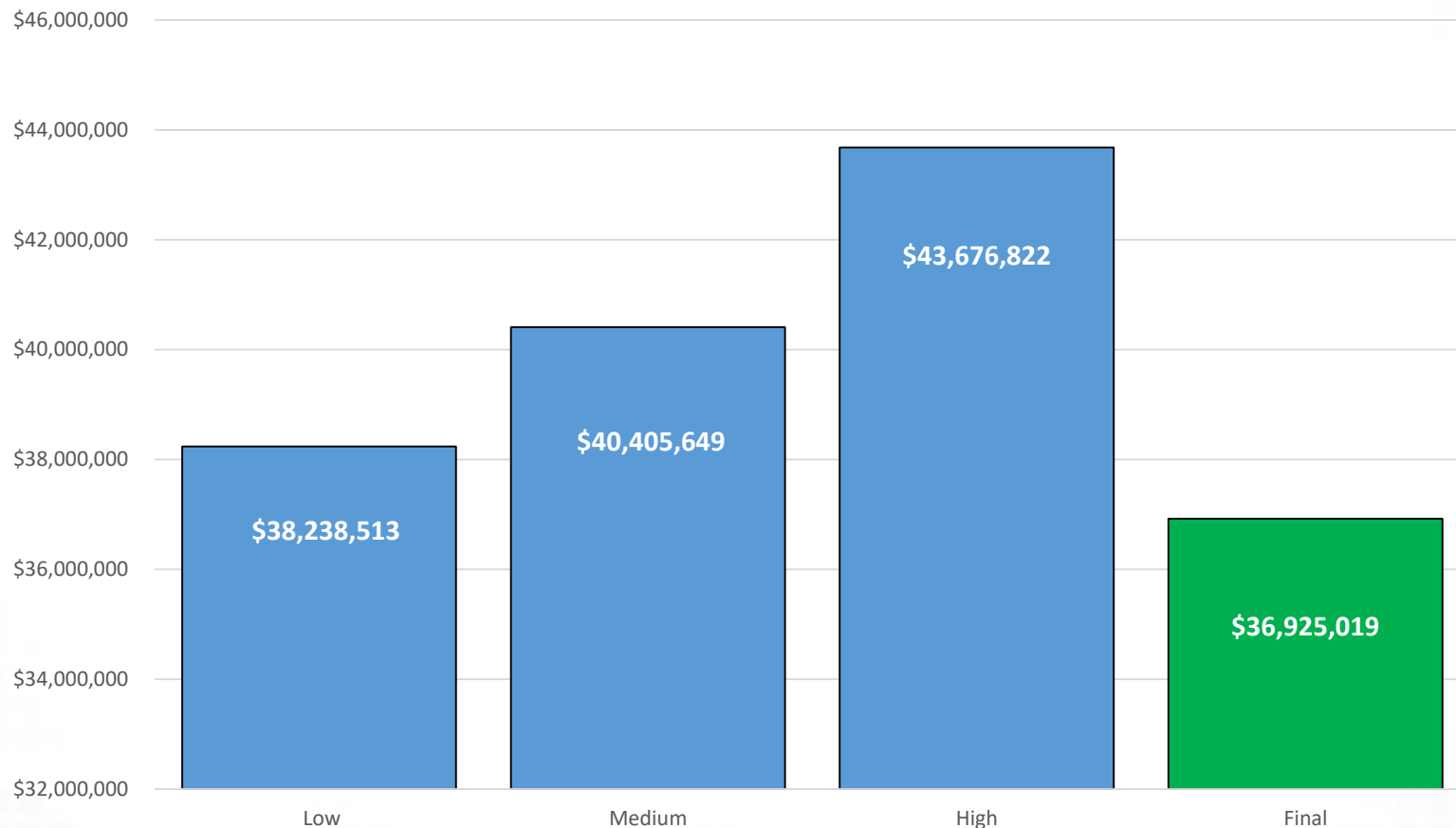


# Financial Updates

- FY 20 Budgets vs. Final
- FY 21 budget scenarios
- FY 21 Budgets vs. current projections
- Revenues over time
- COVID transitional costs

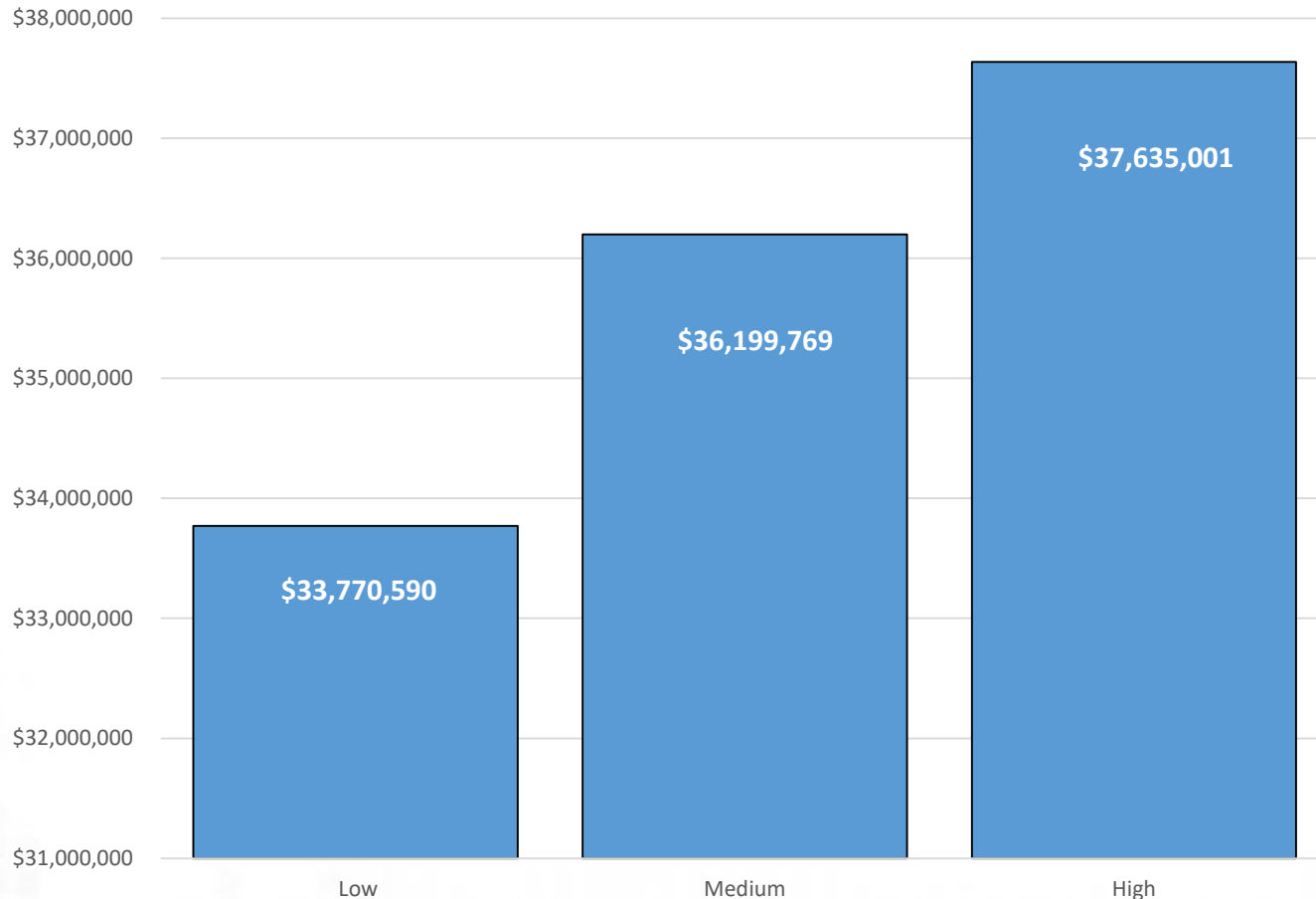


# FY 20 Budgets vs. Final



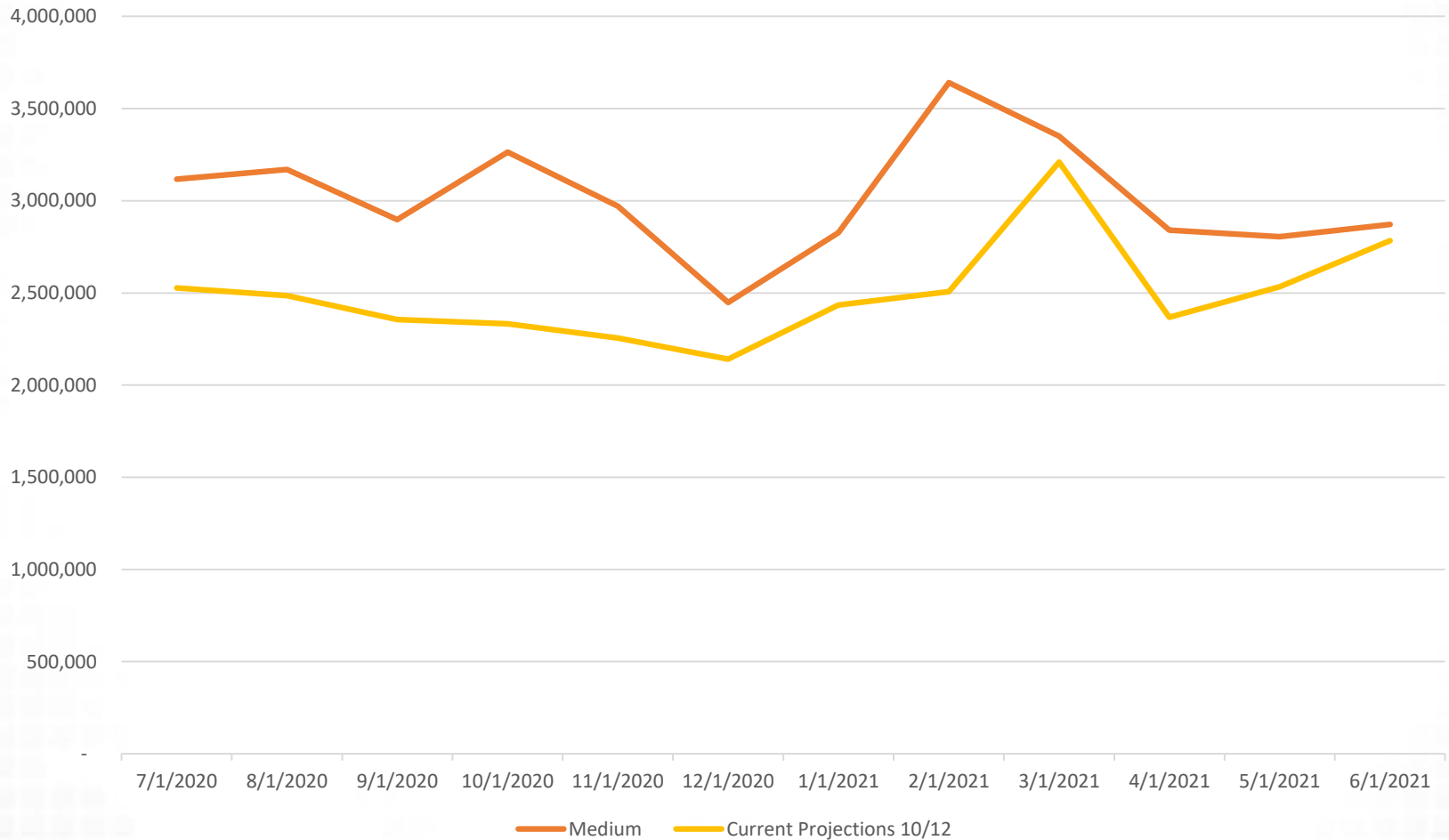


# FY 21 Budget Scenarios



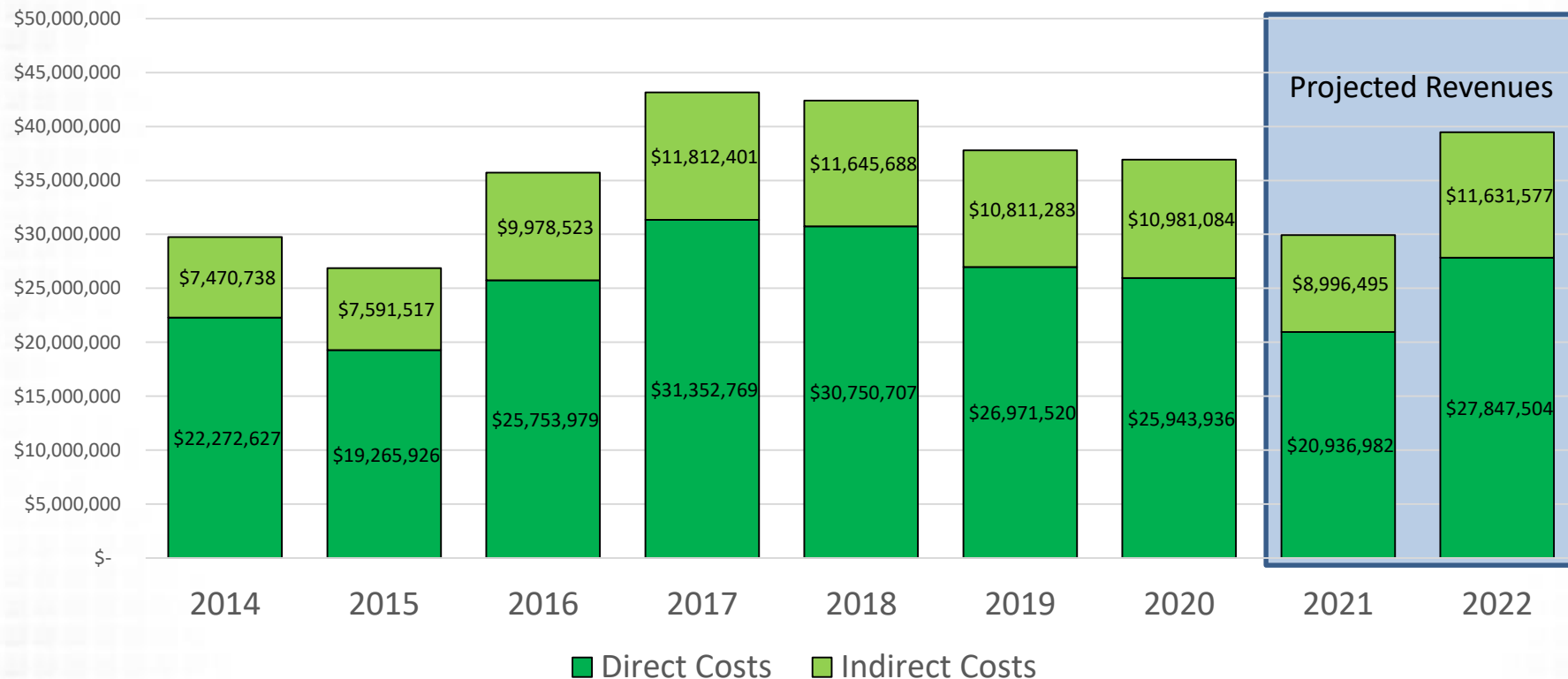


# FY 21 Budgets vs. Projections





# Revenues over time





# COVID transition support costs

- Some items/charges were covered appropriately by our overhead and other discretionary funds.
  - We were able to transition current SSL projects to decentralized operations, including cost of setting up laptops and mobile phones, and mobile phone plans.
  - Subsidized hand sanitizer and other cleaning supplies and safety equipment to provide to both Field and SSL interviewers.
  - Some home office costs to regular staff in order to keep project support going.
- Significant salary charges were covered appropriately by direct charge to sponsored projects.



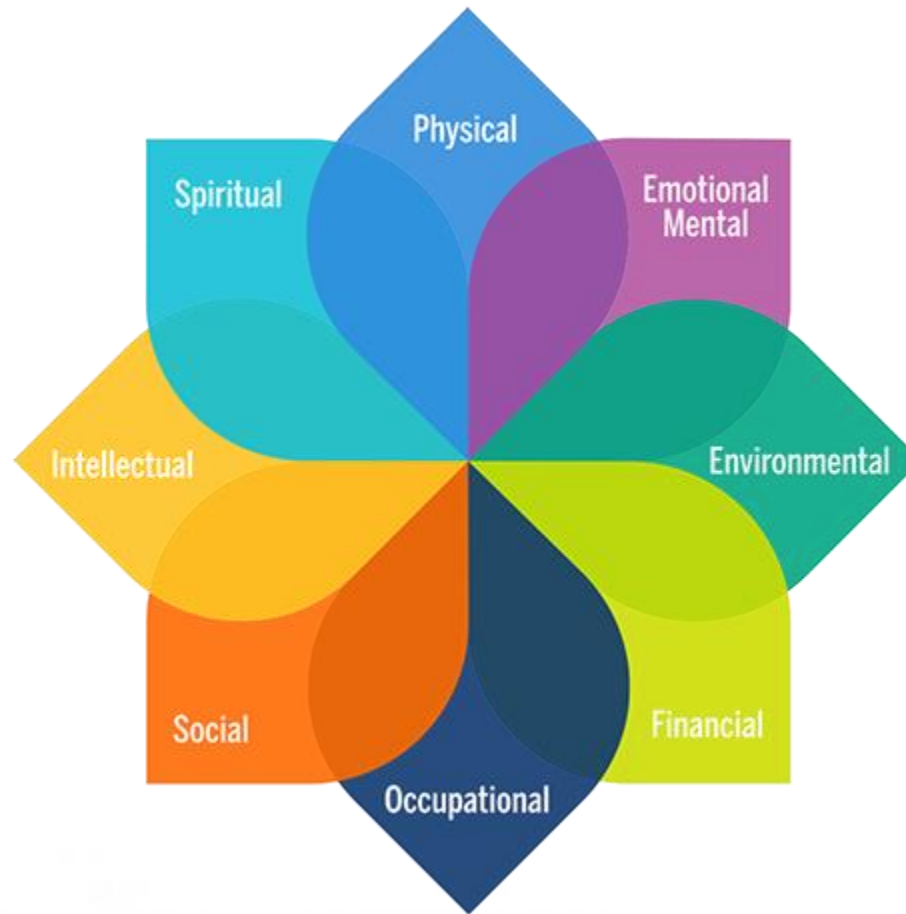


# Wellness Update:

## Nicole Kirgis



# SRO Wellness





# SRO Wellness Committee

- Focuses on the U-M's model of well-being and its eight dimensions of wellness
- Members: Ashanti Harris (Lead), Laura Yoder, Nicole Kirgis, Pooja Varma-Laughlin, Rebecca Gatward, Shannon Vida, and Stephanie Windisch
- For FY20, our specific areas of focus were: Physical, Emotional/Mental, Financial, Occupational (based on employee input)
- In May 2020, staff voted on new areas of focus for FY21: Physical, Emotional/Mental, and Social



# Wellness Initiatives, FY20

- Some highlights include:
  - Monthly Farmers' Market walks
  - Introduction to Resistance Training (July)
  - Tour of U-M Intramural Sports Building (August)
  - Zumba (September)
  - Strength and Cardio (October)
  - Wellness potlucks
  - POUND/cardio drumming (November)
  - Stress management (January)
  - Virtual Coffee Daze



# We want your feedback!

- Are there other ideas you have to promote wellness at SRO?
- We would like to hear from you:  
[srowellcom@umich.edu](mailto:srowellcom@umich.edu)



# Stress Management: The Basics

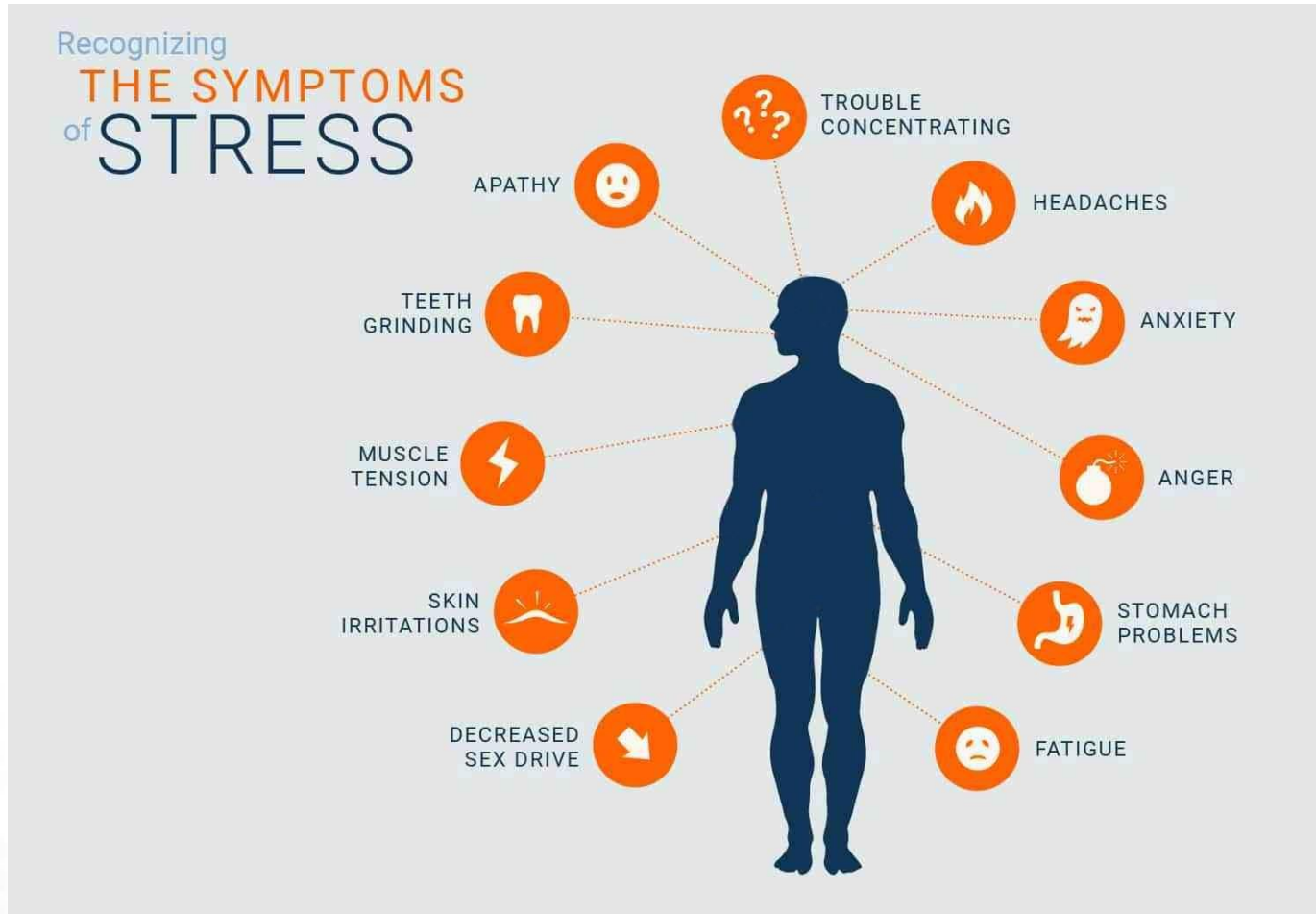
Aimee Miller, LMSW; Maureen O'Brien, LMSW; Lisa Lewandowski-Romps, PhD, LP  
SRO-CCP



# Overview

- How Stress Can Feel
- Stress Management Self-Assessment
- Stress Reducers
- Square Breathing
- Resources

# How Stress Can Feel



<https://thriveglobal.com/stories/what-is-stress-reasons-behind-stress/>





# Stress Management Self-Assessment

Ask yourself...

- What am I currently doing that helps me to manage stress?
- What do I already have in my toolkit that I can draw upon?
- Do I have the space to add in a new stress management tool?(Optional)
- Do I need to be more self-forgiving?

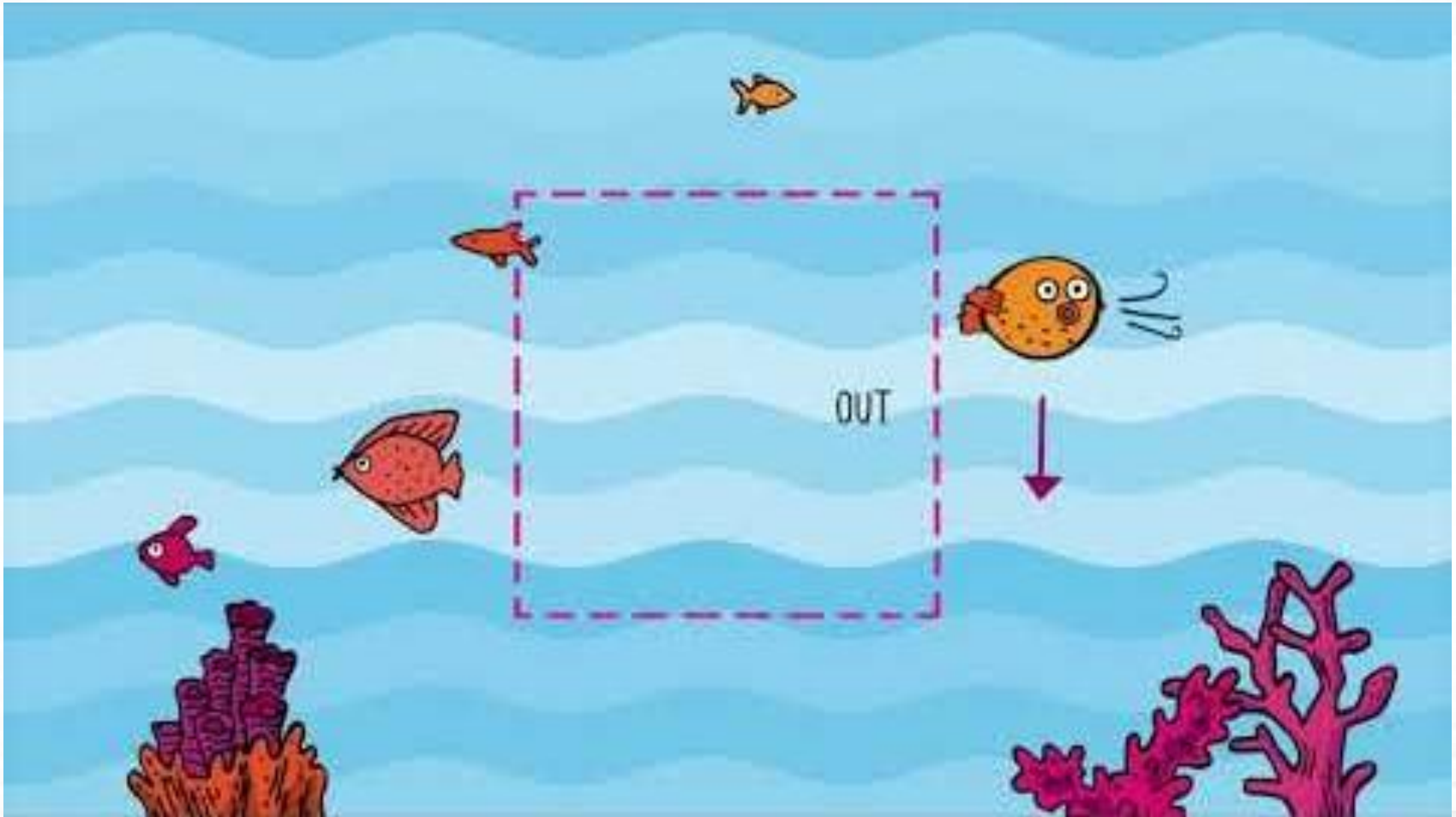


# Stress Reducers

- Breathing
- Mindfulness
- Physical Activity
- Humor
- “Insert your best stress reducer here!”



# Square Breathing





Take a moment and notice how you feel.



# A Reminder

On particularly rough days when I'm sure I can't possibly endure, I like to remind myself that my track record for getting through bad days so far is 100%...and that's pretty good.

*Author Unknown: Most commonly attributed Vinny Genovesi*



# Resources

- [UM Mental and Emotional Health Resources](#)
- [MHealthy](#)
- Non-UM Opportunities
  - [Free Yoga and Meditation Classes](#)
  - [Free Fitness Streaming](#)
  - [Greater Good Magazine Podcasts: Science-Based Insights for a Meaningful Life](#) (By the Greater Good Science Center at UC Berkley)
  - Apps: UCLA Mindful, Take a Break! – Meditations for Stress Relief, Calm, Cleveland Stress Free Now (only available in iOS)



# PAC

- Daric Thorne, PAC Representative
- PAC = Professional Advisory Committee
- Elected committee chosen to represent the Professional, Administrative and Clerical employees at SRC
- Nominations due Friday, Nov. 6
  - Email nominations to [src-pac-group@umich.edu](mailto:src-pac-group@umich.edu)
- Election! Nov. 12 starting 12p, ends Nov. 13 at 12p, held remotely
  - Watch for an email announcement with ballot



# Wrap-Up

- Any additional questions?
- Until next time! (Spring 2021)





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