



CSUS Gerontology Program

Fall 2006

Community Service Learning Project Presentations

El Dorado Hall 1039 ~~ December 15, 2006

9:00

Introductions

9:05

Understanding the Clutter: Older Adults and Hoarding **Dori Darrington**

Agency: **Senior Peer Counseling**
Supervisor: Donna Reynolds

The student's internship was conducted at the Senior Peer Counseling Program, Mental Health Association in Sacramento. The Senior Community Project was a power point presentation that was researched and developed for the agency's Fall Volunteer Training Session. The goal of the presentation was to make the volunteers to be aware of hoarding so they would have tools to address it when they made their home visits. The agenda for the presentation covered the following:

- 1) the definition of hoarding;
- 2) why people hoard;
- 3) the causes of hoarding;
- 4) the possible risks and dangers of hoarding; and
- 5) description of the Senior Peer Counselor's role.

Through working with clients in the Senior Peer Counseling Program, the student has gained new insights and experience with this segment of the population; many of whom live well below the poverty line and the majority of which suffer from clinical depression.

9:40

Positive Mental Health for Seniors **Elisabeth Martinez**

Agency: **Sacramento County Department of Health and Human Services**
Health Education Unit
Supervisors: Kathy Hickox, PT, MPH and Patti Lutz, MPH

The goal of the Senior Health Education program is to enhance the quality of life for seniors through health education. Seniors face multiple physical and mental health challenges and needs. Maintaining positive mental health and brain health is an important part of healthy aging and an important need for seniors. Multiple challenges and factors may contribute to mental health problems for older adults including grief, sensory loss, decreasing physical agility, poor nutritional state, vulnerability to overmedication, substance abuse, and loneliness and lack of interpersonal networks. These factors can lead to depression or contribute to elevated suicide rates among seniors. Being that older adults are at an increased risk for depression, there is a need to assist in providing this age group with information that could be of assistance in enhancing their quality of life. Positive Mental Health for Seniors is a senior health education power point presentation developed by this student intern. The presentation includes stress signals, ways to reduce stress, symptoms of depression, enhancing positive health via physical activity, maximizing memory, and promoting humor.





10:10
Break

10:20

A Programming Template For the Community Radio Format
Marian Smith

Agency: **KFOK Community Radio in Georgetown, CA**
Supervisor: Ann O'Quinn

Research shows that access to health information in the rural setting is often inadequate. As a special project to address this issue, the student contacted her local community radio station, trained to become a broadcaster, and began producing a weekly radio program called "Aging with Success". KFOK Community Radio in Georgetown, CA is an all volunteer organization which provides non-commercial, locally-produced musical, cultural, educational and community affairs programming. An evaluation of "Aging with Success" was conducted when the special project was completed. The evaluation highlighted the positive outreach outcomes that occurred as a result of the program. The student decided health and information programs could be replicated, saving time and footwork in the development process for those who would want to affect change in other target populations. An internship was created at KFOK with the intent for this process to begin. This programming template is designed for KFOK and other community radio broadcasters to use as an organizational tool. It is hoped that the template will create quality health and informational programming and will demonstrate that other groups can benefit and age with success.

