

CSUS Gerontology Program
Culminating Community Project Presentations
Spring 2009

El Dorado Hall 1039 ~~ 8:30-12:45

8:30

Introductions

Cheryl Osborne & Teri Tift

8:35

Veterans Benefit Seminar

Sandra Howery

Agency: Hart Senior Center

Supervisor: Linda Hoschler

So many military Veterans do not know what benefits are owed to them after serving our country in one of the branches of the United States military. In order to get this information out to the clients from the Ethel Hart Senior Center a veteran's benefit seminar was planned. The student got interested in this subject after her own dad who is 78 years old just recently started receiving disability benefits for being injured in action during the Korean War. He should have started receiving these benefits right after being discharged from the Army but because he didn't know these benefits were available to him he just recently started receiving disability payments. The purpose of this project was to inform military Veterans, spouses of Veteran's and widow and widowers of what benefits are owed to them and to provide resources for them so they will know who to contact about receiving benefits it also allowed these individuals to ask questions directly to the representative speaking at the seminar in person. A Veteran Benefit Resource Book will be left at the front desk at the Ethel Hart Senior Center for current clients and future clients to have access to so they can find out who to contact if they have questions about their military benefits. The Ethel Hart Senior center receive a lot of calls asking about information on many subjects that the center may not offer but with this resource book they can at least help them find out who to contact if they have questions about Veteran's benefits. The research information for the seminar and the resource book was found from research on the internet and several phone calls to several agency's in the Sacramento who offer Veteran's services. The resource book will list phone numbers and addresses of local, state and federal Veteran agencies.

9:05

Memory Keepers

Sondra Lanford

Agency: Eskaton Adult Day Health Center

Supervisor: Jill Yungling

Adult Day Health Care Centers (ADHC) are licensed and certified facilities that provide an alternative to placement to an institution for those individuals who are facing functional impairments. Each ADHC is organized to offer several services in the areas of health care, therapeutic services, individual and social activities, and nutrition. While interning at an ADHC, this student found an area that was attention-grabbing and heartbreaking, the loss of precious memories. The student desired to learn more about what could be done to save these fading memories. Through extensive exploration, the student discovered an activity that may be of assistance: reminiscence. Reminiscence is a channel of communication which enables a person to tell his or her life story, their way and in their own words. With the use of sensory cues such as photographs, food, or music, a fading memory can be brought back. Through the use of reminiscence it is hoped that he or she may gain a sense of empowerment, social support, and a sense of purpose in their life. This project will ultimately examine what reminiscence is, how it may benefit a person, and produce a training manual for others to use.

9:35

Creating a Local Framework For the Future

Sauni Lund

Agency: Elder Options, Inc., Placerville, CA

Supervisor: Nancy G. Wilson

Elder Options, Inc. is the only professional geriatric care management agency in El Dorado County. To support successful independent living, Elder Options also provides home care services. In 2006, Board Members of the El Dorado Community Foundation commissioned community stakeholders, including Elder Options, to guide decisions in allocating grant funding to non-profit organizations who serve the needs of older adults. Ten thousand surveys were distributed throughout the county and 2,156 were returned. Subsequently, a forum convened to discuss survey results and, in 2008, a document, *A Community Gathers and Sets a Course for Change: A Focus on the Older Adults in El Dorado County* was produced. Carol Heape, owner of Elder Options, believes that this collaborative effort between community stakeholders should inspire community planning for El Dorado County's aging population. With this in mind, the project was designed to create an organizing framework from which Carol and others could create an expanded report that addresses future needs for boomers and the oldest old. The framework entailed a thorough review of data that Carol had collected over several years and an in-depth review of the Foundation's survey results. In some cases, it was necessary to re-categorize and analyze raw data from the Foundation survey to gain a better understanding of the responses. The completed framework consists of an analysis of key areas from the survey: Caregiving, Transportation, Finances, Using Older Adults as Resources, Housing, Elder Abuse, and Major Health Issues. Additionally, the final project, which ultimately became a report, included updating local, state and national demographics, information from industry experts on long-term care insurance, cost of long-term care across America, retirement statistics, and suggestions for the future.

10:05

Break

10:15

Hart Senior Fun Pass Outreach Campaign

Alicia Black

Agency: Older Adult Services

Supervisor: Rosanne Bernardy

Older Adult Services (OAS), under the City of Sacramento's Parks and Recreation Department, believes in "optimizing the experience of aging" for elders in the community. To encourage seniors to take part in community based activities, OAS created the Hart Senior Fun Pass, a voucher which allows City of Sacramento residents age 50 plus to take a fixed number of recreational classes for free each year. The student was interested in increasing awareness of this unique program throughout the community. This was achieved by creating a short presentation explaining the Fun Pass and scheduling appearances at local senior housing facilities and community centers, as well as promotion and assistance through personal interaction with seniors. Information and materials were provided to staff at community centers to encourage them to publicize the Fun Pass with seniors they serve as well as promote a cohesive understanding of the program. The student was also responsible for tracking and maintaining Fun Pass usage through a database. Using the Fun Pass will eliminate the barrier of cost in activity engagement by older adults, enhance participants' cognitive, physical and social engagement with the community and promote the health and longevity of our community's elders. Finally, by promoting the Fun Pass, Older Adult Services will expand clientele and build new relationships with local seniors who will hopefully continue to access OAS services for many years to come.

10:45

Quick Reference Reminders

Ashley Hill

Agency: Eskaton Lodge Granite Bay
Agency Supervisor: Dee Morse

Eskaton is a nonprofit organization that served the northern California seniors in over 36 different locations in a variety of care settings. Their overall mission statement is to enhance the quality of life of seniors through innovative health, housing and services. Eskaton Lodge Granite Bay is a licensed Residential Care Facility for the Elderly that provides Independent Living with Services and Assisted Living care options. Due to the large number of residents, effective communication between staff members is crucial in this type of senior care environment. To support Eskaton's overall mission statement, a quick reference reminder was developed and implemented to improve staff communication between shift changes. This pocket-size, easy to access guide is laminated and placed on each walkie-talkie making it convenient to ensure superior services for each resident. All of the expected procedures and responsibilities from each shift change were taken into account and put on the product adding suggestions from interviewed staff members. The final Reference Reminder is a culmination of Eskaton's change of shift responsibilities as well the staff's personal wants and needs from each other.

11:15

IHSS Suicide Prevention through Depression Awareness for Recipients

Sarah Cotta

Agency: In-Home Supportive Services (IHSS), Placer County
Supervisor: Cate Lynds

The goal of care for Placer County In-Home Supportive Services is to "provide older and disabled adults and children with domestic and personal care services which allow them the ability to live in their own homes safely and with dignity". In an effort to further facilitate this goal, IHSS desired the production of a brochure to prevent suicide through depression awareness. The purpose of the project was to compose a handout to be utilized by the In-Home Support Services agency in Placer County. The handout will be provided to IHSS clients at the time of the initial intakes assessment, the annual renewal in-home visit, and be used as an educational tool for caregivers to be aware of the symptoms of depression. Therefore, the goal is for elderly IHSS clients to receive treatment, and begin living more fulfilling lives before suicide seems like a reasonable solution.

11:45

Mastering Nutrition for Seniors

Karla Bolanos

Agency: Congress for California Seniors
Supervisor: Gary Passmore

The Congress of California Seniors Education and Research Fund, a 501(c)(3) arm of the Congress of California Seniors, provides educational programs and consumer information to constituent groups and to the greater senior community throughout the state of California. The CCSERF efforts have brought information and assistance to tens of thousands of seniors and other underserved Californians. These projects were funded by grants or contracts from private foundations, government, or special project funds. In particular, this educational project is being funded by the Vitamin Cases Settlement Fund as a unique opportunity to allow us to build on past experiences to serve a population of very special people with unique needs. The main goal of this project was to produce a nutrition information pamphlet to educate community-based caregivers of dependent seniors and persons with disabilities about the fundamentals of food preparation and handling in order to help improve their health and quality of life. Ideally, the Congress wishes to reach 270,000 nonfamily caregivers in the In-Home Supportive Services (IHSS) workforce and 5,000 small Residential Care Facilities for the Elderly (RCFEs) operators.

12:15

Veteran's Oral History Collection Kit

Kate Madaus

Agency: Eskaton Village, Carmichael ~ Resident Activities Services

Supervisor: Tristin Benjamin

The goal of this project was to create a kit in order for others to gather the oral histories of veterans receiving services through the agency Eskaton. The gathered oral histories from the elders would be collected and sent to Veterans' History Project in Washington D.C. where permanently archived for future generations. The mission of Eskaton is "to enhance the quality of life of seniors through innovative health and housing, and social services". Participation in this project would allow Eskaton to provide a social service to seniors in order for their experiences to be preserved and future generations to experience and honor elder veterans. The kit will be structured to be user friendly as so to encourage the use of this tool to participate the Veterans' History Project.