Ethel MacLeod Hart Multipurpose Senior Center is a non-profit agency with a mission to welcome older adults, support their independence, and to affirm their dignity. Affirmation and the support of independence is a vital aspect of self-efficacy/self-worth for any individual, yet there can be a lack of self-efficacy in older adults. Reminiscing and reflecting on one’s past can help build a person’s sense of self-worth. Reminiscing is especially beneficial through writing because it presents an opportunity to share one’s life with others as well as creating meaningful bonds within a writing group. The Hart Center provides such a group in their Life History Writing class. This class meets once a week where participants read out loud their life experiences from their own writing and classmates are able to give feedback and recommended guidance. The student saw how effective the class was for the participants and saw a need for updating the writing class workbook and to help the agency to more effectively distribute the workbook. The student also inserted a testimonial from a participant in the Life History Writing group to promote the class and provide proof for other individuals that such a class has been beneficial in supporting and affirming one’s abilities and independence. The goal of Life History Writing: A Writing Group Workbook Facilitating the Navigation of One’s Past in Order to Preserve it for the Future was to make the workbook more accessible for the agency as well as being able to take it to other facilities and share in the promotion of a Life History class. The student received positive feedback from staff and participants. The final project was reviewed by the site supervisors and was found to be a valuable tool for the accessibility and promotion of Life History writing.

The Ethel Hart Center is a senior center that has been serving older adults since 1961. The mission of the Ethel Hart Center is to “create an environment which welcomes older people, support independence, and affirms their dignity” (cityofsacramento.org/parksandrecreation). The agency’s goal is to help older adults have an active and healthy holistic aging process while focusing on areas such as socializing with others, learning new crafts/skills, reminiscence, teaching, support groups, and dancing. The Hart Center also serves as a linking ground between older adults and services that they may need such as tax preparation or ParaTransit. After collaboration with the agency Director, the student created the project How Learning a Second Language Can Decrease the Risk of Cognitive Decline. Learning a second language is beneficial to older adults because it can provide a social environment to interact in, and a new found sense of autonomy through learning a new skill. The project included four lessons for one hour per week introducing the Spanish language through lecture, group activities, informative videos, and a skit. The class used exercises that involved repetition, which allowed older adults to be able to greet each other in Spanish, learn common phrases, and pronounce Spanish vocabulary. The goal of the project was for older adults to learn basic Spanish and be able to greet others in Spanish. At the end of the first class, surveys were distributed to the participants of the class to ascertain which aspects of the class could be improved to benefit the participants. Changes were made accordingly to make the learning environment more enjoyable and functional. By the end of the last class session, the class received favorable comments and reactions with increased interest in the continuation of future classes at the Hart Center and in learning the Spanish language. A copy of the final product for this project titled “Basic Spanish Resource Start Guide is available to Ethel Hart Senior Center staff and participants and anyone who is interested in learning Spanish.
9:35

Life Satisfaction of Older Adults in Senior Residential Communities
Kimsean Ry
Agency: Chateau at River’s Edge
Agency & Faculty Supervisors: Kim Adams & Professor Barbara Grigg

The Chateau at Rivers edge is an assisted living community founded in 1979 that works on assuring the quality of life in the residents that they serve. In the Chateau’s mission statement they state, “With pride, we strive every day to ensure a safe & secure home environment for our residents by enriching their quality of life through excellence in service and compassionate care.” The quality of life that they provide is shown through the council meetings and the use of the resident counselor. These services help them maintain their quality of life. Even though the residents get a chance to talk about their feelings and thoughts regarding their life and where they live, sometimes their needs may not always be met. Through the Life satisfaction of Older Adults in Senior Residential Communities Project, surveys were conducted and the staff, family members, and other members in the community were able to see how satisfied the assisted living residents were compared to the independent living residents. The survey on life satisfaction consisted of a series of questions that asked residents about their overall satisfaction when it came to family, friends, financial security, and how stress, hobbies, goals, their religion, and spirituality played a role in their lives. The results from the surveying of the residents showed that the assisted living residents were more satisfied with their lives when compared to the independent living residents. The final results from the project were shared and reviewed by staff, faculty and the residents. The results will also be shared with future residents, volunteers and the community.

10:05 ~ BREAK

10:15

The Advantages of Self-expression in Grief & Bereavement: The Implementation of a Poetry Group
Jasmine Tyler
Agency: Kaiser Hospice
Agency & Faculty Supervisors: Jeanette Salinas & Professor Barbara Grigg

Hospice care has been a form of end of life care that has become accepted and utilized over the years. Its’ use has been beneficial to many members of the older adult population and their families, as it is holistic in its approach and delivery of services. The goal and philosophy of hospice is to provide care and support services “designated to meet the unique needs of patients and families facing a limited life expectancy” with a focus on comfort (Kaiser Hospice Intern Manual). These services not only allow older adults to be comfortable during the end of life, as well as remain in their homes, but also give grieving family members’ access to bereavement support services set in place to help them through their grief after experiencing loss. Nevertheless, it is important to continue to offer these individuals a variety of resources that are supportive of and tailored to their needs and wants through these processes. Therefore, the student coordinated a project that illustrated how the use of poetry can be therapeutic in helping family members of hospice patients as well as others through the grief process. Throughout experiences such as death individuals experience a plethora of feelings that may be hard for them to cope with as well as express. This may create a problem in individuals may become isolated and not able to directly express feelings. Poetry, the writing and reading of it can help individuals not only to cope with and indirectly express their feelings throughout these hard times, but it can also promote a sense of acceptance of the situation as well as healing. The goal of this project The Advantages of Self-expression in Grief & Bereavement: The Implementation of a Poetry Group supports the focus of hospice to treat the family as a unit ensuring its well-being. This project will consist of the implementation of a poetry group in which individuals will be able to read and write poetry in a secure setting. The end result of this poetry group is a book of compiled poems and exercises completed by the participants and the student and distributed to each member of the group. Surveys were given to participants to evaluate and give their opinions regarding the success of the student’s project. Participants stated that the poetry group was a “nice experience” and was very fun. The also reported that the instructor created a “calm environment with great vibes.” All participants stated that the handout and exercises used helped them to open up and get their “creative juices flowing.” The project was also reviewed by the site supervisor and the student received positive feedback from the site supervisor, faculty members and the participants on its outcome.
10:45
**FOOD FOR THOUGHT: Supporting Older Adults and Older Adults with Dementia**

**Kristelle Buenviaje**

**Agency:** Hart Senior Center- Triple R Adult Day Program  
**Agency and Faculty Supervisor:** Nina Moran and Dr. Osborne

Triple R Adult Day Program works on providing a safe and enriching environment that promotes independence, dignity, and respect for people with memory loss or frailty and supports family caregivers through respite, education, and counseling. To accomplish this, the agency incorporates various activities to enrich the participant’s lives. Activities the participants engage in are; singing, word puzzles, arts and crafts, exercises, sports, reading, and much more. Furthermore, the staff members at Triple R are responsible for serving one meal and three snacks a day for the participants. The aim of this project was to compose a nutritional guidebook that will be used as a tool to assist staff members and caregivers. This project will result in the formation of a guidebook titled, *Food for Thought* that includes evidence based research on the importance of older adults to eat well, a holistic approach to address issues related to nutrition and eating, and lastly, twenty-eight of the participants food preferences and diet restrictions. Information regarding dietary preferences and restrictions were gathered from caregivers and loved ones by a survey card. The outcome of implementing this guidebook is to provide the staff and caregivers the tools and resources needed to provide a quality mealtime experience that fosters dignity and pleasure in eating, incorporating the mission of the Triple R agency. As a result, this guidebook can increase satisfaction in food related areas, help prevent some physical and behavioral problems, and most of all, contribute to higher quality of life for the participants at Triple R. The final product was presented to and reviewed by the supervisor and staff members of the agency. The project was evaluated for content, ease of use, and the evaluator’s overall impression. The results suggested that this guidebook is very beneficial to the staff at Triple R and as a result, will be used as a tool to provide an improved quality of care for the participants.

11:15
**Getting to Know the Residents in a Long-Term Care Facility through Their Life Stories**

**Francois Njomo**

**Agency:** Eskaton Care Center Greenhaven  
**Agency & Faculty Supervisors:** Kristy Moore & Professor Barbara Grigg

Eskaton Care Center Greenhaven is a Rehabilitation and Skilled Nursing Facility. Its primary mission is to enhance the quality of life of seniors through innovative health, housing and social services. Adults older than 65 comprise a large percentage of the population served, and represent a diversity of cultures including Caucasian, African American, Asian American and American Indian. Because the number of older adults is increasing, it is important for caregivers to become more familiar with the aging process and promote healthier aging. This includes promotion of not only a healthy lifestyle to sustain an aging body but also a healthy sense of self. Research has shown that the promotion of healthy sense of self begins by the achievement of ego integrity, which can be done through life reflection and acceptance. By tapping into their wisdom, older adults can recognize that they possess something to pass down to the next generation, and thus their life has had meaning and purpose. It is this meaning and purpose that this project set out to instill through storytelling in a group of older adults living at Eskaton Care Center Greenhaven. The goal of *Getting to Know the Residents in a Long-Term Care Facility through Their Life Stories* was to make a storybook from storytelling and reminiscence about different aspects of residents’ life, including their past, their background, their previous occupation, their family, their hobbies, interests, and greatest accomplishments. The main purpose was to allow residents not only to be able to share with others in the storybook, but also to reflect parts of their lives and take pride in what they had to offer others. The final product was reviewed by the site supervisor who agreed that the storybook will raise the awareness of staff, on the life review process as an important strategy for fostering helpful communication with residents in all phases of health and illness. The student also received positive feedback from residents who had the opportunity to review and validate their biographical sketch.

11:45 ~ **BREAK**
12:15

**Physical Therapy Exercises for a Diverse Veteran Population**

Kevin Bremer O’Hagan

**Agency:** Mather VA OutPatient Physical Therapy Department

**Agency and Faculty Supervisor:** Dorianne West MPT and Dr. Cheryl Osborne

The United States has the largest standing military of any nation, and these men and women all have something in common: they all age. There are roughly 23 million veterans in the United States and of that, 8.6 million use the health services offered through the Veterans Affairs Medical Centers (Office of the Actuary 2013). The majority of these veterans are the survivors of World War II, the Korean Conflicts, and Operation Iraqi Freedom. The mission of the Mather Veterans Affairs Pain Management & Rehabilitation Center is to serve veterans of every generation with commitment, respect, and advocacy equal to their service and sacrifice. Serving such a diverse population creates unique circumstances that can hinder the proper treatment of these veterans. These can include PTSD, amputations, depression, traumatic brain injuries, and other trauma related illnesses. In addition to these types of health issues veterans face, they also deal with the typical health related issues of aging such as loss of hearing, degradation of sight and sarcopeni. The main focus of *Physical Therapy Exercises for a Diverse Veteran Population* was the creation of therapeutic exercise handouts for the physical therapy department of the Mather VA PM&R Center. Examples of these exercise included: fall prevention exercise, core strengthening exercise, and balance exercises. Through these therapeutic exercise handouts, the physical therapists will be able to easily convey the at home therapeutic exercises needed to enhance the treatment program of their veteran patients. These exercise handouts with the aid of the physical therapist were designed to incorporate multiple learning modalities such as visual, hearing, touch, and movement. The multiple learning modalities are used to bridge any lapses in understanding a veteran may face due to injury, illness, or aging. It is the goal of these therapeutic exercise handouts to provide a lasting enhancement to both the design of a treatment plan and the veteran patient outcome. At this juncture, Physical Therapy Exercises for a Diverse Veteran Population has been well received by the staff of the Mather VA PM&R. However, the success of the patients’ progresses will measure the effectiveness of these exercise handouts because there is no greater task then providing high quality resources for those who served and have currently serve the United States of America.

12:55

**Patient/Family Guide to Hospice IDT Roles and Services**

Lai Saechao

**Agency:** Mercy Hospice

**Agency & Faculty Supervisors:** Terry Stewart RN, LCSW & Dr. Cheryl Osborne

Terminally ill patients who are admitted into a hospice program are asked to essentially trust their lives and well-being to a group of strangers. Interdisciplinary care teams (IDT) may be licensed and certified professionals, but being licensed and certified does not make the team members any less of a stranger. Many times patients and families may not completely understand the roles of each team member involved in the care process. The *Patient/Family Guide to Hospice IDT Roles and Services* project provides a basic patient/family oriented outline of the various ways each member of the interdisciplinary team can serve patients and families. Information from the guide is comprised of existing information as well as contributions from team members based on their knowledge and experience with patients and families. The purpose of the guide is to encourage and develop patient/family trust in hospice care teams as well as foster rapport. Success of the guide was determined through feedback from team members as well as management review. The accuracy and usefulness of the guide was evaluated through surveys completed by team members during IDT meetings. The team members rated the project’s overall accuracy and usefulness 5/5. The final guide was presented to supervisors at a management meeting. The guide was approved as a valued addition to the open/care packet given to patients/families upon start of care and will officially be included in the packet starting 2014.
Brain Puzzles
Kaylin Smith
Agency: Eskaton Village Carmichael Activities Program
Agency & Faculty Supervisors: Kate Madaus, BSG & Dr. Cheryl Osborne

Individuals who live with dementia in a care home or community setting are reliant upon staff to take care of their basic and fundamental needs. Amidst Residential Care Associates (RCAs) taking care of basic hygiene needs and Receptionists communicating with the family about their loved one, the people working in the Activities Department are frequently overlooked. Nevertheless, the task of keeping residents physically and cognitively stimulated is no small task. The Brain Puzzles project provides an aid to an existing activities program. The project is comprised of a binder and a box containing paper and pencil puzzle activities, and multi-sensory tasks. The purpose of the project is to provide activities which may be easily adapted for groups or individuals so that the agency may provide activities and stimulation to residents at any hour. The project was evaluated by the staff at Eskaton Village Carmichael’s Memory Care Unit, and by residents who participated in some of the games. Residents and staff had overwhelmingly positive responses to possibilities for use of the project. The final project was presented the Activity Director on November 29th. The project is now available for use as needed at Eskaton.

The DSS: “A Link” that Incorporates, Organizes, and Supports Aging in Place in Senior Communities
Mary Wilkins
Agency: LifeSTEPS
Agency & Faculty Supervisors: Lisa Gayle & Dr. Cheryl Osborne

LifeSTEPS is a private non-profit agency that provides educational and supportive services to individuals, families and seniors living in low-income housing communities. LifeSTEPS’s mission is to provide effective educational and supportive services to maximize the strengths of individuals and build resilient communities. The Director of Social Services (DSS) works with residents by providing case management, educational classes and social activities at low-income housing communities throughout Sacramento. The student intern visited multiple communities that the agency serves and identified the need for a more user friendly way to bring notice to and affirm the DSS duties and values of the agency and the communities which they serve. After a brief summary illustrating how serviceable a bookmark would be for the agency, the Regional Director of Social Services approved the idea. The bookmark is a small, all-purpose, utensil shaped item to be used by LifeSTEPS staff and Property Managers to introduce “The Link” how the agency provides administrative oversight, coordination and delivery of services, or other assistance that seniors needed to age in place. The bookmark describes LifeSteps' benefits to residents as well as their families as it can be used as a tool to quickly explain the DSS position and give a better understanding of the social support a DSS offers the residents. Additionally, the bookmark will be used by management to introduce new residents to LifeSTEPS and offer insight as to what a DSS does. The bookmark was evaluated via email by the faculty and the direct supervisors for feedback and comments. All comments showed it to be a worthwhile project and determined the bookmark to be less wordy than the current forms used by the agency, making it easier to read and ultimately more user friendly.