Undergraduate Student Presentations

8:15
Welcome & Introductions

8:30
**Assisting with Mobility: Promoting Safety with the Hospice Patient**

Alyssa Coats
Agency: UCDMC Hospice
Agency & Faculty Supervisors: Don Lewis LCSW & Professor Barbara Grigg

Volunteers play a vital role in hospice organizations. As a member of the hospice team, their presence is able to fulfill companionship needs for patients, caregiver relief for family members, and many other duties. When alone with a patient, one task a volunteer may be called upon to do is assist the individual with their mobility. Walking, repositioning, or transferring to a wheelchair are likely situations a volunteer may encounter. These situations are not commonly thought of as an issue in regards to hospice, which may leave the volunteer unprepared when presented with the task. Patient falls within the hospice community are of great concern and can be reduced when using proper tools and methods when ambulating. Lack of confidence to perform these tasks can prove to be a barrier which could be overcome if information or training was provided by the agency. Providing volunteers the opportunity to acquire this knowledge would allow them to safely and confidently assist the hospice population with mobility and ultimately contribute to the patient’s quality of life.

9:00
**A Meaningful Activity for Residents Living in an Assisted Living Community: Getting to Know You**

Samantha Nielsen
Agency: Eskaton Lodge Gold River
Agency & Faculty Supervisors: Kris Reymont, Activities Director & Dr. Teri Tift

This student’s project is aimed at facilitating interaction between residents and between residents and staff through a meaningful activity, called *Getting to Know You*. According to a study by Harmer and Orrell (2008), a meaningful activity is one that includes reminiscence, family, social, individual, and musical aspects. The student chose an activity of reminiscence that will allow the residents to talk about pleasurable memories and have their voices heard. *Getting to Know You* enables residents to socialize with each other, and provides the staff with the opportunity to learn more about their residents. Residents will directly benefit from this activity as meaningful activities provide residents with structure, promote health and well-being. Staff will also benefit from *Getting to Know You* because they will learn more about their residents. The student had a limited time frame to complete this project, so the aim was keeping the project as simple, yet beneficial as possible. The student will compile all the resources used in the project and turn it into a *Reminiscence Kit* that the staff will be able to use in the future for reminiscent activities (if they choose). The Reminiscence Kit is composed of all of the questions and materials the student used for *Getting to Know You*. 
9:30

**Telling Your Story: Video Memoirs**

Amber Coleman  
*Agency: Regency Place*  
*Agency & Faculty Supervisors: Dan Gormley & Dr. Cheryl Osborne*

Regency place is an independent living, assisted living senior care retirement community in Sacramento, California. Regency Place is dedicated to providing quality senior care, and a fulfilling environment; while that promoting independence and personal growth. The Regency Place offers a variety of engaging activities for their residents. The student identified that those activities did not include reminiscence therapy as an activity. At a time when older adults may feel most vulnerable, lonely, or isolated; reminiscence therapy helps restore confidence, self-esteem and acknowledges contribution to life. Thus reducing depression and lowering loneliness. Overall, reminiscence therapy is an inexpensive and beneficial approach to helping the elderly age successfully and happily. It provides them with a sense of overall life satisfaction and coping skills, and it appears to improve the symptoms of depression and dementia. This project created video memoirs as innovative way to use reminiscence therapy to keep the residents engaged in activities at Regency Place. The goal of this project was to keep all residents included in activities while respecting their independence. The video memoirs included residents on camera answering various questions about their family history and life (i.e. parents, siblings, marriage, etc.). The process began with posting flyers, a signup sheet and a questionnaire to prompt them to relate family history and stories. The residents and their families will have the memories to cherish for years to come. The video memoirs also served as therapeutic activity which carried out Regency Place’s mission.

10:00

**BREAK**

10:15

**Implementation of a Bereavement Program:**  
*Kaiser Permanente Palliative Care Sacramento/Roseville*

Divena Kerr  
*Agency: Kaiser Permanente/Palliative Care (Sacramento/Roseville)*  
*Agency & Faculty Supervisors: Kathy Edwards MSN & Kendra Micka MSW & Dr. Cheryl Osborne*

Kaiser Permanente Palliative Care (Sacramento/Roseville) is a non-profit agency through the KP Foundation (HMO) that is committed to providing exemplary care that focuses on emotional, physical, mental, spiritual, and cultural needs of Kaiser patients, family members, and caregivers coping with transitional changes associated with chronic health conditions. The student intern identified a need for a bereavement program that would enable follow-up with patient referrals, continuum of care, social support groups, and links to local community resources associated with death and grief. A bereavement program would also educate Kaiser Members on end of life matters, personal health care decisions, grief patterns, and loss. To help establish follow-up and continuum of care among Kaiser members, caregivers, and family members the student created a 12-month bereavement program that consisted of an excel spreadsheet for “follow-up logging” of phone calls and monthly mailings sent out to patient/family referrals who stated their personal interest in the bereavement services offered by Palliative Care. The goal of the Project was to provide the Kaiser Permanente Palliative Care team with a program that will enable follow-up with bereaved families and help bridge the gap between death and grief. Along with the creation of an excel spreadsheet to track follow-up calls and mailings, a bereavement packet that included a welcome letter, greeting card, bereavement brochure, resource list for local support groups, and monthly mailings was also created to mail out to families/patients to help them understand the bereavement cycle and offer extended condolences. The final product was reviewed by faculty and site supervisors, as well as administrative support members, who agreed that this program will be useful in supporting many with difficult transitions associated with loss. The student was able to help implement the bereavement program by making follow-up calls and mailing out bereavement packets created to Palliative Care referrals.
10:45

**Increasing Wellness Through Socialization and Activities at Congregate Dining Sites**

**Jennette Wells**

**Agency:** Meals on Wheels by ACC  
**Agency & Faculty Supervisors:** David Morikawa & Professor Barbara Grigg

Meals on Wheels by ACC (MoW) is a non-profit organization committed to providing older adults ages sixty or better with nutritious meals at the twenty—two dining sites in the Sacramento area. The MoW mission statement is to promote general welfare and to enhance the quality of life of older adults by identifying, developing and providing culturally sensitive health and human services and related activities. The MoW program strongly values total wellness in the older adult population and actively seeks out methods and activities that support their mission statement. The student saw a need and interest for additional activities when visiting different congregate dining sites and speaking with program participants. The student’s project was to create a MoW activity book based on health, music, games and community resource information. The student formatted the activities to meet the time constraints and to appeal to the different cohorts at the dining site locations. The MoW activity book provides simple instruction for interested volunteers and staff to implement before mealtime. The project is supported by research that shows evidence of increased wellbeing in older adults who participate in activities and socialization when compared to older adults who are isolated. The student used one dining site location as the activity book pilot site. The student received positive feedback from staff, volunteers and participants about the activities and subject matter. The final project was reviewed by MoW program management and found to be a valuable tool in enhancing participant wellness.

11:15

**An Insight into Older Adult Volunteers: A Feedback Survey**

**Carla Riley**

**Agency:** Kaiser Volunteer Service Program  
**Agency & Faculty Supervisors:** Jerilynn Reed & Barbara Grigg

The Kaiser Permanente Volunteer Service Program is committed to providing quality assistance to the hospital staff via volunteers. Older Adult volunteers have unique qualities due to the skills and strengths they developed from their previous careers. Over time older volunteers may decline physically and/or cognitively which could become serious risk factors. The student intern identified that a volunteer feedback survey would provide insight into how older volunteers preferred these issues to be addressed. The student developed and administered a volunteer feedback survey geared towards volunteers age Sixty (60) and older. Question eight (8) assessed the comfort level of the volunteers in discussing their physical and cognitive decline with the Coordinator of Volunteers. Question nine (9) asked about volunteers’ preference for how the decision to retire from volunteering should be addressed. The answers to these two questions are the main focus of the survey. The objectives are that communication will be open between the Coordinator and the volunteers and that the coordinator will identify areas of concern before serious risk factors develop. The responses to question eight suggest that clearer language or clearer formatting for this question was needed in order for all the volunteers to adequately answer it. The results of question nine show that most volunteers prefer the decision to retire to be a collaborative input between themselves and the coordinator.

11:45 ~

**BREAK**
12:00

Grief & Loss: a Training Seminar

Taz Masood

Agency: Society for the Blind
Agency & Faculty Supervisors: Shane Snyder & Dr. Cheryl Osborne

The Society for the Blind serves a number of individuals with vision loss and/or vision impairments. One program specific to older adults is the Senior IMPACT Project that focuses on educating, training, and mentoring clients to assist one in coping with their vision loss to continue to live independently. Vision loss and visual impairments are quite prevalent in older adults. As a result individuals experiencing vision loss encounter a number of obstacles and difficulties. Among the various physical, emotional, and mental affects vision loss imposes on an individual one of the most common conditions acquired is depression. Symptoms of depression can severely impede the ability to live a health life. Depressive symptoms are closely linked to the grief and loss individuals are experiencing with their vision loss. If mentors and trainers of the Senior Impact Program (SIP) are well educated and trained about the grief and loss clients are experiencing they will be able to provide further support, training, coping skills, and mentorship to clients of SIP. This proposal is supporting and describing the grief and loss seminar to be conducted for employees and staff of SIP in the hope to provide older adults with better training, mentorship and coping skills. The seminar will be 1.5 to 2 hours in length and focus on grief and loss phenomena associated with any loss as well as coping techniques and strategies one can implement in their daily lives to help one cope on a day to day basis.

12:30

Guide to Understand & Promote Life Enhancement in the Older Adult

Megan Sawyer

Agency: Chateau at River’s Edge
Agency & Faculty Supervisors: Kim Adams & Professor Barbara Grigg

The Chateau at River’s Edge, a Hank Fisher Property is dedicated to making a difference every day. The Life Enhancement Program is a multi-disciplinary approach including: mental, physical, spiritual, creative, social, and community involvement, all aimed to improve the quality of life for residents. Through informal interviews the intern identified two needs: residents requiring reminders to attend events because of mild to moderate cognitive decline, and the staff not understanding the benefits to the residents whom attend Life Enhancement Program events. Many of the residents have memory loss; therefore, a friendly reminder makes a huge difference, increasing attendance. Employees vary in ethnic background, education, and language at The Chateau at River’s Edge, which creates a need for an educational tool to promote the Life Enhancement Program. The simplicity of the pamphlet paired with existing Life Enhancement resources empowers the staff to suggest the Life Enhancement Program to the residents and provide examples. The intended users of the Guide include: the servers who work in the dining room, house keepers, care staff, maintenance employees, and marketing specialists; because all employees have interactions with the residents daily.
Alzheimer’s disease (AD) is characterized by the loss of intellectual and social abilities that interfere with functioning. AD results in a progressive decline that impacts the informal caregiver. The Alzheimer’s Aid Society has a mission to support patients and their caregivers throughout the Alzheimer’s path. Caregivers must set boundaries and safeguard their own health and sanity. However, research indicates that many caregivers are unable to balance all the demands and neglect their own health. They have higher rates of depression, obesity and mortality. Caregivers report that Neuropsychiatric syndromes (NPS), such as agitation, wandering and sleep disorders are the greatest burden of care. NPS increases the rate of brain deterioration, suffering and institutionalization for the person with AD. Early interventions to help delay the onset of NPS could lessen the burden for caregivers and slow the progression of the disease. Those with AD need interventions to avoid NPS and maintain cognitive functioning. A “Moving Difference” is a program to help both the AD family member and the caregiver. A program developed to provide movement strategies that reduce stress, and improve brain health. Activities include: mindfulness meditations, range of motion, scarf juggling, improvisation, chair yoga, qigong and massage. The program was field tested by the AD memory group and caregivers. Participation was beyond expectations and comments were enthusiastic and positive. A Moving Difference brings caregivers and AD family members movement practices and the opportunity to join others in practice groups to help expand their social circle.