**GERO 131 Fall 2020 Projects**

**Operation Pet Therapy**

Lisa Marie Acevedo

Agency: Triple-R Adult Day Program, Club Refresh

Agency Supervisor: Holly Zink

Faculty Supervisor: Catheryn Koss

Triple-R Adult Day Program: Club Refresh is located at Woodlake School on Southgate Road in Sacramento. Club Refresh is a person-centered program that provides adult services to people experiencing early stages of memory loss. Members lead daily activities while staff provides a supportive environment accommodating memory issues and continuous personal growth. Club Refresh offers a fun, exciting, and safe environment for members. Caregivers receive respite services while they work or partake in self-care. This project used the Age Stratification/Age Integration theory, which states age stratification separates members into societal age-appropriate roles while age integration promotes work, education, leisure, and time spent together as beneficial for all ages to address the issue of increased risk of isolation associated with disparities in technology for older adults during the pandemic. The student researched animal therapy for physical or mental health conditions, interviewed a registered and insured pet therapy trainer, and created three pet therapy videos. The project was evaluated through interactive survey critics after viewing videos, which provided opportunities to adjust material and future activities. The project's key results were increased social interactions through interactive survey feedback, which provided opportunities to modify material and create a strong sense of community amongst the agency, the student, and the members. The tangible product left with the agency was three pet therapy videos and one survey used after viewing the material. The videos will be included in the virtual library created by Triple-R Adult Day Program: Club Refresh for member viewing.

**Sit and Sip with Whiskey Dog: Animal Assisted Pet Therapy Activity**

Rebecca Atchley

Agency: Eskaton Village of Carmichael, Assisted Living Unit

Agency Supervisor: Angela Jackson

Faculty Supervisor: Suzanne Anderson

Eskaton Village of Carmichael, Assisted Living Unit (ALU) located in the city of Carmichael, is a continuing care community that provides older adults a safe, fun, practical, and beautiful place to live. This project used the Successful Aging theory to address the issue of caregiver burnout using animal therapy activities for residents. The student created an activity that allowed for residents to come together and socialize in a safe environment. We discussed topics that touched on all aspects of aging such as happiness, health, sadness, and of course the love or dislike of animals. The student worked with the activity coordinator to make sure the activity would best suit the needs of the residents, and allowed for the student to have one-on-one time, as well as group animal therapy sessions. The project was evaluated by administering a pre and post survey to the residents. The site supervisor also supervised the activity and evaluated, from a staff perspective, how the activity positively or negatively affected the residents. Some key results of the project were: relaxed and happy residents during the activity, respite for the activity coordinator during her day, and an activity that could be continued in the future for the ALU community. The tangible product left with the agency was a booklet for the activity coordinator that provides contact information and resources to continue this animal therapy activity.

**Virtual Survey for the Sacramento LGBT Community Center’s Website**

Lety Barraza

Agency: Sacramento LGBT Community Center

Agency Supervisor: Kelsie Hale

Agency Community Resources Mentor: Marcy Basila

Faculty Supervisor: Catheryn Koss

The Sacramento LGBT Community Center is a non-profit organization that focuses on the health and wellness of the most marginalized. They advocate for equality and justice towards building a culturally rich LGBTQ+ community. This project used the Social Ecological Model of Aging Theory to address the issue of whether older members’ needs are being met based on the services and resources provided through the center’s website. This theory examines how our choices and behaviors are influenced by different layers of social context: interpersonal, institutional, community, and structural. Amidst the COVID-19 pandemic, safety guidelines and sheltering at home must be adhered to. In order to build social engagement that influences healthy aging, it is critical to have virtual access in the community. The student navigated the agency's website and collaborated with staff to understand the structure of the agency. Furthermore, the student engaged with older adult members to understand their technological challenges, communication needs, and the impact of COVID-19. In turn, the student researched how to create a professional virtual survey, tested the survey draft with staff/older adult members to collect feedback, and finalized the survey for the agency’s future use. The project was evaluated by daily virtual meeting check-ins with the supervisor/mentor. Additional research was applied from another course (RPTA 110), as well as outside resources including tutorials and survey template examples. The project demonstrates the importance of meeting and enhancing accommodations in times of hardship. The tangible product left with the agency is the official virtual survey link.

**Bridging Generations - An Intergenerational Guidebook**  
Ka’Lai Dillon

Agency: Sacramento State

Agency Supervisor: Catheryn Koss

Faculty Supervisor: Therese Ten Brinke

California State University Sacramento is an institution that focuses on higher learning and providing students the tools and knowledge, they need to be successful. The Gerontology department partnered with an outside organization to provide support for special outreach. This includes understanding and utilizing geriatric health assessments and creating an action plan based on assessment results. The student worked in collaboration with Sacramento State and the non-profit organization ACC to assist with the 2020 Census. The student’s goal was on outreach aimed to connect with hard-to-reach populations. While providing outreach, the student identified a generational divide among older adults and younger generations. The student then developed an intergeneration guidebook that provided a framework to break down stereotypes between generations. This guidebook was designed to enhance the connection between older adults and the younger generations while breaking down harmful age-related stereotypes. The Ageism & Stereotype Theory was the main tool in developing the guidebook. This theory states age-related stereotypes can be detrimental to those that experience them and have an adverse effect on self-confidence and wellbeing. This theory was used to address how harmful age-related stereotypes can be and how easily they can be broken down. The activities in the guidebook give participants a chance to reflect on their views and change them as a group. The outcome of this program aimed to create a positive relationship between the different generations. The Bridging Generation Guidebook will be presented to the Gerontology Department and to ensure its sustainability, it will be shared between the partnered organizations.

**DAH Meal Guide for Those in Need**

Moises Gamboa

Agency: Agency on Aging Area 4

Agency Supervisor: Pam Miller

Faculty Supervisor: Catheryn Koss

Agency on Aging Area 4, located in Sacramento, is a non-profit agency that provides funding and direct services to older adults across seven counties. These funded programs include caregiver support and respite, elder abuse prevention, insurance counseling, legal services, congregate meals, and Meals on Wheels. This project used the Social Ecological Model of Aging theory to understand the factors that influence an individual’s behavior in terms of seeking out services available in their communities. This project addressed the needs of the clients that were in the Dine at Home Sacramento meal delivery program. Many of the clients that are on this program are considered high risk and are dependent on meals in order to quarantine at home during a global pandemic. The student developed a guide detailing food banks located across Sacramento that can be used to educate DAH clients of other resources. The project was evaluated by the agency staff and the student, who went on to call and visit some of these food banks in order to get a better understanding of these sites. The tangible product left with the agency was a list of local food banks and agencies that are committed in providing food to any Sacramento residents in 2021. The list includes sites that will operate while supplies last and are committed to serving older adults and their families during this pandemic.

**Emergency Buddy System & “Go Bags”**

Monique Gomes

Agency: Yolo Healthy Aging Alliance

Agency Supervisor: Sheila Allen

Faculty Supervisor: Donna Jensen

Yolo Healthy Aging Alliance (YHAA) located at 600 A St STE C, Davis, CA 95616. YHAA is an agency that focuses on advocacy, education, and collaboration for older adults in Yolo County. This project used the Health Access Framework Theory to address the issue of providing older adults with the education and resources for emergency preparedness. The student created a fillable sheet that older adults may use with their neighbors to create an evacuation plan between the two of them if the older adults feels like they might need help exiting their home or with transportation. The student also created a flyer that informed older adults of what to carry in their emergency go bags in case of an emergency. Collaboration within Home Supportive Services was also created in hopes of developing go bags that could be passed out to older adults. The project was my agency supervisor, as well as the Board of Directors of YHAA by verbal comment and feedback. Some key results of the project were the older adult’s ability to easily access helpful information about emergency preparation. The tangible product left with the agency was information on what to pack in an emergency go bag, as well as the development of a fillable document that encourages the conversation between older adults and their neighbors to create a helpful evacuation plan if it is deemed that they would need assistance.

**A Taste of the World**

Maribel Guevara

Agency: Oakmont of Carmichael

Agency Supervisor: Anika Simmons

Faculty Supervisor: Jennifer Marlette

Oakmont of Carmichael is a luxurious assisted, independent and memory care senior living community. Oakmont offers a variety of services such as 24 - hour care, chauffeur services, fine dining, plenty of activities for residents to engage in, a fitness room for residents to maintain physical activity, among many additional amenities. This project used the Activity Theory to highlight the importance of residents participating in activities, which in this case, meant activities that raise cultural awareness and socialization during COVID. The student created a PowerPoint presentation of a country and included its history, fun facts, and an interactive language learning section. The student also partnered with the chef to provide the residents with a taste of the country by making traditional tasters. Lastly, a music playlist was created and played after the presentation for residents to enjoy while socializing, while maintaining social distance. The project will be evaluated by interviewing the participating residents about their feelings toward the activity and by asking for suggestions on how it can be improved. Some key results of this activity were to provide the residents with something out of the ordinary and a near travel experience; during a time when travel is not safe nor recommended. The tangible product left with the agency was a presentation template and sample brochure so that the program could be implemented in the future showcasing a new country chosen by the residents.

**Fun With Music Therapy**

Olivia Hernandez

Agency: Oakmont of Carmichael

Agency Supervisor: Amardip Singh

Faculty Supervisor: Suzanne Anderson

Oakmont Senior Living, located in Carmichael, provides the retirement community with assisted living as well as a memory care services. This community creates a lifestyle with individualized comprehensive care that also promotes continuing independence. This project used the Activity theory which states that well-adjusted older adults remain engaged in leisure activities. These activities give older adults satisfaction and a sense of purpose in life. Music has been found to be a beneficial activity that promotes a healthy cognitive, mental, emotional, and social life. The student evaluated the current activities that promote music therapy within the agency and the amount/type of instruments needed. A list of vendors provided by the agency was made, as well as requests for donations from family and friends within the student’s community. A request for donations was also made through social media platforms such as Facebook and Instagram. The project was evaluated by staff members of the agency through a survey document created by the student as well as verbal comments. The finalized product leaves the agency with a folder containing a copy of the donation request letter, a list of possible donors, an itemized list of the donations for the project, and resources stating the importance of music as well as the benefits for physical and mental health, memory, and important social connections.

**A Happy Heart = A Healthy Heart: The Role of Social Support in Promoting Cardiovascular Wellness**

Allison Ho

Agency: Sacramento State University’s Cardiovascular Wellness Program

Agency Supervisor: Linda Paumer

Faculty Supervisor: Donna Jensen

The Cardiovascular Wellness Program located at Sacramento State is a non-profit organization that provides a comprehensive exercise, nutrition, and educational program for individuals looking to maintain and improve their cardiovascular health. Since the COVID-19 pandemic, there is no in-person physical or social interaction among these participants due to the shift to virtual platforms. Loneliness and isolation are concerning consequences of social distancing for older adults. This project used the Successful Aging Theory to address the issue of potential psychosocial disengagement among older adults. The student created an educational presentation for the participants on how social support promotes physical activities for leisure as well as finding purpose and expressing gratitude during the pandemic. The student also collaborated with other interns to engage in phone calls as a form of wellness check-ins for the participants. The project was evaluated by survey and an open discussion on the topic. Some key results of the project were that a majority of the participants were faring better than what the student predicted. Participants displayed resilience and remained proactive despite the shelter-in-place order. This project provided the agency with information that can assist in the development of more effective and targeted virtual interventions regarding psychosocial and physical health.

**Dialogue with me**

Divya Jeet

Agency: Eskaton Care Center - Greenhaven

Agency Supervisor: Julie Sagastume

Faculty Supervisor: Catheryn Koss

Eskaton Care Center Greenhaven (ECCG) is a rehabilitation and skilled nursing community located in South Sacramento. The Greenhaven community provides round-the-clock skilled nursing, restorative therapy, short-term and long-term care for its residents with a holistic perspective. This community has seen a rise in the number of residents who have experienced strokes and have aphasia. The student noticed communication barriers with residents that have aphasia. The Person's-Environment-Fit Theory states that an environment too challenging or too easy can induce negative consequences. It’s imperative that the environment match the individual’s abilities. Communication barriers are a hindrance in the environment for the residents and the speaker. The student created a communication booklet focused on fostering connection and overcoming communication barriers. The student collaborated with the faculty supervisor to complete the booklet with few of the residents. In order to evaluate the booklet, the student created a short narrative feedback after the booklet was completed. The outcome was limited but suggested that the booklet provided insight and some of the individuals would employ the provided tips. The final product will be an electronic version of the booklet (PDF), which will be left at the agency so other residents can utilize it in the future.

**Engaging Youth to Address Senior Care Shortages: A Community Workforce Collaboration**

Brandy Jones

Agency: University of Assisted Living

Agency Supervisor: Steve Sarine

Faculty Supervisor: Donna Jensen

The University of Assisted Living located in Rosemont of Sacramento County specializes in short and long-term senior care career support and advocacy through talent acquisition, career coaching, and immediate job placement. This project used the Diffusion Innovation Theory to address the issue of caregiver shortages in long-term senior care communities and to persuade members of the local long-term care community that a first step in resolving staffing shortages is by engaging a fundamentally different mindset regarding community collaboration. The student identified local stakeholders to engage, which was exclusive to high school career and technical education programs and leaders. The student created a commercial/info-graphic video to promote the University of Assisted Living model. The student generated various letters of collaboration requests, digitally packaged and executed delivery of the project to identified stakeholders for presentation. The project was evaluated by the amount of positive, negative and non-responses received for participation in the UAL model. Some key results of the project were community leader interests in program participation, attraction of graduating students to the field of senior care services, enhancement of public knowledge of senior care career opportunities. The tangible products left with the agency were a data base of engaged stakeholders and to commercial to be used for marketing, promotion and student attraction.

**Presentation Template for Student Training Class**

Innes McFarlane

Agency: University of Assisted Living

Agency Supervisor: Steve Sarine

Faculty Supervisor: Donna Jensen

The University of Assisted Living located in Sacramento is a startup company that provides training and coaching for people who would like to have a career within residential care communities. As my project I helped create a training template that the company could use as they transitioned into virtual learning during the pandemic. The theory I used to guide my project was Knowles` Adult Learning Theory of Andragogy which helped me grasp the key elements that I included in my template to enable students in the class to absorb the information and be successful. My main goal was to help create structure within the training classes to ensure the same quality of material was given to each student who entered the program as well as a guide for the instructor to help keep him on track. My project was evaluated by the supervisor who competes the trainings and will continued to be adjusted as he adds or changes any of the curriculum he is teaching. The outcome of this project is a template for the organization to use and reference to keep the material they are presenting consistent and on brand.

**Advance Directive Awareness for Seniors of Home at Last**

Keri Morgan

Agency: Next Move

Agency Supervisor: Cynthia Pimentel

Faculty Supervisor: Therese Ten Brinke

Next move, a non-profit organization, located in Sacramento, provides permanent low-income housing and case management for older adults over 55 who were once chronically homeless and living with a mental health disorder and/or drug addiction. The program is funded through Housing Urban Development and client referrals come from Sacramento Housing and Redevelopment Agency. The housing complex provides 22 one-bedroom apartments in Oak Park and offers onsite case management Monday through Friday. The case manager helps residents located resources to maintain their independence. This Project used the Health Access Framework Theory which outlines a range of factors that make it less likely that people will access services. At the individual level, cultural and language barriers may make it less likely that some will take advantage of available services. The theory recognizes that barriers to service can be addressed at individual, organizational, and policy levels. The student observed that many residents did not have an advance directive. With the support of the Program Manager and Case Manager the student created an advance directive outreach and awareness program for the residents. For this project I met with residents to set up an advance directive with their primary doctor. To ensure program sustainability, the student provided the organization videos and PowerPoint presentations explaining the importance of end-of-life planning. The student also provided a binder with directions of how staff can assist with setting up an advance directive and I left my email and phone number if the next intern has any questions.

**The Dangers of Tobacco for Vietnamese Older Adults**

Justin Nguyen

Agency: American Heart Association

Agency Supervisor: Donna Duldulao

Faculty Supervisor: Catheryn Koss

The American Heart Association located in Midtown Sacramento is a non-profit agency that provides reliable information and services to the population regarding ways to prevent and treat heart disease and stroke. Their mission is to “to be a relentless force for a world of longer, healthier lives.” The American Heart Association addresses the needs for individuals of all ages. The agency provides resources, such as support groups, alternative medication, and information relating to a variety of heart disorders. These include heart failure, diabetes, heart arrhythmia, and more. This project used the Stages of Change Theory to address the issue of behavioral change in a population. The Change Theory depicts the process people go through to change a behavior. It is done through the stages of precontemplation, contemplation, preparation, action, and maintenance. The student created an informational booklet to educate Vietnamese older adults on the dangers of tobacco use. Using the Problem Tree, Change Model, and the Action Plan & Timeline, the student created an outline and structure for the project. The project defined tobacco products, its use in the Vietnamese community, heart disease, its implications in the Vietnamese community, and provided resources for the affected population. The project was evaluated by looking at tobacco use statistics pertaining to Vietnamese older adults. It looked at how stress, culture, social factors, education, and more played a role in the use of tobacco products. They contributed to the key results of the project, and a translation of the booklet from English to Vietnamese was done with the help of my paternal grandfather. The tangible product left with the agency was a Microsoft document file of the booklet to print and virtually implement for the American Heart Association.

**Project Less Salty**

Ricardo Nolasco

Agency: The American Heart Association

Agency Supervisor: Donna Duldulao

Faculty Supervisor: Catheryn Koss

The American Heart Association, located in Sacramento, is a non-profit organization that provides research and advocates policy changes to ensure individuals live a healthy heart life. This project used the Health Access Framework theory, which seeks to understand why individuals do not access the available community resources or health care information. It addresses the different obstacles the individual might encounter due to their current circumstance. Individuals most at risk are those with lower social economic status or lack healthcare coverage. The student completed an informational brochure with recommendations to lower one’s sodium intake levels. The brochure is in both English and Spanish to reach a more diverse audience. The project was evaluated by clients who walked into the student’s workplace and wanted to learn more about improving their cardiovascular health. Individuals were unaware of the beneficial effects of lowering one’s sodium intake and manydid not realize how easy it can be to include more fruits and vegetables in their daily diet; 3) Individuals enjoyed the COVID-19 shelter in place recommendations contained in the back of the brochure. The tangible product left with the agency was an informational brochure that used the research information the American Heart Association provides. The student prioritized this information because it becomes an informative ad that brings awareness of the American Heart Association footprint throughout the Greater Sacramento Region.

**Woodland Senior Gram Health and Wellness Check-in**

Ashley O’Reilly

Agency: Woodland Community and Senior Center

Agency Supervisor: Dallas Tringali

Faculty Supervisor: Donna Jensen

The Woodland Community and Senior Center, located in Woodland, California, strives to be an access point on aging resources for seniors. The Senior Center encourages healthy aging, provides basic social services, and offers socialization opportunities for older adults. Opportunities for creating new friendships, developing new skills, or finding a similar community are all present. This project used the Successful Aging Theory to address some of the obstacles that arose during the pandemic. COVID-19 has forced people into isolation which can limit the ability of aging adults, who are particularly vulnerable, to make healthy choices. This project provided members of the Senior Center with hobbies and healthy activity choices through an informational and interactive flyer presented in their Senior Gram, a monthly newsletter. Twelve unique templates were created to support healthy aging for members. In addition, seniors feel that the Senior Center is reaching out to them about their current needs and challenges. The flyers were evaluated for effectiveness and clarity by my supervisor, and members of the senior center offered guidance during their creation. Although my project is fully created, it will not be mailed out until the start of January. That combined with its year-long duration makes it difficult to measure its current outcome. However, key results of the project include providing tangible information and actionable items to members who are quarantining. The tangible product left with the agency was a 12-month health and wellness check-in page to be added to the Senior Gram that can be changed or updated depending on circumstances or feedback from members of the community.

**Eskaton: YouTube Renovation**

Joshua Padua

Agency: Eskaton

Agency Supervisor: Jamie Sisco

Faculty Supervisor: Catheryn Koss

Eskaton located in Carmichael, is a regional nonprofit aging dedicated to enhancing the lives of older adults throughout Northern California for over 50 years. This project used Diffusion of Innovation theory that seeks to explain how new ideas spread and are adopted to help address the issue of updating and improving the Eskaton Seniors YouTube page. The student watched all of the videos posted within the past year and wrote brief descriptions for each of them along with adding links to Eskaton-related websites. The student updated the About section to better represent Eskaton values. The student also implemented a visual overhaul that highlights key video projects on the page. The project was evaluated by the agency supervisor, Jamie Sisco, and by Stacy Robinson who aided the student to ensure the written and visual parts of the project aligned with Eskaton’s image. The key results of the project were to create a template and examples of video descriptions that can be applied to future video projects. The tangible product left with the agency were examples and a template to base future video descriptions on as well as a redesigned and updated YouTube page that matches the design of the other social media accounts.

**Build Your Strength One Day at a Time**

Corinna Rosas

Agency: Golden Pond Retirement Community

Agency Supervisor: Lupe Ramirez

Faculty Advisor: Therese Ten Brinke

Golden Pond Retirement Community is a locally owned community that offers exceptional care. Their community is known for being warm and friendly towards their older adults. Golden Pond believes in providing exceptional quality living for everyone. Their approach is resident-centered by providing around the clock services and support. In addition to providing programs and services, they provide experiences tailored to the resident’s needs. Build Your Strength One Day at a Time helps prevent social isolation and promotes physical and mental health. This program consists of warm-ups, stretches, strength training, and cool down workouts all in one manual. In addition, I created a daily plan of which exercises to do in addition to how many sets and repetitions. The theory I used to help develop my project was the Activity Theory. Issues or needs that I sought to address by carrying out the project was to decrease of consequences due to social-isolation. I also wanted to address the lack of physical activity due to the residents staying in their room. When it came to the county shutting down, there were little to no activities residents could participate in. I decided that working out and being physically active can help prevent social isolation and falls. Tandy and I evaluated the program to see how it impacted the residents. Results showed a positive impact on one’s physical health, and it’s too soon to determine the effect it had mentally. I left links and steps how to change the manual every month.

**Informational and Activity Videos**

Melissa Payton Sowe

Agency: Triple R

Agency Supervisor: Chantell Albers

Faculty Supervisor: Catheryn Koss

Triple R is located in downtown Sacramento and is a part of Sacramento’s Older Adult Services division. Triple R program offers a unique daytime support program to meet the social and care needs of people with dementia, while their family members get respite from round-the-clock caregiving. This project used the Activity theory, which uses activities to give them a sense of purpose and promote physical and mental health. Individuals who have dementia can vary in severity, which can have a major effect on their ability to socialize, perform ADLs, and cognitive function. Triple R serves as an outlet for those senior but due to COVID 19, members of Triple R cannot attend the day center. This has created a loss of normalcy, a lack of support for caregiver and seniors, and lose of mental and physical stimulation that they would get from attending the center. To address this problem, I made for videos for caregivers and seniors to do and watch in the comfort of their homes. Two activities videos were made showcasing an activity using doll or teddy bear and also, an activity making grocery list. In addition, two videos were made about the importance of ADLs and the benefits of Montessori learning. The project was evaluated by staff members of the agency through written questions and verbal comments. YouTube and PowerPoint links were left with agency for reference.

**Decision Tree and Scavenger Hunt**

Cristina Ponce

Agency: Eskaton Support Center: Quality and Compliance

Agency Supervisor: Teri Tift

Faculty Supervisor: Catheryn Koss

Eskaton Support Center: Quality and Compliance (Q& C) located on 5105 Manzanita Ave, Carmichael, CA 95608 is a community-based non-profit dedicated to enhancing the quality of life of seniors in the Sacramento region. Offering a diverse array of choices and options ranging from home-based services to a variety of campus communities, Eskaton has something for everyone. The Q & C is a program that serves and ensures individuals remain healthy and safe. This project used Knowles’ Theory of how adults (as opposed to children) learn. Based on this theory, the project focused on students directing their own learning and how what they learn can be applied. The student created a Decision Tree that will help GERO 101 students navigate and familiarize themselves with the different levels of care that Eskaton has to offer. The student also created a Scavenger Hunt that will give students possible activities they can do based on their selection of care and it will also make their time valuable and fun. The project was evaluated by my agency supervisor by verbal/typed comments and feedback. Some key results of the project were students felt confident in their service-learning choice and students created a social network. The tangible product left with the agency was the two worksheets they can use to encourage students to participate and enhance their service-learning experience at the organization and possible seek Eskaton as a future employer.

**Care Coordination: A Holistic Support System**

Laura Prete

Agency: Meals on Wheels by ACC

Agency Supervisor: Lenise Curtis

Faculty Supervisor: Jennifer Marlette

Meals on Wheels by ACC, located in Sacramento, is a social service that provides nutritional meals, safety net services, social interaction, and other community resources to adults age 60 or better in the Sacramento area. Their focus is to promote safe aging at home, prevent isolation, and address food insecurity among older adults. The student collaborated with the Social Services Manager at Meals on Wheels and determined the need of a Care Coordinator position to work with high-risk Participants that would benefit from added social support. This project used Diffusion of Innovations Theory, which focuses on how new ideas are shared and adopted. Whether a new concept is adopted is based on how well it is perceived. The student researched Care Coordination and compared it to Case Management, Care Management, Navigation, and the current Caseworker position at Meals on Wheels. She created a chart to clearly distinguish the job positions and how they differ. The student also created a Support Plan template which will be used to monitor a Participant’s progress by the Care Coordinator. The project was evaluated by Meals on Wheels staff through a questionnaire after the presentation. This project could lead to the introduction of a Care Coordinator at Meals on Wheels, benefitting both Participants and Caseworkers. Key outcomes would include Meals on Wheels adopting a Care Coordinator position with permission of the Board of Directors The tangible product left with the agency is clear criteria needed to hire a Care Coordinator including the job duties, support plan template, and sharing how a Care Coordinator positively impacts both Participants and Meals on Wheels staff.

**Medical Management in Hospice**

Sumeet Ray

Agency: Bristol Hospice

Agency Supervisor: Katherine Dolan

Faculty Advisor: Jennifer Marlette

Bristol Hospice provides hospice services to meet the physical, psychosocial, and spiritual needs of patients, their families, and caregivers. The interdisciplinary group of professionals develop an individualized plan of care which includes the following services: nursing, physicians, home health aides, counseling, spiritual support, therapy, dietary, volunteers, durable medical equipment, supplies, and bereavement services. The project, The Medical Management in Hospice is supported by the theory Diffusion of Innovations, which operates at the organizational and/or societal level to predict the likelihood that a health promotion program will be implemented and or sustained. The Diffusion of Innovation proposes five stages on organizational readiness to adopt the innovation, they are knowledge, persuasion, decision, implementation, and confirmation. Each of these levels are broken down into several factors. The purpose of the project proposal will be an educational resource for the new interns and volunteers. The inspiration came from lack of information in the volunteer training binder. This project will help expand the knowledge about the health measurement used in hospice, medical conditions to qualify for hospice, the role of IDT (interdisciplinary team), and end of life medication and the medical clearance. The project was presented to Bristol Hospice. The feedback received from the agency provides a positive sustainability within Bristol Hospice.

**Living with HOPE**

Molly Rengchhup

Agency: Triple-R

Agency Supervisor: Holly Zink

Faculty Supervisor: Donna Jensen

Triple-R located at Woodlake Elementary School is an Adult Day Center that is for individuals with early memory loss. The agency meets the social and care needs of people with dementia, while their family members get a relief from continuous caregiving. The staff members provide support and encourages constant personal growth in an environment that accommodates memory problems. This project used Knowles Theory of Adult Learning as it addresses how adults learn in five different ways. The student researched the different types of dementia, listed what they are and found activities that can be done for each one listed. The project was evaluated by attending multiple webinars based on dementia to gain ideas from different perspectives, as well as performing research on what activities can be done for each type of dementia selected. Some key results of the project were that the staff members and caregivers have easy access to helpful information to assist current or future individuals diagnosed with dementia. The tangible product left with the agency was an electronic booklet that staff and caregivers can refer to and use throughout the years.

**Community Resources for Older Adults and Their Families – Sacramento Area**

Leidy Rivas

Agency: Eskaton Care Center - Fair Oaks

Agency Supervisor: Karen Powell

Faculty Supervisor: Suzanne Anderson

Eskaton is the largest nonprofit community-based organization serving the greater Sacramento area. Eskaton Care Center, located in Fair Oaks, provides short-term rehabilitation and long-term skilled nursing care for older adults. Eskaton's primary mission is to enhance older adults' quality of life through innovative health, housing, and social services. This project used the Health Access Framework theory to address the barriers that prevent older adults from accessing local programs and services. The student addressed this issue by creating a personalized community directory of local resources for older adults and their families. The student conducted surveys consisting of two open-ended questions and two closed-ended questions to evaluate the project. Some key results of the project were simpler access to relevant community resources, educating older adults about community resources, and promoting community resources. The tangible product left with the agency was a community resource directory. The directory includes information such as referral agencies, nutrition and meal programs, caregiver support, COVID-19 resources and virtual activities for older adults and caregivers.

**Enhanced Focus on Resident Transition: The Role of an Engagement Coordinator**

Lucky Saengchanh

Agency: Oakmont of East Sacramento

Agency Supervisor: Terry Ervin

Faculty Supervisor: Donna Jensen

Oakmont of East Sacramento is a newly developed premier senior living community that serves adults 65 and older. Oakmont of East Sacramento provides a wide range of services, including comprehensive individualized care plans and various health and wellness programs. For some older adults, the transition from living at home to living in a community can be difficult. Oakmont has created an engagement program that includes engagement coordinators that help the incoming residents’ transition to the community without the fear of isolation and stress. This project is supported by the Social Support in Health and Aging theory, which discusses how aging challenges can be met with adaptive processes. In newly developed communities, there are many moving parts. Because the engagement coordinator's role is relatively new, physical training/shadowing is sometimes unavailable to help understand their role prior, during, and after the resident has moved-in. The student learned what the Move-In process involved and evaluated the current resources available. The student collaborated with the Move-In department to create an additional resource that would lessen the need for physical training for newly hired engagement coordinators. The project was evaluated by the director of Resident Relations and Move-In department to observe its effectiveness. The tangible product left with the agency was a manual that contained step-by-step instructions on each process of assisting the resident with moving into the community and how to help them transition to their new environment.

**Lion’s Mane in the Membrane**

Mwengu Siwiti Jr

Agency: Alzheimer's Aid Society of Northern California

Agency Supervisor: Max Perry Faculty Supervisor: Therese Ten Brinke

The Alzheimer's Aid Society of Northern California located in Sacramento is a local non-profit organization that provides support, education, and compassion to caregivers and their loved ones who are living with Alzheimer’s disease and different forms of dementia. This project used “The Membrane Theory of Aging” which states that cell membrane becomes less lipid which reduces its ability to perform normal functions due to an accumulation of cellular toxins called lipofuscin. Older adults living with Alzheimer’s disease often have a much higher level of lipofuscin deposits than other healthier older adults, which may cause cognitive damage to occur. The Alzheimer’s Aid Society believes in providing education to familiar about alternative methods that may enhance the well-being of their clients, but currently little information exists. To address the issue the student created an informational guide about the therapeutic benefits of Lion’s Mane. The student work collaboratively with their agency supervisor to evaluate the informational guide to ensure it was evidence-based and beneficial for the agency’s clients. Due to the restrictions of the pandemic, the student was unable to have clients provide additional feedback about the material. But some key learnings of the project were discovering that there are therapeutic benefits with alternative medicines, such as Lion’s Mane. To ensure project sustainability, the student provided the agency with an informational guide about the therapeutic benefits of Lion’s mane mushroom for individuals living with Alzheimer’s disease.

**Virtual Engagement**

Chelsea Smith

Agency: Triple R Adult Day Program

Agency Supervisor: Chantell Albers

Faculty Supervisor: Suzanne Anderson

Triple R Adult Day Center, located in Sacramento, is an agency that provides a daytime support program for people with mild to severe dementia or Alzheimer’s. Triple R includes group and individual activities that match each person’s interest and background. Activities at Triple R can range from cooking to exercising, to even chatting about the news of the day. The goal at Triple R is to create a sense of well-being for each participant. With COVID-19, Triple-R had to shut their doors to participants. Participants went from engaging in daily activities to just sitting at home being isolated from the world. The Virtual Engagement Project used the Successful Aging theory to address the issue of the lack of engagement in social and productive activities for the older adults, since the closing of Triple R. The student researched ways to engage older adults and incorporated that into three brief interactive videos. The project was evaluated by using post survey questionnaires in order to measure effectiveness of engagement and video participation. Some key results of the project demonstrated methods to help keep older adults engaged and active while in their homes. The tangible product left with the agency were three videos of activities that can be used in case the agency has to shut down again due to a pandemic. The videos can also be used as new ideas for activities presented at the agency, once they are able to open their doors.

**Shine Project**

Jane Vega

Agency: Asian Community Center

Agency Supervisors: Jeri Shikuma & Haroon Abasy

Faculty Supervisor: Donna Jensen

The Asian Community Center, located in Sacramento, offers programs and services to promote health, wellness and independence for older adults and their caregivers. Programs such as the Senior Community Service Employment Program (SCSEP) is a federally-funded program which assists low-income seniors with job training and finding employment. This project used the Policy, Intervention, and Practice framework to address the issues of SCSEP participants who lack computer skills, do not own a computer, cannot connect to online job search opportunities and are socially disconnected during the COVID-19 pandemic. The student worked with ACC to develop the new Shine Project Laptop Distribution Program. This included developing training manuals with step-by-step instructional videos, an extensive online resource guide, and a check-out system for the laptops to be on loan to the SCSEP participants. The project was evaluated by pre- and post-surveys of the SCSEP participants. Some key results of the project were the ability to connect participants to technology, giving them access to distance learning and being socially connected, and giving them the opportunity to receive monetary benefits so they can have income security. Fifty computer training manuals were left behind as well as and direct links via Google Docs to access master sheets for the training manual and resources list that can be revised and modified by supervisors and future interns.

**Golden Ponds Senior Living Activity Engagement Packet**

Kennedy A. Wilson

Agency: Golden Pond Retirement Community

Agency Supervisor: Tandy Bowman

Faculty Supervisor: Therese Ten Brinke

Golden Pond Retirement Community, located in Sacramento, provides purposeful spaces for all lifestyle options including Independent Living, Assisted Living, Memory Care, Respite Care, and Hospice. Golden Pond provides personal care, exceptional dining services, and other comprehensive senior services that are responsive to the needs and preferences of residents and families. This project uses the Activity theory, which emphasizes the importance of staying active to maintain physical and cognitive health. The student evaluated the current population and environment of the residents at Golden Pond who are living through a pandemic due to Covid-19. The student came to the conclusion that residents were feeling isolated due to the quarantine orders and there was a lack of engagement opportunities for the residents to participate in independently. The student responded to this by creating an activity engagement packet, which included a variety of crossword puzzles, word searches, trivia, interesting facts, and more cognitively stimulating activities. The projected outcome of this project is to help mitigate feelings of isolation and loneliness while making sure residents psychological, physical, and mental health stays intact. The project was evaluated by staff members and residents through a questionnaire with written and verbal feedback. Its sustainability will be ensured by providing the agency was a toolkit containing information on how to create an engagement packet in the future. The toolkit also included a list of sources to pull from to make creating the engagement packet easy and convenient.