[The Healing Power of Music](https://csus.instructure.com/courses/61772/files/6391573/download?wrap=1" \o "Abano_F_2_pdf.pdf)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Faith Abano  
Agency Supervisor: Samaiyah White  
Faculty Supervisor: Cheryl Osborne  
Agency: Oakmont of Carmichael

Oakmont Senior Living of Carmichael is a premier senior retirement community that offers both assisted living and memory care services for older adults in the Carmichael, California area. This agency provides a wide variety of recreational and therapeutic activities including group exercises, puzzles, bingo, arts and crafts, card games, board games, gardening, and many more. Most of the internship was spent in the memory care department which provides optimal care to individuals who have Alzheimer’s and other types of dementia. In order to complement the current activities that the agency offers in improving the residents’ quality of life, the project goal was to develop a music therapy program with the residents’ personalized music playlist on an iPod in collaboration with the agency supervisor. The project, The Healing Power of Music, combines music with physical exercises, dances, and utilization of drums and shakers for rhythm in order to provide the residents with the benefits of stimulation. This project is supported by the Activity Theory, which states that successful aging and greater life satisfaction are achieved through active engagement and social interaction. Unfortunately, due to the COVID -19 virus, the final face-to-face implementation of the project was not achieved. The implementation plan, however, included eight to ten residents from the Memory Care as well as other assisted living residents who were invited. The workshop consisted of four sessions, with each lasting for an hour. The music sessions gave participants an opportunity to express their emotions, reminisce, and socialize with others. A pre-post survey was used before and after each session. The expected outcomes addressed the residents’ levels of happiness, interest, participation, response, and motivation to exercise. A guide for the staff and volunteers with the residents’ personalized playlists for future reference will help to make this project sustainable.

[The Basics of Alzheimer’s Disease: A Spanish Webinar](https://csus.instructure.com/courses/61772/files/6364279/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Amanda Mendoza Aguilar  
Agency Supervisor: Denise Davis  
Faculty Supervisor: Suzanne Anderson, MSG  
Agency: Alzheimer’s Association Northern California & Nevada

The Alzheimer’s Association aims to provide care, support, and research in the community. The project was created with the collaborative efforts of the gerontology student and program coordinator, with the goal of increasing outreach to Latino communities. The project accomplished this by developing and facilitating a Spanish in-service webinar. Evaluation data showed that overall staff enjoyed the in-service. However, it may be improved upon by adding additional personal examples and visuals.

[Volunteer Brochure](https://csus.instructure.com/courses/61772/files/6364303/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Muhammad Ali  
Agency Supervisor: Rachele Doty  
Faculty Supervisor: Jennifer Marlette  
Agency: First Call Hospice

First Call Hospice is an agency which provides Hospice Care and Palliative care services, their focus is to provide quality care when the quantity of life is limited. They provide physical, psychosocial and spiritual support to the patient, the patient’s family and the caregivers. Their focus is to keep the patient as comfortable as possible. By keeping the mission statement of the agency in mind the student provided the agency with a volunteer brochure which will be provided to the patient and their family members upon admission and have a detailed information about the volunteer program of the agency. The brochure explains the do’s and don’ts of the volunteers, and the support and services the agency provides. The theory used was the caregiver stress process model which focuses on the stress a caregiver goes through which in longer run can also affect the health of the care receiver. The desired outcome of this project was to inform the patients and their family members/caregivers about the volunteer program and make them feel comfortable to use the service and take advantage of the services that a volunteer can provide. The project was evaluated by the volunteer supervisor at the agency. The project was sustained by providing the template to the office in a flash drive, and an electric copy was emailed to the agency supervisor for future use and changes.

[Understanding Cognition of Residents in Assisted Living: A New Look at Trivia](https://csus.instructure.com/courses/61772/files/6364316/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Shakeel Ali  
Agency Supervisor: Angela Jackson  
Faculty Supervisor: Suzanne Anderson  
Agency: Eskaton Village Carmichael

Eskaton Village, Carmichael (EVC) is a multi-service based agency specifically known as a continuing care retirement community (CCRC). Here, many amenities and services are offered on a vast 32-acre campus that encloses an entire community of independent cottages and apartments along with a full skilled nursing facility with memory care available as well. Over the last two semesters participating in many weekly activities, the student identified a need for improvement to a routine trivia-based activity that many residents participate in multiple times throughout the week. The project targets the population of seniors who reside specifically in the assisted living section who participate in the daily activities offered. By identifying this need in the improvement, the student collaborated with the life enrichment coordinator and residents to develop and implement a solution by creating a new book full of new, unique questions that the student made for them to use. The new trivia questions in the student’s project can also be used in a more competitive style of trivia that can be played with a group of residents. The student has coordinated with the activities coordinator to use this upgrade to this activity throughout the weeks as she coordinates the usual weekly activities for residents. The student will communicate with the supervisor and leave the new set of trivia questions at the agency as well as deliver an electronic copy for them to permanently keep. The project will be implemented by the staff who will continue to use it with the residents when applicable and the student will continue to follow-up with the coordinators and residents at the agency in the future for sustainability.

[Healthy Meal Deals](https://csus.instructure.com/courses/61772/files/6456554/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

By Vanessa Anguiano  
Agency Supervisor: Pam Miller   
Faculty Supervisor: Catheryn Koss  
Agency: Agency on Aging Area 4

This project, to be carried out at Agency on Aging Area 4, will meet the needs of lower-income older adults and any person who would like to save money by creating an affordable meal plan with CalFresh recipes. I will consider my project to be a success if I can create an affordable meal plan regimen. I will evaluate the success of my project by creating a resource that the nutrition department approves of.  I will ensure the sustainability of my project by leaving behind with the agency the pamphlet and its electronic template.

[Expression Through Creativity](https://csus.instructure.com/courses/61772/files/6364332/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Breanna Banks  
Agency Supervisor: Paloma Palomares  
Faculty Supervisor: Deon Batchelder  
Agency: Eskaton Lodge Gold River

Eskaton is a corporation that has a number of facilities that provide a wide range of programs to assist older adults, which includes 24 hour skilled nursing and assisted living communities. Eskaton, Lodge Gold River is an assisted living facility that also has a memory care unit. The residents in the memory care have a multitude of behaviors associated with dementia, and at times they can be unpredictable. In the memory care unit, there are daily activities and depending on the severity of the resident’s disease, may determine the success of these activities. Implementing programs that can reduce dementia behaviors, such as controlling their agitation, can be valuable to the resident, staff, and family. Research has proven that art therapy can possibly reduce agitation and help individuals with cognitive impairment. The project was created to introduce the residents to an art therapy program, that hopefully can reduce behavioral issues such as agitation in older adults. This project consisted of creating stepping stones, decorated with marbles, mosaic tiles, and colorful glass. This activity took place after breakfast and before lunch. After the stepping stones were completed, a survey was provided to staff and others that had the opportunity to participate or witness the activity. The survey provided information on how successful the program was. The reduction and success of agitation as well as other behaviors that are typically present during the time frame the project took place, supported the effectiveness of the project, and determined the sustainability

[Music Medicine Intervention](https://csus.instructure.com/courses/61772/files/6364343/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Christina Bolanos  
Agency Supervisor: Linda Paumer  
Faculty Supervisor: Dr. Donna Jensen  
Agency: Cardiovascular Wellness Program (CWP)

The senior culminating community project that the student implemented was Music Medicine Intervention. The student facilitated a music program to the Cardiovascular Wellness Program (CWP) participants. The student incorporated the sounds of relaxing music in a quiet setting to help in reducing stress and anxiety levels, which are known potential risk factors for heart disease (Weeks & Nilsson, 2011). The goal is to teach participants to effectively use music to cope and reduce stressors that can affect their cardiovascular health.

[Beauty Reminiscence](https://csus.instructure.com/courses/61772/files/6364351/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Silvia Cajita  
Agency Supervisor: Danijela Stroud  
Faculty Supervisor: Beth Hieb  
Agency: Eskaton Care Center in Fair Oaks

The Eskaton Care Center in Fair Oaks is a community-based non-profit that is focused on enhancing quality of life of seniors through innovative health, housing, and social services. There are a variety of activities and resources for its residents, however, for many residents a transition of environment for a person can be a drastic change. This may lead residents feel isolated and create other health issues to this change. The student with the help of the faculty and agency supervisors was able to complete a a few survey questions and booklet with instructions for a future workshop. The reminiscence theory was applied to this project with emphasis through life review. The goal is to have residence talk about their aging process and physical changes. Through reminiscence and a beauty workshop, participants should feel their psychological and social needs addressed. The participants will reminisce about their aging experience and have a beauty workshop to meet their psychosocial needs.

[Burden to Benefit: Retention Strategy Guide for Research Studies](https://csus.instructure.com/courses/61772/files/6364357/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Matthew G. Dayrit  
Agency Supervisor: Jayne La Grande  
Faculty Supervisor: Donna Jensen  
Agency: The UC Davis Alzheimer’s Disease Center

This culminating community project is focused on looking at different factors that contribute to retention rate and drop rates of the Life After 90 Study. The Life After 90 Study has just passed its one-year mark and there has been a noticeable number of participants dropping out. Currently there is an estimation of about 100+ participants out of 600 dropping from this study. Research supports measurements of retention rates to provide insight on how successful a research study will become. The student will be creating a retention strategy guide based on observations within the study and academic literature. The desired outcome of this project is to create a tool that can be used for current and future research studies. The student will evaluate the project based on time and deadlines. In order to ensure sustainability, the strategy guide will be accessible all staff members of UC Davis Alzheimer’s Disease Center.

[Gerontology Meets The Alzheimer’s Disease Center](https://csus.instructure.com/courses/61772/files/6364369/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Anthony Escudero  
Faculty Supervisor: Donna Jensen  
Agency Supervisors: Jayne La Grande & Dr. Dugger  
Agency: UC Davis Alzheimer’s Disease Center (ADC)

The UC Davis Alzheimer’s Disease Center (ADC) performs clinical and pathological research by studying, assessing, and evaluating participants to better understand Alzheimer’s disease (AD) and other related dementias. The student will be collaborating with supervisors and agency staff to create a data analysis manuscript that examines the neuropathologic comparison of Alzheimer’s disease cases with and without TDP-43 deposition. TDP-43 is found in the brain (and throughout the body) controlling the fluctuation of other proteins within the nucleus of a cell. This protein is being studied due to research finding aggregated TDP-43 deposits in various parts of a neuron causing a 10 times higher risk for cognitive impairment and its association with diseases such as AD. The sample size used was collected from the National Alzheimer’s Coordinating Center (NACC) which pools together data from about 31 other active Alzheimer’s disease research centers throughout the U.S. The project utilizes the Life Course Perspective theory which focuses on multiple illness/traumas within an individual's course of life. The manuscript analyzes the frequency of TDP-43 positive inclusions within two groups (AD only and AD mixed with additional pathologies) in order to better understand older adults’ predictors of Alzheimer’s and future clinical trials with TDP-43. The student will leave behind an initial draft manuscript that will be refined with further data analysis and ADC collaborator input. After the manuscript is complete, it will be submitted to the NACC to be reviewed by journals to be potential published.

[We Can Teach We Can Learn Together: A Peer System](https://csus.instructure.com/courses/61772/files/6391578/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Janeth Angeles Esparza  
Agency Supervisor: Sheila Gulle  
Faculty Supervisor: Teri Tift  
Agency: Carlton Senior Living

Carlton Senior Living is known for its variety of enriching, tailored activities in their lodge-like atmosphere for their residents in Memory Care. They are founded on dignity, imagination, sensory, and choices. With the collaboration of the Activities Directors the student, and the importance of lowering the stigma towards memory care; the student created We Can Teach; We Can Learn Together: A Peer System. This project was aimed to reduce the stigma residents in Assisted Living have towards those of Memory Care and promote positive socialization through paired integrated groups for activities. This project was planned to be evaluated through observations and verbal feedback as well as surveys from staff and residents.

[Como Crear una Cuenta de My Social Security y Cuales Son los Beneficios](https://csus.instructure.com/courses/61772/files/6364376/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Yahaira Lomeli Garcia  
Agency Supervisor: Travis Mundy  
Faculty Supervisor: Catheryn Koss  
Agency: Social Security Administration

The Social Security Administration office located in North Sacramento is a federal agency that provides financial services to the retired population and individuals with long term disabilities. Since Social Security Administration provides a wide range of services to a large population, there is always a long waiting time. Some services can be accessed via the internet but require beneficiaries to establish a MySSA account. MySSA accounts can be used to file initial retirement and disability claims online, help estimate future retirement benefits, show how much one has contributed from their W-2s, updated information such as address or phone number, allows individuals to order replacement Social Security cards and can print out a benefit verification to beneficiaries. Using Diffusion of Innovation Theory to persuade Latinos(as) to adopt the online services, the student created a Spanish video informing Latinos(as) about the benefits of using MySSA account. The project was evaluated by family members. The tangible product left with the agency was the script for the video, since SSA had not approved the script yet.

[Health Coach: Coordinating Older Adult Care and Health](https://csus.instructure.com/courses/61772/files/6364968/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Calynn Gedde  
Agency Supervisor: Staci Moore & Meredith Chillemi  
Faculty Supervisor: Deon Batchelder  
Agency: LifeSTEPS

LifeSTEPS is a provider of low income, multi-family, and senior sites, as well as supportive services for the homeless, veterans, and family self-sufficiency programs. LifeSTEPS Health Coach program offers assistance to older adults in order to age in place independently with a quality life. Due to the increase in older adults, LifeSTEPS incorporated the Health Coach project to help older adults address the need for services. The project, Health Coach: Coordinating Older Adult Care and Health is designed to assist older adults maintain autonomy while aging in place. To support the project, the theory of social connectedness and aging is to help better understand the needs of the older adults in the existing community where one lives The project reflects LifeSTEPS mission statement and purpose of the agency by educating older adults to use services that provide them a sustainable quality of life.

[Motor Skills Activity](https://csus.instructure.com/courses/61772/files/6364980/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Daniela Gil-Reyes  
Agency Supervisor: Chantell Albers  
Faculty Supervisor: Beth Hieb  
Agency: Triple R

Motor Skills with Activities is a project that will provide activities which will mostly be hands on, for example like using art, puzzles, strings, trying to balance objects, and more. These can help along with some hand movement exercises to improve their motor and cognitive skills. The resources and information provided will be from online using evidence-based articles that can help as well as having an occupational therapist to provide resources to this student.  The idea of the project was based on the Activity Theory which is to enhance the physical and mental health of the elder. This project can increase the elder’s participation in the activities. This project will be implemented at Triple R. Triple R is an adult day care center for elders who have dementia or are in a frail stage in their life. Triple R provides caregiver s respite and a safe environment for the elder. Services include providing food, activities and exercises appropriate to their ability. Triple R’s mission statement is, “We are committed to 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” (Triple R, n.d ). Triple R does not discriminate, and everyone is welcomed.

[Expanding Eskaton's Interviewing & Storytelling Toolkit: Interviewing and Storytelling Tips](https://csus.instructure.com/courses/61772/files/6364993/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Jennifer Grech  
Agency Supervisor: Tammie Medlin  
Faculty Supervisor: Suzanne Anderson  
Agency: Roseville Eskaton Village

Roseville Eskaton Village is a senior living community that caters to older adults that need independent, assisted or memory care housing facilities. Their mission is to enhance the quality of life for their residents by providing innovative health, housing and, social services (Eskaton, 2019). While interacting with the residents, many of them enjoyed sharing their life stories with the student. Due to this, this project was formed in order to give tips and guidelines about aspects to consider during interviews or storytelling sessions. Eskaton already has a storytelling toolkit, which discusses how to capture life stories by describing what storytelling is, how to do it and different ways to capture the story; however, general tips on how to story-tell or interview the residents was not provided. So, the expansion of this toolkit was created in order to provide tips on how to interview and practice storytelling with the residents. Aspects of an interview when working with older adults were added to the toolkit to help with the overall process of capturing a story. This expansion of the toolkit should help volunteers and anyone who may feel difficulty or shy when trying to start up conversations with the residents. The whole process of storytelling and interviewing older adults may help overcome isolation for the residents and give them the opportunity to share their lives and stories in new ways as well as connect to volunteers and students in new ways.

[Improving ADRC Websites](https://csus.instructure.com/courses/61772/files/6365003/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Rebecca Hensley  
Agency Supervisor: Pam Miller  
Faculty Supervisor: Catheryn Koss  
Agency: Agency on Aging Area 4

Agency on Aging Area 4 (AAA4) is in Sacramento and serves 7 surrounding counties. The organization is a joint powers non-profit that creates, funds, and oversees a wide range of social services for older adults and their families in the community. This project used the Health Access Framework Theory to break down the barriers facing older adults and people with disabilities when trying to connect to the resources of an Aging and Disability Resource Connection (ADRC). The student learned about the ADRCs within AAA4 and set out to create and update content for their websites. The goal with the project was to make it more accessible, user friendly, and consistent. This included developing a new page for the consumer to learn about what an ADRC is and how it can help them. The student was unable to complete the project within this semester due to shelter-in-place orders, so the project was not evaluated. When the student returns to the agency, she will be able to present them with the tangible product of word documents that can be presented to the web developer and go live onto their website. Moving forward the agency can use that design to develop additional ADRC webpages.

[Gentlemen’s Club](https://csus.instructure.com/courses/61772/files/6365006/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Jonah Her  
Agency Supervisor: Fabian Ramos  
Faculty Supervisor: Dr. Osborne  
Agency: Oakmont of Carmichael

Oakmont of Carmichael thrives not only on delivering the best services in assisted living and memory care but also in creating a welcoming environment for residents, visitors and staff. Oakmont of Carmichael’s mission statement is to deliver meaningful lifestyles and relationships with residents, family members and staff; in order to do so they live by the values of: authenticity, teamwork, commitment, compassion and resilience. Oakmont of Carmichael successfully carries out its mission statement because the relationships between residents, staff and family members are very close. To carry out their mission statement in my own way I am implementing a program for a smaller and underserved population in older adults. I am implementing a Gentlemen’s Club for the men at Oakmont of Carmichael. The Gentlemen’s Club is based on Disengagement theory, the theory that as people age they begin to separate themselves socially from society because they realize that they are nearing death as they age and lose the need to socialize. To counter the effects of disengagement theory, the Gentlemen’s Club will bring the men together to participate in activities that they will enjoy such as playing card games, going on group walks, and having group discussions about their life/military experiences, current events and sports. I think that the men would be able to bond with one another because they all share one similar aspect; they are all retired veterans. Due to the COVID-19 orders, this project had to be modified by having one on one conversations with the male residents over the phone instead of group meetings. There will also be a pamphlet created with the framework to implement the Gentlemen’s Club and left at Oakmont for the staff to use in the future.

[Pet Guide](https://csus.instructure.com/courses/61772/files/6372456/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Monica Lindsey  
Agency Supervisor: Melissa Levering-Clark  
Faculty Supervisor: Dr. Teri Tift  
Agency: Sutter Hospice

Sutter Care at Home Hospice (SCAHH) is a community based organization that offers end-of-life services to people with a six month or less prognosis, with a holistic approach of care. It includes an interdisciplinary team of nurses, physicians, home health aides, chaplains, social workers, volunteers, and counselors. Services ranges from medical equipment, supplies, and care, therapy, counseling, emotional and spiritual support, family grief and loss, and respite care. SCAHH is always looking for ways to expand its services to better meet the needs of their patients and one area that needed work was its companionship and pet services. I collaborated with staff members to create a pet resource guide that will target the patient’s individual needs of pet therapy and/or re-homing services. The expected outcome of the project is that participants will be given the opportunity to receive these services as requested and needed, after being handed the guide.

[Friendly Visitor Training Resource Guide](https://csus.instructure.com/courses/61772/files/6365012/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Jasmine Ly  
Agency Supervisor: Linda Revilla  
Faculty Supervisor: Jennifer Marlette  
Agency: ACC Senior Services

ACC Senior Services is a non-profit organization that provides a variety of services to enable the population of older adults to remain independent and promote physical, mental, emotional, spiritual, and intellectual wellness. ACC provides a variety of services including transportation, meals, respite care, support groups, health and wellness workshops, and a wide range of recreational activities. The mission and vision of the agency include helping older adults maintain their independence, lifestyle, and providing services to enhance their general welfare and quality of life. The intern and supervisor collaborated to develop a training manual for the volunteers that will provide respite care and companionship under the Friendly Visitor Program. The Friendly Visitors Training Resource Guide is supported by the Successful Aging theory. The training manual will inform volunteers on important tips and tricks to interact with older adults and resources to helpful websites, videos, and literature. The expected outcome is that volunteers will build more self-confidence to interact and provide respite services for the clients at ACC. Another intended outcome is caregivers feeling assured that the volunteers are prepared and properly trained and care receivers will get companionship and socialization. The project will be sustained by leaving an electronic copy of the manual at the agency.

[Paws for Therapy](https://csus.instructure.com/courses/61772/files/6432817/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Gladys Mar  
Agency Supervisor: Sheila Gulle  
Faculty Supervisor: Dr. Teri Tift  
Agency: Carlton Senior Living

Carlton Senior Living is known for their friendly community where seniors can live their lives to the fullest. The Memory Care program is founded on dignity, imagination, sensory, and choices. With the collaboration of the Programming Manager and the student, the project, Paws for Therapy was created for the purpose of providing the comfort and companionship to its MC residents from a community pet. This project is aimed to encourage more participation in residents who regularly exclude themselves from the typical scheduled activities. This project was planned to be evaluated through observations, verbal feedback, and surveys from participants and staff.

[Dance for Leisure](https://csus.instructure.com/courses/61772/files/6365026/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Santina M. Martinez  
Agency Supervisor: Heidi McLean  
Faculty Supervisor: Beth Hieb  
Agency: The Ballet Studio

Through dance, individuals can discover many benefits that come along with it as well as the competence to participate in leisure. The project, Informing older adults about the benefits of ballet through leisure education is directed towards the adults participating in the Renaissance Society. The theory used in this project is the successful aging theory which focuses on three components of health including low-probability of disease, high cognitive and physical capacity, and active engagement with life (Rubinstein & Medeiros, 2015). The project will give older adults tools and resources to discover their strengths and take part in discovering what leisure means to them and how to incorporate it into their lives. To sustain this project, I will provide my agency supervisor with a flash drive and hard copy of the lecture presentations I have created for the project. I will also include a flyer that has information about different resources in the Sacramento area where older adults may pursue their leisure interests.

[FCH Conversation & Communication Board](https://csus.instructure.com/courses/61772/files/6365038/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Marven Mendoza  
Agency Supervisor: Rachele Doty  
Faculty Supervisor: Beth Hieb  
Agency: First Call Hospice (FCH)

First Call Hospice (FCH) is a for-profit health care organization that provides individualized palliative and hospice care for people with a limited life expectancy and their families. FCH’s overall goal is to improve the quality of life when life is limited. With the number of FCH’s patients diagnosed with dementia and Alzheimer’s disease (AD) patients increasing, care staff and volunteers have found difficulties in communicating, assessing, and understanding the needs of these patients. So, with the collaboration of the student, volunteers, and volunteer coordinator, the students sought to create a document that will make communication between the patients, care staff, volunteers, and visitors easier. The student created a fillable document that identified the patient’s background history, communication status, and a cue card with various responses FCH’s patients could use to communicate to visitors with. The project was evaluated by written and verbal communication with FCH’s volunteer coordinator (VC). The student received positive feedback for the information and document provided, and that the agency could implement the document in the future. The tangible product left was an electronic and fillable document and template for the cue card that could be recreated, personalized for their patients, and printed to be placed near the patient at their residence.

[Orientation Brochure: Aiding New Residents in a Retirement Community](https://csus.instructure.com/courses/61772/files/6395109/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Hunter Nguyen  
Agency Supervisors: Lupe Ramirez (Executive Director) and Dina Masterson (Activity Director)  
Faculty Supervisor: Professor Hieb  
Agency: Golden Pond Retirement Community

The project “Orientation Brochure - Aiding New Residents in a Retirement Community” will be targeted towards the newly arrived residents of Golden Pond Retirement Community.  The Orientation Brochure will contain important information to help new residents adjust to Golden Pond. Knowles’ Adult Learning Theory of Andragogy will be used to design the brochure.  As recommended by Knowles, the current residents of Golden Pond will influence the content to be included on the brochure through interviews and evaluations. The staff of Golden Pond will also be involved in the brochure’s creation and ongoing process of improvement.  The project will be evaluated through recipients of the brochure to determine how effective the brochure was and what future versions of the brochure should look like. During the evaluation interviews, the desired outcome is for the recipients to express satisfaction with the information the brochure contains.  The project will be sustainable as the brochure will be designed utilizing Microsoft Word. The Golden Pond staff already possesses experience with Microsoft Word and will receive the electronic templates and any other electronic tools used to create the brochure. This will ensure that the Golden Pond staff will be able to adjust the brochure for their future needs.

[Listening Ears](https://csus.instructure.com/courses/61772/files/6372424/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Keiko Ohara  
Agency Supervisor: Sheila Gulle   
Faculty Supervisor: Dr. Teri Tift  
Agency: Carlton Senior Living

Carlton Senior Living Elk Grove is a senior living community that offers a collection of individually tailored services and care options. Carlton Senior Living works closely with residents to provide leisure activities that match their individual interests. Moreover, Carlton creates an environment that fosters dignity, respect and individuality. With the idea of adding more diversity to the activities at Carlton, the student will collaborate with the field supervisor to create activities for the visually impaired, residents on hospice, and the more isolated residents. This will solely be designed based on the needs and preferences of the participants. The population that will take part in the project will be the visually impaired, residents on hospice, and the more isolated older adults within memory care at Carlton Senior Living Elk Grove. The project, Listening Ears: Podcasts, Audiobooks, & Music for the Residents (Visually Impaired/Hospice/Isolated), is supported by the Activity Theory. This theory ties into the project because it is important for older adults to fill their time with activities that are personalized to them. This project provides the target population with additional activities (music, podcasts, and audiobooks on playlists specified for each participant). In order to assess the projects success, the student will create written surveys for the participants to answer throughout the spring 2020 semester. The expected outcome is the participants will enjoy the additional provided activities. The student will leave behind a guide describing how to add music, podcasts, and audiobooks to each playlist for the residents so that staff and volunteers will be able to lead the activities in the future for sustainability.

[Shelter in Place Schedule](https://csus.instructure.com/courses/61772/files/6365049/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Nnamdi Okorie  
Agency Supervisor: Holly Zink  
Faculty Supervisor: Beth Hieb  
Agency: Triple R Adult Day Program

The project focused on carrying out interventions to slow the progression of dementia in senior citizens during the COVID- 19. The main beneficiaries of this project are the intern, the program coordinators, and the program participants. The person- environment fit theory explains that a person needs the right type of tension to succeed in an environment. This project focuses on giving the program participants the right amount of tension. In a nutshell, the researcher/intern worked with caretakers doing research to come up with a schedule of activities that helped the participants with dementia maintain their existing cognitivity a while longer while quarantining. The outcome was improved happiness among program participants during quarantine.

[Post Traumatic Stress Disorder Workshop](https://csus.instructure.com/courses/61772/files/6365058/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Amy Patel  
Agency Supervisor: Sarah Simmons  
Faculty Supervisor: Beth Hieb  
Agency: Mercy Housing

Mercy Housing is a leading affordable housing organization, working to eliminate homelessness and housing insecurity for low-income families, seniors, individuals, and people with disabilities. Their goal is to create healthy, sustainable communities where every person has a place to call home (Home, n.d.). This agency provides various activities such as bingo, exercise, board games, card games, arts & crafts, etc. Their focus is to promote health and wellness for older adults through the above-mentioned activities. The student and field supervisor will unite to create project that emphasizes mental health through a workshop. The designated population is older adults however it is open to anyone who is willing to participate in the workshop. The project, Post- Traumatic Stress Disorder workshop is supported by Life Course Prospective Theory, which focuses on individual’s life experiences for indication to present patterns of health and disease while acknowledging that the past and present experience may be structured by the social, economic, and cultural surroundings. The workshop will consist of helpful information on understanding Post-Traumatic Stress Disorder with possible a speaker (Psychology student volunteer from Sacramento State) to have a conversation about the subject. To evaluate the project, the older adults will be given written surveys to answer. The expected outcome is that the older adults become familiar with the subject, have resource available to contact and be motivated to participate in other activities. The student will leave behind a binder with all the information on the subject, contact information for possible speakers and a poster board to continue the workshop.

[Improving Fine Motor Skills for Residents of Eskaton](https://csus.instructure.com/courses/61772/files/6365079/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Chitlamai Sasorith  
Agency Supervisor: Tammie Medlin  
Faculty Supervisor: Suzanne Anderson  
Agency: Eskaton Village Roseville

Eskaton Village Roseville is a senior community whose primary focus is to enhance the quality of life of seniors through innovative health, housing, and social services (eskaton.org). Many of the activities that are provided are cognitive based activities and the student did not want to neglect the physical activity side. Fine motor skills involve the small muscles in the hands and wrists that allow for movement. As individuals being to age, they will lose dexterity and strength of their hands. This can affect the ability to perform activities of daily living such as dressing, feeding, and turning a doorknob. The project, Improving Fine Motor Skills for Residents of Eskaton, was developed to help seniors improve their physical and mental health so they can perform activities of daily living without assistance. Additionally, when residents participate in activities that are associated with fine motor skills, they are truly improving their overall health. With the collaboration of the Activity director, student, and multiple research articles, fun hand-eye coordination activities were provided for the residents.

[Volunteer Guide](https://csus.instructure.com/courses/61772/files/6365087/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Karina Trejo  
Agency Supervisor: Cheryl Osborne  
Faculty Supervisor: Therese ten Brinke  
Agency: Eskaton

Eskaton is a non-profit organization dedicated to enhancing the quality of life for seniors. Their TR program provides friendly check-in calls to older adults who live alone or are isolated who would benefit from regular connection with a network of volunteers. The Social Exchange Theory was used to guide the development and implementation of the Project. The Volunteer Guide was developed to meet the needs of new volunteers by providing them with content that will improve their communication skills, empathy knowledge, and increase confidence when beginning the program. The stakeholders of this project include the student intern and their supervisor, the Telephone Reassurance supervisor, and the current volunteers of the TR program. This guide contains steps for active listening, knowledge about how to exert empathy during conversations, and suggestions for effective communication. This will provide the volunteers the autonomy and leadership to provide comfort and reassurance to TR participants in the program. The evaluation of this project included input from current volunteers and stakeholders. Changes were made based on comments. This included expanding on communication skills and active listening. The Project will be sustained by the others in the TR program and through possible distribution to other Eskaton communities.

[Veterans and End-of-Life Issues: Reach One to Impact Many](https://csus.instructure.com/courses/61772/files/6365095/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Joey Patrick C. Villar  
Agency Supervisor: Rachael Miller  
Faculty Supervisor: Deon Batchelder  
Agency: Yolo Hospice

One of the largest populations Yolo Hospice serves are Veterans. We Honor Veterans (WHV) is a program developed to collaborate with Community agencies such as Yolo on recognizing the unique needs of America’s Veterans and their families as they assist them toward a more peaceful ending. WHV has different levels and there are specific requirements such as educational events like this one that must be done annually to either maintain or reach another level.

[Recognizing Signs & Symptoms of Burnout and Compassion Fatigue](https://csus.instructure.com/courses/61772/files/6365103/download?wrap=1)

[Actions](https://csus.instructure.com/courses/61772/pages/project-abstracts-and-posters?module_item_id=2109031)

Valerie Vishion  
Agency Supervisor: Jennifer Marlette  
Faculty Supervisor: Cheryl Osborne  
Agency: Eskaton’s Quality and Compliance

Eskaton is an agency in Sacramento that provides different housing services to the elderly population, ranging from independent living to skilled nursing. The department of Quality and Compliance within this non-profit healthcare company, monitors all communities in regard to policy and provides tools of education for growth and improvement. This project, Recognizing Signs and Symptoms of Compassion Fatigue and Burnout Syndrome, is supported by the Knowles’ Adult Learning Theory of Andragogy, which is a theory focused on how adults learn in effective ways. This project is intended to meet the needs of nursing staff at the Fair Oaks Care Center and O’Connor Woods by providing a recorded webinar with supplemental handouts on compassion fatigue and burnout syndrome. The methodology includes the webinar being presented in a classroom for all staff members in a skilled nursing community. This includes nursing staff, therapy, housekeeping, dietary, and management, estimating a total of fifty in attendance. The Project’s expected outcome is that the attendees become more aware of the seriousness of compassion fatigue and burnout syndrome and will be able to recognize it so that it may be prevented. Unfortunately, due to the COVID -19 virus, the final face-to-face implementation of the project was not achieved. The implementation plan however, included pre and post surveys that would be given to the participants of the in-services, which will gauge knowledge gained and the success of the project. Moving forward, to sustain the project itself, a lesson plan including the pre-post evaluation of the in-service will be given to the Directors of Staff Development at each building so that it could be revisited down the road.

[Next](https://csus.instructure.com/courses/61772/modules/items/2059092)