**41st Semi Annual Gerontology Community Project Presentations**

**November 30, 2018 – Orchard Suite – Union – 2nd Floor**

**8:00**

***WELCOME***

**8:05**

***Gentle Touch Companion***

**Amber Barr**

**Agency:** Eskaton Gold River Memory Unit

**Agency & Faculty Supervisor**: Nizalyn Panal & Professor Deon Batchelder

Eskaton Lodge Gold River is an assisted living community that offers pre-memory care for residents with mild cognitive impairment as well as a day memory care. The community is known for enhancing the quality of life for seniors through their healthy living wellness programs and social services. Throughout the different levels of care, the community provides activities that keep the residents active and engaged on a daily basis. The memory care has a variety of activities, but there was a need to create a new program that will mentally engage the residents through touch and reminiscence. The project “Gentle Touch Companion” was created to combine the elder residents with dementia and animals. The goal was to partner with the SPCA to bring various animals into the memory care unit to stimulate prior memories of their experience with pets in a calming environment. The program consisted of four sessions that lasted for one hour each. During each session, the residents were able to gain the social interaction that might be lacking in their daily life. The interaction with the animals and SPCA volunteer showed that this could be a program that helps with reminiscence of the elder’s past with pets. There were roughly eight to ten residents that participated in each session. The SPCA brought four to six dogs, depending on how many volunteers were available. Each session the residents reacted positively to the animals, there was only one time during the first session that a resident became extremely agitated. The negative reaction was due to the resident remembering memories of a relative. The residents showed great communication skills with the SPCA volunteers and animals. A pre and post survey was created that includes five questions each regarding the behaviors of the residents. Roughly two to three caregivers completed the surveys each session. The feedback from the surveys indicated that Gentle Touch Companion project positively helped with the decrease in agitation, depression, loneliness, and sadness for the residents with cognitive impairments. Eskaton Lodge Gold River and the SPCA will sustain the program with quarterly visits. The theory that was used to support Gentle Touch Companion was the disengagement theory. This theory explained why disengagement occurs in old age, and with the new program the residents were able to become reengaged in the community. The animals gave the residents the feeling of having a purpose in their stage of life. The goal and objective of creating an animal-assisted therapy activity to improve behaviors in residents with cognitive impairments, was successfully achieved.

**8:25**

***Elder Abuse Awareness and Prevention Toolkit***

**Devina Singh**

**Agency:** Agency on Aging Area 4

**Agency & Faculty Supervisors:** Pam Miller & Dr. Catheryn Koss

Agency on Aging Area 4, located in Sacramento, CA is a non-profit government funded agency that funds services available to older adults and their families in seven counties. Some examples of services available include Meals on Wheels, senior centers, housing, legal services, and the Long-Term Care Ombudsman Program. This project used the Social Exchange Theory to address the issue of community-dwelling older adults who may be dependent on others and are therefore at risk of abuse. The student created a toolkit for the Regional Services Specialists who would present it to funded partners while out in the field. The project’s purpose is to teach mandated reporters how to identify, report, and prevent elder abuse among community-dwelling older adults. The project was evaluated by the staff after it was presented through a short feedback survey. Some key results of the project included staff learning what form needs to be filled out when abuse is reported, staff knowing certain signs of abuse, and staff learning the consequences of abuse based on severity. Another key result of this project was how easily accessible the toolkit is because it is shared through SharePoint computer system which allows staff to access different essential agency documents. The tangible product left with the agency was the PowerPoint presentation, a presentation script for presenters, and a *Take Home Messages* pamphlet.

**8:45**

***Head Space - A Mental Health & Wellness Program***

**Kate Lauter**

**Agency:** Sierra 2 Center

**Agency & Faculty Supervisors:** Katie Byram & Dr. Teri Tift

The Sierra 2 Senior Center is a part of the Sierra Curtis Neighborhood Association of the Curtis Park area of Sacramento, California, and serves older adults from the surrounding areas in a variety of ways. Through collaboration with the Program Coordinator and student, it was determined there was a need for the addition of a mental health program to the Wellness Programs offerings already in place. The program focuses on mental health wellness and well-being, and how older adults can attain better cognitive health outcomes by implementing a few alterations into their lifestyles. Through diet changes, exercises, attention to sleep habits, stress management, a focus on spirituality and meditation, and more, it is intended that seniors will achieve an improvement in their mental health wellness status. This program is on-going, and while tailored for older adults, it is also inclusive of their families, friends, and others that may not classify as an older adult. Through research, the student has learned of the benefits and improvement to mental health wellness, including improving symptoms of conditions such as depression, anxiety, and other mood disorders. The alleviation of such symptoms is of great importance to all people, regardless of age. The outcomes have been, and will continue to be, tracked through pre-participation tests and will be followed by a post-participation test after each program session offered. The results will be reported back to the Sierra 2 Senior Center to encourage the center to continue the program after the student’s internship has concluded. The student received positive feedback regarding the content of each session from participants and agency staff.

**9:05**

***It’s Never Too Late to Improve Your Balance & Gait: A Fall Prevention***

***Exercise Program***

**Aaron Huang**

**Agency:** Golden Pond

**Agency & Faculty Supervisors**: Lupe Ramirez & Professor Beth Hieb

Golden Pond helps serve residents and their families by delivering leisure and educational services to meet the resident’s holistic needs to improve their overall quality of life and well-being. This student created a six-week balance and gait fall prevention exercise program to help aid older adults reduce actual falls and their fear of falling through learning/engaging in balance and gait exercise techniques. This fall prevention exercise program meets Golden Pond’s mission statement by promoting independence and providing a safer environment while educating residents on how falls are a serious problem globally. Therefore, there needs to be a focus on prevention strategies/home safety in each senior care living communities and hospital settings. Thus, residents, staff, and family members can have the opportunity to increase fall prevention awareness and engage in home modifications/management techniques. The activity theory embraces motivation, confidence, and helps residents to set lifelong goals and learn that some falls are preventable by learning risk factors in and out of home. Furthermore, the student evaluated and observed the participants by administering pre/post surveys focusing on their physical condition from fall prevention implementations. The student handed out 14 pre/post health status surveys, and outcomes showed that 12 out of the 14 surveys indicated that the interns fall prevention program positively impacted their overall health, balance, and reduced their fear of falls. The student has observed that after participating in one of the fall prevention methods, there was a positive increase in one’s behavior, confidence, and health. For sustainability, the student created a project outline for memory care and the assisted living of Golden Pond for staff members and future interns to conduct an effective user friendly innovative fall prevention/exercise program. This will help residents prevent future falls and as a community promote healthy aging.

**9:25**

***Educational Activity Brochure for Board and Care Caregivers Project***

**Savannah Caldwell**

**Agency:** Senior Care Solutions

**Agency & Faculty Supervisors:** Carol Kinsel & Professor Lisa Harris-Chavez

Senior Care Solutions is a referral agency that offers guidance when placing a loved one in assisted living. The agency believes in providing education and resources to the community, which they accomplish by providing education events, men’s caregiver support group and informational documents. A common concern of clients who are looking to place their loved ones in a smaller setting is the lack of activities provided. The goal of the project was to create an activity brochure, *Easy Activities*, that highlighting the importance of engaging residents of board and care facilities and providing the caregivers with feasible activity options. The activity theory was used to support the significance activities have on successful aging and creating a better quality of life. *Easy Activities* was geared towards the board and care caregivers because they would be implementing the activities. *Easy Activities* explained the negative effects extended periods of television watching, as well as providing three alternative activities options: music, audiobooks, and guided mediation. The student presented the brochure to board and care owners and caregivers. The project was evaluated by a questionnaire given to the caregivers, four out of eight said that they were very likely to use the brochure. The brochure is saved on a PDF file to enable the agency to print more brochures to give out to facilities that they tour, thus providing sustainability to the project.

**9:45**

***Community Resource Website and Brochure***

**Julia Lagosa**

**Agency:** First Call Hospice

**Agency & Faculty Supervisors**: Rachele Doty & Professor Lisa Harris-Chavez

First Call Hospice is a non-profit agency that provides services to terminally ill patients and their families. Their goal is to meet the unique needs of patients to enhance the quality of their life when life is limited. As stated by the agency, this is achieved through palliative care and supportive services to meet the physical, psychosocial and spiritual needs of the patient, the patient’s family, and caregivers. Since the First Call team recognizes that families may need financial or emotional support, a resource guide and website was designed to help families connect to those resources in the Sacramento community. *First Call Hospice: Guide to Community Resources* brochure includes how to access medical equipment discounts for electricity, information on food banks, mobile resources, bereavement services, family and medical leave, caregiver resources, and interpretation services. The goal of developing a resource brochure and website is to give patients and families an idea on what resources are available to them and where to get access to this information. In addition, this creates more convenience by not waiting for a staff member to relay this information. Based on a survey given to 11 volunteers, 6 volunteers were not aware that there is a resource information tab on the First Call Hospice website and 8 volunteers were somewhat aware of the common resources patients and families usually ask for. Although, the results showed that some of the community resources in the Sacramento community were applicable to them. With the help of the resource brochure and website, the goal is to not only inform patients and families, but volunteers and other people in the community that these types of resources are available in the Sacramento area and can be applicable to them without being admitted to hospice. The community resource brochure will be sustained by being included in patient admission packets and the community resource website will be evaluated every fall by an intern to assure agencies still provide service.

**10:05**

***BREAK***

**10:20**

***An Angel for Comfort and Care***

**Nancy Alonso**

**Agency:** First Call Hospice

**Agency & Faculty Supervisors**: Rachele Doty & Dr. Cheryl Osborne

First Call Hospice (FCH) is a for-profit agency with a non-profit foundation dedicated to provide unique hospice care to individuals with a limited life expectancy. Physical, psychosocial and spiritual support services are among the agency’s core competencies. Over the last two semesters the student planned, developed, proposed, implemented and evaluated an existential and spiritual support project called *An Angel for Comfort and Care*. The project goal was to provide additional spiritual and emotional support as well as to provide security to the patient, the patient’s family and FCH staff. Using the Unitary Caring Model, a nursing theory of care, each angel is customized to fit the unique patterns of each patient while providing a quote that will encourage them spiritually or naturally. Through the collaboration of staff and patients the student developed a list of suggested quotes that can be used on the angels that are spiritual, religious, or neither but provide a comforting message. Volunteers will work with their patient to create and customize each angel according to the patient’s preference. Angels can also be distributed among caregivers and staff of FCH or to staff of the patient’s residential facility. The project was evaluated using a staff survey and observations. When presented with an angel, patients showed a lot of enthusiasm and appreciation. The student will leave behind a toolkit that provides the angel template for easy print and the list of suggestive quotes that can be added on to as the project evolves.

**10:40**

***The Importance of Continence Retraining and Toileting Programs in Improving***

***Patient Outcomes and Quality of Life***

**Candace Shyrock**

**Agency:** Eskaton Care Center Greenhaven

**Agency & Faculty Supervisors**: Danae Gray & Professor Deon Batchelder

Eskaton Care Center Greenhaven is a nonprofit skilled nursing facility that serves seniors in the greater Sacramento area. They aim to transform the aging experience and enhance the quality of life of seniors through innovative health, housing, and social services. The student observed the need for toileting programs and continence retraining. The project, *The Importance of Continence Retraining and Toileting Programs in Improving Patient Outcomes and Quality of Life* was an in-service designed to educate care staff of the impact of incontinence on quality of life and give suggestions for changes in toileting practices. The project relates to The Consumer-Directed Theory of Empowerment because it seeks to improve quality of life by recognizing an individual’s right to autonomy in being a participant in services in their individualized plan of care. The purpose of the project was to improve quality of life of residents through person centered care and advocate for involving residents in their own continence management. The intern conducted a post-survey with six questions for in-service participants to evaluate the success of the project. All fourteen participants completed the post-survey. The quality of the presentation was rated on a scale of 1 to 5, with 1 being poor and 5 being excellent. Eight participants rated the presentation as a 5, three participants rated it a 4, two rated it a 3, and one rated it as a 1. The participants were asked to rate their knowledge of toileting and continence care after the in-service. Eleven participants stated their knowledge of toileting and continence care increased significantly, while three participants said it increased slightly. Participants were then asked to either agree or disagree that after the presentation, they understood the importance of toileting. Ten participants strongly agreed that they now understood the importance of toileting, three participants agreed, and one participant strongly disagreed. Participants were then asked how likely they were to increase their own toileting of residents. Eleven participants stated they were very likely to increase their toileting care practices, while three participants said they were somewhat likely. The survey results illustrated success in relaying the importance of continence care and increased toileting in improving resident’s quality of life to in-service participants. The project will be sustained by the survey participants own care practices of increased toileting, and through future in-services on continence care.

**11:00**

***Managing Elders’ Health One Meal at a Time***

**Jessica Cardona**

**Agency:** Triple R- North

**Agency & Faculty Supervisors**: Jessica Cardona & Professor Deon Batchelder

Triple R of North Sacramento is an adult day care center whose mission is to allow elders to obtain their independence in a enrich environment, while staying safe as they manage their cognitive issues. The project, *Managing Elders’ Health One Meal at a Time* addressed the agency’s need of a standard meal planning program and education on special dietary requirements for Renal Failure, Diverticulosis, Ketogenetic, and Vegetarian. The project addresses the agency’s need of providing healthy meals for Breakfast, Lunch, and Snack for all participants’ needs. The Dietary Booklet and Excel Meal Plan help save time, provided a standard bi-weekly meal plan program, and it address alternative opinions. The project relates to the Theory of Thriving that focuses on addressing holistic aspects encounter during meals time to allow older adults to age successfully in all social, physical, psychological, and environmental holistic parameters. To evaluate the project a questionnaire survey was distrusted prior to presenting the project to analysis how confident the staff feels on meal planning, on special diets, and their opinion on how they plan meals originally. A post rating questionnaire survey after the project was presented and used for a couple of days was distrusted with eight questions to evaluate the staff confidence on meal planning and their understanding of the different dietary needs of the participants. The staff confident grew after reviewing the special diets part of the booklet informing them of the Renal Failure Diet, Ketogenetic Diet, Diverticulosis Diet, and Vegetarian Diet by 30%. The meal planning program gave the staff the most benefits by helping create health meal plan with opinions for different dietary needs which gave the staff a boost of 45% in confidence in meal planning. The project ended with a strong educated staff on special diet requirements of four different diets and a standard meal planning program the agency did not have. The reference material for this project was given to Triple R to use for meal planning for sustainability and future expansion of the project to future address the agency changing needs.

**11:20**

***Strength Dance Chair Group Exercise***  
**Tatyana Dorozhko**

**Agency:** Triple R Hart Center Day Program  
**Agency & Faculty Supervisors:** Chantelle Albers & Professor Beth Hieb

Triple R Adult Day Care Program provides quality day care services for people with memory loss. It is a safe and enriching place where older adults spend their day while caregivers receive respite. With the collaboration of the staff members, supervisor, student, and numerous research articles reviewing the prominence of fun physical activity in older adults with memory impairment, the student felt this was a great opportunity to expand on a creative dance group physical exercise. The Activity theory was used, which states that successful aging occurs when older adults stay active and maintain social interactions. The best exercise she felt to achieve this would be a Strength Dance Chair Group Exercise with a collection of upbeat song choices and body movements with a relaxed ending. Attendance varied from thirteen to 20 participants for each session. Evaluation was through two separate observational surveys by the student at the end of the exercise, that asked how many times they have attended the exercise session, how much they enjoyed the exercise, and how satisfied and enriched they felt after the session. The student collected positive feedback from staff members and her own observations for how the participants were working together and about the movements and songs used. The participants enjoyed and thought it was fun and beneficial for strength form of exercise. After this project, Triple R will be able to continue the program through a small booklet written by the student on strengthening dance chair exercises instructions. The exercise activity was addressed in memory and cognitive growth in older adults with memory loss.

**11:40**

***Participant Spotlight***  
**Kao Thao**

**Agency:** Triple R Day – North Sacramento  
**Agency & Faculty Supervisors**: Holly Zink & Professor Beth Hieb

Triple R Adult Day Program is a program for older adults with memory loss. This program helps improve older adults’ cognitive impairment and physical deficits. Triple R provides many different types of activities ranging from arts & crafts, exercise, and music which keeps the older adults engaged and active. Triple R’s mission statement is to provide, “a safe and enriching environment that promotes independence, dignity, and respect for people with memory loss or frailty and support family caregivers through respite, education and counseling”. This project used the Stereotype Embodiment Theory to show that even though a person may be cognitively impaired or have physical deficits he or she is still able to do things just like anyone else. Therefore, this student created the project “Participant Spotlight.” The student took and collected photos of each participant and created a cork board for display. The student brought in the cork boards with the participant pictures after creating them and hung it on the wall for others to see. As the student changed the boards every week, the student put the pictures of the participant in a booklet on a page created for them. The project was evaluated through a survey by staff and participants who benefitted from the project. There is a total of about twenty-six participants. The student was able to work on at least ten participants. The student was able to get seven responses back from the participants and four surveys from the staff. The results and feedback of the project were overall positive. With a total of seven out of ten participants stating that they enjoyed the project including telling the student stories about themselves. The staff rated it all fives on a scale from one to five. The staff commented how they were able to see how engaging and active the participants are through the photos. The project will be sustained by leaving a photobook so that staff, caregivers, future participants, and future caregivers can review and continue to implement “Participant Spotlight” in the future.

**12:00**

***LUNCH***

**1:00**

***Long-Term Care Ombudsman Resource Guides***

**La’Sharae Williams**

**Agency:** Agency on Aging Area 4 / Long-Term Care Ombudsman

**Agency & Faculty Supervisors:** Rose Chrisman & Professor Michelle Nevins

The Long-Term Care Ombudsman Program, a service of the Agency on Aging Area 4 (AAA4), is a non-profit agency whose mission is dedicated to investigating and resolving reports of elder abuse either by the resident or another party (Agencyonaging.org, 2018). The long-term care Ombudsmen are advocates and recognized that residents have a number of needs outside of their program. For the purpose of this project, two resource guides are being created for the regionals and volunteers to take with them into the field. The purpose for this project was to develop a tool that will empower residents and promote a sense of autonomy. The theory used in relevance to this project was “The Theories of Help-seeking Behavior: Understanding Community Service Use by Older Adults”. This theory addresses the factors that motivate elders to participate in seeking and using resources, through self-acknowledgement and awareness (Roberto & Wacker, 2016). This project was evaluated through a Likert scale which was done by the agency, residents, administrative staff and social services. Through the evaluation process it was found that many believe that the resources were helpful and relevant to the needs of LTC residents. For sustainability purposes, each regional will receive several copies of each booklet. Extras copies will be kept in a place that is accessible to all staff and volunteers. An electronic copy was sent to all staff and formatting has been developed with IT, for access to update resource guides.

**1:20**

***LGBTQ Sensitivity Training for Agency New Hires*Alejandra Zaragoza**

**Agency:** Agency on Aging \ Area 4

**Agency & Faculty Supervisors:** Pam Miller and Professor Michelle Nevins

My practicum placement is at the Agency on Aging \ Area 4 (AAA4), which is a stand-alone joint powers authority with non-profit status established by the Older American Act. The agency provides direct and indirect services, as well as referrals for those aged 60 and older in seven counties (Nevada, Placer, Sacramento, Sierra, Sutter, Yolo and Yuba). My senior project was to create a LGBTQ sensitivity training program that will educate AAA4 staff new hires about the lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) population. The need for a training program stems from the discrimination many LGBT older adults face in many settings, and a higher prevalence of none, or a weak support system. Furthermore, the training program will educate staff on how to create an inclusive environment for other staff members and consumers as well. The general purpose of the project is to provide education, awareness, and to promote tolerance and acceptance of LGBTQ older adults to AAA4 staff. The training program was evaluated through post training program surveys given to staff in order to receive feedback about the training program. A final copy will be provided to AAA4 for edits and changes.

**1:40**

***What to Expect in SSA: A Guide for Future Interns***

**Sahira Waheed**

**Agency**: Social Security Administration Program

**Agency & Faculty Supervisors:** Marci Marin & Dr. Catheryn Koss

Social Security Administration, located at West Sacramento, is a federal agency which provides services such as retirement, survivors’ benefits, Supplemental Security Income (SSI), disability, Medicare, creating myssa accounts online, SSA cards or replacement cards, and name change. This project used the Diffusion of Innovation Theory to address the needs of student interns in order for them to better assist older adults as well as the general public. The student created a guide which provides information about the kinds of benefits that SSA offers, common acronyms, what is expected of the interns, and steps to work with customers who do not understand or speak English. The project was evaluated by the practicum professor, agency supervisor, employees who work at SSA, and the interns. Some key results of the project were that it is a great resource for future interns to utilize as they go through their journey of interning at SSA. The tangible product left with the agency was a binder containing the guide.

**2:00**

***Pre-Screen Guide for Future Social Security Interns***

**Anett Vang**

**Agency**: Social Security Administration

**Agency & Faculty Supervisors**: Marci Marin & Dr. Catheryn Koss

The Social Security Administration office located in West Sacramento is a federal program that provides the community monetary assistance. It offers disability benefits, retirement benefits, survivors’ benefits, Supplemental Security Income, as well as other public informational resources. The student used the Diffusion of Innovation Theory to create a guide for future interns. Interns are given the opportunity to pre-screen clients. Therefore, they are required to understand the correct procedure in performing the task. This involves learning how to navigate through the agency’s program on the computer and identifying required client documents. Before claim representatives can assist clients with their needs, clients must have the proper documents. Without these documents, claim representatives cannot provide further assistance. Since each situation is different, it may be overwhelming for students to know which documents are needed. Due to this issue, the student created a pre-screening guide that provides directions on how to screen clients and the important documents for each reason. The student’s project was evaluated by the districted manager and current interns from the same office. Feedback indicated that the project was simple, user-friendly, and well organized. The tangible product left with the agency was a physical copy of the pre-screen guide for future interns and employees.

**2:20**

***Social Security Online: MySSA***

**Shelly Chao**

**Agency:** Social Security Administration

**Agency & Faculty Supervisors**: Travis Mundy & Professor Deon Batchelder

The Social Security Administration is an agency of the U.S. federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivor’s benefits. The agency is committed to helping maintain the basic well-being and protection of the people they serve. Social Security promotes the economic security of the nation’s people and has been one of the most successful anti-poverty programs in our nation's history. The project, *Social Security Online: MySSA,* is an outreach effort which was created based on the agency’s need to promote services available through the online portal and accessible from any computer or mobile device. The theory that best supports this project is the motivation perspective on social support which explains how age-related decreases in primary control elicit the need for secondary control strategies such as adapting to changes in life-course and replacing them with more appropriate adaptive measures. The goal of this project was to promote awareness about the features available through creating a MySSA account. Presentations were delivered to two Gero102/PPA 100 courses at California State University, Sacramento which highlighted the features of MySSA. A post presentation survey was conducted to evaluate the effectiveness of the presentation in delivering information. From the survey, 90% of respondents have not heard of MySSA before the presentation, 97% were not currently enrolled in an account, 51% were very likely to create an account after the presentation, 74% answered they would very likely recommend creating an account to friends/family, and 100% of respondents said they learned new and relevant information from the presentation. The results from the survey were positive overall with many comments from the audience that the presentation was very informative. The presentation will be left for future volunteers/interns to utilize.

**2:40**

***Transitioning into Medicare: What You Should Know***

**Meryll Cunanan**

**Agency:** Social Security Administration

**Agency & Faculty Supervisors:** Travis Mundy & Professor Deon Batchelder

The Social Security Administration (SSA) office located in North Sacramento is a federal agency that not only benefits the lives of seniors but nearly every member of the public through their wide range of financial programs. Medicare, being one of those programs, is the federal health insurance plan for adults 65 years and older, either retired or still working. The project, “Transitioning into Medicare: What You Should Know,” was designed to provide outreach to older adults, specifically within a low-income housing community. Numerous studies have been conducted to assess the impact of socioeconomic status (SES) on health outcomes and the quality of life. A low SES correlates with lower income, education attainment, and poor health. The theory selected to support this project is the Immunological Theory. The theory states that the rate of aging, a highly complex series of processes, is largely controlled by the immune system which is programmed to decline over time, thereby increasing the probability of developing chronic healthcare diseases. An outreach presentation was held at Creekview Manor Mercy Housing in Folsom where residents were invited to learn general information on Medicare, including the four parts of coverage, eligibility, enrollment, and how to avoid penalties. The ultimate goal of the presentation was to help navigate the residents towards the appropriate coverage they need. The event was evaluated through pre- and post-surveys. The pre-survey revealed that participants were already enrolled in Medicare, most of them were 75 years or older, and most of them know some information on Medicare. The post-survey revealed that all of the participants would recommend this presentation to someone they know. In conclusion, the surveys revealed that the outreach presentation was better suited for someone who is just starting out with Medicare and not already enrolled. An electronic copy of the PowerPoint presentation and the evaluation forms will be left with the SSA office for future outreach efforts and aid in their mission to deliver quality services to the public.

**3:00**

***BREAK***

**3:20**

***The Northern Rural of Yolo County Senior Resource Guide***

**Maira Aceves**

**Agency:** The Yolo Healthy Aging Alliance

**Agency & Faculty Supervisors:** Dr. Sheila Allen & Professor Lisa Harris-Chavez

The Yolo Healthy Aging Alliance is a non-profit organization that serves as the unified voice for older adults and caregivers in Yolo County. The mission of The Yolo Healthy Aging Alliance is to promote the well-being of older adults through education, collaboration, and advocacy. The student intern decided to focus on one of the three areas that the agency focuses on, that is; education. The student’s goal was to educate the rural residents in Yolo County about the aging services available to them. The best way to get information about services and programs available, was to create an easy to read and easy to understand aging resource guide. This resource guide was translated by the student into Spanish since many rural residents speak Spanish. The intern made sure that each agency listed in this resource guide provide services in the rural areas of Yolo County. The intern also presented to the Yolo Healthy Aging Alliance board of directors to get feedback about the resource guide. The results of the presentation were positive, the board of directors understood the need for a resource guide for the rural areas of Yolo County. Out of the 8 board members that were present, 7 thought that the resource guide would be beneficial for the residents in Yolo County and easy to understand. One of the board members did not think this guide would be relevant to the residents in Yolo County. The document can be changed and updated at any time since resources change as well as their information. The student’s supervisor will keep updating the resource guide as needed. The resource guides will be distributed in at local organizations in Esparto, CA and surrounding areas.

**3:40**

***Intergenerational Interactions of Residents and High School Students***

**Barron, Moniq**

**Agency:** A Caring Community (ACC) Senior Services

**Agency & Faculty Staff:** Kim Fujiwara & Professor Beth Hieb

ACC Senior Services is a non-profit organization that intends to enrich the lives of seniors and caregivers by providing culturally sensitive services, programs and classes. ACC also provides a continuum of care to older adults with their different housing communities at ACC’s Greenhaven Terrace and Care Center. The student collaborated with her supervisor and the activity coordinator at the assisted living community at Greenhaven Terrace to organize activity sessions between the residents and local high school students. Utilizing the Activity Theory, which emphasizes that social interactions for older adults can lead to life satisfaction, the student found this to be an opportunity for the residents to increase their social engagement and build additional relationships through activities. The student held two sessions for interactions between the residents and the high school student volunteers, with attendance varying from two to four student volunteers and each student was partnered with two assisted living residents. During each session the volunteer and resident interacted by working on an arts and craft activity. Each session of interaction between the participants lasted ninety minutes. After each session, the residents, student volunteers and a staff member were asked to fill out an open-ended questionnaire. The evaluations included responses from the residents about how they feel and what they learned about their partner. Responses from the high school students included their thoughts on older adults and what they learned. The student received positive feedback from the students, residents and staff member. To ensure sustainability, the student left an instructional guide with the Activities Coordinator.

**4:00**

***CONCLUSIONS***