

**42nd Semi Annual Gerontology Community Project Presentations
May 3, 2019 – Cottonwood Suite – Union – 3rd Floor**

8:30 - Welcome

8:45

Sensory Activity Kits to Improve the Lives of Low-Functioning Elders

Caitlynn Felias

Agency: Eskaton Care Center - Greenhaven

Agency & Faculty Supervisors: Julie Sagastume & Professor Deon Batchelder

Eskaton Care Center Greenhaven (ECCG) is a skilled nursing facility located in South Sacramento on Florin Road. This community provides rehabilitative care, short-term care and long-term care services to older adults in the Sacramento area. Additionally, the community offers a selection of activities meant to improve the quality of life of their residents. The project, "Sensory Activity Kits," was implemented for residents affected by a stroke or cognitive decline. The goal of the project was to provide low-functioning residents with a sensory outlet to promote their physical and mental health and improve their quality of life. This project relates to the Theories of Social Capital because it supports the idea that having social interaction and support can lead to improved health. The sensory activity kit consisted of items such as calming glitter bottles, tactile fidget squares, stress balls, essential oils, and a reminiscence book with pictures and conversation starters. To evaluate the project, a five-question survey consisting of two close-ended questions, two open-ended questions, and one partially-open question was distributed to one resident and seven staff members. The results indicated that 8/8 surveys liked the activity kit and had observed positive behaviors with the residents. Half of the surveys said that the kit was beneficial because it helped residents use their hands and their brains, while the other half said it was beneficial because of how engaging, stimulating, and colorful the kit was. The evaluation supported the goal of the sensory activity kit because it provided residents the opportunity to work on their fine motor skills, mental abilities, and enhanced the quality of their lives. Reference materials for this project were given to the agency to help ensure the program's sustainability in the future.

9:00

Artist in The Making

Adriana Garcia

Agency: Eskaton Care Center - Greenhaven

Agency & Faculty Supervisors: Julie Sagastume & Professor Deon Batchelder

Eskaton Care Center Greenhaven (ECCG) is a skilled nursing and rehabilitation facility with 148 beds. The center is nonprofit, accepts Medicare and Medicaid, and is not part of a continuing care retirement community. ECCG provides around-the-clock skilled nursing, person-centered care for individuals who need short-term recovery as well as individuals needing long-term care. The project, *Artist in the Making*, was to encourage residents to be able to express themselves with arts and crafts. The project relates to the theories of emotional well-being and aging in that emotional learning and memory material can possibly improve cognitive intervention. The residents were able to support the theory by transferring their feelings through the crafts. The activity was conducted twice a month and participants did the same project. At the end of the week, the participants voted on the best creation. The winner answered four simple questions and their art work was displayed on the wall. To evaluate the success of the project, two surveys were created with four questions each. The first survey was distributed to eight participants, and the results concluded that this project brought joy, lifted their mood, created healthy competition, and improved socialization skills. All of the participants were extremely likely to participate again. The second survey was distributed to the activity supervisor and activity assistant. It concluded that the project was extremely enjoyable for the residents and resulted in significant behavioral changes. The results from these two surveys showed that this project did in fact achieve its goal. The reference materials for this project were given to ECCG activity department to ensure the sustainability of the project and hopefully collaboration with other Eskaton agencies in the future.

9:15

Spirituality Toolkit for Activity Development

Hannah Elmore

Agency: Carlton Senior Living

Agency & Faculty Supervisors: Sherrilynn Geban & Dr. Catheryn Koss

Carlton Senior Living, Elk Grove, is located at 6915 Elk Grove Blvd, Elk Grove, CA 95758. This organization offers housing for seniors in the following communities: Independent Living, Assisted Living, and Memory Care. This project used the Theory of Gerotranscendence to address the issue of promoting the maintenance of spirituality in residents within the Memory Care Community through reminiscence. The student learned about residents and composed an activity called "Whose Shoes?" to engage residents in a guessing game about residents' past experiences. The project was evaluated by activity participants, supervisor Sherrilynn Geban, and Kayla Frasier, Programming Manager. The student evaluated the project through a conversational group discussion with residents in the Memory Care Community as well as in a meeting with staff observers. Some key results of the project were shared resident stories, improved knowledge of resident information by staff, and engagement by residents who normally choose to avoid participation. The tangible product left with the agency was a toolkit expressing the importance of maintaining spirituality as well as the final product of the game, "Whose Shoes?"

9:30

Fall Risk Prevention Educational Brochure

Sunniya Puri

Agency: Eskaton Quality & Compliance

Agency & Faculty Supervisors: Michelle Johnson & Dr. Catheryn Koss

Eskaton Quality and Compliance Department, located in Carmichael, is within the administrative department for Eskaton, an agency which is targeted towards senior care. This project is based on a theoretical framework for patient-centered care through health risk brochures. The project created an informational brochure which discusses fall risk prevention at Eskaton. Its purpose is to educate families of incoming residents on fall prevention. The brochure has statistics and prevention tips for fall risk in the elderly population. The student also included the measures taken by Eskaton to reduce fall risk in its residents, and the key feature of the brochure is the section discussing the Safely You device. Safely You is a device which uses artificial intelligence (AI) to detect resident falls in real time. The cameras are installed in the rooms for the memory care units at various Eskaton communities and record in real time, storing only the data 15 minutes prior to and after each fall. The device also sends a telephone alert to the staff office letting them know that a fall has been detected. The project was evaluated by the Digital Media Department and also the key administrative staff and will be utilized once the Safely You devices are installed at all memory care communities. Some key expected results of the project are that more families will be inclined to use the Safely You device and that the brochure will be included in the admissions packet presented to families. The tangible product left with the agency was the brochure.

9:45

An Informational Guide: Hospice & Palliative Care

Victoria A. Moreno

Agency: First Call Hospice

Agency & Faculty Supervisors: Amy Goodwin Solem, Professor Lisa Harris-Chavez (GERO 130), & Dr. Catheryn Koss (GERO 131)

First Call Hospice and Palliative Care (FCH), located in Citrus Heights, is a hospice and palliative care agency dedicated to providing individualistic and quality care to patients and their families. This project used the Cultural Competency Theory to address the issue of an underdeveloped information source for the Latinx community. The student identified a need for information in other languages to provide culturally competent care to various ethnic groups. *An Informational Guide: Hospice and Palliative Care* was created in English and translated into Spanish to develop a clear interpretation of the services provided for patients and families. The student participated in outreach events and presented the guide to staff members. The project was evaluated in the form of written surveys in which staff members shared feedback regarding the informational guide and the process for future translations. Some key results of the project were increased availability for admissions and marketing distribution while actively creating other guides in two other languages. The tangible product left with the agency was a template and a step-by-step guide explaining how to recreate the guide for future translations.

10:00

Tracking Veteran Flags

Maggie Fletes

Agency: First Call Hospice

Agency & Faculty Supervisors: Rachele Doty, Professor Lisa Harris-Chavez (GERO 130), & Dr. Catheryn Koss (GERO 131)

First Call Hospice is located at 6929 Sunrise Blvd. Suite 180, Citrus Heights, CA. First Call Hospice is a health care organization that provides individualized palliative care to individuals with a limited life expectancy. This project used the Quality of Life Theory to support veterans' and family members' physical, spiritual, and psychological needs. The student's project sought out to create a tracking system for United States flags used for draping deceased patients, which simultaneously created a program to track veterans' involvement within the We Honor Veterans (WHV) program. The main purposes of this project were to educate families on the purpose of flag draping and to lower fiscal costs of replacing flags. To obtain these results, communication was established with funeral homes using a questionnaire and mailings. Additionally, staff were given a refresher on the importance of documentation within the First Call Hospice website. The student coordinated with agency staff to create a mortuary letter and educational handout for staff and families. The project was evaluated by verbal communication from staff during interdisciplinary meeting and through communication with administrators from various funeral homes. Some key results of the project were improved communication among staff, patients, and families, improved organization, and a tracking system for United States flags and patients' involvement in the WHV program. The tangible product left with the agency was a binder outlining the important aspects of the project and how to sustain it.

10:15

Comfort Care Library

Rebecca Randolph

Agency: First Call Hospice

Agency & Faculty Supervisors: Amy Goodwin-Solem, Professor Lisa Harris-Chavez (GERO 130), & Dr. Catheryn Koss (GERO 131)

First Call Hospice, located Citrus Heights, California, is a non-profit agency that provides physical, spiritual, and psychosocial services for those who have a terminal illness and palliative care for those with chronic illnesses. The goal is to enhance their patients' and families' quality of life. This project used the Social Support in Health and Aging theory to address the need for books to read to patients. The student created a library of 37 donated books to be made available to patients, family members, and caregivers. The project was evaluated by First Call Hospice staff through a short survey and received well. The tangible product left with the agency was a shelf of books in genres such as poetry, children's, spiritual/ religious, and grief. The student also left behind a binder with an inventory list, check in/out list, and a list of names and contact information of those who donated if there is a need to add to the library later. On the inside of every book is a bookplate that states, "This book belongs to . . ." and "Donated by. . ." These labels help volunteers out in the field know who it belongs to and makes for great advertising.

10:30 – Break

10:45

The Alzheimer's Association TrialMatch Evaluation

Angela Niduaza

Agency: Alzheimer's Association

Agency & Faculty Supervisors: Bonnie Rea, David Pisani, & Dr. Donna Jensen

The Alzheimer's Association (AA) provides a plethora of programs and services to seniors living with Alzheimer's that reflect their mission. TrialMatch is one of the many services. It is a free, easy-to-use, online matching program that generates a list of clinical trials and then connects these results to the participants. This program accelerates research and provides insight for finding a cure. The AA TrialMatch Evaluation is designed to increase the marketing strategies of TrialMatch to the AA's staff and volunteers. This program evaluated the current knowledge that office staff, volunteers, and interns have on TrialMatch. The student utilized the feedback to create potential marketing strategies for increasing community participation. The student based the project on the Theory of Change, which explains the process of change by outlining casual linkages in an initiative. The TrialMatch evaluation consisted of surveys, a report of the findings, and suggestions of marketing strategies for furthering promotion surrounding the TrialMatch program. The surveys were compiled, and the results indicated the need for an increase in staff training primarily focused on TrialMatch, social media campaigns, and development of tools and resources such as flyers and brochures for outreach efforts.

11:00

Treasured Moments

Josiedie Quiba

Agency: Eskaton Care Center - Fair Oaks

Agency & Faculty Supervisors: Danijela Stroud & Professor Deon Batchelder

Eskaton is the largest nonprofit community-based organization serving the greater Sacramento area. Its primary mission is to enhance the quality of life of seniors through innovative health, housing, and social services. The Fair Oaks location is a care center that offers short-term rehabilitation for their patients and long-term nursing care for their residents. It also provides activities that keep the residents active and engaged on a daily basis. The project, *Treasured Moments*, was developed to validate the residents' life experiences and promote social interaction. The intern developed a reminiscence tool where residents can share their important life events and experiences. The theory used in relevance to this project was the Reminiscence Theory. This theory addresses how recalling and telling others about the past can promote psychological well-being. The intern conducted three separate surveys for staff, volunteers, and residents, with two to three open-questions and one closed-ended question to evaluate the project. There were a total of eight surveys completed. In the staff survey, it was concluded that the project was beneficial as it brings back sweet memories in the residents' mind, and they will be able to talk to the residents in a more proficient way. In the survey for the volunteer, it was concluded that the project was fun, and there was good interaction between people. Meanwhile, the residents' survey states that they enjoyed the project, and it helped stimulate their thoughts. Four of the residents would likely participate again, and one of them mentioned they may like to participate again. Residents were also asked how they felt about sharing their past experiences. One resident found it difficult to remember the past, but stated that it was nice to look back. Meanwhile, two residents did not mind sharing their past experiences, but they did not want to document the stories shared. The evaluation concluded that this project brought enjoyment, social interaction, and added to the quality of life for the residents. To ensure the project's sustainability, a physical and electronic copy of the referenced materials will be left with the Activity Director.

11:15

Healthy Living: Tips to Prevent Heart Disease & Stroke

September Pascual

Agency: American Heart Association

Agency & Faculty Supervisors: Jordan Seavers & Professor Deon Batchelder

The American Heart Association is a nonprofit organization that engages in funding efforts that are designated towards public health education programs, the latest cardiovascular research on treatments and prevention strategies, and community service events that work to end heart disease and stroke. The project, *Healthy Living*, is an educational presentation that brings attention to heart disease and stroke within the Asian American community, revealing the causes, warning signs, and importance of implementing prevention strategies and seeking treatment. Using the guidelines from AHA's Life's Simple 7, the presentation describes strategies to decrease the risk of developing heart disease and stroke. To bring awareness and encourage adoption of healthy eating, the project includes a Healthy Eating Recipe booklet, with a total of five recipes, focusing on nutrient-rich and easy-to-make meals approved by the American Heart Association. The theory used is Albert Bandera's Self-Efficacy Theory, which examines how self-efficacy can impact one's belief to make changes in one's own lives and make a difference. Bandera's theory relates to the project because it encourages participants to implement small changes and adopt healthy lifestyles and behaviors, using the Life's Simple 7 guideline, to aid in the prevention of heart disease and stroke. A total of 14 attendees were present. After the presentation, the intern conducted a post-assessment questionnaire to measure the effectiveness of the presentation. The results of the evaluations yielded successful feedback, with a majority of the participants learning something new and would recommend it to others. To ensure sustainability of the project, the intern has left a copy of the presentation and healthy eating recipe booklet with the agency and provided a flash drive to use as future resources.

11:30

Inventory Binder

Cindy Huang

Agency: Social Security Administration - Arden

Agency & Faculty Supervisors: Travis Mundy & Dr. Catheryn Koss

Social Security Administration, located in North Sacramento, is a federal agency that assists the community by providing financial services for those who are disabled or retired. This project used the Enabling component from the Framework of Access to Medical Care to address the issue of incorporating a technique on ways to have the most updated booklets accessible to employees. The student went through the stock room where all the forms were located and jotted down all the forms and pamphlets present at the agency. Then the student imputed the information in a word document and went onto the ordering website to match the numbers to the ones present in the stock room. She also created an excel spreadsheet with all the additional forms and pamphlets that can be useful to order for the agency to use in the future. The project was evaluated by gaining input from staff to see if this new setup is useful along with the new and updated forms available to hand out to the public. Some key results of the project were updating the forms to the most recent publications and finding out which forms are no longer being printed. The tangible product left with the agency was a binder that has steps of what the student did throughout her project and a hard copy of the typed-up lists. Attached was also a flash drive for easy access to the forms created by the student.

11:45

Outreach Contact Directory

Adriana Sanchez Tavares

Agency: Social Security Administration – West Sacramento

Agency & Faculty Supervisors: Marci Marin & Catheryn Koss

Social Security Administration, located in West Sacramento, is a federal agency that provides financial support and Medicare assistance to older adults, low-income people, and individuals with short- and long-term disabilities. This project used Diffusion of Innovation Theory to address the issue of clients coming into the office and not being familiar with the resources, current regulations, and proper documentation needed to get services. Although the agency still assists the clients coming into the office, it takes longer to get through the process. The outreach contact directory is a new strategy to save the agency supervisor and employees time when they are looking to hold outreach events. By attending events in the community, they will be able to educate and provide the proper and correct information to future clients coming into the agency. This way, when the clients come into the office, they can make the process much smoother and faster for themselves and the employees assisting them. The student will be leaving an electronic Excel spreadsheet/ booklet along with a physical copy. The electronic spreadsheet will be saved in a share drive accessible by all employees. The project was evaluated by the SSA branch manager who provided the student verbal comments.

12:00 – Lunch

1:00

Scents-ational Yoga

Lupita Gomez

Agency: CSUS Cardiovascular Wellness Program

Agency & Faculty Supervisors: Linda Paumer & Dr. Donna Jensen

The Cardiovascular Wellness Program (CWP) is a unique educational environment that allows its participants to modify their lives and encourage optimal aging and longevity despite their cardiovascular-related conditions. At the CWP all of the services are free of charge for the participants, and much of the assistance provided is done through an educational partnership among students, community volunteers, and faculty members from multiple disciplines and specialties. Scents-ational Yoga consists of a combination of aromatherapy, Yoga, and guided imagery methods. The classes reflected many holistic parameters and also supported the Activity Theory of aging. The theory brings awareness of the need for social participation in order to age in a positive and healthy manner. It was administered once a week for seven weeks. The student administered a Perceived Stress Scale assessment at the start and end of the classes; however, the results are inconclusive because participants varied in each class. The student also administered a survey to the participants at the end of the last class. All of the participants reported that they felt the classes helped them relax, which was one of the student's main goals.

1:15

Cardiovascular Wellness & Outreach

Mayra Stephanie Luna

Agency: CSUS Cardiovascular Wellness Program

Agency & Faculty Supervisors: Linda Paumer & Dr. Donna Jensen

The CSUS Cardiovascular Wellness Program (CWP) provides opportunities for participants to engage in educational lectures, stress management classes, healthy nutrition information, and exercise activities to help prevent and/or overcome cardiovascular-related health issues. The goal of this project was to conduct outreach and education about the services provided by the CWP in a community that has a more diverse population. The theory that was utilized was the Theory of Planned Behavior/Theory of Reasoned Action which emphasizes the importance of health and behavior change for older adults facing chronic diseases. The student presented at the Southgate Recreation and Park District and the CWP. At both events, she conducted educational lectures regarding cardiovascular disease and wellness. Pre/post surveys were administered utilizing Likert scales in order for participants to rate their overall health and value of the presentation. Thirty surveys were completed, and the average rating of the presentation quality was a 5 - on a scale of 1-5 with 5 being strongly agree. After the presentations ended, the student conducted a quiz activity with prizes for those who interacted and answered the questions thoroughly. The information provided in the educational lectures will be transferred to informational pamphlets that will be kept at both agencies in both Spanish and English. The student's objective is to spread these informational pamphlets to other non-profit and public agencies located in Sacramento, California.

1:30

Chronic Disease Self-Management Program: Brief Edition

Ines Torres

Agency: Cardiovascular Wellness Program

Agency & Faculty Supervisors: Linda Paumer & Dr. Donna Jensen

The Cardiovascular Wellness Program (CWP) is a non-profit university-affiliated organization that provides programming to reverse the effects of cardiovascular disease through educational lectures, exercise, and nutrition workshops. Aside from cardiovascular disease, CWP participants also have other chronic conditions that they live with. The student wanted to build a version of Stanford University's Chronic Disease Self-Management Program (CDSMP) in order to provide a space for participants to share experiences about chronic disease, build goal-setting skills, build self-efficacy, improve communication skills with family and health professionals, teach relaxation techniques, and discuss management of specific chronic conditions. The project was based on Albert Bandura's Social-Cognitive Theory. Bandura theorized that self-efficacy expectancy (perceived self-confidence that one can do a specific thing) and outcome expectancy (expected consequences) influence whether someone will complete a behavior. In order to complete this, the student facilitated eight workshops across six weeks with subtopics including self-management, becoming an active-self manager, managing common symptoms, using the mind to manage symptoms, exercise for flexibility, strength and balance, communication with family and health professionals, healthy eating, and planning for the future. Evaluation feedback was positive, and survey data revealed increased confidence in health management, communication skills with physician and family regarding health, and use of relaxation techniques from pre- and post-surveys. There was a slight, non-statistically significant increase in goal-setting confidence. However, the study was deemed inconclusive due to inconsistent participant attendance and not having the same participants in the beginning of the program compared to the end.

1:45

Communication & Safety Procedures for Residents Living with Dementia

Moriah Brown

Agency: Eskaton Lodge Gold River

Agency & Faculty Supervisors: Paloma Palomares & Professor Deon Batchelder

Eskaton Lodge Gold River (ELGR) is an assisted living, pre-memory, and memory care environment that offers Dayspring Pre-memory care for residents with mild cognitive impairment as well Memory Care for residents living with dementia. Eskaton relies on and values their ability to have volunteers and interns assist the residents of the facility. The project, “Communication & Safety Procedures for Residents Living with Dementia,” was designed to provide the volunteers and interns with a manual to help guide them when working in this type of environment. The project’s goal was to provide a communication and safety manual on working with residents diagnosed with dementia for the volunteers and interns. The project consisted of four major communication and safety techniques, supported by evidence-based research, to address behavioral disturbances in patients with dementia and to recognize and manage these issues. The goal was for all volunteers and interns of Eskaton to more effectively understand, recognize, and manage the behavior issues of those living with cognitive impairment. The theory to support the project is the Social Cognitive Theory which provides a framework for understanding how individuals actively shape and are shaped by their environment. The theory details the process of observational learning, modeling, and the influence of self-efficacy on the production of behavior. To evaluate the manual, a feedback survey with a total of 12 questions was distributed to the Supervisor, Activities Assistant, and an intern. The results supported the project and its ability to provide volunteers and interns with proper communications skills when interacting with residents diagnosed with dementia. To ensure sustainability of the project, the intern left a copy of the presentation and one completed manual with the agency and provided a flash drive to use as future resources.

2:00

All Roads Lead to Eskaton

Sara Martinez

Agency: Eskaton Village Carmichael

Agency & Faculty Supervisors: Tighe Hammam, Professor Lisa Harris-Chavez (GERO 130), & Dr. Donna Jensen (GERO 131)

Eskaton Village Carmichael is a senior living community that is dedicated to enhancing the lives of older adults. This community is made up of different levels of care, including Independent and Assisted Living as well as Skilled Nursing and Memory Care. Eskaton’s Assisted Living, like many others, does not have something that brings the community together allowing the residents to get to know one another better. Without this small component it can be hard for the residents to feel at home. When residents feel this way, it makes it easier for them to isolate themselves. This can lead to many complications and even increase suicide risks in older adults. Over the last two semesters, the student intern at Eskaton Village Carmichael proposed, developed, and implemented the “All Roads Lead to Eskaton” visual/activity. The activity was composed of interviews that were done by the intern. She then took that information and created a visual representation of the residents’ life journeys to Eskaton. This visual will allow the Socialization Theory of Social Capital to play a role in the lives of the residents. Once completed, the student presented the final product and allowed the participants and the stakeholders to evaluate it in order to determine its sustainability for years to come. The evaluations indicated that this would be a great way for the residents to get to know their neighbors better and create more friendships. It also showed that this project would be something future interns and volunteers could do with residents.

2:15

Better Living Through Laughter

Steve Kim

Agency: Eskaton Village Carmichael Assisted Living

Agency & Faculty Supervisors: Angela Jackson & Professor Suzanne Anderson

As a community-based nonprofit, Eskaton exists to fulfill its mission of enhancing the quality of life of their residents. With a well-organized activity program for the residents and with hardworking care staff, it is a great place for residents to reside and get the assistance they may need. Although the activities at Eskaton Assisted Living are run by professionals who truly care for their residents, the student noticed something that could be changed to increase the variety of the activities offered and increase socialization. To implement the project, the student collaborated with the resident council and utilized the activity coordinator and caregivers to develop and disseminate flyers. The residents, ranging in age from 88 – 101, were given the autonomy to choose from a list of new activities which the student then organized and conducted. The theory for this project is the Social Support in Health and Aging by Bert Uchino as it stresses the importance of social support from a close relationship and how having social support can reduce the effects of stress in a long-term care setting. The student conducted an after-action review with the residents by giving them a brief survey on the new proposed activities. The results were positive and encouraging to both the student and the residents. Furthermore, the student created an activities binder with the proposed activities as well as other activity ideas that could be implemented in the activity schedule, so the project may be sustained once the student leaves Eskaton Assisted Living.

2:30 – Break

The Take 10 Challenge

Pamela Olmos

Agency: Sacramento Central YMCA

Agency & Faculty Supervisors: Elena Edwards & Professor Suzanne Anderson

Sacramento Central YMCA is a non-profit organization located in Midtown Sacramento with the mission to inspire all to a healthy life in spirit, mind, and body. One of the biggest goals of YMCA is to build strong kids, strong families, and strong communities. Multigenerational families are on the rise, meaning more adults have to care for their children as well as their parents. Many seniors at the YMCA are Silver Sneakers members who, although allowed by insurance to attend up to ten times per month, remain inconsistent participants. The YMCA'S executive director wished to enhance the offerings to the senior population by creating a program that would motivate the active participation and engagement of elders. By motivating the senior population to be active, the community will have more independent elders thereby building a stronger community as a whole. The beginning of this project was composed of creating the program. The Motivational Theory of Change by Prochaska, and the Social Cognitive Theory by Bandura, gave insight to the student to create a program in the direction where exercise was made more appealing, rather than an obligation for improving health. The student collaborated with the health and wellness director, the executive director, and the marketing director to create a program titled the Take 10 Challenge. The objective was to create a flyer with a calendar motivating the Silver Sneaker members and elders to visit the YMCA at least 10 times during the month. The second part of this project was composed of conducting research. Prior to implementation and for sustainability purposes, the executive director wanted constructive criticism that would help shape the Take 10 Challenge in a direction that would encourage program attendance by the target audience. The student presented the project to Silver Sneakers members and YMCA seniors, and they evaluated the project by answering a survey. The overall results indicated a strong interest in the Take 10 Challenge by Silver Sneakers members and elders at the YMCA. An updated flyer for the month of May was created for the purpose of future implementation. Overall, the Take 10 Challenge aims at making life better and richer for seniors, and is a method to get people to stretch, strengthen and improve quality of life through low impact community-based exercise programs.

3:00

Health and Wellness Resource Fair

Jennilyn Mutia

Agency: Multipurpose Senior Service Program (MSSP)

Agency & Faculty Supervisors: Stacy Vue and Professor Suzanne Anderson

The Multipurpose Senior Service Program is a non-profit organization that helps serve adults 65 years and older who are considered low-income and need assistance with at least three activities of daily living. The agency provides holistic services through community outreach. The agency has identified the need to help reduce social isolation and promote resources that can be of benefit to MSSP participants. To address this need, the student proposed, developed and implemented the Health and Wellness Resource Fair to provide a social opportunity for MSSP recipients while receiving community and preventive care resources in a beautiful location. The theory utilized for this project is Albert Bandura's Social Cognitive Theory, which focuses on self-regulation and motivation. The theory implies that health behavior interventions that help motivate participants to reach their health goals and can help boost the participants' confidence to change. To market the fair, the student developed a flyer to be mailed and made, with staff, phone calls to participants. To ensure sustainability, the student created a portfolio, which includes the project proposal, task list, budget list, evaluations and sample flyer. The student connected with other agencies in the community so they could participate in the fair and provide resources and information that MSSP is unable to provide to their participants. The student created a questionnaire for the participants, stakeholders, and staff of MSSP to fill out. The student used that information to evaluate and analyze the success of the program. The evaluation indicated that the fair was beneficial to the community and should happen more often.

3:15

Spiritual Care Program Brochure

Samantha Frias

Agency: Eskaton Administrative Center

Agency Supervisor and Professor: Darlene Cullivan & Professor Suzanne Anderson

Eskaton is a community based non-profit organization that provides a variety of services and support to seniors in the Greater Sacramento area. The Spiritual Care Program encompasses Eskaton's belief that Age is Beautiful while aiming to respect, support, and enhance the spiritual and emotional life of Eskaton residents, their families, and staff members. The student and supervisor identified the need to spread awareness of the program's existence, and decided that a brochure was a way to accomplish such awareness. Eskaton's primary goal and mission statement is, "to enhance the quality of life of seniors through innovative health, housing and social services." By creating the brochure, Eskaton residents, their family members, spiritual care partners, and staff members could use it within the communities because it addresses what the program offers by providing care through spiritual support. The theory chosen for this project is Lars Tornstam's theory of Gerotranscendence which advocates the importance of spiritual development in later life. The student collaborated with their agency supervisor, chaplains, the Spiritual Care Team, photographer, and graphic designer to create the brochure. The brochure was developed and created with 15 rough drafts and is awaiting approval from the CEO, after which it will be distributed within Eskaton communities and evaluated. A survey was developed and will be provided to participants to identify any needs or desired improvements to the Spiritual Care Program within their community. At the conclusion of the internship, the sustainability of the brochure will be taken up by the spiritual care team with an understanding that information will need to be updated as the program grows.

3:30

Click n' Capture

Erick Camarena

Agency: The Chateau on Capitol Avenue

Agency & Faculty Supervisors: Laura Carrillo & Professor Deon Batchelder

The Chateau on Capitol Avenue is an assisted and independent living facility that takes a “whole-person” method to wellness and is customized to meet the residents’ present and future needs. The purpose of the project, *Click n' Capture*, was to implement a beneficial activity that can stimulate the residents’ cognition and physical functions. This project was supported by the activity theory, which states that constant active participation in activities is essential for health, overall well-being, and quality of life for an older adult. The project’s goal was to improve the overall quality of life of an elder due to its constant age rich application regarding physically, cognitively, and spiritually. It also lends to a more successful aging individual and thus diminishing the decline that generally comes with the aging process. The project implemented both photography and art therapy. The social action of art and photography technique’s overall goal was to improve the well-being of the residents, thus reducing social exclusion, create a positive change in the agency, and improve the residents’ overall wellbeing and longevity. The residents captured photos outside the agency in nearby locations and later created artwork out of those pictures. To evaluate the project, a survey was distributed to the residents and activity director. A total of five surveys were completed. Three out of five said they enjoyed the activities and thought it was extremely beneficial, and they enjoyed walking by the community while taking pictures. The other two residents remained neutral regarding any improvements and/or interest. To ensure sustainability of the project, the intern left a copy of the presentation, template and a flash drive to use as future resources.

3:45

The Travel Tales Handbook for Libraries

Sarah Lopez

Agency: Sacramento Public Library-Central Branch

Agency & Faculty Supervisors: Ann Owens (F18), Jennifer Harmonson (S19), & Professor Suzanne Anderson

The Central Branch of the Sacramento Public Library is located near downtown Sacramento. The mission of the Sacramento Public library is to “bring together people, ideas, information, and services that inspire our diverse community to discover, learn and grow.” For the past two years, the Sacramento Public Library has offered its services to older adults living with dementia through its Tales and Travel Memories outreach program. The program takes older adults with dementia on an “imaginary journey” to a destination, such as France or London, and the library brings a destination kit which includes music and a fairytale from that destination, interesting facts and souvenirs, and library books about that destination. The “Travel Tales Handbook for Libraries” project has been designed with the intention to help libraries develop the program in their own communities by better understanding the population the program serves. The program and handbook follow the Socioemotional Selectivity Theory by Ngo, Sands, and Isaacowitz. The Tales and Travel Memories program creator, Mary Beth Reidner, has been a collaborative partner in the development of the Handbook for Libraries. A survey was conducted through interviews with previous agency supervisor Ann Owens at the beginning of the handbook’s development and with Mary Beth Reidner at the end of the handbook’s finalization stage. While the review of the Handbook has been favorable, there is always room for improvement, as the facts and statistics about the aging population change every year. The Handbook will be made into a physical spiral-bound hardcopy that can be reprinted and sent out to other libraries, and will also be made into a pdf file that can be easily distributed to both library staff and program volunteers.

4:00 - Wrap-up