

42nd Semi Annual Gerontology Community Project Presentations
May 10, 2019 – Cottonwood Suite – Union – 3rd Floor

8:30 - Welcome

8:45

Seniorvention: Health, Education, & Resource Fair

Linda Martinez

Agency: Southgate Recreation & Park District

Agency & Faculty Supervisors: Sheila Surritt & Dr. Catheryn Koss

The Fruitridge Community Center is located in the South Sacramento area. Southgate is an independent special district that provides community parks, nature preserves, and aquatic and recreational facilities in Sacramento County. Within Southgate, the Fruitridge Community Center offers programs, activities, and clubs to seniors in the area. In order to help create a healthier community, as stated in Southgate's mission statement, the student collaborated with the Recreation Specialist in order to bring a senior health fair to the community. Using the Health Access Framework theory, the student was able to address the limitations of health care education and resources that older adults in the community were facing. In order to improve access to and knowledge of services and resources, the student provided participants the opportunity to interact with a substantial number of local agencies dedicated to their needs during the one-day event. The student was able to coordinate the Seniorvention independently by advocating for older adults and reaching out to community agencies. The project was evaluated by a survey given to the vendors regarding the event and community outreach. In addition, the student asked participants what information they learned from the health fair event. The outcome was that the participants and vendors enjoyed the event and were grateful that the student hosted it. The student left behind a health fair guide so that Southgate can refer to it in order to host the event again in the future.

9:00

Responding to Caregiver Need: Caregiver Advocacy Day

Jamie Violenta

Agency: Del Oro Caregiver Resource Center

Agency & Faculty Supervisors: Amber Henning & Dr. Catheryn Koss

Del Oro Caregiver Resource Center (CRC), located in Citrus Heights, CA, is a non-profit organization dedicated to providing services to family caregivers who are caring for any adult with a brain impairment or an older adult over the age of 60 who needs assistance with two more activities of daily living. This project used the Intergeneration Ambivalence Theory to address the issue of lack of visibility of caregiver resource centers and the lack of funding for services that respond to caregiver health and unmet needs. The student conducted research to develop a caregiver advocacy day event template through gaining experience within the field of advocacy as a representative of Del Oro CRC in events at the capitol, attendance at legislative visits, and interviews with other professionals about planning an advocacy day event. The student's template will help cultivate visibility of family caregivers through advocacy efforts that involve family caregivers, the CRC organizations, and other professionals in the community. It is hoped that advocacy at the capitol will increase funding for services provided by CRCs. Del Oro CRC's staff evaluated the student's project in the form of written feedback through a post-evaluation survey and by verbal feedback. The student is currently awaiting additional evaluation from the CRC organization's board of directors. The project outcomes include a checklist for planning an advocacy day event, samples of press releases and flyers, and a sample agenda for the actual event. The tangible product left with the agency was a comprehensive template for planning an advocacy day for family caregivers.

9:15

Cultural Competency Training for Hospice Volunteers

Redaet Mersha

Agency: Mercy Hospice

Agency & Faculty Supervisors: Mary Connerley, Professor Lisa Harris-Chavez (GERO 130), & Dr. Teri Tift (GERO 131)

Mercy Hospice has been providing care to the greater Sacramento area since 1979 for terminally ill patients and their families promoting quality during the end of life. As the country becomes more of a melting pot, developing approaches that are patient centered and cultural sensitivity is vital when considering hospice care. Cultural competency education is essential for hospice staff and volunteers since they are dealing with a very sensitive, culturally-deep and emotionally-difficult time of patients and families. The student chose the Purnell's theory of cultural competency. The theory supports student's project and promotes cultural understanding and awareness of individuals at the time of illness. Throughout the two semesters, the student proposed, developed, and implemented a Cultural Competency training for current volunteers. The student evaluated the training program through a Likert survey in order to assess the impact it had on the volunteers. Thirteen volunteers were trained and thirteen surveys were returned. Results indicated that training was well received. Ten of thirteen volunteers said the training helped enhance their view of cultural competency and helped them to evaluate their own beliefs and biases. For continued improvement of the training, an in-depth cultural education on death and dying was suggested.

9:30

The Try Guide

Brittney Marroquin

Agency: Sutter Care at Home

Agency & Faculty Supervisors: Melissa Levering-Clark & Dr. Teri Tift

Sutter Care at Home provides end-of-life hospice care. Their focus is on the overall quality of one's life. With help coming from volunteers who effortlessly give up their time and commit to serve their community, volunteers play a critical role for the agency. Sutter Care volunteers have the drive and motivation to comfort someone during a difficult time. Sutter Care at Home in Sacramento has a growing number of volunteers, and it can be quite difficult for new volunteers to become adjusted to this type of care. The job of a hospice volunteer can challenge their usual demeanor. The *Try Guide* was created to change volunteers' demeanor and attitude toward comforting hospice patients. The *Try Guide* is intended for the volunteers to utilize during visits with their patients. It can be used as a guide to help break the barriers with their patients, utilize the activities that are given, and get to know someone rather than asking questions. The guide uses the Activity Theory, which states that people are at their happiest when there is social interaction and they are active. The guide was evaluated through different case studies in which different patients were given an activity at different levels and were asked to identify the strength in the activity and its effectiveness. Ten activities were evaluated resulting in eight activities being used in the final booklet.

9:45

Best Practices for Optimization of a Neuropathology Biorepository

Wolver Suarez

Agency: UC Davis Alzheimer's Disease Center Pathology Core

Agency & Faculty Supervisors: Jayne La Grande, Dr. Brittany Dugger, & Dr. Donna Jensen

The UC Davis Alzheimer's Disease Center is one of 32 major medical institutions across the United States recognized by the National Institute of Health (NIH) and National Institute of Aging (NIA). The UC Davis-Alzheimer's Disease Center (ADC) promotes research, improved diagnosis and care for people with Alzheimer's disease, as well as finding a way to cure and possibly prevent Alzheimer's disease. Over the last two semesters, the student was incorporated within the UC Davis-ADC Neuropathology Core to develop best practices for optimization of a neuropathology biorepository. Biorepositories store and process biospecimens collected for research and/or clinical studies. Along with best practices for optimization of a neuropathology biorepository, the student also developed an outreach survey to further evaluate best practices implemented within different Alzheimer's Disease Center Neuropathology Core biorepositories across the nation. The student also submitted an application to the UC Davis Institutional Review Board, which was approved. The project was based on Perkins and Zimmerman Empowerment theory which states examining deficits and weaknesses grants attainment of mastery, empowering one or an organization to become better equipped. The student project was evaluated by UC Davis-Alzheimer's Disease Center neuropathologist, administrator, and the team of neuropathologic scientists. The student received positive feedback on best practices for optimization of a neurobiorepository and the exploratory survey. They thought the findings from the project can serve as optimization guidelines for ADC neuropathology cores biorepositories across the nation.

10:00

Growing Together at Revere Court

Grecia C. Martin

Agency: Revere Court Memory Care Day Club

Agency & Faculty Supervisors: Mai Vang & Dr. Donna Jensen

The Day Club program offered at Revere Court Memory Care aims to provide person-centered care to elders with mild to moderate levels of memory loss by encouraging their participation in a variety of physical and social activities. When considering the detrimental effects that loss of autonomy and sense of confinement can have on individuals with dementia, the student decided to revitalize the on-site garden to promote the well-being of the "Day Clubbers." The Reactance Theory was chosen to support the creation of *Growing Together at Revere Court* and states that if a person feels that they lack the freedom to make their own choices they may respond, or *react*, with negative behaviors in an attempt to regain a sense of control. The student wanted the project to encourage a sense of responsibility, through the caring of the plants, that stemmed from the participants' own desires. The student obtained a variety of non-toxic plants from a local nursery, Green Acres, that, with the assistance of participants and employees, were transplanted into formerly neglected on-site flower beds. The student evaluated the gardening program by distributing a survey to Day Club staff that consisted of rating the agreeability of four statements and an open-ended question about sustainability. A total of six completed surveys were returned, all with positive feedback about the program. Methods of improvement indicated that plant types should be chosen earlier in the growing season.

10:15

Blue Zone Research and Its Impact on Self-Care Informational

Elissa Zavala

Agency: Revere Court

Agency & Faculty Supervisors: Mai Vang & Dr. Teri Tift

Blue Zone Research and Its Impact on Self-Care Informational is a project created to address the needs of Revere Court, an assisted living community that specializes in caring for adults who have Alzheimer's disease and related forms of dementia. The student intern created an informational workshop for caregivers to be presented at their weekly support meeting. The workshop focused on blue zone lifestyle choices and their impact on healthy styles of living (Buettner, Frates, & Skemp, 2016). The workshop provided realistic tools caregivers can use to help with their own self-care. There were examples of healthier food options, different exercises, activities for decreasing stress, and supportive groups/resources. The student chose the Social Integration to Health Theory by Berkman, Glass, Brissette, and Seeman to support the project. The student marketed the event through word of mouth and by creating an announcement for the informational workshop that was passed out at the weekly support meeting. When the informational workshop took place, the student intern handed out pre- and post- surveys for the participants to complete. After the informational workshop took place, the student intern analyzed the data and made recommendations. Survey responses indicated that the project was successful, with all 22 participants saying they would recommend the presentation to other caregivers. In addition, 18 of 22 participants said they would utilize some of the healthy lifestyle options presented.

10:30 – Break

10:45

Community Services & Resources for Successful Aging Tools

Brenda E. Recoba Morales

Agency: Lambert Wealth Advisory

Agency & Faculty Supervisors: Jeffrey Lambert & Dr. Teri Tift

Lambert Wealth Advisory is a financial planning firm that provides fiduciary advice based on personal goals, objectives, and desires. The project, *Community Services & Resources for Successful Aging Tools (CS&RFSAT)*, was guided by the agency mission and designed to offer clients with the opportunity to engage in activities and behavioral changes that have demonstrated to enhance meaning and quality of late life, improve or maintain overall health, reduce out-of-pocket healthcare expenses, and preserve wealth. The theory that best supports this population's needs is the successful aging theory. The project consisted of two parts. Through a special communication component, clients were provided with four different topics: cooking, fitness, gardening, and music. Each special communication was divided into three sections of wellness advice that focused on physical, psychosocial, spiritual, cultural, and generational holistic parameters. The directory component contained community services and resources to which clients can be referred. The intern conducted a post-survey to evaluate if the *CS&RFSAT* empowered individuals to utilize available services and activities that promote well-being, quality of life, learning opportunities, personal development, and social inclusion that improve or maintain overall health. Results showed that the information provided was an excellent source of information and relevant to preserve physical health, and it will help clients to improve their overall quality of life.

11:00

Breaking Silence on Elder Abuse – Rompiendo silencio sobre el abuso en personas mayores

Kimberly Arredondo-Blanco

Agency: Agency on Aging Area 4

Agency & Faculty Supervisors: Pam Miller, Dr. Cheryl Osborne (GERO 130), & Dr. Catheryn Koss (GERO 131)

The Agency on Aging Area 4, in Sacramento, is an agency that funds and monitors program for adults 60 and older living within these seven counties: Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. This project used the Social Marketing Theory to ensure that the Hispanic/Latino population was receiving adequate information on elder abuse in Spanish. The purpose of the presentation was to raise awareness about elder abuse among Hispanic/Latino older adults. The project addressed language barriers and encouraged this population to report elder abuse. The student hosted 30-minute outreach presentations and distributed booklets in both Spanish and English at different community centers. After presenting, the student provided scenarios of elder abuse and had follow-up questions for audience members to answer. In order to evaluate the project, the student created a written survey for the audience to answer after each presentation. Some key results of the project were that the audience found the information to be helpful and very informative. The tangible product left with the agency is a digital booklet in Spanish and English that staff can distribute at future presentations and outreach events.

11:15

Mature Edge Information Video

Clayton Wyatt

Agency: Agency on Aging, Area 4

Agency & Faculty Supervisors: Pam Miller, Dr. Cheryl Osborne (GERO 130), & Dr. Catheryn Koss (GERO 131)

Agency on Aging, Area 4 is located in Sacramento and is responsible for funding and managing programs and services for older adults in Yolo, Nevada, Sacramento, Placer, Yuba, Sutter, and Sierra counties. This project used the Aging in Place theory to address the issue of sustained income later in life. As people age, financial resources often dictate the ability to age in place, so the Mature Edge program is a valuable resource for older adults pursuing reentry into the workforce. The student guided, filmed, edited, and produced a video in a documentary style that outlined the Mature Edge job readiness program, its benefits, and the enrollment criteria. The project was evaluated by Agency on Aging staff and leadership. Some key results of the project were raising awareness of the Mature Edge program, providing insight into personal outcomes, and offering an employer's perspective on Mature Edge benefits. The tangible product left with the agency was the video file to be used by the agency for marketing, awareness, and general information.

11:30

Magic Moments: Employee of the Month

Julia Reynolds

Agency: Whitney Oaks Care Center

Agency & Faculty Supervisor: Kyle Dahl, Dr. Cheryl Osborne (GERO 130), & Professor Deon Batchelder (GERO 131)

Whitney Oaks Care Center in Carmichael, California is a 125-bed skilled nursing facility offering short-term and long-term care for older adults in the Sacramento region. Some of the services include physical therapy, occupational therapy, speech therapy, wound care, IV therapy, pain management, appointment coordination, care planning, and unique, patient-centered discharge planning for each resident and their family members. The goals of the project, Magic Moments: Employee of the Month program, were to increase employee motivation through appreciation and reduce turnover, which will positively affect residents' lives. The project relates to Achievement Motivation Theory that states all motives are learned and put into a hierarchy which influences behaviors. When people associate positive and negative feelings about things, it creates motives. Motivation is the driving force for peoples' actions and behaviors. The goal is to appreciate employees for their hard work, which will create positive emotions for employees and will motivate them and others to do the best they can. The intern conducted a post-survey consisting of four questions to evaluate the project. This survey, using a Likert scale from one to five with one being the least and five being the most, was presented to 11 randomly-selected employees in multiple disciplines.. Six employees marked 4/5 that the program is fair to everyone, five people marked 3/5. Seven people marked 5/5 for easy participation and four people marked 3/5. Nine employees marked 5/5 for the program being positive for the care center, one person marked 4/5, and one person marked a 1/5. All the participants marked 5/5 for wanting to see the program continue at Whitney Oaks. These results illustrated the positive effect of an employee appreciation program and employees wanting it to continue. The project is a positive program that should continue at Whitney Oaks. To support the sustainability of the project, the materials, templates and information created for the project were provided to all appropriate staff.

11:45

Supporting Caregivers (Master's Thesis)

Elaine Gee

Agency: Harmony Support for Caregivers (at River's Edge Church)

Agency Supervisor & Committee Members: Beth Hieb, Drs. Cheryl Osborne & Teri Tift

Informal caregivers may experience objective strain, subjective strain, and isolation as a result of caregiving. Harmony Support for Caregivers (Harmony) is a ministry of a Northern California church that provides caregivers with information and emotional support (Hieb, 2017). Handmade cards are used to communicate with caregivers. The student created the Caregiver Outreach Program, a component of Harmony, as a result of the creation of the handmade cards. Three objectives were created to provide direction for the project and include the following: (1) Reduce caregiver strain and isolation by using the caregivers' church as a source of support, (2) provide individualized caregiver support, and (3) encourage caregivers to return to interests that were stopped when caregiving became overwhelming. Carl Rogers' (1951) theory of self-actualization provided the foundation for the study. Forty caregivers within the age range of 30 through the 80s participated in the project. A convenience sample of the caregivers was surveyed to determine the project's helpfulness. Quantitative results of the survey showed that Harmony provided caregivers with useful information (75%), helped caregivers feel connected to their church (50%), and helped them feel as important as their care recipients (50%). Caregivers returned to old hobbies (56%) and were interested in pursuing other Harmony activities (56%). Although caregivers indicated that the type of card they received did not make a difference (56%), the qualitative results showed that caregivers clarified their original responses by writing that handmade cards made them feel special (50%). The survey results indicate that caregivers respond positively to individualized support from their community. This support reminds caregivers to think about themselves. The use of handmade cards is debatable and needs further study. The project will be sustained by recruiting caregivers, church members, and other church ministries to help create cards for Harmony to use and exploring different ways card-makers can have access to card-making supplies that includes accountability.

12:00 – Lunch

1:00

Boxing for Seniors

Shawani Kaur

Agency: Woodland Community & Senior Center

Agency & Faculty Supervisors: Dallas Tringali & Professor Jennifer Marlette

The Woodland Senior Center offers a great deal of interactive activities, programs, and events for older adults wanting to improve or maintain their overall health. The center is known for promoting physical, psychological and financial support for their participants. The rates of older adults experiencing detrimental falls has been increasing over the years. After researching several benefits of boxing, the student realized how beneficial the sport can be for older adults. *Boxing for Seniors* was designed to improve and maintain balance skills, cardiovascular health, and body strength. The class was offered twice a week for one hour, instructed by an individual who has boxing experience, and cost \$5 per class per person. Evaluations of the class were given to the participants via surveys at the end of the last semester to receive feedback and to indicate if the student's goals were accomplished. Results indicated that participants enjoyed the class and were very satisfied. Participants noticed a slight improvement of balance skills and have learned several exercises they can perform at home. Participants showed great interest in continuing to attend as long as they can.

1:15

Infinite Project

Susan Yan

Agency: Eskaton Village - Memory Care Unit

Agency & Faculty Supervisors: Pristina Zhang, Cristina Ortiz, & Professor Beth Hieb

Eskaton Village's Memory Care Unit located in Carmichael is a community-based nonprofit and simply succeeds in its mission of improving the quality of life of the aging population. Eskaton Village Carmichael serves the retired population and individuals that may need additional supportive services. Within the Memory Care Unit, the faculty provides a wide range of interactive therapy programs to enhance the residents' well-being. Their focus is to shine a light on the abilities that the individuals with dementia carry rather than to focus on their disabilities. With the idea of adding new activities to refine the daily lives of the residents, the student and the activity coordinators began to create new exciting activities. The residents enjoyed these activities that reduced their feelings of boredom, irritation, anger, and loneliness. The Infinite Project is supported by the Theories of Emotional Well-Being and Aging which solely focuses on the residents' quality of life. In addition, this project can show the residents' family members that their loved ones are having a great time spending their golden years at the Memory Care Unit. Using the theory, the student was able to create video documentation and uploaded the videos of the residents onto a YouTube channel. The staff members at the Memory Care Unit enjoyed the idea of sharing the videos of the residents interacting. The videos were to be sent privately and directly to the specific resident's family for their enjoyment. The staff and family members were able to inform the student of the importance of the project by building a relationship among the two parties. The activity coordinators of the Memory Care Unit will be able to provide more videos through YouTube that capture the significance of the residents' daily lives through exciting activities.

1:30

Interactive and Personalized Augmentative and Alternative Communication: Touch Screen Communication Boards

Alexandra Ortiz

Agency: Eskaton Care Center Fair Oaks

Agency & Faculty Supervisors: Danijela Stroud & Professor Beth Hieb

Eskaton Care Center Fair Oaks (ECCFO) is a nonprofit skilled nursing and long-term care facility in Fair Oaks, CA. They are known for their excellence in providing quality care, having attentive staff, and above-standard health services. Upon student observation and initial surveys, evaluation of the agency's augmentative and alternative communication (AAC) boards and binders found that the agency is ill-prepared and unable to support the communication needs and rights of their residents in accordance to international, national, and state standards. As a result, over the last two semesters the student developed and proposed the A.C.E. Project, guided by the Selective Optimization with Compensation Theory which posits that people with disabilities, either temporary or permanent, will compensate for their loss of function with mental, physical, or both kinds of adaptation. The A.C.E. Project is aimed at improving the agency's ability to create communication equity and support meaningful interactions and communication opportunities for residents which not only meet the current communication standards but surpasses them. This is achieved by transitioning from the current low-tech AAC boards and binders used within the agency to cutting edge, adaptive AAC smart device apps which will better compensate for the loss of communicative function. The student collaborated with Eskaton staff, key Eskaton stakeholders, and a speech language pathology professor and expert in AAC technology at CSUS to create two different solutions for the agency: 1) implement an On-The-Market-App that meets all, or the majority, of the evidence-based criteria, or 2) create an Eskaton app which meets all of the evidence-based criteria and, additionally, meets any agency-specific requirements in order for it to be as effective and personalized as possible. The student presented their work to the interdisciplinary team at ECCFO and also created an informational booklet to be kept on the premises. Results from the post-presentation evaluation show that 100% of the interdisciplinary staff agree that the current AAC boards and binders need to be updated to the AAC apps.

1:45

The Cannabis Project

Selamaria L. Nua

Agency: Alzheimer's Aid Society of Northern California

Agency & Faculty Supervisors: Max Perry & Beth Hieb

Alzheimer's Aid Society of Northern California is a non-profit organization who prides themselves on "supporting the caregiver, remembering the cared for." By offering services such as support groups for both the caregiver and their care recipient, peer counselling, guidance on legal matters, and education, the agency is able to uphold their mission to "provide support, education and compassion to patients and caregivers throughout the journey of Alzheimer's Disease (AD), to support medical research, and to promote public awareness." There has been a growing interest in research pertaining to the use of cannabis and its impact on Alzheimer's disease. Due to the caregiver support group's peaked interest, the student created a book to educate those interested in current evidence-based research. To provide as much information as possible, the student gathered research through numerous research analyses, interviewed caregivers who have used cannabis for their care recipient diagnosed with AD, visited multiple local dispensaries, and toured the Green-Leaf Lab where they test different strains of cannabis in order to decipher what benefits the plant can offer various chronic illnesses (such as AD). After gathering all information needed, the student created a book on the use of cannabis and its effects on AD. The theory of Chronic Inflammation was implemented within the research because of its vital role it plays in the prevalent disease. After presenting the book to the caregiver support group, the student created and distributed a five-question post-survey as the form of evaluation. With 18 participants, 16 of them completed the survey and all 16 provided positive feedback. Each individual expressed their excitement and interest in the topic and asked for a copy of the book. After implementing the project, it has become more evident that there is a demand for more research to be done on this topic.

2:00

Raising Public Awareness Using Social Media

Millicent Ballesteros

Agency: Alzheimer's Aid Society of Northern California

Agency & Faculty Supervisors: Max Perry & Professor Beth Hieb

Alzheimer's Aid Society of Northern California is a nonprofit organization located in Sacramento. Their mission is to provide support, education, and compassion to individuals with Alzheimer's' disease and caregivers. The agency offers support groups, peer counseling, legal resources and education. The goal of this project was to raise public awareness using social media for the nonprofit organization. Through the use of an interactive platform, a social networking app, Instagram, was used to raise public awareness of Alzheimer's Aid Society of Northern California. The student created an Instagram page for the agency and created designs of the agency's mission, history, services and events. Before posting, designs were first approved by the agency supervisor. After approval, the designs were then posted and received feedback from the community. This project used the Diffusion of Innovation Theory to strengthen the agency's social media presence. The evaluation of the program was received by verbal feedback from the social media committee and CEO as well as tracking analytics on Instagram. As a result, Alzheimer's Aid Society of Northern California gained 128 followers on Instagram. To sustain the project, the agency will be left with a "How to Use Instagram" booklet as well as a flyer containing the social media information to be passed out during office hours and events.

2:15

Coordinating an Approach to Involve More Volunteers within the Community

Linda Xiong

Agency: Bristol Hospice

Agency & Faculty Supervisors: Linda Kelly, Ph.D, Alexandra Attie, RN, BSN, & Professor Beth Hieb

Bristol Hospice is located in Roseville, CA, and their mission is to provide commitment to patients through entrusted care that is treated with the highest level of compassion, respect, and quality of care. Bristol Hospice is accredited by Community Health Accreditation Partner (CHAP), and this certifies that an organization has voluntarily met the highest standards of excellence for home and community-based health care. Some of the services provided by Bristol Hospice include volunteer services, counseling and supportive services, pain and symptom management, and spiritual counseling. This project used Jean Watson's Theory on Caring to promote the importance of what it means to be a volunteer for patients who are facing the end of life. The student developed a booklet that describes the benefits of volunteering, provides guidelines when encountering patients who have dementia or are veterans, and offers perspective experiences from other volunteers who are a part of Bristol Hospice. The objective was to involve more people who are willing to become a part of someone's journey at the end of life. This booklet may be distributed by the volunteer coordinators are out in the field teaching others the effects of volunteering. One presentation was completed incorporating the booklets for the students at Sacramento State University. The presentation was done for a hybrid classroom meaning that lectures were recorded for students at home to watch. While there were a total of 31 students in this class, only 15 of them were in class during the presentation. The result was measured using an evaluation form that was provided to students after the presentation was made. Many students thought the presentation was effective, while some believe that there could be improvements and made suggestions in the additional comment box. There were at least two students who asked about volunteer opportunities at Bristol Hospice and one student is currently a volunteer there. This project is sustainable through providing copies of the booklet to the agency as well as the Microsoft Word file to ensure more copies can be made.

2:30 – Break

2:45

Essential Oil Basics: Stress

Stephanie Lue

Agency: ACC Senior Services

Agency & Faculty Supervisors: Linda Revilla, PhD, & Professor Beth Hieb

ACC Senior Services is a non-profit organization where staff and volunteers redefine “active aging” through various programs and educational opportunities that promote healthy living and independence. Once a month on the second Wednesday, ACC holds a Family Caregiver Support group where caregivers talk about their worries and stress. After seeing how many of the ACC caregivers struggle with multiple stressors, a workshop presentation was created. This event offered an opportunity to know what aromatherapy is and which essential oils (lavender and lemon) to use when dealing with stress. The theory used in this workshop was the Diffusion of Innovations theory. This theory was put into practice to see how implementing a workshop is viewed by the public. Studies done on lavender oil have found that it is an antidepressant and promotes anti-anxiety. With lemon oil, there are studies that have found it could strengthen one’s immune system, relieve insomnia, and enhance one’s mood. The workshop consists of evidence-based research studies and ways to use the oils to manage one’s stress levels. Before and after the workshop, a survey was given to see if people are willing to give aromatherapy a try. The survey had Likert scales and short questions about trying lavender and lemon essential oils. The results of this workshop were small, only seven volunteers participated. Overall, the participants found the essential oils interesting, with three participants willing to try essential oils, giving a rating of four or five out of five, and the rest were either in the middle or did not want to try them. To sustain this kind of workshop presentation, ACC has digital copies of the presentation and worksheets for people who want to know more about aromatherapy or how to deal with stress.

3:00

Activities Bag: Promoting the Beneficial Effects of Engaging Activities and Companionship Care

Christopher Leal

Agency: ACC Senior Services

Agency & Faculty Supervisors: Kim Fujiwara & Professor Beth Hieb

ACC Senior Services is a non-profit organization which serves older adults in the local community through an array of services. The goal was to provide a sustainable project which supplemented and consisted of various presentations/workshops for the incoming volunteers for ACC in hopes of improving volunteer knowledge, engagement, and retention within ACC’s Friendly Visitor Program. The Age Stratification Theory was used because it considers how individuals from different eras in time have experienced various life events, which ultimately affects one’s views, behaviors, and even access to resources. Three workshops were geared towards increasing general awareness about the program and instilling the importance and impact the volunteers have on the lives of the older adults in the community. Volunteers were provided with an Activities Bag upon completion of the first presentation. This activity bag included ACC’s Caregiver Resource guide (four languages), ACC’s quarterly newsletter, conversation cards, and various games/activities which can be used during the volunteer’s visits. The initial presentation for the volunteers informed them about who caregivers typically are, the role they play in their loved one’s lives, how they aid with activities of daily living. Additional information was also provided on caregiver strain, the benefits of providing respite care, and also how activities can provide respite care, build companionship, and promote physical/ mental engagement. The second step consisted of a meet-and-greet with the primary caregivers and residents. The third step was to provide further information regarding ACC’s caregiver resource guide and the implementation of activities during volunteer visits. There were seven participants who attended the informational presentations. The completed surveys indicated a greater understanding of the program, various ways to build rapport with older adults, caregiver strain, and the importance of providing caregiver respite care. Two informational PowerPoint presentations, a zero-cost budget, and activity bags were left for ACC to continue offering to their volunteers.

3:15

Job Seekers’ Club

Arvin Joseph Gaza

Agency: ACC Senior Services

Agency & Faculty Supervisors: Dave Lin & Professor Jennifer Marlette

ACC Senior Services, located in Sacramento, is a not-for-profit organization and community center dedicated to enhancing the well-being of older adults. ACC Senior Services is a sub-grantee of The National Asian Pacific Center on Aging (NAPCA) to implement the federally-funded Senior Community Service Employment Program (SCSEP). This project used the Theory of Empowerment and Locus of Control to address the issue of barriers to post-retirement employment. The student developed a lesson plan for a five-week course covering various aspects of the employment process, including goal setting, job search resources, completing application forms, resume building, cover letters, job interviews, and identifying barriers to success. The project was evaluated by having SCSEP participants complete a survey at the end of each session. Some key results of the project were higher levels of confidence regarding the employment process, increased knowledge of the topics covered, and high rates of positive participant feedback. The tangible product left with the agency was a portfolio containing copies of the PowerPoint presentations and worksheets used during the meetings.

3:30

911 For Older Adults: An EMT's Guide

Kyle Wong

Agency: ACC Senior Services

Agency & Faculty Supervisors: Linda Revilla & Professor Jennifer Marlette

ACC Senior Services is a non-profit organization located in the Pocket/Greenhaven neighborhood of Sacramento which promotes the general welfare and enhances the quality of life of the community by offering specially-designed, culturally-sensitive services, programs and classes for older adults. This project took place at ACC Senior Services and met the needs of older adults in the community by providing an informative presentation about the 911 system, with a focus on emergency medical services (EMS), so they may be more prepared should a need for emergency services present itself. As a current, working emergency medical technician (EMT) in the community, the student shared experience and knowledge gained while also incorporating the knowledge learned through gerontological study. The presentation included helpful information which will increase the older adults' awareness of how the 911 system works. The knowledge and tips shared with the audience will help to lessen or mitigate the impacts of an emergency, while providing quicker emergency care, better quality of care and to ensure the medical wishes of the client remain. The student will leave the PowerPoint presentation with the agency so that the information presented will be available to any of the agency's clients.

3:45 WRAP-UP & CELEBRATE!

**Congratulations
Gerontologists!!!**

