

38th Semi Annual Gerontology Community Project Presentations

May 12, 2017 – Folsom Hall 1049

8:00

WELCOME

8:05

How to Improve Outreach to the Vietnamese Community

Linda Doan

Agency: ACC Senior Services

Agency & Faculty Supervisors: Linda Revilla & Dr. Teri Tift

ACC Senior Services is a Sacramento based not-for-profit organization located in the Greenhaven Pocket area. The agency's mission is to enhance the quality of life and promote independence for older adults. ACC Senior Services offers various services, programs, and classes to meet the holistic needs of the aging community coming from various ethnic backgrounds. Through conversations and observations with the interdisciplinary staff at the agency, it was decided there was a need to reach out to the Vietnamese population to determine needed services. Thus, a survey was created to determine the acceptance of current services and to encourage future participation from this specific ethnic group. The surveys were distributed to residents from Cascade Village Apartments and Eskaton Jefferson Manor through the healthy eating, healthy aging workshops directed by the National Asian Pacific Center on Aging (NAPCA). The survey asked for participants' demographics, if the presenter's information was valid, if the content of the topic being presented was beneficial, and additional feedback on ways to improve presentations. The theory of mind was used to support the project. This theory states it is the individual's ability to represent mental states, such as beliefs, intentions, motivations, and emotions, and it is distinct from the ability to represent 'real' states of affairs. A total of 50 evaluation surveys were sent to participants; 33 were returned with a total of 30 in Vietnamese and 3 in Chinese. Recurring themes from evaluation results showed that the residents enjoyed the presentations, learned something new, will apply it to their daily lives, and want to participate in more health-related workshops for life enrichment. Survey results and analysis were left with the agency to assist in their planning of future educational offerings and services for the Vietnamese community.

8:25

Evaluating the Effectiveness of Memorandum of Understanding for the Provision of Legal Services to Residents of Long-Term Care Facilities

Sergio Landeros

Agency: Office of the State Long-Term Care Ombudsman

Agency & Faculty Supervisor: Joe Rodrigues & Professor Beth Hieb

The Office of the State Long-Term Care Ombudsman is a State agency that develops policies and oversees all 35 local Long-Term Care Ombudsman programs (LTCOP) in the State of California. The mission of the LTCOP is to seek resolution of problems and advocate for the rights of residents of long-term care facilities with the goal of ensuring their dignity, quality of life, and quality of care. Federal laws and regulations require the LTCOP to enter into a Memorandum of Understanding (MOU) with the Older Americans Act Legal Services Provider (LSP) for the provision of legal services to residents of long-term care facilities. To help determine the effectiveness of the MOUs in place with local LTCOPs, the student developed a survey using Survey Monkey to evaluate the strengths and weaknesses of the MOU in order to gain insight on how legal services are provided to residents of long-term care facilities. The Albert Bandura's Self-Efficacy Theory was applied to evaluate the effectiveness of the MOUs, producing a report with the survey findings and recommendations for the LTCOP. The purpose of MOU evaluation report was to ensure residents of long-term care facilities have easy access to legal services. Results show that 66% of local LTCOP in the State of California have an MOU on file; however, half of them are not effective or updated. Recommendations for improvement were implemented in the MOU report for the State Plan fiscal year 2017-2021. A copy of the report will be given to the Administration on Aging.

8:45

Reviewing One's Life Through Scrapbooking

Angela Au

Agency: Sierra 2 Senior Center

Agency & Faculty Supervisors: Katie Byram & Professor Deon Batchelder

Sierra 2 Senior Center is a part of the Sierra Curtis Neighborhood Association, which is a non-profit organization that founded both the Sierra 2 Center and Sierra 2 Senior Center. Each week approximately 30-40 local older adults come to the senior center for a chance to socialize, learn something new, and explore their creativity. The project, "Reviewing One's Life Through Scrapbooking" was to inspire older participants to document their family history through a scrapbook activity which helped to fulfill the Agency's need of more art related activities. The theory that best supports this project was the Life Review Theory. This theory allows the participants to narrate their family histories through the documentation of scrapbooking. To evaluate the project the Intern conducted two surveys. The survey to the participants was a written survey consisting of three open-ended questions and one closed ended question. Of the seven participants, the result was that two participants were interested in a scrapbook club. The staff survey consisted of ten questions of open ended and close ended questions. Out of the three surveys, all staff had enjoyed the scrapbook binder and had found the step by step tutorials to be straightforward and helpful. The response from the survey indicated that the other activity groups such as Life History Writing and My Story Project may also use the life review prompts in their session to stimulate reminiscences of past memories in creative writing or story-coaching. Although the result had found a small interest; nevertheless, the scrapbook binder can be accessed by any older participant, where they can begin scrapbooking on their own. If more participants request an interest in a scrapbooking activity, the agency can easily implement the club via the binder.

9:05

Employee Training Manual and the Importance of Nutrition

Vicki Thao

Agency: Golden Pond Retirement Community

Agency & Faculty Supervisors: Jennifer Neely & Professor Beth Hieb

Golden Pond is a dedicated community that has been serving the senior population for about 17 years. The service offered is independent living, assisted living, memory care, hospice, respite care and rehabilitation through best practices and technology interventions. Golden Pond believes in helping the residents stay active, remain independent, healthy, and happy. The mission is to enhance the quality of life and make dreams come true through friendship, professionalism, socialization, education, and family. To help improve Golden Pond's overall mission, the student designed a culinary staff employee training manual which included nutritional facts in reflection of the residents' diets. Nutrition effects the biological functions of how an individual's bone, body cells, and organs maintain integrity. In addition, adequate nutrition benefits the overall physiological function of the human body. The project will help increase the staff's knowledge about the importance of nutrition, learn about appropriate accommodation special needs diets, and raise nutrition awareness. Community practice theory was implemented to enhance the nutrition learning process by the student. The student presented the project to 10 staff members for a length of 15 minutes. The presentation comprised of 10 minutes of the student discussion on the project, which included nutritional facts about diabetes, lactose intolerance, alcohol restricted diets, food allergies, and reduced or low sodium diets. The presentation also included solutions for the staff members to accommodate nutrition according to the resident's diet. One of the solutions was offering a smaller slice of cake to those residents who are diabetic. The student had survey questions, and 8 of the staff member participated in the survey. There were positive outcomes from the survey that were received after the presentation. The staff really enjoyed the presentation, 7 out of the 8 staff who took the survey found the information useful, 6 out of the 8 staff learned something new about nutrition. Overall, the project was a success to Golden Pond, because many of the staff had a better understand of how nutrition can impact the older adults life.

9:25

Title 22 and its Logistics in Senior Living Communities

Drakzin Wangmo

Agency: Golden Pond Retirement Community

Agency & Faculty Supervisors: Ricky Dulay & Professor Beth Hieb

Golden Pond is a senior living community that strives to provide quality of life and aspires to maintain their affordability without compromising quality care. With the aging population growing exponentially, Title 22 is an essential part of running a senior living facility. It has many components, but because of the time constraints, this student's project focused on how this regulation effects the activities department at Golden Pond. Title 22, Division 6, Chapter 8 focuses on Residential Care Facilities for the Elderly (RCFE). It delivers a complete set of regulations that includes both general and basic safety requirements for residential care facilities for the elderly. The policies in Title 22 require that each facility have and maintain a current, written defined operational plan. Through this research, the student ensured Golden Pond's activity department is adhering to the policies detailed and enforced, by the California Department of Social Services. Among the many rules imposed by Title 22, material safety is crucial; it affects residents in the assisted living and memory care units daily. Prevention from exposure to any kind of harmful chemicals is key when creating a safe environment for the residents living in Golden Pond. Person-Environment Fit Theory states that a fit or a match between the characteristics of the person and the characteristic of the environment is important in determining positive outcomes. Having a well implemented program where elders feel safe in their environment leads to everyone, including the staff members feeling less stress and more rejuvenated. Furthermore, the student evaluated and observed how a number of products can have harmful implications on residents and workers at the agency. Around 25 products in total were reviewed, updated and analyzed using current evidence-based research and the MSDS Solutions Centre Site. There is approximately a population of 120 residents exposed to products such as restroom hand soap and cleaning supplies. These products have chemicals that may trigger an allergic reaction to residents with sensitive skin. There is an average of 14 residents who attend nail care sessions every Tuesday morning. And as we know, most nail polishes and nail polish removers contain hazardous chemicals such as toluene, formaldehyde, and dibutyl phthalate, which are also known as the "Toxic Trio" in the industry. No residents have reported concerns to date. However, it is important for residents to understand any potential concerns in the products used. This student educated executive staff and over 30 residents on the logistics of Title 22 and MSDS. Overall, the whole purpose of acquiring these essential documents is to help seniors and the staff to be more aware of harmful chemicals that may cross their path. The MSDS binder must be kept accessible so workers and residents can conveniently make use of it when they need information regarding safe handling and emergency.

9:45

Web Wise Wonder

Candace Magpantay

Agency: Eskaton Wilson Manor

Agency & Faculty Supervisors: Donna Garrett & Professor Stephanie Makis

Eskaton Wilson Manor serves low-income older adults with affordable housing for independent living in West Sacramento, CA. Many of the residents are retired male veterans. There is a lack of socialization among the residents. Very few residents attend the Kids Connection event and Movie day, which occurs once a month. With the advancement of technology, many forms of communication such as email, texting, and video chat allow for social engagement. "Web Wise Wonder" created an opportunity for socialization among the residents to combat loneliness. The agency's mission is to "enhance the quality of life or seniors through innovative health, housing, and social services". WWW's goal supports the agency's purpose by contributing to the social and cultural needs of the residents at the agency. In order to begin implementing Web Wise Wonder, the intern made a flyer about the project, gave a presentation on computer resources, and provided a sign-up sheet for residents who wanted one-on-one sessions to learn about their computer, laptop, cell phone, etc. Surveys were distributed to participating residents at the beginning of the presentation and after each individual session with a resident. Out of the seven total participants of the individual sessions, five residents accomplished their goals at the end of their session. Additionally, a binder containing step by step instructions on how to sign up for an email address was created by the intern for residents to utilize. Two residents tried and successfully created an email address by following the instructional email binder. The instructional email document was copied onto a USB drive and given to the agency so that instructions can be revised, if needed. Individual sessions allowed residents to become socially active with their friends and family with the use of email and Facebook. The "How to Make an Email Account" binder provided residents with step by step instructions and pictures to instantly contact loved ones. According to the Activity Theory of Aging, active older adults who maintain social interactions are likely to be aging more successfully. Using an email address is a great way for residents to communicate with family, friends, or doctors who they do not see often. With the help of the intern, residents were able to become more social and to combat loneliness. WWW contributed to the gerontological practice by enhancing the lives of older adults through online social engagement.

10:05
BREAK

10:20

Operation: Strong Heart Part I

Tatyana Grib

Agency: CSUS Cardiovascular Wellness Program

Agency & Faculty Supervisors: Linda Paumer & Dr. Tara Sharpp

The CSUS Cardiovascular Wellness Program is a non-profit organization established and supported by The Foundation for Health through Knowledge and Action, in partnership with California State University, Sacramento. The program's mission is to provide resources and opportunities for individuals within the community that have experienced a cardiovascular event or at risk of developing an event. Facilitated and run by a volunteer staff, the program offers free community resources and services to participants. The program offers a training facility, education classes, group sessions, stress reduction and lifestyle modification sessions, and nutritional services through a multidisciplinary team of both retired and current health care professionals. Operation: Strong Heart Part I was designed as a tool for assessing the unique and individualized needs, capabilities, behaviors, and values of the participants, with the goal to bring awareness and serve as a motivator in positive change in physical exercise and nutrition to promote cardiovascular wellness and enhance quality of life. With the supervision, collaboration, and guidance of both the agency and faculty supervisor, the student proposed, developed, and implemented Operation: Strong Heart Part I as a tool for the participants of the Cardiovascular Wellness Program. The student used the Activity Theory as a guide and resource to support the project. The student developed a tangible binder which includes the individualized assessments, health care plan, as well as instructions for future staff and students in the future use and facilitation of Operation: Strong Heart. The student evaluated the impact, meaningfulness, and benefit of the project through individual, anonymous surveys; results indicated positive results for increased awareness of own capabilities, behaviors, and the need for change. Results also indicated the usefulness of the project, and future use and benefits of Operation Strong Heart, Part I.

10:40

Operation: Strong Heart Part II

Shelby Campbell

Agency: CSUS Cardiovascular Wellness Program

Agency & Faculty Supervisors: Linda Paumer & Dr. Tara Sharpp

The cardiovascular wellness center, developed from the vision of Dr. Kappagoda, offers exercise, education, and intergenerational opportunity for those with or at risk of cardiovascular disease, to promote health, knowledge, and individual responsibility. Operation: Strong Heart-Part II provides older adults at the CSUS Cardiovascular Wellness Center with an individual assessment tool to examine their social and psychological health and understand the relationship of one's mental health and social support to their own cardiovascular and overall health. This individual assessment tool is based on the Transtheoretical Model, which suggests that individuals progress through a series of stages when making changes, and these stages range from precontemplation to actively maintaining change. The Transtheoretical Model focuses on empathy, self-efficacy, resilience, and looking at barriers in achieving goals. The individual assessment tool allows participants to further examine social networks and psychological well-being, as both are associated with cardiovascular health. This tool benefits older adults by increasing individual knowledge and evaluating life elements for potential growth or support in maintenance of cardiovascular health. Operation: Strong Heart Part II was approved and introduced to the program. It was presented to the participants as an individual tool and a volunteer based activity, focusing on the connection between social support and mental health, to overall health and wellness. Operation: Strong Heart Part II was evaluated with five Likert-type scale questions, gauging opinions of the importance of social support and mental health, the usefulness of the tool, and access to resources. Older adults who completed the individual assessment tool found it to be a beneficial examination of their current social systems and mental health. This tool will be a reoccurring component of the program once a semester, and will be implemented into the intake process for new participants.

11:00

Eskaton Comfort Care Booklet

Christine Tabligan

Agency: Eskaton Care Center Fair Oaks (ECCFO)

Agency & Faculty Supervisors: Danijela Stroud & Dr. Cheryl Osborne

Eskaton is a non-profit organization whose vision is to “transform the aging experience” through their innovative services and capability to serve older adults throughout the whole spectrum of care. Eskaton Care Center Fair Oaks (ECCFO) is a skilled nursing facility that provides short-term rehabilitation and long-term care services to older adults. The student has observed several residents within the care center that are on hospice or at end-of-life. In addition, there has been expressed need by agency staff and management team for an official comfort care booklet. Anticipating or suffering the loss of a loved one, unfortunately, is a part of the living experience. Even though they are not the primary caregivers, family members are still encouraged to participate in their loved one's care. They still need to be informed and prepared for this challenging experience. It is important to understand that families have needs that should be met as well as that of the resident. The Social Support theory, developed by Lange-Collete, focuses on the use of social networks in the care and assistance of older adults. Social support contributes to physical and cognitive functioning which promote and maintain overall long-term health. This comfort care booklet will provide a tangible support resource that families are able to keep and refer back to at any time before, during and after their loved one has passed. This booklet will provide necessary information about end-of-life, as well as connect them with social support resources available within Eskaton, such as the Chaplaincy Assistance program, and community resources, such as bereavement support groups. The goal for this project is to empower families with knowledge to better prepare themselves for this particularly difficult time in their lives and reduce the risk of experiencing complicated grief. It is hoped that this booklet may provide families some guidance and assistance to make this situation more manageable and maybe find some positivity within an already negative experience. The template for the booklet has been completed through the collaboration between the student intern and intern supervisor. It has received positive feedback from agency staff and a management team member, however, the student intern does not expect to see the final result of this project by the end of the semester, but anticipates its eventual approval, by corporation, for use within, not only ECCFO, but other Eskaton care centers where need is warranted.

11:20

How Music Can be Used by Physical Therapists, Occupational Therapists, and Speech Therapists in the Skilled Nursing Setting

Daniel Wallach

Agency: Eskaton Care Center Fair Oaks

Agency & Faculty Supervisors: John Mueggenburg & Karen Powell & Dr. Tara Sharpp

There is a need in eldercare at all settings, whether it is assisted living, skilled nursing, or memory care, for providers to be ready to help older adults have the best quality of life possible. An important part of regaining that quality of life is the rehabilitation (rehab) department in these settings. One significant development in treating stroke, Parkinson's disease (PD), and debilitating anxiety is the use of music in the therapeutic setting. A review of the relevant research suggests that playing music for patients as part of therapy itself or at regular times during the day can impact positive outcomes in the rehab department. Person Centered (PC) care is related to empowerment theory. This theory puts the control of therapy in the hands of the patient as much as is possible. This project was an in-service presentation to provide education to rehab therapists at Eskaton Fair Oaks on the practical use of music and therapy. It was structured in such a way as to give information and specific examples of how music can be used as a tool by Physical Therapists (PT's), Occupational Therapists (OT's), Speech Therapists (SP's), as well as their assistants in the rehab department. The in-service was delivered via a multimedia presentation to the rehab department and facility guests. The attendees completed a 5-question evaluation after the presentation. Results of the evaluation indicated that 85% of those seeing the presentation strongly agreed that music can be a useful tool in therapeutic rehab. A copy of the presentation was left for the rehab department via DVD and research materials in a presentation folder.

11:40

Numbers Game for the Brain

Hung D. Huynh

Agency: Triple-R Adult Day Program – Greenhaven Center
Agency & Faculty Supervisors: Misa Takagi & Professor Beth Hieb

Triple-R Adult Day Program specializes in dementia care for participants with limited mobility, wandering, hearing and visual impairments. The program provides assistance with medications, toileting, non-insulin dependent diabetes, and incontinence. Triple-R also provides a safe and enriching environment for people with memory loss and supports family caregivers through respite, counseling, and education. Daily activities such as different exercise techniques, brain games, arts and crafts, and team sports are crucial in helping participants stay active and maintain cognitive functioning. Triple-R historically was using a math and numbers related game called Sudoku, but the participants had a hard time with it due to their cognitive impairment. The student intern realized Triple-R needed a simple math and numbers trivia exercise implemented into the daily schedule to stimulate the participants cognitive functioning. The project is called Numbers Game for the Brain. This student's project created an activity binder about numbers and math trivia lessons to stimulate the participants' minds. For the numbers trivia, the presenter holds up any number from one to fifteen on a piece of paper. Then, the presenter asks the participant if the number has any significant meaning or any relation to them. For instance, the presenter can start the conversation by bringing up any topic that relates to the numbers including objects, people, or places. Then, the math lesson can slowly transition over to the numbers trivia which involves basic subtraction and addition. With the help from the Gerotranscendence theory, participants at Triple-R can slowly accept the new numbers and math game. The theory helps participants first focus on themselves with self-realization leading to greater life satisfaction. As part of positive aging, participants show great improvement in cognitive, speech, and mood as they actively commit to the activity. The activity can help the participants relate the numbers trivia to real life experiences and transform them into more active people during the activity. There were a total of three - thirty minute presentations. The average number of participants who showed up for the three sessions was eleven. The pre and post evaluation surveys were done orally. The pre-evaluation survey indicated - 85% of participants did not like the idea of numbers and math for an activity but were willing to try it. Ironically, the post evaluation surveys were a success. Seventy-eight percent of participants enjoyed the activity and 22% of participants did not enjoy it. Even though 22% of participants said they did not enjoy it, they were actively listening to other participants' conversations. Participants who enjoyed the activity would like to do it again.

12:00

APA: What You Need to Know

Aleksandr Kasyanchuk

Agency: CSUS Gerontology Program
Agency & Faculty Supervisors: Dr. Donna Jensen & Dr. Tara Sharpp

The CSUS Gerontology program serves a broad and diverse student population. The program's aim is to prepare students for success, both in the program and in the field. Because gerontology is among the many disciplines that uses American Psychological Association (APA) writing style throughout its undergraduate, graduate and professional level publications it is essential that students have a good grasp of the style in order to be successful both academically and professionally. After discussion with professors in the gerontology department as well as other departments using the style it was determined that there were recurrent problem areas. A literature review revealed that students all over the country struggle with certain aspects of APA style, namely in-text citations and the reference page. The student decided to address this by creating an online APA learning module to help students in GERO 101: "Elder Care Continuum Services and Strategies" learn and review APA writing style. Malcolm Knowles Theory of Andragogy was used as a framework, making sure the learning module addressed the needs of adult learners. The effectiveness of the module on students understanding of APA writing style was assessed with a pre-test, post-test design. A module evaluation was also administered. Data analysis revealed an increase in students test scores and positive student feedback. Sustainability is assured by hosting the module through SacCT, a school-wide learning system. The supervisor will also have post-project access to the module to share it with other instructors. This will ensure the module can provide benefits to future students and instructors.

12:20
LUNCH

1:20
Drifting on a Memory
Evelyn Velez

Agency: Mercy Hospice

Agency & Faculty Supervisors: Terry Stewart & Dr. Teri Tift

Mercy Hospice is an agency that provides end-of-life care to patients that have been diagnosed with a terminal illness and six or less months to live. This agency is known for their healthcare team which includes social workers, registered nurses (RNs), case managers, chaplains, home health aides, volunteers, and a medical director. They provide compassionate, high quality, affordable health services to improve the quality of life of those individuals in their care. An added service that can be implemented at Mercy Hospice to enhance the quality of life of their patients is music therapy. Music therapy can benefit many patients who are terminally ill. The student collaborated with the agency supervisor and staff to develop a playlist which allowed hospice patients to be comforted by their own personalized music. Patients also received an i-Pod shuffle with easy-to-follow instructions created by the student that demonstrated how to use the device. The student also created a brochure to promote this personalized music therapy program at Mercy Hospice. The continuity theory was used to support the project. This theory provides an outline for understanding how adults retain their past concepts and experiences, and utilize that information to adapt to changes brought about through normal aging. The student evaluated the project by providing agency staff the brochure, playlist, and notecards for review. The project evaluation was obtained through feedback from agency staff to assure the music therapy playlist, notecards, and brochure meet the needs of the agency.

1:40
Mercy Hospice: Soul Pet Therapy Program Video
Roushelle Marie Gonzales

Agency: Mercy Hospice

Agency & Faculty Supervisors: Terry Stewart & Dr. Teri Tift

Mercy Hospice is a non-profit organization that provides end-of-life and palliative care to individuals diagnosed with terminal illnesses. Since 1994, the SOUL (Source of Unconditional Love) Program has been used to provide patients and hospital visitors with comfort from experienced Mercy Hospice volunteers and their dogs. The overall focus of this project was to create a visual presentation for the agency's animal-assisted activity program to attract patients and volunteers to become involved in the program. The video demonstrates the benefits that patients, hospital visitors, and Mercy Hospice volunteers have experienced through the SOUL Pet Therapy Program. Social Support Theory (Lahey & Cohen, 2000) was used to as a foundation for the project as it establishes that supportive actions act to enhance coping for those that receive support, which then buffers the relationship between health and stress outcomes. This video can be used in multiple venues to portray the benefits of the Mercy SOUL Dogs in the healthcare field such as Mercy Hospice's volunteer orientation, outreach events, and for an ill loved one in need of a furry companion. Having a visual representation of what this program offers is a great way to get a first-hand experience of what it is like to be a SOUL Volunteer and what is expected when visited by one. A survey of the Interdisciplinary Team's impression of the video was conducted to evaluate its perceived effectiveness. Viewers stated this video would be an effective means of community outreach for recruiting SOUL volunteers and increasing patient visits from these beautiful canine SOULs.

2:00

VOLUNTEER APPRECIATION & RECOGNITION LUNCHEON

Lauren Montero

Agency: Mercy Hospice

Agency & Faculty Supervisor: Terry Stewart & Dr. Teri Tift

Mercy Hospice is a non-profit organization that provides specialized care for terminally ill patients and their families. They offer palliative care services, focusing on pain management as well as providing other holistic needs such as physical, emotional and spiritual comfort toward end of life care. An integral part of Mercy Hospice that caters to patients' emotional and spiritual comfort is fulfilled by devoted volunteers. The *Volunteer Appreciation & Recognition Luncheon* was created to acknowledge and award volunteers for their selfless work and dedication. The premise for this project was not only to encourage and motivate volunteers, but also to indirectly affect the population that the agency serves. The main goal of the luncheon was to provide a forum for the volunteers to feel they are appreciated and valued. The event created a positive cascading effect that trickled down to the support and services they provide to the older adult population. The theory used to support this project was the social exchange theory. This theory suggests that a motivating factor to sustaining relationships is based on the exchange of benefits that outweigh the perceived costs. A volunteer appreciation and recognition luncheon offers an avenue that contributes to volunteer satisfaction and retention thus maintaining a continuous relationship between the agency and the volunteers. The event will be held on May 8th and evaluated by the staff and volunteers who attended the event. The results of the evaluation will be used for further justification and encouragement for an annual appreciation event due to the benefits such as continued volunteerism gained by both the volunteers and the agency.

2:20

Telling Your Stories

Victoria Angeles

Agency: Eskaton Monroe Lodge

Agency & Faculty Supervisor: Tristan Benjamin & Dr. Donna Jensen

Eskaton Monroe Lodge is an Independent Living Facility which serves aging adults over the age of 55. "Telling Your Stories" is a reminiscence writing program that was implemented at Monroe Lodge to provide residents with an opportunity to reflect on their lives, write their stories, and share their memories with others. Reflecting on past events and stories can help elders by focusing on their self-perception which can positively influence their views on life and their aging process. This follows Erickson's Theory of Psychological Development which discusses the construct of ego integrity and self-perception. An evaluation of the program was conducted and resulted in participant's enjoyment and appreciation of their time spent reminiscing. Many participants formed bonds with each other due to their frequent discussions and interest in each other's stories.

2:40

Non-profit vs. For-profit ADHC

Kathleen Lee

Agency: Health For All

Agency & Faculty Supervisors: Norma Ivy & Professor Deon Batchelder

Health for All Adult Day Health Care (ADHC) is a for-profit, and multi-ethnic community based organization that focuses on providing quality preventive medical care for low-income adults who are over the age of 18. The agency provides a multi-disciplinary team of professionals to assess the medical and social needs of each participant through individualized care planning. Their mission is to accentuate independence and attain skills, such as, socialization, working with others, and goal setting based on their history and strengths, to continue as a contributing member of the community. Although there has been a transformation in ownership and organizational structure, the goal of the agency remains unchanged. The project, "Non-profit vs. For-profit ADHC," was produced to educate the participant's families and caregivers about the differences between a non-profit and for-profit Adult Day Health Care. The project incorporates two well-known stakeholders at the agency through a video interview. The goal of the project was to inform and address any concerns participants' families, caregivers, and general population may have about how the transformation in structure may partake on the services or alterations of care for their clients or loved ones. The theory on Connectivism by Siemens' supports this goal by demonstrating how information through media offers new ways to present information. This project was evaluated through two surveys of questions, comparing prior knowledge about the similarities and differences of non-profit vs. for-profit ADHC and their understanding of ADHC after viewing the video. There were 12 individuals who participated in both surveys: nine staff members, two interns, and one caregiver; of which 33% did not know this comparison. The results concluded that all viewers had a better understanding ADHC. In conclusion, the positive feedback was unanimous about the benefits an Adult Day Health Care delivers to support the client, staff, and caregivers.

3:00
BREAK

3:20
The Benefits of an Aerobic Exercise Program for Older Adults
Madhuri Patel

Agency: Triple-R Adult Day Care Program
Agency & Faculty Supervisors: Nina Moran & Professor Beth Hieb

Triple-R is an Adult Day Care Program that provides care for the elders both in group and individual activities who have some form of memory loss ranging from mild to advanced dementia. While the Triple-R's extensively trained staff provide care for the participants, the family caregivers also benefit by receiving respite in order to run errands or go to work peacefully knowing their loved ones are in good hands. The participants at this program are kept busy; entertained throughout the day with multiple activities that stimulate their brain and help stimulate cognitive functioning. However, not all participants with dementia are as active and social which may cause brain decay and eventually lead to further emotional, psychological and physical decline. Also, multiple research studies have shown that prolonged periods of sitting in one position can cause pressure ulcers resulting in tissue damage and skin breakdown. Therefore, this student developed and implemented an aerobic exercise program with 25 volunteer participants aged 50+ comprised of both males and females. This project demonstrates the correlation between the number of repetitions of each of the 27 exercises created by the student and the sustained interest in participation with each exercise. The results clearly indicated that 12 repetitions of all 27 different aerobic exercises showed the best results for participation. The RRR participants were more likely to complete 12 repetitions of any of the exercises. In the end, through comparison of pre and post exercise program implementation by both personnel and student observations demonstrated increased positive behavior, alertness, mood, physical activity and socialization. The basis for selecting this program is the activity theory, which suggests that successful aging is achieved when one is physically active while maintaining their social interactions in their daily life. Activity theory also supports many holistic parameters such as physical, emotional, social and psychological aspects of aging.

3:40
Chair Yoga Meditation
Fanny Wong

Agency: Triple R Adult Day Program – Midtown
Agency & Faculty Supervisors: Nina Moran & Professor Beth Hieb

Triple R Adult Day Program specializes in care for people with mild to severe dementia. With three locations in the Sacramento area, Triple R aims to provide a safe and enriching environment for participants during the day while giving family caregivers a break to run errands or go to work. As a social adult day care program, activities are scheduled throughout the day to engage participants in social stimulation, music therapy, learning activities, games and exercise activities. With the collaboration from the supervisor, staff leader and this student, discussion of the importance of physical exercise lead to a great opportunity for the student to incorporate an exercise and meditation activity. Based on the Activity Theory from the Psychosocial Theory of Aging, the key factors to successful aging is staying active and maintaining social interactions. Chair yoga can be used as an intervention in the form of exercise or as a form of meditation which can reduce muscle tension, improve balance, posture and reduce the risk of falls in older adults and does not require high-intensity workouts which makes it suitable for the participants. Each class session was approximately thirty minutes and included a variety of stretches and breathing techniques. Session attendance was approximately 20 participants and results showed average of 80% participation rate. Through observation and notes taken during and after each class session, changes were made according to the participants' comfort level of performing certain stretches and poses. The student received positive feedback from participants and a request from the program coordinator to incorporate standing poses to enhance the independence of the participants. Overall, the activity was enjoyable and is a good incorporation of both exercise and meditation.

4:00

Sunrise Reflections

Mylene Ycmat

Agency: Sunrise of Carmichael

Agency & Faculty Supervisors: Rae Ortiz & Professor Deon Batchelder

Sunrise of Carmichael is a community that offers assisted living and memory care for older adults. The Intern created the *Sunrise Reflections* (SRR) project, which displayed a collage of images, shadow boxes, recipes, songs, and resident's life reflections. The purpose of the project was to offer a reminisce activity to help lessen behavioral issues such as anxiousness and agitation. The goal was to give participants the opportunity to engage and share their life reflections. Erikson's Theory of Psychosocial Development supported the project's goal through its Ego Integrity vs. Despair stage, that aligned with reflecting on one's life to help cope with their final stages. Seven residents were chosen for the project. The video(s) were viewed by residents, family members, and Sunrise's care staff. The Snoezelen provided an intimate setting for viewing, while the Reminiscence living room accommodated larger groups to engage. To evaluate the success of the project, a survey included opening directions, along with a Likert Scale and Response Choice Question, which was submitted to the Intern after viewing the video. Participants were asked to rank the responses as they pertained to viewing the video and if applicable, to any changes in the resident's behavior. The scale used ranked from 1 = Strongly Disagreeing to 5 = Strongly Agreeing. Out of the seven participants, five *Strongly Agreed* indicating that the video was positive and beneficial. Two participant responses varied slightly, because they were not in observance of the residents. Overall, the survey proved that the SRR project successfully encouraged reminisce as a non-pharmacological therapy that improved behavioral issues caused by symptoms of Dementia.

4:20

Assisting Homeless Elders: Wheelchairs & Senior Street Sheet

Tia Phimmasone

Agency: Francis House Center

Agency & Faculty Supervisors: Juan Gonzales & Professor Lisa Harris-Chavez

Francis House Center, a program of Next Move Sacramento, is a non-profit organization helping the homeless and low-income population of Sacramento with resources and support. Francis House Center provides local resources, temporary shelter for dislocated families, weekly bus passes, and reduced identification card vouchers to those who receive public benefits. The agency is designed to provide relief and support to empower and inspire individuals to achieve long-term stability. Within the agency, staff, volunteers, and interns work with individuals one-on-one to assist with their needs. Unfortunately, Francis House Center has few resources and services for older adults. With the recent increase in homeless older adults receiving services, there has been a greater focus on finding and utilizing the best resources for them. To address this need, the student implemented the project Assisting Homeless Elders: Wheelchairs & Senior Street Sheet to benefit homeless older adults and the staff of Francis House Center. The student received a donation of wheelchairs from Apria Healthcare to begin a wheelchair program at the agency. The wheelchairs obtained were given to adults with long-term medical conditions to maintain their health. The student also created a Senior Street Sheet consisting of community resources dedicated to serving older adults with limited means. The project was supported by the Wear and Tear and Continuity theories, as it allowed homeless older adults to maintain their lifestyles by using essential materials to age comfortably. The project was presented to three out of six staff members for evaluation. The student distributed a survey asking staff to rate the effectiveness of the project on a scale of one to five. All three gave the project a score of five, meaning it was "excellent" in serving seniors at the agency.

4:40

Dementia and Art Expression

Patricia Brizendine

Agency: Eskaton Adult Day Health Care Center, Carmichael

Agency & Faculty Supervisors: Daisy Absalon & Dr. Cheryl Osborne

Eskaton Foundation, founded in 1968, is now the largest non-profit community-based organization serving older adults in the Greater Sacramento area. Eskaton's primary mission has been to enhance the quality of life of seniors through innovative health, housing, and social services (eskaton.org). In support of this mission, Eskaton Adult Day Health Center Carmichael, with nursing, personal care, therapy, social services and activities, provides a nurturing atmosphere conducive to wellness, as well as to assist participants in their individual program goals of remaining safely at home for as long as possible; to offset premature admittance into a long-term care facility. Additionally, caregivers get a needed break, knowing their loved ones are safe and happy. The program, under the support of California's Community Based Adult Services, is available five days per week and covered by Medi-Cal where eligible. Over the last two semesters, the student intern in collaboration with Eskaton Adult Day Health Care Program Director and staff developed, proposed, implemented, and evaluated a Dementia and Art Expression exercise to explore the idea that older adults who suffer from moderate to severe dementia still have the ability to retain abilities that were present throughout the course of that particular participant's life (ex. Artistic, musical talents/abilities). Ego Integrity theory was used to guide the development for the art expression exercise; through the implementation of the art expression exercise and demonstrated how the success of the task could assist a participant to realize their contributions to society; helping to increase their ego-integrity. To ensure sustainability, the student intern created an art portfolio with a module enclosed, that included instructions on how to lead the Dementia and Art Expression group in the future. Project outcomes were measured by utilizing MMSE scores of participating participants from the initial intake into the ADHC program against MMSE scores taken after participation in the Art Expression exercise. The Art Expression exercise was shown to improve program outcomes for these individuals while helping the student intern and agency staff to gain better insight on how dementia can affect the brain.

5:00

CONCLUSIONS