

**GERO 131 Culminating Experience**  
**Fall 2022**  
**Friday, December 9, 2022**  
**9:30-11:30**  
**Foothill Suite, 3<sup>rd</sup> Floor - University Union**

**Section 1**

**9:30-9:40**  
**Folklore and More**  
Ashley Brounstein  
**Agency:** Cardiovascular Wellness Program  
**Agency Supervisor:** Linda Paumer  
**Faculty Supervisor:** Theresa Abah

The Cardiovascular Wellness Program in Folsom Hall is a program directed to older individuals in the community with, or at high risk for, cardiovascular disease. This program offers many areas of focus including education, physical activity, and nutrition education. The Project focused on improving the wellbeing of older adults through storytelling. This project used the Reminiscence Theory to understand the issue that many older adults who do not have the support they need, or opportunity to share their life stories and lessons, especially for those who may not have children or grandchildren to share their memories with. The student asked three research questions that were optional: What role do you play with regards to teaching your children/grandchildren morals and life lessons? What is something you know today that you wish you knew as a younger version of yourself? And, tell me a life story that taught you an important life lesson that you would like others to know. The project was carried out using interviews and online surveying methods. Some key results of the project were that older adults who participated unanimously verbally stated that telling their stories to me made them feel like fulfilled. On a 5-point scale where 1, was not fulfilled and 5 was very fulfilled. The tangible product left with the agency is a scrapbook with all their stories, morals, values, and life lessons documented.

**9:45-9:55**

**Suicide Prevention In-Service Training**

Hailey Dagsher

**Agency:** Eskaton Support Center: Quality & Compliance

**Agency Supervisor:** Jennifer Marlette MSN, RN, CNL

**Faculty Supervisor:** Theresa Abah

The Eskaton Support Center, located in Carmichael, is an inventive and growing non-profit organization dedicated to enhancing the quality of life of older adults. The agency, specifically the Quality & Compliance department, provides Eskaton care facilities and their employees with a wide variety of policies, in-service training, surveys, and resources to ensure the best care for residents. The population that took part in the project was the Eskaton employees and the focus was on suicide prevention. This project was supported by the Structural Lag Theory, which is a theory focused on ensuring that an organization or agency adapts to the changes in the population it serves. Eskaton has had multiple successful and attempted suicides within the last few years proving a need for in-service training as the incidents have become more common. The student developed a two-hour in-service training titled *Suicide Prevention*, containing Eskaton's suicide policy, statistics, and prevention strategies. A reference badge was also created to be worn behind nurse badges, and the in-service training was evaluated through a post-survey. The tangible product left with the agency is a binder containing the suicide prevention in-service training outline, PowerPoint, reference badge, and post-evaluation survey so that Eskaton care facilities can begin to provide this in-service to their employees.

**10:00-10:10**

**Dressing Up for Diversity**

Stephanie Mendoza

**Agency:** Cardiovascular Wellness Program

**Agency Supervisor:** Linda Paumer

**Faculty Supervisor:** Theresa Abah

The Cardiovascular Wellness Program is an exercise and education program dedicated to promoting health and wellness. The goal of the Cardiovascular Wellness Program (CWP), is to provide an affordable comprehensive exercise and education program for individuals seeking to improve their cardiovascular health. It is staffed by specialty volunteers and student interns. They are supported by Sacramento State University and the Foundation for Health through Knowledge and Action. In order to address the issues of lack of diversity and poor social engagement, this initiative applied the Healthcare Access and Activity Theories. In an effort to promote diversity and social interaction, the student organized an open house event with booths that had educational materials centered around the program's four pillars. Surveys was conducted, and the student designed a variety of graphic materials, secured, and hired musicians who played a variety of multicultural music, and effectively lead a team of individuals towards social engagement. The event centered around a theme - to increase older participants' turn out, and knowledge about what CWP program has to offer the community. In sum, the student created an event for current and potential members to participate in, and socialize to make new friends. The take-home educational materials centered around healthy lifestyles and resources.

**10:15-10:25**

**Break the Ache: Informational Poster to Relieve Pain**

Dixie Nolasco

**Agency:** Cardiovascular Wellness Program

**Agency Supervisor:** Linda Paumer

**Faculty Supervisor:** Theresa Abah

The Cardiovascular Wellness Program located in Folsom Hall at Sacramento State, is a program dedicated to promoting healthy lifestyles through exercise and educational presentations, with an emphasis on nutritional food demonstrations for older adults who are experiencing, or are at risk of, cardiovascular health issues. This project used the Social Ecological Model of Aging, which supports that individuals would adopt positive health behaviors when it is available to them, to propose ways for better pain and stress management. The student's project is a developed informational poster for CWP participants as part of their daily pain management routine. The student sent out surveys to collect personal information from respondents, and then incorporated them in the framework of the poster. The goal was to determine the most popular pain and stress relief methods used among members at the CWP. The most utilized relief methods adopted by participants help to provide better insights on pain and stress management. The tangible product left behind is a poster of the top relief methods and an informational PowerPoint for the CWP to incorporate into the program.

## **SECTION 2**

**10:30-10:40**

### **Tips and Tools to Gain Older Adult Participants in Virtual Health Programs**

Destiny Bullock

**Agency:** Sacramento County Public Health

**Faculty Field Advisor:** Angela Gibson

**Mentor:** Riley Stoltenburg

**Faculty Advisor:** Suzanne Anderson

Sacramento County Public Health (SCPH) is an entity whose mission is to serve, protect and promote optimal health for residents in the Sacramento region. The aging theory that propelled my work is the Health Access Framework. I sought to address why some are better able to access health programs than others.

Characteristics of the delivery system, such as how, and how many resources are distributed can influence access. Plus, individual ease of access can be influenced by language, culture, and perceived need. Through peer review research and a gerontological lens, the products of my work left behind include: a continuous contact list, inclusive Bingocize flier, and benefits of program participation brochure. The project I presented was titled “Tips and Tools to Gain Older Adult Participants in Virtual Health Programs.” I evaluated my project by retaining feedback and insights from supervisors and mentors. Key outcomes of my project highlight the importance of connections, communication and access to technology when gaining participants in virtual health programs.

**10:45-10:55**

**Challenging Ageism**

Beverly Ann Townsel

**Agency:** California Commission on Aging

**Agency Supervisor:** Karol Swartzlander

**Faculty Advisor:** Suzanne Anderson

The California Commission on Aging (CCoA), located in Sacramento, California, is an organization established by the Older Californians Act as a catalyst for change that supports Californians as they age. The CCoA values equity and inclusion; autonomy, choice, and access; respect and integrity; collaboration and partnership on behalf of older adults. Representing the CCoA are 25 appointees demonstrating California's racial, ethnic, and geographic diversity. For my final project, I created a communication toolkit that challenges the readers to mature their conversations in rephrasing the perception of how they view themselves while aging and older adults. This project used Ageism and Age Stereotypes Theory to address the issue of ageist stereotypes that are implemented through language and behaviors. The student's final project included a forum held on the campus of Sacramento State University to challenge an intergenerational exchange between decision makers of the aging field, community members, and college students. The concept of the event created a space for an evolving conversation to address the concept of Ageism and to challenge how every individual can change their language and behaviors to produce a positive outcome to aging. The tangible product left with the agency was a communication toolkit that can be accessed online. The communication toolkit included methods to reframe personal conversations to positively address ageism.