

GERO 131 Culminating Experience

FALL 2025

Friday, December 5, 2025

9:00-11:00am

Zoom: <https://csus.zoom.us/j/6689334985>

9:00-9:10

Welcome & Overview of Presentations

9:10-9:25

Art of Crafting and Wellness

Monica Flores

Agency: The Cardiovascular Wellness Center

Agency Supervisor: Linda Paumer

Faculty Advisor: Dr. Jenny Stevenson

The Cardiovascular Wellness Program (CWP) at Sacramento State offers a program centered on “exercise training, nutrition, stress management and lifestyle improvement activities within the framework of shared goals and community spirit”. Shared creativity is demonstrated by participants cooking together weekly. Some participants enjoy games and do puzzles together as a means of social engagement. Craft activities offered would have to be something quick to attract those passing the table, easy to adapt to those with any physical challenges, cost effective and allow for social interaction amongst table participants. Instructions on how to do projects at home and the health benefits tied to the activity and history of the crafts are part of the handouts. The content and photos are available for future reference and newsletters. Verbal reports so far indicate satisfaction with having a craft table, and the crafts produced confirmed engagement. Additional follow-up will include a survey of which activities were new, provided calm and contributed to community. The results will be shared with Supervisor. The Activity Theory in Gerontology will be evident as this theory associates a person’s quality of life and satisfaction being directly related to their level of physical and social engagement. With the Successful Aging Theory, components addressed through arts and crafts are active engagement with life along with maintenance of cognitive functioning.

9:25-9:40

Finding the Things: Group of Two – Create a Story

Sushav Hamal

Agency: Eskaton Village Carmichael

Agency Supervisor: Dr. Terrence Ranjo, RN, Maria Sandra Yu,

Faculty Supervisor: Dr. Jenny Stevenson

Eskaton Village Carmichael is a Life Plan Community in Sacramento that offers independent living, assisted living, memory care, and skilled nursing services for adults aged 55 and older. During my practicum, I worked closely with the memory care and assisted living departments, helping with daily activities such as exercise, bingo, trivia, painting, and more. While interacting with residents, I noticed that many individuals living with dementia had difficulty initiating

conversations and often sat together without talking. To support communication and reduce social isolation, I collaborated with my supervisors to create a simple story-based activity called “Finding the Things: Group of Two – Create a Story.” The project was guided by Person-Centered Care Theory, Activity Theory, and Cognitive Stimulation Theory, all of which focus on meaningful engagement, positive aging, and activities that match residents’ cognitive abilities. The activity involved residents choosing three items from a visual theme card and creating a short story with a partner or staff support. This approach encouraged creativity, helped verbal expression, and provided a structured yet flexible way to start small conversations. To evaluate the project, I collected verbal feedback, observed resident engagement, and discussed usability with staff. Results showed that participation varied, but several residents became more talkative, and staff reported that the activity was most effective one-on-one during quieter times of the day. The final product includes a laminated theme card and simplified instructions for staff to use in promoting communication and engagement throughout the year.

9:40-9:55

Cervis Volunteer Posting Guide

Amy Uribe

Agency: Eskaton Support Center

**Agency Supervisor: Michaela (Kila) Rodgers,
Volunteer and Wellness Program Coordinator**

Faculty Advisor: Dr. Jenny Stevenson

Eskaton is a nonprofit network of senior living communities in Northern California. Their communities offer independent living, assisted living, memory care, rehabilitation, and many wellness programs that support healthy aging. The Eskaton Support Center serves as the central department that assists all communities by coordinating resources, wellness initiatives, and volunteer engagement. During my practicum, I worked with Michaela (Kila) Rodgers, who oversees wellness initiatives and volunteer engagement across multiple Eskaton communities. While working with Kila, I noticed that volunteer postings on Cervis were not always consistent. Life Enrichment Directors (LEDs) sometimes encountered challenges maintaining consistency in their Cervis postings, such as missing key details when duplicating or creating new events, which highlighted the need for clearer guidance to support more engaging and complete volunteer opportunities. Using Activity Theory, I focused my project on creating a guide that would make the posting process easier and more organized. To evaluate the project, I reviewed past Cervis postings, compared existing templates to new drafts created with the guide, and gathered feedback to better improve the system. The main outcomes included clearer postings, more complete information for volunteers, and increased confidence among staff when creating new opportunities. I will be leaving the Cervis Volunteer Posting Guide with the agency. It provides step-by-step instructions, examples, and templates that LEDs can quickly duplicate and edit when posting new volunteer opportunities for their communities.

9:55-10:10

Something Phishy?

Pheonix Xiong

Agency: Cardiovascular Wellness Program

Agency Supervisor: Linda Paumer

Faculty Supervisor: Dr. Jenny Stevenson

The Cardiovascular Wellness Program, located in Sacramento State University at Folsom Hall, is a program that helps older adults with cardiovascular disease or those who are at risk. Strengthen behaviors of exercise, stress management, and healthy nutrition that thrive and maintain a heart-healthy lifestyle. It is staffed by Linda Paumer, the supervisor, volunteers, and student interns. This project used Activity Theory to address the issue of increasing older adults by raising fraud awareness and providing resources for individuals who need help. The student created a PowerPoint on fraud awareness and presented that to the participants at the CWP. The presentation encourages open conversation, allowing participants to share their past experiences and ask questions in a safe environment. This helps raise awareness because, as older adults are becoming more isolated and dependent, it is helpful to see that fraud and scams can be a huge problem targeting older adults. The project was evaluated by a survey on questions about individuals who had experienced fraud, measured participants' knowledge, and improved their understanding of common fraud tactics. Some key results of the project were great. Participants showed and expressed appreciation for the practical examples in the PowerPoint. The project also showed the importance of community-based education in reducing fraud risk among the aging population. Overall, the project contributed to a safer and more informed environment for older adults within the CWP. The tangible project left with the agency was a poster on fraud awareness offering tools and tips that can help older adults avoid scams.