**Pathways to Legacy**
Zainab Saleem
Agency: Lambert Wealth Advisory
Agency Supervisor: Jeffrey Lambert
Faculty Supervisor: Suzanne Anderson

Lambert Wealth Advisory located in Folsom is a fee only fiduciary advisory that offers financial and investment services to individuals to meet their financial goals. The practice offers financial planning services certified by the CFP Board to make client engagements unique to their values and purposes in life. The agency’s holistic approach recognizes the external and internal issues that can influence one’s financial decisions. The mission of the project is to increase healthy outcomes for older adults to improve their quality of life and their loved ones who need end-of-life care. The theory supporting the project is Gerotranscendence which highlights the importance of spiritual existence at different stages in life including grief and bereavement. The issues addressed include having clear communication between staff and clients of Lambert Wealth Advisory who are at their end of life. The project was evaluated by the site supervisor, faculty supervisor, the IT specialist involved in teaching the software, and through inquiries with clients during meetings to discuss the type of resources they find useful for their wellbeing. Key results included meaningful discussions with clients and staff about the stereotypes and attitudes reflected towards older adults in society and the importance of raising awareness to reduce financial abuse among older adults. The final product left with the agency was a website for the clients to use to access links to resources and local end-of-life-care services.

**Oakmont Community Survey**
Puja Chaudhary
Agency: Oakmont Senior Living
Agency Supervisor: Terry Ervin
Faculty Supervisor: Donna Jensen

Oakmont of Carmichael is a luxury retirement living community. It provides luxury housing for Independent Living, Assisted Living, and Memory Care, known as Traditions in Oakmont Senior Living. It is a for-profit community providing customizable services to the residents. This project used the Stages of Change theory by urging residents to participate in the survey to make the issues they were facing heard by the department leaders in the Oakmont of Carmichael community. Some key results of the project were: residents are unhappy about the staff changes, but they love the activities and many of them participate in the activities. The residents also wanted more variety in the menu choices. The project was evaluated by the feedback from Business Office Director and Executive Director. The survey and results were left with the Business Office Director in a binder and via electronically so the survey can be easily accessed and edited for future use.

**Resident Birthday Box & New Resident Welcome Box**
Madelyn Jane Dabandan
Agency: Eskaton Pocket Greenhaven
Agency Supervisor: Julie Sagastume
Faculty Supervisor: Dr. Donna Jensen

Eskaton Pocket Greenhaven is located on Florin Rd, Sacramento California is a skilled nursing and senior living community for both short-term and long-term care. Their goal is to ensure that the residents who chose to stay at Eskaton can remain as productive and positive as they can be. This project used both theories Person-Environment Fit and Selective Optimization with Compensation to address the issue of residents not feeling celebrated on their birthday and not feeling at home once they move in for the first time. The student implemented the project by creating two boxes for each event and prepared a day to present this project. When the residents make their cards for the celebrant's birthday or the new resident, they put it into the Birthday Box or the New Resident Welcome box and the cards are given to the individual being honored. The project was evaluated by the residents and activities assistants and coordinators saying all positive things towards the project overall. Some key results of the project were the residents saying how appreciative they were of the activities being done. Both residents who got to be the first Birthday Box recipient and the first New Resident Welcome Box recipient showed positive outcomes with the activity. They both appreciated how much time and effort Eskaton had put into the activities they were able to experience. The tangible product left with the agency were the boxes the student created and the personal messages document that is shared with the supervisor.

**GCSS Café – A Holistic Approach**
Summer Dales
Agency: Gold Country Senior Services
Agency Supervisor: Janeth Marroletti
Faculty Supervisor: Dr. Donna Jensen

Gold Country Senior Services located in Grass Valley, provides services to older adults throughout Nevada County while ensuring they have nutritional meals, warm homes, social interaction and a greater sense of security. This project used the Structural Lag Theory to address the increased need for serving seniors in the community of Nevada County as the county has one of the highest percentages of residents over 65 years of age in California. Nevada County lacks a centralized location for seniors to gather, obtain a nutritional meal and socialize to reduce isolation and increase a sense of purpose. The organization purchased a building and sought to create a Senior Center. The Senior Center will consist of a Café that will increase community engagement and provide meals to the seniors. In turn, the Café will offset the cost of the Senior Center by selling beverages and small bites to the public. The student shadowed a Geriatric Nutritional Executive Chef for six months to learn the nutritional needs of older adults and create a holistic menu for the GCSS Café. Research was conducted throughout the community; committees were formed, and meetings were held with members of the board to ensure a balanced menu was created. The project was evaluated by staff members of the organization, fellow peers, internal committees and the Geriatric Nutritional Executive Chef through visual presentations. Feedback was provided verbally and through written documentation. Some key results of the project were sourcing products locally, forming partnerships within the community and creating a menu within the needs of the existing building infrastructure. The tangible product left with the agency was the GCSS Café Menu, proposed equipment specifications, proposed space planning and an overview of the mechanical, electrical and plumbing infrastructure within the building.

**Oakmont Of Roseville: Resident Welcome Guide**
Enrique J Navarro
Agency: Oakmont of Roseville
Agency Supervisor: Terry Ervin
Faculty Supervisor: Donna Jensen

Oakmont of Roseville is an independent, assisted, and memory care senior living community that provides care for different health levels, as well as promotes independence for every resident as long as possible. This agency incorporates different brain stimulation activities, entertainment, and fine dining experience for all their residents. This project used the Diffusion of Innovation Theory which seeks to explain how new ideas are spread and adopted. Addressing the issue that new residents were unaware of which director to go for certain questions, tasks, and issues. The student coordinated interviews with each department director to gather information while creating biographies of each director and a management group directory for the residents to use. This will keep the residents informed of any management changes and who they would need to go visit for certain issue at their new home. The project was evaluated by interviewing the informative needs of new residents as well as how it can increase satisfaction rates by causing ease to newcomers. The outcome of the project was that both the residents and the Executive Directors agreed that it is something needed within every community for all residents to have. The tangible product left with the agency was an electronic copy of their most current management group directory that can be easily edited in the future for any changes that will need to be made.

**Lifespan Education for K-12 Grade Students**
Wendy Pangilinan
Agency: California Commission on Aging
Agency Supervisor: Karol Swartzlander
Faculty Advisor: Donna Jensen

The California Commission on Aging is a state agency located in Sacramento. The CCOA serves as a principal advocate in representing older adults to the state’s Governor and Legislature. The California Commission on Aging has begun the process of creating a widely utilized curriculum to educate students in kindergarten through grade 12 on their generational life expectancy to bridge the gap in ‘life skills education’ that leaves them ill prepared for living productively as older adults.  Additionally, over time the curriculum could bring about societal change by addressing negative stereotypes of aging that affects the lives of older adults and their experiences of aging. This project uses the Age Stratification/Age Integration theory as it relates to ageism, which states that social expectations and values are placed on specific ages to fill certain roles in society. The student regularly met with the agency supervisor and contacted select Commissioners and California Foundation on Aging members to obtain feedback on the project as it developed. The response regarding the project progress was overwhelmingly positive. A background concept of the project was created by the student and circulated to the Commissioners for comment, along with focus group questions for future phases of the project. The student created a ‘sample curriculum outline’ following input from the subject matter experts and additional independent research. The final product from the student includes the Background Concept (draft), Focus Questions, Sample Curriculum Outline (draft), and Curriculum Project Interview Summary.

**Best Practices & Strategies to have more Community Based Organizations Bid for City Contracts**
Sabina Shaikh
Agency: San Francisco Human Service Agency - Department of Disability and Aging Services
Agency Supervisor: Cindy Kauffman
Faculty Supervisor: Dr. Donna Jensen

The San Francisco Human Service Agency - Department of Disability and Aging Services (DAS) located in San Francisco is a government agency that coordinates and supports the well-being, safety and independence of adults with disabilities, older adults, and veterans. This project used Structural Lag Theory to address lack of grant applications received from BIPOC-led small organizations. DAS often issues Requests for Proposals (RFPs) to provide services to target populations. They strive to attract small BIPOC-led organizations to bid for the contract. It was noticed that a very small number of small organizations would bid for the contracts. The agency wanted to review and strategize their RFP process to attract smaller, more diverse organizations to apply. The student conducted key informant interviews to understand the barriers, and received suggestions to ease the burden of the bidding process. The student researched best practices to have more Community Based Organizations (CBOs) bid for city contracts, to understand the challenges faced, and how the DAS can address these barriers. Some key results of the project were that the language used in the contract needs to be more clear, concise and easy to understand, assistance is needed in training small and diverse businesses on how to do business with the city, and reimbursement processes need to be expedited. Addressing these issues in the RFP process can help to attract small organizations to come forward and bid for the city/county contracts. The report will be presented to the DAS program and will include recommendations to reduce barriers in applying for grants.

**Software Galaxy**
Jazmin Collier (JC)
Agency: Yolo Cares / Formally known as Yolo Hospice
Agency Supervisor: Louise Joyce
Faculty Supervisor: Jennifer Marlette (spring) & Donna Jensen (fall)

Yolo Cares is not-for-profit, community-based organization and is a team of experts trained in end-of-life care that provides pain management and bereavement counseling services. The student’s project supported the agency through assisting with integration of a new software program that will maintain documents and records, as well provide links to volunteer orientation and training consistent with hospice industry standards. This projected utilized two gerontological theories: Diffusion of Innovation and Structural Lag theories. Information learned was there are efficiencies within the administrative systems at Yolo Cares. Tasks and duties are limitless for administrators. This combined with need for volunteer involvement and management tracking demonstrated that an updated system was necessary. The implementation of Galaxy software encouraged participation in the responsibilities of citizenship through volunteerism. The goals are to improve outcomes for older persons and better coordinate care through improved productivity for volunteer leaders. The Galaxy software program was approved and evaluated Louise Joyce, agency supervisor, and is still in the process of integration to the agency. By the end of the year Galaxy should be fully integrated. Some key expected results of the project were a) ease of collecting and storing documentation, b) increasing opportunities to match volunteers’ values and preferences to patients, as well as c) help identify qualifications for opportunities such as experience level and or certificates of completion, d) increase care satisfaction for volunteers and patients, and e) lower costs for the organization. The Galaxy will support services that enable the agency to fill the needs to older adults and all clients of Yolo Hospice.

**The Ongoing Experiences**

Laura Xiong

**Agency:**ACC Senior Services (SCSEP)/ Senior Community Employment Program

**Agency Supervisor:** Haroon Abasy

**Faculty Supervisor:** Donna Jensen

ACC Senior Services is a non-profit 501(c)(3) agency that provides housing, education, and social services to help older adults sustain their independence and lifestyles. The goal of ACC Senior Services is to enhance the quality of life for the community by identifying, developing, and providing culturally sensitive health and social services for older adults. This agency contains many available programs for older adults such as Meals on Wheels, Rides and Transportation Services, Care Centers, Senior Community Service Employment Program (SCSEP), and many more. The project was supported by the Ageism and Age stereotype theory, which is a theory that discriminates older adults from doing what they want to pursue in this world. The Ageism theory explains rationale for how difficult it is for older adults to obtain a career/job because they are discriminated against by employers. The project consisted of recruiting host agencies to help the participants expand their knowledge with more on-the-job training experiences and gain more skills needed to find a permanent job. The project was evaluated by understanding most of the participant’s weaknesses and taking them into account when looking for a host agency. The tangible product that will be left with the host agency is a portfolio of the host agency’s application and all the other paperwork from the host agency agreeing to work with the SCSEP program.

**In-home Recreation Booklet**
Arianne Pastolero
Agency: Meals on Wheels by ACC
Agency Supervisor: Nancy Bess
Faculty Advisor: Theresa Abah

Meals on Wheels by ACC is an agency in the Sacramento area that provides nutritious meals to older adults 60 years and older. They serve millions of home-delivered meals to homebound older adults and have 20 congregate sites that serve hot meals. The recent COVID-19 pandemic affected the way services are delivered to elders. Congregate meal sites closed, and this hindered socialization and engagement activities that occurred among recipients. The student used Activity Theory as the foundational concept in developing an “In-home Recreational Booklet”. The purpose is to provide a resource guide with information on activities that would encourage participants utilizing Meals on Wheels program to stay engaged, and be active at home. This will ensure they remain physically and mentally healthy. The in-home recreation booklet addresses issues about availability of a tangible older adults’ resources guide, with information on physical and mental health care activities. The student first evaluated the current situation faced by older adult attendees at the sites who were most likely to be inactive because of being homebound. She then developed the booklet which would serve as an easy to follow, step-by-step instruction manual on how to carryout exercises, meditation, crafts, brain games, journaling, including some home recipes to follow. The booklet also includes references to articles with evidence-based practices on combating inactivity during COVID-19, physical and mental health care for older adults, as well as ways to combat loneliness and social isolation. The tangible product left with the agency is a printed copy of the recreation booklet.

**COVID-19, Wellness + Resiliency in CWP Senior Participants**
Jakelyn Gonzalez Espitia
Agency: CSUS Cardiovascular Wellness Program
Agency Supervisor: Linda Paumer
Faculty Supervisor: Theresa Abah

The Cardiovascular Wellness Program (CWP) located in Folsom Hall at Sacramento State University, provides comprehensive wellness and education programs to older adults interested in promoting cardiovascular health, and for those at risk of cardiovascular disease. Programs focus on supervised exercise training, stress management, nutrition demos and other lifestyle improvement strategies. This project utilized the Activity Theory (Lay Theory of Ageing) ​ which proposes that successful ageing occurs when older adults stay active, and maintain social interactions. ​ The COVID-19 pandemic continues to affect the lives of all individuals, but disproportionately affects older adults more because of their high vulnerability to diseases. ​As a result, this project assessed the wellness and resiliency of CWP participants to examine how health promotion and preventive measures have supported this population subgroup in maintaining their health. The student developed survey questions to interview 34 participants who attend sessions in-person and over Zoom, with the goal of understanding the effects of the pandemic on their health and wellbeing. Also, a follow-up questionnaire was created to identify ways in which the program positively influenced their health. Findings suggest that, CWP participants’ fear of contracting COVID-19 are still evident, therefore most attend sessions virtually. The tangible product left with the agency is a copy of the survey findings which also indicate that despite the pandemic, most CWP members continued to engage in wellness activities virtually than in-person, with only one person stating they were severely affected mentally due to the pandemic.

**Intergenerational Storytelling**
Maria Sanchez
Agency: CSUS Cardiovascular Wellness Program
Agency Supervisor: Linda Paumer
Faculty Supervisor: Theresa Abah

The CSUS Cardiovascular Wellness Program (CWP) is located in Sacramento, California. CWP provides a variety of affordable cardiovascular health programs and activities to improve health and wellbeing including, supervised exercise training, stress management, cooking demos, nutrition talks and lifestyle improvement techniques. These services can be accessed in person or via the internet. Using the Generativity theory, older adults are given the opportunity to contribute to societal development by sharing stories about their own personal experiences with the younger generation, and vise visa. The student developed a series of interview questions which sought to prompt stories on how participants dealt with previous life experiences to guide current situation. This project sought to bridge the communication gap between two generations; 1) older adult participants at the CWP and 2) student interns. Using this strategy, the goal is to improve intergenerational relationships, as well as reduce the impact of the pandemic on mental health. Intergenerational story telling also helps to reduce social isolation. The method utilized include open ended interview questions which obtained participant’s life events such as: First job, unique traditions, college, hobbies, birthdays, overcoming fear, unforgettable trip, etc. Participants spent an average of 45 minutes sharing their stories with the student. A total of 11 older adults and 2 student interns were interviewed. The findings suggest that as people age, they tend to give out similar advice about life. For example, most participants felt that slowing down and taking advantage of each special moment shared with loved ones is very important

**Sacramento County Aging Resources Website**
Kimberly Conn
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: Diversity & Inclusion, End-Of-Life Planning, Employment & Job Training, Legal Assistance, and Veteran’s Services. One agency I learned about through this process was Older Women’s League (OWL). This agency is locally based and their goal and purpose are to improve the lives of midlife and older women throughout the Sacramento region. I was especially interested in this organization because they are a non-profit organization and they have a mission to advocate, conduct research, and provide education relating to issues for older women. I was especially impressed when reviewing the organization to find they have a document titled, “The Older Women’s Bill of Rights.” This explains what their core values are as an agency and their passion for serving the needs of older women. One thing that surprised me as I worked on this project was I thought I would find more resources for job training and employment services for older adults as I have learned many older adults are interested in pursuing second careers and/or retiring later in life. I was pleasantly surprised to find out how many local, regional, and national veteran’s programs and services are available and the wide range of issues that are addressed. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on 5 pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Noelle Jamari
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: kinship programs and mental health services. One agency I learned about through this process was Kinship Guardianship Assistance Payment Program (Kin-GAP). This agency provides foster children with the ability to live with an approved relative caregiver. They also provide financial assistance and Medi-Cal for the minor. I was especially interested in this organization because it allowed the child to remain with a constant relative rather than being bounced around from home to home. Most of the time, those that are caring for their relatives’ child(ren) feel the burden that comes with this responsibility. Kin-GAP strives to ease that burden. Also, foster children may experience anxiety about reaching 18 years old, the average age when they are removed from the foster system. With this program, they are not forsaken after their 18th birthday. Instead, they are eligible for Independent Living Program services, a program that helps foster teens become independent. One thing that surprised me as I worked on this project was the multitude of programs that are designed to help those with mental health issues. I always knew that we had resources for mental health, but actually researching each one and understanding each one’s mission shone light on how important mental health really is. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on two pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Kalani Lizada
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: Medicare & Health Insurance andCaregiving Support. One agency I learned about through this process was the National Council on Aging. Among other aging-related topics the National Council on Aging provides information about Medicare on its website. Older adults and others can learn about the different parts of Medicare andhow to enroll. I was especially interested in this organization because they were started in the 1950s and are one of the first organizations to serve older adults. They deliver great resources, tools, and advocacy, and believe that aging well is something each American deserves regardless of their gender, sexuality, color and where they come from. The thing that surprised me as I worked on this project was the number of organizations that are currently serving our population. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on two pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Kaoyee Lor
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: home repair/modifications, fall prevention, and hospice care. One program I learned about through this process was the Fall Prevention Through Movement for Seniors. The Sacramento Ballet provides a specialized ballet class that is targeted at the older adult population that is experiencing issues with balance and it provides educational resources regarding fall prevention. I was especially interested in this organization because it is a ballet class that is enjoyable and helps improve and maintain balance, confidence, and overall health for older adults. It is also carried out in partnership with Kaiser Permanente and Eskaton Senior Living. One thing that surprised me as I worked on this project was that there are not many agencies that are nonprofit and available in the Sacramento area focused primarily on fall prevention. I would love to see more agencies that are nonprofit but there is not much funding to accommodate the aging population. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on three pages. Team members also reviewed other web pages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
El’Lasha Marbley
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: nursing home residents’ rights, affordable housing, ageism and discrimination, and organ donations. One agency I learned about through this process was the Equal Employment Opportunity Commission. This agency enforces federal laws that prohibit discrimination against job applicants or employees.  I was especially interested in this organization because the Commissioners of the organization are two Black African American women. One thing that surprised me as I worked on this project is that there are several agencies that aim to educate and provide assistance to help older adults with all aspects of aging and there more resource nationally than locally available for older adults. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on four pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Kaaliyah Oakley
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: Animal Therapy, Pets, Participation in Research, and Driving. One agency I learned about through this process was the California DMV Senior Ombudsman Program. This program seeks to keep older drivers driving for as long as they can  safely. They serve as a liaison between the public and the DMV to ensure that older drivers are treated fairly and with dignity. The program staff members provide presentations on senior driving issues and may assist with individual cases involving older drivers facing restriction or loss of their drivers' licenses. I was especially interested in this organization because I know a lot of older adults have lost their licenses or do not know it is possible to have restrictions on their driver’s license. One thing that surprised me as I worked on this project was the amount of resources I found about how to participate in research, such as clinical trials. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on four pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Sung Trias
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: Exercise & Fitness, Lifelong Learning, and Computer Training. One agency I learned about through this process was the Sacramento Public Library Classes and Tutorials. This agency gives you access to free, high-quality learning opportunities that range from languages to technology. I was especially interested in this organization because I have many interests, and this resource allows me to explore and continue learning about different subjects. One thing that surprised me as I worked on this project was the myriad of free resources and opportunities that were available that I would not be aware of if not for working on this project. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on three pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Yazmin Varas
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: Nutrition, Aging Issues Advocacy, and Disaster Preparedness. One agency I learned about through this process was the California Department of Aging. This agency oversees and manages organizations that serve older adults with or without disabilities, family caregivers, and residents in long-term care facilities throughout the state of California. I was especially interested in this organization because I would like to know what services are available for older adults and family members. One thing that surprised me as I worked on this project was I did not know what the Master Plan of Aging was. I surprised myself whenever I managed to find new organizations to add to the directory as well. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on three pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Sacramento County Aging Resources Website**
Maria Bernadette Salazar Roldan
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: congregate meal sites and senior centers. One agency I learned about through this process was Meals on Wheels by ACC. This agency provides meals to older adults at their All Seasons Cafés. There are 20 different locations in the Sacramento County. They also provide home-delivered meals to homebound older adults who are unable to go to the congregate meal locations due to illness and disability. Meals on Wheels serves individuals who are at least 60 years old. I was especially interested in this organization because they provided the information about the locations and times when they served the meals. I was impressed by this organization because they are able to provide nutritious meals to older adults who are homebound. This is important for older adults who may not know about the services that the agency provides. One thing that surprised me as I worked on this project was the different types of locations that the All Seasons Cafés were located, which are at senior centers, community centers, older adult living communities, and churches. There is a variety of places where older adults are able to enjoy their meal and socialize with other people in their community which might help them feel less isolated. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on two pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.

**Virtual Caregiver Video Library**
Marcel Berry
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Dr. Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. Through focused and purposeful research, I evaluated internet-based websites, webinars, and videos for inclusion in the Virtual Caregiver Video Library. One organization I learned about through this process was the American Society on Aging (ASA). ASA unites, empowers, and champions everyone striving to improve aging. I was especially interested in this organization because ASA, since 1954, has both developed and led the largest, most diverse community of professionals working with older adults in America. As I worked on this project, one thing that surprised me was the amount of misinformation I found on the internet. In addition to conducting research, I also drafted short descriptions of each organization’s videos and selected only the finest, educational videos available. Compiling these videos by organization, title, description, and ranking, I evaluated the project using personal preference, decades of caregiving experience, and my Faculty Advisor’s input. By the end of the semester, the tangible product I left with the agency was a cost-free, convenient, and caregiver-approved list of videos to serve caregivers of older adults. With the oversight of Dr. Catheryn Koss, I will be the custodian responsible for the update/expansion of the Virtual Caregiver Video Library.

**Sacramento County Aging Resources Website**
Julie Xiong
Agency: Sacramento State University Gerontology Department
Agency Supervisor & Faculty Advisor: Catheryn Koss

Our team developed a website to raise awareness of available programs and organizations serving older adults and caregivers in Sacramento County. I contributed to this project by researching the following topics: transportation, utilities assistance, volunteer opportunities, and social isolation. One agency I learned about through this process was ACC Senior Services. This agency is a non-profit that offers different services to help assist older adults live independently. I was especially interested in this organization because they provided a wide variety of services and resources to assist older adults and anyone who needed help. One thing that surprised me as I worked on this project was how many organizations and programs were available to help older adults that I never knew about. In addition to conducting research, I also drafted short descriptions of each organization and selected photos to be used on the web pages. By the end of the semester, I worked on four pages. Team members also reviewed other webpages to check for errors. This project will be sustained by Professor Koss who will continue to update and expand the website.