**Gerontology Program’s ~ 35th semester**

**Community Project Presentations #3 ~ Spring 2016**

May 13 2016 ~~ 11:00 - 5:00 ~~ Benicia Hall 1025

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**Longevity Journey**

**11:00-11:05**

***Introductions***

Dr. Cheryl Osborne

**11:05-11:25**

***Music Therapy and its Ability to Heal for the Time Being***
**Kevin Arzadon**

Agency: Eskaton Gold River Lodge
Agency & Faculty Supervisors: Deanna Flores & Professor Deon Batchelder

Eskaton is a continuing care community serving seniors in the Greater Sacramento area. Their mission is to enhance the quality of life for seniors through innovative health, housing, and social services. Eskaton Lodge Gold River is an assisted living facility which specializes in Pre-memory care programs as well as Memory care housing, support and services. Pre-Memory care allows residents to remain in their private apartments, but experience an enhanced level of support due to their mild cognitive decline. The Memory Care unit is for residents who have a high cognitive impairment causing a rapid decline in their mental ability, which interferes with their daily living. These individuals have difficulty speaking, hearing, thinking, and managing their Activities of Daily Living. Observation made apparent that the residents discovered happiness from music and currently the facility plays a random genre of music. The goal of this project was to implement a database of each resident's favorite music and play the songs during activities. Eight residents in total participated and each resident got to hear a total of eight different songs on a stereo provided by Eskaton. The project was implemented during the Singfit activity, singalongs, and physical exercise classes. This usually occurred from 9am to late afternoon. Songs were only replayed if the student got a positive response from the residents. The objective was to determine if individualized music would indicate a slight improvement in social and cognitive skills, as well as a decreased change in problem issues such as Sundowning. To evaluate the outcome a survey was designed and submitted to the five Memory Care staff to determine the effectiveness of music therapy and its ability to heal. Positive results were gathered and comments included, the residents’ reaction to the music by tapping of their feet, swaying, and even singing was observed when the student played the music. The staff found the music to be mentally stimulating resulting in a better change in atmosphere.

**11:25-11:45**

***Advocacy for Gerontology in Nursing Schools***

**Princess Rarogal**

**Agency:** Eskaton Quality Compliance **Agency & Faculty Supervisors:** Deanna Flores & Professor Deon Batchelder

The demand for geriatric nurses is projected to increase over the next decade as the baby boomer generation enters into their mid-sixties and beyond. Current evidence-based research indicates that nursing students prefer to work in pediatrics, OBGYN, emergency rooms and medical and surgical care in urban settings as opposed to geriatrics and rural communities. It is not known exactly why students avoid geriatrics. The purpose of this project was to create a survey, to determine the reluctance to practice in the field of aging and what motivators could entice an individual to enter the field of Gerontology. Questionnaires were designed for student nurses currently attending educational nursing programs and current licensed nurses at two different Eskaton skilled nursing facilities. The goal of the project was to analyze the surveys received and hopefully the data might indicate that while an inadequate understanding of geriatrics is a factor, the most critical factor of low recruitment and job dissatisfaction may be the failure to promote the day to day role of the geriatric nurse in both urban and rural environments. The survey for nursing students consisted of twelve questions about their experience and educational background in gerontology. The main negative perceptions were issues with caring for elderly patients, environment or line of work is depressing, and hard work. Forty-five surveys were given to Eskaton licensed nurses. The format was different as it consisted of only five questions. Data showed that 57% of Licensed Nurses chose to work in long-term care as their first job they applied to. The main negative perceptions were issues with staffing, not being paid enough, and the job too laborious. The Nurses at Eskaton had an abundance of positive things to say about the elderly, as well as the occupation. In conclusion the surveys should persuade nursing programs to incorporate more gerontology into their curriculum to inspire students to consider a career path in geriatrics as a desirable, creative, challenging and economically promising profession.

**11:45-12:05**

***In Honor of Our Veterans***

**Hana Iqbal**

**Agency:** Golden Pond **Agency & Faculty Supervisors:** Joana DeSousa & Professor Beth Hieb

Golden Pond is a retirement community that provides residents all levels of living options whether it is independent living or assisted living. Golden Pond’s goal is to provide quality of life for the residents. This project is a veteran’s booklet for Golden Pond Retirement Community. This project’s goal was to honor and recognize the veterans that have served during their lifetimes. Also I honored the spouses of the veterans that live at Golden Pond. There were stories written and pictures to be professionally taken by supervisors of Golden Pond. The residents had one on one interviews regarding their service related stories and experience. The interviews took place in the performing arts room as a group or alone in their rooms. It all depended upon where the veterans felt comfortable because some did not want to leave their rooms because they interesting pictures or objects to share. The interviewer was sensitive to difficult wartime memories, which were difficult for the veterans to share. This project was evaluated by creating a quick three question survey in which asked the staff and the residents’ opinions about the booklet. This included if they thought this helped honor the veterans and if they would go back and look at the book and read their stories later in life. All of them said yes they would go back and look at the book and agreed that this was a good way to honor the veterans.

**12:05-12:25**

***Golden Pond Resident Resource Manual***

**Tran Vu**

**Agency:** Golden Pond **Agency & Faculty Supervisors:** Joana DeSousa & Professor Beth Hieb

Golden Pond has the ability to make new and long term residents feel at home with their welcoming and warm staff that provides an environment that is rich in choices and friendships. Their philosophy is based on supporting the things older adults like to do, have been doing, or always wanted to do. Golden Pond has always desired to provide new residents with a resource manual equipped with information from nearby restaurants, offered services, and a map. There is a need for this project because older adults should have a chance to age successfully and maintain their quality of life despite inevitable changes, not only at Golden Pond but older adults around the world. Golden Pond consistently has new residents and one of the main important goals is to have residents stay active, social, and out of their apartments as much as possible. This intern was able to grant this wish by creating a user friendly and professional resource manual that residents can refer to whenever they have questions about their new home. Over the last two semesters, the intern designed and perfected the booklet for residents to aid in the relocation and transition to a new environment. The student evaluated the efficacy of the resource manual by taking surveys of residents’ opinions and thoughts. The surveys were taken early enough that improvements were able to be made to the manual. The results concluded that the residents did feel welcomed at Golden Pond and now have a central source of information they can rely on. Residents expressed that they did feel more comfortable but preferred a more personal interaction with an individual.

**12:25-12:45**

***Expanding the Social Media Presence of an Assisted Living Facility***

**Jessie C. Johnson**

**Agency:** Golden Pond **Agency & Faculty Supervisors:** Joana DeSousa & Professor Beth Hieb

Research has found that once older adults move into assisted living facilities, that families and friend visitation decreases. Maslow’s Hierarchy of Needs suggests that after physiological and safety, that social belonging is the next level. Golden Pond Senior Living endeavors to gain family involvement with residents and provide a stable social support. Utilization of social media can help keep contact with families and provide helpful information. The goal of the project was to introduce social media as a valid format that the agency can use to communicate with families. The main focus of the project was to create a manual for Golden Pond of a variety of resources for their social media. The guidelines for preserving the privacy of residents are important and provide information as to why it is a concern and how to avoid breaking privacy. As this manual is only for the use of a few individuals, and at this time mainly for the life enrichment director, the student’s supervisor evaluated the manual and asked for any necessary changes to make it suitable for use. The student has made the changes and has organized the printing of the manual into a book. The agency supervisor has found that the manual meets the needs of the staff, and can be used as a guide for other staff that are placed in charge of the agency’s social media in protecting privacy, instructions for posting, and in providing creative ideas on how to share with family through Facebook.

**12:45-1:20**

**LUNCH**

**1:20-1:40**

***Implementing a Music and Wellness Program in a Hospice Agency***

**Faviola Cuevas**

**Agency:** Kaiser Hospice

**Agency & Faculty Supervisors:** Jeanette Salinas LCSW & Professor Melinda Westland

Kaiser Hospice of Sacramento is an agency focusing on quality of life during end-of-life care for patients who have a terminal illness and are expected to live six months or less. Through an interdisciplinary team of professionals, holistic needs are assessed to enable the patient to improve or maintain their quality of life. In addition to the services provided by the interdisciplinary team, volunteers play an integral role in meeting the needs of patients. One common interest found among patients is their enjoyment of listening to music. The Music and Wellness program utilizes volunteers who provide music to improve the quality of life for the patients and their families. The student implemented the program with three patients. The patients went through three 30-minute music sessions. One music session was done per week. The project provided a pamphlet with information on the benefits of listening to music while on hospice. There was also an iPod left at the agency with different playlists of music that would benefit the patients and their families. Evaluation was done with each patient through pre-tests and post-tests immediately before and after each music session. Also, a survey was given to the primary caregivers asking if they noted any changes in the quality of life. The results showed reduced stress and anxiety in each patient. The patients also reported feeling more relaxed during and after each music session.

**1:40-2:00**

***Wellness Self-Care Postcard***

**Hang Dao**

**Agency:** Kaiser Hospice

**Agency & Faculty Supervisors:** Jeanette Salinas LCSW & Professor Lisa Harris-Chavez

When the individual is grieving after the death of a loved one, taking care of oneself is more than important than ever.  In supporting a grieving person and reaching out to members who may be hesitant about seeking services, thegoal of the *Wellness Self-Care Postcard* was to offer evidence based self-care ideas that may give the individual some added nourishment to the stress response that came with grieving.   The Kaiser Permanente Organization strives to deliver quality health care to people in the community with its mission, “Thrive” and “Keeping you healthy,” thus promotion of wellness through self-care and education complemented this goal.  With the intentions for wellness and concern, the purpose of the self-care greeting postcard was to serve as an educational tool for the bereaved family members who were reluctant to seek support.   As a Bereavement Intern with Kaiser Permanente Hospice, the position was to help provide education and emotional support for bereaved individuals.  A mailing postcard was created to provide helpful information tailored to the needs of the bereaved family members. The intern gathered evidence based research and feedback from family members through the bereavement telephone calls to formulate the information content of the card.  The digital art template of the card was then created, which the agency will use in the future.  The final product was then imprinted and will be sent to family members.  Further evaluation of the effectiveness of the mailing product will be determined through the agency’s standard assessment.  The greeting postcard served multi functions as it is a gesture of concern, a message that family members and their situations matter to the organization, and a motivational tool with tips to encourage grieving family members to take care of themselves during this difficult time.

**2:00-2:20**

***Funding an Evidence-Based Diabetes Program for Agency on Aging Area 4***

**Jessica Diawatan**

**Agency:** Agency on Aging Area 4

**Agency & Faculty Supervisors:** Pam Miller & Dr. Cheryl Osborne

Agency on Aging Area 4 (AAA4) was established in 1973 by the Older Americans Act (OAA). AAA4 develops, coordinates, and funds different senior programs throughout seven counties: Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. Some programs include: nutrition, peer counseling, health promotion/ disease prevention, caregiver respite, and many more. AAA4’s mission is to help seniors and families live a safe, healthy, and independent life. On October 2015, the regulations of Title III-D Disease Prevention and Health Promotion programs were changed in which all Agencies on Aging can only fund evidence-based programs. To support the new regulation change, the student intern developed a proposal to convince AAA4 to partner up with Health Services Advisory Group (HSAG) so that AAA4 could implement the Diabetes Empowerment Education Program (DEEP). This project required research on diabetes, older adults, and DEEP. After gathering all the information, the student intern wrote a detailed proposal and presented it to the AAA4 leadership team. They were convinced that DEEP would be beneficial to older adults; and agreed to provide funds and implement DEEP. However, DEEP will not be implemented until July 01, 2016. This program will be an advantage to Medicare beneficiaries because they will have free access to DEEP. This project was monitored and evaluated by the AAA4 leadership team. As a result of the proposal and presentation, the AAA4 leadership team gave great evaluations to the student intern. They were impressed with the given information which made it easy for them to accept the proposal.

**2:20-2:40**

***Living with COPD: A Smoking Cessation Guide for Older Adults***

**Erica Moore**

**Agency:** Agency on Aging Area 4

**Agency & Faculty Supervisors:** Pam Miller & Dr. Cheryl Osborne

Agency on Aging Area 4 (AAA4) is one of the six original AAA’s designed by the state in 1973 to govern the OAA for older adults in California residing in the following counties: Nevada, Placer, Sacramento, Sierra, Sutter, Yolo, and Yuba. The mission statement of AAA4 is developing and advocating opportunities that improve the lives of older adults and their families to be secure, healthy, and independent. AAA4 provides the following services: home delivered meals, congregate meals, nutrition services, peer counseling, health insurance counseling/ advocacy program (HICAP), in-home/personal care, information and assistance, home repair, caregiver support and respite services, Ombudsman, legal services, senior employment, health services, and transportation. The programs and services are offered free with a request for a voluntary donation. By adhering to the values of AAA4, the student intern gathered information regarding chronic obstructive pulmonary disease (COPD) and explained how this chronic condition holistically impacts older adults, promoting autonomy and longevity. This project required evidence-based research concerning COPD and older adults, statistics, and assessment methods. The resource guide contained information about COPD basics, preventing and treating complications, caregiver information, and resources. The staff members and student evaluated the resource guide and determined it was a beneficial asset for the community because it emphasized self-care management and longevity. Overall, the desired goal of this project was to develop a valuable informational guide regarding COPD and tobacco smoking cessation options for older adults in the Northern California area.

**2:40-3:00**

***Reaching and Informing Volunteers the Memory Care Way***

**Elizabeth Torres-Santos**

**Agency:** Eskaton Gold River

**Agency & Faculty Supervisors:** Nizalyn Panal & Professor Stephanie Makis

Time offered by volunteers to any organization is valued and appreciated.  Volunteers provide many additional supports that meet the needs and responsibilities that staff experience daily. A facility can also provide a great amount of experience as well as education for volunteers.  This project proposal provided Eskaton Lodge Gold River the means to access well prepared and informed volunteers interested in joining the Memory Care Unit staff.  This information packet and or accessible PowerPoint format provided the Memory Care Coordinator and or the Volunteer Director an easy access packet to distribute via email or directly.  The information packet has information about dementia.  Responsibilities of the staff, daily routines in memory care, and peak hours and days that assistance from volunteers are most valuable.  Further, the volunteer process shared importantly incorporated Eskaton’s mission statement so volunteers were aware and shared the same values.  The information provided in this project served as a resource for the facility to seek volunteers when desired as a benefit to the facility’s support in enhancing quality of life for the residents.  It provided information for those who are seeking volunteer experience. Evaluation of this progress used surveys to calculate the number of new volunteers monthly who started volunteering as a result of using this packet.  Also, feedback was obtained about what volunteers’ thoughts about the packet. Further, feedback from the staff on the value of having volunteers overall in the Memory Care Unit was obtained.  The surveys helped solidify the need and benefits volunteers offer and promoted the informative packet as a great preliminary measure.  Sustainability is based on the Memory care coordinator and Volunteer director continued use of the packet.

**3:00-3:15**

**BREAK**

**3:15-3:35**

***Home Health Emergency Plan***

**Geoconda Gonzalez**

Agency: Eskaton Home Health

**Agency & Faculty Supervisors:** Elizabeth Koester & Marilyn Kirby & Professor Betsey Stevens

Eskaton’s Home Healthcare Services are services provided to those patients who can recover and maintain their health in the comfort of their home through the help of skilled, caring assistances. The interdisciplinary group if nurses, occupational therapy, speech therapy, physical therapy, and home health aides help patients with illness or injury remain at home while they recover or come back home after being at the hospital. An emergency plan was created in order for the home healthcare agency to be functional and supporting during a national emergency. The creation of this plan would help the executive director to help and to protect the patients of the agency. The plan prepared the staff of the agency to identify the command center also allow the staff to identify the patients who can be affected it, to provide those patients with the care and assistance they would need, to assist emergency responders in first aid care for those in the community, to identify staff roles and responsibilities. The plan would help to be prepared for all hazards; for example, flood, fires, epidemics or man-made disasters. After, the plan was created a drill was planned to test the effect NES of the plan. The fire department was part of the drill as well the police department. During the drill, all personnel who were part of it had their assigned role. The performance of the personnel during the drill was excellent and everything happened as planned. An evaluation of the plan was done, and a few changes were recommended in order to improve the plan; for example, the creation of a small exit plan for the patient's house, and to equip a car that can be prepared with food, medical supplies, flashlight, blankets, and water. This car would be used for a nurse or occupational therapist that would go and assess the patient. Also, they would check their houses for any danger or risk of injury.

**3:35-3:55**

***Transitioning to a Retirement Home***

**Daisy Morales**

**Agency**: Chateau @ Rivers Edge

**Agency & Faculty Supervisors**: Kim Adams & Professor Deon Batchelder

As a person becomes older, signs of mental and physiological deterioration start to be notable, resulting on a limited independence while living at home. These changes can be as a result of age, or a chronic disease that causes the inability of living at home alone. Consequently, the decision to move into a long-term care facility is no longer an option but a reality. Many elders decide to relocate into assisted living facilities in order to receive appropriate care, and to have their needs met. Facilities such as the Chateau at River’s Edge provide services for elders, which ensure a better quality of life upon the day they move in. However, the decision of relocating is not always an easy process for vulnerable elders and their families. As a result, a transitional brochure was designed to assist residents with the relocation process. The goal of this project was to give support and comprehension to those elders who are in the middle of the process. This project was based on research, informal interviews, and observations, as a way to gain information about their experiences during the relocation. The results from gathered data concluded that residents who are in the process of relocation, are at a higher need of extra support. These residents demonstrated to have a difficult relocation due to a lack of comprehension from family members and staff. Indeed, after the completion of the transitional brochure, it was evaluated by residents who agreed that this brochure gives a sense of understanding. In addition, it also prepares the older adult as they begin their relocation process to a long-term care facility.

**3:55-4:15**

***Resource Page Refit***

**Daniel Hernandez**

**Agency**: Del Oro Caregiver Resource Center

**Agency & Faculty Supervisor:** Anne Spaller & Amber Henning & Professor Lisa Harris-Chavez

Del Oro Caregiver Resource Center is a non-profit agency that helps unpaid caregivers caring for those with brain impairments, by providing services for free.  Along with much needed respite care and counseling, accessible resources are a priority.  Del Oro Caregiver Resource Center has a centralized resource spreadsheet with resources from all thirteen counties served.  This format is confusing and disorderly with much improvement requested.  The student intern proposed a better visual format that would allow for easier viewing by clients.  Resources would be accessed by county first so as to reduce information to only what is needed by each user that uses the webpage.  Significant time savings would be beneficial to users as well as making it more attractive aesthetically speaking.  Isolating features in the website framework is the number one priority to give end-users better agency to facilitate their own searches for resources concerned with the care of others.  The life course theory supports the need for caregivers to be able to apply their role as a caregiver within their own lives and how resource support helps them achieve their goals.  Based on comments provided by placement supervisor after a base template was completed, a checklist was made in order to fix or add things to the final webpage.  Overall feedback was positive with only minor adjustments needed to better the experience of the public.

**4:15-4:35**

 ***Millions of Helping Hands***

**Evelyn Ixtabalan**

**Agency:** Yolo Adult Protective Services

**Agency & Faculty Supervisors:** Melinda Meeken LCSW & Professor Lisa Harris-Chavez

Counties and communities have a wide variety of programs and resources available to their residents. These programs and resources are created to be accessed and used by individuals who need various types of assistance. In Yolo County: Adult Protective Services (APS) mission is to provide individuals over the age of 65 who are facing unfortunate circumstance with resources and programs that will help them in overcoming these difficulties. The staff members use their neighboring resources and programs to help and assist their elderly client, when they are in need. This project, “Millions of Helping Hands”, focused on the resources and programs that are available within the county of Yolo. The project utilized a collection of resources and programs which have been collected over the years from the social workers and staff and combined other possible programs which may have been overlooked and brings them together to form a resource booklet. The resource booklet contained programs, contact information and a summary of the services they deliver. The booklet’s main purpose is to be used with the Adult Protective Services agency in helping social workers and staff to direct their clients to the best service that matches their situation. This booklet went through several revisions, through the student intern, field supervisor, an APS intern and a member of staff. Different resources were added by three other staff members, as well. This booklet was received and accepted by the staff to be used and will remain in the ownership of Yolo County: APS to be used with their clients.

**Graduate Student Thesis**

**4:35-4:55**

***Evaluation of A Fall Prevention Program for Older Adults in Affordable Housing Communities***

**Erica Plumb**

**Faculty Supervisors: Drs. Cheryl Osborne & Teri Tift**

Falls present significant health, psychological, financial, and environmental burdens for older adults, society and health care systems. As the number of older adults increase, the number of fall-related injuries and fatalities will also increase. Community dwelling elders, especially low-income older adults, have an increased risk of falls. Affordable housing offers safe and supportive environments, as well as a platform for service delivery. Falls are not an inevitable part of aging and can be prevented. As a result of research, there has been an increase in fall prevention education programs. Multiple studies have highlighted the effectiveness of multi-component falls prevention programs, including A Matter of Balance, at lowering fall risk and incidence among community dwelling older adults. There has been a need for more evaluation of fall prevention programs among specific groups, such as low-income older adults. The purpose of the study was to determine if A Matter of Balance participants at three affordable housing communities demonstrated significant and sustained improvements in their levels of falls management, physical activity, and social limitations with regard to fear of falling. Data were analyzed through surveys using a repeated-measures, single group design. Data were collected at baseline, post program, and after six months and analyzed using mean score changes and Chi-Square analysis. Results indicated that participants showed immediate improvement of the three measures, and while these measures mostly slightly decreased at the six-month follow-up, they sustained an increased level of improvement.

***Conclusions***

Dr. Donna Jensen

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