

GERO 131 Student Abstract – Spring 2023

Generational Gap: How Two Collide

Josephina Baca

Agency: ACC Senior Services

Agency Supervisors: Monica Lindsey

Faculty Supervisor: Theresa Abah

ACC Senior Services is a non-profit organization that has been providing a range of services to older adults and their families in the greater Sacramento area for over 40 years. They serve a diverse population of elders, including low-income, non- English speaking, and minority groups. Their services include caregiver support, case management, career assistance, transportation, health education, etc. The project focused on the Friendly Visitors program which provides respite to caregivers by having volunteers visit with care receivers to give caregivers a break. The student addressed the need to increase volunteer efforts by targeting college students at Sacramento State and on campus. The goal was to show students the benefits of volunteering and increase the number of volunteers in the Friendly Visitors program. The project implementation was guided by the Caregiver Stress Process Model, which seeks to ease one of the factors that contribute to caregiver stressors. One of the primary strategies used by the student was to organize two tabling events on campus to advertise the opportunity to interested students. The student reached out to the following programs, gerontology, public health, health sciences, social work, nursing, and all other health science and interdisciplinary studies majors, to promote the event. Flyers were also distributed on campus to increase visibility and generate interest among students. The findings showed that interest in volunteering increased by 200%. The tangible product left with the agency is a list of interested student volunteers to be matched with caregivers.

FUN UNITED!

Vanessa Rodriguez

Agency: Eskaton Village Roseville

Agency Supervisor: Emma Ledesma

Faculty Supervisor: Theresa Abah

Willow Springs is a supportive memory care neighborhood within the Eskaton Village Roseville, multi-level retirement community; located in West Roseville. Willow Springs provides residents experiencing dementia or Alzheimer's Disease a safe and enriching environment to flourish. This agency provides residents with life enrichment activities such as music, fitness, cognitive trivia, gardening, cooking, and art programs. The 19 residents of the Willow Springs community thrive at different levels of physical, cognitive, and emotional abilities, many of whom transitioned from assisted living or their previous home. The student designed a 25-minute group exercise program, focused on increasing residents' participation in physical activity. To create a

successful program, I utilized the Person-Environment Fit Theory, to conceptualize a recreational program that is essential to carefully balance, challenge and support resident's physical and cognitive wellbeing within their social environment. To engage residents, participant's family members were anonymously surveyed to determine leisure and sport activities that the residents enjoyed, past or present. The field supervisor and recreation staff evaluated the project. This project provided Willow Springs' residents with a recreation program that combined exercise with singing, listening to music, playing an instrument, and reminiscence storytelling. A binder was given to the agency with instructions for conducting similar fitness program, inclusion of the lyrics to songs used; survey results and a process guideline were included as a resource for staff members to expand exercise activities for future residents.

Never Too Late to Learn, Sing and Make Friends

Martha Agashua

Agency: Eskaton Jefferson Manor

Agency Supervisor: Maria Rolden and Trau Vang

Faculty Supervisor: Theresa Abah

Eskaton Jefferson Manor, located in south Sacramento, is a diverse community that offers affordable housing to low-income older adults and elders with disability. They are also a subsidized community, that determines applicant's eligibility based on income. This Agency incorporates arts and crafts activities, exercise, and wellness programs to connect older adults who reside in the community together for fun, and the opportunity to interact with each other. The goal is to implement activities that would engage older adults of all ethnicity irrespective of language and culture. This project used the Activity Theory, which examines how positive aging through active engagement and social interaction helps to achieve greater life satisfaction and address issues of social isolation among English and non-English residents in the community. The student hosted a one-hour, thirty minutes karaoke session for residents. The Karaoke session provided a forum for residents to show their singing talent in their respective languages. Residents also learned each other's languages, and they got to know one another a little more. To evaluate the project, the student created paper surveys for the participants after the event. The outcome of the survey showed that participants enjoyed the activity, and were interested in learning about other cultures. The tangible product left behind at the agency is a guide on how to host a Karaoke event for elders.

Art Reveal

Maricia Ditgen

Agency: Eskaton Impact & Outreach

Agency Supervisor: Therese Ten Brinke

Faculty Supervisor: Theresa Abah

Eskaton Impact & Outreach is located at 1650 Eskaton Loop in Roseville. Eskaton strives to enhance the quality of life of seniors through innovative health, housing, and social services throughout Northern California. Eskaton celebrates the lives of their residents by supporting them in mind, body, and spirit. With the support of the Eskaton Foundation, the Impact and Outreach Team can greatly enrich the lives of many older adults. This project utilized the Activity Theory to examine how remaining active through robust and stimulating activities can impact an older adult's daily lifestyle, supporting them to maintain active state of minds and as a result they improve their sense of purpose, physical alertness, and overall life satisfaction. The student assisted the agency by developing a "process check off tool"- used to organize and streamline the Art Reveal process for the participating communities. In addition to the tool, the student created a One Note Workbook-which is a great instrument that can be utilized as a project management tool for future programs. The student used this workbook to compile resources to assist with the implementation of the program. The final tool was shared with the leadership of the agency. The project was evaluated by all stakeholders and feedback received was included in the final product design for a more user-friendly workbook. The tangible product left with the agency is an Art Reveal One Note Workbook which contains a process checklist, the workbook is divided into sections by community by quarter. A step-by-step process guideline is provided, including list of vendors and ordering processes, along with visuals included for individual processes, to assist staff members in organizing future Art Reveal events.

A Guide to Long Term Care Insurance

Lianna Kassandra Sisayan

Agency: New York Life

Agency Supervisor: Modesto Tomeldan

Faculty Supervisor: Suzanne Anderson

New York Life, with several offices located across the United States, is an insurance agency that has spent the last 178 years committed to securing the financial futures of all their policy holders through Life Insurance, Disability Insurance, Long Term Care Insurance, Retirement Planning and Investments. This project used Empowerment Theory to address the issue of allowing older adults the power and autonomy to choose the type of care that suits their current capacities. Investing in Long Term Care Insurance would give older adults peace of mind that the assets they have spent their entire lives accumulating will be protected. They would also benefit from tax deductions and a financial security net against the rising costs of Healthcare. The student spent time researching and accumulating information regarding Long Term Care and Long-Term Care Insurance to produce a comprehensive guide meant to educate and inform the Early Adult to Middle Adult population about this subject. The project was evaluated by agency staff members and supervisors through verbal comments and draft revision. Some key results of the project were to help one make an informed decision on purchasing Long Term Care Insurance and to encourage future life planning for the aging population. The tangible

product left with the agency was an extensively researched resource manual about Long Term Care Insurance.

Create, Update and Promote! / Sacagingresources.org Promotion

Andrew Stevenson

Agency: CSUS – GERO Program

Agency Supervisor: Catheryn Koss

Faculty Supervisor: Suzanne Anderson

CSUS' Gerontology program (located on the CSUS campus) operates the SacAgingResources.org website in collaboration with the Sacramento County Adult and Aging Commission. This website is part directory, part resources exchange and part calendar for all things local (and some national) pertaining to resources that assist older adults and those who care for them. This project used the Health Access Framework theory which seeks to identify how easily access to services can be utilized. Due to the frequency that the website is updated, it runs the risk of becoming outdated. Likewise, in that promotion for use of the website is dependent on either Dr. Koss or future students taking up projects for that very purpose, the website may go underutilized. The student reviewed and corrected the current pages for accuracy, and created pages where some cultural aspects were not addressed. The student also worked to create a social media toolkit including imagery for different social media platforms as well as tips on when to post, and suggestions for future posts. The project was evaluated by an outside agency (Del Oro) through verbal comments and shared experiences. The tangible product left with the agency is in digital format. The updates to webpages were entered by Dr. Koss (website operator) as well as the newly created pages. The social media toolkit will be implemented as a new page on the website so that those who seek to work with the GERO department can easily promote to improve the public's access to these resources.

Sharing is Caring

Ariana Yojobeth Gonzalez-Barquero

Agency: CSUS, Gerontology Department

Agency Supervisor: Catheryn Koss

Faculty Supervisor: Suzanne Anderson

The Gerontology Department of Sacramento State University located in Amador Hall is the home for many gerontology major students, and helps students find projects for their internships.

Supervised directly by Dr. Koss, the student has been working on the development of the

Sacramento County Aging Resources Directory website that Dr. Koss started with other Gerontology students from previous years. The Sacramento County Aging Resources Directory website contains a wide range of resources of different topics available to older adults, their

families, and caregivers. As the existence of this directory is not well known among the Sacramento population, this project used Health Access Framework theory to address the issue among English and Spanish speaking older adults, their families, and caregivers. The student translated the directory content, created flyers, and presented the directory at the 2022 Forum: “Challenging Ageism”, at the Adult and Aging Commission monthly meeting, and at the Aging Resources Exchange meeting. The project was evaluated by collecting traffic flow and new user data directly from the directory website. Some key results of the project included the increase of traffic flow, increase of new users, and the addition of a key partnership with UC Davis. The tangible product left with the agency was a complete translation of the Sacramento County Aging Resources Directory website.

Alzheimer's Aid Society, CA: Updated Brochure in Spanish

Aldo Daniel Garcia Juarez
Agency: Alzheimer's Aid Society of California
Agency Supervisor: Max Perry
Faculty Advisor: Theresa Abah

Alzheimer's Aid Society agency is located at Cottage Way STE 4, Sacramento, CA 95825. The hours of service are Mondays -Thursdays, 9 am-3 pm weekly. The agency provides caregiver support, education and compassion services to patients throughout their journey with Alzheimer’s disease (AZD) and related dementia. They do so by connecting patients and family members to community resources, and educational seminars, including one-on-one consultations among others. The theory used to address the issue experienced by non-English patients who lack access to community resources in Spanish is the Health Access Framework Theory. This theory seeks to explain why some individuals are better able to access services than others. The student conducted a couple of interviews around the community to determine the perception of older Hispanic residents’ tech-savvy ability, and to understand how they access relevant information about AZD management services offered by the agency. The findings from the survey suggest that some non-English participants prefer handheld brochures in Spanish and other languages, rather than online sources. The tangible product left behind at the agency is a brochure with a list of resources in Spanish. I hope that within the next year, a brochure will be available in Farsi language for the so many Afghan residents who are also advocating for the AZD brochure to be translated into their language to create further awareness about elder services.

Legacy Book for Anxiety Relief

Kameron Ybarra
Agency: Triple R Program
Agency Supervisor: Chantall Albers
Faculty Supervisor: Theresa Abah

The Triple R Program located in Midtown at the Hart Senior Center, Sacramento is an adult day program that provides relief for caregivers who care for someone living with Dementia. The program is open three times a week, and provides recreation and activities to local Sacramento residents who attend. This project used the Reminiscence Theory to address the issue of anxiety among participants with increased anxiety, mostly after lunch hours and the time to go home. Participants in the program in some cases try to leave the building. The project focused on helping individuals with anxiety, by providing them an opportunity to discuss their fond memories. The student developed an activity theme daily, and elders were encouraged to communicate about the activity plan with family members and caregivers to bring in any photos that aligned with the themes. Each day, the student and staff members would ask questions pertaining to the theme used to create a page in the book. The project was evaluated through feedback from staff members, families, and the participants themselves. The project outcome showed how effective it is to aid elders with anxiety. Some key results of the project include; participants' anxiety decreased when they were given the book to reminisce, and it led to more discussion amongst the group. The tangible product left with the agency is a legacy book for each participant in the program.

Cal Fresh Expansion Addendum

AnnElise Matthies

Agency: Area 4 Agency on Aging

Agency Supervisor: Pam Miller

Faculty Supervisor: Theresa Abah

Agency on Aging Area 4 (AAA4) is in Sacramento, CA. AAA4 serves 7 counties, including Sacramento County with a variety of services such as Meals on Wheels, care giver support services, and referrals for legal services. The population Agency on Aging Area 4 serves is adults over 60 years, and individuals with a disability in their 7 assigned counties. This project used the Structural Lag Theory to address the issue of organizational lag in procedural and practice advancement. It tried to address the slow adoption of technology as a tool to improve CalFresh benefit access for the growing elder population. The student designed an addendum to expand the training manual for staff members, and to ensure that case managers who sign up new clients for CalFresh services have an accurate and concise reference guide to consult during the intake process at AAA4. The project was evaluated by the head of the Case Management Department, the CalFresh Specialist, and the Executive Director to ensure it conforms to the organization's standards of practice. Some key results of the project are, an addendum of the newly added CalFresh expansion services from AAA4, information about for future training schedules, and a timeline to assist managers. The tangible item left at the agency is a hard copy of the addendum as well as a virtual copy, kept in the general TEAMS folder.

Finding Joy: Creative Arts for Optimal Aging

MayaSunshine Custodio

Agency: Cardiovascular Wellness Center

Agency Supervisor: Linda Paumer

Faculty Supervisor: Theresa Abah

The Cardiovascular Wellness Program located at Sacramento State University is an exercise and education program dedicated to promoting health and wellness. It is staffed by specialty volunteers and student interns, and the program is for those with cardiovascular disease or though as risk to develop and maintain a healthy lifestyle. The education integrates supervised exercise training, nutrition, stress management, and lifestyle improvement activities within the framework of shared goals and community spirit to promote the four pillars of health: This project used Activity Theory to address the issue of the “naturalness for the elderly to disengage from society as they realize that they are ever nearer to death,” (Havighurst, 1961). The student worked with the supervisor to create an arts and crafts workshop and music day. The population that took part in the project was the participants of the Cardiovascular Wellness Program and the focus was on active engagement, participation, and storytelling the authentic narrative. The project was evaluated by a survey completed after the session and presented by the student. The outcome was that the participants enjoyed spending time with each other in a casual setting, reminiscing on their experiences. Intergenerational engagement was promoted as students and participants shared their stories and ideas. The tangible product left with the agency was a flyer and video of the leisure and recreation workshop hosted this semester that staff members can refer to in the future.

Improving caregiver knowledge on AD management

Jennifer Ann Nicholson

Agency: Alzheimer’s Disease Research Center

Agency Supervisor: Oanh Meyer

Faculty Supervisor: Theresa Abah

The Alzheimer’s Disease Research Center (ADRC) located in Sacramento, California is a research and education-based organization that supports and promotes the knowledge of AD interdisciplinary teams and caregivers, to expand their knowledge. The theory applied to this project is Diffusion of Innovation Theory, which seeks to introduce new ideas to professionals to improve program efficiency. The student addressed the issue of the need to improve the procedure for conducting the agency’s Caregiver Bootcamp. A collection of questionnaires was distributed to participating caregivers, and the analysis of the data was carried out to identify weaknesses in the program implementation, and to determine caregivers’ wishes and preferences from attending the classes. The findings from the data analysis included recommendations which were presented to the faculty and staff members at the ADRC. The results showed that there is a need for consistency throughout the classes, increased need for more technical support

assistance, and additional resources and handouts to be provided for every class. The tangible product left behind at the agency is a power point slide with recommendations on changes that could be implemented on ADRC trainings, as well as procedures to be followed when conducting AD caregiver classes for future faculty members and staff to improve the training outcomes and caregivers' knowledge and experience.