

**College of Continuing Education
Graduate Gerontology Certificate Program
Gero 295 Community Project Presentations
March 11, 2006 ~ Napa Hall 2001**

8:45am

Welcome & Introductions

9:00am

Service-Learning Intergenerational Oral History Guidebook Project
Mame Polito

Partner: Pam Flaherty; Sociology/Community Studies/Service Learning, Sacramento City College

Service-learning is a tool to link community experiences with educational course work to promote civic involvement. Intergenerational education links young and older adults in a dynamic exchange of values, resources, traditions, encouragement and caring. The Service-Learning Intergenerational Oral History Guidebook was created under the partnership of Professor Pam Flaherty at Sacramento City College. It was based on supported service-learning concepts and intergenerational models. It contains useful resources and exercises to increase the students' classroom experience, personal growth, and their understanding of older adults and the aging process. The guidebook was designed as a template that can be implemented into an existing curriculum and can be adapted for multiple disciplines at Sacramento City College. The intergenerational oral history assignment goal is to connect students with older adults in the community. It provides a natural opportunity to obtain and collect information related to older adults' experiences and life stories to promote intergenerational understanding. Participating Sacramento City College professors strongly agreed with the practicality and usability of this guidebook in applying service-learning methods and they plan on utilizing it in future classes.

9:20am

Computer and the Senior Citizen
Tony Frontino

Partner: Rosemary Blake, Activity Director; Eskaton Care Center Greenhaven:

The segment of our society growing the faster is the senior adults. This is the group over 65 years of age. The technology with the faster growing aspect to our society is the computer. The computer can be a positive aspect to the life of seniors in a Skilled Nursing facility. Eskaton Care Center Greenhaven has installed two computer terminals for the use of their residents. The Terminals is not connected to the internet. They are used for game playing only. The terminals are used by only three to five residents out of a population of 166. This study requires the terminal to be connected to the internet and the graduate student to provide training class for the residents. The study will show the positive aspects of the senior citizen and the computer.

9:40am

Introduction to Computers for Older Adults Project
Renee Traud

Partner: Vickie Firch, MSW; Eskaton Village Carmichael

The Introduction to Computers for Older Adults project was designed to stimulate interest in the benefits of using a computer and provide the opportunity for participants to use a computer for perhaps the first time. The project included an initial group presentation, including visual aids, several small group hand-on training sessions and the creation and delivery of a simple training guide covering basic terms and concepts of computer use. The target population for this project was the residents of the Eskaton Village Carmichael senior housing facility. Preparatory research focusing on older adults included studies of preferred learning styles, motivators for continued learning and benefits of computer training. The program was determined to be a success based on interest shown by the project participants, both at the group presentation and during hand-on training sessions.

10:00am

Sample Disaster Training Kit for Seniors

Leandra Kouklis

Partner: Nancy Vasquez, Program Manager-Information & Assistance &
Steve Mowles, Information Systems Administrator
Area 4 Agency on Aging

In response to requests from managers of independent senior living communities, this project was undertaken to provide an essential disaster preparedness tool for the segment of the older adult population residing in these communities. Managers of these communities noted queries regarding specific ways to prepare for emergency and possible evacuation after recent disasters in Louisiana and Mississippi. Seniors, in particular, were found to be at greater risk during these disasters due to their special needs involving management of chronic health conditions, functional impairment, sensory impairment, isolation and medication use. The goal of this project is to provide a Sample Disaster Training Kit to assist managers to educate and demonstrate proper preparation for disaster to senior's residing in their facilities.

10:20pm

BREAK

10:30

Take 5 to Exercise

Kelly Ward

Partner: _____: Area 4 Agency on Aging

This educational exercise component of the Area 4 Agency on Aging's multi-factorial approach to Fall Prevention not only gets the blood pumping to your muscles but also motivates a person to take responsibility for his health. Developed by Public health educator and Certified Gerontologist, Kelly Ward, also an AFAA-certified Personal fitness trainer specializing in senior fitness, the chair exercises are easy to perform and leave a person wanting more. Ms. Ward provides a well-researched need in her prevention-based approach to decreasing a senior's risk of falling. Participating in her specialized exercise program that focuses on challenging one's balance, increasing lower body strength, improving flexibility while increasing one's endurance is the first step one can take to standing on their own two feet longer.

10:50pm

Survey of Wellness Programs for Elders in Western Nevada County

Carol Ann Jones

Partner: Lynette Tidwell RN: Executive Director Community Services,
Eskaton Senior Residences and Services

The wellness programs currently available to community-dwelling senior citizens were surveyed by identifying and interviewing individuals and agencies that provide wellness programs in order to help identify needs not already being met that could be provided by The Senior Connection, a senior service program funded by Eskaton Senior Residences and Services. Exercise programs include aerobics, tai chi, pilates, aqua aerobics, yoga, and ballroom dancing. Nutrition and health education (provided to the public at the local hospital), social interaction (friendly visitor, telephone reassurance, senior center activities), and care management programs are also considered. The survey format could be used by Senior Connection or any individual or group wishing to provide senior wellness services in a new community.

11:10pm

Centenarian Celebration Dinner Project

Sylvia Marchi

Partner: Cheryl Osborne EdD, MSN; CSUS Gerontology Program

The Centenarian Celebration Dinner Project is the major fund raiser for Take a Stand Against Elder Abuse, a 501(c) (3) non-profit organization. TASAEA is dedicated to maintaining and supporting protective and preventative services for vulnerable seniors and dependent adults in Sacramento County. The TASAEA coalition, representing non-profits, for-profits and public organizations, is committed to insuring adequate levels of funding for county, state and federal programs that are subject to yearly budget fluctuations. TASAEA, in partnership with Senior and Adult Services Division, the Gerontology Department at CSU Sacramento, the Centenarians, their families and their caregivers collaborate in the planning, organization and implementation of this community fundraising event.

11:30pm

Support Tools for Implementing Dementia Clinical Guidelines for the Kaiser Permanente Primary Care Practice Setting

Roberta Rimbault

Partner: Debra Francis RN, MSN; Kaiser Hospital

This project is designed to assist primary care physicians, specifically in the Kaiser Permanente practice setting, detect and diagnose dementia early in the disease by alerting family to behavior symptoms and relying on subsequent family caregiver information. By addressing family caregiver concerns early, interventions can alleviate confusion, conflict and crisis with medication, behavioral strategies and considerations for future circumstances, i.e., Advance Health Care Directives, to optimize quality of life for all. Dr. Richard Della Penna, M.D., Director, Kaiser Permanente Aging Network, CMI National Elder Care Clinical Lead/The Permanente Federation, contributor of clinical guidelines for dementia (Permanente Journal, 2002), was contacted as a source for implementing the established guidelines into practice. Deborah Francis, R.N., Geriatric Clinical Nurse Specialist at Kaiser Sacramento mentored the concept and collaborated on the content of the first of two proposed tools. Dr. Della Penna sent email introductions to key leaders targeted for the proposal's acceptance and possible adoption into practice. These participants include: Michael Gunthermayer, M.D., Geriatric Medicine; Barbara Halpin, Health Education Director and Yvonne Speer, LSW, KP Alzheimer's Dementia Program Director. Response delays prompted communication with Christopher Palkowski, M.D. Physician in Chief of North Valley Kaiser. This contact generated interest from the Chief of Neurology, For-Shing Lui, M.D. and George Palma, MD, Assistant Physician in Chief. The first tool, a caregiver information sheet, identifies troubling behaviors. It offers facts and support resources while directing the caregiver to Health Education to complete a comprehensive questionnaire serving as the second tool. This in turn helps the PCP assess aspects of symptoms leading to a referral, treatment or diagnosis. The pathway can be made accessible for caregivers online. Extensive studies and clinical guidelines substantiate the need and value these tools are designed to perform.

11:50

Conclusions

12:30pm

LUNCH: Hoppy Brewery

Near 65th & Folsom Blvd Sacramento (behind Sac State Campus)

Celebrate !!!!!

