**131 Culminating Experience Abstracts**

**Spring 2022**

**Friday May 13, 2022**

**Section 1**

**Connect Uno!**

Jennifer Ramirez

**Agency:** Splendor Oaks Senior Living

**Agency Supervisor:** Maria Tratta

**Faculty Supervisor:** Dr. Theresa Abah

Splendor Oaks Senior Living facility in Folsom Sacramento, is an assisted living facility which serves older adults. It provides care for older adults and people with disabilities, those who need nursing care, housekeeping and meals preparation. This project used the theory of Successful Aging to address issues of social isolation for these individuals. Successful aging principle is critical to evaluating all individuals as they continue to thrive, learn and socially interact with others. The actions taken to implement the project was observation, then identifying which individuals may be at greater risk of isolation compared to others. Analysis of the risk factors associated with social isolation was examined by applying knowledge from research in developing various activities to prevent social isolation. The student created pamphlets to educate the residents and the general public about social isolation, including, conducting a social event which all older adults participated in to improve socialization. Feedback obtained from residents suggest that, the interventions helped to reduce loneliness. Most residents who were inactive spent quality time with other residents. The engagement events created new interaction opportunity for the individuals at the facility. Some examples include, educational and socialization activities. The tangible product left at the Splendor Oaks Senior Living agency were copies of pamphlets for all residents to inform them about the importance of social engagement with additional local resources for outside interactions.

**Never Too Old For Games!**

Polly Saefong

**Agency:** Splendor Oaks Senior Living

**Agency Supervisor:** Ms. Maria Tratta

**Faculty Supervisor**: Dr. Theresa Abah

The Splendor Oaks Senior Living facility located in Folsom Sacramento, is an assisted living center that serves older adults. This facility provides older adults with the best care, treatment, and assistance for any various needs they may have to maintain a healthy living. This project used Activity Theory to address the issue of lack and/or poor socialization among older adults. Using this theory, the student hopes to show that, individuals who are more active are more likely to remain active through their lifetime and fulfill their everyday livelihood. By creating social interaction activities, older adults will age well physically and mentally. This project provided a fun and enjoyable resource for older adults to be engaged and interactive. The student created an activity booklet filled with different games and steps on how to play each game for the older adults to be socially engaged and interactive with one another. The project was evaluated by providing different games and activities for the older adults to participate together. Some key results of the project were the beneficial game activity conducted. It helped the participants to develop positive outcomes such as, connections, support, trust, communication, and interactions that made them happy and engaged. The tangible product left with Splendor oaks Senior Living facility was a hard copy of the activity booklet, for future reference of fun games and activities.

**Breathe with Me**

Amy Thao

**Agency:** CSUS Cardiovascular Wellness Program

**Agency Supervisor:** Linda Paumer

**Faculty Supervisor:** Theresa Abah

CSUS Cardiovascular Wellness Program is located at Sacramento State University, and is a program that provides services to older adults with cardiovascular disease and those at risk of the disease. The focus of this program is to educate older adults on exercise and how to maintain a healthy lifestyle. The educational sessions pertain to health promotion activities, mindfulness meditation, stress management, nutrition demonstration and exercise. This project used Successfully Aging Theory to explore the benefits of participating in mindfulness meditation as a way to decrease stress levels among older adult participants at the Cardiovascular Wellness Program. The student utilized Qualtrics online survey to obtain participants’ responses on the issues they experienced participating in mindfulness medication, how often they participated in mindfulness practice and the benefits or hinderances to participation in the activity. The project was evaluated with excel spreadsheet which was used to organize, and sort common responses and findings that show correlation between participating in mindfulness practice and the level of stress experienced by members. Some key findings from the project suggest that, individuals who practiced mindfulness had low stress issues, while those who did not practice mindfulness meditation experienced more stress in their daily livelihood. The tangible product left with the agency was a banner with information regarding the benefits of practicing mindfulness meditation as retrieved from this project.

**Healthy Living, Healthy Heart**

Elizabeth Avila

**Agency:** Agency on Aging/ Area 4

**Agency Supervisor:** Pam Miller

**Faculty Supervisor**: Theresa Abah

Agency on Aging Area 4, located in Sacramento, CA, is an organization which serves older adults, people with disabilities, and their families. They assist by providing long-term services, supporting opportunities and environments to help these individuals age in place, live independently, and live long healthy lives. The project I worked on was based off of the Knowles’ Adult Learning theory of androgyny, to address gap in knowledge among older adults, especially on showing them how they can learn more about their own health and wellness. The student conducted her research by gathering data on cardiovascular diseases, stroke, and health care access in Placer County, and then she put the information together so that it would be easily accessible and understandable by users. The project was evaluated by staff members to ensure the work was of good quality. Some key results of the project were, to help inform the older adult community about the importance of learning to take better care of their health. Living a healthy lifestyle is key for living a better quality of life. The tangible product left with the agency was two educational brochures on cardiovascular disease and stroke, as well as some research on healthcare and gerontology training in Placer County which were within the Master Plan on Aging and Health Reimagined strategy.

**Steps to Success!**

Esperanza Garcia

**Agency**: Eskaton Quality & Compliance

**Agency Supervisor**: Terrence Ranjo

**Faculty Supervisor**: Theresa Abah

Eskaton Quality & Compliance (EQC) is located in Carmichael, Sacramento. It is a non-profit organization that is responsible for providing support services and community-based resources to older adults throughout the Sacramento region, to enhance their quality of life. EQC is a department in Eskaton, an Assisted Living and Senior Living Retirement Community serving the greater Sacramento Area and locations across Northern California. It focuses on providing continuous education and training to staff members, that are necessary to improve the quality of care for residents. This project used the Diffusion of Innovation Theory to address the issue of poor knowledge among newly employed workers serving this population. Using education as a tool, new and existing employees can get current practice guidelines that are evidence-based. The student implemented this project by creating a quality and compliance orientation booklet to provide structured resources for staff members on the third day on the job. In an effort to evaluate the effectiveness of the training, the student created a survey that should be administered at the end of each training session for new employees to assess their knowledge on concepts learned. The tangible product left with the agency was a booklet containing important resources, with links to useful websites with information about successful hospital discharge procedures to prevent re-hospitalization, including other information required for routinely assessing the delivery of medical and nursing activities for quality.

**Moderate Exercise with Tranquil Music**

Somying S. Hughes

**Agency:** Assisted Living at Eskaton Village Carmichael

**Agency Supervisor:** Eva Castellanos

**Faculty Supervisor:** Theresa Abah

Eskaton Village located in Carmichael Sacramento, is a nonprofit organization that provides long-term care services to older adults. These include, independent and assisted living, memory care, skilled nursing, and rehabilitation services. Assisted Living at Eskaton offers a variety of recreational activities such as exercise classes, games, happy hour, and other activities for residents. This project utilized Gerotranscendence Theory to address poor participation in recreational and physical activity among older adult residents. It does this by providing structured activities aimed to reduce social withdraw and decreased participation in activities. The student created exercise instructions, using step by step videos that are innovative and engaging. The exercise combined chair yoga dancing, seating exercises (e.g., weightlifting), standing exercise, Chair Pilates for Seniors, and meditation with music. The student led a step-by-step exercise instruction and meditation activity for forty-five minutes to evaluate residents’ engagement level. Paper surveys was used to obtain participant’s engagement after six weeks. The outcome of intervention indicates that, most of the participants (12 participants), liked the exercise. Although, one participant was dissatisfied. A video link of the exercise, an electronic version in a USB flash drive, documents of step-by-step exercise, and a list of meditation music are the tangible products left with at the agency for future use.

**Homelessness During A Pandemic**

David Jones

**Agency:** Loaves & Fishes

**Agency Supervisor:** George Kohrummel

**Faculty Supervisor**: Theresa Abah

Loaves & Fishes, located in Sacramento, is a non-profit organization started in 1983 as a modest soup kitchen and has expanded services to include a private school for homeless children, a shelter for chronically homeless and women with a disability. It also includes, a kennel for pets belonging to the poor and a kitchen that serves meals for breakfast and lunch. Loaves & Fishes provides the largest homeless services in the Sacramento area, apart from providing meals, they help people with other supplies and services. This project used Social Exchange Theory to address the issue of poor resources identification among users of the agency, especially among older adults who use their services. The student evaluated the current population at Loaves & Fishes with a comprehensive survey and determined that not enough older homeless guests were using the services available within the community. The student developed a brochure which provides information about available services in the area and based-on Loaves and Fishes demographic of population. The project was evaluated by face-to-face interaction with staff members of the agency through administered paper survey questions. Some key results of the project were the identification of the need for more housing, food insecurities, mental health care, and substance abuse services. The outcome for this project indicates the urgent need for more emergency housing in the Sacramento area. The tangible product left with the agency was an information pamphlet.

**Aging Ambitiously**

Olivia Rodriguez

**Agency:** ACC of Sacramento-SCSEP

**Agency Supervisor:** Haroon Abasy

**Faculty Advisor:** Dr. Theresa Abah

The A Caring Center of Sacramento provides many services and programs for community dwelling older adults, including the Senior Community Service Employment Program (SCSEP). SCSEP’s goal is to help low-income older adults develop job skills for the modern workplace and information on finding employment. This project used the Social Ecological Model of Aging to understand how different aspects of society influence an individual’s behavior and belief about them self. The capitalist nature of the United States can influence an ageist society where, people’s attitudes could lead to greater financial insecurity and poor quality of life. These unique struggles are addressed for SCSEP participants who search for jobs. Through the creation of “Aging Ambitiously”, job seekers have a quick reference guide to start their search. This project used a series of flyers to explain how to create a resume, where to find jobs online, how to prepare for an interview, and other activities that are part of job searching process. These flyers are meant to be visually engaging and simple to understand and were distributed to SCSEP participants in person and via email. This project was evaluated by the SCSEP staff though verbal feedback, and some feedback from participants was taken into consideration. The tangible product left behind is a flash drive containing the flyers created with the agency. I hope they would be utilized for current and future SCSEP participants.

.

**Showcasing Wellness**

Jeanelle Maranan

**Agency:** ACC: Lifelong Learning and Wellness Program

**Agency Supervisor:** Danyle Lee

**Faculty Supervisor**: Theresa Abah

ACC’s Lifelong Learning and Wellness Program (LLWP), located in Sacramento, provides a variety of different classes for older adults in order for them to improve their quality of life and quality of aging. The classes allow older adults to improve their physical and mental health, learn healthy eating habits, become financially conscious, prevent social isolation and more. This project was supported by the Social Ecological theory, which addresses accessibility to services for older adults and how older adults can adopt beneficial behaviors and habits. Using this theory, Showcasing Wellness project helped to revise ACC’s LLWP marketing and outreach strategies by creating a registration video. The registration video was created in order to make the process of becoming a part of the ACC community easier and prevent technical difficulties from being a barrier to accessing the program. In addition to this, a framework for the program was created in order to layout the goals and objectives of the program. This allows for a narrowed focus on the program’s goals, including efforts that needs to be improved or addressed. The project was evaluated by taking note of the participation rate (before marketing revisions and every month). The findings after implementation suggest that, there was a notable increase in overall attendance. The Lifelong Learning and Wellness Program framework and registration video will be left with the organization to assist in future endeavors.

**Section 2**

**The RCFE Toolkit**

Tyness Nguyen

**Agency:** Eskaton Quality & Compliance

**Agency Supervisor:** Tina Riley

**Faculty Supervisor**: Suzanne Anderson

Eskaton Quality & Compliance is located at Eskaton’s Support Center in Carmichael. Eskaton is a non-profit, community-based organization that supports older adults in Northern California. The overall vision of Eskaton is to transform the aging experience by enhancing the quality of life of older adults through innovative health, housing, and social services. The Q&C team ensures that the communities of Eskaton are providing a high standard of care (quality), while meeting the guidelines of the California Code of Regulations, Title 22 (compliance). This project used the Continuity Theory to help older adults maintain a level of autonomy and dignity given their current circumstances. The theory also addresses the negative effects high staff turnover and low retention rates have on the quality of life and well-being of residents in RCFE (assisted living) communities. Throughout the internship practicum, the student has adapted from directly assisting staff members to indirectly assisting the staff by providing aid to Q&C team members who facilitate RCFEs. The student created the *RCFE Toolkit* which provides templates of audits that will be used to help the Q&C staff efficiently conduct their observations during community visits. The project will be evaluated by Q&C staff who oversees RCFEs. The tangible product left with the agency will be a physical copy of the audit templates as well as an online version of the toolkit for the Q&C staff to readily update at their convenience.

**Memory Care Unit Resident Database**

Kimberly Mai

**Agency:** Eskaton Lodge Gold River

**Agency Supervisor:** Julie Oliver

**Faculty Supervisor**: Suzanne Anderson

Eskaton Lodge Gold River, located in Sacramento, is part of the Eskaton assisted living and nursing home community that provides aid and homes to older adults in six counties across Northern California. This project used the Diffusion of Innovation Theory to address the communication issue between residents and staff and/or visitors. This issue is due to a lack of readily available resident information to any staff or visitors; thus, by providing this resource miscommunication may be minimized between caregivers and residents. The student observed the current residents of the Memory Care Unit to create a resource that would become readily available for staff members and visitors so that accurate information could be relayed to them without delay or issues. The project was created using a combination of student observations and collected patient information from Eskaton records and staff. The project was evaluated by agency staff through written questions and verbal commentary. The tangible product left with the agency is a binder which contains resident information that is both accessible, easily amended and pairs with the Memory Care Unit’s pertinent patient information. There is also an electronic copy of that database in the form of a MS Word document file and a Google Drive Docx file, with templates, so that the project can be both easily accessible and revisable.

**Respite: Help & Guide**

Breanna Dinubilo

**Agency:** First Call Hospice

**Agency Supervisor:** Sarah Lewis

**Faculty Supervisor**: Suzanne Anderson

First Call Hospice (FCH), located in Citrus Heights California, provides hospice home care services and inpatient services at contracted facilities. FCH’s program purpose is to assist terminally ill clients and their families. They are licensed in California as a home health care agency and are Medicare/MediCal certified. The respite brochure project used the Stress Process Model theory to address the issue of caregiver stress experienced by loved ones caring for patients enrolled in hospice. With my brochure, I want to relieve that stress by providing awareness of services that can help caregivers. I decided there was a need for my project by noticing that respite care was only described in detail during phone intakes. I wanted to make a brochure so caregivers could also have information on hand explaining what respite is and the purposes it can provide. The project will be evaluated by an increase in the number of people requesting respite care from First Call, the number of brochures given out, and website hits by the respite brochure link on their website. Some key results will be increased visibility of respite care as part of First Call’s offerings. The tangible product left with the agency is a fact filled brochure explaining respite care, the advantages, and how to access it.

**Care Manager Processes and Systems Manual**

Leslie Ruiz

**Agency:** Elder Care Management

**Agency Supervisor:** Gail Arno

**Faculty Supervisor:** Suzanne Anderson

Elder Care Management (ECM) is a company represented by seven care managers who serve both the medical and psychosocial needs of someone who is aging. They are a fee for service business model and they operate on a 24/7 basis, responding to emergency issues and guiding clients along the aging continuum through to the close of life. This project used Successful Aging theory as the company's assessments are geared at making successful aging their client’s goal and their services support them in that effort. Clients may be unable to participate and navigate the latter stages of life and with the assistance of ECM, the client, and the responsible party can reach the desired and accepted outcomes they choose. The student created a standardized framework for the care managers consisting of a manual highlighting an organizational approach to clients’ tasks, a job description, and first hand exposure to each division of the team of care managers and their professional roles. The project was determined and orchestrated in conjunction with the director of care management via a request of the care management team to develop a standardized framework for the clients they serve. The project was evaluated and developed in conjunction with the director of care management based upon requests by the care manager team for standardization. The definite project left with the agency is a digital and hard copy of the care manager processes and systems manual with an intake, job description, daily tasks to emergency response processes for the whole agency team and their clients.

**Strategies to Recruiting Hispanic/Latino Participants into Research Studies**

Luz Contreras

**Agency:** UC Davis Alzheimers Disease Research Center

**Agency Supervisor:** Jayne La Grande

**Agency Mentor:** Gina Giambruno

**Faculty Supervisor**: Suzanne Anderson

The UC Davis Alzheimer’s Disease Center, located in Sacramento, conducts research, clinical trials, community outreach, and education to advance the understanding of Alzheimer’s disease and related dementias. This project used the Social-Ecological Model of Aging theory which helps to communicate the barriers hindering the Hispanic and Latino communities from participating in research studies and to develop visually engaging advertisements for recruiting older adults into the study. The student completed a literature review focused on the barriers and motivations of Hispanic and Latino older adults towards research, and an English and Spanish multiracial postcard that will help in recruiting potential Hispanic and Latino older adults for research. Staff members of the agency evaluated the project through written questions and verbal comments. The tangible products left with the agency included: English and Spanish multiracial postcards for the center to use, as well as a generic English and Spanish postcard for other centers taking part in the recruitment process, a recording of the barriers and motivations of Hispanic and Latinos towards research literature review PowerPoint presentation, and participation in a podcast on the importance of recruitment into research of Hispanic and Latino older adults.

**Section 3**

**Music and Art Therapy**

Denielle Jugal

**Agency:** Sutter Care at Home

**Agency Supervisor:** Melissa Levering-Clark

**Faculty Supervisor**: Carol Sewell

Sutter Care at Home is a Sutter Health affiliate with its headquarters located in Emeryville/Fairfield, CA. Sutter Care at Home focuses on Home Health and Hospice services. Sutter Care at Home personalizes hospice care to the physical, emotional, social, and spiritual needs of their patients and their families. They promote comfort and self-determination. They help their clients in a compassionate way regarding decisions related to end-of-life care. They also provide bereavement to families and friends of their clients. The Activity  
Theory was used to understand the positive impact on the physical and mental health of activities and leisure when applied to the daily lives of older adults. The implementation process for this project was to come up with activities that older adults are willing to participate in with volunteers. In addition, volunteers need to identify music genres that older adults like. After collecting the music genre, music plays in the background while the older adults participate in the activity. The evaluation of the project is given based on the participant's response to how music and art therapy helped him throughout the length of the visit. Some notable results of  
the project included the participant feeling joy during my visit, and his mental and physical health improved. An electronic version of the PowerPoint will be left with Sutter Care at Home’s Volunteer Coordinator to use as a reference for future volunteers who need help starting their project and to leave a message about compassion and patience with older adults.

**Between Friends: Companionship Packets**

Riddhi Tailor

**Agency**: Sutter Care at Home

**Agency Supervisor:** Melissa Levering Faculty

**Supervisor**: Carol Sewell

Sutter Care at Home located on Ferguson Avenue in Sacramento is a hospice service filled with a compassionate team of nurses, caregivers, social workers, volunteers and more to help ease pain and suffering and maximize quality of care at the end of life. Sutter Care at Home focuses on the physical, emotional, spiritual, and social needs of their patients. Volunteers provide emotional support and practical assistance that enhance the comfort and quality of life for patients by an assortment of services such as providing relief for the caregiver, light meal preparations, respite, and companionship. Companionship promotes better mental health, establishes a sense of belonging and prevents social isolation, especially during a difficult time. However due to COVID 19, volunteers were unable to provide companionship to Sutter Hospice patients living in facilities. With the idea of alternative ways to provide companionship to clients in facilities that volunteers are unable to go into, the student collaborated with the volunteer coordinators to create companionship packets with a pen-pal style communication. The project was supported with Reminiscence Theory and Activity Theory to address the issue of clients not being able to take full advantage of hospice resources provided by Sutter Care at Home. One of the most significant resources provided by Sutter Care at Home is the companionship volunteer program. So, the student was able to create a packet filled with open-ended questions, background information on the volunteer and client, and photos. The student was able to figure which questions to include by doing in-person visits with other patients who do not reside in the facilities to ensure the questions asked are appropriate. The project was evaluated by some of the Sutter Care at Home staff, which include the facility supervisor and a social worker where the exchange of the packets happened. The student answered the questions on the packet where the facility was to provide the packet to a client in a facility for them to answer as well. Some key results of the project were the satisfaction of providing companionship support, especially with the hardship of COVID 19, and being able to reminiscence on memories. The tangible product left with the agency is the PDF copy of the companionship packet.

**Demographics Data Gathering**

Karla Vivanco Castro

**Agency:** YoloCares

**Agency Supervisor:** Louise Joyce

**Faculty Supervisor**: Carol Sewell

YoloCares office located in Davis is a member of the California Hospice Network, a group of like-minded nonprofit hospice agencies dedicated to improving the quality of, and expanding access to, end-of-life services for individuals and families of all backgrounds. Named as a national finalist in Modern Healthcare Magazine’s Best Places to Work in 2020 and 2021, YoloCares is dedicated to excellence in all aspects of end-of-life care. Our philosophy of care honors the medical, spiritual, and psychosocial needs of the individual and enables us to provide a unique care experience for each patient and family. This project used Structural Lag theory to address the issue of demographics collection because the agency does not have demographics about caregivers, the agency does not have age or ethnicity about caregivers. I as a student gave the idea to collect demographics (age & ethnicity) of caregivers because the agency did not have that information. The idea of the project was evaluated by Louise Joyce, my supervisor. Some key results of the project were the collection of demographics of new patients of YoloCares hospice. The tangible product left with the agency would be that they would continue to collect demographics for future funding opportunities, the agency would collect the data for applying to different grants.

**A Trial of Your Soul's Legacy© at YoloCares for Healthy Older Adults**

Marcia Harris Brim

**Agency:** YoloCares (formally YoloHospice)

**Agency Supervisor:** Donna Feeney

**Faculty Supervisor**: Carol Sewell

YoloCares, formally known as Yolo Hospice, is a non-profit agency established in 1979 in Davis, CA, to provide care for terminal patients and their families including bereavement services. Newer services include Palliative Care, Adult Day Programs, Caregiver Support and community educational programs. Most older adults are aware of the need to plan for the physical needs at end of life (EOL) through advance directives. YoloCares has invested in spreading this awareness. However, most older adults are unaware and/or unprepared for the challenges of EOL psychosocial and spiritual suffering. As an intern, and a trained facilitator of a unique end-of-life planning program called Your Soul’s Legacy© (YSL), my project entailed promoting and implementing a trial of this seven-week program for the YoloCares service community. As EOL planning for one’s soul is a new idea, the Theory of Diffusion of Innovation is central to this trial given that YoloCares could become a key early adopter. Project evaluation includes: participant response and program feedback, YoloCares volunteer feedback assessing ease of future volunteer-led YSL programs, and measured findings from my participant pre- and post-survey. Key results include: seven participants, two volunteers encouraging implementation at YoloCares, and participant data showing reduced EOL concerns correlated with emotional and relational suffering. Through this pilot program, YoloCares has data and volunteer feedback to evaluate whether to invest in a licensed partnership with the program developer, Fred Grewe. Such an investment would make preparing for EOL psychosocial and spiritual needs possible for healthy older adults in YoloCare’s community.

**Storybook for Memory Care**

Santanna Martinez

**Agency:** Oakmont of Roseville

**Agency supervisor:** Terry Ervin

**Faculty supervisor:** Carol Sewell

Oakmont Senior Living of Roseville is a luxurious independent living, assisted living, and memory care facility for the elderly. Oakmont Senior Living provides wellness services, fun activities, fresh organic meals, as well as exceptional amenities in order to make living at Oakmont as comfortable and peaceful as possible. This project used a Storybook for Memory Care to address the issue of not having implemented activities in the event of an unfilled activity coordinating position. Oakmont Senior Living is a growing industry meaning that some facilities may not have scheduled activities for the residents. The student invented an easily directed activity to keep memory care residents' brains engaged throughout the day. The project was evaluated by encouraging residents to have an active brain while asking questions that trigger an active imagination. Some key results of the project came after the activity; after completing the story book by telling multiple imagined stories, various pictures and videos were shown which helped them vaguely remember the imagined stories that were created. The tangible product left with the agency was the physical copy of the Storybook made for memory care as well as a description as to how to conduct the activity.