

Gerontology Program Fall 2016 Community Project Presentations #1

December 2, 2016 ~ 8:30-4:10 ~ Hinde Auditorium



Longevity Journey



Introductions

8:30-8:35

Dr. Cheryl Osborne

8:35-8:55

Singing and Moving

Jonalyn Mestressat

Agency: Eskaton Monroe Lodge

Agency & Faculty Supervisors: Tristin Benjamin & Mae Denman & Dr. Tara Sharpp

Eskaton Monroe Lodge is an older adult Independent Living facility in Sacramento near William Land Park and Sacramento City College. Eskaton Monroe Lodge provides the residents with social and recreational activities, including music performances, field trips, and a variety of activity programs that are aimed at building social bonding and entertainment. Participation in activities in a retirement home setting such as Eskaton Monroe Lodge is essential to maintaining an active quality of life. Eskaton's mission is to enhance the quality of life of older adults through innovative health, housing, and social services. The goal of this project, Sing-Fit, was to enhance the psychosocial mental wellbeing of the residents while implementing entertainment, social bonding, and low-impact exercise into one program. The project implemented at Monroe Lodge was based off of Activity Theory which is a social theory of aging that concludes that the more active older persons are, the higher their satisfaction and morale in life. This type of program had not been introduced previously to the residents at Eskaton Monroe Lodge and they accepted it with warm appreciation. Sing-Fit combines group Karaoke-style singing and movement through the use of an iPad© that incorporates physical stretching and exercise suited to the individual resident's own physical ability. Positive feedback was gathered by the group and sustainability was achieved through the development of a program manual that can be utilized by the volunteer activity coordinators for years to come.

8:55-9:15

Memory Booster Workshops

Nhatchau Nguyen

Agency: Asian Community Center

Agency & Faculty Supervisors: Linda Revilla & Professor Betsey Stevens

ACC Senior Services is a Sacramento based not-for-profit organization whose purpose is to enhance the quality of lives and to promote independence in older adults. ACC Senior Services offers many classes, programs, and services that holistically meet the needs of older adults in the community. Through observation and conversation with older adults at ACC Independent Living and Assisted Living, the natural process of aging can be noted to have significant impacts on memory decline. Thus, memory booster workshops were created to help these older adults enhance and improve some memory skills. These workshops run once a week for three weeks. The duration of each workshop was 90-minute long. Research was gathered and reviewed for different memory exercises and were selected prior to implementing the workshops. A group of ten to twelve consistent participants were recruited to participate in the workshops. The workshops aimed to provide basic information about the brain and its functions according to each lobe and part of the brain. The main purpose of the workshops was to provide education and tips on how to enhance memory on a daily basis, and how to keep the brain healthy through exercises and diet. At the end of all three sessions, an evaluation form was provided for participants to give ratings, comments, and feedback. The evaluation results returned with positive feedback from each participant. Although a few participants shared that some exercises were "too challenging," many participants found the workshops helpful, enjoyable, and would like workshops to continue in the future as they helped them "work their brain." The evaluations provided ACC staff with feedback from each participant, allowing for improvement of future memory workshops.

9:15-9:35

Student Intern's Manual About Local Demographics & the Screening Process

Karina Valadez

Agency: Social Security Administration

Agency & Faculty Supervisors: Travis Mundy & Dr. Cheryl Osborne

The Social Security Administration offers many different benefits to a diverse population such as Supplemental Security Income, Social Security Disability Benefits, and Retirement Benefits. The student intern manual is intended to provide a resource that helps student interns learn about the screening process as well as the demographics in the Sacramento region. Because of the diverse population they serve, factors such as language barriers can greatly affect the chance of someone to seek out help and even the chance of them applying for assistance or in this case benefits. Knowing the population that is served by the office is essential in overcoming these barriers and to providing culturally sensitive assistance. Along with this comes the screening process for individuals visiting the office, which can be confusing for student interns. By providing them a method in which to learn about this process, they will be able to be more efficient and provide better service. The use of the Social Exchange Theory for the manual helps to explain the relationship that occurs between student interns and claimants as they interact. It helps to describe the cost of their relationship as well as what each party receives from the relationship and what they have to sacrifice. The manual was evaluated through the use of a short questionnaire that was given to staff members to complete. The results found that all nine individuals surveyed thought the manual would be an effective tool for interns to learn about their role as well as the population that they will be serving. The agency has agreed to use the manual as a learning tool for future student interns. Sustainability of the manual relies on future interns utilizing it as well as making updates as student intern roles and demographics in the area change.

9:35-9:55

Illuminating the Hospice Volunteer Experience

Carmina Pelaez

Agency: Mercy Hospice

Agency & Faculty Supervisors: Terry Stewart & Dr. Donna Jensen

Mercy Hospice is a not-for-profit organization that serves the Sacramento County as well as parts of neighboring counties. They offer end-of-life and palliative care services to individuals diagnosed with terminal illnesses. Alongside the 45 dedicated staff members of the organization, Mercy also maintains a group of committed volunteers. In the interest to serve these individuals who, of their own will, devote time to patients of hospice and their families, the student conducted a survey to obtain information that would help Mercy meet the needs of these valued volunteers. This project is titled "Illuminating the Hospice Volunteer Experience" and its goal is to gather insight to the motivations, stressors, methods of self-care, and support of Mercy Hospice's volunteers. Of the 45 surveys sent out, 21 were returned in response, meaning data was gathered from approximately 47% of the volunteer group. Recurring themes of the data included patient death as a major stressor, receiving high levels of support from friends, family, as well as the Mercy Volunteer Department, and increasing comfort within the role as experience accumulates.

9:55-10:15

Veterans to Veterans Community Outreach

Alexis Griffin

Agency: Mercy Hospice

Agency & Faculty Supervisors: Terry Stewart & Dr. Donna Jensen

Mercy Hospice is a non-profit organization that thrives on providing quality end-of-life care to hospice patients. The organization is based on palliative care to comfort patients and their families holistically. *Veterans to Veterans Community Outreach* was proposed to help Mercy continue to provide services to veteran patients but in a unique way. Mercy Hospice is partnered with the organization We Honor Veterans which helps organizations like Mercy provide special services to American Veterans who are hospice patients. In order to achieve higher levels of accreditation, Mercy has to complete tasks for each level and their current level requires community outreach. The student developed and implemented *Veterans to Veterans Community Outreach* as a means to recruit volunteers who are Veterans to help in the hospice setting. With the collaboration of several professionals at Mercy Hospice the student was able to present at two local VFW's to make an attempt to interest Veterans in volunteering. The student evaluated the project by having veterans who were present at the presentations complete evaluations. The results concluded that out of the 33 evaluations that were returned from both presentations, 18 participants included their contact information to find out more about Mercy Hospice or volunteering. In addition to the evaluations being returned, the presentations assisted in helping Mercy Hospice achieve Level Two with We Honor Veterans.

10:15-10:30

BREAK

10:30-10:50

Massage Therapist Recruitment Implementation Guide

Linda Thao

Agency: Mercy Hospice

Agency & Faculty Supervisors: Terry Stewart & Dr. Donna Jensen

Dignity Health's Mercy Hospice is a Medicare funded program that offers palliative care and quality care to terminally ill patients. To address the agency's staff and consumer requests for massage services, the former supervisor of Mercy Hospice developed a massage therapist volunteer program in hopes to contribute in managing patients' pain at the end stages of their lives. Due to the lack of human resources for recruitment, the program is yet to be implemented. The project "Massage Therapist Recruitment Implementation Guide" will help interns, volunteers, and/or staff to develop strategies in which they can be successfully recruit massage therapists to provide voluntary services for patients of Mercy Hospice. The outreach tools developed in this project are the Massage Therapist Volunteer Presentation and the Volunteer Opportunity Flyer. The goal of this project was to recruit five massage therapists however, due to the low response rates and interest in hosting a presentation, it was determined that a presentation would not be the best method to recruit massage therapists. Thirty local massage agencies were contacted for this project, none were willing to schedule a presentation however three wanted additional information. The student developed a flyer in order to share information with massage therapists. Five independent massage therapists showed interest in volunteering for Mercy Hospice. The project "Massage Therapist Recruitment Implementation Guide", will provide tools and strategies to help further assist Mercy Hospice in recruiting volunteers.

10:50-11:10

Let's Take a Seat: An Accessible In-Chair Program

Elyssa Colmenares

Agency: Triple R Adult Day Care Center - Greenhaven

Agency & Faculty Supervisors: Misa Takagi & Dr. Donna Jensen

Triple-R Adult Day Care Center has become the go-to provider of respite services in the Sacramento area and is best known for their excellence in individualized care of older adults living with forms of dementia. In order to allow older adults living with cognitive challenges to live their lives as independent as possible, the student felt that organized exercise classes would be of great benefit to the Triple-R population. With the collaboration of the activities staff and the Triple-R director, the student created an accessible in- chair exercise program. With most of the participants experiencing cognitive and physical challenges, the student felt it essential to create an exercise program that would be accessible for all of the participants, regardless of physical ability. The in-chair exercise program was designed to benefit participants both physically and socially. The student developed exercise classes thirty minutes in duration that were provided two times a day, and included breathing exercises to warm up and cool down. Attendance ranged from 12 to 15 participants. The classes were evaluated through structured verbal feedback and written surveys that asked participants how much they enjoyed the class, its structure and tips for further improvement. The student received positive feedback for the structure and energy of the class and a request for more back and leg movements. Participants thoroughly enjoyed the class and look forward to it everyday.

11:10-11:30

Fall Risk Assessment Clinic for Older Adults

Josephine U. Jogwe

Agency: Hart Senior Center

Agency & Faculty Supervisors: Alicia Black & Professor Deon Batchelder

The Hart Senior Center is dedicated to providing supportive services and life-enhancing leisure enrichment programs to older adults 50+. The project, Fall Risk Assessment Clinic is designed to promote a practical fall prevention assessment through a cohesive holistic fitness module that best complements the center's needs, as well as the student's; given the wide variety of participants at the Hart Senior Center. The implementation of the Fall Risk Assessment Clinic for Older Adults emphasized the importance of balance and exercise. A component of the project was to assess older adults in a comfortable setting to determine how they can reduce future falls. By utilizing the Fullerton Advanced Balance Scale, participants were lead through a series of simple physical tests using standing exercises to gauge their balance. It is the recommendation of this project that Hart Senior Center's staff, and student addresses the needs and concerns of this population. Through the conclusion of data from completed assessments, the student intern's project offered participants a customized set of exercise recommendation cards to improve their balance, and reduce their risk for future falls. In total, 9 participants completed the Fall Risk Assessment, and only 3 out of 9 participants received passing scores, which demonstrated a passing rate of 33.33%. This project aimed to address a holistic approach to emphasize the importance of balance and exercise, in order to reduce future falls in the older adult community.

11:30-11:50

Wing to Wing

Tyler Thao

Agency: Eskaton Care Center Greenhaven

Agency & Faculty Supervisors: Heather Craig & Dr. Tara Sharpp

One population most common in Skilled Nursing communities are residents who have dementia and who have physical impairments which may cause them to be isolated. To address the needs of these residents, Eskaton Care Center Greenhaven has developed a program called Wing to Wing. Wing to Wing aims to address the total wellness of isolated residents. As Wing to Wing is a new activity, the goal of this project was to further develop this program by organizing an activities drawer, adding new items, and creating a catalog to allow volunteers and staff to easily administer one on one activities with isolated residents. Each new activity chosen for Wing to Wing was designated to address one of three holistic approaches in the cognitive, emotional, or social domains. Evaluations for the Wing to Wing program measured ease of item usage and comprehension of suggestions provided for each item. Results indicated volunteers were able to easily use and could teach other volunteers how the items are operated. Four of five volunteers were able to follow and apply suggestions to corresponding items. Lastly, an organized activity drawer, new items, and catalog helped improve the quality of service provided for isolated residents in Wing to Wing program.

11:50-12:30

LUNCH

12:30-12:50

Embracing Mexican Culture Through Language, Art, Food and Music

Melissa Flores

Agency: Health For All

Agency & Faculty Supervisors: Norma Ivy & Professor Betsey Stevens

For over ten years, Sacramento based Health For All Adult Day Health Care has been providing services to older adults. Health For All is a non-profit, multi-ethnic, community based organization that provides preventive medical care and other services. There is a continuous need for the development of newer, multi-cultural activities to involve participants. The intern developed a four-week workshop teaching Mexican language, art, cooking, and music, to interested participants. The activities will ensure that they continue to enhance their overall quality of life by increasing social interaction, engaging in meaningful activities, stimulating their senses, and embracing the uniqueness of a culture. The project also included an evaluation for each session to measure benefits, solicit participant feedback, and areas for change. The results showed that participants enjoyed learning aspects of the Mexican culture and completing an activity for each aspect, all clients who participated said they wanted to attend another session.

12:50-1:10

Chair Zumba

Tora Robertson

Agency: Health For All

Agency & Faculty Supervisors: Norma Ivy & Professor Betsey Stevens

Health for All Adult Day Health Care is a non-profit multi-ethnic community based organization that strives to enhance the quality of life of each of their participants by helping them to maintain their personal independence. Through observation of the Activities Director two major issues that she seemed to face were generating new activities that were of interest to the many different facets of the diverse populations that attended the agency and lack of participation in the activities that were present. As an intern to the activities department the student recognized the need for a physical exercise program for participants that do not have the ability to stand and/or be mobile. Therefore, the intern designed a Chair Zumba class that aimed to help participants of Health for All Adult Day Health Care stay active during the fall semester of 2016. The Chair Zumba class lasted for roughly 20 minutes and sometimes included the use props such as balloons and balls. The class attendance ranged from 11 to 60 participants. The project included a qualitative questionnaire that was given to participants at the end of the class they attended. The results showed that the participants thoroughly enjoyed participating in the class, and would like to continue Chair Zumba in the future. The intern will leave behind a guide to the classes and the music that was used so staff or volunteers may be able to continue the Chair Zumba classes.

1:10-1:30

Seeing Me Through My Memories

Yuliya Sinichenko

Agency: Health For All

Agency & Faculty Supervisors: Norma Ivy & Professor Betsey Stevens

Health For All is a Sacramento based Adult Day Health Care Center. Health For All provides participants with a full range of services designed to help improve quality of life. The Health For All social workers have done a great job in implementing small group activities to help the participants cope with psychosocial issues. The social workers at Health For All did not have a group focusing on reminiscence therapy. Reminiscence therapy is a non-pharmacological intervention that gives meaning to participants' life. Reminiscence therapy helps participants to cope with psychological and/or social issues. Through reminiscence therapy, social interaction is encouraged. Reminiscence therapy offers an opportunity for the participants to learn something new about each other. Throughout the course of implementing the project, the participants were also able to sympathize with one another by learning about other participants' past and present difficult life situations. The project included a pamphlet that was left behind for the staff to utilize when implementing reminiscence therapy. The pamphlet addresses the evidence-based research on the positive effects of reminiscence therapy as well as the topics that were covered throughout the course of the sessions. In addition, there was an evaluation process after the project was implemented. The evaluation consisted of a survey/questionnaire that was given to the participants. The results of the evaluation results were all positive and a number of the participants suggested repeating some of the sessions.

1:30-1:50

Memory Care Protocol Training Assistance Binder for Golden Pond

Brittany Ram

Agency: Golden Pond Retirement Community

Agency & Faculty Supervisors: Lupe Ramirez & Professor Beth Hieb

Golden Pond is an assisted living home for the older adult population that was built for seniors in Sacramento about 17 years ago. This establishment considers itself as your "extended family" facility where they provide independent, assisted and memory care living. The agency's mission is to focus on quality of life for older adults, constantly striving to enhance the way in which senior living and support is delivered. To support the mission of Golden Pond, the student intern sought out an opportunity to develop a two-part binder which provides a "get to know you" section on the residents of memory care and the second part covers protocols and training assistance. The binder will be very beneficial to current employees who are uncertain on how to handle care with their residents. The student intern's supervisor stated she would find this easy to access and a resourceful tool that would be very helpful. After a collaborative agreement in regards to the project, the student intern then started to develop the project, which included gathering all necessary data on the twelve memory care resident's likes and dislikes, a small biography on their lives and information on their risks/vulnerabilities and lastly information was gathered on protocols and procedures for the second part of the binder. The student intern participated in meetings with the memory care staff and management to discuss the student's project and gather additional insight; took some online courses and researched numerous articles on care-giving basics. The project was monitored and evaluated by the student intern's supervisor and the memory care lead. As a result of the binder and presentation, the Golden Pond staff gave great evaluations to the student intern and to the project. Staff was very impressed with the given information and the quality of the work. This made it easy for upper management to feel more comfortable that all rules and regulations were being followed and everyone was up to speed on providing the best quality of care to their residents.

1:50-2:10

Resident Ambassador Program

Valerie Huynh

Agency: Golden Pond Retirement Community

Agency & Faculty Supervisors: Tracy McLinn & Professor Beth Hieb

Golden Pond Assisted living is known for being a home away from home and focuses on residents' quality of life. The staff really cares about the residents and makes sure everyone feels like family. With the ultimate staff, moving in to a new place may still be a bit frightening to most. Transition is easier for new residents and can even become exciting when friends are involved. Therefore, that is why Golden Pond's marketing director and student found the need to have a resident ambassador program to help residents get involved and allow them to feel like they are a part of a family. The program was designed to make change a bit more comfortable for everyone involved, especially the resident. This program will allow new and prospective residents a chance to meet and become friends with existing resident before moving in and on the day of move to their new home. Ambassadors were chosen and invited to join a meeting to discuss the goal of the program. The ambassadors are then notified of any lunch tours that are needed for them to participate in from Tracy, the marketing director, and are paired with a new resident with a similar personality. The ambassador then schedules to have lunch with the new residents. Resident ambassadors then have a monthly meeting to go over aspects of the program that they like and dislike, as well as what should be kept or changed. So far, the program is well underway and Golden Pond has already used the program to their best advantage. Marketing director, Tracy McLinn has had the help of three ambassadors during her lunch tours on several occasions since the initial meeting. A great way that we are showing that the ambassadors are valued and play an important roll is by displaying their photos on the resident ambassador wall located in the front office. This program was evaluated through surveys given to both residents and staff. There were twenty surveys handed out, ten to residents and ten to staff. Out of the twenty, seventeen was returned. There was great feedback from both residents and staff, including residents requesting to become part of the program. Staff also found that it was great to see more resident during dinner and activities.

**2:10-2:20
BREAK**

2:20-2:40

Del Oro Marketing Outreach Program

Gail Wiselogel

Agency: Del Oro Caregiver Resource Center

Agency & Faculty Supervisors: Anne Spaller & Dr. Donna Jensen

Del Oro Caregiver Resource Center is one of 11 caregiver resource centers in California. Reaching residents in 13 counties, Del Oro markets their services through health fairs and professional relationships with elder serving organizations in the community. The purpose of this project is to enhance Del Oro's marketing aspects by celebrating Del Oro's 30th anniversary and Caregiver Awareness month through highlighting testimonials from past clients posted onto social media websites and in a press release. This marketing outreach consisted of the student collaborating with family consultants, the media committee, and the agency's head supervisor. With assistance from the family consultants, the student compiled testimonials and photographs from clients, sharing their experiences about Del Oro. The student published several of these testimonials on to Del Oro's Facebook and Twitter social media accounts. The former clients' testimonies were integrated with a previously developed project by the media committee called Caregiver Spotlight. With the assistance of agency supervisors, the student wrote and sent out a press release to Del Oro's press release contact list. The press release is another form of informative marketing to the community about Caregiver Awareness Month, Del Oro's services, and Del Oro's 30th anniversary. The project was evaluated by using the analytical data from Del Oro's social media websites change over a set period. The analytical data showed there has been a consistent stream of Tweet Impressions, Profile views, and Page Views on Del Oro's Facebook, Twitter, and website.

2:40-3:00

Techy Seniors

Giovanna Valencia

Agency: Eskaton Administrative Center - Social Media Services

Agency & Faculty Supervisors: Lola Rains & Professor Deon Batchelder

As the aging population continues to increase, the desire to age healthy also increases. Society's use of technology and ever changing technological devices is prevalent. Thus the need to strengthen the older adults engagement and knowledge in the field of technology is imperative. Eskaton is the leading non-profit community based organizations serving the greater Sacramento area in promoting a healthy and enjoyable aging experience. This includes promoting a healthy lifestyle through life enriching programs and services, transforming the aging experience. The project, Techy-Seniors, was created from the intern's knowledge and experience with Eskaton's intergenerational program, which engaged with older adults and younger generations. Because society's use of technology and various types of technological devices is prevalent, it is imperative that older adults are engaged and knowledgeable in technology as well. The purpose of this project, Techy-Seniors, was to create intergenerational connections and relationships while older adults learn to use today's technology as a way to improve the quality of their life. In order to better understand the need and participation of a technology class, Techy Seniors had two site locations; Eskaton Care Center-Greenhaven and Eskaton Village Carmichael- Independent Living. The project consisted a total of 6 classes throughout the 6-week course for an estimated time of one and a half hour each session. There were a total of 6 resident participants and 6 high school student mentors that collaborated together in order to participate in this project. When evaluating the turn out of this project, the intern composed surveys before and after the implementation process for both the older adults and high school student mentors as a way of assessing how successful Techy-Seniors was. Through the evaluation process, it was found that there was a great interest for a technology class like Techy-Seniors in independent living, whereas the opposite occurred at the care center, possibly due to health status or cognitive abilities. It was determined that, Techy-Seniors was a great start, but some implementations need further development, for example, communication methods from the high school students towards older adults, creating a more constructed and focused lesson plan for the sessions, and assuring the residents are practicing the new learning material in between sessions as a way to make certain they are retaining material. Techy-Seniors was able to support Bandura's Social Cognitive Theory by allowing them have a more positive outlook on technology and attaining new skills, and also created an environment where they could learn new skills through the high school mentors.

3:00-3:20

Basic Stroke Education: Hmong Edition

Chong Xiong

Agency: American Heart & Stroke Association

Agency & Faculty Supervisors: Ashley Goforth & Professor Deon Batchelder

American Heart and American Stroke Association (AHA/ASA) is a national organization whose mission is to end heart disease and stroke. The organization provides resources for the American population to utilize such as, stroke and heart disease education, caregiver support, and healthy eating information. Currently, AHA/ASA only has material in four languages, English, Spanish, traditional Chinese, simplified Chinese, and Vietnamese. Northern California has a significant diversity of other ethnic minorities who are at a disadvantage; they may not speak the languages that are available, like the Hmong. Sacramento has the second largest Hmong population, after Fresno, and this ethnic minority is known to have various health disparities. The goal of this project, Basic Stroke Education: Hmong Edition was to teach older Hmong adults basic stroke information, through Hmong translated pamphlets, in hopes of decreasing health disparity and helping AHA/ASA reach another community. The pamphlets were distributed through Hmong Lifting Underserved Barriers (H.L.U.B.) Clinic, a local student-run clinic, who works with older Hmong adults. The methodology was to educate the interns, there were 15 present, but over 25 interns' total, in the clinic on how to present and distribute the pamphlets to the senior Hmong clientele. The project was evaluated based on two surveys, one for interns and the other for older Hmong adults. Both surveys consisted of 3 short answer questions. The surveys asked both groups if they learned anything about stroke and if they have any recommendations for future stroke education efforts. The differing question for the intern is, from their perspective, was the pamphlet easy to explain. For the older adults, the differing question was, did they feel that the pamphlet was easy to understand. Adjustments were made to the Hmong version of the pamphlet as there are certain terms that the Hmong cannot directly translate; stroke was one of those words. The words that did not have a direct translation were instead described, causing the Hmong pamphlet to be wordier than the English version. A total of 4 interns and 2 older adults responded. The results showed that the individuals surveyed demonstrated understanding and retention of stroke symptoms and risks, meaning that the project's goal, to minimize health disparity, was met. However, the survey also indicated that there should be more health education available for the Hmong community, and other ethnic communities. It is rather important that ethnic elders have access to such vital information so that they can age in the best possible way even if they are unable to speak, write, or read English.

3:20-3:40

Alimentar Su Corazon y Vida (Nourish Your Heart & Life)

Elisabeth Orozco

Agency: American Heart & Stroke Association

Agency & Faculty Supervisors: Ashley Goforth & Professor Deon Batchelder

According to the American Heart Association, the leading cause of death in the United States is from cardiovascular disease, and the fifth leading cause of death is strokes. Evidence based research, states that cardiovascular disease affects and kills more women and ethnic minorities. Stroke is the number one disability in the US. It is important to do outreach to ethnic groups and minority communities about cardiovascular disease and stroke. The Hispanic aging adult population will increase by 764% in 2050, and most ages 65 and up will be Mexican Americans, (Zimmerman, et al., 2009, p.410). The project's goal was to present information about cardiovascular disease, stroke, self-efficacy theory, and 4 holistic parameters to Hispanic older adults. The focus of the project was to raise awareness and preventive approaches for Hispanic older adults. The presentation was held at Hart Senior Center, and free health screenings were provided for the older adults by a medical assistant from Sutter Hospital. Approximately, forty-five Hispanic older adults attended the lecture. Evaluation forms were distributed to participants, for their feedback on the lecture. Total of 36 evaluation forms were completed and returned. The results consisted of about 80% response rate from participants. Data was gathered, put into a excel spreadsheet and measured by dividing number of participants to returned evaluations. Nourish your heart and life, results indicate it was successful, but there were suggestions from participants for more information. Lecture power point and materials will be on a USB, for the agency or future Gerontology student to hopefully continue reach out to the Hispanic older adult's community. Project's outcome ensured Hispanic older adult are aware of cardiovascular disease, stroke, four holistic parameters, and will be able to identify the number one leading cause of death in the US.

Conclusions

Dr. Donna Jensen

