

Gerontology Interdisciplinary Program



UNIVERSITY OF UTAH
COLLEGE OF NURSING

SPRING
2016
ISSUE

GREETINGS FROM SALT LAKE CITY!

Message from our GIP Director

Hello Students, Faculty, Alumni, and Community Partners:

I am excited to share the Spring 2016 Gerontology Interdisciplinary Program (GIP) newsletter with you. This has been a busy and productive academic year. We have officially completed the first two

course revisions (Masters Project/Thesis and Gerontology Practicum) in our process to become a certified UOnline program (complete fall 2017). By the end of this summer we will have all of the core Master of Science courses revised to meet curriculum and design guidelines of the U of U Centers for Teaching and Learning Excellence (CTLE)

and Teaching and Learning Technologies (TLT). Following revision of the MS core courses, all gerontology elective courses will be revised - a total of 17 courses ! I am continually impressed with the dedication and hard work the gerontology faculty put into the advancement of this program.



APRIL 4: AN EVENING OF AGING AND THE ARTS

Join the University of Utah Gerontology Interdisciplinary Program and the College of Social Work as we celebrate Careers in Aging Week with *An Evening of Aging & the Arts* on Monday, April 4th from 6:00 to 8:00 pm in the Annette P. Cumming Nursing Building. We are excited to present inspiring artists representing the visual and performing arts.

Bring your gently used iPod (and charger) or an iTunes card to benefit the Music and Memory Utah Coalition.

We look forward to seeing you on April 4th!



The monies provided by this online program development grant will help create very high-tech and engaging media segments with content that aligns with the new competency guidelines provided by the Association for Gerontology in Higher Education (AGHE). The grant funding has also provided the program with the opportunity to hire an online program

coordinator, Nancy McGee, who has been instrumental in coordinating the many moving parts of the UOnline program revision. Thank you for your continued support of the GIP!

Kara Dassel, Ph.D

Music & Memory™ Utah Coalition iTunes Cards and iPods Needed

You may have seen the movie "Alive Inside" demonstrating the impact of music on individuals with Alzheimer's disease and other forms of dementia.

Perhaps you've read the research documenting the effects of music on memory or you work with individuals with dementia. If so, you understand the power of a gesture as simple as providing an iPod with a personalized music playlist. To make this vision a reality in Utah, your donations are needed!

From March 1 to April 4, the Sigma Phi Omega Gerontology Honor Society and the College of Social Work are sponsoring a campus-wide drive to collect iTunes cards and gently used iPods (with chargers).

Donating a \$10 iTunes card can buy 5 songs or can contribute toward iPod purchases. Donations can be dropped off in the Student Services office in the College of Nursing or brought to our Careers in Aging Week Event on April 4 at 6:00 pm. You can also contact Nancy McGee or Nancy Joyce to arrange a pick up. Thank you for your generosity!

An Evening of Aging & the Arts Monday, April 4, 6:00 to 8:00 pm

The Gerontology Interdisciplinary Program and the College of Social Work are partnering to bring *An Evening of Aging and the Arts* to our students, faculty, and community during Careers in Aging Week 2016. This event is an effort to reach beyond the traditional idea of careers in aging and expand upon and highlight ways students, professionals and community members may re-envision careers focused on aging.

An Evening of Aging and the Arts will include a presentation by a visual artist and an ethno drama performance by an acting troupe. These older adult artists will demonstrate ways in which the arts have been integral in their lives - - either across their lifespan or later in life. The Walk-Ons, Inc., a theatrical organization comprised of older adults, will perform "Portrait of a Caregiver: Live on Stage," a research-based play created through the analysis of conversations with individuals providing care to older adult family members. The program will conclude with a question-and-answer session with the artists.

Please come and celebrate with us on April 4 in the Annette P. Cumming Nursing Building, Auditorium 2600, from 6:00 to 8:00 pm. Light refreshments will be served at a short reception following the evening's event. We look forward to seeing you there!



MARCH 4-6, 2016

AGHE Annual Meeting

Long Beach, CA

APRIL 4, 2016

Careers in Aging Week

Join us Monday, April 4th at 6:00 pm for An Evening of Aging and the Arts

APRIL 14-15, 2016

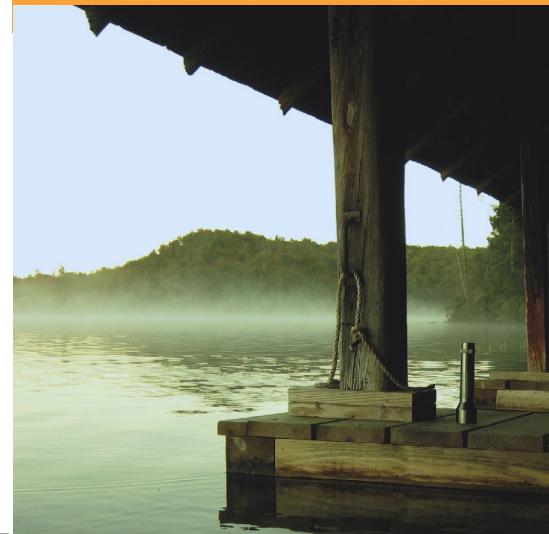
Center on Aging Annual Research Retreat

Get your posters ready. Poster submission requests due March 9th. This is a great learning and networking opportunity.

MAY 19-21, 2016

Annual Scientific Meeting of the American Geriatrics Society

Long Beach, CA



DID YOU KNOW?

Twenty to 25 percent of centenarians are community dwelling, cognitively intact, and generally vibrant and full of life.

(www.ncbi.nlm.nih.gov/pubmed/1737657)

MOVIN' ON UP

Linda Edelman, PhD, MPhil, RN, Associate Professor and Assistant Director of the Hartford Center of Geriatric Nursing Excellence in the College of Nursing has recently added Division Chair to her resume. **Congratulations, Dr Edelman**, on your new role in the Health Systems and Community Based Care Division! In this position, Dr Edelman will work with 50 to 55 faculty members to mentor, determine workloads and course assignments and support professional development. "This is an opportunity to grow as a leader and to become more engaged in the affairs of the college. My goals are to promote professional development of faculty, encourage collaboration of tenure and career faculty in research and to foster transparency and promote faculty engagement in the missions of the College of Nursing." Dr Edelman is also actively involved in several research studies including serving as Co-investigator of a \$2.5M HRSA grant, "Geriatrics Workforce Enhancement Program."



GRANT MANIA

Mike Caserta, PhD, Professor in the College of Nursing and the Robert L. and Joyce T. Rice Presidential Endowed Chair in Healthy Aging, is currently heads down as he works to complete two National Institutes of Health grants. Dr Caserta collaborated with College of Nursing faculty and researchers to secure a five-year, \$8.8M grant in 2010, "Enhancing End of Life and Bereavement Outcomes Among Cancer Caregivers." He served as project leader for a component project of this grant, "Individualized Dual Process Intervention for Bereaved Partners After Cancer Death." This work has resulted in numerous publications and current efforts to secure funds for continuation of this program. Dr Caserta's research focuses on bereavement and caregiving, including respite care for caregivers. He also teaches Research Methods, Health & Optimal Aging and oversees the practicum course for the GIP.



FACULTY
IN THE
SPOTLIGHT

CONGRATULATIONS DR WRIGHT!

Congratulations to Scott Wright, PhD, Associate Professor with the College of Nursing, on the recent publication of his book, "Autism Spectrum Disorder in Mid and Later Life"! This book is a compilation by international academics and professionals that includes a range of personal, academic and clinical perspectives on autism, ranging from diagnosis, developmental outcomes and life course issues. Dr Wright will be presenting his work on autism in mid to later life at the 21st International Conference of the Society for Human Ecology in April and at Autism-Europe's 11th International Congress this September in Edinburgh, UK.

Dr Wright's research interests also include technology and aging, the environment and aging ("Gray and Green"), and family caregiving. He has partnered with a number of GIP faculty in these research efforts including Katarina Felsted and Dr Michael Caserta.

"Anything new and innovative is what I want to be associated with: technology, topics and issues around aging that people have not even thought about. I like to think about aging as the center of a wheel and consider what spokes could be connected to that center."

Dr Wright currently teaches Introduction to Aging in the GIP.



MINDFULNESS-BASED STRESS REDUCTION

Katarina Friberg Fesltd, MS, GIP faculty member in the College of Nursing is headed into the dissertation phase of her PhD. Her dissertation is focused on urinary urge incontinence. "I am looking at how mindfulness-based stress reduction can treat urinary urge incontinence in older adult women.

Preliminary findings in middle-aged adult women are positive and may help us develop new methods of treating this condition that are inexpensive, accessible and functional." Katarina's research interests center around the population of older adult women often marginalized in the scientific research.

Katarina currently teaches four courses in the GIP. "I love teaching. I'm strongly invested in the success of my students. Since our courses are online I strive to build a strong online community for students." She currently teaches Health & Optimal Aging, Caregiving and Aging Families, International Dimensions of Lifelong Learning, and Diversity and Aging. "Diversity and Aging is a particular focus in my teaching. All identities are respected in my courses and our celebration, especially in an interdisciplinary program like gerontology, is the variety of disciplines represented." Katarina is also in the process of completing the Higher Education Specialist (HETS) designation from the U's Center for Teaching and Learning Excellence.



SUMMER 2015 GRADUATES PROJECTS/THESIS

Anne Asman

Connecting the Dots: Redefining the Role of the Gerontologist as an Integral Part of Patient-Centered Care for Older Adults

Amelia Larsen

Motivating Factors for Older Adults to Move into an Assisted Living Community

Rebekah Perkins

Yoga for Seniors: Understanding Their Beliefs and Barriers to Participation

Wade Vest

An Education Tool for Implementing Quality Assurance Performance Improvement in Assisted Living Communities



M.S. TO PH.D.... RIGHT ON, REBEKAH!

Rebekah Perkins has always loved science, medicine, and caring for people. In 2012, she graduated with her bachelor's in nursing. Eight months later she started her master's in gerontology with GIP. Rebekah knew she wanted to apply for a PhD program in nursing research. With encouragement from her GIP faculty chair, Dr. Linda Edelman, Rebekah decided to complete a Master's thesis. Her research interests are in non-pharmacologic interventions for improving functional ability and frailty factors among older adults. Specifically, she is interested in exploring how alternative therapies such as yoga or music therapy may improve anxiety, depression, and agitation in older adults with dementia. Now in her second semester of the PhD in Nursing program Rebekah hopes to use her PhD to enter a teaching and research career in geriatric nursing and the field of aging.



FALL 2015 GRADUATE PROJECTS

Mary Hammon

Culinary Connections: A Recipe to Foster Intergenerational Links Through Food and Narratives

On December 9, 2015, Mary Hammon successfully defended her Gerontology Master of Science Project to her committee: Dr Scott Wright (chair), Dr Mike Caserta, and Dr Jackie Eaton. Mary's Master's project explored the potential for increased generativity and family traditions produced through the process of sharing recipes, thereby linking generations through food and narratives. Her project involved collecting family favorite recipes and interviewing and video taping older adult relatives while they talked about the recipes and reminisced about memories and events connected with the food.

A toast to Mary for a project well done!



WISE OWL BOOK CORNER

Basting, Anne Davis. (2009). *Forget Memory: Creating Better Lives for People with Dementia*. Baltimore, MD: The Johns Hopkins University Press.

Cohen, Gene. (2000). *The Creative Age: Awakening Potential in the Second Half of Life*. New York: HarperCollins Publishers.

Kalanithi, Paul. (2016). *When Breath Becomes Air*. New York: Random House.

Lerman, Liz. (2014). *Hiking the Horizontal: Field Notes from a Choreographer*. Middletown, CT: Wesleyan University Press.

VISITING SCHOLARS

The University of Utah College of Nursing welcomed two visiting scholars in the month of February. **Dr Linda Edelman** hosted **Dr Nisha Sheen** from Kerala, India. Dr Sheen is a teacher and researcher who helps in the all-around development of female students from at-risk populations. Her research focus is on older adult populations with a concentration on the nutritional status of older adults in Kerala.

Dr. Sheen is employed by the Government College for Women, which is affiliated with the University of Kerala, one of the first sixteen universities in India. The Government College for Women is located in Trivandrum, the capital of Kerala State. Kerala is known as "God's own country" and has a rich cultural heritage that attracts tourists from all over the world. While in Utah, Dr Sheen was able to visit the Mission at Hillside Community, an Eden Alternative nursing home, and Friendship Manor, an affordable senior apartment building in Salt Lake City.

Dr Kathie Supiano hosted **Dr Makoto Oe**, a research professor from the University of Tokyo College of Nursing. She requested a visit to the U's College of Nursing, as the University of Tokyo is developing an Innovative Nursing Center to align clinical care with the teaching and research missions of the college. Dr Oe chose the University of Utah because of its excellence in research and because so many of our faculty are actively engaged in research, teaching and clinical practice.

INTERESTED IN ALUMNI NETWORKING?

Please contact Nancy McGee if you are interested in being part of a GIP Alumni Networking Group.

nancy.mcgee@utah.edu

NEWS TO SHARE?

Please contact us with any news, updates or stories you might like to share.

nancy.joyce@hsc.utah.edu
nancy.mcgee@utah.edu



MONDAY INTERDISCIPLINARY SEMINAR SERIES ON AGING

Presented by the University of Utah College of Social Work W.D. Goodwill Initiatives on Aging, the Interdisciplinary Seminar Series on Aging is held Mondays from 12:00-1:30pm in the Edward Yukio and Chieko Nishimura Okazaki Community Meeting Room (155-B) in the Wilford W. and Dorothy P. Goodwill Humanitarian Building. All seminars are free and open to the public.

The title of the Spring 2016 series is Goals of Care: Complications, Ethical Decisions, Opportunities. If you have not yet attended one of these informative seminars led by experts in the field, there are still several Mondays left in the Spring 2016 series. Be sure to add them to your calendar!

Monday, March 7 - Aging in Place: Environmental, Psychosocial, and Transportation Considerations

Monday, March 21 - Cultural Considerations in End of Life Care

Monday, April 4 - Death with Dignity Initiatives: A Clinical Perspective

Monday, April 25 - End of Life: Ethics & The Personal Story