

Fall 2019 News and Who's Who in the Gerontology Interdisciplinary Program



Edited by
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In this edition...

A note from our Program Director, Jackie Eaton

Meet the first-year MS Students

Spotlight on valuable people whom you should know

Highlights from the GSA Conference and Walk to End Alzheimer's

Creative corner

A note from our Program Director, Jackie Eaton



Happy Winter! As we near the end of fall semester, here are a few items we as a program are excited about:

- This fall we welcomed four new MS students, who have a wide array of interests, including: care management, research, horticultural, animal therapy, and end of life care.
- Every 7 years, our program goes through an internal and external review process via the University's Graduate Council. In preparation for our December review, we had the opportunity to examine the past seven years of reports and evaluations to prepare for our self-study. This has been an important opportunity to reflect on change, potential, and future growth.
- As an extension of our spring 2019 meeting with faculty across campus with interests in gerontology education, we are working to develop faculty affiliate partnerships as a springboard to networking, collaboration, and enhancing aging initiatives.

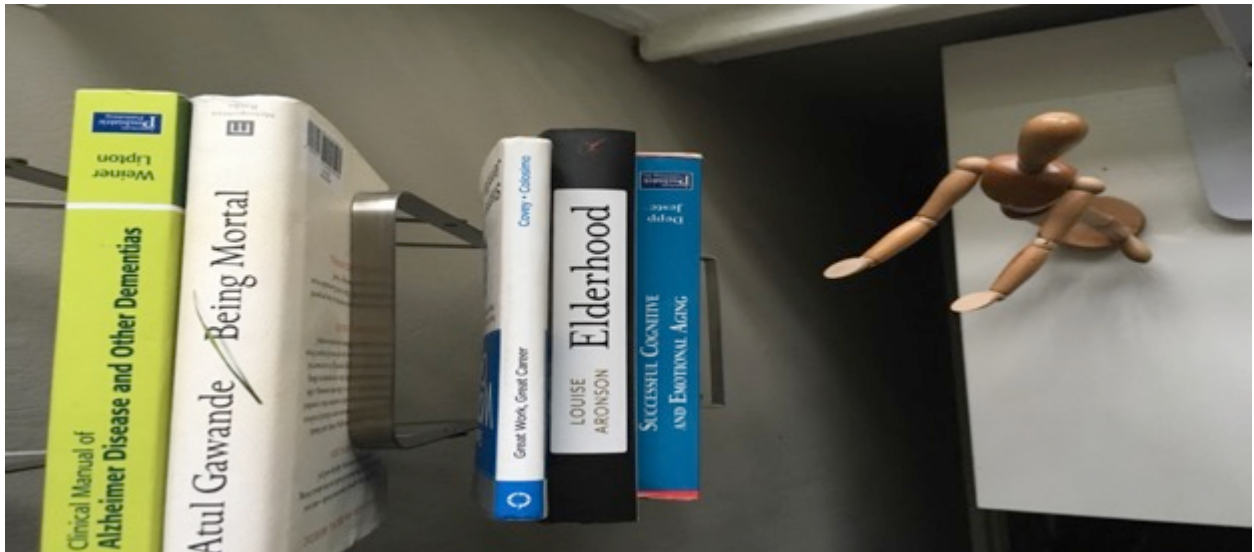
Feedback from this meeting led to initial visits in affiliate classrooms in order to spread the word about the Minor and Graduate Certificate. We will have more to announce in the future as we continue to make connections across campus. If you would like a classroom visit, please feel free to email us at gerontology@utah.edu

- We are developing a dual master's degree in partnership with the Physician Assistant Program. It is currently working its way through the University of Utah approval process, with the hopes of a Spring 2021 start.

We look forward to a busy spring semester, in which we are planning two community of interest gatherings, careers in aging week, and our spring celebration to honor program graduates and community affiliates.

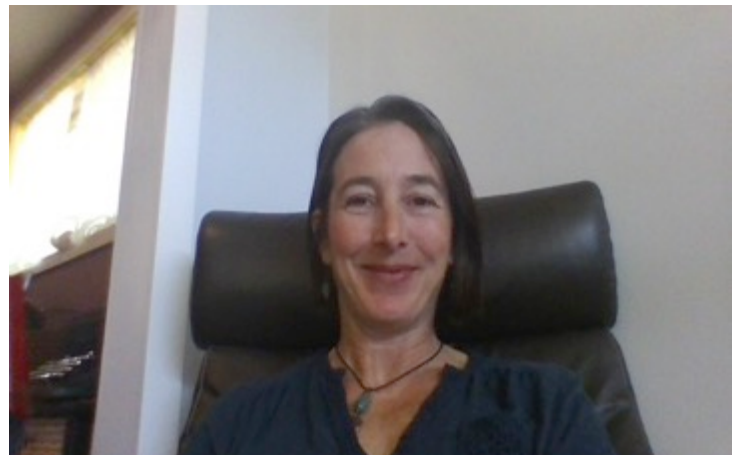


Introductions from our first-year MS gerontology students



Nancy Aruscavage

I'm originally from PA but also lived in Vermont, New Jersey, and Maine. The past 20 years have been spent here in UT. My background is varied and my favorite job was as a coppersmith in Maine; my least favorite, as an international sales and export rep in Philly. I enjoy working in the field of education where I have been dabbling for the past 10 years. If I'm not playing soccer you'll find me working in the garden.



Nancy won the James McKenney Student Travel Award to the GSA conference this year.

Patty Schwab



After working for the Social Security Administration for many years, I've recently started a new adventure in Gerontology. I have a BS in Psychology from the University of Oregon. I entered the MS program planning to pursue a career in researching dementia care. But, my first term classes have introduced me to new information that has me considering another direction. I've become interested in serving people with dementia as a geriatric care manager and am considering the care management certificate along with my master's degree. I'm excited to explore both possibilities as I figure out where my skills and interests best fit! Outside of school, I enjoy as much time as possible with my three grown children and my eight-month-old grandson. I also enjoy hiking, cycling, and playing Scrabble with my husband.

Patty serves as the student representative on the GIP committee.

Angie Keller-Howell

My name is Angie Keller-Howell, and I am a student in the Masters of Gerontology Program. I received my Bachelor's Degree in Community Health from Utah Valley University. I became interested in geriatrics when I started working as a certified nurse assistant in my freshman year of college. I worked at an assisted living facility and fell in love with the older adult population. I decided I wanted to use my passion for a career. After receiving my degree, I hope to become involved in policy to strengthen regulations for assisted living facilities. I also have a desire to become an executive director of an assisted living facility.

Along with being a full-time student, I am a full-time mom to two rambunctious, loving toddlers. I also am a host mom for foreign exchange students. I enjoy reading, playing the piano, and any activities involving my family.



Megan Owens



I am currently working as an ophthalmic assistant at the John A. Moran Eye Center, helping others understand their eye conditions and assisting doctors with exams and procedures. My background includes a BS with a major in athletic therapy from Weber State University, certified in whole-food plant-based nutrition, as well as experience in sports and recreation, and physical therapy. I enjoy being in the outdoors hiking mountains with my two dogs, cooking/meal prepping, reading non-fiction and watching educational documentaries. I also enjoy spending time alongside my partner as volunteers for multiple non-profit organizations that promote health and wellness as well as a deeper respect for animals and the environment through education, hands-on experience, and rescue and adoption services. My experience with non-profits and the positive impact they have on the community is the main driver for beginning on a new path in the gerontology field.

Megan co-edited this newsletter.



In the GIP Spotlight:

2019 Preceptor of the Year, Danny Harris

Danny Harris is the Associate State Director of Advocacy for AARP in Utah. Danny came to AARP in 2011 and is the lead for all local, state and federal legislative issues including health care, utilities, voter engagement and financial security.

Before coming to AARP, Danny was the state grassroots relationship manager for the American Cancer Society Cancer Action Network (ACS CAN) in Salt Lake City where he was responsible for several state and federal public policy campaigns including the legislative campaign to increase Utah's tobacco tax that resulted in the largest increase of that tax in the state's history.

Prior to his work with ACS CAN, Danny worked as a staff assistant in Washington D.C., where he managed a large intern program and the fundraising call schedules for several United States Senators. A Utah native, Danny graduated from Brigham Young University with both a bachelor's and master's degree in business administration.

During the 2019 Utah legislative session, Danny served as an exceptional practicum preceptor, helping his student to take an active role in advocating for public policies that serve older Utahans. He was a powerful influence as a lobbyist but also as a mentor and teacher.



GIP Staff Spotlight: Ashley Cadiz



This summer, Ashley Cadiz joined the College of Nursing as the Program Manager/Advisor for the MS in Nursing program and Gerontology Interdisciplinary Program. She works with students in the MS in Gerontology, certificate, and Gerontology minor, as well as students in the MS Nursing Education, Nursing Informatics, and Care Management specialty tracks and certificates. Her goal this year is to help Dr. Eaton network with other departments and communities to help increase awareness and enrollment for GIP! Interacting with the students is her favorite part of her work. She likes to hike mountains and camp with her husband and two goldendoodles. If you're looking for a good read, she recommends *Shantaram*, by Gregory David Roberts. Welcome, Ashley!

Fact about Ashley:

While pursuing her undergraduate degree, she also became a firefighter and paramedic.

GIP Alumna Spotlight: Sarah Scott, MS '15

Sarah Scott is the Adult Day Services Director at Neighborhood House. She has experience in advocacy for residents in skilled and assisted nursing facilities and knowledge about culture change in long-term care. She is passionate about serving aging and disabled individuals to advance quality of life, health, and wellness.

She recently became certified as a horticultural therapist, and plans to incorporate this evidence-based practice into adult and intergenerational program offerings at Neighborhood House through installation of a climate controlled greenhouse and therapeutic garden.

Another interesting part of her job at the community-based nonprofit is outreach to underserved communities within the aging and disabled adult population. She is working with the Executive Director, Jennifer Nuttall, to create a coalition of providers and community advocates in Salt Lake County. The goal of the coalition is to create a 'single door', culturally competent portal to information about available services for families who struggle with barriers like literacy, language, legal status, cultural expectation, finances, or mobility. At Neighborhood House – which offers day care to children and adults – she sees a real gap in utilization of services between the two groups, a community need in the adult population she really want to address.

Her outreach is further advanced through service and membership with a variety of committees and boards: the Alzheimer's Coordinating Council, the U of U College of Nursing Advancement Board, the Time for Living and Caring Community Advisory Board, the U Health Family Caregiving Initiative, the Utah Coalition of Caregiver Providers, and the Department of Health Supported and Empowered Caregiver Work Group. All this keeps her busy, but happy! Great work, Sarah!



Recap: the GSA Conference

The U of U Gerontology Interdisciplinary Program was well represented in Austin, Texas at the Gerontological Society of America's annual conference, this year themed, "Strength in Age: Harnessing the Power of Networks." The power of networks, indeed! Our faculty and students at The U celebrated and supported one another, attending one another's awards, presentations and posters.



Left:

MS student Briana Sisifo and GIP alumna Anne Asman present their poster: How a Rural Community Adapts to an Aging Population Using an Alliance. Pictured with Dr. Felsted.

MS alumna, Rebekkah Perkins, had two presentations on her work with nurses caring for residents with dementia in nursing homes.

GSA, cont'd.



Above:

Dr. Katarina Friberg Felsted received the Rising Star Early Career Faculty Award. Her presentation was titled, "Teachings from trees: Generosity, gratitude, and growth in gerontological higher education." Congratulations, Dr. Felsted!

Other presentations from our faculty included topics ranging from life planning in early dementia, and revising an online gerontology program, to gender differences in depressive symptoms, and effects of mindfulness on urge urinary incontinence. In addition to these presentations, faculty and students also contributed posters on a variety of topics.

The Walk(s) to End Alzheimers

Walks to End Alzheimer's were held in Park City and Salt Lake City. This collage includes photos from both.



Creative Corner

Healthy Pumpkin Pie: Spice it up!

Need an excuse to eat more pumpkin this winter? I have one word for you: Lutein. Lutein is an antioxidant found in spices, fruits, and vegetables. This powerful antioxidant provides eye protection from the leading cause of vision loss (macular degeneration) and it has positive cardiovascular, bone and metabolic health implications.



Ingredients:

15 oz. (1 can) pumpkin puree

10 oz. silken tofu

1-2 dozen pitted dates

2 tsp. cinnamon

1 tsp. each — or as much as you like!

Nutmeg, cloves, ginger

Directions: Pre-heat oven to 350 degrees. Blend the ingredients in a food processor then pour into a whole wheat crust or crust of your choice (or go crust-less!) Bake for about a half-hour. Let cool and enjoy!

“It’s just fruit, vegetables, tofu, and gram-for-gram, the most powerful antioxidant foods in the world. The more pie you eat, the healthier you are.” – Dr. Michael Greger, MD

Thank you for reading the Fall 2019 GIP Newsletter! If you have any newsworthy contributions for the next edition, please send them to megan.owens@hsc.utah.edu or lauren.chamberlain@utah.edu.