

# SGS ANNUAL MEETING & CONFERENCE AGENDA

## TUESDAY, APRIL 11<sup>TH</sup>

**7:30 AM – 5:30 PM**

**REGISTRATION & SILENT AUCTION INTAKE**

**8:00 AM – 5:00 PM**

**PRE-CONFERENCE INTENSIVE**

**Alzheimer's Disease and Dementia Care Seminar**

MOMENTUM 2/3

*Denise Scruggs, University of Lynchburg- Beard Center on Aging*

**\*\*Separate Registration: \$120 for SGS Members \$150 for Non-Members, Valued at \$195, Includes Breakfast, Lunch, and Afternoon Refreshments**

This interactive seminar provides an overview of dementia and encourages participants to view individuals living with dementia as unique persons rather than a diagnosis. It offers non-pharmacological strategies for successfully addressing dementia behaviors such as hoarding, repetitive behaviors, paranoia, hallucinations, sundowning, aggression, and wandering. In addition, it covers effective communication techniques, sex and intimacy activities, caregiver stress, staff and family relationships, end-of-life issues, pain management, depression, personal care, and more.

*This class meets one of the requirements for becoming a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners. To learn more about certification and your eligibility, go to [www.nccdp.org](http://www.nccdp.org).*

**3:00 PM – 5:00 PM**

**PRE-CONFERENCE INTENSIVE**

**Creative Wellness for Staff and Clients**

ENERGY

*Ariadne Gejevski, ariadnART*

**\*\*Separate Registration: \$25, Includes refreshments**

Attendees will participate in a painting lesson that raises self-awareness, innate talents, personal interests, the lowering of stress levels, and the perception of one's own basic feelings, in doing something new. All in a process of striving for a personal mental and emotional state of well-being for staff and clients. Some people may participate, and others may wish to observe. This lesson and 10 more will be shared in how to plan and initiate activities in order to promote self-healing for both. As an educator of art and an art therapist, my objective has always been in introducing task-oriented projects that stress dexterity and proficiency in mastering or regaining self-sufficiency of fine motor skills. That isn't enough. It is well understood that personal well-being is just as important to staff as it is for clients. This workshop will present a unique, well tested, creative approach in dealing with personal wellness and how staff can have a successful partnership with clients when both are working on the same wellness goal and are enjoying what they are doing.

**5:30 PM – 7:30 PM**

**WALKING TOUR OF NORFOLK**

**\*\*Separate Registration: \$20**

Join us as we take a 1.5 – 2 hour walking tour of Norfolk with an experienced tour guide leading the way. Get a snapshot of what the city has to offer and make sure you don't leave the conference without enjoying the host city!

7:00 AM – 7:00 PM

REGISTRATION & SILENT AUCTION INTAKE

7:30 AM

CONTINENTAL BREAKFAST BEGINS

GRANBY D/E

8:00 AM – 9:30 AM

**PRESIDENT'S OPENING KEYNOTE  
BREAKFAST - The Interplay of Social  
Determinants of Health and Health  
Disparities**

GRANBY D/E

*Dr. Bert Waters, Virginia Center on Aging at Virginia  
Commonwealth University*

In the summer of 2020, we conducted a mixed-methods study of low-income older adults living in Richmond, Virginia, during demonstrations in reaction to the murder of George Floyd, which intersected with the pandemic in unique ways. Two complementary papers, one quantitative, and one qualitative were published in a special issue of *Gerontology & Geriatrics Medicine* highlighting the COVID-19 pandemic effects on older adults. Participants were recruited through Virginia Commonwealth University's Richmond Health and Wellness Program. One hundred telephone surveys were conducted using the 92-question Epidemic-Pandemic Impacts Inventory Geriatric (EPII-G) with a 15-question Racial/Ethnic Discrimination addendum. Fifteen participants were recruited from among the survey participants who were interviewed using a semi-structured interview guide developed by the research team. Our qualitative findings supported findings from our EPII-G survey where we found that the challenges our participants faced, while exacerbated by the pandemic, were not new. We found remarkable resilience and coping strategies in response to challenges participants experienced throughout their life, which benefited them when faced with the pandemic, social unrest, and political events that took place. This presentation will offer findings from our study and guide attendees through social, environmental, and behavioral factors that play a larger role in determining health outcomes.

9:45 AM – 11:15 AM

CONCURRENT SESSION A

**ENCORE/STUDENT AND EARLY CAREER  
COMMITTEE SPOTLIGHT SESSION -  
Exploring Mutually Beneficial  
Intergenerational Mentorship**

GRANBY D/E

*Dr. Jodi Teitelman, Virginia Commonwealth  
University*

*Dr. Graham Rowles, University of Kentucky  
Taylor Everly, Mercer University*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

The SGS Encore Committee, composed of SGS members with decades of experience in both academic and practice sectors, provides mentoring opportunities to younger Society members to support their graduate studies, early careers, and overall professional development. This joint session with the SGS Student and Early Career Committee, will provide an overview of the Encore Mentorship Program focusing on the potential reciprocity of mentor-mentee relationships. For example, mentoring recipients traditionally gain support and feedback, while the mentors may gain "tech" advice and a sense of generativity. This workshop will briefly describe the mentoring process, first from the perspective of a student and then from that of a current Encore Committee member. But the primary focus of the session will be on sharing experiences among generations of participants through one-on-one or small group discussions. Mentorship areas to be discussed will be determined by student participants and may include research, thesis/dissertation, teaching, academic/practice career preparation, program development, program evaluation, and program directing. These interactions will focus on establishing new mentor-mentee partnerships and encouraging ongoing mentorship relationships that will reinforce the intergenerational focus of the Society.

**PRESIDENT'S SPOTLIGHT SESSION -  
Interprofessional Age-Friendly Practice in  
the Community Addressing Social  
Determinants of Health: The Richmond  
Health and Wellness Program**

PAUL D. FRAIM

*Dr. Patricia Slattum, Virginia Center on Aging at  
Virginia Commonwealth University*

*Kathie Hendrick Falls, Dr. Pam Parsons, Dr. Lana  
Sargent, and Dr. Kimberly Battle, VCU School of  
Nursing*

*Corrie Malone, Virginia Commonwealth University*

**AGE-RELATED HEALTH AND WELLNESS**

The Richmond Health and Wellness Program (RHWP) offers care coordination and wellness services for low income older and disabled adults in urban Richmond, VA through weekly clinics in affordable senior apartment buildings and the VCU Health Hub delivered by interprofessional teams of health professions students and faculty since 2012. Program participants often experience multimorbidity, polypharmacy, adverse social determinants of health and health disparities, and the program strives to build self-management skills and connect participants with services to meet their health and wellness needs. Working with the Virginia Commonwealth University Geriatric Workforce Enhancement Program and the Institute for Healthcare Improvement, RHWP developed 4Ms workflows and attained Age-Friendly designation. This panel symposium will 1) describe RHWP and the lessons learned in its Age-Friendly Practice journey, 2) illustrate student learning impacts through a recent digital badging initiative focused on 4Ms care, 3) demonstrate the continuous improvement approach used by RHWP to link community and program identified needs to new program development and evaluation through the VCU Brain Health Initiative and its supports the Mind M at RHWP, and 4) describe the RHWP Prescription Produce Plan pilot as an exemplar of the initiatives that RHWP undertakes along with the community to address social determinants of health and prepare future healthcare practitioners. The panel will discuss the facilitators and barriers to

success and lessons learned across these initiatives related to trust building, community connection, and student attitudes and self-efficacy, as well as future directions for these kinds of health and wellness promotion programs.



**Trauma-Informed and Diversity,  
Equity, and Inclusion Practices:  
Striving for Belonging and  
Empowerment**

MOMENTUM 2/3

*Dr. Jennifer Craft Morgan, Georgia State University*

*Dr. Kendra Jason, University of North Carolina  
Charlotte*

*Dr. Leigh-Anne Royster, Duke University*

*Dr. Gigi Amateau, Virginia Commonwealth University*

**CAREGIVING, CARE SUPPORT, AND CARE  
PARTNERSHIPS**

The COVID-19 pandemic, as a widespread and global experience, caused whole communities to experience collective trauma (e.g., social isolation, burnout, job loss, uncertainty, lack of psychological safety). Systemic racism is another collective trauma that impacts large groups of people who are more likely to be impacted by other vulnerabilities due to disparities that are economic, health-related, and environmental. Older workers, people of color, immigrants, older care recipients, and direct care workers are more likely to experience the compounding effects of these dual collective traumas. Trauma informed practices, especially those that attend to the social ecology and intersectionality of experience and identities, can support organizations to reform their culture in ways that explicitly foster diversity, equity, inclusion and ultimately belonging and empowerment of individual community members. This panel session explores the interplay between DEI practices and Trauma-Informed approaches. First, we will map out the evidence of collective trauma experienced by many minoritized older workers and those in aging services and long-term care sectors. Second, we will explain the principles of a trauma-informed approach and how retention and empowerment practices can support transformation of

organizational culture. Finally, we will demonstrate how holistic approaches that embrace both sets of ideas can result in belonging for community or organizational members. Implications for leadership, management, retention, and quality of life will be discussed. Participant attendees will leave this session with priority DEI action items to implement trauma-informed practices on individual, organizational, and community levels.

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### **Community Engagement with African American Clergy: Best Practices for Working with African American Clergy**

*Dr. Kim Stansbury, North Carolina State University*

*Che Logan, Liberty University*

*Dr. Yarneccia Dyson, North Carolina State University*

GRANBY C

Studies report racial differences in use of formal informal supports with African American older adults. It is important for researchers and practitioners to incorporate culturally appropriate interventions when working with underrepresented populations. Faith based interventions is one such approach that includes a range of different types and patterns of care. Evidence has been documented in several studies on help-seeking behaviors that African American elder adults tend to use the church and clergy to cope with mental health challenges. Given the importance of African American clergy in the provision of mental health, the purpose of this panel is to discuss a findings on how clergy in this study provided faith based culturally competent practices to their older adults in need.

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### **Innovative Insights Paper Session**

This paper session will introduce attendees to creative programming for older adults and their care partners and address challenges with implementation and access.

ENERGY

#### ***Arts on Prescription for Older Adults: Work in Progress on A Scoping Review***

*Dr. Sudha Shreeniwas, The University of North Carolina at Greensboro*

**All times are Eastern Standard Time.**

AGE-RELATED HEALTH AND WELLNESS

### ***Caregiving While Black: Dementia Caregivers Experiences with a Novel Culturally Tailored Course***

*Karah Alexander, Emory University*

DIVERSITY TOPICS IN AGING COMMUNITIES



### ***Setting the Stage for Dementia Care Competency through Improvisational Theatre***

*Dr. Candace Kemp, Georgia State University*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

### ***Integrated Primary Care Model Prevents Hospitalizations for People Living with Dementia***

*Dr. Carolyn Clevenger, Laura Medders, and Dr.*

*Miranda Moore, Emory University*

AGE-RELATED HEALTH AND WELLNESS

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### **Examining Factors of Age-related Health and Wellness Paper Session**

This paper session will review different aspects of life and their impact on health and wellness.

FUSION

### ***Earlier-life Individual and Spatial Socioeconomic Conditions and Physical Activity at Older Ages***

*Dr. Yang Li, University of Southampton*

ENVIRONMENT & LOCATION: THE POWER OF PLACE

### ***Physical Activity and Neuropsychological Functioning in Older Adults***

*Dr. Anna Ord and Dr. Jamie Holland, Regent University*

AGE-RELATED HEALTH AND WELLNESS

### ***Association Between Periodontal Disease and Cognitive Function among US Older Adults***

*Dr. Su-I Hou, School of Global Health Management & Informatics, University of Central Florida*

AGE-RELATED HEALTH AND WELLNESS

**11:15 AM – 11:45 AM**

### **EXHIBITOR BREAK**

GRANBY FOYER

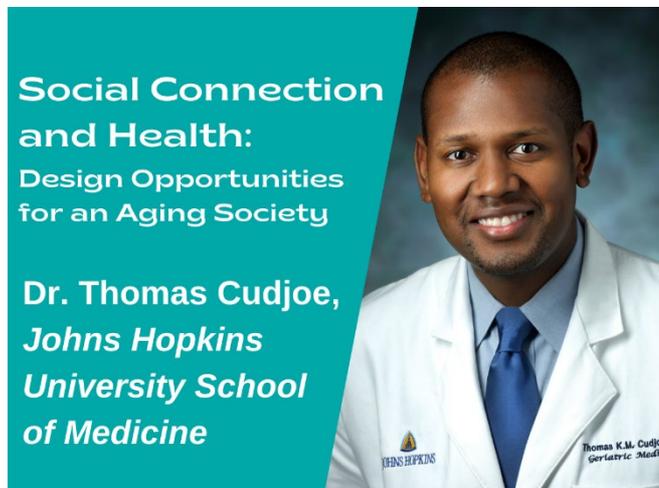
Please show your gratitude to our Sponsors & Exhibitors for their support of the 44<sup>th</sup> Annual

Meeting & Conference. Be sure to stop by their tables to learn more about their wonderful programs and services.

**11:45 AM – 1:15 PM**

**KEYNOTE LUNCH**

GRANBY D/E



Dr. Thomas Cudjoe is an Assistant Professor at the Johns Hopkins School of Medicine in the Department of Medicine, Division of Geriatric Medicine and Gerontology. He is a board-certified internist and geriatrician who works as a home-based medicine practitioner that cares for homebound older adults in Baltimore through the Johns Hopkins Home-based Medicine Program. Additionally, he leads a funded program of research that seeks to understand and address social isolation experienced by low-income older adults. He will discuss current knowledge relating to social connections and health and offer timely perspectives on how human centered design can be leveraged to develop solutions for complex social challenges such as social isolation.

**1:30 PM – 2:30 PM**

**CONCURRENT SESSION B**

**PRESIDENT'S SPOTLIGHT SESSION - Using Photovoice among Older Adults: Methods, Implementation, and Dissemination**

GRANBY D/E

*Dr. Anika Hines, VCU School of Medicine*  
*Dr. Joyce Weil, Towson University*

**ENVIRONMENT & LOCATION: THE POWER OF PLACE**

Translation of research to viable steps forward remains a daunting task in community-based participatory research studies. While many methods can capture ideas of place, using photovoice or photo-elicitation offers a unique opportunity for older adults to visually represent their environment. This presentation will share two separate photovoice projects set in and around Baltimore County, Maryland, and then share research protocols, implementation, and dissemination of each study. One study's goal is to have older adults co-create the research by using their Smartphones to take pictures of what "home" means to them. As part of the study, older adults were interviewed via Zoom about the meaning of home and their community or neighborhood. The other study examines perspectives of the food environment for adults with hypertension. Findings were disseminated among multiple community stakeholders, including policymakers, community organizations, and community members themselves. This includes how findings were used in planning, agenda setting, and implementation of a stakeholder meeting on food equity. In addition to discussing findings, best practices in creating study protocols to address Institutional Review Board (IRB) concerns about using photovoice will be shared, as ways to ensure that the design is truly co-created with older adults and that planning is older adult-inclusive, and, in one instance, how to navigate and conduct a photovoice study in a completely virtual arena.

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**What's Next? Honoring Life After Caregiving**

PAUL D. FRAIM

*Mike Verano, Optima EAP*

*Dr. Christy Jensen, Riverside Center for Excellence in Aging and Lifelong Health*

**CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS**

There are an estimated 40 million adults in the US providing elder care. While there are uncertainties along the way, what is certain is that at some point

the role of caregiver will end. The term post caregiver syndrome, accompanied by reports of lingering depression and/or anxiety are enough to make anyone dread not just the loss of their loved one, but also the psycho-emotional impacts of the loss of this critical role. Caregivers often feel torn between two competing emotions when the person they were caring for passes. On one hand, there is grief, the normal reaction to the death of someone close to them, and, on the other, is a sense of relief. This combination adds to challenges many caregivers face as they attempt to leave their caregiving lives and roles behind them. Adjusting to life after caregiving requires coming to terms with the combined experience of grief and relief. Steps to aid this process may include: establishing post-caregiving support groups and educational programs for preparing for life after caregiving; reframing the caregiving experience as one of growth; offering peer mentoring programs as caregivers have much they can offer to new caregivers; and training professionals to counsel and coach caregivers on adjusting to life post caregiving. With an opportunity to reflect, many caregivers look back on the time spent acting on behalf of another as profoundly meaningful and find the hidden gifts that come from this role.

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## **Home Health Interdisciplinary Approach to Collaborative Care for those with Dementia**

MOMENTUM 2/3

*Lisa Hebert-Meritt, Dr. Brian Unwin, and Shannon Radmacher, Carilion Clinic Home Care*

### **CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS**

Carilion Clinic Home Care (CCHC) recognized that our patients with dementia were slipping through the cracks of the traditional medical care model. Needs of patients were not met and caregivers did not know how to manage the care of their loved ones at home. Medical providers faced time constraints and knowledge gaps affecting their ability to educate families and provide needed support. In 2014, CCHC developed an innovative home health Dementia Care program to address the identified needs of

these patients. The program provides education and support to patients and their caregivers in managing dementia at home, enhances shared information between home care and primary care providers, and teaches caregivers how to optimize the patient's function with everyday tasks. This presentation will describe the development and implementation of an interdisciplinary approach to assist patients and families suffering from dementia by using specially trained therapists, nurses and social workers embedded within a health system's home health agency. The goal of this program is to promote the best possible safe function for these patients in the home environment. The approach emphasizes collaboration of patients/families, primary care providers, community resources, and state agencies to enhance supports and services to this diverse and vulnerable population.

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## **Interprofessional Education for Interprofessional Practice for Recreational Therapy and Speech-Language Pathology Through Experiential Service-Learning Activity**

GRANBY C

*Shelly Beaver, Dr. Rachel Johnson, and Olivia Cheskey, Old Dominion University*

### **GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT**

With an increase in the aging population, there is a high demand for effective service delivery to maintain the quality of life and overall well-being of older adults, particularly in long-term care settings. As a result, it is imperative that healthcare professionals are proficient at delivering effective and efficient comprehensive client-centered care. This session will present foundational concepts related to Interprofessional Education (IPE) as a means of preparing professionals in-training to utilize Interprofessional Practice (IPP) strategies and approaches to maintain the holistic health of older adults residing in nursing homes. Presenters will define IPE and identify core competencies for developing and implementing interprofessional therapeutic practice. In addition, strategies for

implementing IPE in an established curriculum will be presented using Old Dominion University's Therapeutic Recreation and Speech-Language Pathology experiential learning program as a model.

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### **Healthy Brain Initiative in Action**

ENERGY

*Colby Takacs, Denise Scruggs, and Dr. Sharon Carter, University of Lynchburg*

AGE-RELATED HEALTH AND WELLNESS

The Healthy Brain Initiative funded by the Centers for Disease and Control and Prevention (CDC) is seeking to educate the general public and professionals about brain health, cognitive aging, and the benefits of early detection and diagnosis of dementia. Globally, the incidence of dementia is rapidly increasing and new research is showing that healthy lifestyle choices may reduce our risk of cognitive loss. The Beard Center on Aging at the University of Lynchburg, located in Lynchburg, VA is actively partnering with the CDC and the Virginia Department of Health to collaborate with a number of community partners to increase the impact of public education about brain health, dementia, and age-related health and wellness. This presentation will share current best practices, research, and evidence-based methods of utilizing virtual reality and collaboration as a means of education to generate conversations around cognitive health disparities and empower positive change.

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### **Village to Village Model**

FUSION

*Martha Lamb, Forest Commons Neighborhood Village/ North Carolina State University*

AGE-RELATED HEALTH AND WELLNESS

As we know, social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Interventions to help older people obtain the social and community support they need are critical for

improving their health and well-being (<https://health.gov/healthypeople/priority-areas/social-determinants-health>). Some have discovered that creating local "villages" in their neighborhoods can support social and community integration and engagement preventing social isolation and improving this very health and well-being factor in lives as well. The village to village movement has for over 20 years been nurturing the formation of local villages with social connections that enable older adults to enjoy a rich, independent, and healthy quality of life when they choose to age in their homes and communities ([vtvnetwork.org](http://vtvnetwork.org)).

**2:45 PM - 4:15 PM**

### **POSTER SESSION A**

GRANBY A/B

**1- 12** The VCU Department of Gerontology's Graduate Program offers a three-credit course, The Biology and Physiology of Aging. SGS President, Dr. Bert Waters and Shannon Arnette are teaching the course this semester and added an assignment where each of the 24 students are paired based on topic interest and submitted 12 posters to be presented at the conference. This course is a broad introduction to biology, health, and aging. The course's primary focus is on the normal, expected biological changes experienced with aging. The students are required to address how biological aging is affected through the social determinants of health and health disparities lens. Topic options include geropharmacology, the sensory system, the immune system, oral health, nutrition, substance abuse, dementia disorders, sexuality, sleep, The cardiovascular system, and the neuromuscular system.

#### **13. Dementia-Friendly Initiatives: Engaging Black Parishioners in Health Promotion Activities**

*Janelle Gore, Emory University*

#### **14. Does timing of retirement affect cognition or risk of dementia: A systematic review**

*Jessica Yauk, University of South Florida*

#### **15. Ethical Considerations around Sex in the Elderly, Dementia Patient Population: Do**

**residents have the right to participate in sexual activities?**

*Katherine Casey, Concordia University*

**16. Exploring Community Narratives and Experiences of Alzheimer's Disease and Other Dementias**

*Brian Battle, Virginia Commonwealth University*

**17. Impact of Education on Knowledge and Attitudes Surrounding Goals of Care Conversations and Documentation**

*Chelsea Weeks, Old Dominion University*

**18. Intergenerational Learning Strategies for University and College Students to Reduce Ageism: Preliminary Scoping Review Results**

*Dr. Michelle Hand, Dr. Emily Ihara, Dr. Megumi Inoue, Dr. Hyun Kang, Dr. Catherine Tompkins, Kaitlyn Harvey, and Amanda Parsons, George Mason University*

**19. Interprofessional Collaborative Care in Geriatric Medicine: Targeting the patient experience by identifying "what matters most."**

*Dr. Mary Rubino, Dr. Michael Layne, and Dr. Kaye Geaney, Eastern Virginia Medical School*

**20. Intersectional Identities and Social Inclusion in a Municipality in Switzerland**

*Dr. Yang Li, University of Southampton*

**21. Is Clinical Psychology Education Missing Geriatric Content?**

*Taylor Everly, Mercer University*

**22. Nurse-led Goal Setting Activities to Enhance Older Adult Health Care and Self-advocacy**

*Dr. Francine Sheppard, Western Carolina University*



**23. Religion and Quality of Life (QoL) among African American Breast Cancer Survivors**

*Alfred Boakye, Georgia State University*

**24. Reporting Elder Abuse to Enhance Interprofessional Teams**

*Dr. Meredith Troutman-Jordan, University of North Carolina Charlotte*

**25. Social and Cultural Capital in Tribal Nursing Homes**

*Dr. Anastacia Schulhoff, Appalachian State University*

**26. Student Care Partnering Among Students at a HBCU: Exploring the Potential Impact on Student Persistence**

*Dr. Claudia Thorne, Coppin State University*

**27. The Richmond Health and Wellness Program: Supporting Wellness and Aging Needs**

*Rachel Regal, Natalie Mansion, and Dr. Pam Parsons, Virginia Commonwealth University*

**28. A Systematic Review of the Effect of Physical Activity on Atherosclerotic Cardiovascular Disease in Adults 60 Years and Older**

*Ian Dorsa, Marianna Hurtado, Shae Shodrock, and Dr. TimMarie Williams, University of the Incarnate Word, School of Osteopathic Medicine*

**29. Effects of Cardio Exercise on Cardiometabolic Disease in 45+ Year Old Males with and without Type II Diabetes: A Systematic Review**

*Marina Hanna, Carlo Martinez, Haripriya Sundaramurthy, and Dr. TimMarie Williams, University of the Incarnate Word, School of Osteopathic Medicine*

**30. Radioactive Iodine Treatment versus Beta-Blockers for Management of Hyperthyroidism: A Systematic Review**

*Teresa Baistra, Mesinze Koggerson, Alexander Vo, and Dr. TimMarie Williams, University of the Incarnate Word, School of Osteopathic Medicine*

**4:30 PM – 5:30 PM**

**CONCURRENT SESSION C**

**Vision Boards as a Means of Self-Care**

Granby D/E

*Deneisha Poe and Khushbu Patel, Virginia Tech*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

There are 56 million adults 65 years and older living in the United States, which accounts for roughly 16.9% of the nation's population and it is projected

that by 2030, there will be more than 73.1 million older adults (America's Health Rankings, 2022). Given these staggering numbers, it is important to understand the experiences of older adults, especially regarding caregiving. Caregiving is a physically, emotionally, and mentally taxing responsibility for formal and informal caregivers (Born et al., 2019; Schulz et al., 2020). In addition to the services available to caregivers, there are a variety of creative ways to help older adults and caregivers. One of these is the use of vision boards. Vision boards have been gaining popularity and are being used in several disciplines, such as education and career counseling for children and adolescents (Benedict, 2021; Conderman & Young, 2021; Waalkes et al., 2019). Burton and Lent (2016) describe vision boards as "a collage of images that represents the things an individual wants out of [their] life... to help individuals illuminate for themselves what is important to them." Due to the intense nature of caregiving, older adults and their caregivers lose sight of their personal goals and ambitions. Therefore, implementing vision boards can help them identify growth areas and ways to practice self-care. Vision boards can be completed online, in person, with caregivers or healthcare professionals, other older adults, and even children. Everyone can utilize the vision board for what they need regarding their role in the system.

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### **The Second Episcopal District of the African Methodist Episcopal Church's Health Commission COVID-19 Webinar Series**

PAUL D. FRAIM

*Dr. Elvin Price, VCU School Of Pharmacy*  
*Andrea Price, Bridge Builders Group, LLC*

#### **DIVERSITY TOPICS IN AGING COMMUNITIES**

Older African Americans (OAAs) were disparately impacted by the COVID-19 pandemic. Specifically, OAAs were among the most likely to be hospitalized or to die from COVID-19. However, OAAs were not overrepresented among the earliest groups to receive COVID-19 vaccinations. Therefore, community outreach approaches that were culturally authentic were warranted to improve

COVID-19 vaccine awareness and to reduce the disparate rates of COVID-19 associated mortality and morbidity among OAAs. Christian churches play an integral role within many African American communities. Interestingly, a recent survey revealed that 75% of African American adults attend church worship services on some interval annually. Therefore, it was plausible that COVID-19 educational approaches via church outreach could prove successful for reducing disparities. The African Methodist Episcopal Church (AMEC) was founded in 1787 and exists as an international church that is organized within episcopal districts. The second episcopal district (SED) is comprised of 379 churches from Maryland, Washington D.C., North Carolina and Virginia. The AMEC SED's Health Commission designed a series of COVID-19 educational webinars with the goal of informing members of current trends, treatments, and preventive measures for COVID-19. The seminars were well attended via Zoom, Facebook live, and YouTube.

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### **A modest proposal: A "death first" approach to teaching lifespan development**

MOMENTUM 2/3

*Dr. Sara W. Bailey, University of Lynchburg*  
*Dr. Sudha Shreeniwass, The University of North Carolina, Greensboro*

#### **GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT**

The gap between healthcare needs and available services for adults 65 and older is widening, putting the lives and wellbeing of older adults at risk. As educators, the presenters have experienced first-hand the challenges of inspiring "gero-interest" in students training in the helping professions, particularly when course content related to issues of later life is deprioritized in textbooks and course structure. The traditional birth-to-death semester-long approach to teaching lifespan development places issues of later life at the end of busy semesters, when students (and faculty) are focused on final exams and looking forward to a well-earned break. In their own experiences as students and as

educators, the presenters have witnessed the ease with which “last-chapter content” is de-emphasized, leaving little time for meaningful engagement with gerontological issues. Coupled with pathologizing of older adulthood in the media and in academia, is it any wonder that “gero-interest” remains tepid for students entering helping professions? In this session, the presenters will introduce an alternative approach to teaching lifespan development that begins with death and ends with birth. Sharing experiences from a gerontological counseling course taught as a summer elective in 2021, the presenters will offer their modest proposal: upending the traditional framework of teaching lifespan development as a way to inspire greater interest and investment in gero-topics from students and faculty alike. In this interactive presentation, feedback and suggestions about this alternative approach will be sought, especially from students and practitioners.

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### **Dementia Friends Information Session: Helping Communities Become Dementia Friendly**

ENERGY

*George Worthington, Virginia Department for Aging  
and Rehabilitative Services*

CAREGIVING, CARE SUPPORT, AND CARE  
PARTNERSHIPS

Dementia affects nearly 6 million Americans, and Alzheimer's disease, the major cause of dementia, is the sixth leading cause of death in the United States. It is the only one of the main causes of death that has no effective treatment or cure, leading to a steady rise in deaths attributed to Alzheimer's disease compared to declines for most of the other main causes. Alzheimer's disease disproportionately affects African Americans and Hispanic Americans, who are two and one and a half times as likely as White Americans to have the disease, partly reflecting the negative impact of social determinants of health. The lack of treatment options and awareness about dementia have contributed to a climate of fear and stigma that can lead to people worried about their cognitive health withdrawing from their community. Dementia Friends and

broader community-focused dementia-friendly initiatives can help reduce the stigma and fear surrounding dementia through increasing understanding and awareness of dementia and its broader impact on families. The Dementia Friends session is a vital tool in driving changes that will help people living with dementia and their families remain engaged with, and thrive within, their communities. This session will explain how the Dementia Friends program works, how it can be implemented together with wider dementia-friendly initiatives, and include a Dementia Friends Information Session. Attendees can become Dementia Friends by participating in the session and by choosing a personal dementia-friendly action of their own.

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### **Accreditation in Gerontology: How and Why**

FUSION

*Dr. Tracey Gendron and Dr. Jenny Inker, Virginia  
Commonwealth University*

*Dr. Elise Eifert, University of North Carolina at  
Greensboro*

*Maria Henke, University of Southern California  
Leonard Davis School of Gerontology*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

Accreditation of gerontology programs promotes professional mobility and enhances employment opportunities for graduates. In this interactive workshop, we will answer the question of why it is important to get accredited and how to go about the process. Through open discussion, representatives from two accredited programs will address the barriers you might face in pursuing accreditation and will provide guidance for how you might get around them, describe what the process of completing the self-study was like, and share what we learned and how our programs have benefited.

**5:30 PM – 7:00 PM**

**POSTER SESSION B**

GRANBY A/B

SGS is happy to welcome Recreational Therapy and Speech-Language Pathology students from Old Dominion University who will be presenting projects by group on two topics.

**Identifying Social Needs of Residents with Neurocognitive Disorders in Long-Term Care Settings through Recreational Therapy and Speech-Language Pathology Interprofessional Assessment**

**1. Mackenzie Chrimes, Recreational Therapy, Old Dominion University**  
*Callie Butler, Christopher Johnson and Robin Drees, Speech-Language Pathology, Old Dominion University*

**2. Olivia Cheskey and Ryan Twomey, Recreational Therapy, Old Dominion University**  
*Erica Garcia and Julia Bailey, Speech-Language Pathology, Old Dominion University*

**3. Kristen Batts and Cierra Coleman, Recreational Therapy, Old Dominion University**  
*Sophie McConnell and Cristela Orlanda, Speech-Language Pathology, Old Dominion University*

**4. Monique Gregory and Kait Ross, Recreational Therapy, Old Dominion University**  
*Maria Lenway and Ashley Blair, Speech-Language Pathology, Old Dominion University*

**5. Jalik Godbold and Molly McDonald, Recreational Therapy, Old Dominion University**  
*Mya Hairston and Kendall Staggs, Speech-Language Pathology, Old Dominion University*

**Enhancing the Social Engagement of Residents with Neurocognitive Disorders in Long-Term Care Settings through Recreational Therapy and Speech-Language Pathology Interprofessional Intervention**

**6. Eli Webb, Recreational Therapy, Old Dominion University**  
*Kaitlyn Hill and Jennifer Lopez-Alvarez, Speech-Language Pathology, Old Dominion University*

**7. Teyana Jarvis, Recreational Therapy, Old Dominion University**  
*Jacqueline Greenman and Aubrey Ditto, Speech-Language Pathology, Old Dominion University*

**8. T.J. Oliver, Recreational Therapy, Old Dominion University**  
*Emma Wild, Allyson Maroyka, and Janiah Manley, Speech-Language Pathology, Old Dominion University*

**9. Jah'Den Evans and Connor Stephens, Recreational Therapy, Old Dominion University**  
*Emilia Soto-Gallardo and Helena Claus, Speech-Language Pathology, Old Dominion University*

**10. Jurnee Ross and Kalyn Stokes, Recreational Therapy, Old Dominion University**  
*Kacey Copeland and Allison Revere, Speech-Language Pathology, Old Dominion University*

**11. Aging In Place: Older Homeowners' Home Environment and Location**  
*Dr. Sung-Jin Lee, North Carolina A&T State University*

**12. An assessment of student attitudes towards persons with dementia: A cross-cultural study**  
*Dr. Julie A. Brown, Ohio University*

**13. Applying best practices to increase student interest in gerontological careers**  
*Rachel Scrivano, The Ohio State University*

**14. Collaboration and Change in Generational Perceptions After Participating in an Intergenerational Design Challenge**  
*Andy Bell, University of North Carolina Wilmington*

**15. Diabetes Care at the Intersection of Race, Ethnicity and Geographic Continuum during COVID-19: Experiences of Older People of Color**  
*Dr. Moushimi Roy, Hampton University*

**16. Emerging power sources in wearable health monitoring devices for older adults**  
*Dr. Morteza Sabet, Clemson University*

**17. End of Life and Use of Hospice Care in Patients with Dementia with Lewy Bodies**  
*Brianna Arman, Concordia University Chicago*

**All times are Eastern Standard Time.**

**18. Examining a Person-Centered Model of Community Supervision for Older Adults**

*Victoria Helmly, Georgia State University*

**19. Factors of communication with older patients among healthcare providers during**



**COVID-19**

*Adam Reres, University of Central Florida*

*Dr. Su-I Hou, School of Global Health*

*Management & Informatics, University of*

*Central Florida*

**20. Housing Models Promoting Aging in Community in the U.S.A. – A Brief Report on Key Lessons Learned**

*Dr. Su-I Hou, School of Global Health Management & Informatics, University of Central Florida*

**21. Household Food Security of Custodial Grandparents: Examination of the Social Determinants of Health, Sleep Quality, and Disability**

*Emerald Gibbs, Georgia State University*

**22. Identifying Factors Impacting Older Adult's Successful Discharge from Inpatient Rehabilitation to Community-based Facilities**

*Dr. Casey Collins, Salem VA Medical Center*

**23. Physician Trust and Adherence to Life's Simple 7 in Blacks and Whites Individuals: The Reasons for Geographical and Racial Differences in Stroke (REGARDS) Study**

*Robert Harmon, University of Alabama at Birmingham*



**24. Reported Challenges of Informal Student Caregivers and Potential Strategies to Achieve Academic Success: A Mixed Methods Study**

*Gretchen Tucker and Yun-Zih Chen, University of Maryland, Baltimore and Baltimore County*

*Dr. Dana Bradley, Erickson School of Aging Studies UMBC*

**25. Rurality in extremis: Social exclusion influences on aging among Bonacca Cay's Island Community of Guanaja, Honduras**

*Lee Ann Steffen Ferguson, Concordia University Chicago*

**26. The Association between Meal Program Participation and Protein Intake among Older Adults: Results from NHANES**

*Sarah Vacher Collins and Dr. Anika Hines, VCU School of Medicine*

**27. Trauma and Resilience among Direct Care Workers in Long-Term Care Institutions**

*Alfred Boakye, Georgia State University*

**28. Effects of Low-Carb and Vegan Diets on Hemoglobin A1c in Patients with Type-2 Diabetes Mellitus: A Systematic Review**

*Yahaira Franco, Ali Hamide, Delicia Riojas, and Dr. TimMarie Williams, University of the Incarnate Word, School of Osteopathic Medicine*

**29. The Effects of Plant and Ketogenic Based Diets on Cardiovascular Disease for Men aged 45-64: A Systematic Review**

*Link Nguyen, Brianna Walker, Rishi Goswamy, Dr. TimMarie Williams, University of the Incarnate Word, School of Osteopathic Medicine*

**7:00 PM AND LATER**

**DINE-AROUND NETWORKING EVENT**

Enjoy the local eateries of Norfolk with some of SGS's most engaging hosts! Sign up for your choice of dinner and company (sign-up sheets are at the registration area). Dine-Arounds are always a fun way to get to know other attendees and take in the local culture that Norfolk has to offer. Participants purchase their own meals.

**7:00 AM – 6:00 PM**

**REGISTRATION DESK OPEN**

**9:30 AM – 6:00 PM**

**JAMES PEACOCK SILENT AUCTION OPEN**

MOMENTUM 1

**8:00 AM – 9:30 AM**

**Rise and Grind with the SGS Council of Presidents (COPs)**

GRANBY D/E

Come and have a coffee and connections breakfast with the Council of Past Presidents to share how SGS can continue to engage in eliminating health disparities, as an organization, related to our top priority areas (i.e., Advocacy, Gerontological Education, Career Development, Practice to Research & Research to Practice, and Community Service). We will also have time to reflect on the opportunities for SGS to be a service to its members to support your endeavors in these areas.

**9:30 AM – 10:00 AM**

**EXHIBITOR BREAK**

GRANBY FOYER

Please show your gratitude to our Sponsors & Exhibitors for their support of the 44<sup>th</sup> Annual Meeting & Conference. Be sure to stop by their tables to learn more about their wonderful programs and services.

**JAMES PEACOCK SILENT AUCTION**

MOMENTUM 1

Bid High! Bid Often! Proceeds from our Silent Auction benefit our Student and Older Adult travel scholarships. Won't be here for closing bids? Some items have a Buy Now price so you can snag your favorites today! This year, our Silent Auction is named in memory of Dr. James Peacock, a Past-President of SGS.

**SGS PUBLICATIONS COMMITTEE MEETING**

GRANBY D/E

Members of the SGS Publications Committee will meet for a short Committee meeting. If you are interested in joining the SGS Publications Committee, feel free to attend.

**10:00 AM – 11:30 AM**

**CONCURRENT SESSION D**



**CAREWORK NETWORK SPOTLIGHT SESSION - Advice and Discussion About Translating Research to Practice**

PAUL D. FRAIM

- Dr. Louise Oldridge, Nottingham Business School*
- Dr. Jennifer Craft Morgan, Georgia State University*
- Dr. Mary Larkin, Open University*
- Dr. Adrienne Cohen, Georgia Southern University*

**CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS**

As Giuseppe Delmestiri recently (2022) asked, 'Are We All Activists?' In publishing academically, we write for our peers, but ultimately, we need to ask ourselves why we carry out research. This workshop will feature four scholars who have made significant efforts to translate their work to key stakeholders outside of academia. This session will be a panel discussion and workshop that will engage attendees to explore how they can use different media to hone their messages and get their work out to key audiences in an effort to advocate, educate, and empower others to change practice on behalf of older adults and their care partners. Panelists will discuss the facilitators and barriers experienced and offer their experiences as learning opportunities.

## **Multi-Generational Learning Partners: A Proposed Model for Education in Gerontology**

MOMENTUM 2/3

*Sonya Barsness, Zoe Byington, and Tiffany Zhang, Georgetown University*

### **GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT**

In order to present a multi-dimensional view of the experience of growing older in gerontological education, it needs to start with the lived experiences of older adults. This panel presentation is an overview of the Multi-Generational Learning Model that has been used in the graduate Psychology of Aging course in Georgetown University's Masters in Aging and Health Program. Through this model, older adult learning partners join the class on a regular basis for a shared learning experience with students, creating a multi-generational and experiential classroom. Learning partners and students share their perspectives on various topics in the Psychology of Aging and participate in discussions equally. The presentation will describe how the course is structured, including how Learning Partners are invited and included, the creation of an inclusive and reciprocal classroom environment, and reported impact from both students and Learning Partners. In the spirit of person-centered thinking and critical Gerontology, the panel will present a call for action to consider how we can ensure that gerontological education is not offered in an academic vacuum that excludes the participation of older adults, and encourages multi-generational, critical discourse on the lived experience of growing older. In doing so, we hope to prepare emerging gerontologists, those interested in the aging field, and others, to see older adults as us, not them, and create a new paradigm of growing older.

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### **Community-Based Services and the Care Partner Experience Paper Session**

This paper session will explore different aspects of how care partners access and utilize community-based services.

***All times are Eastern Standard Time.***

GRANBY C

### ***Barriers to Community Service Use Among Persons Living with Dementia and their Care Partners: A Focus on Consumers of a Novel Statewide Dementia Care Program in Georgia***

*Dr. Alexis Bender, Emory University*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

### ***The association between choice and perceived stress and burden among caregivers of home and community-based Medicaid waiver participants***

*Sydney Jatio and Dr. Caitlin Torrence, Clemson University*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

### ***Association between providing clinical care and receiving clinical instruction on perceived preparation for caregiving of participants receiving home and community-based Medicaid waiver services in South Carolina***

*Reese Frederickson, Lauren Zink, and Dr. Caitlin Torrence, Clemson University*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

### ***Social Media Representations from Home-Based Black Caregivers of Persons Living with Dementia***

*Dr. Meredith Troutman-Jordan, University of North Carolina at Charlotte*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

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### **Health Disparities & Aging Paper Session**

This paper session will focus on different disparities in an older adult's health and wellness as impacted by race.

ENERGY

### ***Are Black Seniors Logging on to Health Information Technology? Examining the Relationship Between Digital Health Management and Emotional and Physical Well-Being with the National Health Interview Survey***

*Dr. Carlene Buchanan Turner, Norfolk State University*

## AGE-RELATED HEALTH AND WELLNESS

### ***Vicarious Exposures to Major Discrimination through Partners, Depressive Symptoms and Anxiety Symptoms among Aging Black Adults***

*Dr. Myles Moody, University of Alabama at Birmingham*

## DIVERSITY TOPICS IN AGING COMMUNITIES

### ***"The word of God is my medication": Religious justification and vaccine hesitancy among older African Americans***

*Dr. Antonius Skipper, Georgia State University*

## DIVERSITY TOPICS IN AGING COMMUNITIES

### **An exploration of factors that influence urban and rural African American participation in ADRD research**

*Dr. Travonia Brown-Hughes, Hampton University*

## DIVERSITY TOPICS IN AGING COMMUNITIES

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### **Social Engagement and Isolation Paper Session**

The paper session will focus on aspects contributing to social isolation and ways to the effects of social engagement on older adults.

## FUSION

### ***Longitudinal Association between Depressive Symptoms and Cognitive Functioning among Korean Older Adults: The Moderating Role of Social Engagement***

*Dr. Hyun Kang, George Mason University*

## AGE-RELATED HEALTH AND WELLNESS

### ***The Role of the Salon in Meaningful Engagement of Persons with Dementia in Assisted Living***

*Ginger Heidbreder, Georgia State University*

## CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

### ***Current Georgia State University H.O.P.E. lab combines warm calling programs to lessen social isolation, loneliness, and elevated suicidality (SILES) among older adults***

*Chanel Reid, Georgia State University*

## AGE-RELATED HEALTH AND WELLNESS

### ***Meet SoHeCo: A Holistic and Interactive Measure of Social Isolation***

*Dr. Sarah Marrs, Virginia Commonwealth University  
Sara Link, Virginia Department for Aging and Rehabilitative Services*

## AGE-RELATED HEALTH AND WELLNESS

**11:45 AM – 1:15 PM**

### **SGS AWARDS CEREMONY LUNCH**

GRANBY D/E

Join us in a celebration of those who have been recognized for one of SGS's many prestigious awards. You are invited to wear your favorite fun or festive hat!

**1:30 PM – 2:30 PM**

### **CONCURRENT SESSION E**

### **PRESIDENT'S SPOTLIGHT SESSION - Taking It Personally: Providing Options to Improve Outcomes**

GRANBY D/E

*Sara Stowe and Liz Havenner, Virginia Department for Aging and Rehabilitative Services (DARS)*

## DIVERSITY TOPICS IN AGING COMMUNITIES

Increasing caseloads and fewer program dollars and options have left direct service workers feeling overwhelmed and frustrated. The psychological stress created when there is a perceived imbalance between resources and demands is a leading contributor to staff burnout. What if there was a way to reframe those perceptions and to employ person-centered strategies that could ease those perceived imbalances between resources and demands. Is it possible the very people they support have the answers? Person-Centered practice is multi-faceted, benefiting not only the person receiving supports and services but also the direct service workers assisting those individuals. Therefore, taking it personally by practicing person centeredness and programs like Options Counseling will contribute to increased confidence, job satisfaction, and overall wellbeing for staff and those they support; all while improving individual outcomes. This workshop will demonstrate how to utilize Person Centered

Thinking (PCT) tools and strategies for providing options to influence individual and organizational change, providing a culture of the core PCT principles of respect, trust, partnership, and collaboration.

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## **Washington Update and Why You Should Care**

PAUL D. FRAIM

Robert Blancato, *Matz, Blancato & Associates*

This session will provide current information on major aging-related federal public policy issues and education on how to effectively advocate with Congress and the Executive branch. It will also have an interactive Q&A session to discuss additional policy issues of importance to SGS.

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## **Journal of Applied Gerontology: Meet and Greet with Editor, Dr. Julie Robison**

MOMENTUM 2/3

*Dr. Julie Robison, UConn Health Center on Aging*

This session will provide an overview of *Journal of Applied Gerontology's* vision and processes and tips for authors and reviewers, followed by Q & A for prospective authors.

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## **100th Day of School Celebration: Cultivating Positive Views of Centenarians, Aging, and Long Life**

GRANBY C

*Dr. Cynthia Hancock, University of North Carolina Charlotte*

*Dr. Tina Newsham, University of North Carolina Wilmington*

*Katie Sullivan, University of North Carolina Charlotte*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

Upon learning that some teachers and schools celebrate the 100th day of school by asking young children to dress up “like a 100-year-old,” a group of

gerontologists questioned what ideas about aging are reinforced by such an activity. The “fun” activity of dressing like a centenarian teaches children that it is okay to celebrate at the expense of another segment of the population and that we should expect older people to appear frail, weak, confused, and out of touch. Unfortunately, in our modern society, many people of all ages think of older people and centenarians through the lens of these negative aging stereotypes with little to live for and offering little purpose in our society. We are enculturated to ageism throughout our lives. The sources of enculturation are vast, from subconscious negative impressions left from seemingly innocent birthday cards and anti-aging products (implicit messages) to statements about the appropriate age for societal roles such as president (explicit messages). Partnering with experts in early childhood and elementary education, the team created a toolkit to offer accurate information about centenarians, aging, and ageism and to give teachers options for celebrating the 100th day of school in a way that reinforces important academic content, addresses prekindergarten to second grade learning standards and outcomes, and supports age-inclusivity rather than ageism. The purpose of this presentation is to share data from a pilot study of the curriculum and next steps for advancing aging education among very young learners.

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## **Challenges and Opportunities in Growing the Eldercare Workforce: Findings from a Geriatric Workforce Summit**

ENERGY

*Min Kyoung Park, University of Maryland, Baltimore  
Joy Taylor, Maryland Area Health Education Center – West*

*Meredith Hochman, Central Maryland Area Health Education Center*

*Dr. Diane Martin, University of Maryland, Baltimore*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

Addressing workforce challenges affecting long-term care and related industries must be informed by a conceptual framework that acknowledges

employer needs and the unique circumstances affecting employees. In fall 2022, we hosted a state-wide geriatric workforce summit with a two-fold purpose: (1) identify challenges with recruitment and retention in long term care workforce and (2) formulate opportunities to build a pipeline of talent while being adaptive to a new generation of employees. Frontline staff, licensed professionals, managers, and directors attended the half-day event to share their perspectives on factors influencing recruitment and retention of employees in the senior service and care sector and identify strategies to reverse current trends resulting in the shrinking of the eldercare workforce. In addition to wages and benefits, small group discussions identified barriers permeating from ageism, low employee morale, and a lack of mentorship and career development opportunities within organizations. Participants shared ideas about the role institutions of higher education and area health education centers can play in overcoming some of the identified challenges. In this session, we will share the findings of our geriatric workforce summit and exchange ideas that can make delivery of long-term care services and supports to older people an attractive career choice.

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### **PTCG: Coping with Post Traumatic Caregiving**

FUSION

*Mike Verano, Optima EAP*

#### **CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS**

According to a 2015 AARP study, over 40 million Americans are caregivers. While we know a lot about the experiences of this group—the financial, mental, and emotional impact—what is not always clear is how they entered into their caregiver roles. Studies on stress, burnout, and compassion fatigue have identified the challenges faced by caregivers and often provide survival tips. What has not garnered the same amount of attention is the fact that many people enter into this realm shell-shocked—stunned into emotional turmoil by witnessing a critical moment in the life of a loved

one. This experience is best described as post traumatic caregiving, or PTCG for short. When arising out of trauma, caregiving becomes a practice in the awareness that one has been thrown off balance and that multiple demands are drawing on energies, that while heightened, may not be channeled in a positive direction. This workshop offers insights into the nature of PTCG and practical tips for coping with its fallout, while at the same time practicing the art of caregiving.

**2:45 PM – 3:45 PM**

### **CONCURRENT SESSION F**

#### **PRESIDENT'S SPOTLIGHT SESSION - Easy Access to Health and Wellbeing with No Wrong Door Virginia**

PAUL D. FRAIM

*Hollie Lutz and Sara Link, Virginia Department for Aging and Rehabilitative Services*

#### **AGE-RELATED HEALTH AND WELLNESS**

No Wrong Door Virginia is pleased to present a workshop to demonstrate the use of award-winning tools that address health and wellbeing for older adults and people with disabilities. Virginia Easy Access is No Wrong Door's easy-to-use site designed for any adult in need of local resources: caregivers, service providers, and/or individuals themselves. Virginia is a leader among states operating the federal No Wrong Door initiative which exists to streamline access to home and community based services through effective partnerships, holistic supports with person-centered practices, and essential resources that address quality of life through the social determinants of health. In this workshop, participants will see both the easy-to-use "front end" of the public-facing website, and also see the "back end" of state and national databases that feed into localized results.

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#### **Assessing What Matters Most to Persons with Dementia and Their Caregivers: An Interprofessional, Interactive Learning Strategy**

GRANBY D/E

*Dr. Mary Rubino, Eastern Virginia Medical School*  
*Kimberly Davis, Virginia Commonwealth University*  
*Dr. Robert Fix, Virginia Commonwealth University*  
*Health System*  
*Dr. Jodi Teitelman, Virginia Commonwealth*  
*University*  
*Temple West, Eastern Virginia Medical School*

#### CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

The 4Ms of Age-Friendly Healthcare frames medical care of older adults around what Matters Most, Medications, Mobility and Mentation. As the US population ages, more older adults are living with a dementia diagnosis and often receive care from a spouse or other family member. The family caregiver is uniquely positioned to incorporate effective strategies to care for their loved one as the dementia progresses; however, they often lack understanding of how to best provide that care. Assessing what Matters Most to the older adult and family is one way to prioritize the needs of such patients and provides an opportunity to incorporate an interprofessional approach to care. Good dementia care should include resources that an interprofessional team can provide, for example, by incorporating strategies from physical and occupational therapy, social work, and the medical team. This innovative workshop will focus on providing attendees with the skills to assess What Matters Most to an older adult living with dementia and their spouse within the context of an interprofessional team visit. Attendees will learn how to provide resources and support that incorporate a patient-centered approach. To apply these concepts, attendees will participate in an interactive simulation activity with a standardized patient and family caregiver. A group debrief will be used to reinforce learning.

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#### **Working with Sexual and Gender Minority Older Adults**

MOMENTUM 2/3

*Dr. Jeffrey Lentz, Emory University*

#### GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT

The sexual and gender minorities population continues to age and is at risk for utilizing long-term care services. This poses an issue for long-term service administrators and staff as they are not prepared to provide inclusive quality care for sexual and gender minority older adults. In order to give quality inclusive care to older sexual and gender minority adults, long-term care administrators and staff need to have a basic understanding of terms, history, trauma, and intolerance sexual and gender minorities experienced throughout their life course. In addition, learn how to make their communities safe, welcoming, and inclusive for sexual and gender minority older adults. This workshop will give participants an overview and best practices for working with older sexual and gender minority adults in personal care homes, assisted living communities, and nursing homes. Topics include terms, historical trauma, discrimination, prejudice, dementia, statistics, and resources to make communities safe, welcoming, and inclusive.

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#### **Best Practices for teaching Dying, Death, and Bereavement during a pandemic**

GRANBY C

*Dr. Megan Smith, The University of North Carolina Charlotte*

#### GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT

The class topic of Dying, Death, and Bereavement is central to a gerontology education, but during a pandemic this topic poses new challenges. Currently, I teach this course at The University of North Carolina Charlotte, known for high admittance of first generation college students. This population of students also experience, as do their families and friends, many of the social characteristics that led to higher rates of contraction and death from COVID. A number of students personally lost multiple family members. The recent deaths make learning about this topic challenging. This presentation focuses on the best practices of teaching a common course that contains new

meaning with the pandemic. I will share some of the strategies I employed in the class to focus on learning while also supporting students who at times struggled with the content of the course due to personal experience.

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## **Utilizing Evidence-Based Practice to Impact Gerontological Education and Professional Development**

ENERGY

*Dr. Tracy McClinton, University of Tennessee Health Science Center*

### **GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT**

In the age of new technologies and pharmaceutical breakthroughs, improving the geriatric population's health is a primary concern to ensure aging adults receive evidence-based care which enables them to thrive in society. Teaching advanced practice nursing (APRN) students evidence-based practice competencies to implement change is a key approach to improving patient safety and healthcare outcomes. Evidence-based practice (EBP) competencies are best practices for improving health care outcomes, as evidence informs us on how to implement practice changes. The Seven Steps of Evidence-Based Practice Model incorporates change utilizing EBP competencies which begin with a spirit of inquiry in asking the appropriate questions to improve care in the geriatric population. Subsequent competencies include: 1) formulating a strong P-I-C-O-T question, which includes the population, intervention, comparison, outcome, and time when appropriate, 2) searching the databases for the correct evidence, 3) critically appraising the evidence, 4) synthesizing the evidence, 5) integrating the evidence, 6) evaluating the outcomes, and 7) disseminating the findings. Teaching these EBP skills to advanced practice nurses who care for our aging older population is vital to ensure best practices are implemented in our clinics, hospitals, pharmacies, rehabilitation centers, long-term care facilities, and everywhere care is provided for the geriatric patient. This pedagogical strategy of teaching evidence-based practice

competencies aligns with National Organization of Nurse Practitioner Faculties (NONPF) Core Competencies of the nurse practitioner and the American Association of Colleges of Nurses (AACN) Essentials. Utilization of specific tools in teaching EBP competencies improves safety and healthcare outcomes within the geriatric population.

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## **It Takes a Village: Creating Community to Transform Health and Healing**

FUSION

Mary Fridley, East Side Institute

### **CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS**

The latest advances in medicine are awe-inspiring. However, most of us experience a huge gap between the marvels of medical technology and the actual experience of trying to navigate an increasingly complex and uncertain healthcare system. Being a patient, dealing with the uncertainty of illness and its impact, is often lonely and confusing. The late Dr. Susan Massad was an innovative primary care physician and community organizer who, in the mid-1980's, pioneered a method for engaging this gap, empowering patients, and supporting the patient/doctor relationship: health teams! Health teams - made up of patients and their friends, family, and colleagues - socialize the health process and place an emphasis on collective decision-making. Over the last four decades, dozens of health teams, some lasting a few months, others a few years, have been formed. Each is unique, but all revolve around the belief that illness is a communal experience and an understanding of emotional growth as possible for all involved. Since Dr. Massad's death in 2021, interest in health teams has increased, with growing numbers of people, including those living with dementia, cancer, and other serious conditions, are experimenting with this new modality of care. We hope you will join us for a creative and philosophical exploration of collaborative health.

## 3:45 PM – 4:15 PM

### EXHIBITOR BREAK WITH AFTERNOON REFRESHMENTS

#### GRANBY FOYER

Please show your gratitude to our Sponsors & Exhibitors for their support of the 44<sup>th</sup> Annual Meeting & Conference. Be sure to stop by their tables to learn more about their wonderful programs and services.

### JAMES PEACOCK SILENT AUCTION

#### MOMENTUM 1

Bid High! Bid Often! Proceeds from our Silent Auction benefit our Student and Older Adult travel scholarships. Won't be here for closing bids? Some items have a Buy Now price so you can snag your favorites today! This year, our Silent Auction is named in memory of Dr. James Peacock, a Past-President of SGS.

## 4:15 PM – 5:45 PM

### CONCURRENT SESSION G

#### PRESIDENT'S SPOTLIGHT SESSION - Enhancing Primary Care for Persons Living with Dementia: A Comparison of Model

#### GRANBY D/E

*Dr. Daniel Bluestein, Virginia Commonwealth University*

*Dr. Mary Rubino, Eastern Virginia Medical School*

*Kim Ivey, Virginia Commonwealth University*

*Dr. Patricia Slattum, Virginia Commonwealth University*

*Dr. Ishan Williams, University of Virginia*

*Dr. Christy Jensen, Riverside Center for Excellence in Aging and Lifelong Health*

#### GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT

Primary care can contribute to dementia management through screening, exclusion of treatable contributors, optimal inpatient care, and subsequent aftercare. Although many primary care venues manage dementia well, others are less successful. Challenges include knowledge

limitations, difficult care coordination, therapeutic nihilism, and clinician burnout. Consequences entail delayed diagnosis, non-disclosure of diagnosis, diagnostic errors, hospitalization complications, and ineffective aftercare. These adversities are magnified for African-American, rural, and underinsured patient populations. A variety of innovative educational interventions addressing these issues have arisen, catalyzed in part by the COVID epidemic, and of which the Virginia Geriatric Education Center's Geriatric Workforce Enhancement program has sponsored five. These include a Project ECHO (Extension for Community Healthcare Outcomes) series regarding primary care for dementia, a caregiver empowerment webinar, an outreach program to rural practices and underserved patient constituencies, microlearning sessions on dementia care for our primary care providers, and resident physician education concerning dementia, geriatrics, and social determinants of health. All have achieved initial success yet face challenges to reaching their full potential. The symposium will begin with a brief overview of the status of dementia primary care, including challenges and opportunities. The aim is to provide context for subsequent presentations wherein each of the 5 presenters will then describe their respective programs. The session will conclude with questions and answers, as well as a summarization and consideration of how to move forward.

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#### **Bridging the Gap: A Partnership Approach to impact diversity in Alzheimer's clinical trials**

PAUL D. FRAIM

*Katie McDonough and Alisa Lofton, Alzheimer's Association, Southeastern Virginia Chapter*

*Dr. Bahar Niknejad and Dr. Hamid Okhravi, Glennan Center for Geriatrics and Gerontology-Eastern Virginia Medical School*

*Dr. Travonia Brown-Hughes, Dr. Ebony Andrews, and Deborah Hudson, Hampton University School of Pharmacy*

*Dr. Ethlyn McQueen-Gibson, Gibson & Gibson Health Consultants LLP*

## CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

Academic and biomedical researchers face challenges across the scientific community in recruiting a diverse participant base in clinical trials, and the Alzheimer's research community is no exception. This presentation will explore the application of the Community-Based Participatory Research (CBPR) model, which utilizes the networks of community-based organizations and groups to build local relationships with underserved communities. This presentation will investigate collaboration among the Alzheimer's Association Southeastern Virginia Chapter, Eastern Virginia Medical's School Glennan Center for Geriatrics and Gerontology, and Hampton University to diversify the participant base in clinical trials. Panelists will share an overview of Alzheimer's research, the disproportionate impact on Black and Hispanic communities, and the challenge of recruiting underrepresented participants. The discussion will explain, through case examples, the application of CBPR including the roles of key stakeholders, implementation of both volunteer and staff-centered models, and analysis of program replication concepts.



### **Florida Policy Exchange Center on Aging Research on Workforce Programs to Improve Staff's Capacity to Provide Better Care**

MOMENTUM 2/3

*Dr. Debra Dobbs, Dr. Hongdao Meng, and Dr. Lindsay Peterson, University of South Florida*

## CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

Researchers from the University of South Florida's Florida Policy Exchange Center on Aging will present research on staffing in nursing homes (NHs) and assisted living communities (ALCs) that aim to improve care provision. The first study addresses the NH workforce shortage. In Florida, 700 NHs serve close to 85,000 residents. With a nurse aide shortage, it is difficult to meet staffing level standards. To address the shortage, Florida recently

implemented a new law to allow unlicensed personal care attendants (PCAs) to be counted as part of the workforce staffing levels. In the first study, results about the ratings by administrators of the PCA program's effectiveness will be presented. Qualitative responses from administrators will also be discussed. Of the more than 800,000 older adults who live in ALCs in the U.S., close to 10% (75,000) reside in Florida; 40% of those have a diagnosis of Alzheimer's disease or related disorder (ADRD). The second study will present the protocol of a clinical trial to test the efficacy of a music intervention to reduce agitation in a sample of residents with ADRD (N=160 residents; 16 ALs). The third study will present a palliative care education in AL intervention for staff caring for persons with ADRD. We will share lessons learned from pilot studies that developed and tested the intervention in a sample of 10 ALs among 118 residents with ADRD and 23 nursing staff and administrators. Intervention development, recruitment, data collection, and data analysis will be discussed.

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## **Harnessing the Passion and Power of Student Volunteers**

GRANBY C

*Mary Anand, Rajita Kanapareddy, Nealy Minson, Hannah Stamos, and Erica Watson, Glennan Center for Geriatrics and Gerontology-Eastern Virginia Medical School*

## AGE-RELATED HEALTH AND WELLNESS

Volunteerism and community service are among the foundational elements of American culture. Eastern Virginia Medical School (EVMS) recognized that integrating meaningful volunteer and community service opportunities in the communities of Hampton Roads, with structured learning in its curriculum strengthens the knowledge and skills of its students. Join us for an exciting and inspirational tour of six unique student-led, fiercely owned, community service programs. This session will demonstrate a template upon which to build formalized volunteer experiences that extend learning beyond the limitations of the classroom and clinic. Community-engaged learning is more than

logging volunteer hours and can transform values and ideals commensurate with other teaching strategies.

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### **Formal and Informal Care Challenges Paper Session**

This paper session will explore challenges and opportunities facing formal and informal caregivers and care partners.

#### **ENERGY**



#### **Assessing unmet dementia-related care needs of informal care partners by spousal status**

*Gretchen Tucker, University of Maryland*

*Baltimore, Baltimore County*

CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS

#### **Developing a public health toolkit for the cultural adaption of dementia caregiver programs**

*Tony Stallings, University of Texas Health Science*

*Center at Houston, University of Minnesota*

*Jaylah James, North Carolina A&T State University,*

*University of Minnesota*

DIVERSITY TOPICS IN AGING COMMUNITIES

#### **Post-acute care and long-term care leaders' experiences leading during a pandemic: factors associated with leaving the profession**

*Dr. Sandi Lane, Appalachian State University*

CAREGIVING, CARE SUPPORT, AND CARE

PARTNERSHIPS



#### **Nursing Home Staff Perspectives on Person-Centered Care: What Matters for Care Outcomes?**

*Dr. Jennifer Craft Morgan and Dr. Elisabeth*

*Burgess, Georgia State University*

*Yun-Zih Chen, University of Maryland Baltimore,*

*Baltimore County*

CAREGIVING, CARE SUPPORT, AND CARE

PARTNERSHIPS

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### **The Causes of the Causes Paper Session**

This paper session will explore social determinants of health and their impact on different aspects of an older adult's health and wellbeing.

**All times are Eastern Standard Time.**

#### **FUSION**

#### **Social Determinants of Cognitive Decline among US Older Adults with Tooth Loss**

*Dr. Cynthia Williams, School of Global Health*

*Management & Informatics, University of Central Florida*

DIVERSITY TOPICS IN AGING COMMUNITIES

#### **The Influence of Social Determinants of Health on Morbidity through Family Relationships: Pathways to Wellness using the Biobehavioral Family Mode**

*Rachel Regal, Virginia Commonwealth University*

ENVIRONMENT & LOCATION: THE POWER OF PLACE

#### **Social Determinants of Health of Older Afghan Refugees and Evacuees in the US: A Scoping Review**

*Dr. Sudha Shreeniwas, The University of North*

*Carolina, Greensboro*

DIVERSITY TOPICS IN AGING COMMUNITIES

#### **'Cane, Muck, and Community Connections: Soil and Air Matters**

*Dr. Lisa Wiese, C.E. Lynn College of Nursing, Florida*

*Atlantic University*

ENVIRONMENT & LOCATION: THE POWER OF PLACE

**6:00 PM – 7:30 PM**

#### **UMB/UMBC & Sigma Phi Omega Networking Event**

Excited to see everyone at SGS. Please join us for drinks, tasty treats, and networking with fellow gerontologists. It's free! While pre-registration is appreciated, it is not required. All are welcome.

**7:45 PM – 10:00 PM**

#### **STUDENT AND EARLY CAREER MIXER**

The SGS Student and Early Career Committee invites you to network with your fellow student and early career attendees over games, drinks, and eats at Circuit Social. Meet at the Registration Desk at 7:45 PM for a short walk to the venue.

**7:00 AM – 7:00 PM**

**REGISTRATION DESK OPEN**

**7:30 AM – 6:00 PM**

**JAMES PEACOCK SILENT AUCTION OPEN**

MOMENTUM 1

**7:30 AM – 9:30 AM**

**SGS BUSINESS MEETING BREAKFAST**

Regardless of your SGS membership status, all attendees are welcome to attend this annual meeting of the society. Our committees will report their activities and successes over this past year and share exciting news of what is to come. Come and learn more about SGS and ways to get involved!

**9:45 AM – 11:15 AM**

**CONCURRENT SESSION H**

**CAREWORK NETWORK SPOTLIGHT SESSION  
- Multiple Undervalued Perspectives on  
Care Provision Systems**

GRANBY D/E

*Dr. Francesca Degiuli, Farleigh Dickinson University*

*Kim McRae, Have a Good Life*

*Stephanie Flowers, VCU Health*

*Dr. Annie Rhodes, Virginia Commonwealth University*

CAREGIVING, CARE SUPPORT, AND CARE  
PARTNERSHIPS

A person's trajectory into, through, and between long-term care settings is influenced by multiple stakeholders. Some of these stakeholders are not often acknowledged for their role or the value they bring to supporting older adults to have high-quality care and high quality of life. This panel session explores three stakeholder groups and their influence on the care and support trajectories of older adults across long-term care settings. The first paper explores the role that geriatric doctors play (or fail to play) in shaping how aging is understood by society at large, and the effects that this limited understanding has on the choices that individuals,

families, and institutions make to address it. The second paper describes the journey of a family caregiver turned advocate and discusses the multiple ways family caregivers feel disenfranchised, and how organizations can utilize family caregivers to support and serve as essential collaborators to enrich the lives of loved ones in their care. The final paper pairs a researcher and a frontline community health worker. This is a case study demonstrating how direct care workers embedded in their communities are uniquely situated to forge bonds of trust with older adults who are vulnerable and medically underserved. The paper also discusses how direct care workers are in a unique position to promote improved outcomes for their patients, because of the frequent contact with both patients and the broad healthcare team. Implications for collaboration and empowerment practices and care system reform will be discussed.



**Gerontology and High School  
Engineering: Building & Creating  
Educational Memories**

PAUL D. FRAIM

*Dr. Candace Brown, University of North Carolina  
Charlotte*

*Dr. Marianne Chanti-Ketterl, Duke University*

*Renato Laucas, Trinity School of Durham and Chapel  
Hill*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

This session is dedicated to exposing those in education to the experiences that are beyond the typical university or community learning setting. Exposing high school students to the discipline of Gerontology, in a STEM focused class, was an effective way to help students understand the aging process while they were engaged in a building activity. Creating Memory Boxes in an Engineering class was a unique way of integrating both autonomy and group work in the classroom. Bridging the high school class with university researchers who taught the students about

Alzheimer's Disease made the learning process more complete as the students learned that this aspect of aging can be impacted in multiple ways. This class experience has the potential to spark an interest in aging.



## **The Importance of Resident Councils for Self-Advocacy in Long-Term Care**

MOMENTUM 2/3

*Dr. Kim Stansbury, North Carolina State University  
William Lamb, Friends of Residents in Long-Term Care*

*Dr. Willa Casstevens, Buena Vista University  
Lauren Zingraff, National Association of Social Workers North Carolina Chapter*

### **ADVOCACY FOR AND BY OLDER ADULTS**

One of the results of the pandemic for nursing home residents was that residents were isolated in their rooms for safety reasons, leading to extreme social isolation and the cessation or reduction in Resident Council meetings at most facilities. North Carolina State University (NC State) School of Social Work and community partner Friends of Residents in Long-Term (FOR) had received a Civil Monetary Penalty grant prior to the pandemic aimed at developing resource material and supports to enhance the operation of nursing home Resident Councils in North Carolina. These resources and supports were developed primarily through virtual collaboration among stakeholders, including nursing home residents, during the pandemic. Five short videos and an accompanying manual were developed on different aspects of Resident Council development and operation. Regional ombudsmen were trained and used to introduce videos and the manual at five nursing homes in North Carolina. After these were piloted, a team member conducted semi-structured interviews to evaluate Resident Council reactions to the material. Responses were generally favorable, and at least one nursing home decided to include the first video in its new resident orientation. This panel presentation describes the design and purpose of the project, the importance of residents having a voice in the care they receive, and

how Resident Councils are an important component of collective advocacy in long-term care settings.

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## **Shining a Light on Unseen Populations Paper Session**

This paper session will spotlight the challenges experiences by populations that are often overlooked in our field including refugees, older adults without children, and adults under guardianship.

ENERGY

### ***The significant unseen older adult refugee; the case of 'Akida', a Congolese refugee resettled in the United States.***

*Joy Birabwa, University of North Carolina Greensboro*

DIVERSITY TOPICS IN AGING COMMUNITIES

### ***What About Us? The Aging Without Children Advocacy Movement***

*Dr. Sara English, Winthrop University*

ADVOCACY FOR AND BY OLDER ADULTS

### ***People Under Guardianship in Rural Virginia***

*Dr. E. Carlisle Shealy, Virginia Tech*

ADVOCACY FOR AND BY OLDER ADULTS

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## **End of Life Considerations Paper Session**

This paper session will discuss different decisions and options older adults face as they approach end of life while also exploring challenges in communicating these choices to this population.

FUSION

### ***Racial/Ethnic Disparities in Advance Care Planning Among Older Adults Across Cognitive Functioning Levels***

*Dr. Zahra Rahemi, Clemson University*

AGE-RELATED HEALTH AND WELLNESS

### ***"Turning it over to God": African American Assisted Living Residents' End-of-Life Preferences and Advanced Care Planning***

*Dr. Candace Kemp, Georgia State University*

DIVERSITY TOPICS IN AGING COMMUNITIES

***End of Life in Assisted Living: A Focus on Experiences and Unique Care Needs of Special Populations***

*Dr. Jeffrey Lentz, Emory University*

DIVERSITY TOPICS IN AGING COMMUNITIES



***Physician Orders for Scope of Treatment in Rural Southwest Virginia***

*Dr. Pamela Teaster, Virginia Tech*

ADVOCACY FOR AND BY OLDER ADULTS

**11:30 AM – 1:15 PM**

**LUNCH ON YOUR OWN**

**12:00 PM – 1:00 PM**

**SIGMA PHI OMEGA MEMBER BUSINESS & AWARDS MEETING**

GRANBY D/E

**1:15 PM – 2:15 PM**

**CONCURRENT SESSION I**

**SGS ADVOCACY AND PUBLIC POLICY COMMITTEE SPOTLIGHT SESSION - Develop Your Advocacy Path**

GRANBY D/E

*Dr. Annie Rhodes, Virginia Commonwealth University*

ADVOCACY FOR AND BY OLDER ADULTS

The advocacy "pitch" is a brief persuasive tool that conveys an issue's importance and convinces others to support it. A good pitch can be used in digital and face-to-face advocacy and organizational or political contexts. But, it can be daunting to know where to start. An impactful "pitch" requires clear communication of the key messages and a call to action. At this workshop, participants will learn about the current advocacy priorities of SGS and advocacy resources. Participants will also structure their personal advocacy "pitch". Come to this interactive, low-stress workshop to practice developing or refining your gerontological advocacy and support your peers by providing valuable feedback. Network, collaborate, and learn how fellow SGS members use advocacy to advance essential causes for older adults—presented by the Public Policy and Advocacy Committee. The SGS

Public Policy and Advocacy Committee believe that all SGS members have a role to play in advocacy and supporting the SGS mission of bridging research and practice. The committee also curates a collection of national and state advocacy resources for members on the SGS website.

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**Exploring the Feasibility of a Statewide Advance Care Planning Helpline**

PAUL D. FRAIM

*Eleanor Jones, Honoring Choices Virginia*

AGE-RELATED HEALTH AND WELLNESS

With funding from the Southern Gerontological Society, Honoring Choices Virginia began researching what it would take to pilot an Advanced Care Planning (ACP) helpline in Virginia, based off of pilot studies in Minnesota. This presentation will explore the current ACP technology landscape, the potential usefulness of an ACP helpline, and findings from our grant work.

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**Evidence-Based Non-Clinical Service Delivery Advantages and Challenges**

MOMENTUM 2/3

*Dr. Jim Mitchell, Professor Emeritus, East Carolina University*

ADVOCACY FOR AND BY OLDER ADULTS

Based upon a former project as a "best practice," A Demonstration Service Allocation Program for the Rural Elderly, conducted from 1989 to 1991 as a springboard, the advantages of an evidence-based approach to planning for and delivering community-based and in-home services to elderly people will be discussed, tempered by the discussion of challenges to implementation and continuation. Consistent with the SGS mission to encourage academic and service-provider partnership, advantages of and challenges to the development, implementation, and continuation of a data-based approach to planning and delivering services will be discussed from both university-based academic and service-provider perspectives.

## **Community-Based Training in Care of Older Adults: Opportunities for Emergency Medical Services Providers**

### **ENERGY**

*Dr. Kimberly Davis, Virginia Commonwealth University*

### **GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT**

There is an identified need to provide Emergency Medical Services (EMS) providers with foundational knowledge and skills in care of older adults. EMS providers are uniquely positioned to recognize, intervene, and connect older adults and caregivers to community resources. Further, they can provide invaluable information and referrals to primary care providers (PCP), including partnering with the PCP for long-term management. However, they receive little to no formal training in best practices for care of older adults. This ongoing HRSA-funded project incorporates a two-pronged approach to training EMS providers: (1) training in advance care planning needs including introduction of the Physician Orders for Scope of Treatment, medical-ethical conversations in end of life, and patient advocacy; and (2) training on the challenges of living with dementia from both the patient and caregiver perspectives including disease progression, management, communication skills, and community resources. Training was provided to EMS providers in Northern Virginia in 2022 and will be expanded to Southwest Virginia during 2023. Content aligns with goals set forth in the Dementia State Plan 2020-2024: Building a Dementia Capable Virginia which seeks to incorporate a public health approach to mitigate its impact. As front line workers, EMS providers are uniquely poised to help with early identification for older adults who would benefit from referral and early treatment, thereby reducing disease and disability.



## **The Importance of Informal Social Networks for Mid-Career Professionals in Gerontological Education**

### **FUSION**

*Dr. Chris Kelly, University of Nebraska at Omaha  
Dr. Alexis Bender, Emory University  
Dr. Candace Kemp and Dr. Jennifer Craft Morgan, Georgia State University  
Dr. Ishan Williams, University of Virginia*

### **GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT**

As gerontology programs in higher education institutions have experienced periods of both expansion and contraction in the past 25 years, one constant has been the collaboration of academics in aging both within and across institutions, particularly academics from the same cohort. In this panel discussion, five scholars and SGS members, all trained in the 2000s, provide examples of these collaborations, across topics that include family caregiving supports, health care and long-term care disparities, the recruitment of the direct care workforce, and the regulation of long-term supportive services. This discussion is intended to illuminate how informal social networks have helped now mid-career academics achieve professional growth while making substantial contributions to the base of knowledge in a still emerging discipline.

### **2:15 PM – 2:45 PM**

## **EXHIBITOR BREAK WITH AFTERNOON REFRESHMENTS**

### **GRANBY FOYER**

Please show your gratitude to our Sponsors & Exhibitors for their support of the 44<sup>th</sup> Annual Meeting & Conference. Be sure to stop by their tables to learn more about their wonderful programs and services.

## **JAMES PEACOCK SILENT AUCTION**

### **MOMENTUM 1**

Bid High! Bid Often! Proceeds from our Silent Auction benefit our Student and Older Adult travel scholarships. Won't be here for closing bids? Some items have a Buy Now price so you can snag your favorites today! This year, our Silent Auction is

named in memory of Dr. James Peacock, a Past-President of SGS.

**2:45 PM – 4:15 PM**

## **CONCURRENT SESSION J**

### **PRESIDENT'S SPOTLIGHT SESSION - Transdisciplinary Team Science for Health and Wellness Across the Lifespan: Richmond Health and Wellness Program**

GRANBY D/E

*Dr. Marissa Mackiewicz, Virginia Center on Aging at  
Virginia Commonwealth University*

*Natalie Mansion, VCU School of Nursing*

*Dr. Faika Zanjani, VCU College of Health Professions*

*Dr. Elvin Price, VCU School of Pharmacy*

#### **AGE-RELATED HEALTH AND WELLNESS**

The problems that intersect healthy aging and society are complex, and many health and wellness issues affecting minoritized older adults are related to social determinants of health and health disparities. Effectively addressing these issues requires coordinated service, teaching, and research efforts across multiple disciplines. Our transdisciplinary team includes a network of health service delivery and community partners that work synergistically with academic researchers toward addressing the community's health and wellness needs. Addressing the disparities affecting low-income older adults aging in place requires an authentic partnership with the community. As a part of our mission to address community concerns and advance social equity, we developed a Community Advisory Council. The Advisory Council meets to ensure the community's voice is integrated into a sustainable program of research and service. The team is focusing on health and wellness needs identified by the community. We will discuss programs addressing 1) factors affecting digital health access and use, 2) food insecurity, 3) health and behavior change with health coaching, 4) personalized medication approaches with pharmacogenomics, and 5) substance use disorder. Each program relies on partnership equity between the university and various community partners. Collectively these programs nurture communities

by enhancing the social and health aspects of daily living. The team members will present the health and wellness outcomes from each of these programs and describe how the team's shared work has impacted our understanding of what is needed to create sustainable solutions to address complex social health problems for older adults.



### **Advancing Solutions: Dementia- Related Disparities and Person- Centered Dementia Care**

PAUL D. FRAIM

*Dr. Debra Tann and Dr. Jennifer Craft Morgan,  
Georgia State University*

*Kim McRae, Have a Good Life*

*Rose Marie Fagan, The Live Oak Project*

#### **CAREGIVING, CARE SUPPORT, AND CARE PARTNERSHIPS**

In the U.S., older Black adults are approximately twice as likely as older whites to develop dementia. These disparities have arisen from inequality in life experiences, socioeconomic, and environmental health, access to healthcare, and other factors linked to dementia risk and delayed diagnosis. Further, the direct care workforce that supports those living with dementia in residential and home and community-based settings are predominately women, people of color, and more likely to be immigrants. This workforce consistently experiences low job quality including low pay, few benefits, and heavy workloads which replicates disparities in health and well-being. Solutions to reduce these disparities, both for individuals living with dementia and the workforce that supports them, need to systematically address the ecology of factors that contribute to their persistence. This panel symposium will a) overview the dementia-related disparities and highlight the voices of older Black adults living with dementia, b) espouse a competency-based approach to reforming systems of care to increase societal awareness of dementia and related disparities, and empower communities using education, culture change, and quality improvement, and c) overview existing resources

and envision improved models for person-centered dementia care focused on quality of life and well-being. Speakers will emphasize practical implications and invite attendees to collaborate in a visioning exercise where disparities are reduced and eliminated.

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### **Exploring Challenging Situations Paper Session**

This paper session will introduce four uniquely challenging situations with suggestions on how to move the conversations forward.

MOMENTUM 2/3

#### ***Perception as Power: Strategies of Younger Residents in Long Term Care***

*Dr. Sara English, Winthrop University*

DIVERSITY TOPICS IN AGING COMMUNITIES

#### ***Virginians' Needs and Knowledge of Available Elder Abuse Resources***

*Dr. Sarah Marrs, Virginia Commonwealth University*

ADVOCACY FOR AND BY OLDER ADULTS

#### ***Financial Health Literacy and Community-Dwelling Older Adults: A Concept Analysis***

*Kimberly Davis, Virginia Commonwealth University*

AGE-RELATED HEALTH AND WELLNESS

#### ***An Unexplored Moral Landscape? Examining Unique Ethical Issues in Assisted Living Communities***

*Kelly Turner, Georgia State University, Saint Louis University*

ENVIRONMENT AND LOCATION: THE POWER OF PLACE

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### **The Power of Place and Community Paper Session**

This paper session will examine what it means to "be at home". There will be discussion about the impact of disrupting someone sense of home as well as the power of community and relationship in a study of retired nuns. This session will also explore a creative way to help address housing insecurities and will conclude by broadening the conversation to the

community level, specifically how we can measure dementia-friendliness in faith communities.

ENERGY

#### ***Making and Remaking Home: Toward a Dynamic Model of "Being at Home" in Response to Negative Effects of Relocation and Enhancing Wellbeing in Old Age***

*Dr. Patrick Dillon, Berea College*

*Dr. Graham Rowles, University of Kentucky*

ENVIRONMENT & LOCATION: THE POWER OF PLACE

#### ***Faith Over Fear: Positive Later-Life Orientation for Retired Nuns***

*Dr. Summer Roberts, University of South Carolina Beaufort*

AGE-RELATED HEALTH AND WELLNESS

#### ***Intergenerational Design Challenge: Addressing Housing Insecurity for Older Adults***

*Dr. Alicia Sellon, University of North Carolina Wilmington*

ENVIRONMENT & LOCATION: THE POWER OF PLACE

#### ***Creating a measure of community level dementia-friendliness in faith communities***

*Dr. Miranda Moore and Grayson Gunn, Emory University School of Medicine*

AGE-RELATED HEALTH AND WELLNESS

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### **Engaging Students in Gerontological Education Paper Session**

This paper session will highlight programs that engage students in different aspects of gerontological education.

FUSION

#### ***Considerations in Teaching the Experience of Loneliness Among Older Adults***

*Dr. Megan Smith, University of North Carolina Charlotte*

GERONTOLOGICAL EDUCATION AND PROFESSIONAL DEVELOPMENT

#### ***Collaborative partnership to increase Historically Black College or University (HBCU) student participation with the Alzheimer's***

**Association Thurgood Marshall College Fund  
outreach program**

*Dr. Kathleen Thomas – Norfolk State University*  
ADVOCACY FOR OR BY OLDER ADULTS

**The Use of Virtual Reality Cases to Improve  
Empathy, Knowledge, and Attitudes in Geriatrics  
Clerkship Students**

*Desiree Seid, Georgetown University School of  
Medicine*

*Dr. Pamela Saunders, Georgetown University*  
GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

**Taking Classroom to Community: Immersive  
Experiential Learning through Occupational  
Therapy Wellness Initiatives**

*Dr. Allysin Bridges-German and Dr. Kendra Heatwole  
Shank, Towson University*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

**4:30 PM – 5:30 PM**

**CONCURRENT SESSION K**

**PRESIDENT'S SPOTLIGHT SESSION -  
Practicing Anti-Ageism Together**

*Dr. Tracey Gendron and Dr. Jenny Inker, Virginia  
Commonwealth University*

PAUL D. FRAIM

ADVOCACY FOR AND BY OLDER ADULTS

This interactive session will facilitate a conversation about how ageism occurs in our day-to-day lives. Using interactive activities, we will build our capacity and practice techniques to respond to ageism in personal and professional situations. This session will allow participants to build their knowledge of ageism's physical, mental, and societal effects and how language can shape ageist and anti-ageist views. Through a mixed format of presentation and active workshop participation, attendees will discover, brainstorm, and practice methods to speak up, share knowledge, and help others recognize the value of an anti-ageist society. Come ready to have fun and participant in vibrant and productive conversations!



**SIGMA PHI OMEGA SPOTLIGHT SESSION -  
Learn how to join, create a chapter, and  
serve in the leadership of the  
International Academic Honor and  
Professional Society in Gerontology**

MOMENTUM 2/3

*Dr. Diane Martin, University of Maryland, Baltimore*  
*Dr. Mary Ann Erickson, Ithaca College*

GERONTOLOGICAL EDUCATION AND  
PROFESSIONAL DEVELOPMENT

This session will provide SGS attendees the opportunity to learn how to become a member and create a chapter in Sigma Phi Omega - the International Academic Honor and Professional Society in Gerontology. Membership and leadership opportunities are open to students, professionals, and faculty. These opportunities provide a space for recognition of academic and professional excellence and continued contribution to outstanding work with and for older adults. The target audience is students, professionals, and faculty. All are welcome into membership, and we provide opportunities for graduating with honors, as well as elected service at the international level through our many leadership positions.

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**Considerations for practitioners working  
with gender and sexual minority elders at  
the end of life from an ecological  
perspective**

ENERGY

*Dr. Kate Morrissey Stahl and Dr. Kyle Bower,  
University of Georgia*

DIVERSITY TOPICS IN AGING COMMUNITIES

Join an AASECT certified sex therapist/clinical social worker and a gender and sexuality researcher as they review considerations for working with gender and sexual minority clients at the end of life. The importance of intimate expression continues throughout one's life span, including when one approaches the end of life. Caregivers, focused on treatment of symptoms, often fail to consider sexual needs and preferences. This lack of focus on

psychological and physical needs associated with intimate expression may be especially pronounced for people who identify as a sexual or gender minority. Reasons for a lack of focus among practitioners include conflicting moral beliefs, lack of knowledge regarding inclusive resources, discomfort exploring sexual needs, and cultural stigma against SGM individuals. Bronfenbrenner's ecosystemic framework is used to illuminate how practitioners can support end-of-life sexuality and intimacy among SGM patients in multiple nested contexts. These contextual levels move from the macrosystem through the microsystem and factor in transitions, shifts, and the historical context by inclusion of the chronosystem. We provide suggestions for healthcare practitioners who interact with people at the end of life to theoretically conceptualize and intervene at each intersecting level. Our overarching goal is to inform the creation of more culturally responsive environments in which individuals are comfortable expressing their gender and sexual identity if they choose to do so and where caregivers recognize and support patients' desires for intimate expression.

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**Interprofessional Collaboration in  
Implementing the 2022 RAISE Report:  
Policies, Strategies and Opportunities for  
Caregiver**

FUSION

*Dr. Christy Jensen, Riverside Center for Excellence in  
Aging and Lifelong Health*

*Dr. Jodi Teitelman, Virginia Commonwealth  
University*

*Dr. Ethlyn McQueen-Gibson, Gibson & Gibson Health  
Consultants LLP*

**CAREGIVING, CARE SUPPORT, AND CARE  
PARTNERSHIPS**

The recently released (2022) RAISE Report was developed by advisory councils of the federal Recognize, Assist, Include, Support and Engage Family Caregivers and Supporting Grandparents raising Grandchildren Acts. This report represents a milestone in the caregiving field in that it serves as the very first National Strategy to Support Family

Caregivers. It proposes 5 goals and 350 actions whereby public and private aging service providers can engage in best program and research practices to support the needs of family caregivers of persons with dementia. These recommendations offer unique opportunities for public and private aging service providers to work collaboratively and through interprofessional teamwork to support the caregiving community and to address social determinants of health in dementia care. This workshop will begin with an overview of RAISE Report recommendations, with an emphasis on opportunities for interprofessional collaboration and for addressing disparities. This will be followed by specific program examples of how RAISE's recommendations are being implemented through interdisciplinary approaches in the Commonwealth of Virginia. Presenters will emphasize their professional perspectives as nurses, researchers, and gerontologists, including specific roles that were undertaken with the development of this plan. Time will be allotted for workshop participants to share other disciplinary perspectives as well.

**6:00 PM**

**JAMES PEACOCK SILENT AUCTION FINAL  
BIDS**

Don't miss your last chance to claim your favorite items. Payment will be collected once bidding closes. Cash, checks, and credit cards accepted.

**7:00 PM – 10:00 PM**

**PRESIDENT'S RECEPTION**

GRANBY BALLROOM

As the conference begins to come to an end, we invite you to kick back with an evening of food, fun, and networking. Following dinner, it's time to put on your dancing shoes as we enjoy hits from across the decades. A cash bar will be available, but your first drink is on us! Your drink ticket is in your conference badge. Dress up, dress fun, dress comfortable, it's up to you.

**8:00 AM – 10:30 AM**

**REGISTRATION DESK OPEN**

**8:30 AM – 10:00 AM**



**CLOSING BREAKFAST PANEL -  
Reengaging in Aging: A Panel  
Discussion on Reimagining Academic  
Retirement**

GRANBY D/E

*Dr. Patricia Slattum, Virginia Commonwealth  
University*

*Dr. Daniel Bluestein, Virginia Commonwealth  
University*

*Dr. Pamela Teaster, Virginia Tech*

*Dr. Jodi Teitelman, Virginia Commonwealth  
University*

*Dr. Bert Waters, Virginia Center on Aging at Virginia  
Commonwealth University*

*Dr. Patricia Bach, Eastern Virginia Medical School*

The model of retirement as an abrupt ending to professionally contributing to your given field isn't a good fit for academicians who aspire to have a societal impact. For gerontologists and geriatricians who have devoted their academic lives to these fields, reimagining retirement as an individually unique timeline not only benefits institutions, governments, and older people but also has a generative impact on the academicians. We conducted a mixed methods study of gerontologists and geriatricians to better understand how this re-engagement model has met the adaptational challenges of retirement. We elicited respondent perceptions of how their re-engagement has been helpful to their academic departments, explored how COVID has impacted retirement and re-engagement, and identified suggestions for retirement mentoring. We used two validated surveys, the Retirement Satisfaction Inventory, and the Retirement Experiences Questionnaire, and developed a 14-question interview guide built on earlier work by inquiries regarding the impacts of family and gender roles, and questions concerning the effects of the COVID-19 pandemic on the

negotiation of the developmental challenges of retirement. We also inquired about respondents' perceptions of how a mentorship program can be developed to assist early and mid-career colleagues. This presentation will share insights into our findings in a panel discussion format, where several of our panelists will share their insights as they have reimagined their retirement paths.

**11:00 AM – 1:00 PM**

**Walk/Roll/Cycle Service Event**

SGS invited you to participate in the first of many service projects to provide both immediate and long-lasting benefits to older adults residing in the host city of our conference.

This year, we will be co-hosting a walk/roll/cycle event along the Elizabeth River Trail where SGS members and older adults from the Norfolk community will engage in a stroll/ride followed by refreshments and fellowship.

We are asking all participants to make a donation to participate. All proceeds will benefit a local charity serving older adults in the community. At the time of production, this event was still being planned. More details will be provided in an addendum to the conference program.