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Jo Ann O'Quin, Editor

Summer 2003

# SGS Silver Anniversary Celebration Atlanta, April 1-4, 2004

By Kevin Lomax, SGS Program Chair

Greetings to all Southern Gerontology Society members from your 2004 Program Co-chairs, Kevin Lomax and Jan Kaufman. The 25th Annual Meeting of the Southern Gerontological Society in Atlanta, Georgia will certainly be an exceptional event not to be missed. Our Silver Anniversary provides both an opportunity for reflection on the organizations past accomplishments and creation of future goals. The 2004 meeting theme of "Bridging Research and Practice in Gerontology" underscores the importance of providing programmatic opportunities for the educator, researcher, and practitioner to engage one another in an open environment.

Regardless of your research or practice area, the Program Committee encourages all members to submit your work for presentaiton at the meeting. The 2004 Atlanta meetign program will include pre-conference applied gerontology intensives, plenary sessions focusing on exemplars of the bridging

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of practice and research, best practice workshops, limited paper sessions, a series of Presidential Symposia given by past presidents of SGS, structured student poster sessions, and a Presidential Gala Roast and Dinner Dance with Shag lessons. For the terpsichorean neophyte, Shag is the signature dance of the South...a smooth swing variation.

We look forward to seeing everyone at the Sheraton Colony Square in Midtown Atlanta. From high-end shopping in Buckhead to fine dining in Virginia Highland to ultra-cool clubbing in Little Five Points, Atlanta's atmosphere of southern hospitality has much to offer the most discerning visitor. As more and more residents and tourists flock to this "capital of the New South", Atlanta's diverse neighborhoods stand as a fitting parallel to the rich melting pot that the city has become over the years.

Hotel and conference registration information will be contained in the 2004 Call for Papers. Expect the Call for Papers to arrive in your email during early August, just as the academic year begins. Members interested in joining the Program Committee can email klomax@geron.uga.edu. In closing, reserve April 1-4, 2004 on your calendar, finalize your conference submission, and dust off your dancing shoes for the SGS's Silver Anniversary celebration!

# 24th Annual Conference a Success

By Sue Maxwell, Past President

The 24th Annual Conference of the Southern Gerontological Society (SGS) was help in Richmond, Virginia. This was the first-ever joint conference with SGS and the Virginia COalition on Aging (VCA). This years annual meeting provided an opportunity to "connect" researchers, students, advocates and providers in the field of aging to one another as well as get a chance to meet each other. Whether it be health, politics, policy, long term care, advocacy or whatever - there was someone at the conference with whom you could connect.

Many of the sessions focused on the theme and on how we plan to care in the coming years for these new elders called boomers. The Conference Planning Committee

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### <u>Vision</u>

Bridging gerontological education, research and practice to serve our aging society. <u>Mission</u> The Southern Gerontological Society is an inclusive membership association of diverse individuals and organizations with interests in gerontology. Members seek to improve the quality of life for

# older adults through education, research and practice.

The long term goals of SGS include five priority areas which focus on aging issues, especially as these issues relate to older adults in the South.
To foster and enhance the bridges among education, research and practice.
To facilitate the exchange of information and ideas among professionals, students and older adults.
To advance the leadership role of SGS in improving the quality of life of older adults.
To provide expanded and new forums for professional development.

 $\checkmark$  To ensure the continued vitality of SGS.

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# **PRESIDENT'S MESSAGE**

My term as President of SGS began at the conclusion of our annual meeting in mid April, 2003. President Sue Maxwell continued the work of Past President, Dick Tucker, with positive gains in membership, a new editor for the "Journal of Applied Gerontology," a successful annual meeting on "New Elders with New Care," and importantly put our treasury in the black with a building surplus. Congratulations to President Maxwell and all who contributed to a successful year. It is my hope to work closely with Sue, Dick, President-Elect Doug Beach, our Board of Directors, and membership to continue our momentum toward the 25<sup>th</sup> Anniversary meeting at Atlanta, April 1–4, 2004.

During the past year, the Board of Directors engaged in discussions and reflected on the vision and mission of SGS. Specifically, we asked the question of what makes SGS unique and different from other regional and national professional organizations in gerontology. We did not have to look far. <u>Our</u> <u>very first stated goal</u> for the society is to "*foster and enhance the bridges among education, research, and practice*" in the South. This vision and idea frankly is easier said than done, and it is not frequently practiced among academicians and practitioners in gerontology and services to seniors. This very first goal of SGS makes us unique. It would be up to us to operationally make this vision a reality in our activities, membership interactions, publications, workshops, conferences, and our practices.

To this end, the theme of our 25th Annual Meeting will be on "Bridging Research and Practice in Gerontology." Kevin Lomax and Jan Kaufman are the Program Co-Chairs. You can read about the organization of the meeting in this issue of the newsletter. Importantly, our 25th Anniversary Meeting will be partnered with the 15th Annual Student Mentorship Conference in Gerontology and Geriatrics, cosponsored by the University System of Georgia, University of Alabama, and University of Kentucky. The theme of the Student Mentorship Conference will be "Mentoring Students in Bridging Research and Practice." We are also working with the Southern Regional Education Board to bring together gerontology programs and centers in the 16 Southern states for a pre-conference meeting prior to April 1. This will be a concerted effort in bringing academicians, service providers, sponsors, exhibitors, and students to the SGS meeting. We want all previous presidents, board members, and all our members to come together to celebrate. We hope to see you in Atlanta.

> Leonard W. Poon President

# Baby Boomer at the Doorstep: Senior Centers in the 21st Century

Ron Aday, Middle Tennessee State University

The senior center as we know it today was first introduced in New York city in 1943 to provide educational and recreational activities as well as other case management services to assist the elderly members in maintaining their independence in the community. Sixty years later, senior centers are now recognized as one of the most widely utilized services created by the Older Americans Act of 1965. As diverse as the seniors who attend them, the National Institute of Senior Centers (NISC) estimates that over 10 million older adults are provided services annually by approximately 14,000 senior centers. Given the number and importance of senior centers in the service delivery network it is imperative that they continue to evolve to meet the unique needs of the "Baby Boomer" generation.

For older persons at risk of losing their self-sufficiency, senior centers are an entry point to an array of services that provides assistance to them as they "age in place." Senior centers offer a wide range of health, education, recreation, volunteer and other social interaction opportunities for their participants that enhance dignity, support independence, and encourage community involvement. Centers are also a resource for the entire community, providing services and information on aging, and assisting family and friends who care for older persons. Senior centers can optimally provide a social environment conducive to the development of a social support system reducing loneliness and depression.

Senior centers are faced with providing services to an increasing number of frail elderly while integrating a tremendous influx of baby boomers into the system. Some centers are already providing adult day care/respite services for participants in early stages of dementia. Other centers are more focused on preventative programs for the well elderly. Although there is little consensus on what constitutes the necessary components of a successful senior center model, a goal that most can agree on is the essential role senior centers can play in assisting a diverse group of older adults to age in a successful and productive manner.

Senior centers of the 21<sup>st</sup> Century have the potential to bring together a broad and varied program of services and activities that enable older persons to develop and maintain health-promoting behavior. Almost any center can offer a health promotion/health maintenance program. And if they do not offer all the components that contribute specifically to health promotion - nutrition education, fitness and exercise programs, behavior modification, and support groups - they have the potential to do so. While some centers lack adequate resources, each community abounds with the potential resources that centers can tap in unique and creative ways. There are volunteers, students of relevant disciplines, retired professionals, representatives of voluntary health-related organizations, and a host of other resources that can be brought together to create comprehensive programs and services for the elderly attending senior centers.

As senior center models emerge early in the 21<sup>st</sup> Century it is evident that other specific programs and services that contribute to socialization and the continuation of a viable social support system for older adults will vary according to community resources and interest. In addition to health promotion activities, a comprehensive senior centers are encouraged to develop separate divisions offering opportunities for intergenerational programs, work and retirement counseling, leisure and education, family care services including adult day care or respite care services, research and evaluation, and information and referral. Creative centers will consist of those that use their respective community resources to the fullest.

While the focus of the OAA is on minority, low income, socially isolated, and frail elderly, it is important that senior centers recruit older adults from all socio-economic, education, and health levels. It is the latter group, which often provides an abundance of volunteers and support workers. Thus, it is imperative that senior centers rethink the role they are to play in the 21<sup>st</sup> Century. It has been suggested that if centers are unable to broaden their range of services and funding sources, they will not be able to adequately meet the needs of the baby boom generation

As the graving of America continues, changes in attitudes and policies toward aging will be necessary. Inherent in the aging of America is the absolute need for people to grow old with the highest levels of health, vitality and independence. For this to occur, the concept of health and well-being as it relates to the older segment of the population must include the ability to function effectively in society, to exercise selfreliance, and to achieve a high quality of life. Social policy related to the delivery of health care can no longer be construed in the traditional manner of medical care or illness management. Preventive programs common in senior centers will serve to empower the elderly and provide a key element in managing the tremendous demand of baby boomers on our health care system. This holistic framework of caring for the aging population must be the senior center model for the 21st century.

Ron Aday testified before the U. S. Senate Special Committee on Aging on May 20th, 2003, to discuss how the senior centers of the future will evolve to meet the unique needs of the baby boomer generation.

## continued from page 1

spared no expense to bring together some of the most noted names in the field of aging. At the opening session Zaven Khachaturian, Ph.D., well-known international expert in the field of Dementia, opened the 24th SGS Annual Conference. Dr. Khacharturian is noted for the ability to connect research to the provider community by creating networks of collaboration. His presentation outlined the plans for "New Care for Individuals with Dementia."

Over 75 difference workshops were presented during the three-day sympsoium - everything from A (Aging & Addiction) connecting M(Meeting the Needs of Grandparents) to Z! There was even a Pre-conference event presented by the Virginia Chapters of Alzheimer's Association and the Virginia Coalition for the Preventation of Elder Abuse.

One of the highlights of the conference was the SGS/VCA joint meeting day scheduled for Friday, April 11th. Commissioner Jay DeBoer, Virginia Department for the Aging, kicked off the second day of events with his Virginia welcome to all the conference participants. Let it be noted that we all had an opportunity to meet one of the famous game show winners as Commissioner DeBoer was a "Jeopardy" Champion in 1986. The daylong discussions linked the advocate to the applied and academician - once again another opportunity to connect and interact with each other. Also planned for the day was the continuation of a new tradition for SGS - The Barbara Payne Stancil Memorial Symposium - connecting health and spirituality.

The SGS Annual Meeting closing session was with Emily Kimball, the aging adventurer who makes life happen!! SInce she turned 61, the self-described aging adventurer rode her bicycle 4,700 miles across America and hiked all 2,168 miles of the Appalachian Trail. She connected inspiration to life and living in the now.

There was much more - Silent Auction, Exhibitors, Student Pizza Parties, Awards fo the Best and Brightest in the field of aging. Then there was the fun part - the Gala Event - planned southern style with Blue Grass music and a BBQ.

A special thanks to the following: Ayn Welleford, Program Chair for the 2003 SGS Annual Meeting; Local Arrangements Chair Jason Rachel; Peggy Beckman for the printed program materials; Development Chair James Cotter for all his hard work; Dick Tucker, Lenny Poon and Connie Coogle for their dedicated leadership to the Society; and Lora Gage, Administrator for the Society, for her invaluable efforts with regard to the annual meeting and the other SGS activities. A special thanks to the VCA Board of Directors for joining with us for the first-joint annual meeting.

Don't forget to mark your calendars now for the best yet to come - the 25th Anniversary Celebration of SGS - see you in Atlanta April 1-4, 2004. This will be a conference that you won't want to miss!!!!!

# In The News...

AARP has launched a searchable online database, "AgeSource Worldwide," including libraries, clearinghouses, directories, statistical resources, bibliographies, and Web metasites dealing with aging. The database includes more than 200 information resources from 24 countries. For details, visit: http://aarp.post/intellimedia.com/UM/T.asp?A910.36450.1345.6.320322.

TEACHING GERONTOLOGY, edited by Harry (Rick) Moody, is published by the Institute for Human Values in Aging in cooperation with Pine Forge Press (Sage Publications). TEACHING GERONTOLOGY contains items of interest to improve the teaching of aging. To submit items or request subscription, contact teachgero@yahoo.com. Back issues of the newsletter are available at: http://www.hrmoody.com.

ON BIOETHICS AND AGING: The Soul of Bioethics, covers topics such as end-of-life care, dementia, family obligations, ethics and aging, and dilemmas of autonomy. For a sample copy or free subschiption, send a message to: soulofbioethics@yahoo.com.

On April 3, 2003, the Center for Gerontology at Virginia Tech celebrated its 25th Anniversary. Administrators, founding faculty and directos, and other friends attended a luncheon and recognition of the center's accomplishments. For highlights go to http://www.chse.vt.edu/CFG/home.htm.

# New Video Tapes Available

Previews of the following three videotapes were all positive and they offer up-to-date, pertinent information on health care issues with older adults. Partners in Health offers advice for older adults when dealing with both doctors and pharmacists, and the second half of the film about working with community pharmacists is particularly useful and informative. Given the growing concern with gambling, the new release When Gambling is no Longer Fun is particularly timely and deals effectively with this sensitive and often embarrassing behavioral problem. Don't be put off by the title Abuse: The Resident's Perspective since the title is somewhat misleading. This is not the traditional "elder abuse" video but rather explores how subtle abuse can occur even in daily communication. A highly recommended training tape for anyone working with older adults, this video offers all of us enlightenment on how we do and should respect older adults especially in long-term care situations. Terra Nova Films, Inc., 9848 South Winchester Avenue, Chicago, IL 60643 or call 1-800-779-8491 or email tnf@terranova.org.

*Partners In Health* is designed to help older adults become active partners in their own health care. By pinpointing their role as a primary source of information, the video empowers older adults with the skills needed to communicate effectively and confidently with their health care providers, ensuring better care for themselves. Divided into two parts, the video uses brief vignettes that offer practical suggestions for working with doctors and pharmacists and handling situations older adults may perceive as embarrassing. Purchase: \$139.00, Rental: \$49.00, Running Time: 29 Minutes.

When Gambling Is No Longer Fun takes a serious look at the growing (yet often overlooked) problem of gambling addiction among older adults, and how easily it can happen - to anyone. In the video, three former compulsive gamblers share how they started gambling, the extent to which addiction overwhelmed them (and their loved ones), and how they realized they needed help. The video offers tips for staying in control (such as predetermining and sticking to the amount of money you will spend), provides guidelines for assessing one's potential for addiction, and gives information about gambling recovery programs. Purchase: \$89.00, Rental: \$35.00, Running Time: 14 Minutes.

Abuse: The Resident's Perspective looks at what residents report that they feel as abuse and their list of concerns may surprise your staff. Not only do their comments include the obvious, but also many things you would not think of unless you were a resident. From their perspective, negative attitudes, lack of respect, waiting for care, and even staff not wearing nametags are unacceptable. Purchase: \$149.00, Rental: \$75.00, Running Time: 20 Minutes.(Description taken fromm company)

Need SGS Membership or Upcoming Conference Information?

> Go to the SGS website now found at: www.wfu.edu/academics/ Gerontology/sgs/

# **Student News**

Jason A. Rachel, Student Representatvie

Hello there student members of SGS. I want to first thank the membership for voting for me to serve again as the Student Representative to the Board. I truly enjoyed my last term and I am confident it will be another productive and gratifying term this upcoming year. Thanks again for this fantastic opportunity.

As my new term begins, so does the summer season, a time of relaxation for those of us not taking sumer courses. Although the SGS 25th anniversary conference is not until April 1, 2004 (and that's no fooling), it's not too early to begin planning your attendance. The 25th Anniversary conference will be a wonderful experience for the student members of SGS due to the collaboration with the 15th Annual Southeastern Regional Student Mentorship Conference in Gerontology and Geriatrics. This collaboration will bring in many stuents from several southeastern states, and as with all the SGS conferences of the past, it will be full of opportunities to listen and exchange ideas with those who share your interest in the dynamic field of aging.

Lastly, I would like to congratulate Colleen Head, SGS Student Paper Award winner for 2003, and Michelle Lague, the first runner-up. As always, if I can assist you in any way, please do not hesitate to contact me at jarachel@vcu.edu.

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# 2002 Meeting Highlights



# Congratulations to SGS AWARDS RECIPIENTS 2003 Doug Beach, Chair

# **Student Paper Award Winners**

**First Place (\$250):** Colleen A. Head, Virginia Commonwealth University, for her paper Person-Centered Care: Skill Building for Caregivers of People with Dementia: Professional Development for Long Term Care Facility Staff and State Inspector."

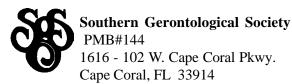
**Runner-Up** (\$150): *Michelle Lague*, State University of West Virginia, for her paper, *Intergenerational Service-Learning in an Undergraduate Class: A Qualitative Study*.

**BEST PRACTICES AWARD**, instituted to recognize agencies and/or programs that made innovative and significant contributions to aging services in the southern region, went to *SeniorNavigator*. *SeniorNavigator* started its development in mid 1999. After nearly 2 years of development, SeniorNavigator went live in February of 2001, and has been serving Virginians 24 hours a day, 7 days a week ever since. It is the only organization in the state that provides a comprehensive database of both private and public resources for seniors and caregivers. The resources are searchable by keywords and zip code, allowing consumers to find the resources closest to them. Though at present it is a Virginia initiative, they haave received inquiries about replication from more than 10 states. They are endorsed by AARP, Alzheimer's Association, and the Virginia Association of Area Agencies on Aging, to name just a few, and have receid awards from the American Society of Association Executives and the Governor of Virginia Information and Technology Silver Award.

**OLDER ADVOCATE AWARD**, honors an older individual who has contributed significantly to understanding issues in aging and/or advocating on behalf of older adults. This year's recipient, *Mary Ellen Cox*, member of SGS and President of the Virginia Coalition on Aging, our partner for this year's Annual Meeting, served as the VCA representative on the program committee. Mary Ellen is a tireless worker in the field of aging and with others has helped develop gerontology in the southesast U.S. Locally, Mary Ellen served on the Board of Directors of the Capital Area Agency from 1993 to 2002. She is currently on the Area Agency's Advisory Council. At the state level, Mary Ellen was appointed by five Governor's of Virginia to serve on the Governor's Advisory Board on Aging. She served as chairwoman from 1986 through 1988. She has received several non-aging awards including the Bene Merentri Papal Award from Pope John Paul II, the Brotherhood Award from the National Council of Christian and Jews, and the J.C. Penny Golden Rule Award.

**APPLIED GERONTOLOGIST AWARD**, acknowledges a SGS member who has a record of distinguished service to older adults and who has provided leadership in the field of aging services within the southern region and SGS. *Harry W. Baldwin* received his BA in Psychology and Sociology from the University of Richmond, and his MS in Gerontology from the Virginia Commonwealth University. He served as Administrator in two nursing homes and assisted living communities. He is the founder of Senior Consulting, a company providing facility placement based on the medical needs and financial position of the elderly. He is currently the Director of Marketing for Lakewood Manor with 435 fascinating residents.

**ACADEMIC GERONTOLOGIST AWARD**, presented to a SGS member who has distinguished himself or herself through their teaching and scholarship, their advancement of knowledge in aging, their impact on the future leaders of our profession, and their service to SGS and the profession of gerontology, was awarded to *Dr. Victor Marshall*, Director of the University of North Carolina Institute on Aging in Chapel Hill, North Carolina is this year's recipient. Dr. Marshall is a tireless worker for SGS ever since he arrived in North Carolina just before the 2000 SGS meetings in Raleigh, where he served as the Conference Chair and since has served two terms on the SGS Board. He is one of the top researchers in the field. Included in a long list of acomplishments was a stint as the editor of the *Canadian Journal on Aging* and Director of the Aging Center at the University of Toronto. He has made a significant contribution to social theory in gerontology. In recognition of his contribution, he was awarded a Master Teacher Award at the Association of Gerontology in Higher Education's annual meeting which that year was held in Winston-Salem, NC.



# **READING A PASS ALONG COPY?** Call the Southern Gerontological Society for information on becoming a member so that you too can begin receiving the *Southern Gerontologist* and other valuable publications. (239-541-2011) - Call Today!

# SGS would like to welcome and thank the following New and Renewed Members for 2003:

Gigliotti, Christina M.

Austin, Myra S. Adeni, Sarina Ansello, Edward F. Avlor, Harriet S. Ba, Brett W. Bakarich, Stella J. Bates, Sean L. **Beales.** Julie Behl, Ashish Blaine, Charles T. **Borders**, Kevin **Boughner**, Sandra Buchikos. Kara J. **Burgess**, Dean Cain, Rebekah E. Carter, Tim L. Carvalho, Marcia Cedars. Tonva Charbonier, Sandra Chee, Kyong Hee Colleran, John Colletti, John Conner. Karen A. **Corbin**, Elizabeth **Corley**, Mary **Crocoll**, Caroline Daniel, Lee **Denton**. David Dickinson, Joan Dugar, Tyler A. Eaton, Elizabeth LeeAnna **Edwards**, Dottie Egelfoff. William F. Elliot, Joyce B. Feldman, Laura Ficquette, Beth Fontenot, Ginny Fozard, James L.

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