

# DE TORNYAY CENTER FOR HEALTHY AGING



## ABOUT THE CENTER

The de Tornyay Center for Healthy Aging is committed to advancing and sharing knowledge about successful aging and ways professionals and systems can promote optimal experiences for older adults. The center unites faculty from the UW School of Nursing and disciplines across the University, community professionals and partners, all with expertise in various aspects of aging.

Research by faculty members affiliated with the center is focused on three core areas of healthy aging:

- Physical, cognitive, and psychosocial aging
- Supportive family care giving
- Data collection and analysis to reveal health patterns, trends and associations in older adults

## COMMUNITY PARTNERSHIPS AND EVENTS

The de Tornyay Center partners with community organizations to host informational seminars, events, discussions, and more. Our partnership with Era Living has allowed residents to benefit from the latest industry research. The center contributes monthly articles to a local newspaper, NW Primetime, highlighting the work of the center, our student scholars, faculty, and community partnerships. Our new annual event, Ignite Aging, showcases healthy aging research for an audience of the public, faculty, alumni, and students.

## HEALTHY AGING EDUCATION

The de Tornyay Center prepares the next generation of nurse leaders to deliver evidence-based, compassionate health care to every older adult. The center also supports future nursing scientists working to advance knowledge and develop systems to improve experiences for all older adults. Faculty mentors offer individual guidance and serve as valuable resources for beginning researchers. More than 140 undergraduate and graduate scholarships have been awarded to support student research in areas such as music therapy, wellness programs, dementia-friendly opportunities, healthy aging in underserved populations, technology, and community building.

## ABOUT RHEBA DE TORNYAY

The de Tornyay Center for Healthy Aging was made possible by a generous endowment and bequest of Rheba and Rudy de Tornyay. Dr. Rheba de Tornyay served as dean of the UW School of Nursing between 1975 and 1986. Under her leadership, the UW School of Nursing established one of the nation's first doctoral programs in nursing and was named the number one school of nursing in the nation.

## LEARN MORE

Go to our website [agingcenter.org](http://agingcenter.org) or email us at [agingctr@uw.edu](mailto:agingctr@uw.edu).

The center is directed by Basia Belza, The Aljoya Endowed Professor in Aging. Reach her at [basiab@uw.edu](mailto:basiab@uw.edu)