

de Tornyay Center for Healthy Aging 2019 - 2020 Annual Report



By 2030, 20% of the US population is expected to be over 65, and 80% of older adults have at least one chronic condition. There is a growing need for geriatric focused healthcare treatment and approaches, and yet only 5% of nurses in Washington state identify gerontology as their specialty. The de Tornyay Center is dedicated to addressing the changing needs of our population. We support innovative nursing research and building a nursing workforce who is competent in providing care for older adults.

We support and mentor early-career nursing researchers interested in gerontological nursing and nursing research, through our student awards and scholarships and our quarterly journal clubs. We provide internal pilot grants for researchers at the UW School of Nursing to get their healthy aging research projects off the ground, and host numerous outreach events at the UW and in the community, including our popular Ignite Aging Symposium, which brings the latest nursing aging research to the public.

This annual report highlights the accomplishments of the de Tornyay Center from July 1, 2019 through June 30, 2020.

For the past two decades, the University of Washington (UW) de Tornyay Center for Healthy Aging (dTC) has served as a catalyst for promoting healthy aging through its support of research, education and clinical practice in the field of gerontology. The de Tornyay Center is aligned with the Lifespan Health Research Pillar in the School of Nursing. We have adopted a new tag line: Pathways to Healthy Aging. The Center's efforts make an impact across the life span.

The de Tornyay Center promotes pathways to healthy aging in four key ways:



FOSTERING PARTNERSHIPS
with community and international organizations



SUPPORTING the training of a **NURSING WORKFORCE**
knowledgeable about older adults



FUNDING and **PROMOTING** healthy aging related nursing **RESEARCH**



MENTORING and **SUPPORTING STUDENTS** interested in working with older adults

Center Leadership Our Team



Basia Belza
Director, Aljoya
Endowed Professor



Heather Wicklein Sanchez
Manager



Paige Bartlett
Public Information
Specialist



Shaoqing Ge
Doris Carnevali Engaging
With Aging Term Post-
Doctoral Fellow

Executive Committee



Barbara Cochrane
de Tornyay
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Professor for
Healthy Aging,
CFPHN



Peg Heitkemper
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Elizabeth Sterling
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Tatiana Sadak
Marilee
Rasmussen
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Associate
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Hilaire Thompson
Joanne
Montgomery
Endowed
Professor, BNHI



Joie Whitney
Harborview
Medical Center
Endowed
Professor in
Critical Care
Nursing, BNHI

Overview of Achievements

SCHOLARS

- 4 healthy aging research scholarships (Undergraduate, DNP and PhD)
- 1 pre-doctoral scholarship (PhD)
- Inaugural post-doctoral fellowship in Engaging with Aging
- \$7,300 awarded in travel scholarships
- 2 Pathways to Healthy Aging Awards (DNP and PhD)

RESEARCH

- 5 Faculty Research Intramural Funding Program Awards (RIFP)
- 11 conference presentations and posters accepted by center faculty and students
- Out of 4 completed RIFPs 3 extramural proposals were submitted and scored; 2 were funded (K23/NIA and NIH/NINR R21)
- Basia Belza was chosen as a Gerontological Society of America 2020 Fellow

COMMUNITY PARTNERSHIPS AND OUTREACH

- 2nd annual Ignite Aging Symposium
- 12 articles published in newspapers/newsletters
- 9 local retirement community presentations
- 28 faculty members affiliated with the center across three campuses

DISSEMINATION

- The Engaging with Aging (EWA) Journal of Gerontological Nursing special issue was published in December 2019
- 95 publications in over 30 areas of aging including physical activity in older adults, cardiology, healthy aging, cancer, dementia, caregiving, homeless older adults, and more
- The center information sheet (infographic) was rebranded and received a 2020 APEX Award of Excellence

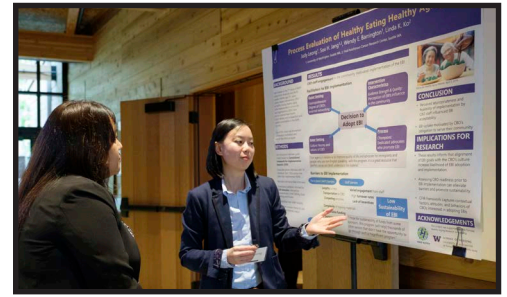
COVID-19 ADAPTATIONS

- Our post-doctoral fellow was awarded a RIFP related to her engaging with aging work
- The de Tornyay Center scholars offered a successful virtual poster event
- Drs. Belza, Ge and Souza shifted from in person interviews to collecting data using telehealth due to restrictions in place due to COVID-19



Student Support

The de Tornyay Center for Healthy Aging is dedicated to supporting and mentoring the next generation of nurse clinicians, scientists and leaders. We offer tuition and travel scholarships for undergraduate, DNP and PhD students and recognize outstanding healthy aging DNP projects and PhD dissertations with our Pathways to Healthy Aging awards. Ten travel scholarships were awarded, but only five were used due to COVID cancellations.



"The work I completed as a de Tornyay Undergraduate Scholar had a profound impact on me. I fell in love with the research process."

UNDERGRADUATE, DOCTORAL AND POSTDOCTORAL SCHOLARS

Name	Name of Scholarship	Project	Faculty Mentor
Kristi Louthan (BSN)	Germaine Krysan Undergraduate Scholar	Asian Counseling and Referral Service (ACRS) Dementia Project	Basia Belza
Catherine Munene (DNP)	Myrene C. McAninch Doctoral Scholar	Fall Prevention and Harm Reduction in Ambulatory Settings	Hilaire Thompson
Isadora Yi (DNP)	Healthy Aging Doctoral Scholarship	Developing a Dementia Care Toolkit for Caregiving Staff in Memory Care Units at Era Living	Hilaire Thompson
Boeun Kim (PhD)	Healthy Aging Doctoral Scholarship	Walkable Neighborhoods and Cognitive Health in Older Adults	Basia Belza
Kuan-Ching Wu (PhD student)	Predocutorial scholarship in gerontological nursing for 2019-2020	N/A	Tatiana Sadak
Shumenghui Zhai (PhD student)	Healthy Brain Research Network and dTC Scholarship	Asian Americans Perceptions and Knowledge about Memory Loss	Basia Belza
Shaoqing Ge (postdoc fellow)	Engaging With Aging Postdoctoral Fellowship 2019-2021	Understanding the Engaging with Aging Experience Among Older Adults: A Validation Study	Basia Belza

STUDENT AWARDS

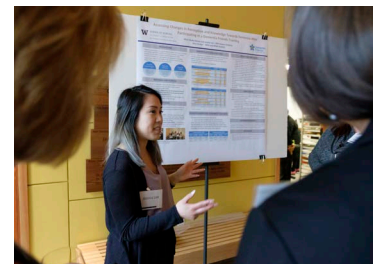
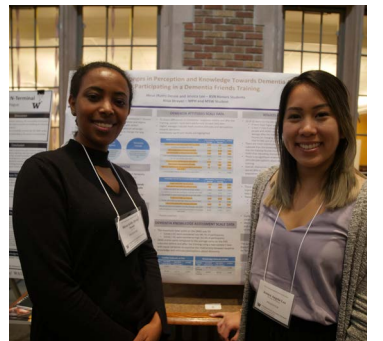
Recipient	Project
Qian Tu (DNP)	Development of Algorithm and Toolkit for Geriatric Depression Prevention, Identification and Intervention in Adult Family Homes
Alexa Meins (PhD)	Green Exercise for Older Adults: Scoping Review, Implementation, and Perceived Restorativeness

TRAVEL SCHOLARSHIPS

Recipient	Conference
Boeun Kim (PhD)	Gerontological Society of America (GSA) Conference
Shaoqing Ge (Postdoc)	Hartford Leadership Conference, GSA, and Sigma Theta Tau
Najma Mohamed (BSN), Mariyam Arifova (BSN), Julia Meno (BSN)	Keio University Global Leader Exchange Program

Student Events

Speaker	Date	Topic/Focus
N/A	10/3/19	Annual Open House on Center Activities
Tatiana Sadak, SON Faculty	10/16/19	Potentially Preventable Hospitalizations in Dementia: Family Caregiver Experiences
Webinar from the Alzheimer's Association	10/31/19	Addressing Healthy Aging Across the Whole Public Health Agency: Washington State Case Study on Alzheimer's Disease followed by GSA presentation practice session
Facilitated by Kendra Kamp, Post-doctoral Scholar	11/19/19	2019 NINR Director's Lecture Webinar: Dr. Patricia Stone Informing Health Policy Through Science to Improve Healthcare for Older Adults
Kate Lorig, Stanford Emerita Professor	2/6/20	Research for Lunch Self-Management: Making it Happen from Dissertation to Dissemination, a guest lecture for DNP students, and five one-on-one research consultations. Co-sponsored: ONR, CISSM
de Tornyay Scholars	4/30/20	Healthy Aging scholars presented posters on their research projects in a virtual presentation over Zoom.



Presentations

Location	Speaker	Title
The Gardens at Town Square	Sue McCurry	Sleep and Brain Health
University House Issaquah (Virtual)	Jean Tang	Sleep and Aging, What's Normal?
Ida Culver House Broadview (Virtual)	Kerryn Reding	What Should I Eat and What Type of Exercise Should I Do? The Evidence that Informs Strategies for Achieving Optimal Health
Aljoya Mercer Island (Virtual) / University House Wallingford (Virtual)	Barb Cochrane	Aging from the Inside Out: Living Wisely with Physical Change
Probus	Basia Belza	Workout Your Brain with Physical Activity
Aljoya Mercer Island	Basia Belza	Rally for Thrive: Mind, Body and Spirit Wellness
Timber Ridge Retirement Community	Basia Belza	Social Isolation is Bad for your Health: What can we do about it?
Fairwinds Redmond Senior Living Community	Oleg Zaslvsy	Dietary Patterns and Function in Old Age

Dissemination

UW nursing faculty published 95 publications in 30 areas of aging during the reporting period. UW faculty and students gave six presentations, and had eight additional presentations accepted but not presented, due to COVID.

NEWSLETTERS

Our newsletters are distributed to over 5000 faculty, staff, students and community members quarterly during the academic year.

PUBLICATIONS

We write and submit stories about de Tornyay Center initiatives to the NW Prime Time newspaper (monthly 50,000 copies are delivered locally and are available for free at over 1,000 locations) and the AgeWise King County newsletter (circulation 2,200).

NW Primetime Stories

- *Frailty Across Cultures*, featuring former PhD de Tornyay Scholar Inthira Roopsawang and faculty Oleg Zaslavsky
- *Ignite Aging Symposium 2019*
- *Measuring Loneliness and Isolation*, featuring MPH student Jenny Wool and faculty Basia Belza
- *Bridging the GAPS in Asian American Dementia Care*
- *New UW Post-Doctoral Fellow on Link Between Cognition, Sensory Loss and Social Support*, featuring post-doctoral fellow Shaoqing Ge
- *Aging and Symptoms of Chronic Conditions*, featuring post-doctoral fellow Jonathan Auld
- *Staying Active During COVID*, featuring faculty Basia Belza

AgeWise King County Stories

- *Reducing Fall Risk: You and Your Health Care Provider*
- *Momenta Mondays: Community Building for Individuals with Memory Loss*, featuring PhD student Jingyi Li
- *Using Technology While Practicing Physical Distancing*, featuring post-doctoral fellow Shaoqing Ge and DNP Pathways to Healthy Aging awardee Qian Tu

2ND ANNUAL IGNITE AGING SYMPOSIUM, SEPTEMBER 27, 2019

The de Tornyay Center for Healthy Aging's annual Ignite Aging Symposium highlights research by our students, faculty, and alums, in brief five minute presentations each followed by a Q and A. The 2019 Ignite Aging was held at the Center for Urban Horticulture, and was supported by the Healthy Brain Research Network and community partner Era Living, who also provided boxed lunches for the event.

"It is exciting to hear about just a small portion of the research being conducted and how that can be applied to help us make our aging lives better. Loved the musical presentations!!"

There were an estimated 128 attendees, including the public, faculty, alums, and students. Presentations included topics like Music and Dementia, an Engaging with Aging blog analysis, and intramuscular fat accumulation during cancer.

"Makes me proud to be a nurse -- research very relevant (I'm 77!) Loved the music!"

Additionally, musical interludes by students were well received. Evaluations were exceptionally positive including comments quoted above. A one page Ignite Aging recap was developed.



Research

The center supports innovative healthy aging research across a diverse set of topics from physical and cognitive health to caregiving and population level trends. Research Intramural Funding Program (RIFP) funds are available to faculty at the Seattle campus. Awards are \$20,000.

Faculty	RIFP Title
Oleg Zaslavsky	Virtual Online Community for Aging Life Experience (VOCALE)
Tatiana Sadak	Caring for Caregivers: Intervention to Improve Dementia Caregiver Self-Care
Kerryn Reding	Examining changes in intermuscular fat in breast cancer patients
Fran Lewis	Field Test of the Partners in Care (PIC) Caregiver Program
Anita Souza	Assessing Support and Priorities for Supportive Housing

OTHER AGING RELATED RESEARCH

- Drs. Tatiana Sadak and Anne Hirsch are developing a nurse run clinic for dementia with Era Living.
- Dr. Basia Belza and Boeun Kim, a PhD student, are collaborating with the Alzheimer's Association who secured Washington State Civil Money Penalty (CMP) funds for the implementation of the Dementia Care Practice Recommendations in 25 nursing homes.
- Dr. Basia Belza and Lesley Steinman, MPH, MSW, piloted a social isolation screener with 10 community agencies in WA state and are analyzing the data with partners in Texas and with assistance from de Tornyay Scholar Kuan-Ching Wu.
- In partnership with Asian Counseling and Referral Service (Gail Li, Jan Rungruangkonkit, Vatey Chey), Dr. Basia Belza and PhD students (Shumenghui Zhai, Boeun Kim, Jingyi Li, Dahee Wiare) are analyzing data from 62 Samoan, Chinese, Korean, and Cambodian participants about perspectives on brain health.

ENGAGING WITH AGING BLOG



Engaging with Aging is a blog written by retired UW SoN faculty, Doris Carnevali, where she documents her own aging experience and how she adapts to the changes that come with aging.

Read the blog at engagingwithagingblog.wordpress.com

A multidisciplinary and multisite team of UW faculty, alumni, students and collaborators published a December special issue of the Journal of Gerontological Nursing on Engaging with Aging.



- Belza, B., & Primomo, J. Advancing our Understanding of "Engaging with Aging."
- Carnevali, D. L., Primomo, J., & Belza, B. Engaging with Aging: A Framework for Managing Daily Living.
- Choi, Y., K., Lazar, A., Demiris, G., & Thompson, H.J. Emerging Smart Home Technologies to Facilitate Engaging with Aging.
- Emami, A. Academic Leadership Roles and the Promotion of Research, Education, and Practices That Reframe Aging.
- Su, Y., Zhai, S., Kim, B., Miyawaki, C.E., Primomo, J., & Belza, B. "It May Be a Bit Uncertain But It's Never Boring": Thematic Analysis of a Blog About Engaging with Aging.
- Teng, A.K., Han, S., Lin, S-Y., Demiris, G., Zaslavsky, O., & Chen, A.T. Using an Innovative Discussion Platform to Give Voice to Aging-Related Experiences: A Pilot Study.

Future Directions

The de Tornyay Center has built a solid foundation and is well positioned to continue to create, promote and support both nursing student and faculty initiatives in aging. Our vision for the future of the de Tornyay Center for Healthy Aging is to establish the center as a national and global leader in research on healthy aging. This vision builds on our faculty's expertise and reputation for excellence, our students' promise as future leaders, and the enthusiasm of our partnerships to address the current and future needs of a rapidly growing older population.

Our 2021 goals include:

RESEARCH

Expanding the number of faculty and graduate students conducting research and clinical projects related to healthy aging by providing seed funds to support preliminary/pilot work for future successful extramural funding applications that align with the priorities and interests of federal funding agencies and private foundations.

FACULTY AND STUDENT DEVELOPMENT

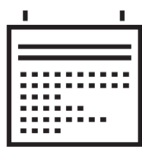
Strengthening the nursing workforce to care for older adults by supporting faculty and graduate students who are committed to careers as researchers, clinicians, educators and leaders.

EDUCATION

Enhancing nursing care of older adults by supporting undergraduate and graduate students with a commitment to care for older adults.

The center held our third annual Ignite Aging symposium on October 2, 2020 with the theme of community and population health.

How to Get Involved



ATTEND OUR EVENTS

including our annual Ignite Aging and quarterly journal club



COLLABORATE WITH THE CENTER

if you are part of a community organization



APPLY FOR FUNDING AND SCHOLARSHIPS

if you are faculty or a student at the UW School of Nursing



SUPPORT BY GIVING A GIFT

and help the advancement of healthy aging research

Learn More

 agingcenter.org

 facebook.com/deTornyayCenter

 twitter.com/UWAggingCtr

Questions? Reach the de Tornyay Center for Healthy Aging at agingctr@uw.edu or 206.616.4276.



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