

de Tornyay Center for Healthy Aging

2021 - 2022 Annual Report



"The longer I live, the more beautiful life becomes." - Frank Lloyd Wright

The de Tornyay Center for Healthy Aging serves as a catalyst for promoting healthy aging through its support of research and education in the field of gerontology. Our annual report highlights de Tornyay Center and School of Nursing achievements in healthy aging over the last year.

Faculty Research Highlights

Caring for Caregivers Online (COCO)

Faculty member at the UW Tacoma campus, Dr. Weichao Yuwen, leads the Caring for Caregivers Online (COCO) project, which aims to reduce caregiver burnout. COCO is a smartphone app that helps caregivers access support, therapy, and resources, even when they have limited time. The app's main feature is a chatbot, a smart computer program that delivers problem-solving therapy to caregivers through text messaging.



The High-Intensity Exercise Study to Attenuate Limitations and Train Habits in Older Adults With HIV (HEALTH)

Faculty member Dr. Allison Webel is leading the HEALTH study, which aims to determine if high-intensity interval exercise training can benefit individuals with HIV, and if biobehavioral coaching and mHealth text messaging can help maintain adherence to physical activity.



Caregiver Needs and Health Outcomes After Left Ventricular Assist Device Implantation in the Patient

Faculty member Dr. John Auld is leading a pilot study exploring the needs of those caring for individuals with left ventricular assist devices. The study aims to learn more about their perspectives, health outcomes, and challenges in order to better support the caregivers.



Identifying the Optimal Timing of a Daily Cognitive Training Intervention for Older Intensive Care Unit (ICU) Survivors

Faculty member Dr. Maya Elías is leading a de Tornyay Center funded pilot study to determine if time of day impacts how effective a computerized cognitive training intervention is at improving cognition in ICU survivors.

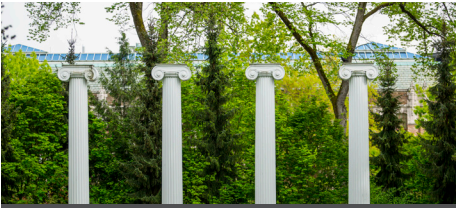


The Adult Changes in Thought (ACT) and Activity Monitoring Project

Emerita faculty member Dr. Sue McCurry is co-leading a study with Dr. Dori Rosenberg of University of Washington Kaiser Permanente Washington Health Research Institute. The study is part of the larger Adult Changes in Thought (ACT) Study, and aims to build on past research to study the relationships between physical activity, sedentary behavior, and sleep over the 24-hour activity cycle and to understand those factors' relationships to cognitive and physical health in older adults.

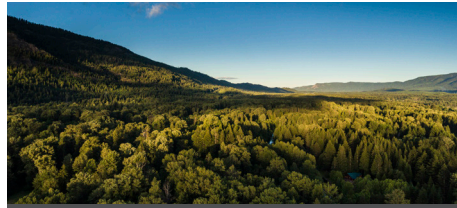


Community Partnerships (Selected)



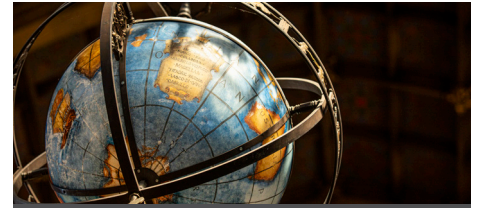
UW

- Harborview Memory and Brain Wellness Center
- Plein Center for Geriatric Pharmacy Research, Education and Outreach
- School of Social Work
- NW Geriatrics Workforce Enhancement Center
- The Memory Hub
- UW Osher Lifelong Learning Institute



Washington State

- Asian Counseling and Referral Service
- Era Living
- Alzheimer's Association
- NW Prime Time
- Aging and Disability Services for Seattle & King County (AgeWise King County)
- Dementia Action Collaborative



Beyond Washington

- SHARP Project (Oregon)
- Hampton University (Virginia)
- National Hartford Center of Gerontological Nursing Excellence (US)
- Karolinska Institute (Sweden)
- University of Freiburg (Germany)
- Ramathibodi School of Nursing (Thailand)

Partnership Highlights



Plein Center Annual Research Lecture

The center co-sponsored the UW Pharmacy Plein Center for Geriatric Pharmacy Research, Education and Outreach's 2022 Annual Research Lecture, featuring Emily Largent, JD, PhD, RN, on 'Alzheimer's Disease and the FDA: Hype or Hope'. One participant shared, "I did not know all that went on behind the scenes regarding the approval of aducanumab."



Memory Hub Grand Opening

The Memory Hub: A Place for Dementia-Friendly Community, Collaboration and Impact, a community center spearheaded by the UW Memory and Wellness Center, held its grand opening in March 2022. The de Tornay Center director, staff, and pre-doctoral scholar joined to assist at the grand opening.



Journal Club with Dr. Ethlyn McQueen-Gibson

Dr. Ethlyn McQueen-Gibson, director of the Gerontology Center for Excellence at Hampton University, hosted a journal club for the UW School of Nursing. She led a discussion based on her co-authored publication, "Creating Structural Community Cohesion: Addressing Racial Equity in Older Adult Homelessness".

Annual Events

Nursing Science Scholarship Day

The de Tornyay Center and PhD Coordinating Committee hosted the 2022 Nursing Science Scholarship Day, featuring poster and podium presentations by 19 PhD and de Tornyay scholar students. Jingyi Li received the PhD Pathways to Healthy Aging award at the event.

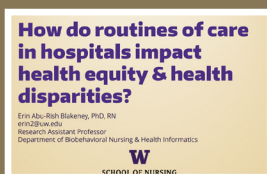


Ignite Aging 2021

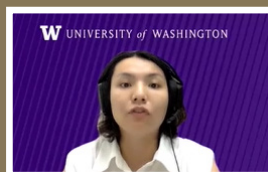
The virtual 2021 Ignite Aging Symposium featured short presentations by students, faculty, and alumni on health equity related research.

“What a terrific event, once again. You went all out to set a good pace, identify interesting presenters/research, and add music and the arts!” - 2021 Ignite Aging attendee

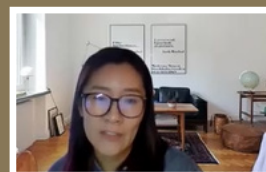
Speakers and Musicians



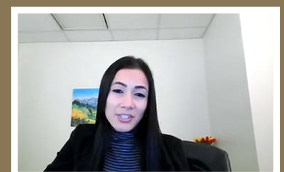
Dr. Blakeney on routines of care, health disparities



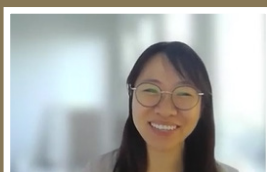
Dr. Cheng on tech for cognitive impairment therapy



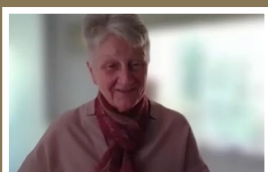
Ms. Zhai on Asian brain health perceptions



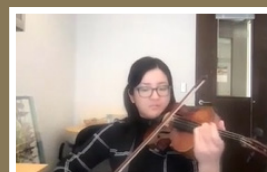
Dr. Elías on symptoms after hospitalization



Dr. Yuwen on Caring for Caregivers Online (COCO)



Dr. Berry on Cancer Treatment Decisions



Ms. McKiddy playing “Adoration” on violin



Dr. Buchanan performing “We can work it out”

Travel Scholarships

The de Tornyay Center was proud to fund travel for eight students to attend three professional conferences during the 2021-2022 academic school year.

Western Institute of Nursing

Frances Chu, PhD candidate, presented "Implementation of Task Sharing of Tele-Mental Interventions in Primary Care for Older Adults".

Wonkyung Jung, PhD candidate, presented 'Social Integration: Concept Analysis'.

Dr. Jingyi Li, PhD student, presenting 'Exercise and behavioral management for dementia care at home: A systematic review'.

Lia Kaluna, undergraduate student, presented 'Reminiscence on Mood, Cognition, and Social Engagement: A Scoping Review'.

Karl Cristie Figuracion, PhD candidate, presented "Integrating Neuroimaging Measures in Nursing Research".

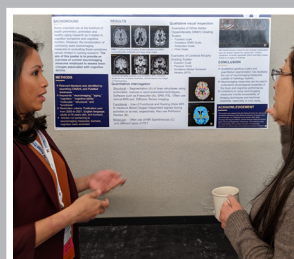
Sarah McKiddy, PhD student, presented "de Tornyay Center for Healthy Aging: Cognitive Health--Mind the Equity Gap".



Sarah McKiddy (left) with Dr. Basia Belza (right)



Lia Kaluna (left), Dr. Boeun Kim (middle), and Dr. Basia Belza (right)



Karl Cristie Figuracion (left) and Frances Chu (right)



Dr. Basia Belza, (left), Dr. Janet Primomo (middle), and Dr. Shaoqing Ge (right)

American Association of Critical-Care Nurses' National Teaching Institute

Emily Ahrens, PhD student, was selected by the University of Washington Medical Center to represent the hospital at the conference.

American Geriatrics Society Annual Scientific Meeting

Kuan-Ching Wu, PhD candidate, presented 'Behavioral change and retention in online interventions for caregivers in dementia'.

2021-2022 Healthy Aging Scholars



Lia Kaluna, Germaine Krysan Undergraduate Scholar

Project: 'Identifying Key Landmarks of Central District's Historically Black Neighborhoods.' Kaluna was also selected as the 2022 President's Achievement Award Scholar, an Undergraduate Research Symposium Population Health Recognition Award, and the School of Nursing's Undergraduate Nursing Achievement Award.



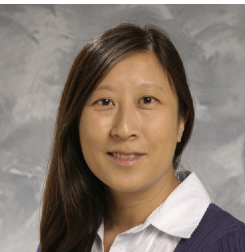
Claire Kane, Myrene C. McAninch Undergraduate Scholar

Project: 'Exploring Women Veteran's Experiences of Substance Use Disorder Treatment in the Puget Sound Veterans Affairs Healthcare System: A Mixed Methods Approach.'



Meaghan Oakes, Healthy Aging Doctoral Scholar (DNP)

Project: 'Improving Advance Care Planning within the Geriatrics Department at Confluence Health.'



Frances Chu, Healthy Aging Doctoral Scholar (DNP)

Project: 'Implementing Task Sharing of Tele-mental Interventions in Primary Care.'

***"I advise future Healthy Aging scholars to consider the numerous opportunities around them and pursue all that feel valuable...The de Tornay Center for Healthy Aging has a lot to offer if you seek the opportunities."
-2021-2022 de Tornay Scholar***

Thank you to our faculty mentors



Dr. Ira Kantrowitz-Gordon



Dr. Katie Kemble



Dr. Basia Belza



Dr. Oleg Zaslavsky

Highlighted Former Scholars



“The de Tornay Center truly is committed to supporting students and providing them with opportunities to engage in the research process and make meaningful contributions to the field of healthy aging.”
-2020-2021 Healthy Aging Scholar

Minhui Liu, PhD '17, RN, is an Associate Professor at Xiangya School of Nursing and Associate Dean of Xiangya-Oceanwide Health Management Research Institute at Central South University in China. Liu became the first nurse selected into the Hunan Province Hundred-Talent Program. He received grants to improve nursing PhD programs in China by establishing a continuous, comprehensive training process evaluation system.



Shih-Yin Lin, PhD '17, MM, MPH, is a Senior Research Scientist/Project Director at NYU Rory Meyers College of Nursing. Lin is the principal investigator on a National Institute on Aging/Emory Roybal Center-funded pilot project, Development and Piloting of a Family-Center, mHealth-Enhanced Intervention to Promote Caregiving Mastery in Detection, Prevention, and Management of Delirium Superimposed on Dementia.



Chelsea Miller, BSN '09, DNP '18, ARNP, ACNPC-AG, is a Pulmonary-Critical care nurse practitioner at the Yakima Valley Memorial Hospital ICU. Miller completed a Critical Care APP Fellowship at Emory Critical Care Center and recently received a high five award at Yakima Valley Memorial Hospital for confidence and proficiency while assisting with a trauma patient in the emergency department, the first non-physician to receive the award.



Tatiana Sadak, MN '08, PhD '11, PMHNP, RN, FAAN, is a Psychiatric Nurse Practitioner, the UW School of Nursing's Interim Associate Dean of Academic Affairs and the Marilee Rasmussen Endowed Associate Professor. Sadak is the director of the school's Dementia & Palliative Education Network (DPEN), which has spearheaded initiatives to train nursing students to work in palliative care and with people with dementia.



de Tornyay Center Leadership

Our Team



From left to right: Basia Belza, the Aljoya Endowed Professor; Professor and Director; Heather Wicklein Sanchez, Manager; Paige Bartlett, Public Information Specialist; Sarah McKiddy, de Tornyay Center pre-doctoral Scholar

Executive Committee



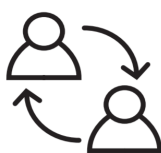
From left to right: Barbara Cochrane, the de Tornyay Endowed Professor for Healthy Aging; Margaret Heitkemper, Professor and the Elizabeth Sterling Soule Endowed Chair in Nursing; Tatiana Sadak, the Marilee Rasmussen Endowed Associate Professor and Interim Associate Dean of Academic Affairs; Hilaire Thompson, the Joanne Montgomery Endowed Professor; Jillian Pintye, Assistant Professor; Allison Webel, Associate Dean of Research

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/UWagingCtr

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



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UNIVERSITY of WASHINGTON
de Tornyay Center for Healthy Aging