

de Tornyay Center for Healthy Aging

2023 - 2024 Annual Report



"Grow old along with me! The best is yet to be." - Robert Browning

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.

Center Strategic Plan

Vision
To be a center that serves as a national and global leader in scholarship on healthy aging.

Mission
To serve as a catalyst for promoting optimum lifespan health for all and eradicating age-based discrimination.

The de Tornyay Center for Healthy Aging Strategic Plan July 2024 - June 2027

Goals

- Research**
 - Advance research in healthy aging and health equity
 - Offer ignite aging symposium
- Workforce**
 - Strengthen nursing workforce caring for older adults
 - Foster workforce leadership opportunities
 - Support dementia workforce initiatives
- Education**
 - Infuse aging content into the curriculum
 - Support students committed to careers in healthy aging
 - Partner with Dementia and Palliative Care Network (DPEN)
- Partnerships**
 - Establish partnerships within and beyond the university
 - Offer consultation, resources, and funding for community projects
 - Foster international collaborations
- Administrative Excellence**
 - Promote center goals and initiatives locally and globally

Diversity, Equity, & Inclusion

- Highlight student, faculty, and center work
- Provide administrative support for student scholarships and initiatives
- Support research that serves diverse populations
- Ensure materials and programming are accessible

PhD student and center illustrator Lalipat Phianhasin drew the center's strategic plan. View it here or on our website at agingcenter.org/strategicplan24

SCHOOL OF NURSING UNIVERSITY OF WASHINGTON de Tornyay Center for Healthy Aging

Building Global Connections

This academic year the de Tornyay Center hosted delegations of nursing students visiting from three universities, organized by School of Nursing alumni:



Chang Gung University of Science and Technology, Taiwan

President of the University Dr. Jun-Yu Fan visited to establish a Memorandum of Understanding with the School of Nursing.



Tokyo Medical and Dental University, Japan

The center hosted students and faculty from Japan, led by Dr. Akiko Kondo.



Taipei University of Nursing and Health Science, Taiwan

Dr. Tiffany Wang visited the UW School of Nursing, along with four undergraduate students.

Annual Events

Nursing Science Scholarship Day

The de Tornyay Center and PhD Coordinating Committee co-hosted the 2024 Nursing Science Scholarship Day, featuring poster and podium presentations by de Tornyay scholar students. Shao-Yun Chien received the PhD Pathways to Healthy Aging award at the event.



Ignite Aging 2023: Pathways to Healthy Aging

This year's Ignite Aging Symposium featured short presentations by students, faculty, and alumni on health across the lifespan. Topics ranged from STDs in pregnancy to college food justice and the UW's Nurse Camp.

"All speakers were very insightful. It was great hearing the personal experiences from the Nurse camp. I enjoyed the research and learned a lot." - 2023 Ignite Aging attendee



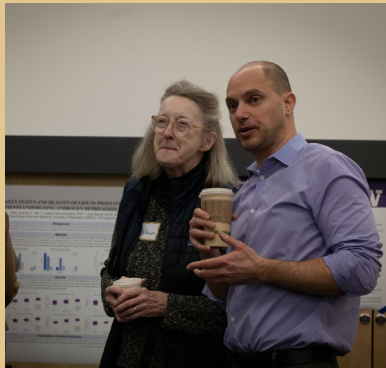
Above: leadership and center staff with symposium presenters and musicians

UW Aging Research Forum

The center collaborated with units across the University of Washington to host a UW Aging Research Forum with the Gerontological Society of America (GSA) leadership in February 2024. We were thrilled to feature a broad range of innovative work from across campus and see the exchange of ideas and rich networking.



"We were so impressed by the depth and breadth of aging research underway across the university. It was thrilling to see it all pulled together and presented in one place! And our meeting with UW pre-doctoral and post-doctoral trainees makes it clear the future of aging research is in good hands."- James Appleby (GSA CEO)



Event partners and sponsors

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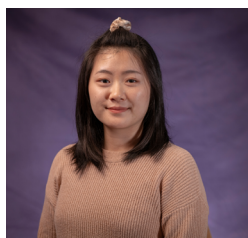
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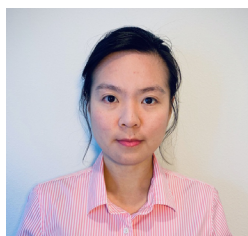


2023-2024 Healthy Aging Scholars



Hsin-Ni Lee (BSN), Myrene C. McAninch Undergraduate Scholar

Project: 'The Relationship of Ageism, Aging, and Music on Cognitive Health: Perspectives of Mandarin-Speaking Older Adults'



Lee-Ling Chen (DNP), Healthy Aging Doctoral Scholar

Project: 'Fall Prevention and Management for Older Adults in Assisted Living Service Programs within Retirement Communities'



Emilie Martel-Rousseau (DNP), Myrene C. McAninch Doctoral Scholar

Project: 'Dementia Action Collaborative Provider Survey'



Sarah McKiddy (PhD), Germaine Krysan Doctoral Scholar

Project: 'Perspectives of Adolescent Musicians and People Living with Dementia and their Care Partners of an Intergenerational Music-Based Intervention: A Pilot Study'



Shao-Yun Chien (PhD), Healthy Aging Doctoral Scholar

Project: 'Developing a Culturally Sensitive Web-based Discussion Platform to Reduce Social Isolation and Loneliness Among Older Chinese Immigrants'

Thank you to our faculty mentors



Dr. Jon Auld



Dr. Maya Elias



Dr. Basia Belza



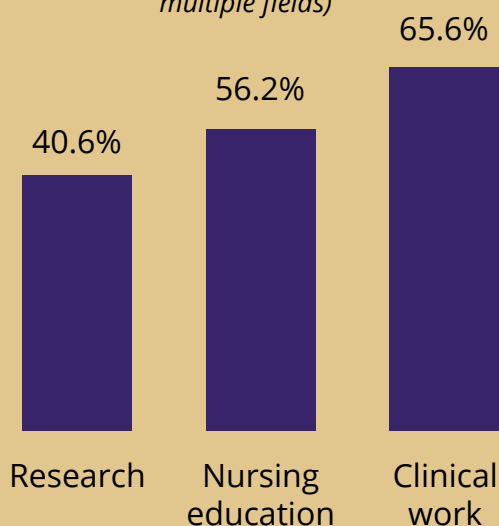
Dr. Oleg Zaslavsky

Former Scholars Survey

de Tornyay Center pre-doctoral scholar Yanjing Liang led the center's effort to follow up with past de Tornyay Center scholars and understand their career trajectories and how they reflect on their experience with the center. Out of 87 former scholars contacted, 32 responded. Below are excerpts adapted from Liang's work analyzing the survey, which was presented at the Western Institute of Nursing conference.

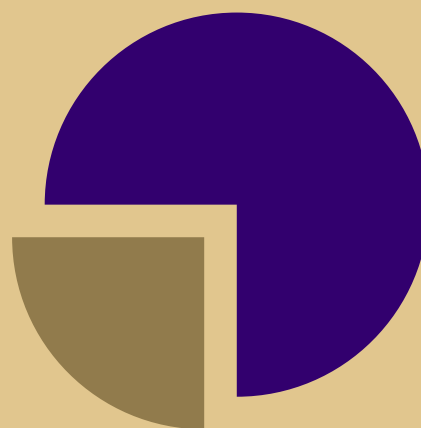
Career choices after graduation

(some respondents' work spanned multiple fields)



75%

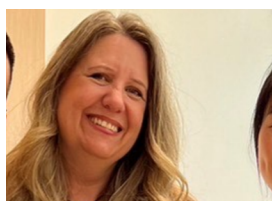
said their de Tornyay scholar experience **boosted research skills** and provided crucial **career guidance** and **mentorship**.



Hillary Frey (BSN, 2021) joined a research team and conducted interviews about age-related changes, analyzed data and coauthored a manuscript, in connection with her de Tornyay Scholar research project. She currently works in infection prevention.



***"I extend my heartfelt thanks to the de Tornyay Center for playing a crucial role in supporting my research aspirations."
- Former Healthy Aging Scholar***



Kori Dewing (DNP, 2003) pioneered innovative nursing practice models in rheumatology, gaining international recognition and adoption. Now, she is a rheumatology NP and nursing faculty.

View the full conference poster highlighting results at agingcenter.org/WINPoster2024



Pre-doctoral Scholars



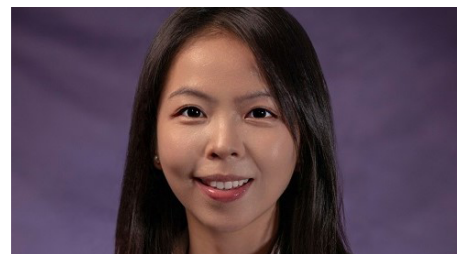
Sarah McKiddy

McKiddy has continued her work on ageism, music, and dementia. This year, she co-hosted a presentation on music and aging with the UW Retirement Association. She also continued working with the UW School of Nursing Dementia Action Palliative Network team and UW Medicine Cognition in Primary Care project.



Priscilla Carmiol-Rodriguez

Carmiol-Rodriguez joined the COCO (Caring for Caregivers Online) team. The project, led by Weichao Yuwen, aims to support caregivers with a digital chatbot. Priscilla will be interviewing caregivers in Spanish to help understand how COCO can best serve their needs.



Yanjing Liang

Liang led the center's effort to survey former scholars to understand their career trajectories and center's impact on them. She presented information from the survey at the Western Institute of Nursing conference. View selected findings and find the link to her poster on page five.

Center Manager Retires



Center manager Heather Wicklein Sanchez is retiring after 17 years working at the UW School of Nursing. Heather came to the school in 2007. She was hired initially by Dr. Gail Kieckhefer to work on the Nocturnal Child Asthma grant, and in 2008 she moved to the center to serve as the manager. Heather has been a critical asset to the de Tornyay Center for Healthy Aging and School of Nursing. Heather's breadth and depth of knowledge, sensitive collaboration style, and steady presence have greatly enhanced the internal workings of the de Tornyay Center as a key unit within the University of Washington and the School of Nursing, as well as our collaboration with national and international partners. For these and so many more reasons, Heather Wicklein Sanchez will be missed. Please join us in thanking Heather for everything that she's contributed to the center over the years!

"Heather has been a wonderful colleague. Her communication has always been clear, detailed, and timely. Her can-do attitude and positivity shines. Heather is committed to her work and the impact it has on students, faculty, and the community." - A colleague of Heather's

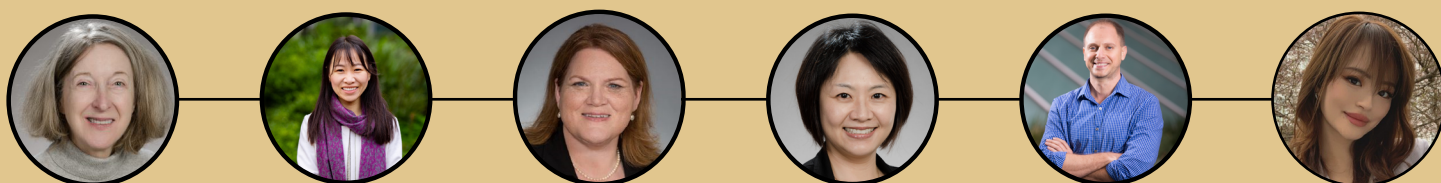
de Tornyay Center Leadership

Our Team



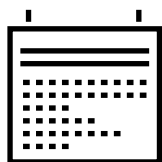
From left to right: Basia Belza, de Tornyay Endowed Professor for Healthy Aging and Director; Heather Wicklein Sanchez, Manager; Paige Bartlett, Public Information Specialist

Executive Committee



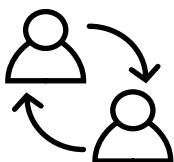
From left to right: Dr. Margaret Heitkemper, Professor; Dr. Weichao Yuwen, Associate Professor; Dr. Hilaire Thompson, Robert G. and Jean A. Reid Executive Dean; Dr. Jean Tang, Associate Professor; Dr. Oleg Zaslavsky, Aljoya Endowed Associate Professor in Aging; Dr. Tiffany Liu, Undergraduate Program Director

How to Get Involved



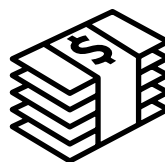
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EVENTS**
including our annual
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Questions? Reach the de Tornyay Center for Healthy Aging
at agingctr@uw.edu.



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