

de Tornyay Center for Healthy Aging

2025-2026 Annual Report



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

Undergraduate Scholars

Each year, the center awards scholarships to graduate and undergraduate students who are conducting research or clinical improvement projects that will help to advance healthy aging.



Chad Cheldelin, Healthy Aging Scholar

"I'm interested in screening techniques to help reduce the incidence of colon cancer, which is primarily in the older population, but it's becoming more common in the younger population."



Fiza Noman, Healthy Aging Scholar

"Nursing textbooks are a main resource that you're using towards your education, and if you're seeing biases and ageism in it, those stay with you long-term."



Delina Mesfin Berhe, Healthy Aging Scholar

"I've seen how people who speak other languages can be mistreated, and how their behavior can be seen as agitation when they're actually just trying to communicate."



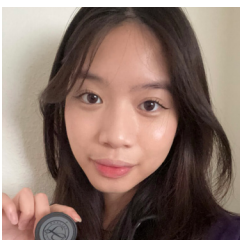
Amber Beeson, Healthy Aging Scholar

"I'm interested in finding ways to create environments where older adults are able to be supported, not only physically and medically, but also socially and emotionally."



Julia Lee, Germaine Krysan Scholar

"I wish that everybody in my generation had a couple of people who could be role models of healthy aging to them."



Christina Tran, Healthy Aging Scholar

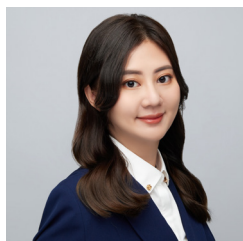
"I chose nursing because that's the type of relationship I aim to have with my future patients – someone who remains present, empowers others, and brings light during some of the most challenging moments."

PhD in Nursing Science Scholars



Suah Park, Healthy Aging Scholar

"Working as a nurse practitioner, I realized that older adults are often prescribed multiple medications. I think there definitely is a need to develop or tailor non-pharmaceutical interventions."



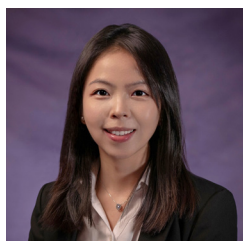
Zih-Ling Wang, Healthy Aging Scholar

"That experience reminded me that mealtimes are not only about food. They can have very different meanings depending on a person's culture, life experiences, and social relationships."



Hyunhae Lee, Healthy Aging Scholar

"The other reason is that, personally, I have noticed that many younger people seem less enthusiastic about longevity. In some ways, I was one of those people. However, the older adults I met in Sardinia were quite different."



Yanjing Liang, Myrene McAninch Endowed Scholar

"I decided to be part of this integral role, and that's why I say, I chose nursing and nursing chose me."



Wenting Peng, Healthy Aging Scholar

"What I want to do is try to let the older adults adapt themselves into this digital health world and use digital technology to help them live better."



Hongyu Yu, Healthy Aging Scholar

"Older adults and family are important for me as a Chinese person. That is an essential part of our tradition and values—something deeply rooted in our culture and spirit. We respect, honor, and care for older adults."

DNP Scholars



Michelle Thomas, Germaine Krysan Scholar

"I've been a nurse for quite a while and have seen that, over time, we are caring for people in an older age range that have a higher burden of chronic diseases, who are needing to manage complex medical regimens."



Li Downs Healthy Aging Scholar

"During COVID I was very inspired by the nurse practitioners I worked with, and how they stepped up to help fill the gaps that we were having in patient care."



Chiayu Chen, Healthy Aging Scholar

"Instead of waiting until patients reach a crisis point, the goal is to support them earlier and help maintain their independence and quality of life as much as possible."

Travel Scholars Student Awards

The de Tornyay Center for Healthy Aging awards travel scholarships to students and post-doctoral trainees to attend conferences.

8

Students funded to present at the Western Institute of Nursing 2026 Conference

5

Students funded to present at the Gerontological Society of America 2025 Annual Scientific Meeting

+2

Students funded to present at other national conferences

"I was able to see fantastic student work, support and network with colleagues, and attend talks by some of my idols!"
- Travel scholarship recipient



Julia Lee, a 2025 - 2026 healthy aging undergraduate scholar, was one of two undergraduates to receive the prestigious UW Presidential Award.



Sarah McKiddy, former center predoctoral and healthy aging scholar, was awarded the UW School of Nursing dissertation award.



Suah Park, a 2025-2026 healthy aging scholar, was selected as the 2026-2027 School of Nursing Maguson Scholar.

FNINR Award



On October 15, 2025, the Friends of the National Institute of Nursing Research (FNINR) awarded the 2025 Faye Glenn Abdellah Leadership Award to the UW School of Nursing's de Tornyay Center for Healthy Aging. The award was presented at the FNINR annual gala in Washington D.C.

As described by FNINR, "the Faye Glenn Abdellah Leadership Award is named for the renowned nurse researcher whose vision has resulted in inestimable value created by nurse scientists over the years. The recipient will be an organization or individual with a sustained or lasting impact on nursing science through advocacy, institutional leadership, or an individual program of research that has led to public awareness of the value of nursing science in improving health at the individual and/or population levels."

The de Tornyay Center is the first center to receive the Faye Glenn Abdellah Leadership Award since its inception in 2018. The center joins a cohort of remarkable recipients, including former UW School of Nursing Dean, Dr. Nancy Woods.

Teaching Awards

Teaching Professor and de Tornyay Center Advisory Board Member Kristen Childress received the 2026 UW School of Nursing Sandra Eyres Excellence in Graduate Teaching Award.



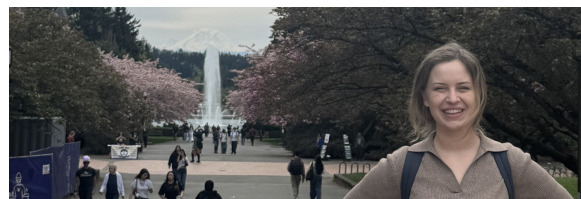
*"...My hope is that my work inspires and encourages my students to become the fullest versions of themselves — creating beautiful change in different corners of the world."
- Kristen Childress*

The 2026 UW School of Nursing Rheba de Tornyay Excellence in Undergraduate Teaching Award was awarded to Assistant Teaching Professor Mihkai Wickline.



"I'm grateful to spend my days with students who are working tirelessly to enter the profession I love so much. Now that I know this life... I wouldn't have it any other way." - Mihkai Wickline

Visiting Scholars



Paulina Pergoł-Metko (pictured above), visiting scholar and PhD in Nursing Science candidate from the Medical University of Warsaw, presented at a nursing perspectives event co-hosted by the de Tornyay Center and UW Polish Studies Endowment Committee.

The UW School of Nursing welcomed visiting student Yanisa Duangduen and nurse researcher and former center scholar Inthira Roopsawang, both from Thailand.

UW Healthy Aging Forum

Students, staff, and faculty from nine UW aging units, centers, and departments planned the 2026 UW Healthy Aging Forum. The event showcased innovative aging work across disciplines and facilitated connections and networking across UW and beyond.

141

registered
attendees

42

registered
poster
presenters

10

podium
presenters
& panelists

Event partners and sponsors



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"It was really valuable to see so many different departments represented. The interdisciplinary mix helped me think beyond my own field." - Attendee



"The informal conversations during the breaks were one of the best parts of the forum. They made it easier to build genuine connections and opened the door to future collaboration." - Attendee



Annual Events

Ignite Aging Symposium 2025: Creative Arts & Healthy Aging

The 2025 Ignite Aging Symposium featured talks on the connection between creative arts and healthy aging by students, faculty, and alumni. Each talk was followed by a creative activity. Presentations ranged from gardening to the arts, music, and mindfulness. Activities including coloring, meditation, singing along to music and discussing art.



Nursing Science Scholarship Day 2026

The de Tornyay Center and PhD Coordinating Committee co-hosted the 2026 Nursing Science Scholarship Day, featuring poster and podium presentations by de Tornyay scholars and UW School of Nursing PhD in Nursing Science students.



This annual report's cover was drawn by center illustrator Lalipat Phianhasin and highlights research and project areas of center scholars.

Our Team



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Professor*

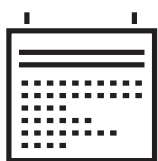


*Maya Elias,
Assistant
Professor*



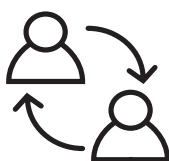
*Oleg
Zaslavsky,
Associate
Professor*

How to Get Involved



ATTEND OUR EVENTS

including our annual
Ignite Aging and
Scholarship Day.



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

 Contact us at agingctr@uw.edu



*Visit the center website by
scanning the QR code to the left or
going to agingcenter.org*



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