



×



PSU  
Foundation  
PORTLAND STATE UNIVERSITY

# INSTITUTE ON AGING BETTER WITH AGE PROGRAM

YEAR ONE: MILESTONES



PRESENTED TO KEREN BROWN WILSON, PH.D. '83, AND MICHAEL DESHANE, MA '71, PHD '77

SEPTEMBER 2022



# A YEAR OF GROWTH— THANKS TO YOU

Dear Keren and Michael,

I am pleased to report that much progress has been made during this first year as we launched the campuswide Better with Age initiative. Your support of our efforts ensures that Portland State University will be at the forefront of gerontological education, enabling faculty and students to meet the needs of an aging population in Oregon and beyond, far into the future.

We have worked steadily in the last year to hire new faculty, develop programming and curriculum, support faculty teaching and research, secure sustainable avenues for funding as the program grows and support the next generation of faculty, researchers and practitioners. As you know, your generosity has been key to all this work, and I'm happy to keep you apprised as we move forward.

As you read this report, you will see how your commitment to PSU students and faculty is helping us lead the way to a healthier aging population. I hope you are pleased with the results so far.

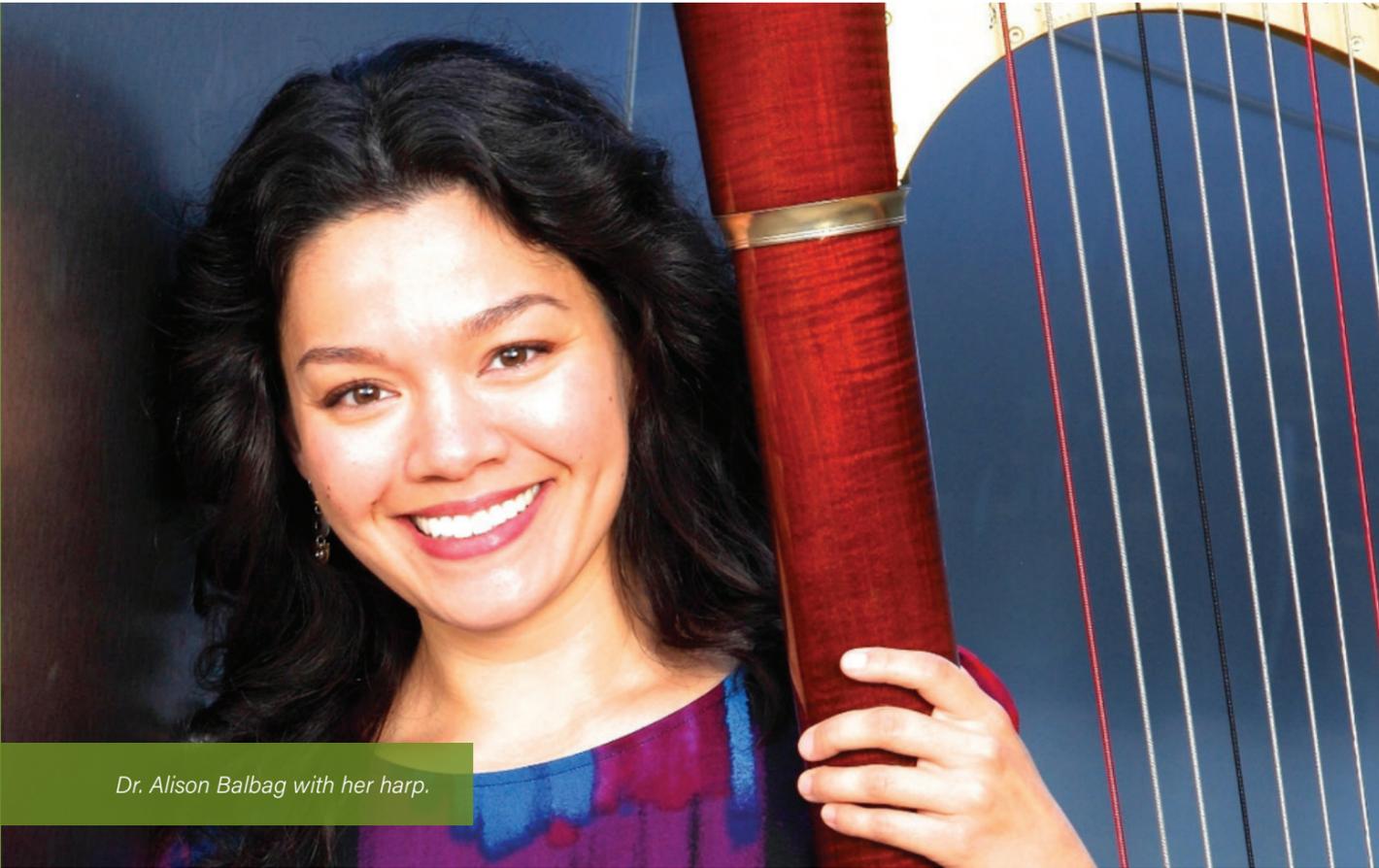
As always, please contact me if you would like more information on any of these exciting program areas—made possible by your generosity.



With Kind Regards,  
Paula Carder  
Director, Institute on Aging

## MILESTONE 1

### CREATING A WORKFORCE-PIPELINE INFRASTRUCTURE



Dr. Alison Balbag with her harp.

After announcing the campus-wide initiative last fall, we began reviewing the current gerontology curriculum and research at PSU and made several key hires. Program Director Serena Hasworth, MPH, joined us in October to assist with all aspects of program development. Dr. Lauren Bouchard joined us on July 1, 2022, as director of gerontology curriculum. She has an MS in psychology with a specialization in clinical counseling and a PhD in gerontology with a focus on resilience and aging. She has many years of teaching experience in gerontology, sociology and psychology and a passion for mentoring and advising gerontology students. Dr. Bouchard is very active with the Association for Gerontology in Higher Education.

We hired two new adjunct professors to teach. Dr. Alison Balbag, who has doctorates in music and gerontology, came aboard in January to teach the "Families and Aging" course and lend her expertise in the long-term brain-health benefits of music as we develop the curriculum. Dr. Bryant Carlson, a School of Public Health assistant professor with a background in health equity and social psychology, taught "Mental Health and Aging" in addition to working with

Dr. Carder to develop a research proposal to study social engagement in intergenerational housing communities.

In addition, graduate student Dani Himes began assisting us last fall by providing administrative support and identifying ways for PSU to expand on its "Age Friendly University" status.

We are pleased to report that we created a new online quarterly newsletter, "Hey! From the IOA," which we sent in fall, winter and spring to our mailing list of 169 recipients. The newsletter highlights PSU's aging research projects, professional development and training, upcoming courses, students and aging-related topics.

In addition, we celebrated Older Americans Month by compiling stories on lifelong learning from older adults on campus. We also participated in the PSU Climate Justice Symposium that brought awareness to the intersection of aging, resilience and climate change.

## MILESTONE 2

### BUILDING AN INTERDISCIPLINARY CURRICULUM IN GERONTOLOGY

Last fall, we reviewed existing gerontology coursework and undergraduate capstone programs related to aging and conducted a comprehensive review of PSU's curriculum and policies to compare content and identify opportunities for new course development. We also surveyed and reviewed material on similar programs at several other West Coast universities to gather ideas about possible new classes and formats. Additionally, we met with the Office of Academic Innovation to provide an overview of the initiative, discuss curriculum planning and review institutional policies and practices for course development.

To meet the goal of expanding gerontological education to undergraduate students, we have met several times with program directors and advisers in several colleges, including each the College of Urban and Public Affairs, the School of Public Health, the School of Social Work, the School of Business, and the College of Liberal Arts and Sciences. In addition to learning more about our colleagues across the campus, these meetings provided us with current information about their course syllabi, advising process and timelines to help us update the gerontology-certificate advising sheets while also to developing outreach materials to recruit students from these units.

To support the proposal of a new undergraduate gerontology certificate program to the curriculum committee, we hold regular meetings with representatives from the School of Social Work and the School of Public Health. Dr. Bouchard will be leading this effort, and has already begun outreach to recruit prospective students.

In spring, we created a matrix of non degree programs at PSU to compare format, length, cost, scheduling/frequency of offering, learning outcomes and target students. We also discussed ideas for a non degree gerontology program that would focus on such topics as climate resilience and aging, older adult behavioral health, and training in workforce resilience and well-being for long-term care administrators and leaders.

We compiled a list of programs, advisors and contacts at Oregon and southwest Washington community colleges that offer gerontology, social science and other degree programs relevant to the field of aging. We also met with faculty from Portland Community College to discuss opportunities for collaboration and pathways for transfer students.



This year's efforts focused on building the structures needed to invite new students into the field of gerontology.

## MILESTONE 3

### SUPPORTING FACULTY RESEARCH AND TEACHING



Dr. Paula Carder, Russell "Gus" DeShane Professor of Aging Studies

This past year, provost Susan Jeffords and PSU leadership named Paula Carder, director of the Institute on Aging, as the Russell "Gus" DeShane Professor of Aging Studies. This award is a Portland Professorship that supports Dr. Carder's research and scholarship in long-term care and housing policies.

For the first time, we provided funding support, called the Gerontology Education and Research Initiative (GERI) to assist faculty-led research projects on topics affecting older adults, their families and communities. To prepare for this, we compared local seed-grant programs noting their eligibility requirements, funding priorities and application details. We developed proposal-review guidelines and recruited PSU faculty to review proposals.

Last winter, we met with small-grant programs administrators Jonathan Jubera of OHSU Oregon

Clinical and Translational Research Institute and Greg Schrock of PSU Metropolitan Engaged Research Initiative to learn more about their grant applications. We then developed a program structure and revised awards to offer two \$30,000 grants to be awarded during the 2022-23 academic year.

In May, we issued a Call for Proposals to the PSU faculty. Eight faculty members attended an information session about applying for grants (from CLAS, CUPA, SPH, SSW) and three applied (from SPH, SSW).

We are pleased to announce that the following recipients were selected for the inaugural year of funding beginning in August 2022.

#### 2022 GERI FUNDING RECIPIENTS

##### Supporting Care Partners of People Living with Alzheimer's Disease and Related Dementias (ADRD).

Sherril Gelmon, PhD, principal investigator with the School of Public Health. Two colleagues will partner with Dr. Gelmon: Walt Dawson, D. Phil, and Alison Lindauer, PhD, both from the OHSU Layton Center. This study has two broad goals: 1. Conceptualize a robust program of support for the Layton Center that augments and complements its current clinical and research programs and reflects the needs of various communities that may be underserved and/or have difficulty accessing culturally specific services. 2. Frame key policy issues that encourage or hamper the delivery of care partner support and propose suitable advocacy strategies to achieve prioritization and funding of such services.

##### Exploring the Impacts of the Neighborhood Story Project in Intentional, Intergenerational Communities.

Amy Thurber, PhD, and Michele Martinez Thompson, PhD, are co-investigators, both from the School of Social Work. The Neighborhood Story Project is a 12-week participatory-action research intervention, with participants living in two intentional intergenerational communities in Oregon. The Neighborhood Story Project approach engages residents of a particular neighborhood to both learn and take action in their community. Each project begins with the formation of a leadership team of 8-12 residents of a particular area. Long-term goals are to increase place knowledge and attachments, social relationships, and self and collective efficacy of community residents.

## MILESTONE 4

### SUPPORTING GERONTOLOGY STUDENTS



Scholarship recipient Riley Wilton, whose honor thesis researched older adults' lived experiences of resilience.

In 2022, the Institute on Aging welcomed its first cohort of Wilson-DeShane Aging Scholars. Each student received individual scholarships ranging from \$900 to \$1500.

#### Three students received graduate assistantships that pay for tuition and provide a stipend:

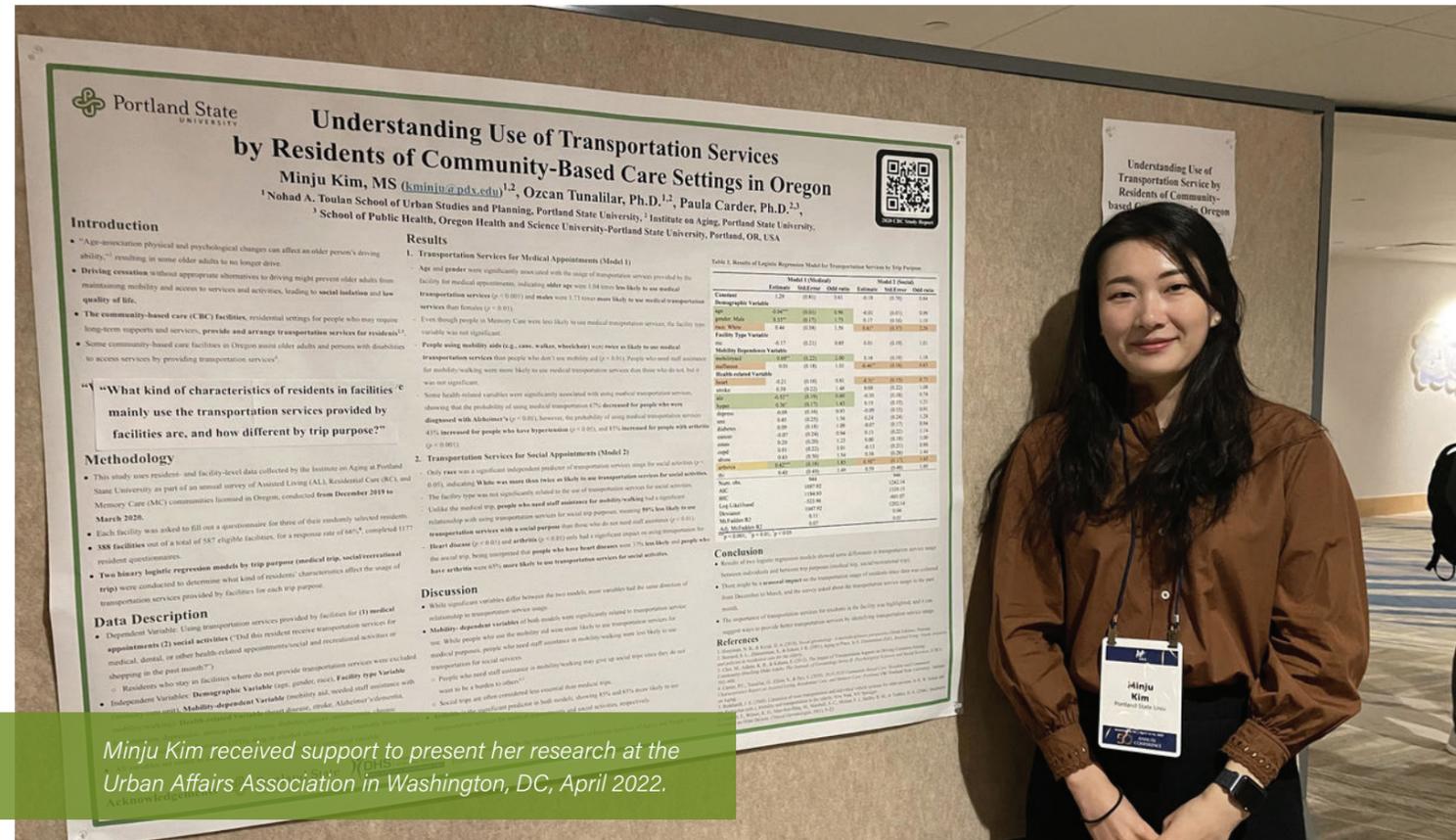
- Lindsey Smith (SPH) received a graduate research assistantship that supported her dissertation research on access to assisted living in diverse neighborhoods. In addition, she received support to attend the GSA conference, where she presented "State Regulatory Response to COVID-19 Limited Assisted Living Resident Care Networks" (2021).
- MinJu Kim (USP) received a graduate research assistantship to work on the state-wide survey of assisted living and to develop her dissertation research on transportation needs of older adults.
- Dani Himes (SSW) received funding as a graduate administrative assistant and works with the Better with Age team to implement the initiative.

#### Six students received scholarship funds (\$800 - \$1500):

- Sarah Dys (SPH Community Health) received a scholarship during the term she defended her dissertation research.
- Riley Wilton (Honors, undergrad in SPH Health Services Administration) received funding for participant incentives for her honor's thesis research on older adults' lived experience of resilience.
- Alicia Garrison, (College of Urban and Public Affairs) received a scholarship to support their work earning a certificate in gerontology.
- Ian Miller (School of Business) received a scholarship and assisted with a proposal to study private equity investment in assisted living.
- Rowena Paz Norman (School of Business) received a scholarship for her proof of concept work on a method to improve quality in long-term care settings.

Additionally, five gerontology students received complimentary memberships to the American Society of Aging, and four students became new members of Oregon Gerontological Association. The Institute on Aging also sponsored four gerontology students' attendance at the Oregon Gerontological Association Annual Conference and their OGA membership.

## STUDENT SUCCESS



Minju Kim received support to present her research at the Urban Affairs Association in Washington, DC, April 2022.

**Sarah Dys** successfully defended her dissertation, "Antipsychotic Medication Administration in Oregon Assisted Living/Residential Care Settings: Analyzing an Action Situation" that examined how and why antipsychotic medications are administered to residents with dementia, Fall 2021. Congratulations Dr. Dys!

**Lindsey Smith** successfully defended her dissertation, "Disparities of Assisted Living Availability: Investigating the Relationships Between Structural Racism, Public and Private Governance, and Assisted Living Location" that combined three datasets to examine how structural racism, policies and facility location affect disparities in assisted living availability in the US, Winter 2022. In addition, she received support to present her paper at the Gerontological Society of America Meeting, Fall 2021. She was named co-chair of the Gerontological Society of America's Assisted Living Interest Group, starting in 2022. Congratulations Dr. Smith!

**Stephanie Lawlor** (Criminology (first one from CCJ!)), presented research on the aging prison population in "Testing the LS/CMI for Predictive Accuracy: Does Age Matter?" at the American Society of Criminology Conference, Fall 2021.

**Five students** graduated in June 2022 with their Graduate Certificate in Gerontology and three students completed all required coursework as they work toward their main degree program.

## STUDENT PUBLICATIONS

Gerontology students contributed to and led a number of published articles in peer-reviewed journals this past year:

Cornell, P., Zhang, W., Smith, L., Rahman, J., Grabowski, D., Carder, P., Thomas, K. (2022).

Memory care reduces nursing home admissions among assisted living residents with dementia, *Alzheimers & Dementia*.

Carder, P., Zimmerman, S., Wretman, C., Priesser, J., Dys, S., Sloane, P. (2021). Pro Re Nata (PRN) Prescribing and Administration of Psychotropic Medications in Assisted Living: A Seven State Study. *JAMDA*.

Kaskie, B., Xu, L., Taylor, S., Smith, L., Cornell, P., Zhang, W., Carder, P., Thomas, K. (2021). Promoting quality of life and safety in assisted living: A survey of state monitoring and enforcement agents. *Medical Care Research and Review*.

Dys, S., Tunalilar, O., Carder, P. (2021). Cognition-Enhancing, Antipsychotic, and Opioid Medication Use Among Assisted Living and Residential Care Residents in Oregon. *JAMDA*, 22(7), 1548-51.

Dys, S., Steeves-Reece, A., Carder, P. (2021). Lifelong Instability and Perceived Risk of Future Homelessness in Older Adults. *Journal of Aging and Environment*.

Thomas, K., Cornell, P., Zhang, W., Smith, L., Hua, C., Kaskie, B., Carder, P. (2021). The relationship between states' staffing regulations and hospitalizations of assisted living residents. *Health Affairs* 40(9); 1377-1385.

Kyler-Yano, J., Tunalilar, O., Hasworth, S., Kohon, J., Winfree, J., Wilton, R., Tuttle, A., Carder, P. (2021). "What Keeps Me Awake at Night: Assisted Living Administrator Responses to COVID-19" The Gerontologist.

Smith, L., Carder, P.C., Bucy, T., Winfree, J., Brazier, J., Kaskie, B., Thomas, K. (2021). Connecting Policy to Assisted Living Settings, Introducing Health Services Regulatory Analysis. *Health Services Research*.

Dys, S., Winfree, J., Carder, P., Zimmerman, S., Thomas, K. (2021). Coronavirus Disease 2019 Regulatory Response in U.S. Assisted Living Communities: Lessons Learned. *Frontiers in Public Health*.

## OTHER STUDENT SUPPORT ACTIVITIES FUNDED BY BETTER WITH AGE

Last winter, six students attended a campus gerontology social hour to learn more about the Institute on Aging. We held a brainstorming session with currently funded students to discuss engagement opportunities, including those with professors and the Senior Adult Learning Center. We also created a PSU Gerontology Network Google Group to connect and chat more directly with students and hosted a Gerontology Network Forum discussion about end-of-life decision making and Alzheimer's disease.

In spring, we established a structure for awarding 2022-23 student scholarships and added the Wilson-DeShane Better with Age Scholarship to the Institute on Aging website. We also updated the gerontology certificate application to include a prompt for students to apply for scholarship funding.



**PAULA CARDER**

**Director of Institute on Aging  
OHSU-PSU School of Public Health  
(503) 725-5144  
carderp@pdx.edu**

**BETZY FRY**

**Senior Director of Development  
PSU Foundation  
(503) 725-2865  
fryb@psuf.org**



**PSU  
Foundation**  
PORTLAND STATE UNIVERSITY