



Let's
Talk
About

AGING

To our students, alums, donors, advisory board members, and community partners,



I am honored to present to you the 2020-2021 Department of Gerontology Annual Report. This past year, the lives of our students, staff, and faculty continued to be impacted by the COVID-19 pandemic. Our everyday routines changed, from on-campus to online teaching and from face-to-face meetings to Zoom. Despite these challenges, we remained committed to our Department’s goals: to train students to enter the field of aging, where their knowledge and experience is needed now more than ever, and to recruit new students to gerontology, to understand aging and to improve the lives of older adults.

This report includes many highlights from the past year. A record number of students (50) were enrolled in our Bachelor’s program by the end of the Spring 2021 semester, which reflects that we continue to grow even during this recent time of uncertainty. With the research grants and publications attained by our faculty, the awards earned by our students, and our continued presence in our community, we have much to look back on with pride. At the same time, our advisory board, under the leadership of Paul Hogan, keeps us looking forward to the future of aging, which we believe is a bright one.

In 2022, we will celebrate our 50th anniversary. We are one of the oldest departments of gerontology in the United States and we intend to continue our forward momentum. We thank all of you for your support over our first half century. We cannot wait to see what unfolds in our next 50 years.

Best wishes.

Christopher M. Kelly

Christopher M. Kelly, Ph.D., Professor and Chair

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MISSION STATEMENT

We develop knowledge, and educate and inspire future leaders to positively influence the aging process and to advocate for older adults, their caregivers, and the communities in which they live.

CORE VALUES

We are the primary provider of expert gerontological education in Nebraska with a global impact. We provide essential teaching, training, and service opportunities for students who aspire to careers in the field of aging through research, practice, and engagement.

CORE PURPOSE

Through our on campus and online degrees, we develop graduates to be leaders in the field of aging.

Our alumni bring unique age-sensitive solutions to the marketplace in areas such as business and industry, government, higher education, and other emerging fields.

We develop relationships with our alumni, fostering a community aging network that is both local and global.

We design and disseminate innovative research that is imperative for current and future aging opportunities.

Through community outreach, we enhance the ability of those working with older adults to understand, serve, and advocate for the aging population.

2020-2021 DEPARTMENT OF GERONTOLOGY ADVISORY BOARD

Paul Hogan – Chairman, Board of Advisors
Chairman and Founder
Home Instead Senior Care

Thomas M. Belford
Owner
John A. Gentleman Mortuaries and Crematory

Heath Boddy
Executive Director
Nebraska Health Care Association

Eric Gurley
President and CEO
Immanuel Communities

Mark Higgins
Architect

Ronald C. Jensen, JD
Partner
Baird Holm Law Firm

Jane F. Potter, MD
Professor of Geriatric Medicine
Division of Geriatrics, Gerontology and Palliative Care
Department of internal Medicine
University of Nebraska Medical Center
Home Instead Center for Successful Aging

Corie Sass, LCSW, LMHP, CDP
Social Services Coordinator
Vetter Health Services

Joann Schaefer, MD
Physician leader and public health expert



Christopher M. Kelly, Ph.D.
Professor and Chair



Julie L. Masters, Ph.D.
Professor
Terry Haney Chair of Gerontology



Lyn M. Holley
Professor
Dr. Chuck Powell Professor of Gerontology



Julie Blaskewicz Boron, Ph.D.
Professor
Graduate and Doctoral Program Chair
Leo Missinne Professor of Gerontology



Janelle N. Beadle, Ph.D.
Assistant Professor
Undergraduate Program Chair



Amy Hanson, Ph.D.
Instructor



Bede Bolin, M.S., M.A.
Lecturer



Heather Ford, M.A., C.D.P.
Academic Advisor/
Program Coordinator/
Adjunct Instructor



Mark Kazor, M.A.
Instructor



Kara Negley, B.A.
Office Associate

NEW FACULTY



Lindsay Wilkinson, Ph.D.
Assistant Professor
Master's Program Chair

PART-TIME INSTRUCTORS
2020-2021

Jennifer Baker
Amanda Buscher
Mary Lou Buss
Elizabeth Chentland
Mary Christensen
Beth Culross
Christine De La Vega
Wonjeong Haavisto
Geraldyn Hepp

Paul Falkowski, Jr
Gary George
Timothy Lenaghan, Jr
Natalie Leon
Monica Mondragon
Aimee Middleton
Jill Naiberk
Shadalee Ramet
Gayle Resh
Becky Romshek
Narissa Scales
Karen Shaffer
Lorie Thomas
Meaghan Walls
Jenna White

2020-2021 GRADUATE ASSISTANTS

Naomi Adjei
Stephen Fogle
Mollie George
Angela Gifford
Sarah Hubner
Judith Kim
Heng Wu

ALUMNI AWARD RECIPIENT



2021 ALUMNI AWARD RECIPIENT

PAUL P. FALKOWSKI, PHD.

Adjunct Instructor is dedicated to serving the people who live and work in long-term care communities. He teaches online courses for the Department of Gerontology, conducts research, and consults with nursing homes. He recently developed the course "Volunteer Management and Aging Services." Also, he authored "Creating the Volun-Cheer Force: Rethinking the way we use volunteers in nursing homes" and formed VolunCheerLeader LLC to provide support to nursing home managers of volunteers. His passion is volunteerism and improving the care of older adults.

REPORT PREPARED BY
Tara Grell, graphic designer, Center for Public Affairs Research



Dr. Lakelyn Hogan
Doctor of Philosophy
Gerontology



Dr. April Paschall
Doctor of Philosophy
Gerontology



Angie Cappellano
Master of Arts
Gerontology



John Gardner
Master of Arts
Gerontology



Jean Joy Kamau
Bachelor of Science



Madison Klar
Bachelor of Science



Lauren Kreuzberg
UNL Certificate and
UNO Bachelor of Science



Laura Maxwell
Bachelor of Science



Kennady Gustin
Master of Arts
Gerontology



Erica Guzman
Master of Arts
Gerontology



Kenneth Hites
Master of Arts
Gerontology



Kizzetta Holmes
Master of Arts
Gerontology



Ashley Moseman
Bachelor of Science



Jason Nitz
Bachelor of Science



Sarah Quinata
Bachelor of Science



Lindie Strickler
Bachelor of Science



Laura Shillito Krieser
Master of Arts
Gerontology



Joy Stiles
Master of Arts
Gerontology



Neva Bilek
Bachelor of Science



Reilley Black
Bachelor of Science



Madison Euse
UNO Graduate Certificate



Emily Frankel
UNO Graduate Certificate



Traci Prauner
UNO Graduate Certificate



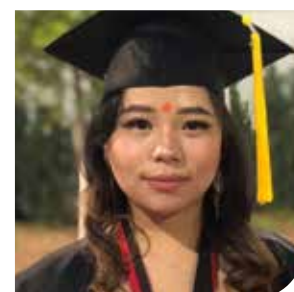
Perry Root
UNO Graduate Certificate



Wenjing Cao
Bachelor of Science



Madeline Daley
Bachelor of Science



Monjika Gurung
Bachelor of Science



Krista Hendrix
Bachelor of Science



Christina Aguilar
UNO Certificate



Hayle Fouche
UNO Certificate



Taylor Kent
UNO Certificate



Rachel Levine
UNO Certificate



Makenna Pluta
UNO Certificate



Morgan Essman
UNL Certificate



Kristina Insingo
UNL Certificate



Sophie Johnson
UNL Certificate



Clare Keller
UNL Certificate



Ellie Koch
UNL Certificate



Gabrielle Lutt
UNL Certificate



Kenzie McMullen
UNL Certificate



Shea Peery
UNL Certificate



Sydney Smith
UNL Certificate



MADELINE DALEY

Deans Award
College of Public Affairs
and Community Service



KENNADY GUSTIN

Honorable Mention,
Graduate Oral
Presentation

"Examination of Job
Satisfaction of Aged Care
Employees: A Systematic
Review"



ANGELA GIFFORD

Meritorious Award
for Graduate Poster
Presentation

"The Impact of Stress
Management on
Loneliness and Chronic
Stress in Older Adults"



TAYLOR O'BRIAN

Champions of Aging
Student Worker (Lincoln)



DINESH KARKI

Champions of Aging
Student Worker (Omaha)



AKANKSHYA CHATAUT

Champions of Aging
Student Worker (Omaha)



DR. CHRISTOPHER
KELLY

Appointed Chair

July 2020



DR. JULIE
BLASKEWICZ BORON

Promoted to Professor



DR. JULIE MASTERS

Named UNL Mortar Board
Professor of the Month

March 2021



HEATHER FORD

UNO Advisor of the Month

May 2020



DR. JULIE MASTERS

Eastern Nebraska Office on Aging
Spirit of Aging Advocacy Award

May 2021

STUDENT AMBASSADORS

- Maddie Daley
- Sydney Jividen
- JeanJoy Kamau
- Lindie Strickler
- Sarah Quinata

PH.D. DISSERTATIONS COMPLETED

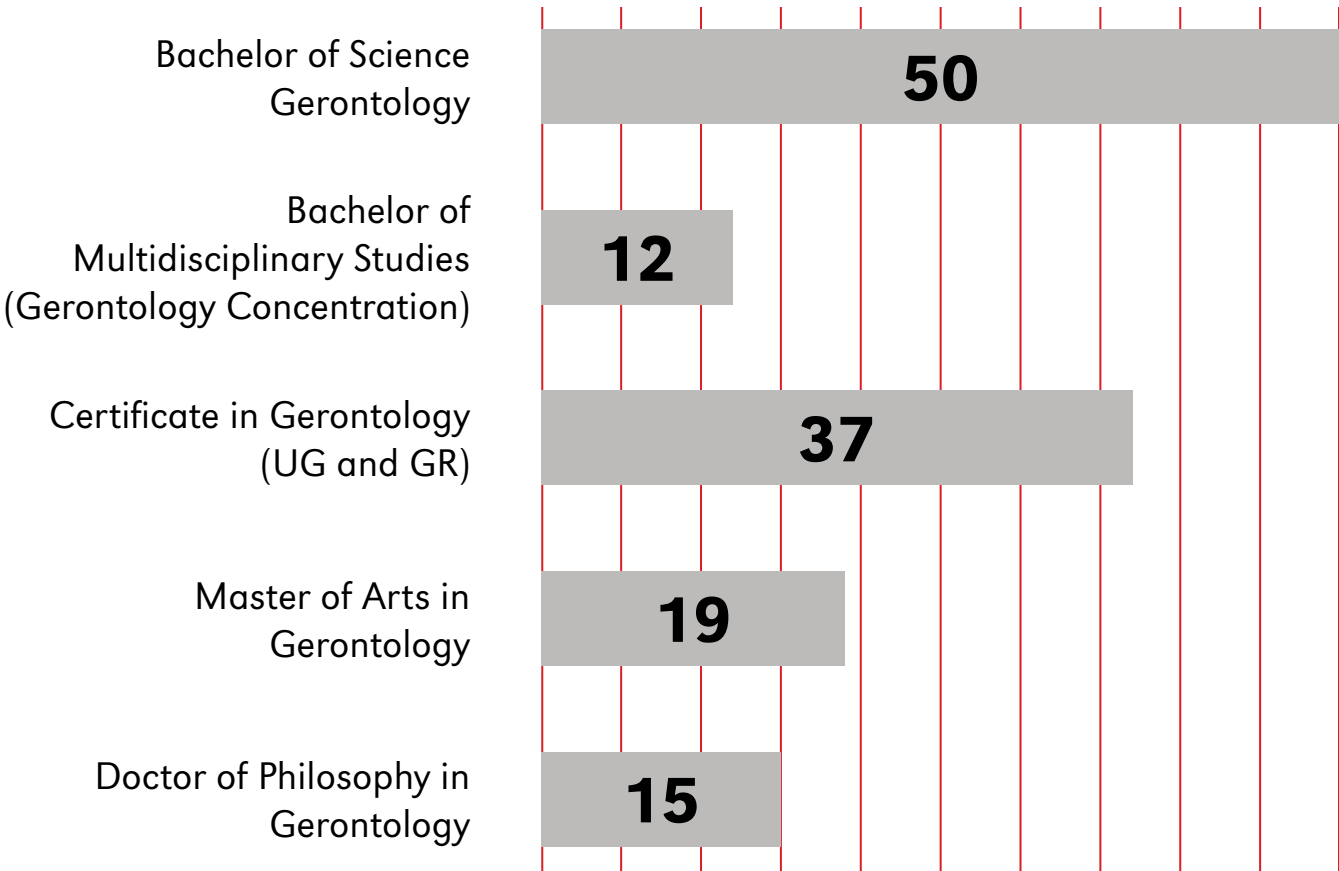
Dr. Lakelyn Hogan. The Impact of Paid Professional In-Home Respite Care on Dementia Family Caregivers. Under the supervision of Dr. Julie Blaskewicz Boron.

Dr. April Paschall. Examining Adult Student Success through a Lifespan Development Lens: A Mixed Methods Investigation. Under the Supervision of Dr. Christopher Kelly.

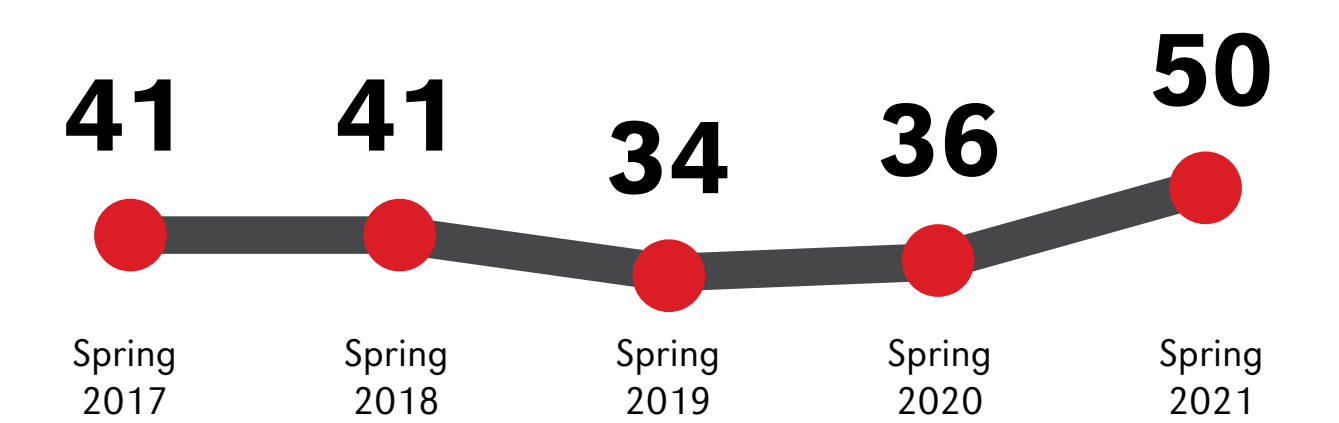
MASTERS THESIS COMPLETED

Kennady Gustin. Examination of Job Satisfaction of Aged Care Employees: A Systematic Review. Under the supervision of Dr. Christopher Kelly.

- Omaha Health Expo
- LeadingAge Conference
- Nebraska Health Care Association Conference
 NNFA/NALA (Nebraska Nursing Facility Association
 and Nebraska Assisted Living Association)
- Nebraska Nurses Practitioners Conference
- Home Instead Convention
- UNO/UNMC Health Wellness Fair



BACHELOR OF SCIENCE GERONTOLOGY



- Aksarben Village Senior Living
- CHI Health at Home
- Eastern Nebraska Office on Aging
- Elk Ridge Village Senior Living
- Endless Journey Hospice
- Hillcrest
- Home Instead Senior Care
- Immanuel Lakeside
- Immanuel Fontenelle
- John A. Gentleman Mortuaries
- Lighthouse Ministries
- New Cassel Retirement Center
- UNO
- Ridgewood Senior Living
- Rose Blumkin Jewish Home
- Sunrise Country Manor

Beadle, J.N., Clark, N., & Thompson, D. (2021). Elder Financial Abuse: An Interdisciplinary Approach. Symposium Talk, The Aging Brain: Risks for Financial Exploitation, American Society on Aging.

Beadle, J., Gifford, A. (2020). Psychological, Brain, and Hormonal Factors Associated with Caregiver Compassion Fatigue, Burnout, and Stress. Presented at Alzheimer’s Association International Conference.

Holley, L.M. (2020). Social Games: The Intersection of Established Reward Structures and Exercise for Older Rural Adults. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Kelly, C.M., Deichert, J.A., **Holley, L.M.** (2020). Direct Care Workforce: Where The Boys Really Are. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Kelly, C.M., Fogle, Stephen J., & **Holley, L.M.** (2020). Evaluation of the OMA Program: Single Site Case Study of a Revised Implementation of Opening Minds through Art. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Wilkinson, L., **Masters, J.**, **Kelly, C.**, McKelvey, M., Ghazi Saidi, L., & Hill, To. (2020). Loneliness among Rural and Underserved Older Adults During the COVID-19 Pandemic. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Wilkinson, L.R. (2020). Who Fared Better During the Recession? Examining Negative Recession Experiences and Mental Health in Older Adulthood. Presented at the Annual Meeting of the American Sociological Association.

Wilkinson, L.R. (2020). Financial Strain, Self-Rated Health, and the Mediating Role of Health Behaviors During the Great Recession. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

INTERNATIONAL COLLABORATIVE EFFORTS

- Dr. Lyn Holley, The University of Wroclaw, Wroclaw, Poland
- Dr. Julie Masters, University of Haifa, Haifa, Israel

STUDENT RESEARCH PRESENTATIONS

Hubner, S., Kim, H.J., Nguyen, B., Hansen, B., & Boron, J.B. (2020). The Interrelationship Between Subjective Health, Cognitive Decline, and Late Life Disability: A Path Analysis. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Kim, H.J., Tafti, F.F., Yentes, M.M., Venema, D., & Boron, J.B. (2020). High Cognitive Load Situations Decrease Both Gait and Cognitive Performance. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Odd, K.R., Boron, J.B., Burzynska, A.Z., Santo, J.B., Robinson. P., Willis, S.L., & Schaie, K.W. (2020). Innovative Experiences at Work Support Hippocampal Maintenance in Late Life. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Wu, H., Kelly, C.M., & Holley, L.M. (2020). Building Blocks Needed to Inform Nurse Staffing Hours Requirements in Residential Care for Older Adults. Presented at the Annual Scientific Meeting of the Gerontological Society of America.

Gifford, A., Marmelat, V., **Beadle, J.** (In Press). A Narrative Review Investigating the Utility of Interpersonal Synchrony for the Caregiver-Patient Relationship in Alzheimer's Disease and Related Dementia. *Frontiers in Psychology*.

Koll, T.T., Semin, J., Brodsky, R., Keejin, D., Fisher, A., High, R., & **Beadle, J.** (2020). Health-Related and Sociodemographic Factors Associated with Physical Frailty among Older Cancer Survivors. *Journal of Geriatric Oncology*.

Smirni, D., **Beadle, J.**, & Paradiso, S. (2020). Feeling Physical Pain while Depressed: The Effect of Alexithymia. *Annals of Clinical Psychiatry*, 32 (4): 266-274.

Koehler, K., Beckford, S.E., Thayer, E., Martin, A.R., Cristobal, A., **Boron, J.B.**, & Stevens, J.R. (In Press). Exercise Shifts Food Choices towards Greater Amounts and More Immediate Food Consumption. *Nutrients*.

Carpenter, M.L., **Boron, J.B.**, **Beadle, J.**, & Potter, J. (In Press). Understanding Influential Factors in Turnover within the Home Care Workforce. *Home Health Care Management & Practice*.

Boron, J.B. (In Press). *Psychology of Aging*. Geriatric Review Syllabus.

Boron, J.B. (2020). Cognitive Competence and Decision-Making Capacity. *Creighton Law Review*, 53 (4), 659-668.

Clayton, M.C., **Boron, J.B.**, & Wang, Y. (2020). Editors as Authors: *Journal of Applied Behavior Analysis* 1068-2016. *Journal of Behaviorology*, 23 (2), 11-18.

Fallah Tafti, F., **Boron, J.B.**, Venema, D.M., Kim, H., Yentes, J.M. (2020). Task specificity impacts dual-task interference in older adults. *Aging Clinical and Experimental Research*. Advanced online publication. <https://doi.org/10.1007/s40520-020-01575-3>.

Ferguson, C., Shade, M.Y., **Boron, J.B.**, Lyden, E., & Manley, N.A. (2020). Virtual Reality for Therapeutic Recreation in Dementia Hospice Care: A Feasibility Study. *American Journal of Hospice and Palliative Medicine*. Doi: 10.1177/1049909120901525.

Holley, L.M. (2021). Intergenerational Programs. Chapter 43 in L.W. Kaye (Ed.), *Handbook of Rural Aging*.

Masters, J., Wylie, L., Hubner, S. (In Press). End of Life Planning: Normalizing the Process. *Journal of Aging and Social Policy*.

Bernhart, J.A., Ylitalo, K.R., Umstattd Meyer, M., Renee Doyle, E.I., **Wilkinson, L.R.**, & Stone, K. (2020). Leveraging Household Structure for Increasing Adult Physical Activity in a Low-Income, African American Community. *Health Promotion Practice*, 21, 582-590.

Uecker, J.E., & **Wilkinson, L.R.** (2020). College Selectivity, Subjective Social Status, and Mental Health in Young Adulthood. *Society and Mental Health*, 10, 257-275.

Wilkinson, L.R., Schafer, M.H., & Wilkinson, R. (2020). How Painful is a Recession? An Assessment of Two Future-Oriented Buffering Mechanisms. *Social Science & Medicine*, 255, 112455.

Dr. Janelle Beadle, PI, \$764,565 from the National Institutes of Health, National Institute of General Medical Sciences, COBRE Grant: Neural Basis of Empathy in Aging

Dr. Janelle Beadle, PI, \$50,000, Great Plains IDeA-CTR Scholars Program Grant, The Psychological, Neural, and Hormonal Bases of Caregiver Compassion Fatigue

Dr. Janelle Beadle, PI, \$42,451 Research Development Grant from UNO: Neuropsychiatric Symptoms in Alzheimer's Disease and Caregiver Stress

Dr. Janelle Beadle, PI, \$20,000, University of Nebraska Collaboration Initiative, Interdisciplinary Care Transitions

Dr. Janelle Beadle, PI, \$5,000, UNO Big Ideas, Reducing Caregiver Stress through Music

Dr. Janelle Beadle, Co-PI, \$10,000 UNO UCRCA Grant, Interpersonal Synchronization, Empathy, and Hormones in People with Parkinson's Disease and Caregivers

Dr. Julie Blaskewicz Boron, PI, \$73,000 Great Plains IDeA-CTR Pilot Grant, Age-Related Differences in Food Choices and Appetite Regulation in the Context of Exercise

Dr. Julie Blaskewicz Boron, PI, \$20,000, University of Nebraska Collaboration Initiative, Enhancing Senior Living, Quality of Life, and Independence through Utilizing Assistive and Interactive Technology

Dr. Julie Blaskewicz Boron, PI, \$5,000, UNO BIG Ideas, A Needs Assessment: Improving Quality of Life and Independence for Persons with Dementia and Their Caregivers through Assistive and Interactive Technology

Dr. Julie Blaskewicz Boron, PI, \$5,000, UNO Big Ideas, Investigating Need for a Continuous Health Status Monitoring in Aging Adults Living in Assisted or Skilled Facilities

Dr. Julie Blaskewicz Boron, Co-PI, \$99,414, UNO-UNMC Sciences, Engineering and Medicine Collaborative Grant: Resiliency, Reserve, and Fatigability: Insights into Fall Risk

Dr. Julie Blaskewicz Boron, Co-PI, \$50,000, UNMC Health Disparities VCR Pilot Grant: Optimizing Community Efforts to Improve Physical Activity in Aging

Dr. Julie Blaskewicz Boron, Co-PI, \$38,250, Great Plans IDeA-CTR Pilot grant: Tailoring Interventions to Reduce Loneliness in Aging Adults through Voice Assistants

Dr. Julie Blaskewicz Boron, Co-PI, \$5,000, UNO BIG Ideas, Examining Needs, Usability, and Preferences Towards Assistive and Interactive Technology to Enhance Senior Living, Quality of Life, and Independence

Dr. Julie Blaskewicz Boron, Co-PI, \$5,000, UNO BIG Ideas, Availability of Real-Time, Data-Integrated Resident Health Monitoring IT Dashboards for Assistive/Skilled Care Providers

Dr. Julie Blaskewicz Boron, Dr. Janelle Beadle, and Dr. Julie Masters, Co-PIs, \$1,592,000, UNO BIG Ideas, Transforming Wellness through Business, Informatics, and Gerontology

Dr. Julie Masters, Dr. Lindsay Wilkinson, and Dr. Julie Blaskewicz Boron, \$5,000, UNO BIG Ideas, Exploring the Effects of COVID-19 on Persons Living in Senior Living Communities

Dr. Julie Blaskewicz Boron and Dr. Lyn Holley, PIs, \$2,500 GSA/AGHE Seed Grant for Age-Friendly Universities

- UNO Equity and Inclusion Advisory Committee
(Drs. Christopher Kelly and Lyn Holley)
- UNO-OPS Collaborative Intergenerational Poetry Reflection

COMMUNITY MEMBERSHIP AND ACTIVITIES

- Be a Santa to a Senior
- Champions of Aging
- Coalition for Older Adult Health Promotion
- Dementia Friendly Nebraska
- Eastern Nebraska Office on Aging, Advisory Council and Senior Companion Program
- Elder Rights Coalition
- Florence Home Assisted Living
- Home Instead Center for Successful Aging
- Leading Age Nebraska Education Committee
- Midlands Eldercare Network
- Nebraska Mental Health and Aging Coalition
- Nebraska Urban Indian Health Coalition
- Office of Public Guardian
- Partnerships in Aging
- Respite Advisory Committee
- St. Gregory the Great Seminary Board of Trustees
- UNL Veterans Mentorship Program

- Beadle, J.**, Maintaining Brain Health During COVID-19. AARP Nebraska Virtual Webinar, AARP via Zoom. (2020).
- Boron, J.B.**, Importance of Regular Physical Activity with Age. Video for Immanuel Lakeside Retirement Village Wellness, Online. (2020).
- Boron, J.B.**, UNO OLLAS Cinemateca: The Mole Agent (Panel Discussion). Invited Expert Panelist via Zoom. (2020).
- Boron, J.B.**, Understanding, Identifying, and Addressing Fall Risk in Aging Adults. Webinar for the American Society on Aging and Right At Home, Online. (2020).
- Masters, J.**, COVID-19: Ensuring the Last Breath is as Important as the First. Spring Convention, Nebraska Health Care Association via Zoom. (2021).
- Masters, J.**, End-of-Life Planning: Finding Moments of Opportunity. VA-Nebraska Social Work Retreat via Zoom. (2021).
- Masters, J.**, "A Strengths Based Approach to Caregiving in the Midst of COVID-19." Nebraska Lifespan Respite Network, Nebraska via Zoom. (2020).
- Masters, J.**, "Ageism." Presented at Leading Age Fall Conference, Leading Age, Nebraska. (2020).
- Masters, J.**, "Aging with Intention." Eastmont Senior Living, Lincoln and via Zoom. (2020).
- Masters, J.**, "Anticipating Your Future Self - helping your customers to age with intention." Physicians Mutual, Omaha. (2020).
- Masters, J.**, "Busting the Myths of Aging." First Covenant Church, Omaha. (2020).
- Masters, J.**, "End-of-Life Planning and COVID-19: It's never too soon to think about what matters most." Nebraska Health Care Association, Nebraska - Statewide - Zoom. (2020).
- Masters, J.**, "Gerontology and Activities: The Value of Meaning and Purpose.", Nebraska Health Care Association, Lincoln and via Zoom. (2020).
- Masters, J.**, "It Takes Courage and Planning to Age." AgeMark Senior Living, Nebraska and other states - via Zoom. (2020).
- Masters, J.**, "There's More Than One Path: The Joys and stresses of caregiving in the midst of COVID-19." Nebraska Caregiver Coalition, Nebraska - Statewide - Zoom. (2020).

AGE-FRIENDLY UNIVERSITY INITIATIVE – MARCH 16, 2021

Nebraska Omaha

Age-Friendly University Initiative

UNO is hosting an age-friendly workshop

March 16th, 2021 (9AM-4:30PM)

Participants will learn more about age-friendly pedagogy, curricula, and research.

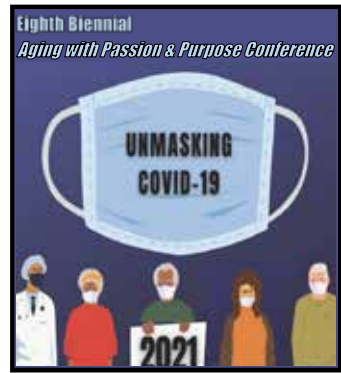
Follow the link to find out more and register.

Visit:
<https://tinyurl.com/AFUatUNO>



University of Nebraska at Omaha has been added to the Age Friendly University (AFU) Global Network, thanks to the work of Dr. Julie Blaskewicz Boron and Dr. Lyn M. Holley.

8TH BIENNIAL AGING WITH PASSION AND PURPOSE CONFERENCE – MARCH 15, 2021



Featured Speakers:

- Steven Wengel, MD**
Assistant Vice Chancellor for Campus Wellness, UNMC & UNO
- Jeffrey P. Gold, MD**
Chancellor, UNMC & UNO
- Adi Pour, PhD**
Health Director, Douglas County Health Department

About the Panels:

- Cathy A. Pacholski**, Art of Aging, Inc.

–Nicole Donnellon, Brighton Gardens of Omaha
–April Kell-Finnell, Hillcrest Caring Companions
–Debra Talich, Hillcrest Home Care Omaha
–Elizabeth Mass, Bethany Heights Assisted Living
- Denise Hyde**, The Eden Alternative with **Lakelyn Hogan**, Home Instead

–Lauren DeGroot, Adaptive Advice, LLC
–Wendy Goldberg, Tri-Faith Initiative
–Anahí Reynoso, Intercultural Senior Center
–Cameo Rogers, Immanuel



ACCESS THE EXPERTS





Dr. Christopher M. Kelly, Chair

Department of Gerontology

University of Nebraska at Omaha

6001 Dodge Street, Omaha, NE 68182

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