



**Grand Valley State University's  
3rd Annual  
Multi-Disciplinary Conference**

**THE ART AND THE SCIENCE OF AGING:  
CIVIC ENGAGEMENT IN  
THE SECOND HALF OF LIFE**

**February 22, 2008**

**Richard M. DeVos Center  
401 West Fulton  
Grand Rapids, Michigan**



MAGGIE KUHN

## What is the art & science of aging conference?

It is an interdisciplinary forum featuring research on aging topics and best practices in working with and for the older adult. Each year there is a theme featured. For 2008 the theme is 'Civic Engagement in the Second Half of Life'.

The goal of the annual Grand Valley State University Art & Science of Aging Conference is to broaden the dialogue on aging within West Michigan by providing an interdisciplinary forum where research on aging topics and best practices in working with and for the older adult are presented. To achieve this goal, the conference planners identify a current 'hot-topic' in the aging field as a conference theme, identify a national speaker to present the research on that theme and translate the implications of research for practice. In addition, they identify films or other media that can serve as a stimulus for discussion among conference attendees on the annual theme.

Faculty and students at GVSU and surrounding educational institutions are invited to submit papers and workshops, or poster sessions on any aging-related research or topic. The invitation is also extended to colleagues at other universities throughout North America. Sessions are grouped into common 'tracks'. A final plenary is held to close out the day and usually relates to the theme. There are student poster presentations and box lunches, and registration costs are minimized (to cover the costs of the lunches and allow the planners to have a better estimate of attendance).

The target audience for this conference is broad: faculty and students from GVSU and the wider community are encouraged to attend, community professionals that deal with older adults in health, social service, as well as housing and aging-network settings. Community members, including older adults themselves, are also a target audience as many are active and interested in learning and contributing.

To support professional participation, we offer a 'certificate of attendance', and, where appropriate, seek the CMU/CEU credits. For community participants we incorporate the film

and discussion sessions and, as appropriate, book signings by our keynote speaker.

Our theme character changes each year, but is intended to be an older adult who is tied in some way to the theme. For example, under the 2007 theme of *Creativity, Growth, and Social Transformation*, our theme individual was Leonardo Da Vinci, featuring a self-portrait late in life as well as many of his other creative drawings. The 2008 theme features Benjamin Franklin and Maggie Kuhn. Ben Franklin served the colonies as a diplomatic representative to the court of France at the age of 69, seeking funding for the Revolutionary War. Maggie Kuhn became a very active social activist when forced to retire at age 65.

Civic Engagement in the Second Half of Life is a widely-discussed concept as society grapples with the wave of adults entering the second half of life – the Baby Boomers have changed society in every age they have attained. For our purposes, the definition of civic engagement derives from the national organization, Civic Ventures – “meaningful engagement through work and service, taking advantage of opportunities to take on public service roles, through paid work and volunteer service”. In addition we envision, with the Grand Rapids Community Foundation in its *Creating Community for a Lifetime*, a community where older adults feel welcome and valued, and participate fully in the life of the community. They remain active in their neighborhoods, communities and beyond, with their roles ranging from neighborhood sage to problem-solvers and social innovators. They avail themselves to an array of social, educational and employment opportunities, according to their needs and preferences.

## DETAILED PROGRAM

**8:30 am**      **Registration/ Continental Breakfast/Coffee**  
Hager-Lubbers Exhibition Hall

**9:00 am**      **Welcome and Opening Remarks**  
Loosemore Auditorium

President Thomas Haas

**Keynote:**™ *From Healers To Historians, Gray Panthers To Working Grandmas: The Many Faces Of Civic Engagement In Late Life*

Ms. Marty Martinson, MPH, MSW, DrPH Cand.  
Director, California Senior Leader Project  
School of Public Health, University of California - Berkeley

The promotion of older adult civic engagement has gained momentum over the last 5 years as gerontologists, volun-

teer organizations and policymakers assert the connections between volunteer service and a healthy old age. But do these assertions have merit? What does the research actually tell us? Is civic engagement just about volunteerism, or do political activism, family caregiving and other civic activities have a place in this conversation? Furthermore, what does it mean that older adults are being asked to fill labor force gaps in service organizations



that have experienced drastic budget cutbacks over the last few decades?

Marty Martinson uses the lenses of political economy theory and humanities perspectives to present her critical analysis of the promotion of older adult volunteerism. She raises questions about the ethical implications of healthy aging models that may

further marginalize certain subgroups of older adults who do not meet criteria for “successful” or “productive” aging. She also considers the promise of a more broadly defined notion of civic involvement, implications for practice and policy, and the relevance this holds for our diverse and rapidly aging communities.

*Instead of avoiding all the world's problems or being overcome by them, I like to see them as an invitation.*  
-Maggie Kuhn

**10:30 am Break: Refreshments**  
Hager-Lubbers Exhibition Hall

**10:45 am Breakout Session (each session is 1 hour 15 min. split between presenters)**

**™ Session 1 - Models of Civic Engagement**

*“The Longitudinal Elder Initiative: An Example of Productive Civic Engagement”*

Cynthia Beel-Bates, Ph.D., RN

The Longitudinal Elder Initiative (LEI) is an intergenerational project that celebrates civic engagement by bringing together volunteer older adults and nursing students. Ten students (ages 22-56) and 12 older adults (ages 72-92) were interviewed about the LEI experience. Researchers found that the LEI experience provided three main outcomes: mutual learning for the student and the older adult, an opportunity to build meaningful relationships reversing stereotypes, and positive health outcomes for some older adults.

*“The California Senior Leaders Program: civic engagement and diversity in action”*

Marty Martinson, MPH, MSW, DrPH Cand.

Since 2002, the California Senior Leaders Program has brought together a diverse group of 95 activists, artists and other elders engaged in building healthy communities and social justice – elders who are under-represented in mainstream discourses on volunteerism. CSLP serves to recognize and provide training and networking opportunities for these older Californians (ages 60 – 102). Program video will be shown, and program design, impacts, and ethical and methodological challenges will be discussed.

**Session 2 - Intergenerational Similarities in Values and Attachment Patterns among Three Generations**

Research Report

**Faculty Presenters:** Mihaela Friedlmeier; Ph.D., Wolfgang Friedlmeier, Ph.D.

**Student Presenters:** Ashley Clark, Hanna Helmus, Kate Homrich, Elizabeth Morgan, Sarah Oberlin, Claire Titcombe

This presentation explores similarities and differences in value orientations among three biologically-related generations. Three specific questions provide focus: 1) What is the motivation for having children across the generations? 2) Do younger generations emphasize individualistic values and independence more than collectivistic values and interdependence? 3) Do the qualities of attachment remain stable across generations? Interviews with grandmothers, mothers, and adolescent children from the Grand Rapids area yield data for the study.

**Session 3 - Beyond the Last Will and Testament: Sharing a Lasting Family Legacy**

Workshop

Marcia D. Brown-Standridge, Ph.D., ACSW

This workshop, designed for all attendees, steers a course toward identifying those pieces of the patterned fabric of family life that an older person wants to address for posterity. The mere act of writing a family legacy, discovering those messages that most matter for the elder family member to convey to the younger generation, can restore much needed balance in a culture that tends to celebrate youth at the expense of learning to age well.

**Session 4 - Research on 'Aging'**

*Nuns and Monkeys: Investigating the Behavior of the Aged*

Judith Corr, Ph.D.

This session will explore the similarities discovered between elderly nuns and aged monkeys based on the pioneering, longitudinal Nun Study which followed Notre Dame sisters throughout their careers. Positive emotions providing a “barrier” to behavioral and physiological diseases mirror findings uncovered in research of aging nonhuman primate subjects. Individual behavior and personality variation are increasingly perceived as playing a primary role in the attainment of healthy longevity.

*"Measures of Psychological Adjustment to Aging Among Gay Men Over Fifty"*

Scott Berlin, Ph.D., LMSW

This presentation will disseminate results of a study of gay males over fifty and their adjustment to the aging process. Such variables as social support, internalized homophobia, perceived health, HIV status, financial acumen, and perceptions of ageism were deemed central. Demographic variables

such as race/ethnicity, income, education, work status, relationship status, and living context were also measured. Particular interest focused on perception as having an impact on overall adjustment.

**12:00 pm Noon Lunch Break [Box Lunches]**

Hager-Lubbers Exhibition Hall

Student Posters - Presentation

*The good men may do  
separately is small compared with  
what they may do collectively.  
-Ben Franklin*

**1:15 pm Breakout Sessions**

**Session 5 - Therapeutic Recreation in Elderly-Friendly Communities**

Kari Kensinger, Ph.D., CTRS

As people age, there are many obstacles that prevent them from participating in activities they once enjoyed. Therapeutic Recreation personnel can provide an array of services across a variety of settings to help. This session will describe Therapeutic Recreation potential in institutional contexts like skilled nursing facilities, assisted living, and retirement communities as well as nontraditional places where similar skills are found. Examples of local programs, evidence-based practice, and theoretical foundations will be presented.

**Session 6 - Older Adults and Alcohol Problems: Update for Professionals**

Joan Borst , Ph.D., LMSW

Older adults are more vulnerable to the effects of alcohol than their younger counterparts and are more likely to use multiple prescription and over-the-counter medications. Alcohol consumption to excess in the aging population can interfere with seeking adequate health care and can make drug-alcohol interactions more likely. This presentation shares age-specific guidelines for preventing physical and emotional risks from the National Institute of Alcohol and Alcohol Abuse.

*Respondent: Dr. Bruce Springer, MD.*

**™Session 7 - Personal Actions Toward Health [PATH]: The role of lay leaders in the implementation of the Chronic Disease Self Management program in Kent County**

Cynthia Coviak, Ph.D., RN, Bonnie Hafner, BSN, RN

Partners on the PATH, a Chronic Disease Self-Management Program (CDSMP; Lorig et al., 1999), as developed by Stanford University, is based on a lay facilitator delivery model. This evidenced-based health promotion project is a partnership between the Area Agency on Aging of Western Michigan, four community aging service provider agencies, Grand Valley State University and Priority Health. This session will discuss the major components of PATH, the underlying philosophy of chronic disease self-management, the role of lay leaders and results for participants. The role of a university as research partner will also be discussed along with the impact of this project on expansion of PATH statewide and nationally.

**2:30 pm Break: Refreshments**

Hager-Lubbers Exhibition Hall





## OPEN TO THE PUBLIC

2:45 pm PANELS

### **Session 8 - SYMPOSIUM: *The Arts and Social, Psychological and Physical Health Outcomes for Older Adults***

Sponsored by the Geriatric Education Center of Michigan, Michigan State University College of Human Medicine. The Geriatric Education Center of Michigan (PI Dr. Jeffrey W. Dwyer) is supported by a three-year grant from the U.S. Department of Health and Human Services, Health Resources and Services Administration, #D31HP08824-01-00.

Moderator: Jeffrey W. Dwyer, Ph.D.

Research over the last decade has underscored the importance of considering the role of the arts and humanities in contributing to the well-being of older adults, their caregivers and family members. Understanding the impact of the arts on social, psychological and physical health outcomes is especially important as individuals, families, health professionals and communities seek to address a wide array of challenges that emerge from a growing and increasingly diverse senior population. This symposium addresses this issue by presenting research based findings from experts in music, art and therapeutic gardening that have the potential to shape interventions, education and community programming designed to directly impact health outcomes among older adults. Formal presentations will be followed by a moderated discussion that will invite questions and conversations from attendees.

#### ***“Music and Health Outcomes”***

Frederick (Ted) Tims, Ph.D., MT-BC, Professor and Chair of Music Therapy, Michigan State University

The presentation will discuss how music has been demonstrated to help older people deal with stress and anxiety, as well as improve their health and well being. Case studies will be given from research studies using neuroendocrine modulation and psychological tests as criterion measures. Video clips will illustrate the results of the studies.

***“The MoMA (New York Museum of Modern Art) Alzheimer's Project: Making Art Accessible for Individuals with Dementia and Their Caregivers”***

Amir Parsa, M.A., MPhil, Project Manager, Department of Education, The Museum of Modern Art, New York, NY.

The Museum of Modern Art is one of the only museums across the country that offers programs to make its collection and special exhibitions available to people with Alzheimer's disease and their caregivers. “Meet Me at MoMA” is a monthly program that features interactive tours of the Museum's renowned collection of modern art and special exhibitions for individuals in the early and middle stages of the disease, and their family members and caregivers.

The MoMA Alzheimer's Project is a nationwide initiative that builds on the success of MoMA's long history of serving local people with disabilities and special needs. It further enhances MoMA's educational programming for older adults, both onsite and offsite. The Alzheimer's Project allows the access team to focus on one particular segment of the adult population and create programming designed for the needs of those who suffer from Alzheimer's and their caregivers.

This short presentation will describe these projects, give an overview of the goals and strategies of the gallery talks at MoMA, and touch on the benefits of the program, namely how the act of looking at art and engaging in discussions can be a rich and satisfying experience for people with Alzheimer's disease and their caregivers.

#### ***“Gardens as Adjuvant Therapy in the Treatment of Senile Dementia: A Case Study”***

Joanne M. Westphal, Ph.D., D.O., Landscape Architecture Program, Michigan State University.

This study examined the health effects of garden access to residents in a dedicated dementia wing of a local nursing home. Nursing records of residents were blind reviewed on eight variables in relation to amount of time spent in a garden that was specially designed for their medical impairment. This presentation will review a compilation of the nursing record data and the strengths and weaknesses of the design solution during a post-occupancy evaluation.

#### ***™ Session 9 - Unleashing the Experience Dividend Panel***

The Grand Rapids Community Foundation funded five Grand Rapids organizations to demonstrate innovative approaches to tapping the resources of experienced adults. The focus of the projects range from intergenerational tutoring and mentoring to advocacy training, connecting experienced adults with employment opportunities, and facilitating park management operations. Hear from the project leaders about the lessons learned from these new opportunities.

**Moderator: Kate Luckert Schmid**

**Presenters: Rev. Peggy Lawrence Burns, Thalia Stiffler  
Gayle N. Orange, Brenda Dalecke**

**™ 4:00 pm CLOSING PLENARY - *The Personal Rewards of Civic Engagement***

Loosemore Auditorium

**Panel Members:** Karen Henry, Alice O-Connor, Alice Willits, Yank Yankovich

## EVENING EVENTS:

**™ 5:15 pm - 7:00 pm [Open to the Public] Film Viewing and Discussion**

**Sponsored by GVSU Gerontology Initiative Workgroup: *The Reading Room*, starring James Earl Jones, is a study of the power of 'civic engagement in the second half of life'. After viewing the film viewers can discuss the significance of this film and its message about civic engagement.**

After the death of his beloved wife, wealthy African-American suburbanite William Campbell (**James Earl Jones**) finds that Helen has left behind a "living will" in the form of a video-tape. As William watches the video, his late wife urges him to take his huge personal library down to the tough inner-city neighborhood and to establish a reading room. Though confused by this request, William does exactly that. Eventually, William understands why Helen wanted him to open up the reading room in the first place. Filmed with the endorsement of the National Center for Family Literacy, *The Reading Room* was produced for cable's Hallmark Channel, where it first aired on November 26, 2005. ~ Hal Erickson, All Movie Guide

**5:15 pm - 6:30 pm [By reservation only]**

**Reception: Grand Rapids Art Museum, Sponsored by Geriatric Education Center of Michigan and the MSU College of Human Medicine in the Altacor Garden Room in the Educational Center of the Museum at the GRAM. Food and beverage will be served.**

There will be a reception in the Educational Center of the Grand Rapids Art Museum (Louis Street entrance through the double glass doors). The reception will include food and beverages. At the conclusion of the reception, our guests will join the "Friday Night at GRAM" program, which features a buffet dinner (\$10-optional), cash bar, tours of the museum, Jazz music, and a lecture (7:00 PM). The Geriatric Education Center of Michigan will provide the entrance ticket for that event.

The lecturer that evening will be Amir Parsa, Project Manager for the Department of Education at the NY Museum of Modern Art. Mr. Parsa is a featured panelist for the GECM-sponsored symposium for the conference. He heads up MoMA's Alzheimer's Project – Making Art Accessible for Individuals with Alzheimer's, Dementia, and their Caregivers. His lecture will focus on the importance of the arts to community and while sharing what MoMA is doing with Alzheimer's patients, it will be a lighter hearted look at connecting art with the community at all ages. GVSU has contributed to this event by sponsoring the lecturer, Amir Parsa.

Following the lecture there will be opportunity to tour the museum's exhibits until the public reception ends at 9:00 pm. Those unable to attend the MSU sponsored reception may participate in the regular "Friday Night at the GRAM" program, including the lecture and tours.

## PRESENTER BIOS

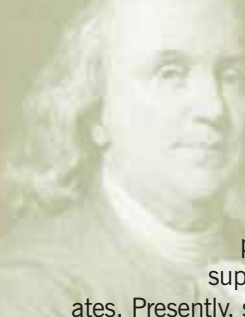
**Cynthia Beel-Bates, Ph.D., RN** is an Associate Professor of Nursing at Grand Valley State University and has been the coordinator of the innovative Longitudinal Elder Initiative (LEI) as a curricular project since 2004. She and her colleagues, Drs. Becky Davis and Susan Jensen have presented the LEI at regional and national conferences. Dr. Beel-Bates has over 25 years of experience working with older adults in all settings, from health promotion to hospice care.

**Scott Berlin, Ph.D., LMSW** is an Assistant Professor of Social Work at Grand Valley State University and has worked in HIV/AIDS service and in the Lesbian Gay Bisexual and Transgender (LGBT) community for the past 14 years. He has been active in areas of direct service, prevention, grant writing, fund raising, and research. He was recently appointed to the Council of Social Work Education (CSWE) Council of Sexual Orientation and Gender Expression. This council oversees LGBT curriculum content in social work education nationally. Dr. Berlin

has been teaching at the undergraduate and graduate levels for the past six years in Grand Rapids and at Michigan State University.

**Joan Borst, Ph.D., LMSW** is an Assistant Professor of Social Work at Grand Valley State University and teaches the use of the profession in health care. She has extensive experience in settings designed to address emotional and physical health, including work in community mental health organizations and in a variety of ambulatory healthcare clinics for people coping with HIV/AIDS, homelessness, and cancer. Dr. Borst is currently involved in the writing of a healthcare textbook and in international research regarding the use of hospice care.

**Marcia D. Brown-Standridge, Ph.D., ACSW** is a licensed marriage and family therapist and presented her research on treating bittersweet legacies in grandparenting families last year at the second annual gerontology conference. She is a Clinical



Member and Approved Supervisor in the American Association for Marriage and Family Therapy. In Grand Rapids, she has taught introductory social work at Aquinas College, directed mental health services at a community food pantry, and engaged in private practice as well as supervision of other therapists at Psychology Associates. Presently, she is working toward developing couple and family services under a nonprofit arm of St. John's United Church of Christ and has continued her consulting practice. Prior, she has had professorships at accredited marriage and family therapy and social work academic programs at Texas Tech, Florida State, and Indiana State University and taught undergraduate, master's and doctoral students. She has had numerous administrative roles at these institutions and won a number of research and teaching awards. Dr. Brown-Standridge's research is published in top marriage and family therapy and social work journals and even appears in engineering. In addition to developing strategies for grandparenting families, she has addressed the lack of cultural sensitivity in planning the care of non-white older adults in settings designed for aging populations.

**Rev. Peggy Lawrence Burns** is the Vice President for Older Adult Volunteer Programs at Gerontology Network. In addition to leading the Foster Grandparent Program for the past 18 years, Rev. Burns is the creator and director of the nationally recognized Traveling Grannies/Grandpas Program, which she founded in 1992, and project director of the Grand Rapids affiliate of Experience Corps. On December 13, 2002, Rev. Peggy Lawrence Burns was awarded one of the highest awards given for services, The President of the United States Services Award, for the creation and management of an innovative intergenerational program.

**Ashley L. Clark, Hanna Helmus, Kate Homrich, Elisabeth Morgan, and Claire Titcombe** are senior students who will major in psychology in 2008. Sarah Oberlin already graduated in psychology in 2007. All of them participated actively in the project "Value of Children and Intergenerational Relationships" by interviewing grandmothers, mothers, and adolescents.

**Cynthia (Cindy) Coviak, Ph.D., RN** is a registered nurse, an Associate Professor, and the Director of Nursing Research and Faculty Development in the Kirkhof College of Nursing at Grand Valley State University. Her 30-year nursing career has included practice in oncology nursing and nursing of children, teaching in 4 west Michigan nursing programs, and various roles in research projects that studied the knowledge of nurses concerning developmental delays in children, family issues in parenting infants after neonatal intensive care hospitalizations, exercise practices in middle- and high-school students and their parents, and bone health knowledge in college students, adolescents and older school-aged children. Partners on the P.A.T.H. is the second project she has been involved with that used the Stanford Chronic Disease Self-Management Program, and she served as the project evaluator. Previously, she worked with a community agency in Muskegon in providing the Stanford program to African American adults with diabetes.

Cindy's BS in Nursing was from Michigan State University, her MS in Nursing is from Grand Valley State University, and her Ph.D. in Nursing was completed at the University of Michigan, where she was a National Institutes of Health, National Institute of Nursing Research pre-doctoral fellow. She has received an Outstanding Alumni in Education award from MSU College of Nursing, and was one of the first 200 nurses in the country to attain certification from the National League for Nursing as an academic nurse educator. She is a member of Sigma Theta Tau International Honor Society of Nursing, Phi Kappa Phi honor society, Midwest Nursing Research Society, and the Council for Advancement of Nursing Science.

**Brenda Dalecke** is the Coordinator of Park Volunteers for John Ball Park. Brenda has a degree in Business Administration and an extensive background in Social Work administration, including a substantial amount of volunteer involvement. She has prior experience building a program from the ground level with the Ottawa County C.A.S.A. (Court Appointed Special Advocate) as it relates to local demographics.

**Jeffrey W. Dwyer, Ph.D.**, is the Acting Associate Dean for Research, for the College of Human Medicine at Michigan State University. From 1993-1999 he was Director of the Institute of Gerontology and Professor of Sociology at Wayne State University and from 1999-2003 was the founding Director of the Institute on Aging and a Professor of Medicine at the University of Florida. Dr. Dwyer received his B.A. in Sociology from California Lutheran University in 1982 and Ph.D. in Sociology from the University of Florida in 1988. In 1992 he was selected as a Brookdale National Fellow and in 1997 was elected a Fellow of both the Gerontological Society of America and the Association for Gerontology in Higher Education. Dr. Dwyer also has a substantial background in research on health and health services utilization, rural aging, and family relationships.

**Mihaela Friedlmeier, Ph.D.** is an Assistant Professor of Psychology at Grand Valley State University. Her research focuses on developmental and cross-cultural psychology. For her thesis, "Intergenerational Relations in Times of Social Changes," she has analyzed the relationships between parents and adolescent children in Romania, a nation that has gone through strong sociopolitical changes during the last 16 years. She is the project coordinator of the American study associated with the cross-cultural project "Value of Children and Intergenerational Relationships" that is also carried out in Germany, France, the Czech Republic, Turkey, the Republic of Korea, China, Indonesia, and South Africa. The project is funded by a grant from the German Science Foundation and investigates transmission of values and patterns of support expectancies within three generations as well as the impact of quality of relationship across generations from a cross-cultural perspective.

**Wolfgang Friedlmeier, Ph.D.** is an Assistant Professor of Psychology at Grand Valley State University. His research focuses on developmental and cross-cultural psychology. He is co-author of the book, Development of Emotions and Emotion Regulation and co-editor of the book Culture and Human Development: The Importance of Cross-Cultural Research to Social Sciences. He is principal investigator of the American study associated with the



cross-cultural project “Value of Children and Intergenerational Relationships” described above.

**Karen Henry** is a freelance writer and lecturer on stereotypes of Arabs and Muslims, Arab women, and Arab culture. She holds a BA in Middle East Studies from the University of Michigan. Karen is the recipient of numerous awards for her activism. She received the ACLU of West Michigan's Civil Libertarian of the Year Award 2004, the Women's Resource Center Woman of Equality Award 2005, and the YWCA's Tribute Award for Advocacy 2006, among others. Karen founded the Women's Political Action Network, and co-founded the Middle East Education Project. She is a current board member of the Pediatric Oncology Resource Team, Spectrum Health, and has served on numerous other non-profit boards, including the Community Media Center, American Cancer Society, Institute for Global Education, YWCA, WGVU Public TV, God's Kitchen, and others. Karen's volunteer work extends into the public sector as well. She holds or has held several government appointments, including appointments to the Governor's Council on Arab & Chaldean American Affairs, the US Attorney BRIDGES (Building Respect in Diverse Groups to Enhance Sensitivity), and the City of Grand Rapids Community Relations Commission.

**Bonnie Hafner, BSN, RN** is a registered nurse at the Area Agency on Aging of Western Michigan, where she has served as the Quality Assurance Nurse for Care Management and MI Choice Waiver programs for the past eight years. She received her BS in Nursing from Grand Valley State University. She has over 28 years of experience working with older adults and caregivers in a variety of settings, including geriatric and mental health assessment, public health, long-term care, education and consultation. Bonnie was the Project Coordinator for *Partners on the P.A.T.H. (Personal Action Toward Health)*, a three-year evidence-based prevention project funded through the Administration on Aging which focused on delivering the Stanford Chronic Disease Self-Management Program to older adults in Kent County. *Partners on the PATH Chronic Disease Self-Management Program* was one of 14 nationally chosen sites as part of AoA's Evidence-Based Prevention Programs for the Elderly Initiative. This project in Kent County was instrumental in forming Michigan Partners on the PATH, a collaborative dedicated to dissemination of Partners on the PATH statewide. Bonnie has presented at numerous national, state and local conferences, including being selected to represent the aging network model of delivery on a CDC-sponsored satellite broadcast discussing adoption of the CDSMP. Positive results of this project and others in this initiative guided AoA's decision to pursue national replication of community-delivered evidence-based prevention programs for older adults.

Professional affiliations include: National Council on the Aging, Sigma Theta Tau International Honor Society of Nursing, and Stanford Chronic Disease Self-Management Master Trainer

**Kari Kensinger, Ph.D., CTRS** is an Assistant Professor of Therapeutic Recreation at Grand Valley State University. She has held numerous leadership roles within the American Therapeutic Recreation Association. Dr. Kensinger has published in professional therapeutic recreation journals. In addition, she has pre-

sented at local, national, and international conferences, bringing therapeutic recreation skills to the aging and developmentally disabled populations.

**Alice O'Connor** has lived in Grand Rapids since 1945 and retired from the Michigan Employment Security Commission after working there for nearly 20 years. Currently she is one of the volunteer coordinators and a docent for the Grand Rapids Public Museum, volunteers with Senior Leadership Grand Rapids at the GRCC Older Learner Center, with Advocates for Senior Issues, and the Grand Rapids Public Schools Steering Committee, recommending the Phase II changes in the high schools in GR.

**Gayle N. Orange** is the Executive Director of Camp Fire USA West Michigan Council. She has served in various positions for 13 years as Assistant Executive Director and Program Services where she was responsible for programs and human resources for the council. Gayle graduated from Cornerstone University with a Bachelor of Science degree in Management. She served 12 years as a member of the Grand Rapids Board of Education where she served as President of the Board, chairperson of the Education Committee and Co-chair of the City Commission/Board of Education liaison committee. For 37 years, she has been involved in advocacy efforts for children and youth knowing that they need the tools to be successful. She is a member of the Workforce Development Board for Kent and Allegan Counties, and serves as a member of the Kent Regional Community Coordinated Child Care (4C) board having also served as the chairperson. Additionally, Gayle is board Vice President of Urban Transformation Ministries, a faith-based urban ministry.

**Amir Parsa, M.A., Mphil.** is the Project Manager of the MoMA Alzheimer's Project. Mr. Parsa is also a Lecturer and Educator at MoMA, and he has designed and implemented community programming for a wide range of audiences, including the innovative *Wider Angles* and *Double Exposures* programs, along with *MoMA Outdoors* and *EEAM*, a model family literacy program in partnership with the Literacy Assistance Center. A noted poet, writer and photographer, Mr. Parsa is the author of 10 literary books in French, English and Persian. His multilingual *L'opéra minora* is in the MoMA Library Artists' Book Collection and he was also recently included in the anthology of French and Francophone poets. Amir has a B.A. from Princeton and an M.A. and MPhil. from Columbia.

**Kate Luckert Schmid** is a Program Director with the Grand Rapids Community Foundation. She is responsible for advancing the social and civic engagement of experienced adults through the Community Foundation's strategic grantmaking, community learning, and research. Prior to joining the Community Foundation, Ms. Luckert Schmid served as a gradu-



ate assistant at the Dorothy A. Johnson Center for Philanthropy and Nonprofit Leadership conducting community research on topics such as poverty, philanthropic trends, and nonprofit governance. Ms. Luckert Schmid holds a master's degree from Grand Valley State University in Public Administration with a concentration in Nonprofit Management.

**Thalia Stiffler**, representing Advocates for Senior Issues, holds a degree in Social Science from Western Michigan University and one in Organizational Leadership from Calvin College. After graduation from WMU, she worked four years for the Social Security Administration, leaving that position to raise three children. Active in various volunteer activities through PTA, she was instrumental in starting a Grandperson Program in the East Grand Rapids public schools, matching older adults in the community with elementary schoolchildren. Returning to paid employment in 1980, she worked 22 years for either United Way or one of its funded agencies until retirement. She is now the immediate past President of Advocates for Senior Issues and also serves on the Boards of Senior Neighbors, Inc. and Senior Leadership Grand Rapids.

**Frederick Tims, PhD.** is professor and area chair of Music Therapy, and board-certified music therapist at the Michigan State University College of Music. He received a Bachelor of Music in Piano Performance at Hendrix College (Conway, Arkansas), a Bachelor of Music in Music Therapy from Michigan State University, a Master of Arts from the University of Iowa, and a Doctor of Philosophy from the University of Kansas at Lawrence. Tims has done clinical work at Gemeinschaftskrankenhaus in Herdecke, Germany, the University of Michigan Hospitals, and in private music psychotherapy practice. His research interests include the effects of music making on healthy older Americans, and the effects of music therapy on the biology and behavior of Alzheimer's patients. Tims is an active guest lecturer, consultant, and practicing Music Therapist. He has taught at the University of Kansas, Colorado State University, and the University of Miami. Tims is past President of the National Association for Music Therapy, former Secretary of the Certification Board for Music Therapists, and a former Advisory Committee member of Association of Professional Music Therapists in Great Britain.

cols in hospitals, nursing homes, extended care facilities, and residential properties; walkable communities and seasonal variability; resource sustainability and open space/green corridor protection.

**Mrs. Paul (Alice) Willits** began her volunteer work in the 1950's when she joined the Ada Hospital Guild. She later joined the Blodgett Hospital Guild, and has continued with that volunteer work ever since. Along the way, she served with the Girl Scouts as a volunteer, eventually serving on the Board, and Day Camp Chairman. Now she and her husband continue to volunteer with the Friends of East Grand Rapids Library, helping to sort books people donate to the library for the semi-annual sales, which raise funds to enrich the library resources.

**Yank Yankovich** has over sixty years of experience as an entrepreneur and motivational speaker. His ability to make something happen for the good of others as the result of networking with others is his trademark in life.



**Joanne M. Westphal, Ph.D., D.O.**

is a landscape architect and a practicing licensed physician in Michigan. A member of the School of Planning, Design, and Construction at Michigan State University, her work focuses on issues of health in the built environment, therapeutic site design, context-sensitive design, and research methodology. Dr. Westphal has conducted research on a broad set of issues relating to health in the built environment, including the health potential of LEED criteria to promote wellness; design that complements medical treatment proto-



*Did you know about these civic contributions  
by Ben Franklin:*

- **Library Company of Philadelphia** (1731): relied on subscribers who would pay dues for the right to borrow books, most of which were imported from England.
- **Union Fire Company:** fire-fighting clubs with specific duties.
- **Police patrols** (watchmen): funded by a property tax levied based on the value of the home (progressive taxation).
- **American Philosophical Society:** first American society to include scientists and thinkers from across the country.
- **The Pennsylvania Militia:** in 1747, in response to Franklin's visions of 'terrorism' arising from King George's War, and privateers raiding towns along the Delaware River, and the pacifist response of the Quakers in power in PA; he called on the 'middling people' – tradesmen, shopkeepers and farmers, to be organized by geographic area not social class; organized a lottery to pay for the needed cannons and equipment.
- **Diplomat:** represented the American colonies before the court of France starting at the age of 70.

# Grand Valley State University's 3rd Annual Multi-Disciplinary Conference

## THE ART AND THE SCIENCE OF AGING: CIVIC ENGAGEMENT IN THE SECOND HALF OF LIFE

### PERSONAL CONFERENCE PLANNER

TIME	SESSION	LOCATION
9:00 am	Keynote	Loosemore Auditorium
10:45 am	Breakouts	Classroom
12:00 pm	Lunch/Student Posters	Hagers-Lubbers Hall
1:15 pm	Breakouts	Classroom
2:45 pm	Panels	Classroom
4:00 pm	Closing Plenary	Loosemore Auditorium
#5:15 pm	Film: The Reading Room	Loosemore Auditorium
*5:30 pm	Reception - Lecture	Grand Rapids Art Museum

# Open to the Public, Hosted by the GVSU Gerontology Initiative

\* Preregistration/Ticket required (limited to 100 participants), co-hosted by the Geriatric Education Center of Michigan, and the MSU College of Human Medicine

Please note: sessions that follow the conference theme of Civic Engagement in the Second Half of Life are denoted by <sup>TM</sup>.

Certificates of Attendance will be available at the Registration table.



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