The recent NHCGNE annual conference was a testament to the commitment, expertise, and forward-thinking ethos driving the field of gerontological nursing. Hosted with the aim of sharing knowledge, fostering innovation, and addressing essential gerontological issues, this year's virtual gathering delivered many insights and honored distinguished professionals.

A focal point of this year's conference was the highly anticipated Opening Keynote, "Leaping off a Cliff into the Unknown Waters of Alzheimer's Disease Research." Dr. Kathy Richards, a distinguished research professor and senior scientist at the School of Nursing, University of Texas at Austin, described her remarkable 25-year research journey doing work dedicated to enhancing sleep, addressing neuropsychiatric symptoms, and improving cognitive function in older adults affected by mild cognitive impairment and dementia due to Alzheimer's disease. Dr. Richards' personal narrative proved to be an inspirational and educational cornerstone of the event.

The conference was also filled with stimulating sessions, including a plenary focusing on Disaster Preparedness. John L. Renne from Florida Atlantic University and Alice Loke from the Hong Kong Polytechnic University offered insights and perspectives on managing and addressing disaster preparedness in the context of gerontological care.
The event also celebrated a group of 22 nurses who were acknowledged for their exceptional expertise in gerontological nursing education through the Distinguished Educators in Gerontological Nursing program. Dr. Dauphne Cheung received the Claudia J. Beverly Award for her innovative work in developing music interventions that significantly enhance the psychosocial well-being of individuals living with dementia or mild cognitive impairment and their caregivers. Additionally, congratulations were extended to Dr. Margaret Wallhagen for receiving the Mary Starke Harper Award, recognizing her invaluable contributions to the gerontological field.

Throughout the year, NHCGNE’s Board of Directors made several substantial decisions aimed at advancing the organization’s mission:

1. Hosted virtual facilitated discussions with member school deans to improve communication and engagement among the members.
2. Initiated a deliberate strategic planning process to shape the organization’s future and ensure growth and sustainability.
3. Responded to President Biden’s Nursing Home Reform package by drafting and submitting a response to the proposed rule on minimum staffing standards.
4. Launched two modules on the NACNS learning platform, offering valuable resources for nursing education focused on caregiving and managing health conditions in older adults.
5. Explored the establishment of a fellowship to recognize impactful research and clinical practice among members.
6. Maintained active participation in the Nursing Community Coalition to influence policy and legislation in Washington, D.C.

The annual conference not only exemplified excellence and innovation but also underlined NHCGNE’s commitment to continuous improvement and progress in the field of gerontological nursing.

Warm Regards,

Glenna S. Brewster Glasgow, PhD, RN, FNP-BC
NHCGNE President

NHCGNE's Nook

2023 NHCGNE Annual Conference Recordings
Available Until December 31st

The NHCGNE 2023 Annual Conference, held virtually from October 24th to 26th, was a resounding success, drawing significant participation with a total of 171 registrants!

Missed the conference? We got you covered!

Click the link below to register for post-event virtual access and view the 2023 NHCGNE Annual Conference recordings! Access everything
you missed from our premier gerontological nursing event at a discounted price through December 31, 2023.

Virtual Registration Opens Thursday, November 9th.
Use the discount code associated with your price below to register!

- Non-member: $185 | NMVIRTUAL
- Student: $50 | STUDENTVIRTUAL
- Institution/Legacy Member: $140 | INSTITUTIONALVIRTUAL
- Individual Member: $165 | INDIVIDUALVIRTUAL

Already registered and attended the Live Conference? No worries - you will receive an email on November 9th for details on access to the recordings!

Register for NHCGNE Post-Event Access

Congratulations to Dr. Cheung, the Claudia J. Beverly Innovation Award Winner

NHCGNE is excited to announce that Dr. Daphne Cheung, Associate Professor at The Hong Kong Polytechnic University’s School of Nursing, is the recipient of the 2023 Claudia J. Beverly Innovation Award! She was recognized for her project titled "Partnership with the Community to Improve the Psychological Well-being of People with Early Dementia and Caregivers with Music-with-Movement Intervention."

The NHCGNE Innovation Award is designed to recognize and celebrate innovative programs and projects that highlight excellence in Gerontological Nursing and is granted to a member or team of NHCGNE members to showcase innovations designed and implemented that positively impact the nursing care of older adults. Join us in congratulating Dr. Cheung on this prestigious award!

Learn More

NHCGNE Mentor Corner

Mentor Tip: Mentor or Advisor?

Mentor or advisor? Sometimes we may have confusion on who or what a mentor is! And sometimes you need a mentor, sometimes you might need someone else.

A mentor is most often someone you choose. This person wants to learn about your interests and passions, share insights with
you about your role and journey, and help you to identify and meet your goals. Ideally, a mentor cares about you as a whole person, including personally and professionally. Your mentor can be someone on the same path as you, or someone who has already done what you want to do. They are vested in your success because often your success factors into their success.

An academic or career advisor is usually assigned to you as part of their professional roles and responsibilities. They direct you to fulfill development requirements and serve as a resource for questions related to a specific role. This person is likely someone who has more experience in the role than you and might be with you for a set period of time. They are more likely vested in your success as a professional.

Can an advisor also be your mentor? Yes. Is this always the case? No. You may have both a mentor and an advisor. You may also have multiple mentors. Or even multiple advisors! Whatever the case it is always best to establish the purpose of the relationship up front!

If you are interested or know of someone who may be a good fit for this year's mentoring panel discussion, please send an email to Andrea Sillner.

Coronavirus and Older Adults

**Older adults still at highest risk of COVID-19 despite high vaccination rates**

A study published in the Canadian Medical Association Journal found that despite high vaccination rates, older adults, especially those 80 and above, remain at the highest risk for severe outcomes from COVID-19. The report specified that in July 2023, about 80% of individuals in British Columbia's Lower Mainland had been infected, reducing the severe risk for most, except for nearly half of the oldest adults who remained uninfected.

The study emphasizes the ongoing importance of vaccinating and planning healthcare for older adults. It also outlines estimates regarding hospitalization and death risks based on the first-ever SARS-CoV-2 infection, stressing the necessity of prioritizing vaccination and considering health planning for older adults. The report highlights the increased risk for hospitalization and death among uninfected older adults, especially those above 80, despite being in a highly vaccinated population. The discussion signifies the need to continue prioritizing older adults for vaccination and including them in healthcare system planning. To read the full study, follow the link below!

Read More

Distinguished Educators in Spotlight

**Mental Health Care for Underprivileged Older Adults**

Ken Ho, RN, PhD, FHKAN

Dr. Ken Ho has been active in engaging in technology-supported and multi-sectoral projects for positive and healthy ageing. He is currently working on a project funded by the Mental Health Initiatives Funding Scheme in Hong Kong, aiming to develop a medical-social collaborative
program to mobilize community assets to promote mental health (mental health literacy, loneliness, anxiety and depressive symptoms) of underprivileged older adults. Through collaborating with medical and social service sectors, the program involves:

(i) Training volunteers to assist under-privileged older adults in tele-consultation and tele-dispensing services using mobile apps.

(ii) Provide volunteer-based services through home visits and telephone calls for emotional support, problem-solving support, and community resources sharing.

Graduate Student Health Policy Activity
Kathleen Hall, PhD, APRN, GNP-BC, AGPCNP-BC

At Colorado Mesa University, Karen Urban DNP, FNP and I have started teaching graduate nursing students to draft legislation that could be introduced at the local level (city, county). In the past, students drafted letters to local legislators. We decided that letter writing, while important, was insufficient. Organizations like the American Legislative Exchange Council (ALEC) have had success in policy making by drafting sample policies and providing those policies to legislators. While we don't endorse the content of the ALEC sample legislation, we recognize the success of their process. Thus, we now have our graduate students (in master and doctoral tracks) draft bills or resolutions so that local legislators could introduce those bills and resolutions locally to improve health policy. This is a new teaching method so we don't have outcome data yet. However, we plan to track how many graduate student-drafted legislation actually gets introduced and passed.

Regional Nursing Research Societies List

Midwest Nursing Research Society: Gerontological Nursing Science RIIG https://mnrs.org/
Southwest Nursing Research Society: Aging/Gerontology RIIG https://snrs.org/
Eastern Nursing Research Society: Aging RIG https://www.enrs-go.org/
Western Institute of Nursing: Gero SIG https://www.winursing.org/
Effectiveness of exercise interventions to improve long-term outcomes in people living with mild cognitive impairment: A systematic review and meta-analysis

This paper explores recent findings on exercise's impact on mild cognitive impairment (MCI) in older adult patients, with results suggesting potential improvements in global cognition with six or more months of exercise.

Who will care for older adults? We’ve plenty of know-how but too few specialists.

The article discusses the decline in the field of geriatric medicine and the shortage of specialists. Despite successful innovations in older adult care, challenges like low Medicare reimbursement and negative stereotypes present obstacles to meeting the increasing demand for geriatric services.

New study: Disability and income prevent Black Americans from aging at home

The article discusses a recent study revealing the challenges faced by older Black Americans in maintaining their ability to age at home, emphasizing the struggle with disabilities and income disparity. It highlights findings from the research, noting that Black individuals, particularly older
adults, experience higher rates of disability and face obstacles in achieving their goal of aging in place compared to the general population.
New NHCGNE - NACNS Gerontological Nursing Courses

NHCGNE has partnered with NACNS (National Association of Clinical Nurse Specialists) to present the following two gerontological nursing courses:

- Leadership in Older Adult Caregiving
- Nursing for Older Adults

These courses are led by instructors who are NHCGNE members and accomplished nursing educators and leaders in their respective domains. Both on-demand classes offer the flexibility to be completed all at once or within a 90-day span.

Learn More & Register

Get Involved With NHCGNE!

Save up to 60% on theme parks, hotels, concerts, movie tickets, and more!

Through our partnership with MemberDeals, NHCGNE members have access to exclusive offers to the world's greatest entertainment and travel brands, including Walt Disney World® Resort, Universal Orlando Resort™, Cirque du Soleil® and SeaWorld® Parks and Entertainment, and many other worldwide offers and attractions are available all with special pricing not available to the public.
MemberDeals is a benefits program with exclusive offers to the world’s greatest entertainment and travel brands. While working with the top suppliers and partners in the industry nationwide, MemberDeals develops attractive offers that you can share with family and friends!

Learn More

Consider Donating to NHCGNE

Your generous donation will be instrumental in the development of new programs such as our new grant program, and products and services that will enable us to continue to develop and strengthen gerontological nursing and leadership.

The importance of your contribution cannot be overstated. In addition to all the work that you already do on behalf of older adults, this gift further demonstrates your personal commitment to preparing our country with a competent gerontological nursing workforce. NHCGNE is a 501(c)3 organization and you can claim a deduction on your federal taxes.

Donate Today!

Volunteers Needed

Member participation in NHCGNE committees is vital to the growth and development of our organization. Joining a committee is one of the easiest ways to get involved. NHCGNE is seeking volunteers to share their skills and expertise by serving on one or more of our Membership, Finance/Entrepreneurial, Education, Leadership Conference Planning, Communication, Mentoring, and Awards Committees. Learn more about each committee here. If you are interested in serving on one of the committees, please email info@NHCGNE.org.

Say it with "Got Content"!

Do you have a research opportunity or ad you would like to include in our next newsletter? If so, please send any submissions to NHCGNE Staff at info@nhcgne.org with NHCGNE New Directions Submission in the subject line.

Reminder that free ads are available as a member benefit!

Next New Directions Content Submission Deadline:
December 15, 2023
The next issue is scheduled for publication in January 2024.

Email Us Your Content Today!

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Do you know any faculty or PhD student in your school or university that is not receiving *New Directions*? If so, please send their name and email address to info@nhcgne.org.