"Nurses are a unique kind. They have this insatiable need to care for others, which is both their greatest strength and fatal flaw."

Jean Watson, American nurse theorist and nursing professor

A Message From the President

Active, Optimal, Healthy, or Graceful Aging: Which do we prefer?

We are in the throes of planning for our annual conference and finalizing the conference themes related to aging. One of the points of the discussion centered around the ideal word to use to positively represent aging. While aging is unavoidable, there still remains a negative perception of aging. Moreover, societal laws and general attitudes towards aging can reduce access to job or even healthcare opportunities, thus many individuals and organizations are focused on reframing aging. Since, many aging-related decisions are made at the individual level, each person can choose how to function across one or all the domains of wellness such as emotional, cognitive, physical, social and spiritual. While active aging advocates for full engagement in all these domains, optimal aging is more of an adaptable and personal process. Optimal aging focuses on supporting individuals to meet their personalized goals related to functioning in one or all wellness domains. Healthy ageing involves persons strengthening and maintaining their functional abilities to support their health as they age. Finally, graceful aging is not domain specific but instead focuses on the opportunities and benefits but not the limitations of aging. All four words convey a positive perspective on aging, so I believe one word is not better than the other thus individuals and organizations can tailor the words to fit with their aging experiences and/or goals. Keep an eye out to see which word we chose because the conference theme will be released soon.
The Recent NHCGNE Leadership Webinar is Still Available for Purchase!

NHCGNE Webinar Leadership Series - Enhancing Your Career Through Technology: From Bedside to Science and Beyond!

Presenter: Melissa Batchelor, PhD, RN-BC, FNP-BC

In this webinar, Dr. Batchelor describes how she has used a variety of technology and social media during her career to reach a global audience in a much faster and more effective way than traditional teaching strategies.

While top-tiered, peer-reviewed publications remain the gold standard for disseminating science and educational advancements, her various projects demonstrate the power of using technology to translate her expertise in geriatric nursing to reach and teach undergraduate and graduate students about a wide array of gerontological nursing topics, in addition to age-friendly initiatives, in an effort to improve the health of older adults in our communities.

This webinar is open for CE through June 27, 2023.

Visit our website to register

Save the Date!
2023 NHCGNE Annual Conference
Mark your calendar for **October 24-26, 2023** to participate in the **NHCGNE Annual Conference**, the premier leadership development conference in gerontological nursing! Under the theme of **Research, Scholarship and Innovations for Optimal Aging**, this conference will feature commissioned white papers, plenary sessions, leadership workshops, discussant reports and panel discussions that explore the current state of knowledge about national and international aging, dementia and mental health science, curricular innovations, evidence-based clinical practice, and health policies.

**Regional Nursing Research Societies**

- **Midwest Nursing Research Society**: Gerontological Nursing Science RIIG  [https://mnrs.org/](https://mnrs.org/)
- **Southwest Nursing Research Society**: Aging/Gerontology RIIG  [https://snrs.org/](https://snrs.org/)
- **Eastern Nursing Research Society**: Aging RIG  [https://www.enrs-go.org/](https://www.enrs-go.org/)
- **Western Institute of Nursing**: Gero SIG  [https://www.winursing.org/](https://www.winursing.org/)

**NHCGNE Member News**

**Brief Description of Innovative Teaching Strategies**

Wen Liu, PhD, RN, University of Iowa College of Nursing

I have always enjoyed teaching and learning through active and motivated interactions with students. Based on my experiences, student-centered and case-based teaching, where content is provided considering students’ backgrounds and needs and delivered by actively engaging students through problem-, case-, and/or project-based activities, is extremely effective to facilitate active learning. In the process of active learning, students are self-motivated and self-directed in pursuing knowledge and skills of importance, while I, as an educator, serve as a facilitator to stimulate students’ interests and guide their active thinking to apply the knowledge and skills they learned to address their inquiries of clinical/research relevance, as opposite to providing the information and solutions directly. I have applied these principles and strategies in both online and didactic settings in teaching in the undergraduate as well as PhD programs.
Our teaching team has developed a game-based virtual reality (VR) simulation setting to enhance nursing students’ critical thinking. In the VR simulation, students were required to provide care to a newly admitted elderly patient who was diagnosed with drug overdose. Students were also required to perform tasks such as checking the patient’s blood pressure, blood glucose, and administering medication to the VR avatar. Students were also required to answer several visual cues, guiding questions, and avatars as interactive communication to trigger students’ critical thinking. Students provided a lot of positive feedback, such as funniness and interactivity offered by the simulation, and they believe that they were actively engaged in thinking about the diagnosis, investigation, and treatment provided to the patients.

Distinguished Educators in Gerontological Nursing

Kuei-Min Chen, PhD, RN, FAAN
Distinguished Educator in Gerontological Nursing, NHCGNE
Director-General, Department of Long-term Care, Pingtung Government
Professor, College of Nursing, Kaohsiung Medical University
Taiwan

Since March 1, Professor Chen has been serving as the Director-General of the Department of Long-term Care at the Pingtung Government. This department is a pioneer, first-tier long-term care department of a city/county government in Taiwan. In this new role, she is leading her team of civil servants to revisit, re-design, implement, and evaluate long-term care policies and services to address community needs. In addition to being a nurse scholar, an educator, and a researcher at the Kaohsiung Medical University, Professor Chen now is in a unique position to incorporate long-term care research evidence and best practices into policies and service provisions for older adults and their families.

In January 2023, Deirdre Fetherstonhaugh and Margie MacAndrew started in their new positions -- both are directors of Dementia Training Australia. Dementia Training Australia (DTA) is the national training organization for training health professionals about evidence-based dementia care. DTA has five hubs, each responsible for coordinating training in specific areas.

Deirdre is the Director of the La Trobe University hub responsible for training general practitioners and practice nurses and is leading a new initiative to develop a dementia champions program to build the capacity of our leaders in dementia care.

Margie is the director of the Queensland University of Technology hub which is responsible for training related to Responsive Behaviors and is leading a new initiative to develop toolkits for front-line workers to use to promote the continued application of knowledge in practice and to improve knowledge about Responsive Behaviors in
To learn more about DTA and the scope of the training provided, visit https://dta.com.au/.

NHCGNE Mentor Corner

Mentor Tip

Often within a Mentor/Mentee relationship we focus on the positives. We talk about what has helped us to meet certain milestones or achievements. We discuss what we have done to get to where we are today and we describe positive steps to get to the next level of phase of our career.

What we often don't talk about are the failures we have experienced or the trials and tribulations that helped to shape our future. We may not fully discuss the programs we participated in that were as useful or the ways we wish we would have spent our time. Also, in Mentor/Mentee relationships we might not discuss, purposefully or through neglect, the side roads, detours, and other circumstances that lead us to be successful.

So for the Mentor Tip for May, speak out about the challenges and the struggles you have experienced! Perhaps they are in the past or they might even be current issues. Just as we believe that it is worthwhile to publish 'negative' or unexpected results of our research we also should discuss challenges we have had and continue to face.

The following questions may be helpful during your Mentor/Mentee meetings to discuss some of these issues:

1. What actions did you take or wish you had taken that ended up as critical points in your career path?
2. What qualities matter most in from your perspective? How do you think these changes over time throughout a person's career? Or how has it changed for you?
3. What has enabled you to get to where you are today?
4. What major challenges have you faced to get to this point in your career? How have you overcome them?
5. What is one thing I may not be thinking about right now that I should be thinking about?

Learn More Tips & Tricks!

Coronavirus and Older Adults

How to Spot the Difference Between Seasonal Allergies and COVID-19
With warmer weather (finally!) and the start of spring comes blooming flowers, grasses, and trees. It's a beautiful change of scenery from the cold winter season, but it also signals the beginning of **seasonal allergies** for many people. That means pesky allergy symptoms like congestion, runny nose, postnasal drip, sneezing, and fatigue, among other things.

If you're thinking, "Wait, those kind of sound like COVID symptoms" — you're not wrong. Like **colds and the flu**, seasonal-allergy symptoms can be very similar to COVID-19 symptoms. So how do you tell the two apart? Ahead, allergy experts explains how to tell if your symptoms are **typical of allergies** or if you're dealing with a potential case of COVID-19.

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**Who is Eligible for the Next COVID-19 Booster?**

The CDC on Wednesday approved another bivalent COVID-19 booster dose for older adults and people with weak immune systems in an effort to bolster protection against the virus this spring. The FDA approved the shot on Tuesday. So who will be eligible for another shot?

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**Check Out the Read of the Month!**

**Collecting Data on the Experiences and Perspectives of People with Dementia in the Acute Care Hospital Setting: A Systematic Scoping Review**

People with dementia frequently experience poor health outcomes that require hospitalization; however, the hospital setting is generally unsuitable for these patients. While it is well-recognized that understanding patient perspectives is crucial to providing person-centered care, current clinical care guidelines do not describe how to effectively collect feedback from people with dementia. Historically, people with dementia have generally been neglected from data collection exercises among practitioners and academic researchers, alike.
NHCGNE Partnerships

Behavioral Health in Primary Care
Free Courses and Case Studies!

Topics in the BHPC Series Include:
Depressive Disorders, LGBT Diversity Inclusion, Risk Screening, Social Determinants of Health, Substance Use Disorders, and Trauma-Related Disorders.

Learn More About NHCGNE's Partnership

Postdoctoral Fellowship Opportunity
BECOME A GERO LEADER WITH US

- National leader in gerontology, legacy NHCGNE center
- Home to 6 Distinguished Educator in Gero Nursing honorees
- Collaborate with outstanding scholars & fellow researchers
- Partner with a faculty mentor who shares your interest area

“we believe every older adult deserves the highest quality of evidence-based care and well-being that respects individual goals and preferences.”

PennState University College of Nursing | Tressa Nese and Helen Diakovich, Center of Geriatric Nursing Excellence
Learn more and APPLY! nursing.psu.edu/recruiting

Scholarship Opportunities

Graduate Gerontology Healthcare Certificate
Reynolds 2023 Doctoral Scholarship Award

The Reynolds Center of Geriatric Excellence, Fran and Earl Ziegler College of Nursing, University of Oklahoma Health Sciences Center announces $150,000 PhD Scholarships for full-time PhD study in Nursing, with a focus in adult and older adult healthcare. The Scholarship offers up to three years of support with a value of $50,000 per year for tuition and fees, conference travel and a monthly living stipend. The PhD Program is online providing strong individual mentorship with visits to campus for intensives. For more information about the scholarship, contact PhD Program Director, Dr. Emily Jones at Emily-J-Jones@ouhsc.edu or at 405-271-1491 Ext. 49135.

Learn More

Academic Opportunities

GSA R13 Diversity Mentoring Career Development Workshop Fellowship

GSA R13 Diversity Mentoring career Development Workshop Fellowship application: The Gerontological Society of America (GSA) is pleased to create opportunities for talented early career investigators from underrepresented backgrounds to have a prominent role in the GSA Diversity Mentoring and Career Development Technical Assistance Workshop (DMCDTaW). Successful applicants will be awarded a minimum of $1500 stipend to support registration for and participation in the workshop, attendance for the GSA Annual Scientific Meeting, and engagements that occur throughout the year as described below. Applicants are not required to be involved in aging research, or in a gerontological program, at the time of the application. However, applicants must express their interest, plans, and commitment to
contribute to the field of gerontology. Applications are open to emerging scholars from underrepresented groups who have recently obtained a doctoral degree (within the last 3 years) or are within one year of graduating with their doctoral degree. Applicants will be selected on a competitive basis. Selected applicants are expected to:

- Attend a pre-conference meeting on September 28, 2023, at 4 pm ET via Zoom.
- Register and participate fully in the components of the DMCDTaW conference on Zoom on October 12th and 13th from 12:00 pm ET – 5:00 pm ET
- Register and participate in the GSA Annual Scientific Meeting (ASM), November 8-12, 2023
- Participate in the mentoring circle scheduled in conjunction with the GSA ASM
- Complete program evaluation and surveys
- Participate in the DMCDTaW scheduled webinars, focus groups, and mentoring circles offered throughout 2023-2034
- Register and participate in the online networking platform offered exclusively for Mentoring Fellows
- Develop and upload a 3-5 minute video introduction prior to the workshop
- Develop a 5-minute elevator pitch presentation describing your research contribution and career plan with an effective communication style
- The minimum of a $1500 stipend will be provided after the successful completion of the workshop and attendance at the GSA ASM.

DMCDTaW applications will be accepted until 5:00 pm ET Thursday, June 15, 2023. Applications should include all elements defined below using document formatting guidelines consistent with NIH grant application requirements. Questions? Contact Karen Homer at profaff@geron.org. Include DMCDTaW in the subject line of your message.

Apply Here

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NINR Extramural Program: Funding Opportunities and Updates

Check out some new and continuing funding opportunities, provided by The National Institute of Nursing Research (NIH): https://content.govdelivery.com/accounts/USNIHNINR/bulletins/34602bf

Learn More

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Palliative Care Research Cooperative Group Training Opportunity

The Center for Aging and Serious Illness (CASI) at Massachusetts General Hospital is accepting applications to apply for an NIA R25-funded Dementia Palliative Care Clinical Trials Program (DEM-PCCT).
The Dementia Palliative Care Clinical Trials Training Program provides a foundation in practical aspects involving the design and conduct of randomized clinical trials in dementia palliative care. The Program is appropriate for early career researchers or other mid-career researchers interested in developing competence in the planning, design, and execution of randomized clinical trials among persons with Alzheimer’s Disease or Related Dementias (ADRD) and their caregivers. The 10-month-long Program includes a combination of virtual small group sessions and a 5-day in-person Institute where learners will work together to design a trial and learners will develop their own grant application addressing ADRD.

The research training team includes a diverse group of faculty members who are dedicated to developing investigators in dementia palliative care clinical trials research.

TO APPLY:
Deadline: **May 15th, 2023**. Application available [here](#).

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**Get Involved With NHCGNE!**

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

MemberDeals provides NHCGNE members with a unique opportunity to access 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.

NHCGNE is excited to announce our new partnership with MemberDeals! As a valued client, we would like to offer these exclusive new promotions to you as a completely free perk. 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](#)

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**Consider Donating to NHCGNE**

Your generous donation will be instrumental in the development of new programs such as our new
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.*

**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](mailto: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](mailto: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:**
July 2023
Deadline: June 23, 2023

**Email Us Your Content Today!**

**Share the Newsletter**

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](mailto:info@nhcgne.org).