As we are moving into the height of Summer, I’ve been thinking a lot about rest. Because we live in a world which feels like it is always demanding something from us in terms of meeting another deadline, adding another task to the constantly expanding to-do list or attending the many activities we have planned for/or with our loved ones, it is hard to really rest. Even when we are going to sleep, there may be a hum of all that we need to do that interferes with being able to fall and stay asleep. But as I consistently remind myself, rest is fundamental and necessary. The benefits of rest are numerous. Rejuvenating our minds and bodies results in enhancing our creativity, productivity, mental health, and our relationships, and reduces stress. Resting activates our parasympathetic system and moves our bodies away from the fight or flight mode, that sympathetic nervous system, which is active I would say almost daily, because of our work and life duties. So, I encourage you to find some time to rest whether it is 10 minutes daily, one hour weekly, one day monthly, and/or two weeks annually. Find something that relaxes you and do that.

And while we are talking about rest, I wanted to acknowledge that June was Alzheimer’s and Brain Awareness month. Rest is essential to protecting our brain health. Thus, apart from keeping our brains engaged, socializing, exercising, and eating healthy, we should sleep. Sleep is one aspect of rest that should be non-negotiable, and we should aim to get between 7 to 9 hours of it daily. It takes conscious effort to habits that we feel may interfere with our goals for work productivity but ultimately, they have a positive effect our health outcomes and decrease our risk for developing multiple chronic conditions including Alzheimer’s Disease and some related dementias.

Have a restful summer!!
2023 NHCGNE Annual Conference: Save the Date

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.

Showcase Your Work! Submit an Abstract.

NHCGNE cordially invites all interested parties to submit abstract proposals to disseminate and showcase their work.

All presentations must be in alignment with the conference theme and at least one of the subthemes.

**Why submit an abstract?** Presenting at the NHCGNE Annual Conference is your opportunity to:

1. Be seen as a leader in your field by sharing your knowledge with your peers
2. Hear about the latest gerontological research first-hand (and often before it is publicly available)
3. Expand your connections. Hear about new job opportunities, new research projects, and get advice from experts in your field.
4. Improve your presentation and communication skills
5. Enhance your resume.

**Abstract Submission Closes: July 30, 2023**
Call for Nominations: Claudia J. Beverly Innovation Award

The National Hartford Center of Gerontological Nursing Excellence (NHCGNE) announces a call for nominations for the **2023 NHCGNE Innovation Award**. The purpose of the award is to highlight the innovative ways in which NHCGNE members are advancing the care of older adults and to celebrate the impact of these leaders in advancing nursing care for older adults.

**About the Award:**
The NHCGNE Innovation Award is designed to recognize and celebrate innovative programs and projects that highlight excellence in Gerontological Nursing. The Award will be granted to a member or team of NHCGNE members to showcase innovations designed and implemented that positively impact the nursing care of older adults. Nominations for the NHCGNE Innovation Award are submitted by self-nomination. A panel of representatives from the NHCGNE will review the application package of all nominations. **Awardees will be notified no later than September 1st. Recipients will be acknowledged during the NHCGNE Business Meeting at the Annual Conference.**

Learn More & Apply Now!

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

**The Art and Science Paper**

Cynthia Stinson, PhD, APRN, CNS, RN-BC, Lamar University Dishman School of Nursing

Reminiscence is an intervention implemented with older adults. Past research has shown that it can elicit well-being, happiness, improve cognition, and decrease depression. This activity has been implemented in a Care of Older Adult Course and a Medical Surgical Course with undergraduate students. There is a rubric attached with the instructions for students.

In this activity, students choose an older adult over the age of 70. They interview the individual based on a set of assigned questions. The questions are used to write the older person’s life story. Students then write the story using illustrations of the person’s life in first person. These illustrations can include photographs, pictures off the internet, drawn pictures, or any other creative object that might illustrate the person’s life. The story is divided into 3 chapters and is based on topics used in an evidenced-based protocol (Stinson’s Protocol for Reminiscence). The topics include...
but are not limited to the following: date of birth, place of birth, memories of parents, activities of childhood, courting practices, military service, careers, volunteer work, favorite pets, favorite holidays, accomplishments, advice to future nurses, and what he/she hopes to accomplish this year. There is also a “Story Day” included where students talk about what they learned from this activity. Students have shared how much this activity has enlightened them about communicating with older adults. Students have expressed that for some of them, this is the first time they have sat down and talked to an older person about his/her life. Students have shared that these stories have been given as gifts and sometimes shared with family members at funerals or memorial services. Students have shared with us years later that they still remember completing this activity. In some instances, this activity changed the way they viewed older adults and their professional nursing practice. It helped them remember that all older persons had a past and that they weren’t always an older person.

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**Past History Folder for Older Adults**

Shelly Seth, MBA, DNP, APRN, FNP-BC, ACNP-BC, CCRN, CNEcl, Texas Tech University Health Sciences Center School of Nursing

I give my patients a folder that is all about their past history. It includes sections on their PMH, PSH, medications, allergies, social and family history --- all of the events that might be relevant. I also include a section for any test results: Echos, Stress Tests, MRIs, CT scans, etc. This is valuable knowledge, but I also wanted these so that I could send them to the same place that they were conducted, in case we needed to compare results.

There is also a complete section for the advanced directives with the internet link to the state forms in English or Spanish. When I gave this packet to the patient, we have a good discussion about advanced directives and how to discuss them with family. I also instruct them to take this packet with them anytime they left town and might be seen by someone unfamiliar to them. They were also instructed to make this folder bright and placed in any area where their family or friends could find it easily. The only caution I give them is to not include any important numbers such as social security, etc.

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**Distinguished Educators in Gerontological Nursing**

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 the dementia care workforce.
To learn more about DTA and the scope of the training provided, visit [https://dta.com.au/](https://dta.com.au/).

**NHCGNE Mentor Corner**

**Mentor Tip**

We are just over halfway through the summer and the start of the 2023-2024 academic year is quickly approaching. It is a good time to touch base with your established mentor (or mentors).

Let your mentor know what you have been doing this summer, focusing on any specific recommendations they have made. Perhaps it was attending a conference, seminar, or workshop. Or maybe you spent some time reviewing suggested literature and writing. Be specific! Let your mentor know you have followed through with their suggestions and how this has influenced or shaped your thinking, progress toward a specific goal, or influenced you in some other way.

Lastly, focus on the personal connection with your mentor and gratitude. Ask if there is anything that they need from you or that you could help with. And remember to always say thank you.

**Coronavirus and Older Adults**

**CDC Reports on Vaccine Effectiveness of Bivalent COVID-19 Vaccine Among Vaccinated vs. Unvaccinated Adults Aged ≥65 Years in 2022-23**


**Poor Sense of Smell Linked to Increased Risk of Depression in Older Adults**

People can temporarily and partially lose their sense of smell (hyposmia) or...
completely lose it (anosmia) due to a cold or flu, COVID-19 or sinusitis infection, an allergy like hay fever or nasal polyps. They can also start smelling things that aren’t there (phantosmia) like smoke or burnt toast.

But as they get older, many people permanently lose their ability to smell, and this reduces their pleasure from food and enjoyable surroundings.

Queering Nursing Curricula: Understanding and Increasing Attention to LGBTQIA+ Health Needs

This paper explores factors that shape LGBTQIA+ individuals' daily lives and how these may influence care encounters. We argue for broadening nursing education to incorporate more specific and efficacious LGBTQIA+ education.

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.
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.
Academic Opportunities

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

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!

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.**

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**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).

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**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:**

- **September 2023**
- **Deadline:** August 25, 2023

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**Email Us Your Content Today!**

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**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).