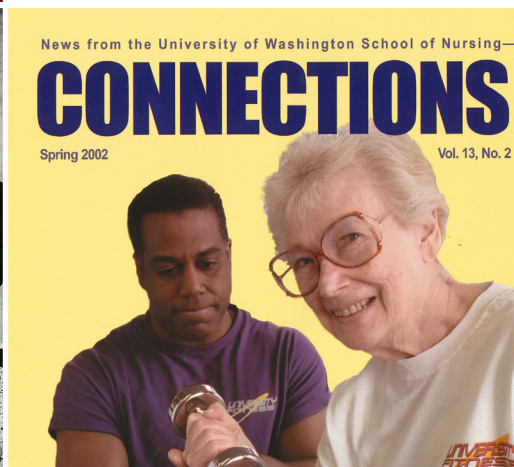


de Tornyay Center for Healthy Aging

2022 - 2023 Annual Report



"Being old is not a disease, it's frankly an achievement." - Dr. Rheba de Tornyay

The de Tornyay Center for Healthy Aging serves as a catalyst for promoting healthy aging through its support of research and education in the field of gerontology. This annual report highlights center activities and celebrates the life and legacy of Dr. Rheba de Tornyay (pictured above), in honor of the center's 25th Anniversary.

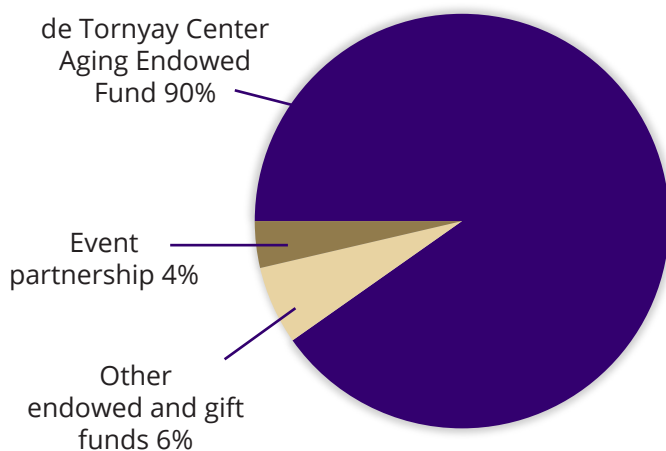
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Budget Overview

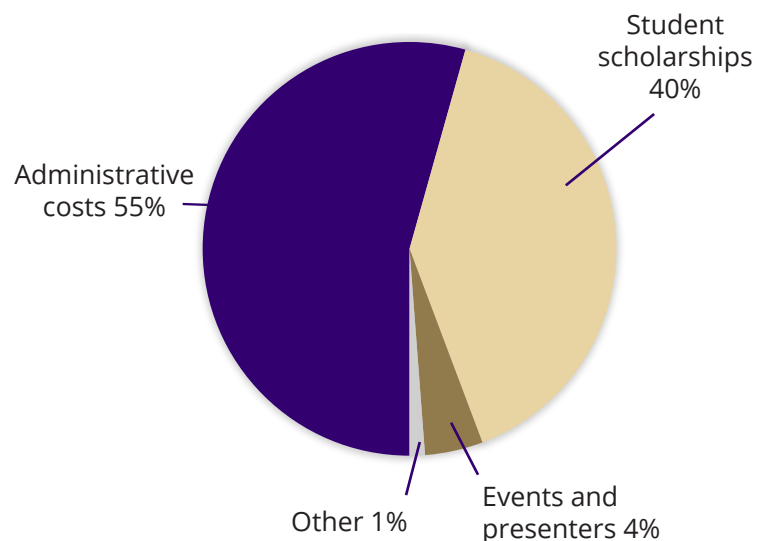
Revenue

\$398,672



Expenditures

\$398,500



Faculty Leadership

New Executive Team Members

Weichao Yuwen, Associate Professor at UW Tacoma School of Nursing & Healthcare Leadership

Dr. Yuwen teaches and conducts research in technology-enabled health solutions for people with chronic conditions and family caregivers. Her research includes COCO, a chat bot supporting caregivers.



Oleg Zaslavsky, Aljoya Endowed Associate Professor in Aging at UW Seattle School of Nursing

Dr. Zaslavsky teaches and conducts research in digital interventions for older and vulnerable populations. He has mentored a number of de Tornyay Center scholars.

Former Director Dr. Barbara Cochrane Retires



Dr. Barbara Cochrane (right) with community partners

We celebrate the contributions of Barbara Cochrane, PhD, RN, FAAN, FGSA to the field of gerontology. Dr. Cochrane served as the director of the de Tornyay Center 2005-2018, de Tornyay Term Professor for Healthy Aging 2005-2010, and the de Tornyay Endowed Professor for Healthy Aging 2010-2022. Dr. Cochrane had an active program of research advancing our understanding of older women's health.

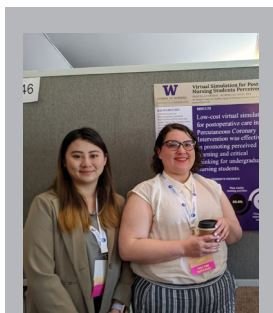
She retired from the School of Nursing in 2022.

Dr. Cochrane excelled at creating opportunities for gerontological professionals and students to learn and connect, including forming the Gerontology Interest Group, expanding the structure for a Gerontological Professionals Network, and co-creating the annual Elder Friendly Futures conferences that brought together aging professionals throughout the region. She mentored students from throughout the UW health science schools, including de Tornyay Center scholars, and established and helped fund an ongoing travel scholarship for nursing students to present their research on aging-related topics at regional and national conferences.

She is an effective leader and collaborator, leveraging different connections and partnerships to promote gerontology. She worked with the UW Continuing Nursing Education to offer education in long term care and has taught in the Continuum College's Certificate Program in Gerontology for over 15 years. She organized annual spring lectures to bring healthy aging and gerontology topics to the public. Under her leadership, the center began a presentation series at Era Living Retirement Communities. The center continues the series and partnership with Era Living to this day. Thank you Dr. Cochrane for your many contributions to the center and to gerontology!

Travel Scholarships

The de Tornyay Center funded travel for seven students to attend professional conferences during the 2022-2023 academic year.



Priscilla Carmiol-Rodriguez (right) with Zih-Ling Wang (left)



Tao Zheng at WIN

Student	Presentation Topic	Conference
Harriet Adhiambo, PhD student	Physical activity perceptions/ experiences	EPI Lifestyle Conference
Priscilla Carmiol-Rodriguez, center pre-doctoral scholar	Postoperative care virtual simulation	Western Institute of Nursing (WIN) conference
Karl Cristie Figuracion, PhD student	Environmental enrichment and brain tumor survivors	Council for the Advancement of Nursing Science
Sarah McKiddy, center pre-doctoral scholar	Networks advancing music-based interventions	WIN conference; also attended Sound Health Network Renew/Remix as a panel co-facilitator
Zih-Ling Wang, PhD student	Work conditions of people with early-onset dementia in Taiwan	WIN conference
Kuan-Ching Wu, PhD student	Urinary tract infection and dementia	Gerontological Society of America conference
Tao Zheng, PhD Student	Imaging to screen for neurocognitive impairment associated with heart failure	National Teaching Institute & Critical Care Exposition; also attended WIN conference

Perspectives on Ageism

by center pre-doctoral scholars



Sarah McKiddy

Originally published on the center website as a series on ageism by Sarah McKiddy, center pre-doctoral scholars, Sarah McKiddy and Priscilla Carmiol-Rodriguez, continued the interviews for the AgeWise King County newsletter, under the 'Perspectives on Aging' column.



Priscilla Carmiol-Rodriguez

Healthy Aging Research Scholars



Emily Ahrens, Myrene C. McAninch Doctoral Scholar

Project: 'Best Practice in Qualitative Research Methods with Linguistically Diverse Participants: A Narrative Review.'



Karl Cristie Figuracion, Healthy Aging Doctoral Scholar

'Is Environmental Enrichment Neuroprotective?'



Kuan-Ching Wu, Healthy Aging Doctoral Scholar

'A Theoretical Framework for Urinary Tract Infection Prevention and Management in Community-Dwelling Older Adults with Dementia'.



Tedra Hamel, Myrene C. McAninch Undergraduate Scholar

'Understanding Age-related Psychological Changes: A Secondary Qualitative Data Analysis.'



Esther Mwaniki, Germaine Krysan Undergraduate Scholar

'Assessing Symptoms of Post-Intensive Care Syndrome (PICS) in Older Intensive Care Survivors with End-Stage Renal Disease.'



Dariga Tugan, Healthy Aging Undergraduate Scholar

'A Descriptive Analysis of Variability in Exercise to Address Differences in Physical Fitness (VO2 Max) in Older Adults Living with HIV.'

Thank you to our faculty mentors



Dr. Hilaire Thompson



Dr. Maya Elias



Dr. Allison Webel



Dr. Basia Belza



Dr. Oleg Zaslavsky

International Connections



University of Freiburg

The de Tornyay Center held a meet and greet with a University of Freiburg Institute of Nursing Science delegation that visited the campus. Additionally, the center director and UW School of Nursing faculty presented virtually to University of Freiburg nursing students about nursing leadership.



Mahidol University

Faculty from the Mahidol University's Ramathibodi School of Nursing traveled to Seattle to meet with the center to learn more about creating a healthy aging center. Former UW School of Nursing Executive Dean Emami and the center director were also invited to present at a Mahidol University International conference.



Queen Silvia Nursing Award (QSNA)

de Tornyay Center pre-doctoral scholar, Sarah McKiddy, in her role as the UW QSNA's program coordinator, traveled to Sweden with UW QSNA winner Juana Gallegos for the recognition ceremony.



National Taipei University of Nursing and Health Sciences (NTUNHS)

The de Tornyay Center collaborated with UW School of Nursing PhD alum Dr. Tiffany Wang to develop a one-month program for four NTUNHS students, funded by the Taiwan Ministry of Education's Study Abroad Dream Program. The program included shadowing healthcare provider teams in various clinical sites; engaging in scholarly dialogue with students, alums, and faculty; and visiting areas in the Pacific Northwest. The students observed and discussed the U.S. and Taiwan healthcare systems, novel approaches to interdisciplinary clinical care, advanced practice models, and innovative nursing practice.



Keio University

The de Tornyay Center and UW School of Nursing Center for Global Health Nursing partnered to fund two undergraduates to participate in the Keio University Short-Term Nursing and Medical Care Studies Program at Keio University in Japan to learn about Japan's approach to their aging population.

2022 Ignite Aging Symposium: “Building Bridges”

Celebrating Community Partnerships

Ignite Aging is the center's annual symposium highlighting healthy aging work through brief talks.



Sound Generations presented on

“Mapping a Path Forward for EnhanceFitness: A Program that People Love” Presenters: Basia Belza, PhD, RN, FAAN, FGSA (UW School of Nursing), Paige Denison (Sound Generations)



Compass Housing presented on

“Health in Housing: A Collaborative Approach to Building Health within Permanent Supportive Housing” Presenters: Anita Souza, PhD (UW School of Nursing), Teena Ellison (Compass Housing)



SHARP Seattle Study presented on

“Sharing History through Active Reminiscence and Photo-Imagery (SHARP): Expanding to Seattle” Presenters: Marigrace Becker, MSW (UW Memory and Brain Wellness Center) Karen Winston, MSW (Aging and Disability Services)



Somali Health Board presented on

Somali Health Promotion Presenters: Renee Codsí (UW Health Promotion Research Center), Ladan Abdi (Somali Health Board)



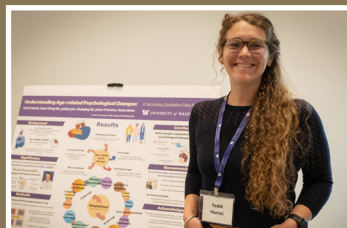
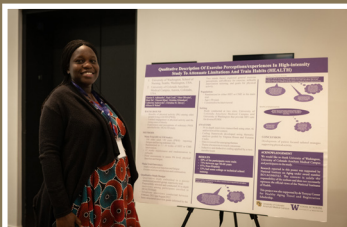
NASHI Immigrants Health Board presented on

Working Together to Provide a Healthy Future for our Ukrainian and Russian Speaking Communities in Washington State Presenters: Tamara Cunitz, MN, RN (UW School of Nursing), Olga Okhapkina (Nashi Immigrants Health Board)



25th Anniversary Celebration

The center hosted a 25th anniversary event, celebrating the work of the center, as well as the life and legacy of center namesake, Dr. Rheba de Tornyay. The event featured musical interludes, student posters, and a fireside chat. Era Living was the lead partner for the event.



Fireside Chat

Dr. Sarah Shannon, dean of the Montana State University Mark and Robyn Jones College of Nursing, and Dr. Nancy Woods, dean emeritus of the UW School of Nursing, both of whom knew Dr. Rheba de Tornyay personally, spoke about Dr. de Tornyay in a fireside chat at the center's 25th anniversary celebration.

"[Rheba's] real dream, I think, was imagining what future students would be able to create, what you would be able to inspire, not just in your own work, but in your work with students, your work with older adults, and to begin thinking about what is left on this agenda..." - Dr. Nancy Woods



Illustration by PhD student
Lalipat Phianhasin



de Tornyay Center for Healthy Aging Anthem

Originally composed for the 2022 Ignite Aging Symposium, Memory Hub Director Marigrace Becker, MSW, created a catchy and inspiring anthem for the de Tornyay Center, played on her banjo.

Lyrics

The great de Tornyay Center
Plays an instrumental role
A champion for aging -
Now what a worthy goal!

They research healthy aging
From the body to the brain
They mentor gero nurses
And they leave them so well-trained!

Chorus:
I'm getting older, and so are you!
It seems that once we're born that is the
one thing we all do!
We're getting older, yes it's true!
But with the de Tornyay Center, aging
now is something new!

They educate providers
How to help folks age with grace
They advocate to make the world
A more age-friendly place
They reach out to their partners
All across community
Wherever they can put to practice
Gerontology!

Chorus:
I'm getting older, and so are you!
It seems that once we're born that is the
one thing we all do!
We're getting older, yes it's true!
With the de Tornyay Center we can all
enjoy the view!

They help us understand
That growing old's not all downhill
In fact it's quite the opposite
Aging can be a thrill!

They've changed our views on aging
With the work they've done to date
In terms of getting older,
Now I can hardly wait!

Chorus:
I'm getting older, and so are you!
It seems that once we're born that is the
one thing we all do!
We're getting older, yes it's true!
With the de Tornyay Center we can
celebrate, yahoo!



Listen to the anthem:



agingcenter.org/anthem



Dr. Rheba de Tornyay Life and Legacy

The center created a timeline for it's 25th anniversary, highlighting parts of Dr. Rheba de Tornyay's life and legacy. View some of the timeline items here.



1926

Born April 17, in Petaluma, California



1946-1949

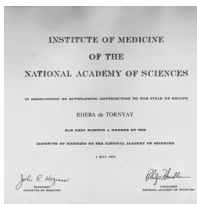
Attended Mount Zion Hospital and Medical Center School of Nursing, San Francisco

"What [Rheba] taught me was, don't grieve the life you don't have, create the life you want." - Dr. Sarah Shannon



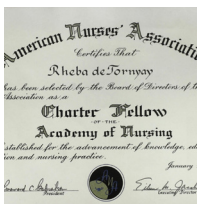
1967

Graduated with Doctorate in Education, Stanford University



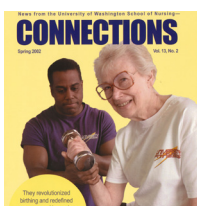
1972

Elected a member of the Institute of Medicine of the National Academy of Sciences



1973-1975

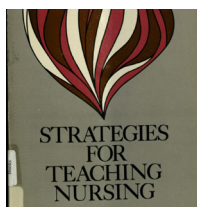
Charter fellow and first President of the American Academy of Nursing



1975 - 1986

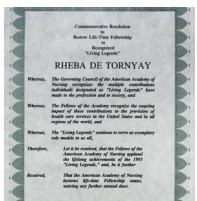
Dean and Professor, School of Nursing, University of Washington

Dr. Rheba de Tornyay Continued



1987

Authored the influential book, "Strategies for Teaching Nursing"



1995

Named an American Academy of Nursing Living Legend



1996

Co-authored pioneering book "Choices: Make a Good Move to a Retirement Community" with Dr. Heather Young



1997

Member of the Robert Wood Johnson Foundation Board of Trustees

"[Rheba] was someone who was fully capable of thinking differently about the future." - Dr. Nancy Woods



1998

The de Tornyays endowed the de Tornyay Center for Healthy Aging



Lifelong

Dr. de Tornyay was a collaborative colleague and friend to all

Thank you to de Tornyay Center predoctoral scholar Priscilla Carmiol-Rodriguez for contributions to the timeline. View the full three part timeline at the center website at the QR code (right) or at agingcenter.org/2023/04/26/timeline/



de Tornyay Center Leadership

Our Team



From left to right: Basia Belza, de Tornyay Endowed Professor for Healthy Aging and Director; Heather Wicklein Sanchez, Manager; Paige Bartlett, Public Information Specialist

Executive Committee



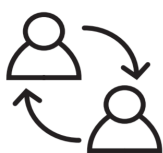
From left to right: Margaret Heitkemper, Professor; Tatiana Sadak, Associate Professor and Associate Dean of Academic Affairs; Hilaire Thompson, Professor and UW Associate Vice Provost for Academic Personnel; Jillian Pintye, Associate Professor; Oleg Zaslavsky, Aljoja Endowed Associate Professor in Aging; Weichao Yuwen, Associate Professor

How to Get Involved



ATTEND OUR EVENTS

including our annual Ignite Aging and quarterly journal club



COLLABORATE WITH THE CENTER

if you are part of a community organization



APPLY FOR FUNDING AND SCHOLARSHIPS


if you are faculty or a student at the UW School of Nursing



SUPPORT BY GIVING A GIFT

and help the advancement of healthy aging research

Learn More

 agingcenter.org

 facebook.com/deTornyayCenter

 twitter.com/UWAggingCtr

Questions? Reach the de Tornyay Center for Healthy Aging at agingctr@uw.edu.



SCHOOL OF NURSING
UNIVERSITY of WASHINGTON
de Tornyay Center for Healthy Aging