



Ithaca College Gerontology Institute  
Division of Interdisciplinary and International Studies    Volume 11/Number 3/Fall 2005

The Ithaca College Gerontology Institute newsletter is designed to keep the campus and community informed of institute activities and other events related to the field of gerontology. Our address is ICGI Newsletter, Ithaca College, 407 Center for Health Sciences, Ithaca, NY 14850; phone 607-274-1965; website [www.ithaca.edu/aging](http://www.ithaca.edu/aging).

## The Booming Dynamics of Aging: From Awareness to Action

Once every 10 years a White House Conference on Aging (WHCoA) is held to make recommendations to the president and Congress on issues of aging. The year 2005 marks the fifth WHCoA, which will be held December 11–14, in Washington, D.C. The title of the 2005 conference, “The Booming Dynamics of Aging: From Awareness to Action,” reflects the mandate to focus on the aging of today and tomorrow.

President Bush’s Medicare Modernization Act has stirred a lot of emotions and debate, and that, coupled with the first wave of baby boomers preparing to retire, makes this year’s conference a historically significant event. The conference will focus on opportunities to promote dignity, health, independence, and economic security of current and future generations of older persons.

There will be 1,200 delegates from across the country. The New York State delegation consists of 9 delegates named by Governor George E. Pataki and 31 named by members of New York’s

*For more information on the White House Conference on Aging please visit [www.whcoa.gov](http://www.whcoa.gov).*

Congressional delegation. In addition, the WHCoA Policy Committee will select delegates-at-large to represent associations and other interest groups.

In June and July of this year, the State Office for Aging, the State Association of Area Agencies on Aging, and the State Society on Aging of New York sponsored nine regional forums throughout New York State. These forums provided the opportunity for the invited public to offer input to the New York State delegates to the WHCoA. Institute faculty member Mary Ann Erickson and staff member Terry A. Beckley served as facilitators at three of the regional forums.

For more information on the White House Conference on Aging please visit [www.whcoa.gov](http://www.whcoa.gov).



### Calendar of Events

- September 17**    **Meals on Wheels Wheel-A-Thon**  
Cass Park
- September 18**    **Alzheimer’s Association Memory Walk**  
Cass Park
- September 22**    **ICGI Conference: Elder Care**  
Ithaca College
- October 26**        **ICGI Workshop: Memories and Storytelling**  
Longview
- November 9**        **ICGI Workshop: Anxiety in Older Adults**  
Longview
- November 16**      **ICGI Workshop: Alzheimer’s Communication**  
Longview



## ICGI FACULTY and STAFF

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### Christine H. Pogorzala

IC-Longview Coordinator;  
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### Sue Welch

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Jessica Berman '07

Emily Keppler '06

Joanna Meinhart '07

Jennie Pogorzala '08

## Notes from the Director

by John A. Krout, Ph.D.

Director, Ithaca College Gerontology Institute

Welcome to our first newsletter of the 2005–6 academic year! I hope your summer was both relaxing and invigorating. This newsletter includes updates and information about ongoing institute activities, such as the rural geriatric training initiatives, academic programs, our fall conference and workshops, and the Longview partnership. We are especially pleased to note that the Finger Lakes Geriatric Education Center (FLGEC) has received a five-year renewal, and our involvement in that grant remains strong. We are also pleased to present the second installment in our ongoing series “Aging Briefs.” The article about preventing falls

is written by our colleague and institute fellow Katherine Beissner, chair of the Department of Physical Therapy.

As always, we begin the new school year with a great deal of enthusiasm for building on our current activities and expanding them in creative ways to meet the needs of our students, faculty, and the community. We look forward to the continued success of all our programs and to building additional collaborative research and curricular projects with faculty across campus. The faculty, staff, and students of the Gerontology Institute join me in wishing you a productive and enjoyable fall.

## Medicare Part D

by James O’Neal

*Reprinted with permission from the State Society on Aging of New York bulletin*

This fall, people who have Medicare will be given the opportunity to sign up for a Medicare-sponsored prescription drug plan. The program becomes effective January 1, 2006. Those people who have been using Medicare-approved drug discount cards will find that they will phase out by May 15, 2006, or at the time one selects a new prescription drug carrier. As with Medicare B (for which recipients pay about \$78 per month, withdrawn from Social Security checks),

Medicare D participants will have an additional \$37 (current 2006 projection) withdrawn monthly from their Social Security check. Participants will have to pay (100 percent out of pocket) the initial \$250 deductible of the program (in 2006), and then pay approximately 25 percent out of pocket for prescription medication up to \$2,250 of usage. The cost of drugs between \$2,250 and \$5,100 will have to come 100 percent out of pocket from the recipient. It is only after the Medicare participant has spent \$3,600 per year for prescription medication will they have to pay only 5 percent of

*continued on page 8*

# Ithaca College Gerontology Institute Fall Conference 2005

## September 22, 2005

## Elder Care: Meeting the Challenge for Families and Professionals

Providing care to an elder is a rewarding experience for many, but it can also become overwhelming for both family and professional caregivers. The Ithaca College Gerontology Institute will address a wide range of elder care issues at their annual fall conference on September 22. For full details on all of the conference workshops and speakers, please visit [www.ithaca.edu/agingconference](http://www.ithaca.edu/agingconference).

If you do not use a computer and wish to have conference information mailed to you, please call 607-274-1965. Use the registration form in this newsletter to register for the conference. The registration deadline is September 16.

### Conference Events and Timeline

Continental Breakfast	8:00 a.m.	Emerson Lounge
Registration Opens	8:15 a.m.	North Foyer
Welcome	9:00 a.m.	Emerson Suites B and C
Tanya Saunders, Ph.D. Assistant Provost and Dean of Interdisciplinary and International Studies		
Opening Remarks and Introductions	9:05 a.m.	Emerson Suites B and C
John A. Krout, Ph.D. Director, Ithaca College Gerontology Institute		
Keynote Speaker	9:15 a.m.	Emerson Suites B and C
Timothy Diamond, Ph.D. Ryerson University, Toronto, Ontario, Canada		

### Being There: The Importance of Stories in Studies of Aging

The keynote address begins with Timothy Diamond’s experiences working in nursing homes as a nursing assistant. According to Diamond, it is in “writing about people” that policies can be seen in flesh and blood.

Diamond is the author of *Making Gray Gold: Narratives of Nursing Home Care*, from which portions of his presentation will be drawn. He received his Ph.D. in sociology from Ohio State University. Presently he serves as research coordinator of a Canadian-wide study of personal support workers for persons with disabilities, a study based at Ryerson University in Toronto.

### Concurrent Sessions – Morning

Session 1	10:50 a.m.	Location TBD
Carol Ann Podgorski, Ph.D., M.S., M.P.H., MFT Strong Memorial Hospital Rochester, New York		
Adjustments to Nursing Home Placement: A Family Perspective Admission of an elder into a long-term care facility is a major event in the lives of all family		

Ithaca College  
**Gerontology  
 Institute**  
 Fall Conference 2005

members who are involved. This workshop will focus on the therapeutic value of conceptualizing nursing home placement as a process rather than an event. The workshop will describe the processes, systems, and psychosocial issues that are associated with long-term care, as well as strategies to assist with adjustment.

**2 Session 2 10:50 a.m. Location TBD**

**James Kinsey, LPN**

Institute for Caregiver Education  
 Chambersburg, Pennsylvania

**Communicating in Times of Harmony and Chaos**

This session will explore components of communication, conflict, and crisis and will focus on the challenges of communicating with elders in times of harmony and chaos. All participants will benefit from interactive group work that will increase their skill set and provide the opportunity for interfacing with professional caregivers, professional elder care providers, and family caregivers.

**3 Session 3 10:50 a.m. Location TBD**

**Betty Falcao, M.P.H.**

Health Planning Council, a program of the Human Services Coalition of Tompkins County  
 Ithaca, New York

**Lisa Kendall, LMSW**

Family and Children's Services  
 Ithaca, New York

**Marilyn Kinner, B.S.**

Ithaca College Gerontology Institute  
 Ithaca, New York

**Sharing Your Wishes: Promoting Conversations about Advanced Care Planning**

This session will provide an overview of the elements of a complete advanced care planning process that centers on the importance of ongoing conversations with loved ones about values and preferences. Participants will learn that effective advanced care planning involves more than completing your health care proxy and living will documents.

**Lunch Noon Emerson Suites B and C**

**Afternoon Plenary Speaker 1:00 p.m. Emerson Suites B and C**

**Rose Dobrof, M.S.W., Ph.D.**

Brookdale Center on Aging  
 Hunter College, City University of New York  
 New York City

**Gerontology and Elder Care, 1960–2005: A Look Back and Hope for the Future**

This presentation will look at changes in the study and care of older adults in the last 40 years—a wide-lens view of how these years have changed caregiving.

Rose Dobrof is a Brookdale Center on Aging professor of gerontology at Hunter College from the City University of New York. She is a graduate of the University of Colorado. She received her M.S.W. degree from the University of Pittsburgh and her doctorate in social welfare from the Columbia University School of Social Work.

**Concurrent Sessions – Afternoon**

**1 Session 1 2:15 p.m. Location TBD**

**Debra Bohunicky, M.S., RN, CRRN, CDMS, CCHT**

Decker School of Nursing  
 State University of New York at Binghamton  
 Binghamton, New York

**Discharge Planning, the Elderly, and the Rural Community: "Whom Do You Call?"**

Individuals hold sacred their independence, so oftentimes the truth about a home setting or support is held back. This presentation provides ideas and resources to address discharge planners' responsibility, getting to the truth without violating Health Insurance Portability and Accountability (HIPPA) regulations, legal ramifications, and much more.

**2 Session 2 2:15 p.m. Location TBD**

**Barbara E. Friesner, M.B.A.**

AgeWiseLiving  
 New York City

**Understanding Family Expectations®**

Family members with an aging loved one and professionals with senior clients all want the same thing: to provide a caring, safe, and rewarding experience for the older adult. Whether you are a family member or a professional trying to help families help their loved one, this workshop will give you information about making it easier to provide quality care while caring for the caregiver.

**3 Session 3 2:15 p.m. Location TBD**

**Rhoda Meador, M.S.**

Cornell Institute for Translational Research on Aging  
 Bronfenbrenner Life Course Center, Cornell University  
 Ithaca, New York

**Retention Strategies That Really Work**

America's long-term-care system is in a state of crisis. A major cause of this crisis is staffing shortages of unprecedented proportions. This presentation will report on employee development and retention programs that are proven to work and are cost effective. It is based on recent research at the Cornell Institute for Translational Research on Aging.

**Closing General Session 3:30 p.m. Emerson Suites B and C**

**Meeting the Challenge: Person-Centered Care**

John A. Krout, Panel Moderator

The panel will be composed of all conference speakers. Each panelist will be asked the same question: How can informal and formal caregivers meet the challenge of providing person-centered care? Each panelist will have five minutes to answer the question. Following the panelists' responses there will be an open microphone for questions from conference participants.

# Ithaca College Gerontology Institute Fall Conference 2005

## Ithaca College Gerontology Institute Annual Conference 2005 Registration Information

### Fees

The registration fee for the full-day conference is \$50. This includes the morning and afternoon sessions, light refreshments, and lunch. The half-day session (your choice, morning or afternoon) with lunch and refreshments is \$30. The half-day session (your choice, morning or afternoon) without lunch is \$25.

### Scholarships

A limited number of scholarships are available. For more information contact Terry Beckley, Ithaca College Gerontology Institute, at 607-274-1967.

### How to Register

You may register for this event by mail or by fax.

~ To register by mail, complete the registration form in this newsletter and send it to the address at the bottom of the form. Be sure to include a check payable to Ithaca College or complete the credit card authorization on the form.

~ To register by fax, you must pay by credit card using the authorization at the bottom of the form. Fax the completed form to 607-274-1263.

The registration deadline is September 16, 2005. Upon receipt of your registration and payment, we will mail you a confirmation letter with further information, a campus map, and directions to Ithaca College.

### More Information

For additional information regarding the conference contact Terry Beckley, Ithaca College Gerontology Institute, at 607-274-1967 or [aging@ithaca.edu](mailto:aging@ithaca.edu).

Visit the Gerontology Institute conference website, [www.ithaca.edu/agingconference](http://www.ithaca.edu/agingconference).

Registration deadline is September 16, 2005.

## Elder Care: Meeting the Challenge for Families and Professionals Registration Form

Name \_\_\_\_\_  
Title \_\_\_\_\_  
Agency \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

### Fees

Please check the appropriate boxes.

- |   |      |
|---|------|
| <input type="checkbox"/> Full day (includes morning and afternoon sessions and lunch) | \$50 |
| <input type="checkbox"/> Half day with lunch  | \$30 |
| <input type="checkbox"/> Morning session only   |      |
| <input type="checkbox"/> Afternoon session only                                       |      |
| <input type="checkbox"/> Half day without lunch                                       | \$25 |
| <input type="checkbox"/> Morning session only   |      |
| <input type="checkbox"/> Afternoon session only                                       |      |
| <input type="checkbox"/> Continuing education unit (CEU) certificate                  | \$10 |

Make checks payable to Ithaca College.

Total payment enclosed \$ \_\_\_\_\_

Choice of concurrent session:

- Morning:  Session 1  Session 2  Session 3  
Afternoon:  Session 1  Session 2  Session 3

### Credit Card Authorization

- MasterCard  Visa  Discover  
Charge my account \$ \_\_\_\_\_

Name as It Appears on Card (Please Print) \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

### Mail registration form to

Division of Continuing Education and Summer Sessions  
Elder Care: Meeting the Challenge for Families and Professionals  
Ithaca College, 120 Towers Concourse, Ithaca, NY 14850-7141

Or fax registration form and credit card payment to 607-274-1263.

**Registration deadline: September 16, 2005**

## AARP Scholarship Awarded to Elise Ruckert '05



Elise Ruckert '05

Elizabeth (Elise) Ruckert '05, a physical therapy major with minors in gerontology and integrative health, is the recipient of an American Association of Retired Persons (AARP) scholarship. She is among the first group of master's and doctoral students to receive the award. Ruckert received her bachelor of science degree in May 2005 and

will be awarded her master of science degree in 2006. The AARP scholars program provides scholarships for graduate students in gerontology, or public policy, or those studying aging within various disciplines. Ruckert's full-year scholarship is for \$10,000.

Katherine Beissner, physical therapy department chair and professor, nominated Ruckert for this award. To quote from the nomination letter: "Elise has excelled in her undergraduate coursework, earning a 3.93 GPA while taking advantage of the opportunity to minor in both gerontology and integrative health. Her career goals entail an integration of these areas, a process she has already begun through an interesting research/community

service project that examined elders' use and interest in various alternative health practices."

Ruckert has been an integral part of the Gerontology Institute since her first year at IC. Everyone at the institute extends their congratulations to Elise, and they know that she will have a positive impact on older adults no matter where her career path takes her.



## SSA Annual Conference

The State Society on Aging of New York (SSA) will host its 33rd annual meeting and conference October 19-21, 2005, at the Turning Stone Casino and Resort in Verona, New York. The conference, entitled "Aging Today and Tomorrow: The Community of New York State," will examine the aging baby boomer population of New York State and the various issues they face, including housing, retirement, and long-term care. For additional information contact Sarah Panepinto, program chair, at [sarah.panepinto@mssm.edu](mailto:sarah.panepinto@mssm.edu).

## Finger Lakes Geriatric Education Center Renewed for Five More Years

The Finger Lakes Geriatric Education Center (FLGEC) at Ithaca College has been notified of the approval of a five-year grant renewal by the Health Resources and Services Administration. Under this grant, Ithaca College is a member of an FLGEC consortium consisting of the University of Rochester, State University of New York Technical Institute at Utica, SUNY College at Brockport, and New York Chiropractic College.

For the past eight years the FLGEC at Ithaca College has successfully planned and coordinated geriatric training for health care and aging services professionals in a 16-county area. The new grant will enable this training to be continued and expanded.

The Gerontology Institute will be assisting St. Bonaventure University, in Cattaraugus County, to develop a 40-hour series of workshops on aging, similar to those offered at Ithaca College in 1999 and 2002-3. This will expand the availability of geriatric training into western New York. In addition, nurse leadership skills training will be offered in 15 counties over the five-year grant period. This training for long-term-care nurses was developed and piloted earlier this year through a grant from the Central New York Area Health Education Center. Two online training modules will also be produced.

The Ithaca College Gerontology Institute is pleased to be able to continue to coordinate and plan geriatric training that ultimately improves the quality of care provided to older adults.

## Medicare Part D

continued from page 2

their prescription drug costs. These are estimated rates for 2006, and they are expected to increase in later years.

Those people who are “dual eligibles” (have both Medicaid and Medicare) have already been informed that they must select a Medicare-approved prescription drug provider or they will be automatically assigned to a program. As of this writing the insurance companies offering the plan have not been selected. Automatic assignment can work to the detriment of the participant because each participating insurance company will have a different “formulary” and may not provide the drugs necessary for the participant to remain healthy. “Dual eligibles” may change prescription drug providers monthly, while other Medicare participants will be limited to one annual selection of a provider. Drug providers may change their formularies often and without regard to participants’ needs.

When a person joins a particular prescription drug plan, he or she should make sure to choose a plan that meets prescription drug needs. If your current plan offers a drug program that is equal to or better than Medicare’s, consider keeping it. However, if in the future (after May 15, 2006) a decision is made to join Medicare’s program and your current plan does not cover as much or more than a Medicare prescription drug plan, you will have to pay more each month to join later. There is a 1 percent penalty per month that you did not join the Medicare plan.

In fall 2005, anyone will be able to go online and retrieve personalized Medicare information. CMS (the Centers for Medicare and Medicaid Services) initially expected senior citizens to go online and use the Net to make informed decisions about which plan best suits their prescription drug needs. Service providers to seniors are now expected to use the program. Log on and go to [www.medicare.gov](http://www.medicare.gov), or you can call 1-800-MEDICARE. The *Medicare and You 2006* handbook (which will be published in the fall of 2005) will list the Medicare prescription drug plans available in your area.

## Fall Workshop Series

The Ithaca College Gerontology Institute’s fall 2005 workshop series will be held in the Longview auditorium at 1 Bella Vista Drive, approximately one-half mile past the main entrance to Ithaca College.

This fall we are pleased to offer the following three diverse workshops.

### October 26, 2005

#### Memories and Storytelling: Developing Story Circles for Elders

Lee-Ellen Marvin, Ph.D.  
*Folklorist and Storyteller  
Ithaca, New York*

The recounting of life memories has come to be seen as a healthy practice for the elderly. This workshop will review research from gerontology, psychology, anthropology, and folklore studies. The workshop’s goal is to identify the best program approaches for residential facilities and community organizations. Participants will explore various methods of evoking life memories and will have opportunities to tell stories.

### November 9, 2005

#### Anxiety in Older Adults: A Major Public Health Issue

Zvi D. Gellis, Ph.D.  
*State University of New York at Albany  
Albany, New York*

Research evidence suggests that anxiety disorders

# ICGI

are the most common class of psychiatric disorders among older people, with clinically significant anxiety symptoms affecting as many as 20 percent of older adults living in the community. Although anxiety disorders appear to be more prevalent than depression or severe cognitive impairment, they remain underdiagnosed and undertreated. This workshop will review the knowledge and skills needed to assess general anxiety disorders, interventions, and pharmacologic treatment.

### November 16, 2005

#### Joining the Journey of Alzheimer’s Disease: The Art of Communication

Cathy James  
*Central New York Alzheimer’s Association  
Syracuse, New York*

Alzheimer’s disease and other related dementias affect a person’s ability to communicate with their caregivers. As this disease progresses, the person experiences increased difficulty in understanding written and spoken words and directions to complete tasks. The individual will also experience difficulty in making their needs known. The way we communicate is vital to the well-being of the person with Alzheimer’s disease. Participants attending this session will learn about the ways communication is affected at the various stages of Alzheimer’s disease and the techniques that can enhance communication.

## Ithaca College Gerontology Institute ICGI Fall 2005 Workshop Series Registration Form

Name \_\_\_\_\_

Title \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Please check the workshops you are registering for.

- October 26      Memories and Storytelling  
 November 9      Anxiety in Older Adults  
 November 16      Alzheimer’s Communication  
 Complete Series  
 CEUs

Ithaca College continuing education units (CEUs) are available to participants who attend two or more workshops. Each workshop has an award of 0.3 CEUs, for a total of 0.9 CEUs if you attend all three. There is a nonrefundable fee of \$10 for CEU credit, regardless of how many units you earn.

**Fees:** Each workshop is \$15. If you plan to attend all three workshops the fee is \$40. If you are 60 years of age and retired, the fee is \$10 per workshop.

Regular Registration	\$15	\$ _____
Retired Registration	\$10	\$ _____
Complete Series	\$40	\$ _____
CEU Credit	\$10	\$ _____
Total payment enclosed		\$ _____

Please make checks payable to Ithaca College.

#### Credit Card Authorization

MasterCard       Visa       Discover  
 Charge my account \$ \_\_\_\_\_

Name as It Appears on Card (Please Print) \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Cardholder’s Signature \_\_\_\_\_

Mail registration form to  
 Division of Continuing Education and Summer Sessions  
 ICGI Fall 2005 Workshop Series  
 Ithaca College, 120 Towers Concourse, Ithaca, NY 14850-7141

Or fax registration form and credit card payment to 607-274-1263.



Katherine Beissner, Ph.D.

## Aging Briefs: Falls and Fall Prevention

by Katherine Beissner, Ph.D.

Research evidence provides excellent news about a modifiable variable related to falls: the right kind of exercise reduces fall risk. The bad news is, it's not a one shot thing. Exercise is a commitment that needs to last a lifetime in order to maximize benefits.

While exercise interventions haven't been directly compared, we have reason to believe that interventions that are person-centered—that is, based on the individual's specific strength, flexibility, and balance deficit—are more effective in decreasing fall risk than more general exercise programs. Ideally, as we age we would all have access to qualified therapists to evaluate us; design and instruct us in individualized exercise programs geared to our specific needs; follow up with phone calls, mailings, or personal visits to see how we are doing and to modify our program when we get bored; and give us pep talks to foster program adherence. While some can, and do, have the luxury of these services, even the most optimistic cost-benefit analysis is unlikely to persuade policy makers to fund them for the growing elderly population. So we turn to the more general approaches.

The majority of the research done so far focuses on identifying the type of exercise that will reduce falls. Four basic areas have been examined: strengthening (mostly leg strengthening), stretching, balance/agility

(including specialized interventions such as tai chi), and walking. From research on these “generic” (not person-specific) interventions, there is good evidence that strengthening and balance/agility training help, but there are less optimistic research outcomes for programs that include just walking or just stretching. Probably the best results come from programs that include all these components. While we don't yet have a magical prescription for which exercises are best, practically speaking we likely don't need one. There is a range of ways to package the strengthening, flexibility, agility, and endurance components that will get the results that we want. And thankfully so, as it gives us opportunities to mix up components to maximize interest and decrease boredom.

While we now have a good idea of some of the components that are helpful in reducing falls, we really don't have a handle on the dosages. What are the optimal intensity, duration, and frequency of exercise? Better yet, if we want to foster a lifetime of exercise, we need to know the lower limits for positive results so that we can ease sedentary people into programs that will make a difference, without scaring them off.

In order to achieve benefits from exercise it is important that the exercise program be sustained over time. Fostering adherence to exercise is a complex, multifaceted problem with a literature of its own, so just a few points here:

- Research has shown that self-efficacy and positive expectations are two of the biggest factors influencing exercise adherence among

older adults.

- Older adults who believe that they can do the exercises and who expect to receive some benefit from exercise tend to continue the program.
- Intervention factors that influence adherence include the type of exercise program, the personality of the instructor if it is a group intervention, convenience, and any possible social benefits.

All these things are important to enhancing the potential for ongoing exercise.

Finally, it is important to note that exercise is not a panacea for falls—many factors contribute to fall risk. For example, real or perceived external environmental hazards—such as uneven sidewalks, snow/ice/rain, door sills, curbs, and crowds—can challenge balance and lead to falls. There is growing evidence that concerns with the external environment lead both frail and fit elders to restrict some activities, feeding into the fear-of-falling cycle. If people begin to restrict outings because of a fear of encountering environmental challenges, they start the debilitation process, losing muscle strength by sitting around and thereby increasing fall risk. Therefore a truly comprehensive fall-prevention program may need to address the maintenance of public spaces, as well as increase the physical abilities of elders.

*Katherine Beissner is professor and chair of the Department of Physical Therapy at Ithaca College and an Ithaca College Gerontology Institute fellow.*

## Ithaca College–Longview Partnership

The Ithaca College–Longview partnership had a very successful spring semester with approximately 350 students, 28 faculty, and 9 staff members involved in more than 50 different Longview-related activities. A complete list of partnership activities can be found on the Gerontology Institute's website at [www.ithaca.edu/aging](http://www.ithaca.edu/aging).

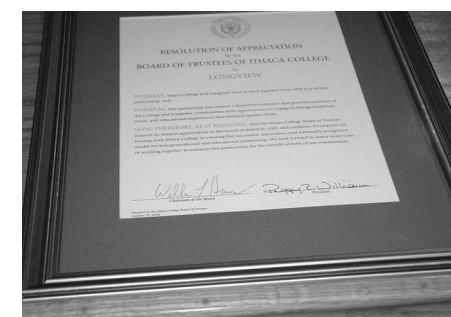
On April 15 President Peggy R. Williams presented a resolution of appreciation plaque from the board of trustees of Ithaca College to Longview in acknowledgement of the ongoing partnership. This presentation occurred at a Friday afternoon tea at Longview. There was a slide show highlighting partnership activities, and a number of residents expressed their appreciation of the partnership and their great affection for the students.

During the spring semester seven presentations were given by College faculty and staff as part of IC's monthly lecture series at Longview. These monthly events are greatly appreciated by the Longview residents. Staff and faculty members who are interested in participating in the series for the upcoming academic year should contact Chris Pogorzala at 274-1051 or [pogorzal@ithaca.edu](mailto:pogorzal@ithaca.edu).

Two surveys evaluating the impact of the partnership were conducted by John Krout and Chris Pogorzala during the spring semester. One survey,



President Peggy R. Williams presents a resolution of appreciation from the Ithaca College Board of Trustees to Mark Macera, director of Longview, an Ithaca Community.



directed at students participating in long-term, course-related activities at Longview, collected data on the impact that student involvement at Longview has on attitudes toward aging and older people and on the students' overall educational experience, career goals, and personal satisfaction. The second survey measured the impact of partnership activities on the quality of life of Longview residents. This survey involved in-depth interviews conducted primarily by gerontology students. A total of 51 residents participated in this study. Results from these studies will be reported in a future issue of this newsletter.

## Sharing Your Wishes: Advanced Care Planning

In May of this year Marilyn Kinner, project coordinator for the Finger Lakes Geriatric Education Center at Ithaca College, and Lisa Kendall, caregiver counselor at Family and Children's Services Home Care participated in a three-day advanced care planning training session in La Crosse, Wisconsin. “Respecting Choices” was developed and implemented by the Gunderson Lutheran Medical Center.

This training prepared Kinner and Kendall to be trainers and facilitators for the Sharing Your Wishes initiative of the Tompkins County Health Planning Council, funded by the Community Health Foundation. The purpose of this initiative is to encourage frail elders and their families to converse about health care choices that they may face as a chronic or life-threatening disease progresses, as well as decisions that may be needed at the end of life. The goal is to have a health care proxy form not only signed and dated, but also supported by a conversation, with the proxy designate and others, in which future health care wishes are shared and understood.

Betty Falcao, director of the Health Planning Council, Marilyn Kinner, and Lisa Kendall will present information on the Sharing Your Wishes initiative at the ICGI annual conference, “Elder Care: Meeting the Challenge for Families and Professionals,” on September 22, 2005.