

# CHAMP

CENTER FOR HEALTHY AGING IN MULTICULTURAL POPULATIONS

## The Second Annual Center for Healthy Aging in Multicultural Populations (CHAMP) Conference on Health and Aging

*Building Collaboration in Aging Research and Education among CSUs*

9:45am – 3pm, Friday, April 5<sup>th</sup>, 2013  
Student Union, San José State University

### CONFERENCE PROGRAM

*This event is co-sponsored by the Dean's Office, College of Applied Sciences and Arts, SJSU and the Psychology Research Committee, Department of Psychology, College of Social Sciences, SJSU.*

#### Special Thanks

The Conference Program Committee expresses special thanks to the following SJSU organizations, groups, and individuals for their assistance to make this year's event possible:

*CHAMP faculty*

*SJSU Student volunteers*

*Stanford Geriatric Education Center, Stanford University*

*Department of Academic Technology - Media Production, Photography, SJSU*

*Dwight Bentel & Hall Communications, School of Journalism and Mass Communications, SJSU*

## 9:00 – 9:45 AM - REGISTRATION

## 9:45 – 10:45 AM - CONCURRENT SESSIONS

### **Session I: LGBT Aging (Guadalupe Room)**

Session Chair: Brian R. Grossman, PhD, Department of Health Science, San José State University

- ***What can the NSHAP (National Social Life, Health, and Aging Project) tell us about LGBT aging?***

Brian R. Grossman, PhD, Department of Health Science, San José State University

Maria T. Brown, PhD, School of Social Work, Syracuse University

- ***CANCELLED Challenges and Resilience in the Experiences of LGBT Baby Boomers***

Brian de Vries, PhD, Gerontology Program, San Francisco State University

Student Poster Presentation (10:30 – 10:45)

#### ***A Secondary Data Analysis: Paths to Care Among Midlife and Older Gay Men and Lesbians***

Francisco José Miranda Gil, Researcher/Graduate Student, Department of Sociology and Sexuality Studies, San Francisco State University. Faculty Sponsor: Brian de Vries, PhD

### **Session II: Physical Activity (Umunhum Room)**

Session Chair: Sheama Krishnagiri, PhD, Department of Occupational Therapy, San José State University

#### ***The benefits of aging: an inverse relationship between osteoarthritis and osteoporosis***

Elizabeth Weiss, PhD, Department of Anthropology, San José State University

#### ***The Effects of Exercise on Balance, Mobility, and Fall Risk in Rural and Urban-Dwelling Older Adults***

Justus D. Ortega, PhD, Sarah A. Landis, Department of Kinesiology, Humboldt State University

#### ***Adapting Dance for Promoting Health and Wellness for Frail Elders from Diverse Backgrounds and Cultures***

Michael Leitner, PhD, Jalissa Lee, MA student, Department of Recreation, Hospitality, and Parks Management, California State University, Chico

### **Session III: Depression and Health Behaviors (Pacifica Room)**

Session Chair: Jack Wall, PhD, School of Social Work, San José State University

#### ***A patient-centered approach to understanding older adults' beliefs about depression***

Erin L. Woodhead, PhD, Department of Psychology, San José State University

Sarah R. Brunskill, J. Lisa Tenover, & J. W. Terri Huh, VA Palo Alto Health Care System

#### ***An Exploratory Study of Depression Among Late Life Immigrant Asian Indian Older Adults***

Rashmi Gupta, PhD, Eileen F. Levy, PhD, School of Social Work, San Francisco State University

Student Poster Presentation (10:30 – 10:45)

#### ***The age of determination: Predicting positive health behaviors among older adults***

John Kassotakis, Undergraduate student, Barbi Kerschner, Graduate student, Stephanie Lim, Daniel Rodda, Chantell Padilla, Undergraduate students, Department of Psychology, Sacramento State University. Faculty Sponsor: Kelly A Cotter, PhD

**10:45 – 11:00 AM – BREAK**

**11:00 – 11:45 AM - CONCURRENT SESSIONS**

**Session IV: Education and Community Partnership (Umunhum Room)**

Session Chair: Michael Kimbarow, PhD, Department of Communicative Disorders and Sciences, San José State University

***Strategies for Interprofessional Learning in Aging: Lessons from Utilizing Senior Wellness and Resource Fairs***

Sadhna Diwan, PhD, Sang E. Lee, PhD, School of Social Work, San José State University

***Silicon Valley Healthy Aging Partnership: Lessons Learned From a Community Partnership***

Tamar Z. Semerjian, PhD, Jennifer Schachner, Lecturer and Project Coordinator of SVHAP, Department of Kinesiology, San Jose State University

**Session V: Culture and Mental Health (Guadalupe Room)**

Session Chair: Megan C. Chang, PhD, Department of Occupational Therapy, San José State University

***Chinese Immigrant Elderly and Suicide Attempts***

Evaon Wong-Kim, PhD, Rose Wong, PhD, Department of Social Work, California State University, East Bay

***A Study of Gerontology and Sociology in Afghan American Community***

Farid Younos, PhD, Department of Human Development Studies, California State University, East Bay

**Session VI: Stigma in Old Age (Pacifica Room)**

Session Chair: Kasuen Mauldin, PhD, RD, Department of Nutrition, Food Science and Packaging, San José State University

***Gay, Gray and HIV/AIDS: Double Stigma, Health Disparities and Rhetorical Silence***

EM Gorman, PhD, School of Social Work, San José State University

R Reed, Santa Clara County HIV Planning Council and Santa Clara County Department of Public Health

***"I'd rather swim nude": Older women and their primary frustration with aquatic exercise***

Sonja Lilienthal, PhD, Sport Management Program Director, San José State University

**11:45 – 12:00 - BREAK**

**12:00 – 1:00 PM - WELCOME & LUNCH (Umunhum Room, open to faculty and professionals only)**

Sadhna Diwan, PhD, Director, Center for Healthy Aging in Multicultural Populations (CHAMP)

Sang E. Lee, PhD, Chair, Conference Program Committee, CHAMP

**1:00 – 3:00 PM - PROFESSIONAL DEVELOPMENT SESSION\* (Umunhum Room, open to faculty and professionals only)**

***Cultural Humility: Going Beyond Cultural Competency***

Nancy Hikoyeda, DrPH, MPH, Associate Director, Stanford Geriatric Education Center

This interactive session will introduce cultural humility (CH) and how CH enhances cultural competence (CC). The session will focus on defining CH/CC, how CH can be taught and assessed, and how to incorporate CH into your teaching, research, and practice.

***Response: Addressing Cultural Humility in Research, Education and Practice***

Kala M. Mehta, DSc, MPH

Consultant, Stanford Geriatric Education Center

Assistant Professor, Department of Epidemiology and Biostatistics, UCSF

**Q & A**

Moderator: Caroline Fee, MA, Department of Nutrition, Food Science and Packaging, San José State University

\* Co-sponsored by the Stanford Geriatric Education Center (SGEC). SGEC is accredited as a provider of **continuing education** for **LCSW and MFT** by California Board of Behavioral Sciences (Provider #4379) and designates this event for **2 CE credits**. \$25 will be charged for CEUs and a check (which is the only payment method) should be made payable to: Stanford Geriatric Education Center.

*Note: The program, including presenters, topics & times, is subject to change.*

**CHAMP Conference Program Committee**

Sadhna Diwan, School of Social Work, SJSU

Caroline Fee, Department of Nutrition, Food Science and Packaging, SJSU

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