



ARCHSTONE
FOUNDATION
and the
GERONTOLOGICAL
HEALTH SECTION
of the
AMERICAN
PUBLIC HEALTH ASSOCIATION
present the
2005 AWARD
OF EXCELLENCE
IN PROGRAM INNOVATION



AWARD PRESENTATION

ARCHSTONE FOUNDATION

AND

THE GERONTOLOGICAL HEALTH SECTION OF

THE AMERICAN PUBLIC HEALTH ASSOCIATION PRESENT

THE 2005 AWARD FOR EXCELLENCE IN PROGRAM INNOVATION

APHA ANNUAL MEETING

GERONTOLOGICAL HEALTH SECTION AWARDS PROGRAM

MONDAY, DECEMBER 12, 2005

4:30 PM

LOEWS PHILADELPHIA HOTEL

WASHINGTON ROOM #A

FOREWORD

The Award for Excellence in Program Innovation was established by an endowment from the Archstone Foundation to the Gerontological Health Section of the American Public Health Association to recognize best practice models in gerontology and geriatrics. Programs that innovatively link academic theory with applied practice in the field of public health and aging are considered annually for the award. It is our hope that these model programs will be replicated and continue to be evaluated in an effort to enhance services to the aging population throughout the United States.

The 2005 Archstone Foundation Award of Excellence in Program recipient is:

Legacy Corps for Health and Independent Living

Center on Aging
University of Maryland

Honorable Mentions Go To:

Mobile Day Care

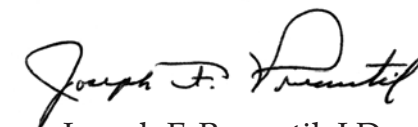
Georgia Division of Aging Services

Active for Life®

School of Rural Public Health
Texas A&M University

To Allan Goldman, M.P.H., Chair of the Archstone Foundation Award Selection Committee, and the other members of the selection advisory committee, we extend our deep appreciation for their efforts in reviewing the nominations and selecting the outstanding programs to receive this year's award and honorable mentions.

To the winner of the 2005 Archstone Foundation Award for Excellence in Program Innovation, all the nominees, and to all who participated in the award process as applicants or reviewers, we offer our best wishes for continued success in their commitment to develop service models in the field of aging.



Joseph F. Prevratil, J.D.
President and Chief Executive Officer
Archstone Foundation



Steven P. Wallace, Ph.D.
Chair, Gerontological Health Section
American Public Health Association

WINNER

LEGACY CORPS FOR HEALTH AND INDEPENDENT LIVING

The Legacy Corps for Health and Independent Living provides in-home respite care in disadvantaged communities using older adults and multigenerational/multicultural volunteer teams. Located in 15 sites in 9 states, Legacy Corps was conceived and created by Dr. Laura Wilson, Director of the University of Maryland Center on Aging, and Jack Steele, Project Director for Legacy Corps, as a way to combine lifelong learning with civic engagement.

The respite program was initiated in 2001 with funding from the Corporation for National and Community Service to increase the number of adults age 50 and over participating in the AmeriCorps Program. Initially, Legacy Corps focused on recruiting stipended and nonstipended volunteers over age 50 to provide 450 hours of in-home respite service per year to assist frail elders living in disadvantaged communities and their caregivers. In 2003, the concept was expanded through funding from Atlantic Philanthropies to include respite service teams consisting of one volunteer over age 50 and a second volunteer between the ages of 16 and 49.

In the first 3 years, Legacy Corps engaged 600 members receiving stipends, 105 members who did not receive stipends, and 750 volunteers. These individuals provided a total of 415,200 service hours valued at \$17.19/per hour, for a total service contribution of \$7,137,288. Nearly one-fourth of the members used the experience, new skills and self-confidence built by participating in Legacy Corps to move on to full- or part-time employment.



Caregivers who receive the respite services have been overwhelmingly positive. More than 88 percent evaluated the services they received as excellent or very good. The percentage of caregivers who describe “burden and stress” as their primary problem dropped from 34 percent at the initial interview to only 4 percent at follow-up. Community infrastructure has been expanded in disadvantaged communities through the availability of respite care services and the positive attitude generated by the team members and service recipients.

Replication of this project is facilitated by a full operational and program start-up book, including evaluation tools, available from the Center on Aging at www.hhp.umd.edu/AGING/.

| LEGACY CORPS SITES - 15 SITES IN 9 STATES | | |
|-------------------------------------------------------|---------------------|-----------------------------|
| Salt Lake County Aging Services | Salt Lake City, UT | Urban, Immigrant |
| Aging & Independence Services | San Diego, CA | Foster Teens & Older Adults |
| Retired & Senior Volunteer Program (RSVP) | Carson City, NV | Rural |
| Alpert Jewish Family & Children’s Services | West Palm Beach, FL | Urban |
| Delaware County Office on the Aging | Delhi, NY | Rural |
| Central Florida Community College | Ocala, FL | Rural |
| Area Agency on Aging of Palm Beach/Treasure Coast | West Palm Beach, FL | Migrants, Low-Income |
| Lutheran Social Services of Minnesota | Minneapolis, MI | Urban & Rural |
| Mather LifeWays | Evanston, IL | Urban |
| Florida Department of Elder Affairs | Miami, FL | Native American Tribe |
| New Mexico Aging & Long Term Care Service Departments | Zuni, NM | Native American Tribe |
| Family Service Agency of San Francisco | San Francisco, CA | Intercity, Urban |
| Jewish Family Service Association | Cleveland, OH | Urban |
| Pueblo of Isleta | Isleta, NM | Native American Tribe |
| Lutheran Social Services of Illinois | Rockford, IL | Faith-Based |

For further information contact:

Laura B. Wilson, Ph.D.
 Legacy Corps for Health and Independent Living
 Center on Aging
 2367 HHP Building
 University of Maryland
 College Park, MD 20742
 Telephone: 301.405.2470
 E-mail: lwilson@umd.edu

HONORABLE MENTION

MOBILE DAY CARE

Mobile Day Care (MDC) are innovative programs that provides social model day care to older adults living in rural communities by sharing staff who travel between rural locations. Though the term mobile day care conjures images of a facility that moves, it is actually staff, along with materials and supplies needed for the day, that are mobile. The State of Georgia Division of Aging Services created this program with an Alzheimer's demonstration grant from the U.S. Administration on Aging.

The staff travels up to 55 miles one way to the program site, returning to their urban location in the evening. Aides may be hired from the local community. An RN supervisor rotates visits to the various sites. The program provides a range of activities, including physical and cognitive exercises, arts and crafts and reminiscing. Lunch and snacks are also provided. Space is frequently located in senior centers or churches. The day care program is available at least one day per week and, in some locations, as many as three days.

MDC programs are a successful collaboration between Area Agencies on Aging, their subcontracting service provider agencies, and coalitions of family and health care professionals. Subsequent to the grant, ongoing funding has been provided by State of Georgia home and community-based service dollars, United Way funds, and income generated from sliding fee scales.

Positive outcomes of MDC include serving Georgia's older adult population, one-third of which lives in rural areas; improved or stabilized health status for participants, reduced stress and peace of mind for caregivers. The MDC also provides the organizational foundation and community support that lead to establishing permanent day care programs.

Replication is encouraged. A new video on the MDC is available on the Georgia Division of Aging Services Web site under Publications at www.aging.dhr.georgia.gov.



For further information contact:

Cliff Burt, M.P.A.
Georgia Division of Aging Services
Two Peachtree Street N.W., Suite 9.398
Atlanta, GA. 30303-3142
Telephone: 404.657.5336
E-mail: gcburt@dhr.state.ga.us

HONORABLE MENTION

ACTIVE FOR LIFE

The Active for Life program seeks to increase the number of mid-life and older adults who are physically active. The national program office, directed by Dr. Marcia Ory, was created in 2002 by a grant from The Robert Wood Johnson Foundation to the Texas A&M University System Health Science Center School of Rural Public Health.

With evaluation assistance from the University of South Carolina, Active for Life is testing community-based strategies for delivering evidence-based physical activity programs to sedentary adults age 50 and older. The underlying research is based on the Active Choices Program developed at Stanford University and Active Living Every Day developed by the Cooper Institute and Human Kinetics, Inc. Working with the aging services sector, public health departments, health care systems, faith-based organizations, social service agencies and adult-learning centers, Active for Life plans to enroll 8,000 people from diverse backgrounds by 2007.

By early 2005, 2,700 people, representing diversity in income, race/ethnicity and age had enrolled. More than 75 percent of participants are overweight or obese. Retention has been high, with 90 percent of participants remaining in the program once enrolled. Participants have shown significant increases in physical activity levels and significant decreases in reported depression and perceived stress.

Active for Life is charting new territory in understanding the processes involved in translating research about prevention programs for older adults into a pragmatic operation. Information about lessons learned will be disseminated by the national program office, and thus provide a blueprint for communities throughout the nation to enhance the physical activity of older adults. Additional information on Active for Life may be found at www.activeforlife.info.



For further information contact:

Marcia G. Ory, Ph.D.
School of Rural Public Health
The Texas A&M University System
1103 University Drive #100
College Station, Texas 77840
Telephone: 979.458.4202
E-mail: Mory@srph.tamhsc.edu

PAST WINNERS AND HONORABLE MENTIONS

2004

Independent Transportation Network – Dignified Transportation for Seniors
Making the Link – Connecting Caregivers with Services through Physicians
The Palliative Dementia Care Program

2003

Alzheimer's Health Education Initiative
Elder Safe Program
Senior Health Alliance Promoting Exercise (SHAPE)

2002

Kinship Support Network
Senior Navigator.com
Take Charge of Your Health for Older Adults
Elder Rehab by Students Program

2001

Groceries to Go
Centralized Geriatric Nursing Assessment Service
The S.A.G.E. Project
Senior Wheels

2000

Experience Corps
Assistive Equipment Demonstration Project
Aging and Memory Center
Pathfinders
Diabetes Care Monitoring System
Medication Assistance Program

1999

Senior Wellness Project
Strengthening Geriatrics Training for Primary Care Medical Residents
Geriatric Evaluation Networks Encompassing Services (GENESIS)
Partners for Healthy Aging
Aging Senior Strength Training Task Force

1998

A Matter of Balance: Intervention to Reduce Fear of Falling
Competence with Compassion: An Abuse Prevention Training Program
for Long-Term Care Staff
Mammography Optimum Referral Effort (MORE)
Member-to-Member
The Alabama Stroke Project

CALL FOR NOMINATIONS

As of November 1, 2005, the Gerontological Health Section of the American Public Health Association will accept nominations for the 2006 Archstone Award for Excellence in Program Innovation. The award was established in 1997 to identify best practice models in the field of health and aging, and to provide recognition and an opportunity to highlight the work at the annual meetings of the American Public Health Association.

Programs that effectively link academic theory to applied practice in the field of public health and aging are eligible for nomination. Nominees should also have documented results, but have been in operation less than 10 years.

In two single-space typed pages, please describe the program to be nominated. The narrative should include information about the problem being addressed, the population served, the project's design, partnerships or collaboration, funding, and measurable benefits and outcomes. Only one program may be nominated per agency or organization. Please include an electronic copy of the nomination on disk readable in MS Word or WordPerfect.

An independent panel will review all nominations. The criteria for award selection will include:

- Creativity in project design;
- Documented outcomes and benefits of the program;
- Replication potential;
- Evidence of collaboration and partnerships; and
- Dissemination strategy.

The winner is expected to attend the 134th Annual Meeting of the American Public Health Association in Boston, Massachusetts November 4-8, 2006, and make a presentation in a special Gerontological Section Award Session. In recognition of this achievement, and to assist with the travel expenses, the winning organization will receive a \$1,000 cash award. Honorable mention may also be awarded to one or more nominees submitting distinguished programs as judged by the review panel.

Nominations are to be postmarked by April 1, 2006 and may be sent or E-mailed to:

Allan Goldman, M.P.H.

Chair, Archstone Awards Committee

Assistant Director

Georgia Division of Aging Services

Two Peachtree Street N.W., 9th Floor

Atlanta, GA 30303

Phone: 404.657.5254

E-mail: abgoldman@dhr.state.ga.us

SELECTION COMMITTEE

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Professor, Health Science
Towson University

Connie Evashwick, Sc.D.

Professor, Health Care Administration
California State University Long Beach

R. Turner Goins, Ph.D.

Associate Professor, Department of Community Medicine
West Virginia University

Allan Goldman, M.P.H.

Assistant Director
Georgia Division of Aging Services

Ruth Palombo, Ph.D.

Assistant Professor
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Assistant Professor, Health Policy
College of Medicine at Rockford

Joseph R. Sharkey, Ph.D.

Assistant Professor, Social and Behavioral Health
Texas A&M University

Kathy Sykes, M.A.

Senior Advisor, Aging Institute
Environmental Protection Agency

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GERONTOLOGICAL HEALTH SECTION

The American Public Health Association (APHA) is the world's largest and oldest organization of public health professionals, representing more than 50,000 members from over 50 public health occupations. The Gerontological Health Section (GHS) was established in 1978 to stimulate public health actions to improve the health, functioning, and quality of life of older persons and to call attention to their health care needs. GHS members fulfill that mission in part through research and advocacy aimed at reforming governmental health care programs, particularly Medicare and Medicaid. Section members are also active in administration, direct service, research, and education in community health promotion, community organizing, program development and evaluation, and other ways of bringing public health innovations to older persons. GHS is also concerned with the health and social needs of the younger disabled as they make their transition into the healthcare delivery system for the aged.

ARCHSTONE FOUNDATION

The Archstone Foundation is a private grant making organization whose mission is to contribute toward the preparation of society in meeting the needs of an aging population. Under the leadership of Joseph F. Prevratil, J.D., President and CEO, the Archstone Foundation has awarded more than \$54 million in grants since it was established in 1986. The Foundation's current funding priorities include elder abuse prevention, falls prevention, end-of-life and responsive grant making to address emerging issues within the aging population. In fiscal year 2005, Archstone Foundation provided more than \$4.7 million in support of its mission.



401 E. Ocean Blvd., Suite 1000
Long Beach, CA 90802-4933
Phone: 562.590.8655
Fax: 562.495.0317
E-mail: archstone@archstone.org
www.archstone.org