



ARCHSTONE  
FOUNDATION  
*and the*  
GERONTOLOGICAL  
HEALTH SECTION  
*of the*  
AMERICAN  
PUBLIC HEALTH ASSOCIATION  
*present the*  
2006 AWARD  
FOR EXCELLENCE  
IN PROGRAM INNOVATION



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# AWARD PRESENTATION

ARCHSTONE FOUNDATION

AND

THE GERONTOLOGICAL HEALTH SECTION OF

THE AMERICAN PUBLIC HEALTH ASSOCIATION PRESENT

THE 2006 AWARD FOR EXCELLENCE IN PROGRAM INNOVATION

APHA ANNUAL MEETING

GERONTOLOGICAL HEALTH SECTION AWARDS PROGRAM

MONDAY, NOVEMBER 6, 2006

4:30 PM

BOSTON CONVENTION AND EXHIBITION CENTER

ROOM #153A

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# 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 2006 Archstone Foundation Award for Excellence in Program Innovation recipient is:

**Brain Get Your Mind Moving**  
New England Cognitive Center

Honorable Mentions go to:

**Fit and Strong!**  
Center for Research on Health and Aging  
University of Illinois

**South Grand Senior Ministry**  
South Grand Senior Ministry

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 2006 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



Bob Burke, Ph.D.  
Chair, Gerontological Health Section  
American Public Health Association

# WINNER

## BRAIN GET YOUR MIND MOVING (G.Y.M.M.)

The New England Cognitive Center (NECC) is a non-profit organization located in Hartford, Connecticut dedicated to creating programs and services to help individuals reach their full cognitive potential. NECC provides resources and opportunities to foster critical and creative thinking and learning strategies through education, consultation and research. The Center specializes in helping individuals effectively learn to use their most valuable resource, the brain.

Funded through a two-year grant from the Aging Services Division of the Connecticut Department of Social Services, NECC launched Brain G.Y.M.M. in January of 2005. Brain G.Y.M.M. has approximately 150 clients and consists of interactive cognitive training programs that offer participants with Alzheimer's disease and other dementias cognitive "workouts" designed to effectively slow decline and improve some cognitive and behavioral functions. While the program was initially designed to target individuals with early stage Alzheimer's disease, many clients with a history of stroke, brain injuries, and related vascular disorders, such as Parkinson's disease and Muscular Sclerosis, have also benefited.

The New England Cognitive Center's Brain G.Y.M.M. consists of two primary interventions:

- **Mind Aerobics Program** - providing hands-on cognitive training in a small group or workshop environment; and
- **Adaptive Computerized Cognitive Program (A.C.C.T.)** - providing a cognitive "workout" on the computer.



Both programs are comprised of exercises that target specific cognitive areas, including attention, memory, problem solving, planning and language. While both have produced significant gains in cognitive functioning, the combination of the two programs seems to be the most powerful model, yielding the best results.

All participants are assessed with a battery of neuropsychological testing prior to beginning and at the conclusion of their participation in the program. Data collected from the program is analyzed by the New England Cognitive Center's Research Advisory Committee, headed by Central Connecticut State University researchers. Analysis of the program indicates that participants have experienced actual gains in several cognitive areas, including short-term memory, new learning, visual-motor coordination, psychomotor speed, cognitive flexibility and attention. A group of individuals with moderate to severe Alzheimer's disease demonstrated gains of 23% in overall cognitive functioning, 44% in short term memory and 45% in behavioral measures. Caregivers of program participants have reported positive behavior changes from within two to three weeks after beginning the program. In addition, Brain G.Y.M.M. clients and caregivers have indicated that participation in the program results in substantial reductions in depression, as well as a renewed sense of empowerment and hope.

The New England Cognitive Center is working to establish programs in assisted living communities and senior centers across Connecticut to increase dissemination and replication of the model. NECC is also working closely with the Department of Social Services in Connecticut to reach underserved populations, including piloting a program for Spanish speaking clients through the Administration on Aging's Alzheimer's Disease Demonstration Grants to States. The New England Cognitive Center also offers a wide range of workshops and resources designed to educate about the latest brain and educational research, which can be found at [www.cognitivecenter.org](http://www.cognitivecenter.org).



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# HONORABLE MENTION

## FIT AND STRONG!

Fit and Strong! is an innovative low-cost, health promotion program that combines instruction in physical activity with education and group problem solving for older adults with lower extremity osteoarthritis. The program was developed and tested in a randomized trial by an interdisciplinary team headed by Susan L. Hughes, D.S.W. Work began on the program in 1996 with support from the National Institutes in Health. Since 1996, approximately 500 older adults have participated in Fit and Strong!

Fit and Strong! is a facility-based intervention. Participants meet for 90 minutes three times a week for a total of eight weeks. The program consists of flexibility exercises, fitness walking and strength training that are accompanied by education for health behavior change and reinforcement.

Assessments are conducted at the start of the program and at 2 months. All participants develop an individualized plan for post-training adherence and are asked to sign a post-intervention exercise contract. Participants are given a log in which to record daily distance covered, repetitions completed, time spent exercising, and their resting and exercise heart rates. Findings from the trial have demonstrated significantly improved self-efficacy for exercise, self-efficacy to continue to exercise over time and decreased lower extremity joint pain and stiffness. Notably, participation in exercise increased in the treatment group by 84% over baseline at 2 months, and was maintained at 59% higher at 6 months and continued to be 56% higher than baseline at 12 months.

Originally, Fit and Strong! utilized physical therapists. The program has since been transitioned to operate with the use of Certified Exercise Instructors. The transition has helped the program become more cost-effective. Participant and instructor manuals and a train-the-trainer curriculum are available. The program is currently offered in Chicago and in five counties in North Carolina, with discussions underway in three more states. Program staff is currently seeking new dissemination sites.



### For further information contact:

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# HONORABLE MENTION

## SOUTH GRAND SENIOR MINISTRY

South Grand Senior Ministry is a faith-based organization promoting physical, emotional and spiritual wellness among men and women 65 years and older in Saint Louis, Missouri. The Ministry's mission is to increase the quality of life while maximizing the talents of older adults.

Created in 2001, the South Grand Senior Ministry began by supporting homebound older adults. As various needs began to surface within the community, the program started to reach beyond homebound and include all older adults. Today the Ministry serves over 15,000 older adults and consists of over twenty churches seeking to promote successful aging by supporting all older adults to live safely in their homes, lead a physically and spiritually active life and remain socially engaged in their faith community. The four core services of the program are: health promotion, social engagement and services, transportation and housing and home adaptation.

Program participants have experienced a 27% increase in status in cardiovascular, gastrointestinal, neurological, musculoskeletal, and/or mental health. Additionally, access to health services has increased by 34% due to the transportation component of the program, which provides an average of 300 free rides per month to doctor appointments for older adults. The model for achieving these outcomes involves several vital components: peer collaboration, senior volunteers and centralized staff.

Replication of the South Grand Senior Ministry is encouraged. Training and operations manuals are available and can be used by faith-based organizations or adapted by other agencies. Additional information on the South Grand Senior Ministry can be found at [www.sgsm-stl.upcsites.org](http://www.sgsm-stl.upcsites.org).



### For further information contact:

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# PAST WINNERS

## **2005**

Legacy Corps for Health and Independent Living  
University of Maryland - Center on Aging  
College Park, Maryland

## **2004**

Dignified Transportation for Seniors  
Independent Transportation Network  
Westbrook, Maine

## **2003**

Alzheimer's Health Education Initiative  
Alzheimer's Association  
Los Angeles, California

## **2002**

Kinship Support Network  
Edgewood Center for Children and Families  
San Francisco, California

## **2001**

Groceries to Go  
Elder Services Network  
Mountain Iron, Minnesota

## **2000**

Experience Corps  
Johns Hopkins Medical Institutions - Center on Aging and Health  
Baltimore, Maryland

Assistive Equipment Demonstration Project  
University of Massachusetts - Gerontology Institute  
Boston, Massachusetts

## **1999**

Senior Wellness Project  
Northshore Senior Center  
Seattle, Washington

## **1998**

A Matter of Balance: An Intervention to Reduce Fear of Falling  
Boston University – Roybal Center for Enhancement of Late-Life Function  
Boston, Massachusetts

# CALL FOR NOMINATIONS

As of November 1, 2006, the Gerontological Health Section of the American Public Health Association will accept nominations for the 2007 Archstone Foundation 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 135th Annual Meeting of the American Public Health Association in Washington, D.C., November 3-7, 2007, and make a presentation in a special Gerontological Health 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, 2007 and may be sent or E-mailed to:

**Allan Goldman, M.P.H.**  
Chair, Archstone Foundation Awards Committee  
Assistant Director  
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## SELECTION COMMITTEE

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Dean  
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**Allan Goldman, M.P.H. (Committee Chair)**  
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UCLA Departments of Social Welfare &  
Medicine/Geriatrics

**Ruth Palombo, Ph.D., R.D.**  
Assistant Professor  
Tufts University School of Medicine

**Kathy Sykes, M.A.**  
Senior Advisor, Aging Institute  
Office of Children's Health Protection  
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.

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# 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 \$66 million in grants since it was established in 1986. The Foundation's current funding priorities include falls prevention, elder abuse prevention, end-of-life, and responsive grantmaking to address emerging issues within the aging population. In fiscal year 2006, Archstone Foundation provided more than \$5.1 million in support of its mission.



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