



• 2012 •

Award for Excellence in Program Innovation

PRESENTED BY

**Archstone Foundation and The Aging & Public Health Section
of The American Public Health Association**



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Award Presentation

Archstone Foundation and The Aging & Public Health Section
of The American Public Health Association

PRESENT

The 2012 Award for Excellence in Program Innovation

APHA Annual Meeting in San Francisco, California

Aging & Public Health Section Awards Program

Monday, October 29, 2012

4:30 PM

Moscone Convention Center South

Room 258/260

Forward

This year marks the 15th anniversary of the Archstone Foundation Award for Excellence in Program Innovation. We proudly share with you the 2012 award recipients, and in a special retrospective, highlights of the continued accomplishments of past award winners.

The Award for Excellence in Program Innovation was established by an endowment from the Archstone Foundation to the Gerontological Health Section, now known as the Aging & Public 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.

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

To the winners of the 2012 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 your commitment to develop service models in the field of aging.



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



Lenè Levy-Storms, Ph.D.
Chair, Aging & Public Health Section
American Public Health Association

*The 2012 Archstone Foundation
Award for Excellence in Program Innovation
recipients are:*

→ **LIVABLE COMMUNITY INITIATIVE**

Kingsport, Tennessee

A survey of seniors and community members

AND

→ **HEALTHY STEPS IN SILICON VALLEY**

San Jose, California

A community engagement program of The Health Trust
in partnership with Council on Aging Silicon Valley

*“We offer our best wishes for
continued success in your
commitment to develop service
models in the field of aging.”*

• AWARD WINNER •

Livable Community Initiative

Kingsport, Tennessee

A survey of seniors and community members



In 2009 Kingsport, Tennessee was identified as a “pilot livable community project” by AARP. A collaborative effort involving AARP, the City of Kingsport, local residents, and volunteers, resulted in the development of a survey assessing the opinions and concerns of the Greater Kingsport, Tennessee area in order to make the community more livable for persons of all ages. The final 16-page survey covered aspects of community design and services, neighborhood issues, and personal concerns related to public health, aging, and livability issues. The end-product goal was to provide guidance for Kingsport in a manner that could also be used by other communities.

LIVABLE COMMUNITY INITIATIVE →

A local campaign was developed and 3,000 AARP members residing in the Greater Kingsport community received surveys. In addition, surveys were distributed to key community leadership groups and made available to all residents in the area at numerous locations. A total of 1,439 completed surveys were returned, for a combined return rate of 43.6%. A gap analysis was performed to identify community needs.

In March 2010, the final report was released. Major findings of the survey were grouped into three categories:

Community concerns – job opportunities, urban vegetable gardens, bus stops with benches and shelters, lack of sidewalks, attractive entranceways into the community, well designed and maintained streets, affordable housing, and clean air;

Neighborhood concerns – lack of sidewalks, a grocery store within walking distance, community recreation centers and parks; and

Personal concerns – health care affordability, remaining independent, safety and security, staying physically active, and home modification needs.

In response, the Mayor's Blue Ribbon Task Force was formed. The task force reviewed the survey results and gathered additional information from city staff on key areas. A report, including recommendations to the



FOR FURTHER INFORMATION CONTACT:

Jeff Fleming, AICP
Assistant City Manager for Development

City Hall 225 W. Center Street Kingsport, TN 37660
P: 423-229-9381 E: jefffleming@kingsporttn.gov

city, was issued in April 2011. Since the release of recommendations, follow-up actions have included:

- improved communications efforts by the city to residents;
- increased local transit services;
- development of a Regional Bicycle and Pedestrian Plan;
- sidewalk construction;
- expansion of community recreational opportunities;
- efforts to expand the local library;
- support for opening two community centers; and
- assistance with economic development efforts.

Findings from the survey have been presented to city staff, local civic clubs, businesses, and non-profit organizations. In addition, findings have been used to advocate for healthy community design. Since the completion of the survey, several initiatives to create a more livable community have been made – including Kingsport’s first community garden. The survey has been replicated in a modified version in several other communities.

→ To learn more about the **Livable Community Collaborative** and its resources, please visit:
<http://www.development.kingsporttn.gov>



FOR FURTHER INFORMATION CONTACT:

Kathleen Beine, M.D.

Researcher & Consultant, Beine & Associates

4515 Brookridge Drive Kingsport, TN 37664

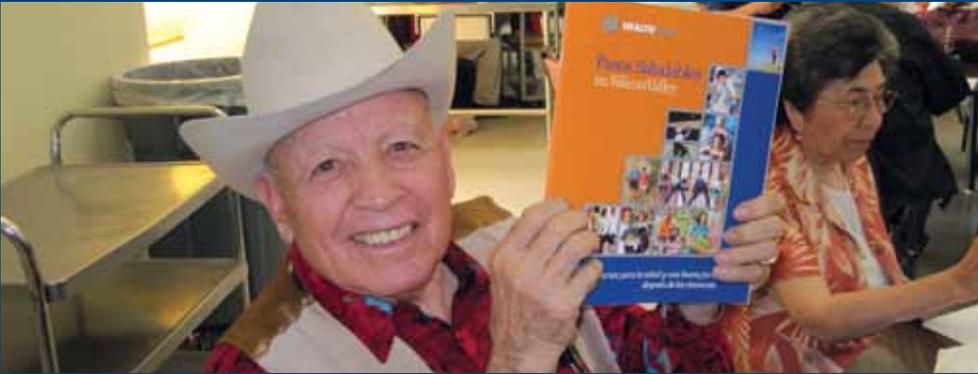
P: 423-863-3304 E: kbeine@tricon.net

• AWARD WINNER •

Healthy Steps in Silicon Valley

San Jose, California

A community engagement program of
The Health Trust in partnership with
Council on Aging Silicon Valley



Healthy Steps in Silicon Valley is a community engagement effort to promote health and raise awareness about resources for adults age 50 and older in Santa Clara County. Healthy Steps targets low-income older adults with chronic conditions. Program goals are to: 1) increase physical activity among older adults in the community, empowering them to better manage chronic conditions; 2) increase social engagement and connection to health and support services through an expanded awareness of community resources; and 3) educate community members about healthy aging. From July 2010 to July 2012, one program coordinator and 90 volunteers delivered the program to over 28,000 older adults, their family members and caregivers, and 260 partner agencies.

HEALTHY STEPS IN SILICON VALLEY →

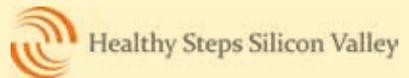
The Healthy Steps program is based around a 75-page guidebook, “Healthy Steps in Silicon Valley,” which was developed by The Health Trust, the University of California, Berkeley’s Health Research for Action, and a local team of advisors. The book covers:

- The benefits and keys to overcoming common barriers for staying active;
- Tips and resources to stay active at home or in the community;
- Tips and resources for nutrition, sleep, stress reduction, depression, chronic disease self management, and fall prevention (including a home-safety checklist); and
- A list of local resources, including: transportation, community and senior centers, health clinics, nutritional programs, mental health resources, caregiving resources, home safety resources, and more.

The Health Trust collaborated with Council on Aging Silicon Valley, their local Area Agency on Aging, to engage community partners and volunteers through the Healthy Steps program. The unique partnerships developed through Healthy Steps redefined the aging network in Santa Clara County. Non-traditional partners were empowered and educated to promote health for older adults and spread the word about community-based resources. Key partners include local faith communities, senior service providers, community services agencies, food banks, councilpersons, community and senior centers, libraries, senior living facilities, health and dental clinics, hospitals, Meals on Wheels, physical therapy clinics, the Veterans Administration, adult day care programs, home care agencies, community health promoters, after-school programs, and local universities.

Rather than simply distributing materials, volunteers engaged the community through delivering 150 educational presentations; attending 93 community events at local food banks, flea markets, health fairs,

and farmers markets; and training staff at over 180 partner agencies to become distributors of the resources to their clients. After each presentation on the Healthy Steps program, guidebook recipients completed an evaluation form. Evaluation efforts also included a one-month follow-up call with a randomized sample of 1,000 older adults. Of the 1,000 older adults, 68.5% reported learning about new community resources, 61.8% became engaged in more physical activity, 65.7% learned new exercises to practice at home, and many others learned about fall prevention, chronic disease self management, volunteer opportunities, overcoming obstacles, and the benefits of staying active.



Dissemination efforts have included presentations at national conferences, local news interviews, newsletters, the use of social media, and the Healthy Steps Web site. Healthy Steps has expanded the support network for older adults, and the resulting increase in awareness of healthy aging and community resources has left the community of Santa Clara County better prepared to face the increase of the older adult population over the next several years.

→ To learn more about the Healthy Steps in Silicon Valley and its resources, please visit:

http://www.healthtrust.org/initiatives/aging/index_aging.php



FOR FURTHER INFORMATION CONTACT:

Pauline de Lange, M.A.

Health Promotion Coordinator, Healthy Steps in Silicon Valley

3180 Newberry Drive San Jose, CA 95118

P: 408-513-8707 E: paulined@healthtrust.org

Call for Nominations

As of November 1, 2012, the Aging & Public Health Section of the American Public Health Association will accept nominations for the *2013 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. Preference will be given to nominees who have not received prior awards or special recognition.

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.

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 141st Annual Meeting of the American Public Health Association in Boston, Massachusetts, November 2-6, 2013 at a special Aging & Public Health Section Award Session and attend the awards ceremony. In recognition of this achievement, and to assist with the travel expenses, the winning organization will receive a \$500 cash award. Honorable mention(s) may also be awarded to one or more nominees submitting distinguished programs as determined by the review panel.

Nominations are to be postmarked by April 1, 2013 and may be sent or e-mailed to:

Irena Pesis-Katz, Ph.D.

Chair, Archstone Foundation Awards Committee

Assistant Professor, University of Rochester Medical Center

601 Elmwood Avenue, Box SON Rochester, NY 14642

P: 585-276-4036 E: Irena_PesisKatz@urmc.rochester.edu

Selection Committee

Sato Ashida, Ph.D.

Assistant Professor
School of Public Health
University of Memphis

Mary P. Gallent, Ph.D.

Associate Professor
School of Public Health
University of Alabama

Allan Goldman, M.P.H.

Adjunct Professor
Rollins School of Public Health
Emory University

Denys Lau, Ph.D.

Associate Professor
College of Pharmacy
University of Illinois at Chicago

Lené Levy-Storms, Ph.D.

Associate Professor
Luskin School of Public Affairs
University of California, Los Angeles

Karon Phillips, Ph.D.

Health and Aging Policy Fellow

Section Leadership

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Qinghua Li

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Steven P. Wallace, Ph.D.

Ruqaiijah Yearby

Past Award Winners

Highlights of the continued accomplishments
of past winners of the Award for Excellence
in Program Innovation

2011**Program to Encourage Active and Rewarding Lives for Seniors (PEARLS)***University of Washington Health Promotion Research Center (HPRC)
Seattle, Washington*

The PEARLS program targets frail, homebound older adults, many of which are low-income and have many needs. Over the past year, the University of Washington Health Promotion Research Center has focused on dissemination activities and implementation research of the program. They are conducting a new research study to evaluate the relationship between the PEARLS program fidelity and PEARLS client outcomes. Key program components related to client outcomes will be identified. The PEARLS implementation toolkit has been revised and the Center continues to provide technical assistance and training to PEARLS providers, both locally and nationally.

2010**Area Geriatric Education Scholars Program for Upper Peninsula Youth (AGES)***Upper Peninsula Health Education Corporation
Marquette, Michigan*

This community-based summer program has created a better understanding of geriatric health issues and aging among high school students, prospective healthcare professionals, and the general community.

PAST AWARD WINNERS →

2009

PREPARE: Disaster and Emergency Preparedness for Long-Term Facilities

*Mather LifeWays Institute on Aging
Evanston, Illinois*

The program continues to equip senior living and long-term care professionals with core competencies to prepare a disaster plan, properly implement the plan, and return the community to normalcy after a disaster. Since 2009, the PREPARE program has expanded from in-person workshops to including webinars and state-specific offerings – better enabling the sustainability of the program.



2008

Guided Care: Improving Chronic Care for High Risk Seniors

*The Roger C. Lipitz Center for Integrated Health Care
Department of Health Policy & Management
Johns Hopkins Bloomberg School of Public Health
Baltimore, Maryland*

This innovative model of health care research project was completed in 2009. Guided Care is now licensed at nine different organizations and universities and staff members have presented research findings at conferences in eleven different countries. Since receiving the award, over 400 nurses and 750 physicians have taken the Guided Care online course.



2007



The Dancing Heart: Vital Elders Moving in Community Memory Loss Program

*Kairos Dance Theatre
Minneapolis, Minnesota*

Receiving the award helped legitimize the evidence-based arts program within the health and social services community. The program has since grown from serving 340 participants, to over 500 individuals in 2011. They are now developing plans to replicate The Dancing Heart more widely – eventually leading to a national rollout of the program.

2006

Brain Get Your Mind Moving

*New England Cognitive Center (NECC)
Hartford, Connecticut*

Since receiving the award, NECC has greatly expanded its delivery model of cognitive fitness programs. NECC has developed six comprehensive cognitive training programs for individuals diagnosed with conditions that cause dementia. Preliminary studies have noted improvement on measures of short-term memory, new learning, and attention. NECC is currently involved in a field study to measure the efficacy of this type of cognitive intervention and is working on dissemination efforts for the program.

PAST AWARD WINNERS →



2005

Legacy Corps for Health and Independent Living

*University of Maryland, Center on Aging
College Park, Maryland*

This multi-site health intervention, community-based caregiver support program has expanded to include multi-generational caregiver support services in the home. Over the past decade, more than 8,000 caregiver families have been recipients of the Legacy Corps' services. The program's newest proposed innovation is an expansion to provide caregiver services by and for older veterans.



2004

Dignified Transportation for Seniors

*Independent Transportation Network
Westbrook, Maine*

The organization has evolved from a replicable model program, the Independent Transportation Network, into a national organization, ITNAmerica, with the systems, technology, and governance structure to support 25 affiliated communities in 20 states. ITNAmerica continues to replicate the model across the United States.

2003**Alzheimer's Health Education Initiative**

*Alzheimer's Association, California Southland Chapter
Los Angeles, California*

The Alzheimer's Association California Southland Chapter continues to increase awareness on Alzheimer's disease, serving the communities of Los Angeles, Riverside and San Bernardino counties. Educational programs now reach more than 13,000 people, including families, caregivers, home aides, doctors, and other professionals.

2002**Kinship Support Network**

*Edgewood Center for Children and Families
San Francisco, California*

This innovative program supports older caregivers who are raising their grandchildren. Since receiving the award, 20 California counties have formed local Kinship Support Networks, with technical assistance from the Edgewood Center. The Center plays an active role in dissemination, providing training and support to the 20 sites – helping them build, maintain, and expand their services.

2001**Groceries to Go**

*Elder Services Network
Mountain Iron, Minnesota*

Since receiving the award, the program has expanded – now serving 13 communities and has received at least four requests to replicate the Groceries to Go program in other regions. There are currently 60 local registered clients, served by approximately 85 volunteers.

PAST AWARD WINNERS →

2000

Experience Corps

*Johns Hopkins Medical Institutions, Center on Aging and Health
Baltimore, Maryland*

This research study of a volunteer service program proved to be attractive to older adults and a positive experience for the principals, teachers and children that were involved. Older adult volunteers derived health benefits, developed a sense of personal satisfaction, and became role models – emphasizing the importance of education to inner-city children. The program continues to follow participants to determine the long-term effects and to explore ways to ensure continued expansion and sustainability.

2000

Assistive Equipment Demonstration Project

*University of Massachusetts, Gerontology Institute
Boston, Massachusetts*

The demonstration project began as an educational program for case managers and led to an expanded provision of low-cost assistive devices to frail older adults receiving home care services. This highly beneficial program resulted in the development of an informational manual to assist care managers in identifying and ordering assistive equipment for frail older adult clients.



1999

Senior Wellness Project*Northshore Senior Center
Seattle, Washington*

Now called Project Enhance, this multi-faceted health promotion program has evolved from 27 active sites in 1999, to 492 sites and over 20,000 participants. In 2000, program dissemination efforts expanded and the first out-of-state site began in Sacramento, California. The program continues to provide technical assistance on implementing evidence-based programs, as well as provided training manuals and in-person trainings for service staff such as registered nurses, social workers, and fitness instructors.

1998

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

The Boston University Roybal Center for Enhancement of Late-Life Function, now called the Health and Disability Research Institute, has grown significantly since winning the award in 1998. The award helped bring Matter of Balance to the attention of MaineHealth's Partnership for Healthy Aging in 1999 and subsequently received an Administration on Aging (AoA) grant to translate the original Matter of Balance program into a Volunteer Lay-Led (VLL) model. The program is now offered in 37 states and has reached more than 35,000 older adults.



APHA – AGING & PUBLIC 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 Aging & Public Health Section, formally known as the Gerontological Health Section, 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. Section members fulfill that mission in part through research and advocacy aimed at reforming governmental health care programs. 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. The Aging & Public Health Section is also concerned with the health and social needs of younger people with disabilities as they make their transition into the healthcare delivery system for the aged.



ARCHSTONE FOUNDATION

The Archstone Foundation is a private grantmaking 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 \$80 million in grants since it was established in 1986.



401 E. Ocean Blvd., Suite 1000
Long Beach, CA 90802-4933

P: 562-590-8655

F: 562-495-0317

www.archstone.org

