



ARCHSTONE  
FOUNDATION  
*and the*  
GERONTOLOGICAL  
HEALTH SECTION  
*of the*  
AMERICAN  
PUBLIC HEALTH ASSOCIATION  
*present the*  
2007 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 2007 AWARD FOR EXCELLENCE IN PROGRAM INNOVATION

APHA ANNUAL MEETING IN WASHINGTON, D.C.

GERONTOLOGICAL HEALTH SECTION AWARDS PROGRAM

MONDAY, NOVEMBER 5, 2007

4:30 PM

RENAISSANCE HOTEL

MEETING ROOM #5

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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 2007 Archstone Foundation Award for Excellence in Program Innovation recipient is:

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

Kairos Dance Theatre  
Minneapolis, Minnesota

Honorable mention goes to:

**Growing Strong Roots**

Foundation for Long Term Care  
Albany, New York

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 2007 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

## THE DANCING HEART: VITAL ELDERS MOVING IN COMMUNITY MEMORY LOSS PROGRAM

Founded in 1999, Kairos Dance Theatre is an intergenerational modern dance company based in Minneapolis, Minnesota. The mission of Kairos Dance Theatre is to share the joy of dance and to nurture intergenerational connections by offering performances and opportunities for creative collaboration that celebrate people of all ages, abilities and experiences. The company consists of nineteen performers ranging in age from eight to eighty-eight. Performances are influenced by several forms of dance, including modern, folk, and movement improvisation; the lives of inspirational people; the creativity of movement; and oral history traditions from around the world.

In 2001, Kairos Dance Theatre created *The Dancing Heart: Vital Elders Moving in Community* program to serve older adults. *The Dancing Heart* program provides opportunities for artistic development, physical activity and community involvement. The program is designed to enhance older adult's physical, emotional, cognitive, and social well-being. In partnership with adult day programs, senior centers, assisted living facilities and nursing homes, Kairos Dance Theatre tailors the program to the abilities of participants by taking into consideration their mobility and cognitive levels.

In March 2006, Kairos Dance Theatre adapted *The Dancing Heart* program for older adults experiencing memory loss. Funding for the adaptation and subsequent pilot program was funded by Johnson & Johnson and the Society for the Arts in Healthcare, and the Jay and Rose Phillips Foundation. *The Dancing Heart: Vital Elders Moving in Community Memory Loss Program* is a



90-minute chair-based program that offers a structured dance and storytelling experience. The program is offered once a week at the Amherst H. Wilder Foundation's Adult Day Health Memory Loss Program located in St. Paul, Minnesota.

The focus of *The Dancing Heart Memory Loss Program* is to delay the progression of dementia and improve participants' physical, emotional and social health. The program uses easy dance movements to increase participant's flexibility and full range of motion. Participants are encouraged to use their artistic expression and create their own dances. As they dance to their favorite songs and music from around the world, program participants recall personal stories from the past. Together, the stories and dancing create a community of older adults recollecting and sharing past experiences.

Following each session, Kairos Dance Theatre and the Wilder Adult Day Health staff conduct a 45-minute evaluation to document and observe changes in program participants' memory skills. Balance and cognitive functioning assessments are also conducted at the beginning of the program and at 6-month intervals. Preliminary program findings have shown 43% of participants have an increase in cognitive functioning and improvement in balance. The program is currently being evaluated by Patricia Schaber, Ph.D., OTR/L, at the University of Minnesota's Department of Occupational Therapy.

In order to further the dissemination and replication of *The Dancing Heart* program, Kairos Dance Theatre has developed a training curriculum entitled *Dancing Our Stories: Dance with Storytelling for Older Adults*, which is supported by a three-year grant from the Helen Bader Foundation. The *Dancing Our Stories* training is a workshop for artists, caregivers, and others who work with older adults. The first training was offered in June 2007. Additional information about the training and *The Dancing Heart Memory Loss Program* can be found at [www.kairosdance.org](http://www.kairosdance.org).



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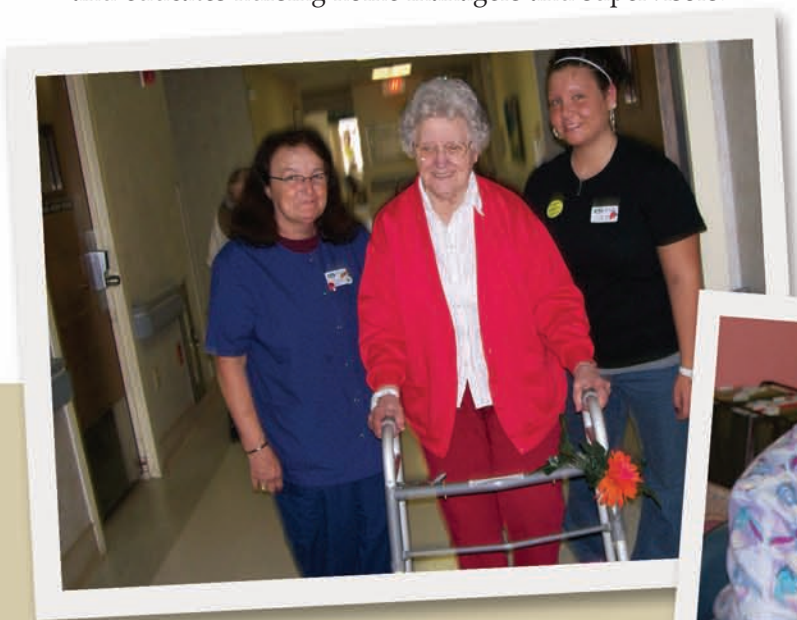
# HONORABLE MENTION

## GROWING STRONG ROOTS

*Growing Strong Roots* is an innovative peer-mentoring program focusing on the culture of care for nursing home staff and residents. The program was developed by the Foundation for Long Term Care (FLTC), a not-for-profit research and education entity affiliated with the New York Association of Homes and Services for the Aging, to assist long-term care providers dealing with the high rate of turnover of Certified Nursing Assistants (CNAs).

In 1999, the Foundation for Long Term Care surveyed members of the New York Association of Homes and Services for the Aging, Pennsylvania Association of Non-Profit Homes for the Aging, and Life Services Network of Illinois to identify best practices in peer support and mentoring for CNAs. Survey results revealed that although there were available CNA peer-mentoring programs, the majority of them were informal orientations or programs designed exclusively to teach and assure the understanding of procedures.

In response to the survey findings, and with funding from the Fan Fox and Leslie R. Samuels Foundation, the FLTC developed and tested a structured peer-mentoring program for nursing homes. The goal of the funded project was to create an effective, replicable and sustainable peer-mentoring program to encourage the retention of new nursing assistants. The resulting *Growing Strong Roots* program matches experienced CNAs as mentors to newly hired CNAs in a mentor/mentee relationship, and educates nursing home managers and supervisors.



The *Growing Strong Roots* program consists of four components: (1) nursing home administrator orientation, (2) supervisor training, (3) a six-hour train-the-trainer training module for CNA mentors, and (4) subsequent training booster sessions ranging from three to nine hours. The CNA train-the-trainer training focuses on effective communication and utilizes case studies and role-playing. After selected mentors have completed the training, newly hired CNAs are matched with experienced CNAs for a 2-4 week peer-mentoring relationship that supports the new hire. Mentoring activities focus on helping the newly hired CNA learn the formal and informal culture of the facility, develop supportive peer relationships and participate in a “culture of caring.” In addition, newsletters are produced and distributed to mentors to help maintain program interest.



The effectiveness of the *Growing Strong Roots* program has been analyzed in 31 nursing homes, revealing statistically significant improvement in retention of new CNAs who were mentored compared to those who were not mentored. All nursing homes participating in the project improved their retention rates of CNAs; some by as much as 41%.

The Foundation for Long Term Care has developed training manuals and is disseminating information for further replication. The program is currently being adopted in nursing homes across the country. Additional information can be found at [www.fltc.org](http://www.fltc.org) in the research section, under publications and training materials.



**For further information contact:**

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# PAST WINNERS

**2006**

Brain Get Your Mind Moving  
New England Cognitive Center – Hartford, Connecticut

**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: Intervention to Reduce Fear of Falling  
Boston University, Royal Center for Enhancement of Late-Life Function  
Boston, Massachusetts



# CALL FOR NOMINATIONS

As of November 1, 2007, the Gerontological Health Section of the American Public Health Association will accept nominations for the 2008 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. Please include an electronic copy of the nomination on disk readable in MSWord or Word Perfect.

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 136th Annual Meeting of the American Public Health Association in San Diego, California, October 25-29, 2008, and make a presentation at 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, 2008 and may be sent or E-mailed to:

**Allan Goldman, M.P.H.**

Chair, Archstone Foundation Awards Committee

Assistant Director

Georgia Division of Aging Services

Two Peachtree Street N.W., 9th Floor

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Investigator/Analyst  
Center For Research on Health and Aging  
University of Illinois – Chicago

**Kathy Sykes, M.A.**

Senior Advisor, Aging Institute  
Office of Children's Health Protection  
U.S. 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 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 \$66 million in grants since it was established in 1986. The Foundation's current funding priorities include elder abuse and neglect, end-of-life issues, fall prevention, and responsive grantmaking to address emerging issues within the aging population. In fiscal year 2007, Archstone Foundation provided approximately \$4.9 million in support of its mission.

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