



NAPG: Navigating Challenging Times

SPOTLIGHT



Dr. Barbara Gillogly, NAPG Treasurer, is “featured” in the series on NAPG leadership. The article appears on page 3.

Hi NAPG Members!

While we looked forward with optimism to the fall of 2021 after vaccinations for the virus became widely available earlier this year, unfortunately a combination of the very infectious Delta variant and vaccination hesitancy has prolonged our recovery from COVID.

In this issue of **NAPG NEWS** we reflect on what the pandemic has taught us with one article from Anabel Pelham and one from Donna Schafer.

Our “Spotlight” article introduces Barbara Gillogly, Treasurer and a founding NAPG Board member. We are pleased to feature an excerpt from an article on a very successful training program developed by NAPG member Laura Pannell. We want to begin including articles from our talented members in future issues of **NAPG NEWS**, so contact Joan Branin or Donna Schafer if you would like to submit an article for consideration.

We hope you enjoy the 5th issue!

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NA PG FAST FACTS

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NAPG Organization:

Incorporated: 2005

Membership: 408 members in 43 states, including the District of Columbia and Puerto Rico, and 7 foreign countries

IRS Status: Not-for-profit 501c3, Public Charity

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Pandemic Lessons, New Meanings and Social Change

Anabel Pelham, PhD, CPG

The New York Times recently published an article by the Health and Science Desk author Kathleen Fu, “14 Lessons for the Next Pandemic, March 15, 2021.”

This insightful article gathers the experience and the collective wisdom of fourteen thought leaders (scientists, public health experts and health advocates).

If we view these fourteen lessons through our gerontological lens, there is an opportunity to frame new meanings and reach out for timely social change. Here are a few highlights as they apply to our field.

Prepare for what we can't imagine. Over and again we see how the failure of imagination places us at risk. The worst danger is *not knowing what you don't know*. It is vital to stay humble, keep learning and seek/embrace diverse perspectives on all things. For us, continuing education will help keep us abreast of the fast-paced evolution of our professional field.

Put science first. For gerontology this means that we encourage our colleges and universities to promote the discipline of gerontology in departments and programs. We know the demographic trends and realities. We must meet those changes, needs and opportunities as our population ages. And we must support our scientific/professional organizations with membership and participation.

Figure out who gets priority treatment. We work with vulnerable and at risk populations. Many have special needs. As gerontologists we need to revisit our vital roles as educators and advocates for older adults. As professionals we want to stay informed, continue our education, seek leadership roles in our communities and brush up on our public speaking and writing skills.

Be nimble in providing treatment. Gerontologists have always had an evidence and values-driven understanding that community-based care is preferable, age-friendly and resilient communities are a keystone

of public health and well-being.

Don't let race and class determine who lives and dies.

The social determinants of health add up to the social determinants of longevity. Over the life course the effects of health inequities are cumulative. We know this as gerontologists. Programs, services and policies must be sensitive to diversity, equity and inclusion.

Don't be ageist. This is preaching to the choir of course. For us, this means setting a good example, helping to educate and enlighten ourselves, our family members, friends and social networks at every opportunity.

Covid-19 and the Resurgence of Ageism

Donna Schafer, PhD, CPG

From the very beginning of the pandemic tensions developed between sustaining economies and halting viral transmission. It was also clear that older people were disproportionately susceptible to severe disease and death from COVID.

As infections and deaths rose in the spring of 2020, overt expressions of ageism appeared. Some politicians encouraged seniors to sacrifice themselves for the sake of their grandchildren. Editorials suggested that some proportion of older adults might be “expendable” for the good of the economy and the “American Way of Life.” Others argued that it is a false choice between saving the economy and saving older adults

(“Ageism” continued on page 4)

Featuring: Barbara Gillogly, PhD, LMFT, CPG
Treasurer of NAPG

This is the fourth article in a series of “features” on the Leadership and Membership of NAPG.

Barbara Gillogly earned her Masters in Psychology from California State University, Sacramento and her PhD in Human Development from U.C. Davis—she was the first person to receive this degree from UCD. She taught at both CSUS and UCD in psychology, human development and gerontology. She had the opportunity to develop the Gerontology Department at American River College, and it became one of the Association for Gerontology in Higher Education’s Programs of Merit and one of the top ten programs in the country. It was the first Associate Arts degree program to receive accreditation from the new Accreditation for Gerontology Education Council. In 2015 she retired as Professor Emerita after teaching in and chairing the department for 25 years.

During this same time period, she earned her license as a Marriage, Family Therapist and established a private clinical practice. Being both practicing therapist and faculty member enhanced her effectiveness in both areas.

Barbara has maintained her clinical practice into semi-

retirement and works with people of all ages, but especially with seniors and with their families in challenges of aging within the family. Barbara specializes in understanding and coping with someone who has dementia. She particularly focuses on cognitive and behavioral change and education, as well as support and understanding.

Barbara was a founding member of NAPG and has served on its Board of Directors. She has also served on other Boards such as the California Council on Gerontology and Geriatrics (CCGG) and the Sacramento Senior Safe House. She wrote *The New Nursing Assistant 2000*, a textbook published by Medcom Inc., which is widely used in training programs for CNAs throughout the United States. She has facilitated educational support groups and has been a frequent speaker at conferences, workshops, and organizational meetings.

Barbara currently resides in Citrus Heights, California.



Who Cares About Old People?

Mississippi Follows the Path of Enlightenment for First Responders

By Laura Pannell, PhD, CPG

(“Ageism” continued from page 3)

Law enforcement officers, fire fighters, emergency medical technicians, and paramedics are typically the first to respond to an emergency or 911 call. However, first responders are not always trained to respond to the particular needs of older adults in an emergency.

Dr. Laura Pannell, NAPG member and President of the Mississippi Gerontological Society (MGS), worked with MGS members, elected officials and law enforcement partners to “look outside the box” by educating and training the people who are often first on the scene when an elder wanders, needs a welfare visit or has an emergency.

Dr. Pannell and her colleagues identified the urgent need to inform and train law enforcement officers in the areas of “Silver Alert,” a rapid response system utilized to notify the public about missing vulnerable/endangered adults with dementia or other cognitive impairments. Additional areas requiring further training included communicating with older adults, searching for missing elders and investigating elder abuse.

A curriculum was developed drawing on information from various sources such as the Mississippi Department of Human Services and Division of Aging, CDC, NIH, NIMH, American Association of Suicidology, and Alzheimer’s Association, among others.

The four-hour training program became a required component of Basic Training Curriculum for all full-time law enforcement training academies in Mississippi. The course has also been included for trainees in the Mississippi Highway Patrol Trooper School. Over 3,000 officers have been trained to date.

Training developed for firefighters, EMTs, paramedics and 911 operators has been presented at statewide paramedic and EMT conferences and training sessions. Dr. Pannell observes that: “These professionals leave this training with critical knowledge that they use on the job, as well as in their own families, churches, and home communities.” Robert Davis, Director of the Mississippi Board on Law Enforcement Officer Standards and Training, reports that: “This training has increased our new officers’ awareness on how to help prevent and respond to issues dealing with our state’s most vulnerable adults.”

(Editors’ Note: This is an excerpt from a longer article. For more information about curriculum and implementation, contact Laura Pannell, lpannell@iccms.edu

since the health of the economy depends on the productive contributions and consumer power of those over 65.

Many discussions of these difficult choices presented older people as an undifferentiated, and vulnerable, category by focusing on their ill health, higher mortality, and social isolation. While demonstrably true for some older adults, these characterizations never accurately described the entire population. Obscuring the diversity of the older population, even when done with sympathy, reinforces stereotypes that Gerontologists have worked hard to dispel.

For years Gerontologists have attacked stereotypes and have pointed out that the aging population is becoming more ethnically and racially diverse, healthier, wealthier, and better educated. Influential organizations such as the Gerontological Society of America and the American Association of Retired Persons promoted positive attitudes about aging to counter ageism. The World Health Organization mounted the “Age-Friendly Cities” movement that reimagines living environments for all generations. Nevertheless, it is now apparent that ageism readily resurfaces when conditions are ripe.

As the pandemic has progressed, with available vaccines and people of all ages becoming infected, overt expressions of ageism have subsided. However, we have seen the need for education to continue reshaping underlying public attitudes. This is especially true for long-term care residents who are most likely to suffer from negative stereotyping.

NAPG NOTES:

If you have not renewed your membership in the last two (or more) years, send your professional development activities documentation, form downloaded from the NAPG website, and check for \$50 to:
NAPG/808 Samantha Ct./Healdsburg, CA 95448

Professional Development Conference Opportunities

CAG - Canadian Association on Gerontology, Oct. 20-23, 2021. Virtual Conference, “Hindsight 20/20: Looking Back for a Vision Forward in Gerontology.” Celebrating 50 Years of the Canadian Association on Gerontology. www.cagacg.ca

GSA – Gerontological Society of America, Nov. 10-13, 2021. Phoenix, AZ, “Disruption to Transformation: Aging in the ‘New Normal.’” One day registrations and student rates available. www.gsa2021.org

SGS – Southern Gerontological Society, April 5-9, 2022, Panama City Beach, FLA. “The New Normal: Mastering the Challenges of Aging with Dignity and Style.” www.southerngerontologicalsociety.org

ASA - American Society on Aging, April 11-14, 2022. New Orleans, LA. “On Aging 2022.” www.asaging.org

MEMBERS' Corner – *This section is about you!*

Publications/Presentations:

Sandi Peters recently published *Aging with Agency: Building Resilience, Confronting Challenges and Navigating Eldercare*, a book that explores late adulthood as a meaningful and transformative period. Available at bookstores or Amazon. **Johnny Yao, Jr.** published “Predictors of Counterproductive Workplace Behaviors of Nurses,” (2021) in *Asia Pacific Journal of Health Management*, 16(2), 39-44. **Samuel K. Williams, III**, recently published with co-authors, “The Relationship between Age and Treatment of Adults,” (<https://www.studentdoctor.net/2021/05/31/the-relationship-between-age-and-treatment-of-adults/> and will be listed in Who's Who Strathmore Worldwide. **Crystal Neal** presented a paper, “The use of narrative therapy with women experiencing mid-to-late life divorce,” at the 2021 meeting of the American Counseling Association and was elected to the Board of the Association of Adult Development and Aging (AADA). Along with her co-authors, **Siriphan Sasat** has published several recent articles including, “The rapid expansion of residential long-term care services in Bangkok: A challenge for regulation,” (2021) *Journal of Public Health and Development*, 19(2), 89-101.

Professional Milestones and Honors:

Pamela Pitman Brown was awarded tenure as an Associate Professor at Albany State University and is the new Director for the Center for Faculty Excellence. **Sarah Holbert** completed the necessary training to become a Chiropractic Assistant in order to assist older adults. **Rosemary Barnes**, Adjunct Professor of Gerontology, was recently elected to serve on the hiring committee for Chaffey College. **Funmi Togonu-Bickersteth** was appointed Pro-Chancellor and Chairman Governing Council of the Federal University, Birnin Kebbi, in 2020 and is Principal Investigator for Vulnerability Indicators of Older Adults in Nigeria. **Maria Claver** was awarded a 2021 Distinguished Faculty Award in Teaching at California State University Long Beach. **Maritza Rodriguez-Lazu** was selected to work as a psychologist in the Epidemiological Surveillance Program of the Municipality of San Juan, Puerto Rico.