



The Barbara and Richard Csomay Center for Gerontological Excellence

ANNUAL REPORT
AY July 2021 - June 2022



IOWA

Csomay Center

OPTIMAL HEALTH
AND WELL-BEING
FOR ALL OLDER
ADULTS AND THEIR
CAREGIVERS



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Message from the Director

Fiscal Year 22 was a banner year for the Csomay Center, full of transition, innovation, growth, and strategic planning. We began with a June 1, 2021, transition in directorship from Dr. Marianne Smith to me. I am deeply fortunate to follow her very able leadership which positioned the Center to move strategically into the future.

This summer I had the pleasure of visiting long time Center partners with Center Coordinator Ryleigh Maas on a Director's Tour. As a recent transplant from Florida, it was valuable not only to learn Iowa's healthcare landscape but the geographical landscape as well. The Center hosted our inaugural Csomay Summer Scholar, an engaged and motivated young woman from Buena Vista University in Storm Lake, Iowa, and we also laid the groundwork for a strategic planning retreat in the fall.

Thinking strategically where we want the center to go in the next three to five years, our leadership team gathered for the two-day retreat in September. The attendees self-selected into task forces which developed the five pillars of our new strategic plan, as well as generating the goals, critical tasks, tactics, and measurable indicators which will help us achieve these goals. I am grateful for all the people who contributed to this important initiative by either being interviewed by our strategic planning consultant or attending the retreat.

The fall also saw the development and implementation of the new multi-level mentoring program, the Csomay Community of Scholars, under the direction of Center Leadership Team member, Dr. Juliana de Souza Talarico, as well as the first ever Investiture Ceremony in the College of Nursing where both Center Co-Director Dr. Keela Herr and I were honored.

Spring semester was equally busy with awarding three new Csomay Research Grants to emerging gerontological clinician scientists, convening a steering committee comprised of palliative clinicians, educators, and researchers to develop a palliative incubator, growing the Csomay Community of Scholars, and extending the Director's Tour to state level stakeholders.

During this year of transition, I have found three key resources that assure the Csomay Center is ready to lead in the future. The long history of the Center as a John A. Hartford Foundation funded center of nursing excellence; the passionate, talented, interprofessional Csomay Leadership Team that I inherited from Marianne or invited to join after becoming director; and our engaged donors like John Bowers who supports the Center in memory of his mother through the Marilynn H. Bowers Dementia Education and Research Fund and Claude Freeman who supports the Center in memory of his wife through the Jo Hoyt Freeman Dementia Education and Outreach Fund.

I am proud of the work that each member of the Center, whether donor, staff, student, faculty, or community partner, contributed towards our mission to advance innovations in research, education, and practice to promote optimal aging for all older adults and their caregivers, and I look forward to seeing what comes next.

Please join us in celebrating what we have been able to achieve with your support.



A handwritten signature in black ink that reads "Harleah G. Buck".

Harleah Buck, PhD, RN, FPCN, FAHA, FAAN

Sally Mathis Hartwig Professor in Gerontological Nursing
Director of the Csomay Center, UI College of Nursing



Our History

The Csomay Center for Gerontological Excellence, housed in the University of Iowa (UI) College of Nursing, is leading the way to support and improve the care of older adults throughout Iowa and beyond. Rising out of one of the five original Hartford Centers in the country, seed funding from the John A. Hartford Foundation helped launch the Center in 2017. As the only gerontological center at UI, the Csomay Center is built on a strong foundation of funding and stands as a leader in geriatric research and a national model for centers of its kind.

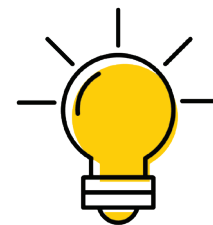
The Csomay Center is uniquely positioned; not only is the UI College of Nursing at the forefront of aging-related research, education, and practice, but it also is located in a state that ranks fourth in the nation for people aged 75 and older, and second in the nation for people aged 85 and older. One goal of the Csomay Center is to ensure that the future of UI gerontological excellence is as bright as the past.

Mission



To advance innovations in research, education, and practice to promote optimal aging and quality of life for all older adults and their caregivers

Vision



Every older adult receives the care they want, when they want

Csomay Leadership



**Harleah Buck, PhD, RN,
FPCN, FAHA, FAAN**
Sally Mathis Hartwig
Professor in
Gerontological Nursing,
Director of the Csomay
Center, College of
Nursing



**Keela Herr, PhD, RN,
AGSF, FGSA, FAAN**
Kelting Professor in
Nursing, Associate Dean
for Faculty, Co-Director of
the Csomay Center for
Gerontological Excellence



**Kathleen Buckwalter,
PhD, RN, FAAN**
Professor Emeritus,
College of Nursing



**Ryan Carnahan, PharmD,
MS, BCPP**
Professor, Director of
Graduate Studies,
Department of
Epidemiology, College of
Public Health



**Larry Newman, DNP, RN,
PMHNP-BC,
AGPCNP-BC**
Director of the Primary
Care AGNP Program and
Assistant Professor
(Clinical), College of
Nursing



Amy Colbert, PhD
Professor of
Management and
Entrepreneurship Tippie
College of Business



Leonard Sandler, BS, JD
Clinical Professor of Law,
College of Law



**Mercedes Bern-Klug,
PhD, MSW, F-GSA**
Director of the School of
Social Work and the
Aging and Longevity
Studies Program

Csomay Leadership



Dayna Ballantyne, MSW
University of Iowa Center
for Advancement,
Director of Development,
College of Nursing



Sato Ashida, PhD
Associate Professor,
Department of
Community and
Behavioral Health, College
of Public Health



**Juliana de Souza
Talarico, PhD, RN**
Associate Professor,
College of Nursing;
Director, Csomay
Community of Scholars



**Nicola Jane Stickney,
DNP, ARNP, NP-C**
Associate Professor
(Instructional), College of
Nursing



Wen Liu, PhD, RN
Associate Professor,
College of Nursing



Kathryn Machovsky
Executive Director of
Communications,
Alumni and External
Relations, College of
Nursing



**Nadia Sabbagh
Steinberg, PhD, LMSW**
Coordinator, Aging and
Longevity Studies
Program, School of Social
Work



**Nicholas R. Butler, MD,
MBA**
Clinical Associate
Professor of Family
Medicine,
Family Medicine Physician,
Carver College of Medicine

Csomay Donors

We would like to thank the following individuals for their donations to the Barbara and Richard Csomay Center for Gerontological Excellence and/or the Marilyn H. Bowers Dementia Education and Outreach Fund:

Mrs. Janna L. Apostolopoulos	Mr. Charles F. Knudson & Mrs. Elizabeth L. Knudson
Ms. Dayna Ballantyne	Mrs. Sandra M. Linford
Ms. Jo Ellen Bender	Mrs. Carol A. Litton & Mr. Jerry C. Litton
Ms. Alison J. Bloodhart	Ms. Kathryn Machovsky & Mr. Robert J. Machovsky
Mr. James F. Bowers	Polly V. Moore
Mr. John H. Bowers	Mrs. Tamara L. Murray & Mr. Todd A. Murray
Ms. Barbara J. Brandt & Mr. Darin Toohey	Mrs. Heidi Oates & Dr. Scott Oates
Mrs. Carol M. Brookshire & Mr. Joseph E. Brookshire	Ms. Jane H. Roth
Sally R. Clapp & Mr. John D. Clapp	Prof. Len Sandler & Ms. Lucy C. David
Mrs. Linda F. Crowley & Mr. David A. Crowley	Ms. Donna S. Schindel & Mr. Timothy L. Schindel
Ms. Karen Duncan	Ms. Beth A. Schmidt & Mr. Zack P. Schmidt
Ms. Laurie G. Eperjesi	Mrs. Debra A. Stephey & Mr. Lawrence D. Stephey
Mr. Benjamin J. Ertl	Mr. Joseph Stewart
Riza Falk	Mrs. Andrea Strayer & Mr. Kent T. Strayer
Mr. James D. Graham & Mrs. Lois A. Graham	Ms. Carla P. Tumanjan
Mr. John H. Gray	Mrs. Carol G. Ware & Mr. Robert L. Ware
Ms. Emily J. Griffin	Ms. Robin White
Mr. Michael A. Herman & Mrs. Linda Kroeger	Ms. Carol R. Wick & Dr. Donald G. Wick
Dr. Keela A. Herr & Mr. Alan C. Harrington	Mr. Stephen R. Wilcox
Ms. Jill R. Hobson	Emily Ray Wilson & Dr. R. Dale Wilson
Mr. David B. Jackson	Dr. Julie A. Zerwic & Dr. Mark J. Zerwic
Mr. David M. Jacobi	

Through your donations the Csomay Center is able to continue its mission to advance innovations in research, education, and practice to promote optimal aging for all older adults and their caregivers.

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Practices

Pipeline of
Interprofessionals

Diverse
Partnerships

Visibility &
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2021

HIGHLIGHTS

June 2021
Csomay Leadership
Hosts AARP
State Director

September 2021
16 Leaders Attend
two-day Csomay
Strategic
Planning Retreat

July 2021
New Csomay Director
Dr. Harleah Buck
Begins Her
Director's Tour

October 2021
Interprofessional
Representation
Increases on
Leadership Team

July 2021
Inaugural Csomay
Summer Scholar
Arrives on Campus

September 2021
Investiture of
Harleah Buck and
Keela Herr

September 2021
Csomay Community
of Scholars (CCoS)
Begins

November 2021
GeriatricPain.org
Caregiver Site
Evaluation

2022

HIGHLIGHTS

March 2022
One-Day-for-Iowa
Campaign Secures
Match Donation

May 2022
CCoS Hosts
Networking
Luncheon

April 2022
Aging Health
Speed Networking
Event in
Partnership with
UI RDO

June 2022
Partnership Begins
with Iowa Women's
Archive to Preserve
Csomay History

January 2022
Funding Begins for
Four Csomay Pilot
Grants

May 2022
Partners with UI
Center for
Advancement
Hosting the
8 over 80
Luncheon

April 2022
Rebranding and
Renovations of the
Csomay Center
Begins

February 2022
Palliative Care
Incubator Steering
Committee
Convened

May 2022
Csomay Summer
Scholars Begins, in
Partnership with
UI ICRU

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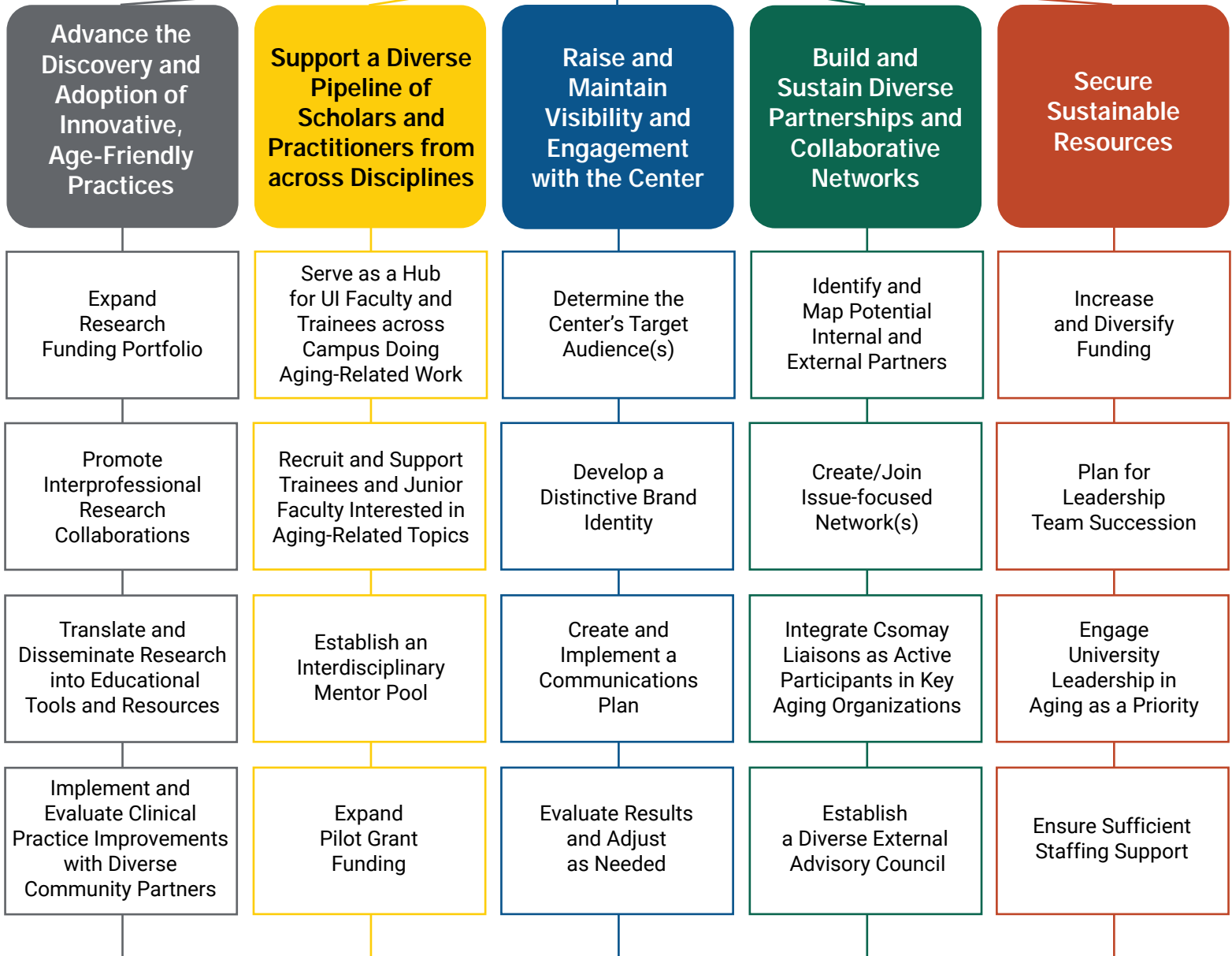
Visibility &
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2022-2027 Strategic Plan

In September 2021, the Center hosted a strategic planning retreat to set its future direction. At that retreat, our Strategic Planning Council identified five strategic priorities for the Center to focus on in the next five years.

2022-2027 Strategic Plan

Optimal Health and Well-Being for All Older Adults



Infuse Diversity, Equity, and Inclusion into All We Do



Investiture Ceremony

On September 17, 2021, the University of Iowa College of Nursing hosted their first ever Investiture Ceremony celebrating four faculty appointments. Of those four, two appointments were given to the Csomay Center's Director, Harleah Buck, and the Co-Director, Keela Herr! These appointments would not have been possible without the donors--the Frantz, Kelting, and Mathis Hartwig families--whose generous gifts established these prestigious positions. The four investiture honorees are:

Julie Zerwic
PhD, RN, FAHA, FAAN
Kelting Dean's Chair in Nursing

Keela Herr
PhD, RN, AGSF, FGSA, FAAN
Kelting Professor of Nursing

Barbara Raker
PhD, RN, FAAN
Dr. Rita and David Frantz Professor of Nursing

Harleah Buck
PhD, RN, FPCN, FAHA, FAAN
Sally Mathis Hartwig Professor of Gerontological Nursing



Harleah Buck, Sally Mathis Hartwig
Professor in Gerontological Nursing
with Sally Mathis Hartwig



President Barbara Wilson with
Keela Herr

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Director's Tour

This past year, Dr. Marianne Smith retired as center director and Dr. Harleah Buck transitioned into this leadership role. Dr. Buck brings more than 30 years as a gerontological clinician, researcher, and leader. Dr. Buck was recruited from the University of South Florida, bringing a strong clinical background in the care of older adults with heart failure. A former Associate Director of the Center of Geriatric Nursing Excellence at Penn State, she brings an equally strong leadership background in aging initiatives. As a native of Florida, Dr. Buck is new to the Iowa healthcare landscape. She has spent the better part of her first year learning about opportunities in Iowa and building relationships within the university and across the state.

The goals of the Director's Tour are to increase the visibility of the Center, identify future community partners and build a network of key Iowa stakeholders with an interest in aging and the overall purpose is to position the Csomay Center as a leading voice for older adults and rural health in Iowa and the country.

The Director's Tour involves Dr. Buck meeting with a leader or group and presenting the Center's mission, vision, strategic initiatives, and expertise available. Dr. Buck then strategizes with the leader ways in which the Center is a valuable partner in helping achieve any mutual goals. At the University of Iowa, Dr. Buck has had high-level meetings with the Office of the Vice President for Research, Public Policy Center, Iowa Neuroscience Institute, Office of Community Engagement, and the Iowa Initiative for Sustainable Communities (IISC). High-level meetings outside the University include AARP-Iowa, Alzheimer's Association-Iowa Chapter, Iowa State University, University of Northern Iowa, and Iowa Department on Aging.

As a direct outcome of the Director's Tour, Dr. Buck was able to broker a meeting between AARP-Iowa and IISC which resulted in UI students assisting a rural community team complete their final report on an AARP-Iowa funded project. This assistance allowed the community team to apply for future funding.

Dr. Buck will continue scheduling Director's Tour meetings into the next year.



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Csomay Partners

The Csomay Center remains mission driven during these unprecedented times. With the help of its students, alumni, community partners, and donors, the Center continues to support and improve the care of older adults.

- AARP Iowa
- Aging and Longevity Studies Program – UI School of Social Work
- Alzheimer's Association Iowa
- Iowa Center for Research by Undergraduates (ICRU)
- Iowa Geriatric Education Center
- Iowa Neuroscience Institute
- Midwest Nursing Research Society – Gero Research Interest Group
- Oaknoll Retirement Residence
- UI Research Development Office (RDO)
- University of Iowa Center for Advancement
- University of Iowa College of Law's Estate Planning Clinic
- University of Iowa Tippie College of Business

Join our Community!

The Csomay Center seeks to collaborate with a broad cross-section of community partners, interprofessional researchers, students, practitioners, and external stakeholders to identify and pursue funding opportunities that address key geriatric and gerontological issues. We engage with a diverse group of entities that share our vision for advancing optimal aging through innovations in research, practice, and education. Research promotion activities involve collaborations to identify funding opportunities, advancing interprofessional and community engagement, and building infrastructure to advance both discovery and translation to practice. We are constantly looking for new partners and invite all interested parties to contact us at csomay-center@uiowa.edu

Csomay Summer Scholars

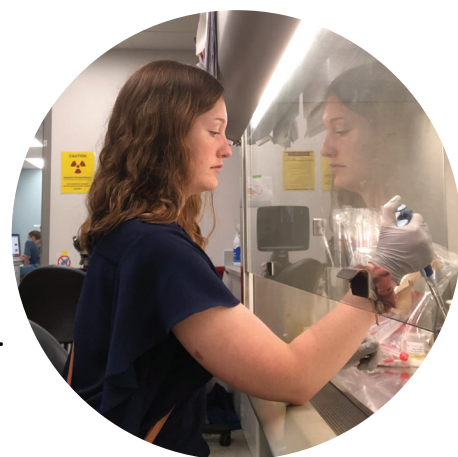
In June 2021 the Csomay Center hosted its inaugural Csomay Summer Scholar. The purpose of the Summer Scholars program is to promote undergraduate engagement in gerontological research and provide them with opportunities for real world experience. Our inaugural summer scholar, Molly Barten, was an undergraduate student from Buena Vista University in Storm Lake, Iowa, with an interest in gaining research experience during her pre-med education. During Molly's mentorship, she worked under Dr. Natany da Costa Ferreira Oberfrank completing a literature review which examined instruments used to measure patient motivation for management of chronic diseases. Molly also assisted Dr. Catherine Cherwin with her research on how chemotherapy alters the microbiome and subsequent symptoms experienced in women with breast cancer.



"I was fortunate enough to be offered an internship at the Csomay Center for Gerontological Excellence. My favorite part about this experience is that the research will help real people one day. I have been able to apply what I have learned in my college courses to real world scenarios that will one day make a difference in people's lives." – Molly Barten, Csomay Summer Scholar

Continuing on in 2022

For the summer of 2022, the Csomay Center has partnered with Iowa Center for Research by Undergraduates (ICRU) to sponsor the mentorship of three Iowa undergraduates under the guidance of Drs. Catherine Cherwin, Chooza Moon, and Wen Liu. The Csomay Center is proud to continue this initiative in providing undergraduate exposure and collaboration with gerontological nursing research. The Csomay Summer Scholars program achieves several of our strategic goals, including recruiting and supporting trainees interested in aging-related topics and serving at a hub for trainees across campus doing aging-related work.



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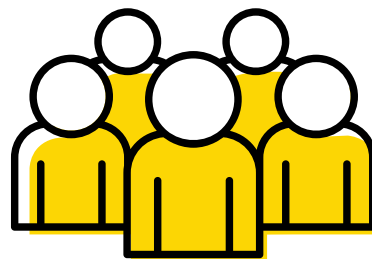
Csomay Community of Scholars

The Csomay Community of Scholars (CCoS) is a new initiative in 2021 that offers a platform for rising professionals to advance their leadership and research skills. The CCoS provides members with multi-level mentoring, networking opportunities, and resource support for professional engagements, with the goal of helping members succeed in their current and future career endeavors. The Community engages students and early career faculty with an interest in the care and well-being of older adults from across the University of Iowa and surrounding universities.

Types of Meetings:

CCoS Working Group: The working group aims to facilitate collaboration and dissemination among CCoS members.

CCoS Seminar: The objective of the seminar is to enhance scholarship related to aging and the care of older adults.



“The most inspiring feature of leading the Csomay Community of Scholars is to be part of a transgenerational team of undergraduate and graduate students, junior and senior faculty that work and advance together in a sustainable and innovative environment committed to developing and sharing high-quality evidence that fosters health and well-being during aging. To support the professional growth of the Csomay scholars is like caring for the future of gerontological science and our own future as community members!” – Juliana de Souza-Talarico, Director of the CCoS

Interested in becoming a member of the Csomay Community of Scholars?

[Click to join here!](#)

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geriatric
pain.org

Resources and tools for quality pain care

GeriatricPain.org

GeriatricPain.org aims to provide clinicians, family caregivers and older adults free access to best practice tools and resources to improve pain care for older adults. The website was originally developed by representatives from five John A. Hartford Centers of Geriatric Nursing Excellence (Iowa, Oregon, Arkansas, California and Pennsylvania) and was hosted by Sigma Theta Tau International until 2017. The website is currently supported by the Csomay Center, where ongoing efforts continue to assure easy access to current evidence-based geriatric pain resources.

A newly revised section of GeriatricPain.org, supported by the Marilyn H. Bowers Dementia Education and Outreach Fund, provides information specifically developed for informal caregivers, including family members, friends or other non-paid individuals, who support older adults as they age. This year, the caregiver section of the website went through an external review to improve the readability and accessibility of its resources.

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Csomay Research Grants

The Center's longstanding commitment to research creates knowledge that transitions directly into practice, improving the care and treatment of older people. Generous donors support research that is administered by the Center. While donors' aims may vary, the overarching goal is to promote best gerontological practices.

Barbara and Richard Csomay Gerontology Research Award for Faculty (\$15,000)

The purpose of this award is to enhance optimal health and well-being and improve care and treatment of older persons through research in diverse settings. Applications must use an interdisciplinary team approach that includes a minimum of two professional disciplines.

Available to: Faculty

Barbara and Richard Csomay Gerontology Research Award for PhD Students and Postdoctoral Fellows (\$3,000)

The purpose of this award is to enhance optimal health and well-being and improve care and treatment of older persons through research in diverse settings.

Available to: PhD students and postdoctoral fellows

Woodrow W. Morris Gerontology Research Award for Faculty (\$5,000)

The purpose of this award is to support research that focuses on the resources, statuses, abilities, and needs of older persons.

Available to: Faculty

Jo Hoyt Freeman Dementia Education and Outreach Fund (\$10,000)

The purpose of this award is to support research that focuses on dementia education and outreach. Preference is given for projects that use a "train the trainer" approach and include a "champion team" of registered nurses and/or certified nursing assistants within each designated facility who will lead the project.

Available to: Faculty

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2021 Funded Pilot Grants

Daniel Liebzeit

Awarded: Barbara and Richard Csomay Gerontology Research Award for Faculty

Grant Title: How older adults and their caregivers identify and utilize community resources and other support following illness and hospitalization

Project Overview: The purpose of this study is to further our understanding of important resources and support that promote the health and functions of old adults following illness and hospitalization.

Kyung Soo Kim

Awarded: Barbara and Richard Csomay Gerontology Research Award for PhD students and postdoctoral fellows

Grant Title: Designing an Art Making Intervention for Older Persons with Chronic Pain

Project overview: The aim of this proposed study is to design an art making intervention specific to older persons with chronic pain. Designing such intervention is a first step of Dr. Kim's program of research about using art making for pain management in older persons, which will ultimately minimize the suffering and maximize the well-being of older persons.

Heather Bair and Clarissa Shaw

Awarded: Morris Gerontology Research Award for Faculty

Grant Title: Advancing Methods of Measurement and Education for Communication in Dementia Care

Project Overview: This research evaluates the use of simulation to measure person-centered communication in dementia. The purpose of the proposed research is to advance methods in research and education to improve the care of persons living with dementia using person-centered approaches.

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Palliative Care Incubator

The goal of palliative care is to improve quality of life by relieving symptoms and stress. Palliative care is for people of any age, and at any stage in a serious illness, whether that illness is curable, chronic, or life-threatening. The University of Iowa has a strong history of clinical and educational preparation for palliative care but has not had a central research hub for palliative care experts to meet and develop scientific studies and grant applications. Earlier this year, the Csomay Center convened a steering committee to explore creating a palliative care incubator to address this gap. Over the next year, the leadership team will hold quarterly meetings to develop leadership and protocols to advance this initiative.



“Addressing the challenges of people with serious illness requires creative thinking from diverse disciplinary perspectives. An incubator that brings expertise from across the UI and community has the potential to be transformative in creating new solutions for palliative care concerns.” – Keela Herr, Co-director of the Csomay Center

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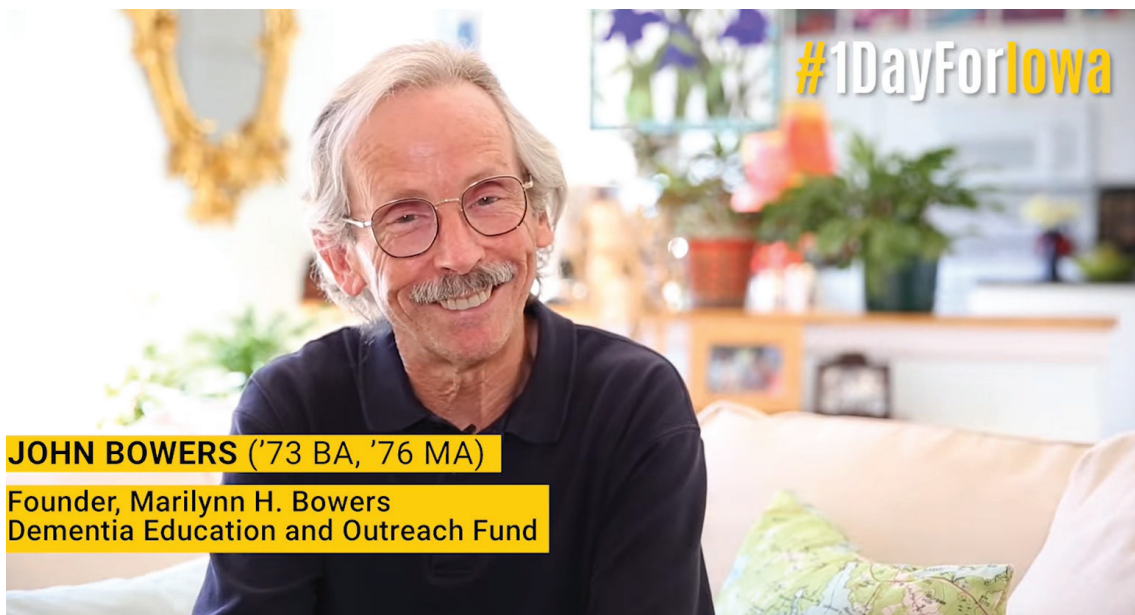
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One Day for Iowa

On March 30, 2022, the Csomay Center participated in One Day for Iowa, the University of Iowa's 24-hour online giving day. This event invites donors from all over the country to support the University, a specific department, or program of interest. This year, the Csomay Center reached out to donors to help support our mission to advance innovations in research, education, and practice to promote optimal aging for all older adults and their caregivers. To achieve this goal, the Csomay Center directed all donations made on One Day for Iowa to the Csomay Summer Scholars, the Csomay Community of Scholars, and the palliative care incubator.

Thanks to a generous gift from John Bowers, founder of the Marilyn H. Bowers Dementia Education and Outreach Fund, all gifts made to the Csomay Center were matched dollar for dollar. 33 donors helped the Csomay Center raise \$8,610!



<https://www.facebook.com/UICollegeofNursing/videos/375954800862701>

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8 Over 80 Luncheon

The Csomay Center celebrated Older Americans Month by partnering with the University of Iowa Center for Advancement to host the Eight over 80 celebrations on May 20, 2022.

This initiative honors eight University of Iowa alumni, age 80 or over, who have demonstrated Hawkeye spirit of achievement and helped others in their community. The first cohort of Eight over 80 honorees are the following:

- Willard L. "Sandy" Boyd (LHD '81)
- Lynn Curry (DDS '65)
- H. Dee Hoover (MA '65/PhD '69)
- Takako Lento (MFA '67)
- Robert Osterhaus (BSP '52/DSC '12)
- Mary Louise Petersen (BA '51/LHD '13)
- Ann Berner Sexton (BA '58)
- Shirley Nichols Sparks-Greif (BA '55)

[Click here](#) to read more about the honorees and their accomplishments.

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Contact Us

Email: csomay-center@uiowa.edu

Website: csomaycenter.uiowa.edu

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