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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The Csomay Center has had a banner year in AY 2021-2020 as you will see in this annual report. We started out the year with a transition in directorship from Dr. Marianne Smith to me on June 1, 2021. I am deeply fortunate to follow her very able leadership which positioned the Center to move strategically into the future.

Equally valuable is the long history of the Center as a John A. Hartford Foundation funded center of nursing excellence and the passionate, talented, interprofessional Csomay Leadership Team that I inherited from Marianne or invited to join after becoming Director. A third resource that assures that the Center is ready to lead in the future are 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 #OneDayforIowa and Claude Freeman who supports the Center in memory of his wife through the Jo Hoyt Freeman Dementia Education and Outreach Fund.

From our highlights section you will see that Ryleigh Maas, Center Coordinator, and I spent the summer visiting long time Center Partners in a “Director’s Tour” format, hosting the inaugural Csomay Summer Scholar or developing new partners like AARP Iowa. We also laid the groundwork for strategic planning conducted during a 2-day Center Retreat in the Fall. I am grateful for all the people who contributed to this important initiative by either being interviewed by our strategic planning consultant or attended the retreat. During the 2-day meeting the attendees self-selected into task forces which developed the five pillars of the Center Strategic Plan as well as generating the goals, the critical tasks, tactics, and measurable indicators which will help us achieve these goals over the next 3-5 years.

The Fall also saw Dr. Keela Herr, Center Co-Director, and me taking part in the first ever Investiture Ceremony in the College of Nursing and 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. 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.

I am proud of the work that each member of the Center, whether donor, staff, student, faculty, or community partner, contributed to achieving our mission to advance innovations in research, education, and practice to promote optimal aging for all older adults and their caregivers. I look forward to 2022-2023 where we will continue to advance forward in achieving our vision of optimal health and well-being for all older adults and their caregivers. Please join us in celebrating what we have been able to achieve with your support.

Harleah Buck, PhD, RN, FPCN, FAHA, FAAN
Sally Mathis Hartwig Professor in Gerontological Nursing
Director of the Csomay Center, UI College of Nursing
The Csomay Center for Gerontological Excellence, housed in the UI College of Nursing, is leading the way to support and improve the care of older adults throughout Iowa and beyond. As the only gerontological center at UI, the Csomay Center is built on a strong, 20 year foundation of funding and stands as a national model for centers of its kind. The Csomay Center began in 2017 from one of the five original Hartford Centers in the country. The John A. Hartford Foundation seed funding helped launch the Center as a lead in geriatric research.

The Csomay Center is uniquely positioned; not only is the college 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 for all older adults and their caregivers

Vision
Optimal health and well-being for all older adults and their caregivers
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 Center

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, LM SW
Coordinator, Aging and Longevity Studies Program, School of Social Work

Ryleigh Maas, BS
Csomay Center Coordinator, College of Nursing
We would like to thank the following individuals for their donations to the Barbara and Richard Csomay Center for Gerontological excellence and/or the Marilynn H. Bowers Dementia Education and Outreach Fund:

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

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.
**2021**

**June 2021**
Csomay Leadership hosted AARP State Director

**July 2021**
- Dr. Harleah Buck’s Director’s Tour Begins
- Inaugural Csomay Summer Scholars

**September 2021**
- Csomay Strategic Planning Retreat
- Investiture of Harleah Buck and Keela Herr

**October 2021**
Expanded Interprofessional Representation on Leadership Team

**November 2021**
GeriatricPain.org Caregiver Site Evaluation
January 2022
Three Csomay Pilot Grants Funding Begins

February 2022
Csomay’s Palliative Care Incubator Development

March 2022
One-Day-for-Iowa Campaign Secured Match Donation from Donor

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

April 2022
Rebranding and Renovations of the Csomay Center

May 2022
CCoS Networking Luncheon

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

June 2022
Partnering with Iowa Women’s Archive

June 2022
8 over 80 Luncheon

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June 2022
8 over 80 Luncheon
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 5 years.
2022-2027 Strategic Plan

Optimal Health and Well-Being for All Older Adults

Advance the Discovery and Adoption of Innovative, Age-Friendly Practices
- Expand Research Funding Portfolio
- Promote Interprofessional Research Collaborations
- Translate and Disseminate Research into Educational Tools and Resources
- Implement and Evaluate Clinical Practice Improvements with Diverse Community Partners

Support a Diverse Pipeline of Scholars and Practitioners from across Disciplines
- Serve as a Hub for UI Faculty and Trainees across Campus Doing Aging-Related Work
- Recruit and Support Trainees and Junior Faculty Interested in Aging-Related Topics
- Establish an Interdisciplinary Mentor Pool
- Expand Pilot Grant Funding

Raise and Maintain Visibility and Engagement with the Center
- Determine the Center’s Target Audience(s)
- Develop a Distinctive Brand Identity
- Create and Implement a Communications Plan
- Evaluate Results and Adjust as Needed

Build and Sustain Diverse Partnerships and Collaborative Networks
- Identify and Map Potential Internal and External Partners
- Create/Join Issue-focused Network(s)
- Integrate Csomay Liaisons as Active Participants in Key Aging Organizations
- Establish a Diverse External Advisory Council

Secure Sustainable Resources
- Increase and Diversify Funding
- Plan for Leadership Team Succession
- Engage University Leadership in Aging as a Priority
- Ensure Sufficient Staffing Support

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 made 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

- **Barbara Rakel**  
  PhD, RN, FAAN  
  Dr. Rita and David Frantz Professor of Nursing

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

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

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

President Barbara Wilson with Keela Herr
This past year, Dr. Marianne Smith retired as center director and Dr. Harleah Buck transitioned into this leadership role. Dr. Buck brings 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 and an equally strong leadership background in aging initiatives as a former Associate Director of the Center of Geriatric Nursing Excellence at Penn State. As a native of Florida, Dr. Buck is new to the Iowa healthcare landscape. She has spent the better part of 2021 and 2022 learning about opportunities in Iowa and building relationships within the university and across the state.

The Director’s Tour is an initiative developed by Dr. Buck and Ryleigh Maas, Center Coordinator, with the goals to increase the visibility of the Center, identify future community partners and build a network of key Iowa stakeholders with an interest in aging. The purpose of all these goals 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, 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. A few examples of the high-level meetings within the University of Iowa include 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). Some examples of high-level meetings outside the University of Iowa include AARP-Iowa, Alzheimer’s Association-Iowa Chapter, Iowa State University, University of Northern Iowa, and Iowa Department on Aging. In one example of the Center achieving the goal 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, which allowed the community team to apply for future funding. Dr. Buck will continue scheduling Director’s Tour meetings into the next year.
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 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
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 came to the Csomay Center as an undergraduate student from Buena Vista University 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

For the Summer of 2022, the Csomay Center has partnered with ICRU (Iowa Center for Research by Undergraduates) 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 and interested in aging-related topics and serving at a hub for trainees across campus doing aging-related work.
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, aimed at 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? Become a member here!
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. Now, the website is supported by the Barbara and Richard Csomay Center for Gerontological Excellence, where ongoing efforts continue to assure easy access to current evidence-based geriatric pain resources.

A newly revised section in the Geriatric Pain website, supported by the Marilynn 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.
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
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
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 my 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.
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 with a goal of improving quality of life by relieving symptoms and stress. 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 has convened a steering committee to explore creating a Palliative Care Incubator to address this gap. Over the next year quarterly meetings will be held which will develop leadership and protocols to advance this initiative under the direction of the Center Leadership Team.

“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
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 directly, 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 (page 13), the Csomay Community of Scholars (page 14), and the Palliative Care Incubator (page 18).

Thanks to a generous gift from John Bowers, all gifts made to the Csomay Center were matched up to $10,000! In total, the Csomay Center raised $8,610 with 32 donors!

JOHN BOWERS ('73 BA, '76 MA)
Founder, Marilynn H. Bowers Dementia Education and Outreach Fund

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