



GERO IN THE NEWS

We are joyed to print our second Gero at FranU Newsletter and we continue to stay in-tune to needs of older adults in Louisiana. Through a recent article in the Catholic Commentator and informational television session on Catholic Life Television, we are connecting with more older adults each day and learning about the joys and pains of aging in our community. The year 2020 has been tremendous and one major area of need for older adults was and continues to be in the area of social isolation.

FROM THE GERO CHAIR

The desire to spend time alone is a natural and even healthy urge. But seeking time alone and social isolation are not the same thing.

Social isolation – defined as a lack of social connections – is considered a serious public health risk and can impair one’s physical and mental health. Older adults are at increased risk for social isolation because they are more likely to have lost a spouse and close friends, live alone, suffer from a chronic illness or have limited mobility.

To combat this devastating public health problem, Gero at FranU is meeting it head-on with a two-prong approach. First, we are creating a virtual library of videos and presentations about topics important for older adults, and we hope you will visit our website to see this developing area of resources. Additionally, on our website is the Gero at FranU Blog which offers articles, videos and other media twice monthly to discuss current issues and trends in aging.

Secondly, we have begun work to apply for an Age-Friendly University (AFU) designation. Joining the AFU network of global partners will help FranU improve and develop age-friendly efforts in course offerings, cultural events and continuing education. All the while, helping FranU contribute to an educational movement of social, personal, and economic benefit to students of all ages.

We hope you enjoy this issue of the newsletter!

Here is to Healthy Aging!

– All my best, **Lindsay Mullins PhD, FNP-BC**
Sister Agnes Marie Fitzsimons Endowed Chair of Gerontology Franciscan Missionaries of Our Lady University.



GERO AT FRANU IN THE CATHOLIC COMMENTATOR:

We here at Gero at FranU were thrilled to be featured in the October 23rd issue of the Catholic Commentator. In an article titled “Gero at FranU answering needs of ‘Silver Tsunami’” the endowed Chair of Gerontology, Dr. Lindsay Mullins, spoke with interviewer, Richard Meek, about all things gerontology and the great work that’s taking place at FranU. You can read the article on the Catholic Commentator’s website at thecatholiccommentator.org

UPCOMING VIRTUAL LIBRARY:

We are thrilled to announce the development of our virtual library which will be featured on our website in the coming months. This virtual library will serve as a resource for a variety of health topics centered around healthy aging. These videos will feature many FranU faculty as well as our nursing students who will present informative discussions and demonstrations.



FACULTY SPOTLIGHT

Tanya Seward, MSN, APRN, AGNP-C



Tanya Seward is an assistant professor in the School of Nursing, where she works to integrate the most up-to-date gerontology content into the nursing curriculum. She completed the Adult Gerontological Nurse Practitioner Program in 2014 and her Post-Master’s Certificate in the Family Nurse Practitioner Program in 2018. With a 25-year nursing career, she currently works in Occupational Medicine as a nurse practitioner, as well as working with veterans through a private company.

STUDENT SPOTLIGHT

Brittany Thomas



Brittany Thomas is in her final year of nursing school at FranU. Her project is based on the benefits of early implementation of palliative and hospice care. Partnered with Tina Rochester for the mentor program, Brittany hopes to implement her project ideas into her own nursing practice, as well as spreading her ideas to other medical professionals in hopes of helping this specific population achieve realistic goals with chronic and life-threatening diseases.