



## FROM THE GERO CHAIR

The processes of aging are both unique and universal, relevant to every person, company, industry and community. Now, scientific breakthroughs and global demographic shifts are shining a spotlight on the challenges and opportunities of aging. By 2040, 1 in 5 Americans will be over age 65. In 2050, about 1.6 billion people worldwide will fall in that category.

People who choose to study and dedicate their lives to advancing the care and understanding of aging, focus on gerontology (we thought we would explain our “GERO” at Fran U!).

Gerontology is the study of human development and the intricacies of aging across the lifespan, and it involves biology, psychology, sociology, policy, and medicine. Some examples of how this plays out in health care are: When a nurse specializes in care for older adults, he or she becomes a geriatric nurse. When a nurse practitioner specializes in the care of older adults, he or she becomes an adult-gerontological nurse practitioner. When a medical doctor specializes in the care for older adults, he or she becomes a geriatrician.

This explanation of gerontology is in preparation for GERO at Fran U’s upcoming releases of health education and general information videos for older adults. This month, GERO at Fran U will begin releasing videos created by our highly trained, expert faculty and our students. Yet another example of how GERO at Fran U continues to leap and bound forward meeting needs for older adults amidst the COVID pandemic. We hope you

are in-tuned to our social media platforms on Facebook and Instagram...as well as our website [gerontologyatfranu.com](http://gerontologyatfranu.com).

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*



**Dr. Lindsay Mullins, PhD, ENP-BC**



*St. Francis Hall Rendering*



## FRANU BREAKS GROUND ON ST. FRANCIS HALL:

Franciscan Missionaries of Our Lady University has broken ground on a new 75,000 square foot building which will be called St. Francis Hall. This building will provide an interactive environment for both graduate and undergraduate students, with such features as simulation rooms, classrooms, and team rooms. By utilizing state of the art technology, St. Francis Hall will provide students with the tools they need to be successful in today’s dynamic healthcare environment.

St. Francis Hall will serve as the anchor point for FranU’s campus, serving as the front door to a cohesive and identifiable campus. It is FranU’s largest project to date and will serve as a focal point during FranU’s centennial celebration in 2023.

## CHECK OUT GERO AT FRANU’S VIDEO LIBRARY!

Gero at FranU is thrilled to announce our new video library! Watch FranU students and faculty talk about health topics such as nutrition, exercise, diabetes education, and more! You’ll get to hear all about how our wonderful faculty and students share their passion for gerontology and healthy aging with our community. The video library is on our website at [gerontologyatfranu.com](http://gerontologyatfranu.com), and we will also be featuring our videos on social media, too! Follow us on Facebook (Gerontology at FranU) and on Instagram (@gerofranu) so you’ll see all of our new content featured throughout the semester. Is there a topic you’d like to see a video about?

Send your suggestions to [gero@franu.edu](mailto:gero@franu.edu) !





Our mission is to prepare culturally informed servant leaders in gerontology and healthy, active, and successful aging.



## FACULTY SPOTLIGHT

### Tina Rochester

MSN, RN



Mrs. Tina Rochester is an Assistant Professor in the pre-licensure nursing program at Franciscan Missionaries of Our Lady University. She has served as a nurse educator teaching Pharmacology and Medical Surgical clinical for the past nine years. She received her Master of Science in Nursing Education from Southeastern Louisiana University in 2005. Mrs. Rochester's experience in gerontology nursing encompasses a 23-year career in nursing to include Medical Surgical Nursing, Home Health, and Hospice. She enjoys emphasizing the special considerations of the aging population as they relate to Pharmacological therapy: for example, polypharmacy.

Recently, Mrs. Rochester completed a year-long study to obtain the National Catholic Certification in Health Care Ethics from the National Catholic Bioethics Center. She is a member of Sigma Theta Tau International, National League for Nurses and the Louisiana Nurse Honor Guard. She enjoys spending time with her two boys and husband.

## STUDENT SPOTLIGHT

### Trey Parker

Nursing Student & Mentee in the Healthy Aging Mentor-Mentee Program



Trey Parker, a participant in the Healthy Aging Mentor-Mentee Program, has always felt a call to serve and care for those at both ends of the life spectrum - the young and the elderly. Parker views caring for the older population that paved the way to be a privilege, noting that oftentimes they teach and care for him more than he does for them. His research, under his mentor Dr. Tanya Seward, focuses on methods to improve glucose monitoring for the elderly during hospitalization. He shares that patients deserve better systems to accurately measure and record glucose levels so that nurses can begin implementing more prompt nursing interventions that promote better glucose control. Parker states that the Mentor-Mentee Program has made him realize his love for research and how impactful it can be to his future patients.