

## FROM THE GERO CHAIR

Gero at FranU is proud to be actively involved in advancing health and health care throughout the Baton Rouge region and beyond via our website, blog and social media platforms. We aim to compile reliable, valid content while challenging the perception of aging and promoting independent living within the geriatric community.

For the past five years since the re-inception of the Gero initiative at FranU, our Gero program participates in, partners with, or contributes to more than 40 community events and academic programs focused on:

- Educating future health professionals who will serve the region
- Supporting a variety of community health projects

- Conducting research that improves lives
- Developing faculty expertise
- Enhancing health of priests and clergy
- Engaging internationally to increase global perspective

Through COVID, our in-person community health programs have been offered virtually, but we look forward to restarting these in-person gatherings later this spring with our community church partners.

If you or your loved one are hesitant to begin seeing others in person, make sure both of you get outside and get some sunlight. It sounds simple, but most older adults get only a fraction of the daily light that they need. Light synchronizes our circadian rhythms and improves mood and sleep, both for caregivers and older people. With all of this in mind,

Gero at FranU is excited for the possibilities of this spring. Enjoy this edition of our newsletter!

Here is to healthy aging!

- All my best,  
Dr. Lindsay Mullins PhD, FNP-BC

*Sister Agnes Marie Fitzsimons Endowed Chair of Gerontology Franciscan Missionaries of Our Lady University*



Dr. Lindsay Mullins PhD, FNP-BC

## OUR LATEST GERO LUNCH N' LEARN:

We were thrilled to offer our second Gero Lunch N' Learn, which took place in February. Our Gero Champions Dr. Lindsay Mullins, Dr. Tanya Seward and Cindra Schneider presented their gerontology-focused research to faculty members at FranU. Dr. Mullins spoke about the importance of advanced care planning and how to discuss these topics with students and patients. Dr. Seward discussed how to infuse up-to-date gerontology research into nursing curriculums. Mrs. Schneider provided a review of current research and important topics in gerontology. It was an excellent opportunity to share research and a great lunch with our colleagues!



GERO Spring Lunch N' Learn

## TAKE A TRIP TO THE VIRTUAL LIBRARY!

We are thrilled at the growth of the Gero at FranU virtual library! We invite you to check out the great information we have to share - with some very informative videos from FranU nursing students! Some of the topics in the virtual library include improving bladder health, preventing UTIs and information on arthritis and joint pain. Some of our recent blog posts include a discussion on hearing loss, supplements for older adults, and why photography might be a great hobby for you! You can find all of this at [www.gerontologyatfranu.com](http://www.gerontologyatfranu.com) under the "Virtual Library" tab. You can even subscribe, so you never miss a post!

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



## GERO MENTEE RECOGNITION AT FRANU PINNING

In recognition of their hard work and dedication, graduates of the Gero Mentees program from the fall of 2021 were recently honored with certificates of achievement. Congratulations to the following graduates on their projects!

**Madison Hukins:** Compassion Fatigue in Registered Nurses Working with a Geriatric Population

**Lynette Obey:** Improving Medication Adherence in the Geriatric Population with the Use of Mobile Applications

**Lashika Parker:** Reducing Dehydration in Elderly Residents Residing in Long Term Care Facilities

**Brittany Thomas:** Early Implementation of End of Life Care Discussions Among the Geriatric Population



Lynette Obey



Lashika Parker



Brittany Thomas

## WELCOME TO THE GERO TEAM!



**Byron Robinson**  
Program Coordinator

We are thrilled to welcome Byron Robinson to the Gero at FranU family! Byron has been an employee of FranU for the past two years and will now serve as our Program Coordinator. He is a Baton Rouge native and fellow healthy aging enthusiast who can't wait to share all of the great things FranU has to offer. Welcome to the team, Byron!

## STUDENT SPOTLIGHT



**Vivianna Vasquez**  
BS, DTR

Vivianna Vasquez, a native of California, is pursuing a Master's in Nutritional Science and working as a Dietetic Intern in the MSNS-DI program at FranU! Her experience working with the older population in clinical and foodservice settings has led her to desire a career in geriatric nutrition. Working with a more aging population in nutrition is a challenge and a dream. She is most excited to pursue a career as a clinical dietitian, and working in the Gerontology Program at FranU will aid in these future career goals!

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