

FROM THE GERO CHAIR

Gero at FranU is proud to be actively involved in advancing health and health month, September, moved in. For many, summer is filled with projects and trips. This increased activity can lead people to feel their age a little more and think about health. Healthy aging is a hot topic. Whether you're concerned about weight gain, stamina or chronic diseases, many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others - like exercise, a healthy diet, going to the doctor regularly and taking care of our emotional, psychological and spiritual health - are within our reach. According to the World Health Organization, 60 percent of individual health and quality of life issues are related to lifestyle. Humans cannot stop aging but they can work towards holistic health. As such, social adaptation, meaning the flexibility to adapt to the environment and its changes is important for older adults'

health. Healthy aging also means ensuring that most senior citizens stay healthy. That's why healthy aging stresses the importance of the social environment. An aging society requires the integration of health protection and socioeconomic and cultural development. This means health education should be provided for people at each stage of their life. Gero at FranU (gerontologyatfranu.com) has a virtual library with resources to help older adults manage health, live as independently as possible and maintain quality of life through the aging process.

Our virtual library has been a vital source of information and connectivity during the COVID pandemic. Now, in addition to our virtual library, Gero at FranU is back in the community with our in-person healthy aging talk arounds. As we partner with independent living groups of elders, we assess the groups' needs and wants. Gero at FranU tailors community health programs unique to the group and offers

topical discussions in a series of talk arounds. To stay tuned and to let Gero at FranU know you or your community are interested in a talk-around series, follow us on social media and visit gerontologyatfranu.com!

- 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

WHAT WE'VE BEEN UP TO:

Since the Spring, we've held two Priest Retirement Workshops at the Catholic Life Center for a group of priests from the Diocese of Baton Rouge. The purpose of the workshops was to enhance the lives of diocesan priests in their retirement years in recognition of their many years of dedicated services to the U.S. Catholic Church, its laity and communities throughout our country. At these workshops, we covered everything from financial security in retirement to healthy aging. Thank you to our guest speakers, Jason Fontane and Dr. Lannis Tynes, and to all those who attended.



GERO Priest Retirement Workshop

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 under the "Virtual Library" tab. You can even subscribe, so you never miss a post!

Send your suggestions to gero@franu.edu !



WELCOME TO THE GERO TEAM!

Travis M. Daigle

Administrative Assistant & Program Coordinator

Travis M. Daigle is thrilled to be joining the Gero at FranU family! Travis has worked in the School of Arts and Sciences at FranU since August 2021 as an administrative assistant, and he will now also serve as the program coordinator for our program. A native of St. Amant, LA, Travis grew up in a neighborhood loaded with elderly relatives, so it's undeniable that healthy aging has always been an interest of his. He looks forward to helping spread the topic of gerontology throughout the community.



FACULTY SPOTLIGHT

Alicia Bates, PhD, NP-C

Assistant Professor and Director of FNP

Alicia Bates is an Assistant Professor and Director of the Family Nurse Practitioner Program (FNP) at FranU. Alicia has been a board-certified FNP since 2012. While Alicia has clinical experience in cardiology, her true passion is diabetes. For the past eight years, she has continued to practice in an outpatient diabetes management clinic, where she treats and manages older adults. Alicia is a Certified Diabetes Care and Education Specialist (CDCES) and is a professional member of the American Diabetes Association. Alicia LOVES everything about diabetes, including her patients that become like family members!



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

gerontologyatfranu.com