



can further their research in care for older adults.

Under the leadership of Mrs. Cindra Schneider, the Healthy Aging Mentor-Mentee program supports students drawn to work with elders. It is through their experience in the mentor program and with Mrs. Schneider that they graduate qualitatively differently from graduates at other Universities. To learn more and to apply to this program, visit [gerontologyatfranu.com/gero-at-franu/#student-opportunities](http://gerontologyatfranu.com/gero-at-franu/#student-opportunities).

If you're interested in gerontology and want to stay in the know about our Gero program, I invite you to check out our social media pages! We often post about our experiences inside and outside the classroom.

Lastly, if you have any work or research pertaining to healthy aging, we would love to feature you on our website, social media and in future newsletters. Please email me at [lindsay.mullins@franu.edu](mailto:lindsay.mullins@franu.edu) with

anything you think would be informative to our aging community. Feel free to send any volunteer or community opportunities you feel appropriate to share with our school and the local community.

Until next time!  
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

## FROM THE GERO CHAIR

Gero at FranU is bustling with student Academic life is busy in the Spring, and Gero at FranU is bustling with student experiences, community programs and research.

In December, our first-ever International Healthy Aging Course in Porto, Portugal, went off smoothly, and due to its success, we are securing dates to offer it again! Check out the section below to learn more about the course and information on how to apply. Students in our Healthy Aging Mentor-Mentee program have first priority to apply for the abroad experience so they



## WHAT WE'VE BEEN UP TO:

Gerontology at FranU hosted its first abroad course, International Healthy Aging Course, in Porto, Portugal. Nine nursing and physical therapy students attended the trip along with Dr. Lindsay Mullins, Dr. Kirk Nelson, and Dr. Mark Kantrow.

These students enrolled in the Interdisciplinary International Healthy Aging course in Porto, Portugal, where they ultimately visited the Escola Superior De Saúde de Santa Maria, also known as the Santa Maria School of Health - the sister university of Franciscan Missionaries of Our Lady University.

The goal of the trip was to experience the aging culture in other parts of the world, broadening their lens with more global perspectives. Once in Portugal, the students met Porto students and worked with them while exploring the city. They learned about education methods in Portugal, attended lectures, and went on on-site visits where they took a journey to Fatima at the Sanctuary of Our Lady of Fatima for the Feast of the Immaculate Conception. They also learned about other cultures and how they care for their older population when they age healthily and with health conditions.

Franciscan Missionaries of Our Lady University's Gerontology Program continues to meet the demands of today's world head-on by preparing students to care for the ever-increasing aging demographic and by providing experiences to influence cultural awareness in the global world they will work and live in.

Hear what other students have to say and apply today at visit [gerontologyatfranu.com/portugal-exchange-program](http://gerontologyatfranu.com/portugal-exchange-program). The deadline to apply is Friday, April 28!

## HEALTHY AGING RESOURCES

### Visit Our Website

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 [gerontologyatfranu.com](http://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)!

### Follow Us on Social Media

Stay in the know by following our social media pages. Get quick access to new blog postings, research and updates on how we are spreading our mission on campus and out in the community!

#### WEBSITE

Visit [gerontologyatfranu.com](http://gerontologyatfranu.com)

#### SOCIAL MEDIA

Visit our Facebook & Instagram | [@gerofranu](https://www.instagram.com/gerofranu)



## WELCOME TO THE GERO TEAM!



**Kristin Harris**  
Program Coordinator

Kristin Harris has joined the team as our Program Coordinator! She has a background in Revenue Cycle Management at Woman's Hospital, focusing on three areas: Centralized Hospital Scheduling Team, Hospital Eligibility and Prior Authorization Team and Patient Accounting Self-Pay team. Her goals are to assist with the planning and coordination of the Gerontology Program and our activities, support program growth and development and service the community as a Franciscan Leader.

## FACULTY SPOTLIGHTS:



**Daniella Simões**  
Lecturer and Physiotherapy Degree Coordinator, Escola Superior de Saúde de Santa Maria - Porto, Portugal

Daniella Simões is a lecturer and Physiotherapy Degree Coordinator at Escola Superior de Saúde de Santa Maria - Porto, Portugal. Her teaching fields are evidence-based practice, scientific research, statistics and public health, including healthy aging interventions. She loves spending time with her family and friends, is an avid reader, a cinema and TV series enthusiast, a slow traveler and a food lover.



**Dr. Richard P. Johnson, Ph.D., PCSG**  
Founder and Director, JOHNSON Institute and Senior Adult Ministry

Dr. Johnson is nationally recognized for his pioneering work in Spiritual Gerontology and maturing adult faith formation. Dr. Johnson coined the term "spiritual gerontology" to highlight the role of faith in the aging process. He is invited into many parishes, churches, and retirement centers for consultation, workshops, retreats and other educational work. Dr. Johnson has given keynote addresses and presentations at conferences including ACA, AADA, NACPA, NOCERC, LCWR, NFPC, NACSW, NACFLM and others.

He has taught hundreds of maturing adult ministry leaders. His fresh ideas and enthusiasm for the spiritual aspects of adult development and aging have inspired scores of maturing adults to follow their hearts and live more abundant lives in Christ. Dr. Johnson has visited many retirement residences of Elder women and men over the past 20 years.