

# Curriculum Vitae

## Linda L. Buettner, Ph.D., LRT, CTRS

Leader of DDC Research Group:

<http://www.nursing.uiowa.edu/ddc/index.htm>

Editor in chief: American Journal of Recreational Therapy

Editor in chief: Activities Directors Quarterly for Alzheimer's disease

American Therapeutic Recreation Association (ATRA) National Geriatric Treatment Network

Coordinator (2010-2012)

North Carolina RTA Research Program Committee Chair

Professor Recreation Therapy/Gerontology

Recreation, Tourism, Hosp.Mgt Department and Gerontology

School of Health and Human Performance

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Adjunct Associate Professor Research Decker School of Nursing

Binghamton University, Binghamton, NY

Certifications: Certified Therapeutic Recreation Specialist #13049

Licensed Delta Society Pet Partners Instructor #26519-VI

Licensed Delta Society Pet Partners Team Evaluator #26519-TE

State of Florida Certified Dementia Training Specialist – Level 1 & 2 ALF and Nursing Home

Licensed Master Recreation Therapist Utah

Licensed Recreation Therapist North Carolina

### PROFESSIONAL EDUCATION

Ph.D. Pennsylvania State University, 1994. College of Health and Human Development: Recreation Therapy through Leisure Studies/Gerontology. Federal Traineeship. Dissertation: Recreation therapy to treat agitation for individuals with dementia: an efficacy study.

M.S. Empire State College, 1989. Community Health and Human Service Certification: Therapeutic Recreation. Research: Caring for frail older adults in Sweden and US: a comparison study.

M.ED. Bowling Green State University, 1981. Major: Adapted Physical Education Therapeutic Recreation Minor. Thesis: Personality factors in cancer patients outcomes: efficacy of individualized exercise programs.

B.S. State University of New York at Cortland. Major: Adapted Physical Education Art Minor. Women's Soccer and Women's Track and Field athlete.

### PROFESSIONAL EXPERIENCE

2007-Present Professor Therapeutic Recreation and Gerontology. Department of Recreation, Tourism, Hospitality Management, University North Carolina at Greensboro. PI Investigator Initiated Alzheimer's Research Grant, Co-Director Gerontology

Research Network.

- 2000-2007 Professor Health Science and Director Interdisciplinary Center for Positive Aging Florida Gulf Coast University (2001-2006), PI Alzheimer's Research Grant Projects, online development and teaching of graduate and undergraduate gerontology and recreational therapy courses. Curriculum development for gerontology program and recreational therapy program. Created Master's in Geriatric Recreation Therapy. Director Gulf Coast Pet Partners therapy dog group.
- 1993-2000 Director of Casella Alzheimer's Education Center  
Assistant Professor Decker School of Nursing, Binghamton University  
Teaching community based workshops and classes on clinical aspects of Alzheimer's Disease and related disorders, initiating Alzheimer's related research projects, assessment of geriatric clients in the community with memory disorders, teaching in the geriatric nursing program at the graduate level. Undergraduate teaching as needed.
- 1991-94 Penn State Doctoral Trainee-Therapeutic Recreation/Gerontology  
Worked in the Gerontology Center as a research assistant and taught as needed for faculty members from therapeutic recreation and human development and aging programs. Doctoral thesis research was funded by the College of Health and Human Development on the topic of: Efficacy of Therapeutic Recreation Interventions for Nursing Home Residents with Dementia and Agitation.
- 1990-91 Ithaca College - Adjunct Faculty Therapeutic Recreation  
Taught undergraduate courses in leisure education, program planning and evaluation, leadership, foundations of therapeutic recreation, policies and professional procedures in therapeutic recreation, assessment in therapeutic recreation, and creative interventions for individuals with chronic diseases.
- 1985-94 Willard Psychiatric Center - Therapist for Psycho-geriatric Rehabilitation.  
Responsible for assessment, program planning and development, implementation of therapy programs, and evaluation of geriatric clinical services. Supervised mental health therapy aides and recreation workers.
- 1981-86 Ithaca College - Professional Staff/Faculty  
Taught courses on adapted physical activities, therapeutic swimming-adapted aquatics (Certified WSI Adapted Aquatics), and recreation therapy. Head coach of women's soccer and track & field. Two time ECAC Coach of the Year winner.
- 1977-80 Victor Central School – Faculty District-Wide Recreation Therapist/Adapted physical education teacher. Lifetime leisure skills and health education for children with disabilities K-12. Varsity coach girls' soccer, volleyball, and track & field. Special Olympics Community Program Director.

## SELECTED PUBLICATIONS

### REFEREED ARTICLES AND BOOK CHAPTERS

Buettner, L., Fitzsimmons, S., Atav, S. & Sink, K (Under review), Cognitive stimulation for apathy in probable early stage Alzheimer's, *Journal of Aging Research* Special Issue on Alzheimer's Clinical Trials.

Kolanowski, A. & Buettner, L. (In Press) Randomized Clinical Trial of Theory-based Activities for the Behavioral Symptoms of Dementia in Nursing Home Residents, *Journal of the American Geriatrics Society (JAGS)*.

Buettner, L. (In press), Chapter 30: *Deficient diversional activity*, *Advanced Practice Gerontological Nursing* (graduate level text)

Buettner, L. (2010). *MDS 3.0 Section O: an update for certified therapeutic recreation practice with Medicare patients*. *Journal of Gerontological Nursing*, 36(10):5.

Buettner, L. Yu, F., & Burgener, S. (2010) Evidence supporting technology-based interventions for people with early-stage Alzheimer's disease. *Journal of Gerontological Nursing*, 36(10):15-9.

Buettner, L., Fitzsimmons, S., Dudley, W.N. (2010). Moderating effect of depression on treatment of neuropsychiatric symptoms in older adults with dementia: Treatment implications. *76 Research in Gerontological Nursing*, 3(3):221-32. Guest Editor for this issue.

Buettner, L.L. (2010). Importance of interdisciplinary perspective in recognizing and treating depression. *Research in Gerontological Nursing*, 3(3):146-7.

Buettner, L. & Fitzsimmons, S. (2010) Recreational therapy interventions: a fresh approach to treating apathy and mixed behaviors in dementia. *Non-pharmacological Therapies in Dementia*, 1(1), 27-42.

Kolanowski, A., Fick, D.M., & Buettner, L. (2009). Recreational Activities to Reduce Behavioural Symptoms in Dementia. *Geriatric Aging*, 1;12(1):37-42

Buettner, L. & Fitzsimmons, S. (2009). Promoting health in Alzheimer's disease: evaluation of a 12-week college course for individuals with a new diagnosis. *Journal of Gerontological Nursing*, 35(3). This paper won the Edna Stillwell Award for Gerontological Nursing. Presented at the Gerontological Society of America, November, 2009.

Buettner L, Gibson K. (2009) The human-animal bond in healthcare. *Beginnings*. Summer, 29(3):6-8.

Buettner, L. & Fitzsimmons, S. (2009). *N.E.S.T. (Needs, environment, stimulation, techniques): interdisciplinary dementia practice guidelines*. State College, PA: Venture Publishing.

Smith, M., Kolanowski, A., Buckwalter, K. & Buettner, L. (2009) Beyond bingo: Meaningful activities for persons with dementia in nursing homes, *Annals of Long Term Care: clinical care and aging*, (7) 22-31.

Kolanowski, A.M., Buettner, L.L., Fick, D., Fitzsimmons, S., & Cornacchione, M. (2009). Instituting cognitive rehabilitation in post-acute care. *Annals of Long-Term Care: Clinical Care and Aging*, 16(2), 40-47.

Burgener, S.C., Buettner, L.L., Beattie, E., & Rose, K.M. (2009). Effectiveness of community-based, nonpharmacological interventions for early-stage dementia: conclusions and recommendations. *Journal of Gerontological Nursing*, 35(3):50-7; quiz 58-9.

Yu, F., Rose, K.M., Burgener, S.C., Cunningham, C., Buettner, L.L., Beattie, E., et al. (2009). Cognitive training for early-stage Alzheimer's disease and dementia. *Journal of Gerontological Nursing*, 35(3):23-9.

Buettner, L. & Lesovoy, A. (2009). Toddlers with autism: a sensory tree house intervention for recreation therapy. *American Journal of Recreational Therapy*, (8)1,15-18.

Buettner, L. (Summer 2009). Pop culture and recreation therapy education. (Editorial). *American Journal of Recreational Therapy*, (8)3, 5-6.

Richeson, N., Buettner, L., Rose, K. & Burgener, S. (Fall 2009) Gerontological Society of America 2009 conference briefs: Alternative and complementary therapies for healthy aging. *American Journal of Recreational Therapy*, (8)4: 5-9.

Buettner, L. (Fall 2009). Evidence to support an advanced role for recreational therapists: staff trainer in long term care, *American Journal of Recreation Therapy*, (8)4, 29-34.

Buettner, L. (2009) Culture change and activities: learning the lingo and making yourself invaluable, (Editorial). *Activities Directors Quarterly*, (10)1: 27-32.

Buettner, L. (Spring 2009). Frailty and dementia: how activities professionals can help through water-based activities. *Activities Directors Quarterly* (10) 2: 37-45.

Buettner, LL, Richeson, N., Yu F., Burgener, S., Buckwalter, Beattie, E. et al. (2008). Evidence supporting exercise interventions for persons in early stage Alzheimer's disease. *The American Journal of Recreation Therapy*, Winter, 17-24.

Buettner, L., Cummins, P., Giorano, J. Lewis, J. Lynch, Cl, Peruyera, & Seigel, J. (2008). *Recreational therapy for the treatment of depression in older adults: Practice recommendations*. Boston, MA: Weston Medical Publishing.

Burgener SC, Buettner L, Buckwalter KC, Beattie E, Bossen AL, Fick D, et, al. (2008). Review of exemplar programs for adults with early-stage Alzheimer's disease. *Research in Gerontological Nursing*, 1(4):295-304.

Burgener, SC, L. Buettner, L. , Buckwalter, K. , Beattie, E., Bossen, A., Fick D, S. Fitzsimmons, S., Kolanowski, A. (2008). Evidence supporting nutritional interventions for persons in early stage Alzheimer's disease. *The Journal of Nutrition, Health & Aging*, 12(1), Jan;12(1):18-21. Review.

Burgener, SC, L. Buettner, L. , Buckwalter, K. , Beattie, E., Bossen, A., Fick D, S. Fitzsimmons, S., Kolanowski, A. , Richeson, N. (2007). *Evidence supporting non-pharmacological interventions for persons in early stage Alzheimer's disease*. White paper and consensus for the national Alzheimer's Association and the US Senate Alzheimer's Study Group.

Kolanowski, A. & Buettner, L. (2008). Prescribing activities that engage passive residents: An innovative method. *Journal of Gerontological Nursing*, 34(1):13-8.

Buettner, L. & Fitzsimmons, S. (2007). Introduction to evidence based recreational therapy practice. *Annual in Therapeutic Recreation*, ATRA publications, Volume 19.

Kolanowski, A., Buettner, L. & Moeller, J. (2006). Treatment fidelity plan for an activity intervention designed for persons with dementia. *American Journal of Alzheimer's Disease and Other Dementias*, 21: 326-332

Buettner LL, Buckwalter KC. (2006). Get your ACTivities together: New CMS regulations in long-term care. *Journal of Gerontological Nursing*, 32(11):4

Buettner, L. (2006). Peace of mind: a pilot community based program for people with memory loss. *American Journal of Recreation Therapy*, (3), 33-41.

Buettner, L. & Fitzsimmons, S., Atav, S. (2006). Predicting outcomes: Therapeutic recreation for behaviors in dementia. *Therapeutic Recreation Journal*. 40 (1), 12-14.

Buettner, L. & Fitzsimmons, S. (2006). Recreation clubs: an outcome based alternative to day care for older adults with dementia. *Activities Directors Quarterly*, (3) 12-14.

Buettner, L. & Fitzsimmons, S. (2006). Mixed behaviors in dementia: A new paradigm for treatment. *Journal of Gerontological Nursing*, 32(7), 15-22.

Kolanowski A, Buettner L, Litaker M, Yu F. Factors that relate to activity engagement in nursing home residents. *American Journal of Alzheimer's Disease & Other Dementias*. 21(1):15-22

Fitzsimmons, S. & Buettner, L. (2006). *Health promotion for the mind, body, and spirit, a college course for older adults with mild dementia*. State College, PA: Venture Publishing.

Buettner, L. & Fitzsimmons, S. (2006) *N.E.S.T. evidence based behavioral approach for dementia*. Port Charlotte, FL: FGCU Center for Positive Aging press.

Kolanowski, A. & Buettner, L. (2005). Efficacy of theory-based activities for behavioral symptoms of dementia. *Journal of Nursing Research*, 54(4):219-28.

Watson, N., & Buettner, L. (2005). Simple Pleasures Items Bring Stimulation, Empowerment and Joy to a Dementia Unit, *American Journal of Nursing*

Buettner, L. & Fitzsimmons, S. (2004). Exercise on the special care unit: impact on passive and agitated behaviors in older adults with dementia. *American Journal of Recreational Therapy* (3)4, 8-24.

Richeson, N., Shalek, M. & Buettner, L. (2004). Air mat therapy for agitated wandering on a dementia special care unit. *American Journal of Recreational Therapy*, (2) 4, 18-26.

Kolanowski, A., Buettner, L., (2004). Promoting health in community-dwelling older adults using recreational activities., *American Journal of Recreational Therapy* (1)4, 20-28

Buettner, L. (2004) Pet Partners: teaming up for therapy and fun, *Activities Directors Quarterly*, 5(1), 23-26.

Fitzsimmons, S. & Buettner, L. (2003). Therapeutic cooking for older adults with dementia: effects on agitation and apathy. *American Journal of Recreational Therapy*, Fall, 23-33.

Buettner, L. & Fitzsimmons, S. (2003). Activities calendars: want you see is not what you get. *American Journal of Alzheimer's Disease*, 18(4), 215-226.

Fitzsimmons, S. & Buettner, L. (2003). Health Promotion for the mind, body, and spirit: a college course for individuals with early stage dementia, *American Journal of Alzheimer's Disease* (19)3, 282-290.

Buettner, L. & Kolanowski, A. (January-February 2003) Recreation therapy for people with dementia. *Geriatric Nursing*, 24, 1, 18-25.

Buettner, L. & Fitzsimmons, S. (March 2003 ) *National Practice Guidelines for Treating the Disturbing Behaviors of Dementia*. Hattiesburg, MS: American Therapeutic Recreation Association.

Fitzsimmons, S. & Buettner, L. (2003). *Practice Guidelines for Wheelchair biking for the treatment of depression in older adults with dementia*. Iowa City IA: University of Iowa Gerontological Nursing Research Dissemination Core.

Buettner L, Kolanowski A. (2003). Practice guidelines for recreation therapy in the care of people with dementia. *Geriatric Nursing*, 24(1):18-23; quiz 24-5. Review

Buettner LL. (2002). Focus on caregiving. Falls prevention in dementia populations. *Provider*, 28(2):41-3.

Landy, K. & Buettner, L. *SW Florida Caregiver Resource Manual* (October 2002-Present). A bi-lingual publication book and online directory for caregivers provided through a grant by Senior Solutions of SW Florida. Online at: [www.fgcu.edu/cfpa](http://www.fgcu.edu/cfpa)

Fitzsimmons S, Buettner LL. (2002). Therapeutic recreation interventions for need-driven dementia-compromised behaviors in community-dwelling elders. *American Journal of Alzheimer's Disease & Other Dementias*, 17(6):367-81. colling

Voelkl, J., Buettner, L. & St. Pierre, J. (2002) The at-home recreation program: an innovative approach to serving community dwelling older adults with dementia and their caregivers, Special National Therapeutic Recreation Society Publication, In-Home Recreation: Successful Strategies and Services edited by Barbara Wilhite and Jean Keller.

Buettner, L. & Fitzsimmons, S. (2002) AD-Venture: wheelchair biking for treatment of depression, *American Journal of Alzheimer's disease*, 17(2):121-127. Created Educational Video.

Buettner, L. & Fitzsimmons, S. (December 2002) In-home recreational therapy for older adults with dementia and disturbing behaviors. *American Journal of Alzheimer's Disease*.

Colling, K. & Buettner, L. (October 2002). Simple Pleasures: interventions from the need-driven dementia compromised behavior model. *Journal of Gerontological Nursing*, 28(10):16-20.

Buettner, L. (2002). Preventing falls in the nursing home special care unit, Funded by the American Recreation Therapy Foundation. Hattiesburg, MS: *American Therapeutic Recreation Association..A Research Monograph and Best Practice Guide*.

Buettner, L. (2002). Recreational therapy: preventing falls in nursing home residents with dementia, *Provider Magazine* (Feb.2, 2002) Cover story.

Buettner, L. (2001). Therapeutic recreation in the nursing home: reinventing a good thing, *Journal of Gerontological Nursing*, 27(5):8-13.

Buettner, L. & Waitkavicz (2001). Preventing falls in long term care. *The American Society for Long Term Care Nurses*, September/October.

Buettner, L. (2001). Preventing falls in nursing home residents with dementia: A cost benefit analysis, Hattiesburg, MS: ATRA Publication.

Kolanowski, A., Buettner, L. & Costa, P. (2001) Capturing interests: Therapeutic recreation activities for persons with dementia. *Therapeutic Recreation Journal*, 35:3, 220-235.

Fitzsimmons, S. & Buettner, L (2001) Wheelchair biking program for nursing home residents with dementia and depression, *Activities Directors Quarterly*.

Buettner, L. (2001) Gerontological Recreation Therapy in the 21<sup>st</sup> Century, *Special Issue Annual in TR*.

Buettner, L. (2001) Therapeutic Recreation in the Nursing Home: reinventing a good thing, *Journal of Gerontological Nursing*.

Buettner, L. & Langrish, S. (2000). Comparing ADL and recreational needs and interests

of rural and urban caregivers. *Journal of Activity, Adaptation, and Aging*, February, Special Issue on Caregiving.

Wilhite, B., Keller, J. Gaudet, G. & Buettner, L. (2000) Sensory stimulation: a literature review for therapists. *Annual in Therapeutic Recreation*, 8, 43-55.

Buettner, L. (1999). Simple Pleasures: a multilevel sensorimotor intervention for the nursing home. *American Journal of Alzheimer's Disease*, Jan/Feb. 1999. Training Manual.

Buettner, L. (1998). Team approach to therapeutic activities on the special care unit. *Journal of Gerontological Nursing*, 24(1):23-30; quiz 61.

Buettner, L., (1998). Activities as Interventions for disturbing behaviors of dementia. In *Best Practices in Dementia Care*, (Eds. Hoffman & Kaplan).

Buettner, L. & Waitkavic, J. (1998). Falls as a constraint to leisure among older adults: what recreation therapists can do. *Global Therapeutic Recreation*, V.

Buettner, L. (1998). Alzheimer's disease and children: Educating them to help. *Global Therapeutic Recreation V*.

Buettner, L. & Ferrario, J. (1998). The therapeutic recreation-nursing team as an intervention for nursing home residents with dementia. *Annual of Therapeutic Recreation*, 7, 21-28.

Buettner, L., Lundedren, H., Lago, D., Farrell, P. & Smith, R. (1996) Therapeutic recreation as an intervention for nursing home residents with dementia and agitation: An efficacy study. *American Journal of Alzheimer's Disease*, Sept./Oct.

Buettner, L. (1995) Therapeutic Recreation and Agitation: A Case History of Mrs. M., First Quarter, 1995, *Therapeutic Recreation Journal*, 1<sup>st</sup> Quarter. Highlighted as Best Practice in Therapeutic Recreation and Aging.

Buettner, L. (1994). Never too old, too sick, or too bad for T.R. , *In International Therapeutic Recreation III*, (Eds. Hitzhusen, G. and Thomas, L.) University of Missouri Press.

Buettner, L. & Kennison, J. (1994 ). Outdoor Adventures for the Frail Elderly, *Camping Magazine*, Golden Quill Award.

Buettner, L. (1990) T.R. for Frail Elders: A new approach, *Global Therapeutic Recreation I*, 1990. University of Missouri Press.

Buettner, L. (1988). Utilizing a developmental approach and adapted equipment for frail older adults with dementia - *Therapeutic Recreation Journal*, (22)3, 72-79.

#### Other Past Books

Buettner, L. & Fitzsimmons, S. (2003). Dementia Practice Guidelines for Disturbing

Behaviors. Hattiesburg, MS: *American Therapeutic Recreation Association*.

Buettner, L. & Landy, K. (2002). SW Florida Caregiver Resource Manual. A bi-lingual publication book and online directory for caregivers provided through a grant by Senior Solutions of SW Florida. Online at: [www.fgcu.edu/cfpa](http://www.fgcu.edu/cfpa) with Karen Landy.

Buettner, L., Voekl, J., & St. Pierre, J. (1999). In-home recreation: Preparing future health-care providers.

Buettner, L. (1998). Simple Pleasures: a multilevel sensorimotor intervention for nursing home residents with dementia. New York, NY: Department of Health.

Buettner, L. (1996). The Art of Dementia Care: A training manual. Binghamton, NY: Decker School of Nursing Publication. Supported by NYS Dept. of Health grant.

Buettner, L. & Martin, S. (1995). Therapeutic Recreation in the Nursing Home. State College, PA: Venture Publishing.

### **SELECTED NATIONAL/INTERNATIONAL PRESENTATIONS REFEREED**

Keynote: University of Southern Illinois School of Medicine, November 2010, *Experiences matter: the science of active living despite dementia*.

Keynote: Oxford University, Oxford, UK, October, 2010, *Person Centered Recreation in the Nursing Home*.

American Therapeutic Recreation Association National Conference, *Mentally stimulating activities for apathy in early AD*, Spokane, WA, September 2010.

American Therapeutic Recreation Association National Conference, (2 one-day intensives), *Dementia Practice Guidelines and Using DPG Assessments and Interventions*.

International Best Practices in Dementia Conference, *Experiences matter: the emerging science of recreational therapy for apathy and agitation in dementia*, Stavanger, Norway, June 2010.

Barry Reisberg Alzheimer's Research Award Lecture, *Experiences matter: the emerging science of recreational therapy in dementia* NYC, May 2010.

American Association of Geriatric Psychiatry, Beyond Bingo and Painted Nails: Meaningful Activities for Persons with Dementia (Preconference training March 14, 2008), Orlando, FL with Buckwalter, Smith, Kolanowski, and Buettner.

Gerontological Society of America (November 2008), Health Promotions for the Mind, Body, and Spirit, San Francisco, CA.

Gerontological Society of America (November 2007) 1) *Peace of mind: maintaining older adults with dementia in the community*, 2) *Relaxation in dementia: a two phase study*, and Convener for Recreational Therapy Research Interest Group.

International Dementia Workgroup Conference, Stavanger, Norway, May 12-15, 2007.

American Therapeutic Recreation Association (September 2006) 1) Geriatric Recreational Therapy Masters Degree and 2) Infusing Gerontological Research into Recreational Therapy Education.

International Autism Conference, Madrid, Spain (March 2006) Alzheimer's disease and autism: similarities and co-treatments.

International Dementia Prevention Conference, Washington, DC (July 2005) Innovative community based programs for persons worried about memory.

Gerontological Society of American Conference in Orlando, FL (November 2005) *Nursing and Recreational Therapy: time of day for recreational therapy exercise on the special care unit.*

American Therapeutic Recreation Association Annual Meeting in Kansas City (10/04/04) 1) *ATRA Research Agenda*, 2) *DPG training*, and 3) *Airmat therapy for agitated wandering*.

International Alzheimer's Research Meeting in Philadelphia, 7/21/04, Research Poster: *Personality driven prescription of activities therapy* (2<sup>nd</sup> author with Ann Kolanowski)

Alzheimer's Association in Philadelphia, 7/20/04, Research Poster: *Agitated Wandering in Dementia*.

Alzheimer's Association in Chicago, 7/23/03 (2 papers) 1) *Dementia Practice Guidelines for Recreation Therapy* & 2) *Health Promotion for the Mind, Body, and Spirit*.

Gerontological Society of America in San Diego, 11/24/03, 1) *Therapeutic recreation interventions for disturbing behavior in dementia* and 2) *Enhancing meaningful engagement in dementia special care units*.

AGHE in Tampa, FL (2003) *Simple Pleasures project as service learning in gerontology*.

American Therapeutic Recreation Association Washington, DC (March 2003) 1) *Dementia Practice Guidelines Training Program for Therapists* and 2) *Train the trainers for DPG*.

GSA in Boston 11/25/02 (2 papers) Media presentation – 1) *Wheelchair biking for the treatment of depression in the nursing home*, 2) *Best of Practice Symposium: National Practice Guidelines development for disturbing behaviors of dementia*.

American Therapeutic Recreation Association, Keystone, Colorado (9/02) (3 sessions) 1) *Dementia Practice Guidelines Consensus Process*, 2) *Educators introduction to the ATRA treatment networks*, 2) *Who let the dogs out: animal assisted therapy*.

American Therapeutic Recreation Association, New Orleans (9/01) *Preventing falls in the nursing home*, *Winning over your nursing staff*, *Wheelchair biking for treatment of depression in nursing home residents with dementia*, *Research in practice panel with Leandra Bedini*.

Gerontological Society of America – Washington, DC (2000) (2) sessions *TR for Dementia Care, Preventing Falls in the Nursing Home.*

Gerontological Society of America – San Francisco, CA, November 1999. (2) *Needs-driven dementia compromised behavior symposium* and *Simple Pleasures Rural Partnership Project.*

American Therapeutic Recreation Association-Portland, Oregon, 1999. (2) 1) *Sensory Stimulation Therapy Programs that Work* & 2) *Measuring Therapeutic Outcomes in Long Term Care.*

National Alzheimer's Association – Long Beach, CA, 1999. *Simple Pleasures Rural Partnership.*

National Alzheimer's Association - Chicago, IL, 1998. *PRN Recreation Therapy for disturbing behaviors of dementia.*

American Therapeutic Recreation Association National Meeting, Boston, Sept. 1998. (3) 1) *Winning over your nursing staff*, 2) *Sensory stimulation programs that work*, 3) *Gerontology Treatment Network Research Symposium.*

International Therapeutic Recreation Symposium, Edmonton, Alberta, Canada, August 1998. (2) *Alzheimer's disease and children: Educating them to help; Preventing falls in older adults with therapeutic recreation interventions.*

Gerontological Society of America Conference, Cincinnati, 1997. *Simple Pleasures Project: multilevel sensory intervention.*

Second International Therapeutic Recreation Symposium, August 1996, San Juan, Puerto Rico. *Never too old, too sick, or too bad for T.R.*

American Society on Aging International Case Management Conference, Toronto, September 1994, *Education and Clinical Practice for Successful Alzheimer's Case Management-Decker School of Nursing Model.* Presented with Joyce Ferrario, RN, Ph.D. and Anne Walls, C.S.W.

First International Therapeutic Recreation Symposium - *T.R.:A new approach for Frail Elders* July 1989 Nottingham, England

Stockholm Institute on Aging - August 1989 - *Using a developmental approach for therapy for cognitively impaired elders*, Stockholm, Sweden.

American Society on Aging Conference - March 1989-*Using a developmental interdisciplinary program with older adults with mental illness*, Washington, D.C.

#### Selected Invited Presentations

Iowa Long Term Care Conference, November 2007. Keynote and five presentations on evidence to support non-pharmacological interventions for behaviors in dementia.

AOA Conference, Huston, 9/8/07 Reporting on the early stage task force findings and recommendations.

University of Arkansas Visiting Scholar in Gerontology (Oct. 9, 2007) Innovative Programs for Older Adults with Dementia.

Arkansas Tech Visiting Scholar in Gerontology (October 6, 2006) Innovative Programs for Older Adults with Dementia.

Ithaca College (February 2006) Visiting Scholar in Gerontology.

University of Madrid (March 2006) *Autism and Alzheimer's: recreational therapy approaches using Simple Pleasures sensori-motor recreational items.*

Michigan Hospice and Birchum Hills Retirement Community (January 2005) in Lansing 1) Simple Pleasures research into practice, 2) CFPA model of community based dementia care, and 3) DPG training.

A new approach to dementia care in the community setting, University of Arkansas Medical School Visiting Scholar (November 2004)

NYS Homes and Services for the Aged Annual Conference Keynote Address (August, 2004) Lee Memory Care Annual Conference (2004), Hyatt Coconut Grove, Bonita FL, *Dignity in Dementia Care in our Communities.*

Cutting edge dementia care with Dr. Bruce Robinson for the National Nursing Home Surveyors Conference in Tampa, FL (October 2004)

Simple Pleasures: an intervention for nursing home residents, University of Rochester College of Nursing (March 2004) and repeated (October 2004)

Continuum of Cognitive Health: a new approach for dementia care, Binghamton University, Decker School of Nursing Faculty Retreat (March 2004).

Community of Caring Conference (March 2004) Port Charlotte, FL, (3) Behaviors in dementia, Intergenerational programs, and caregiver panel.

Dementia with Dignity (May 2003) Finger Lakes GEC, Ithaca College Gerontology Institute.

Alzheimer's Disease: advances in care. Finger Lakes GEC. Ithaca College Gerontology Institute, October, 2002.

RT for the Mind, Body, and Spirit. Lee Memory Clinic Alzheimer's Conference, June 2001.

Simple Pleasures: sensory motor intervention for nursing home residents with dementia, Hebrew Home of Washington, DC, Hurowitz Lecture, March 2001.

Alzheimer's Disease: caring in the 21<sup>st</sup> Century. Delhi College, April 21, 2000.

Creative Solutions to Alzheimer's Care, Florida International University, Miami, April 28, 2000.

NYS Department of Health Dementia Research Conference- April 10-11, 2000, Albany, NY.  
Simple Pleasures.

NYS Therapeutic Recreation Association, March 9, 2000, Suffern, NY. Pre-conference workshop on Dementia Programs for Recreation Therapists.

Canadian Nursing Home Providers –(6) Full day workshops for International Year of the Older Person on the Simple Pleasures Project held at University of Waterloo, Edmonton Health Care Center, Beaverton, Ontario, Toronto, Kingston, and Montreal, 1998-99.

Penn State University 4-H Extension Conference – Simple Pleasures for 4-Hers in the rural community. Keynote address for national conference, 1999.

Creative Solutions: therapeutic programming for people with dementia. One day hands-on conference at Binghamton University (May 26, 1999). Planned and presented 8 sessions with Suzanne Fitzsimmons, RNC, BS.

Hebrew Home of Boston Workshop and Training Program, March 1998. Full day interdisciplinary program on dementia programming.

University of Arkansas, College of Nursing Annual Dementia Training Program, Therapeutic recreation interventions for the treatment of sleep problems in persons with dementia, November, 1998.

University of Kentucky at Lexington, Aging Series, (2) presentations for annual conference On Therapeutic Recreation-Nursing Team in the Care of Persons with Dementia and Simple Pleasures, 1997.

Mid-East Therapeutic Recreation Symposium- Keynote address-"T.R. in the 21st Century in the field of aging services." May 5-6, 1996, Ocean City, MD

University of Alabama at Birmingham, Annual Alzheimer's Conference May 17, 1996 - Keynote address. Birmingham, LA

Alzheimer's 96 - June 1996, SUNY Health Science Center, Syracuse, NY. Activities as interventions for individuals with Alzheimer's.

Ithaca College Gerontology Institute's Geriatric Rehabilitation Conference, May 1996.  
(2)"Therapeutic recreation in the 21st Century" and " Alzheimer's activities for wellness."

Keynote address: NW Louisiana University Geriatric Rehabilitation Conference, July 12, 1996.

National Alzheimer's Association Conference, July 17-20, 1996 Invited round table discussion sessions(3) on "the use of therapeutic recreation as an therapeutic intervention for the agitated

nursing home resident." Chicago, IL.

Penn State University Gerontology Teleconference, February 21, 1996. "A therapeutic intervention for the nursing home: Result of the National Alzheimer's Association Pilot Research Project." Teleconferenced to Hershey Medical Center.

American Therapeutic Recreation Association Conference, Louisville, Kentucky, October 1995. "A National Alzheimer's Association Efficacy Research Project - The therapeutic recreation - nursing team"

Gerontological Society of America, Los Angeles, November, 1995. "A therapeutic intervention for nursing home residents with dementia" Co-authored with Joyce Ferrario, RN, PhD.

Art of Caring Alzheimer's Conference, Binghamton, NY, September, 1995. "A Therapeutic Recreation-Nursing Intervention for Nursing Home Residents with Dementia" Co-presented with Suzanne Fitzsimmons, RN.

Keynote Address at Centre Crest Nursing Home's Alzheimer's Unit Grand Opening, July 1995. "Special Interventions and Care for Residents with Alzheimer's Disease"

Ithaca College Gerontology Institute: Alzheimer's Conference, May 1995, Keynote: "Recreation Therapy-Nursing Team to reduce disruptive, agitated, and aggressive behaviors" with Joyce Ferrario and Janet Mentis; "Activities for Group Setting"; and "Activities for the Home Setting". University of Alabama at Birmingham: The Art of Caring Alzheimer's Conference, May 1995, "Activities as interventions for persons with Alzheimer's disease"

Mental Health and Aging Conference, Binghamton Regency Hotel, November 1994, "Disruptive, agitated, and aggressive behaviors in clients with dementia" presented with Jan Mentis, RN

Keynote speaker for Rebecca Manor's Alzheimer's Unit Grand Opening. Johnstown, PA, 12/94.

American Society on Aging International Case Management Conference, Toronto, September 1994, "Education and Clinical Practice for Successful Alzheimer's Case Management-Decker School of Nursing Model." Presented with Joyce Ferrario, RN, Ph.D. and Anne Walls, C.S.W.

"Closing the Gap: Education and Practice-" New York State Alzheimer's Best of Practice Conference. Albany, November, 1994.

Alzheimer's - Activities and Interventions that Work Conference - July 1994  
Conference Coordinator and speaker: a) Fitness for Function b) Assessment and Interventions for Nursing Home Residents with Dementia

Update on Alzheimer's - 1994 - Altoona Hospital- Full day workshop.

Penn State Gerontology Colloquia - March 1994 - Presented doctoral research "Therapeutic Recreation as an Intervention for Agitation".

Pennsylvania Therapeutic Recreation Symposium - "Therapeutic Outcomes for Residents with Dementia" May 1993.

LSU Medical Center Gerontology Education Program - " Sensory Motor Therapy for Frail Older Adults." Preventing Falls in Older Adults with Mental Illness" "Using modified exercise as an intervention" 1990, 1991, 1992

Mid-East Therapeutic Recreation Conference - May 1990 - "The neurodevelopmental approach to providing therapeutic recreation in the nursing home"

## RESEARCH/CONTRACT ACTIVITIES

**HHP Internal Grant** (2010-2011): Relax at home: using technology to reduce anxiety in dementia specific assisted living, Living Oaks Assisted Living in Fort Myers, FL.

**SBIR Proposal:** NEST Approach: training and telehealth support system for behaviors in dementia. (scored and pending funding)

**SBIR Proposal:** Health Promotion for early AD (scored and pending funding).

**Interdisciplinary Teaching Nursing Home Collaborative** (pending funding with Jan Wassel, Gerontology) with Stavanager, Norway and Camden Place, Greensboro, NC.

**Alzheimer's Association Investigator Initiated Research Grant** (2009-2012) Award: IIRG-09-131429 Project Title: Mentally stimulating activities (MSAs) to treat apathy in early stage AD (240,000) currently underway in NC, NY, and FL.

**HHP Pilot Research Grant** (2010-2011) Relax at home: technology and assisted living (\$2106) with Living Oaks Assisted Living in Fort Myers, FL.

Medication Safety and Quality of Life Monitoring in Assisted Living (2009-2010) with Dr. Phillip Sloane, UNC Chapel Hill, Alzheimer's Association and Brookdale Foundation.

**Provost's Research Grant:** Cognitive Recreational Therapy (Cog-RT) for Delirium Symptoms Cognitively based recreation therapy for delirium is clinically feasible and shows promise for reducing delirium severity and duration, functional loss, and costs of care. Ongoing project with Whitestone Retirement Community and Annie Penn Hospital.

NINR-NIH Project Co-PI with Ann Kolanowski, Penn State University, Recreational therapy in the nursing home: a prescription for quality care. (Four years of funding 2005-2009 ) Interdisciplinary project to improve long term care. (1.4 million) [Co-PI]

Health Promotions for the Mind, Body, Spirit: a college course for persons with mild dementia, (2003-2006) Retirement Research Foundation, \$98,000 [PI]

HRSA Grant to Infuse Gerontology/Geriatrics into Recreational Therapy, Occupational Therapy and Physical Therapy at the Master's Level (co-PI with Linda Martin, Ph.D., OTR) 2003-2005 \$250,000 [CoPI]

Relaxation in Dementia Project (2004-2006) to study at home techniques to reduce anxiety, \$25,000 from a private donor through the FGCU Foundation.[PI]

Florida Alzheimer's Disease Initiative (\$180,000, \$100,000 & \$180,000 continuation funding) 2003-2006 Innovative Programs for persons with dementia in SW FL. [PI]

Delta Society and Robert Wood Johnson subcontract to evaluate a new AAT Tool (\$35,000) 2003-2006. [PI]

“SW Florida Caregiver Resource Guide” (\$50,000) Contract with Sr. Solutions (October, 2002-04) [PI]

“Therapeutic Recreation Interventions for Needs Driven Dementia Compromised Behaviors of dementia” (2000-2003). National Alzheimer's Association for \$180,000. [PI]

“At-Home Recreation Therapy Interventions for Needs Driven Behaviors of Dementia” (2001-2002). Retirement Research Foundation for \$27,000. [PI]

“Simple Pleasures Intergenerational Project with Dr. Piper Center”, SW Florida Foundation, \$25,000 (2001) [PI]

“AD-venture: wheelchair biking for the treatment of depression in nursing home residents with dementia” (2000-2001). New York State Dementia Research Grant funded for \$191,076 for research and educational video. [PI]

“In-Home Dementia Course: Preparing Future Healthcare Providers”(1999-2001) with University of Iowa and Dr. Judith Voelkl. Funded by Retirement Research Foundation for \$74,000. [PI]

“Therapeutic Recreation Protocols to Prevent Falls in Long Term Care: costs benefit analysis”, (1999-2001) funded by the American Therapeutic Recreation Foundation, \$3,000. [PI]

Helen Thomas Howland Foundation Grant (\$5,000) April 1999 –“Pet Partners Training Program”, Program Director for Delta Society Program held at Binghamton University, April 8-9, 1999. [PI]

NYS Department of Health Dementia Research Grant October 1995 - December 1997 (\$240,000) “Simple Pleasures: multilevel sensorimotor intervention for nursing home residents with dementia” - Linking community youth organizations, with families, and professional caregivers to provide specially designed recreation equipment to nursing home residents . [PI]

NYS Rural Health Grant (\$50,000) July - September 1998 “Simple Pleasures Rural Partnership” Principal Investigator and Project Director with the Family and Children's Society of Binghamton. Project utilized respite volunteers to initiate therapeutic activities in the home of rural families. Person with Alzheimer's became a community volunteer by building projects for others. [PI]

Decker Foundation Grant (1996) \$5,000,” Biofeedback pilot study to measure efficacy of interventions for late-stage dementia patients in the nursing home”. Principle Investigator to examine the physiological responses to Simple Pleasures interventions. [PI]

National Alzheimer's Association Pilot Research Grant (1995) - \$30,000  
“Therapeutic Recreation as an Intervention for Agitation: A 30 Week Efficacy Study”  
Examined the effect of intensive therapeutic recreation interventions integrated with nursing programs on the behaviors and functioning of later stage individuals with dementia. [PI]

Atlantic Philanthropic Association (1994)- \$30,000 Alzheimer's Training Grant 1994  
“Therapeutic Recreation in the Nursing Home: Training for the Special Care Unit” [PI]

Penn State University Doctoral Traineeship (1993-94) - \$10,000 per year.

## AWARDS

**ATRA Presidential Award 2010**

**Reisberg International Dementia Research and Clinical Practice Award (May 2010)**

**Edna Stillwell Gerontological Nursing Writing Award 2009 (GSA 2009)**

**Presidential Award (2009) American Therapeutic Recreation Association**

**North Carolina Recreation Therapy Association Outstanding Professional 2009.**

**Fellow Association of Gerontology in Higher Education (November 2007)**

**Fellow Gerontological Society of America** (November 2003-present) Social Policy, Research and Practice Section.

**Florida Gulf Coast University Sr. Faculty Scholar Award** (April 2003) for research and scholarship to better the lives of older adults.

**Florida Best of Practice Award** for Gulf Coast Pet Partners Program (9/2002).

**Florida Best of Practice Award** for “Health Promotion for the Mind, Body, & Spirit” college course for newly diagnosed individuals with dementia.

**Interdisciplinary Programming Award with Dr. Piper Center for the Simple Pleasures Project**, December 2001 – Florida Elder Affairs through Sr. Solutions of SW Florida.

**ATRA Academic Achievement Award** for outstanding scholarly achievement on behalf of the profession. Presented in Portland, Oregon, 1999.

**ATRA Presidential Citation** from the American Therapeutic Recreation Association for research and advancement of the profession in the area of gerontology. Presented in Boston, MA 1998

### **American Therapeutic Recreation Association Institutional Citation 1996**

Decker School of Nursing National Winner - presented at San Francisco, for innovative collaborative treatment of individuals with Alzheimer's disease.

Outdoor Adventures for the Frail Elderly, Camping Magazine, May 1994, **Golden Quill Award** 1994- Co-authored with Dr. Judy Kennison, Ithaca College.

**Lehman Research Award** 1990 for therapeutic recreation research utilizing a developmental approach and adapted equipment with frail older adults.

**New York State Therapeutic Recreation Research Award** 1988-89 for outstanding published research in the area of geriatrics.

### **INSTITUTIONAL INVOLVEMENT**

**Teaching** (2007-Present) RPM 418 Research Methods, RPM 332 Program design and evaluation in therapeutic recreation, RPM 338 Assessment and documentation in therapeutic recreation, and RPM 612 Research Applications. New course development: RPM 338 Assessment and Documentation for Therapeutic Recreation, RPM 535 Animal Assisted Therapy, RPM 438 Study Abroad in the Teaching Nursing Home in Norway, RPM 630 Geriatric Therapy: roles and responsibilities, RPM 631 Geriatric Assessment for Therapists, RPM 632 Evidence based Geriatric Interventions for Therapists.

**Previous Teaching** Aging and Wellness, Introduction to Gerontology, Older Adult Programs and Services, Assessment of Older Adults, Science of Aging, Older Adult Learners, Psychosocial Aspects of Aging.

**Committees** (2007-Present) UNCG Gerontology Advisory Board, UNCG Gerontology Research Organization Co-Chair, HHP Personnel and Grievance Committee, HHP Center for Aging Committee, HHP Research Advisory Committee, RTH Marketing Committee, RTH Peer Review Committee, RTH Annual Report Committee, RTH Graduate Admissions Committee

**Advisement** (2007-Present) Advisor for 15 HTM and 30 RPM undergraduate students; Advisor for 8 graduate students.

### **CURRENT EDITORIAL BOARDS**

American Journal of Recreational Therapy 2003- Present (Editor-in-chief)

American Journal of Alzheimer's Disease 1999-Present

Journal of Non-pharmacological therapies in dementia (2009-present)

Therapeutic Recreation Journal 1998-2008

Activities Directors Quarterly 2000-2003 (Editor-in-chief)

Journal of Gerontological Nursing Research 2007-2009

### **COMMUNITY SERVICE**

National Memory Screening Day with UNCG Students and Guilford County Office for Aging

Wheelchair Biking Project with UNCG Students and Brookdale Communities in NC

Animal Assisted Therapy Instructor for Moses Cone Hospitals, Local Nursing Homes and the

READ program in the schools using Senior AAT volunteers.

Early Stage AD Day Service Program with UNCG Students (Brookdale Foundation funding)  
Instructor & Team Evaluator & Regional Board Member for North Carolina Pet Partners.  
Director Memory Walk for Alzheimer's Association Port Charlotte FL  
Elder Ready Community Team Charlotte County FL  
Accessible Bike Paths Committee Charlotte County FL  
Alzheimer's Association Board Member Gulf Coast Chapter (2001-2004)  
Dr. Piper Center Board Member and Board Secretary (2001-2004)  
Senior Friendship Centers Board of Governors (2003-Present)  
RSVP Board of Directors (2004-2006)

#### Past

Advisory Board member Willow Point Nursing Home (1997-2000)  
Director and Initiator of the Southern Tier Memory Walk (1996, 1997, 1998)  
Pet Partners Program Director for the Binghamton, NY Community 1996 & 1999  
Alzheimer's Community Education Programs (1993-2000) provided training for over 4,000 caregivers of people with dementia in Broome, Chenango, and Tioga Counties through Decker School of Nursing, Binghamton University Alzheimer's Education Center.

#### PROFESSIONAL SERVICE

NC RTA Research Committee Chair  
ATRA National Geriatric Treatment Network Chair  
Alzheimer's Association Grant Review Team  
Fellow and reviewer Association for Gerontology in Higher Education  
Fellow and reviewer Gerontological Society of America  
Founder and ongoing organizer: Dementia Day Camp Research Group.  
National Task Force Early Stage Alzheimer's (Alzheimer's Association 2005-2009)  
Faculty Senate Graduate Affairs Team (GAT)  
National Board Member At-Large American Therapeutic Recreation Association (2001-2006)  
Board Member SW Florida Alzheimer's Association (2000-2007)  
ATRA Research Subcommittee to develop national research agenda (2004-2005)  
American Therapeutic Recreation Association National Coordinator for All (9) Treatment Networks (1999-2001). National Executive Committee of ATRA 2002-03.

#### PROFESSIONAL MEMBERSHIPS

North Carolina Recreational Therapy Association  
American Therapeutic Recreation Association – National Board of Directors (2002-2004) and member since 1994.  
Gerontological Society of America (GSA) – Member since 1999 and 2003 Fellowship Status  
Association of Gerontology in Higher Education (AGHE) 2006 Fellow Status  
American Medical Directors Association    Delta Society of America (Pet Partners)-Affiliate  
NC Pet Partners Regional Instructor, Team Evaluator, and Regional Director since 1998

REFERENCES (additional contact information will be provided upon request)

- 1) Dr. Sevil Sonmez, Department Head Recreation Therapy, Tourism, and Hospitality Management, School of Health and Human Performance, University of North Carolina at Greensboro. Email: [sesonmez@uncg.edu](mailto:sesonmez@uncg.edu)
- 2) Dr. Janice Wassel, Director of Gerontology, University of North Carolina at Greensboro. Email: [jiwassel@uncg.edu](mailto:jiwassel@uncg.edu)
- 3) Dr. Kathleen Buckwalter, University of Iowa, Director of the Hartford Center on Gerontological Nursing. Email: [kathleen-buckwalter@uiowa.edu](mailto:kathleen-buckwalter@uiowa.edu)
- 4) Dr. Jiska Cohen-Mansfield, Research Institute on Aging at the Hebrew Home of Greater Washington Email: [hcsjcm@gwumc.edu](mailto:hcsjcm@gwumc.edu)
- 5) Suzanne Fitzsimmons, MS, GNP Research collaborator and CEO of Sunset Hills Aging and Wellness, Inc. Email: [suzfitz@usa.net](mailto:suzfitz@usa.net)
- 6) Angie Sardina, MS former Undergraduate Student at FGCU and Graduate Student at UNCG, Email: [ASardina@cchpf.net](mailto:ASardina@cchpf.net)
- 7) Dr. Joan Glacken, Department Chair Health Sciences, Florida Gulf Coast University, Email: [jglacken@fgcu.edu](mailto:jglacken@fgcu.edu)

Others upon request