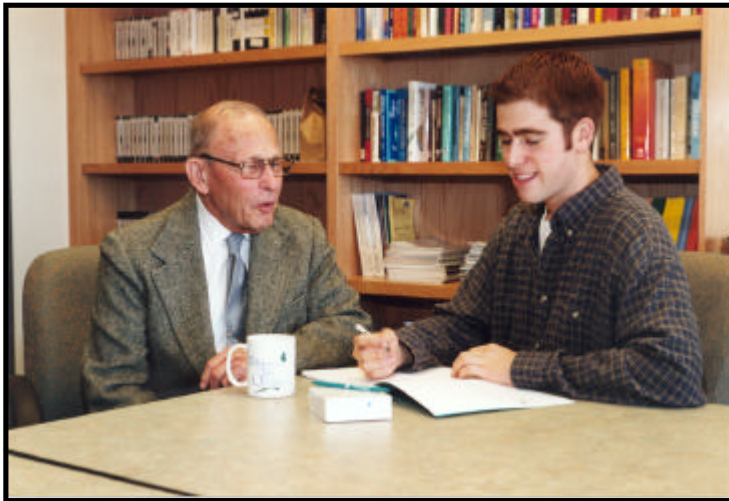


Pathways to Life Quality

A Long-Term Study of
Residential Change and
Adjustment in the
Later Years

GREETINGS from the Pathways to Life Quality study!

March 2000



1999-2000 INTERVIEWS

NOW IN PROGRESS

**Jacob Fassman, Ithaca College
Junior History major practices
interviewing with a volunteer.**



**Cornell interviewers Annie
Roth, Azais Elguea, Jaime
Dreyfus, Elizabeth Mirabelli,
and Lauren Nicholas review the
survey.**

This is our very first Pathways to Life Quality Newsletter, keeping you informed about the people and activities at the Pathways study both at Ithaca College and at Cornell University. Your time spent with our interviewers is key to making our study a success. How? Read on...

PATHWAYS IN ALBANY

The Pathways study was highly visible in Albany in October at the **New York State Society on Aging** (SSA) annual meeting. We met other students and professionals from around the state in the formal and informal opportunities provided by SSA.

"This study will undoubtedly serve as an important reference tool for policymakers and many others concerned with senior citizen issues in Tompkins County."

- Maurice Hinchey, U.S. Congress

A Collaborative Research Project Conducted by
John A. Krout • Gerontology Institute • Ithaca College
Phyllis Moen • Bronfenbrenner Life Course Center • Cornell University



Elyse Kantrowitz, a senior majoring in Human Development at Cornell, won the SSA Undergraduate Award for her paper, "There's No Place Like Home: Satisfaction with Residence, Socialization and Identity with Home in Senior Residences." Elyse used Pathways data to look at senior housing residents' satisfaction with various features of their homes.

Other students who presented posters at the SSA meeting :

❖ **Mark Reardon**. "A Comparison of Selected Health Factors with Exercise Level Among Elderly Community Residents"

❖ **Catherine Ayers**. "The Effects of Social Support on Life Satisfaction in Older Adults"

❖ **Lauren Constantino**, Fall 1999 Pathways interviewer, will be spending the Spring 2000 semester in Albany. Good luck, Lauren!

PATHWAYS IN SAN FRANCISCO

John Krout and **Phyllis Moen** organized a Pathways symposium for the annual meeting of the **Gerontological Society of America (GSA)** in San Francisco in November. A student from last year who used Pathways data for his final paper- **Yonathan Fuchs**- is now working in San Francisco as a Montessori teacher and stopped by to say "hello".



At GSA, 8 papers and 1 poster were presented by 11 Pathways faculty, staff and students.

"Taking charge of one's last major residential move...offers availability and accessibility to important ways to remain connected as one ages."

-Moen and Erickson

PATHWAYS IN CHICAGO

In August, **Mary Ann Erickson** and **Phyllis Moen** presented at the Annual Meeting of the **American Sociological Association (ASA)** on "Moving Plans and Expectations in Later Life: Differences Between Community and Senior Housing Residents."

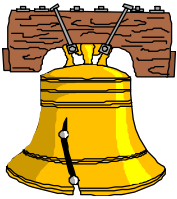
Sarah Wolle attended the **American Association of Homes and Services for the Aging (AAHSA)** 38th Annual Meeting & Exposition in October. AAHSA is the professional organization for people who manage housing for older adults.

PATHWAYS IN BOSTON

At the *American Psychological Association's* (APA) annual meeting in Boston in August two Pathways posters were presented:

- ❖ Activity Participation and Well-Being in Older Women: **Jaime Dreyfus** (student), **Mary Ann Erickson** and **Carol Whitlow**
- ❖ Room to Work: Person-Environment Transaction Needs for the Elderly: **Carol Knight**, **Heidi Holmes** and **Megan Benoit** (student) (see Titus project below).

*"...older individuals appear to be healthier when they have meaningful life work. However, an appropriate environment or the ability to manipulate the environment to fit the task is necessary in order to continue with a meaningful life task."
-Knight, Holmes and Benoit*



PATHWAYS IN PHILADELPHIA

In October, the Advisory Committee for the Pathways study met at Pennswood Village, a Continuing Care Retirement Community. The committee and Pathways staff reviewed the accomplishments of the study so far and planned for future avenues of inquiry. Our timing was just right to see entries in their scarecrow contest and vote for our favorite one.

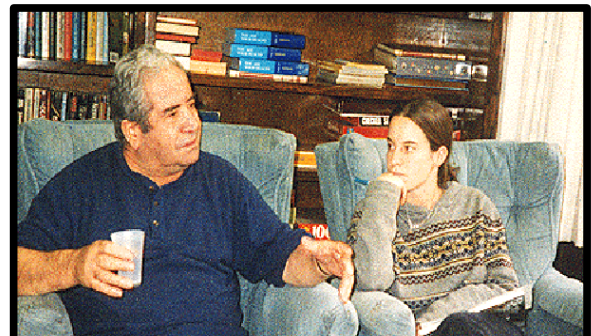
PATHWAYS IN ITHACA

Project Directors **Mary Ann Erickson** and **Heidi Holmes** presented an overview of the Pathways study to the *Tompkins County Office of the Aging Service Providers* meeting in September. The meeting was held at Longview.

Phyllis Moen attended a colloquium in September co-sponsored by *AARP* and *UNESCO* entitled "Learning Never Ends: Education in the 50+ Years." When she returned, she talked with the *Office for the Aging Service Providers Group* in October about the value of lifelong learning and Pathways respondents' interests and activities.

TITUS TOWERS MAKES ROOM TO WORK

In November, Professor **Carol Knight** took her class of Occupational Therapy students to Titus Towers. They gave a presentation about creating space for personal projects and activities. Some residents may be frustrated by having to put away tools or activities such as sewing machines, jigsaw puzzles, quilting squares or other projects. With a standing model of a typical Titus apartment, residents moved miniature furniture around to consider different ways to use space. They were able to share their own ideas with one another. The most innovative idea was to move all the furniture into one room and leave the other room as an activity room where things can stay out to be worked on without disruption. The students returned in December to help individual Titus residents carry out their plans.



PATHWAYS INTERVIEWER “ALUMNI”



Francesca Balada is pursuing a degree in gerontological Social Work at the University of California at Berkeley. She joined us to present at GSA in San Francisco in November.



Megan Benoit is a student at Emory University in Atlanta, Georgia and plans to work for the Centers for Disease Control and Prevention. Her Pathways experience increased her interest in the field of older women’s health.



Blair Barton-Percival is a graduate student in Social Work at the University of Michigan. His field placement is at the Older Adult Services, which is a part of the Catholic Social Services.

Interested in learning more about the study? We will be glad to send you one or more of our Working Papers. These are available from our Pathways to Life Quality offices at:

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