

Adult Development and Aging News

July 2024 issue

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PRESIDENT'S COLUMN

The Power of Mentorship in Gerontology

Grace I. L. Caskie, PhD

As I near the end of my term as the president of Division 20, I realize how important mentorship was in shaping my own career and how powerful of an impact mentorship can have. We can recognize the gift of time and investment when others take the time to mentor us or when we take the time to mentor others. I've been fortunate to have many mentors along my professional journey, including but not limited to Dr. G. Alfred Forsyth, Dr. Abigail Panter, Dr. Sherry Willis, and Dr. K. Warner Schaie. Without each of these individuals' influence on my career and life, I know I would not be serving as your division President today, and I am grateful for their mentorship. I work every day to re-invest the time and opportunities given to me by these mentors by now mentoring my own students and junior colleagues.

In particular, without Warner Schaie and Sherry Willis offering me my first post-doctoral job (which I started just 10 days after I defended my dissertation in quantitative psychology!) and beginning my work on the Seattle Longitudinal Study and ACTIVE, I never would have entered the field of gerontology. One of my presidential initiatives was to increase mentorship opportunities that Division 20 offered, and although I hadn't intended to make fundraising the primary focus of my presidential term, I'm proud to let you know that Division 20 has nearly completed our fundraising for the fund renamed in Warner's honor and impact on the field --- the K. Warner Schaie Memorial Fund for Adult Development and Aging (<https://apf.apa.org/donate/donate-online/>). Once it is fully funded, Division 20 will be able to support more students, post-doctoral scholars, and other emerging professionals in the fields of adult development in aging. We aim to support additional conference travel and provide funding for research. I encourage you to honor your own mentors by considering a donation to this fund, which would help us get over the finish line. I'm also happy to have the opportunity to honor Warner's legacy with a symposium I will be chairing at the APA convention on Friday, August 9, from 3-3:50 pm at which several of his past mentees will speak about his influence on their own careers in gerontology.

Division 20 will also offer multiple opportunities for mentorship at the APA convention this August. In collaboration with Division 12-2, we are hosting a brunch that the Early Career Task Force has planned for both those who would like to receive mentoring in adult development and

aging and those who would like to provide this mentoring. The event is scheduled for Friday, August 9, 2024 from 10:15 am to 11:30 am at The Spruce Cafe, 724 Pine St., Seattle, WA 98101 (just a couple of blocks from the Convention Center). Please RSVP as a mentee or as a mentor using this survey [link](#) as space is limited. In addition, on Saturday, August 10, our post-doctoral representatives Anastasia Canell and Shelbie Turner have planned a critical conversation to talk about opportunities for those considering a career in geropsychology. Please plan to attend if you can! I know that some Division 20 members might not attend the APA convention this year with the annual meeting of the Gerontological Society of America also being held in Seattle this upcoming November, so our social media team will keep you posted on all the Division 20 happenings so that you can feel connected even if you are not able to be there physically.

Division 20 also continued this year to support mentorship activities via its Mentor Match program. If you've never participated in the Mentor Match program, I strongly encourage you to do so! The time commitment is minimal with only one required meeting, although mentor-mentee pairs may meet more often than that, if they choose. I've greatly enjoyed meeting my mentees via Zoom and then getting to see them at APA and GSA afterwards.

In conclusion, I want to give my thanks to all who served Division 20 this year and who championed aging in so many ways. I'm particularly grateful to past-president Rowena Gomez for her continued involvement in the Division's mentoring program and for her mentorship of me during my presidential term. I also want to acknowledge our program chairs, Tammy English and Gloria Luong, for their hard work in putting together an excellent program for convention, and our Council representatives, Bill Haley and Maggie Syme, for making sure the voice of aging is heard at APA. I look forward to seeing you in Seattle this August!

TEACHING TIPS

The Division 20 Education Committee would like to solicit future contributors to our division's teaching tip column for the upcoming 2024-2025 year. If you would like to propose a potential topic or volunteer to contribute a tip, please contact the Education Committee Co-Chairs:

Alissa Dark-Freudeman: freudemana@uncw.edu

Gloria Luong: Gloria.Luong@colostate.edu

We look forward to hearing from you!

STUDENT NEWS

See you in Seattle! Tips for Navigating APA 2024

Shelbie Turner, PhD

Hi, Division 20 students!

Given APA's 2024 Convention is quickly approaching, I thought it may be beneficial to use this space as an opportunity to share some tips on navigating APA (and conferences in general!), for those of you joining us in Seattle in early August. Whether you are attending APA for the first time or are a seasoned conference goer, I hope these tips come in handy.

- (1) **Plan it out!** Don't wait until you get to Seattle to start planning the sessions you will attend. Scan through the convention's [online program](#) to identify the sessions you'd like to prioritize each day. The online program also lets you search for speakers. So, if there is someone you'd like to hear from or colleague you'd like to support, you'll know where to find them.
- (2) **Don't forget your business cards!** When I started going to conferences in-person again after the COVID-19 shut down, I mistakenly thought business cards had become a thing of the past. To my surprise, folks started asking me for my card. Turns out, people still want to know how to keep in contact with you. If you have some business cards, bring them. If you have time to order some, order them. If you are out of time, consider using one of those new virtual business cards...or even just write your name and email on a few index cards so that if someone asks for your information, you'll be ready.
- (3) **Bring snacks!** So many of my friends laugh at me for always packing snacks...until they themselves need a snack and know who to come to. You'll figure out what works best for you over time, but I rely on pre-packaged snacks like breakfast bars and trail mix. These are particularly helpful on days I am presenting and am too nervous to eat a full meal but need something to keep me going!
- (4) **Get some rest!** Personally, I've found that I enjoy conferences more if, in the late afternoon before dinner, I go back to my hotel room rather than powering through to go to another session. Remember that it is not about going full speed the entire time. Take some moments to step away from it all. Also, remember to reserve time to explore Seattle. As someone who used to live in the Pacific Northwest, here are some of my recommendations for Seattle: pick up some Rainier cherries, Beecher cheese, or Daily Dozen donuts at Pike Place Market; head to the top of the Space Needle; while you are at the Market, walk down to the Gum Wall; take the ferry to Bainbridge Island; watch the Mariners play (they have home games versus the Detroit Tigers and New York Mets while APA is happening).

- (5) And, finally, **join us at the Division 20 early career “Critical Conversation” titled *Career Development Strategies for Emerging Geropsychologists (and Those Considering Geropsychology)*!** On Saturday, August 10th from 9 to 9:50am, we’ll be discussing topics relevant to students and other early career folks such as diverse employment opportunities in geropsychology, benefits of pursuing training in geropsychology across focus areas (e.g., health psychology, neuropsychology), mentorship programs (e.g., Division 20’s Mentor Match Program), as well as funding mechanisms to support early career scholars’ transition into aging research.

We cannot wait to see you and look forward to learning alongside you!

STUDENT NEWS

Bien-Conectados: Bridging Mental Health Service Gaps among Spanish-Speaking Older Adults

Ayushi Agrawal, MS, and Lizeth Sotelo, MS

Amongst the Latine community, there is a pervasive stigma against the recognition and management of mental health issues (Jimenez et al., 2022). This stigma will often discourage individuals from acknowledging or seeking treatment, which contributes to increased rates of social isolation and overall quality of life. Latines and Spanish-speaking older adults are also less likely to access mental health services despite having a larger occurrence of depressive and anxiety disorders (Jimenez et al., 2022).

We, Ayushi Agrawal (she/her) and Lizeth Sotelo (she/her), are doctoral students in Clinical Psychology PhD Program at Palo Alto University (PAU). We want to share our experience with Division 20 about how we used our clinical training to promote mental health awareness to and improve access for Spanish-speaking older adults. Our training includes learning to do psychotherapy at PAU's La Clínica Latina, a specialty community mental health clinic that serves local Latine-identifying and Spanish-speaking community in the San Francisco Bay Area. In Dr. Rowena Gomez's Aging, Neuropsychology, and Depression Research Lab, we also conducted research on wellbeing and cognition in Latine older adults.

Utilizing our clinical coursework and clinical and research training, we presented mental health psychoeducation talks to Spanish-speaking older adults across the United States through a program called Well-Connected Español (WCE). As part of the non-profit organization Front Porch, WCE is a phone and online program tailored towards Spanish-speaking older adults to provide education, support, and resources to empower their community to prioritize their mental health and seek aid when needed from the comfort of their own home. This community is comprised of older adults, organizers, presenters, and volunteers who are committed to fostering meaningful connections, promoting well-being, and improving the quality of life for older adults.

In Fall 2023, Ayushi presented on "Maintaining our Mental Health after the Pandemic." Liz presented this past Winter 2024 on the "Importance of Maintaining Healthy Sleeping Patterns." We are set to co-present this Summer 2024, on the "Benefits of Enriching your Social Life!" Our involvement in WCE has proven to be very fulfilling. We were pleasantly surprised to be greeted by this community, which was so engaged in their pursuit of knowledge to better themselves physically and mentally. They were attentive, asked questions, cracked jokes, and, overall, were a delight! The presentation provided a glimpse of a flourishing on-line Latine older adult community that is thriving and working towards healthy aging by having conversations that center on them and their needs. This experience reinforced our belief in the importance of organizations like WCE in bridging gaps, providing education, and fostering a supportive environment for the overall well-being of older adults, especially those who are not native English speakers. It is empowering to be

part of systemic change and see a Latine older adult community that is actively embracing and benefiting from resources specifically for them. By actively seeking ways to give back to the community, we are creating bridges and improving access to mental health resources to create a healthier and more empowered space for Latine older adults.

If you would like more information about WCE, please see their website at <https://frontporch.net/well-connected-espanol/> .

References

Jimenez, D. E., Park, M., Rosen, D., Joo, J. hui, Garza, D. M., Weinstein, E. R., Conner, K., Silva, C., & Okereke, O. (2022). Centering culture in mental health: Differences in diagnosis, treatment, and access to care among older people of color. *The American Journal of Geriatric Psychiatry*, 30(11), 1234–1251. <https://doi.org/10.1016/j.jagp.2022.07.001>

APA DIVISION 20 PROGRAM COMMITTEE REPORT

Tammy English, PhD, and Gloria Luong, PhD

Mark your calendars for the [APA Convention in Seattle, WA from August 7-10, 2024](#)! We are pleased to present a rich and exciting convention program consisting of:

- Symposia 2.0 (4 sessions)
- Skill Building sessions (1 session)
- Critical Conversations (4 sessions)
- Poster Sessions (2 sessions, 49 posters)

Division 20 Daily Convention Programming

Thursday, August 8

- **11:00-11:50 a.m.: Psychosocial Barriers and Needed Resources in Aging with HIV**
- **1:00-1:50 p.m.: Developing Technology for Older Adults with and without Cognitive Impairments**
- **3:00-3:50 p.m.: Age-Related Challenges and Daily Emotional Well-Being**
- **4:00-4:50 p.m.: Ethnic and Racial Diversity in Family Caregiving Experiences**

Friday, August 9

- **8:00-9:50 a.m.: Division 20 Executive Committee Meeting**
- **10:15-11:30 a.m.: Munching with Mentors.** In an effort to support the needs of our members and address the pipeline problem, the mentorship committees of Divisions 20 and 12.2 (Society for Clinical Geropsychology) have collaborated on a social/informational event at APA 2024. We cordially invite members and especially interested graduate students, postdocs, early career psychologists to attend our “Munching with Mentors” event. This event will have a panel discussion and meet-and-greet that is intended to provide insight into the mentor/mentee relationship and foster connections among Psychology professionals working with older adults in clinical, academic, and research settings. Brunch will be provided and is graciously sponsored by Division 20. Our event is scheduled on Friday, August 9 from 10:15am to 11:30am. It will be at The Spruce Cafe, 724 Pine St., Seattle, WA 98101. It is a couple of blocks away from the Convention Center and within walking distance. Please RSVP as a mentee or as a mentor using this survey [link](#), as space is limited. Priority will be given to members and student members of D20 and D12.2.
- **12:00-12:30 p.m.: Division 20 Poster Session I**

- **1:00-1:50 p.m.: Invited Address: The Baltes Distinguished Research Achievement Award Lecture by Dr. Patricia Reuter-Lorenz.** The 2024 award winner will be announced at this session.
- **4:00-4:50 p.m.: Division 20 Business Meeting/Presidential Address/Awards Presentation**
- **5:00-6:50pm: Social hour** co-sponsored by D20, CONA, Division 12.2, & COGDOP. Join us immediately following the Business meeting for complimentary appetizers & cash bar!

Saturday, August 10

- 9:00-9:50 a.m.: Career Development Strategies for Emerging Geropsychologists (and Those Considering Geropsychology!)
- 1:00-1:50 p.m.: Daily Socioemotional Experiences Across Adulthood: Ties to Stress, Sleep, and Cognitive Functioning
- 2:00-2:50 p.m.: Division 20 Poster Session II
- 3:00-3:50 p.m.: Enhancing Equity, Diversity, and Inclusion in Geropsychology: Barriers and Facilitators

Register for the convention and book your lodging at <https://convention.apa.org/>. We look forward to seeing you in Seattle this summer!

APA DIVISION 20 COUNCIL OF REPRESENTATIVES REPORT

Bill Haley, PhD, and Maggie Syme, PhD

Hello from your APA Council Representatives!

It has been a busy year so far for the Council of Representatives. During our February meeting we reviewed and passed many new items, including an update to the APA Strategic Plan (<https://www.apa.org/about/apa/strategic-plan>) and a presentation and discussion about the role of AI in psychology and how APA is participating in the global AI discussion.

As you may have heard, we had a particular success in February as the Council voted 153-0 with 4 abstentions to adopt revised Guidelines for Psychological Practice with Older Adults. These guidelines focus greater attention on the strengths and needs of older adults, and aim to develop workforce competency in working with this population. This revision addresses the increased use of technology and telehealth for the first time. Congrats to Erin Emery-Tiburcio and Rick Zweig and their working group of experts for the amazing update to these guidelines.

One item that was brought up as a New Business Item was a resolution aimed at promoting secure firearm storage practices. The Council approved, by a vote of 157-6. This resolution underscores the critical role of psychologists and health care providers in preventing suicides by advocating for secure firearm storage and safety strategies. It calls on psychologists, health care professionals, policymakers and the public to support efforts to implement evidence-based strategies to prevent suicides and promote mental health and safety.

This August we will have our second of two annual Council of Representatives meetings during the 2024 APA Convention in Seattle, WA. We are looking forward to packed agenda and will report back!

Bill Haley
Maggie Syme

APA DIVISION 20 MEMBERSHIP REPORT

Abigail Nehrkorn-Bailey, PhD, and Alexander Erickson, PhD

As we approach spring, remember to renew your APA Division 20 membership. Full membership is \$25 and student memberships are \$15. Remember, if you are a student, your first year of Division 20 membership is free! To join or renew your membership, please view [our online form](#). You will be asked to fill in your contact information. If you don't know your APA membership number or do not have one, you can omit that information and still move onto the next page.

Don't have an APA membership? You can still join APA Division 20 without a general APA membership! Go to <https://www.apa.org/about/division>, click "Join a Division," and select Division 20. Log into or register your free APA account at [apa.org](https://www.apa.org) to be directed to the membership fee page for Division 20!

If you have questions, please contact us at baileya@uwgb.edu and aerickson@paloaltou.edu.

Let's welcome our newest members of Division 20, who joined our division between March 1st, 2024 – June 13th, 2024! Our newest student affiliate members for Division 20 are marked by an asterisk.

Nur Afifah Binti Abas*
Anne Abasolo
Payton Adams*
Karyn Babino*
Melissa Baker
Payton Banks*
Fernando Mangual Bauza*
Everett Bell*
Tammatha Dawkins Bishop*
Casey Boehm*
Anna Brashear*
Maxi Campiz*
Carl Angelo Casilag*
Savannah Shea Castro*
Melinda Cerritos*
Ya-Han Chang*
Lydia Clarke*
Alex Combs*
Nakiya Cortijo*
Italya Crenshaw*
Victoria Crump*
Barbara Dabrowski*
Toderick Devoe*
Jacinta Dickens

Faye Domokos*
Meghan Elliott*
Ramya Evani*
Robert Farthing*
Sérgio Fonseca
Teresa Francies*
Vivek Gajabe*
Aarthi Ganapathi*
Nicole Garcia
Luz M. Garcini
Heather Gilbert*
Lauren Golden
Elisa Gomez*
Yvette Guereca*
Megan Hargett*
Vanessa Harris*
Tamera Harris*
Jung Hong*
Yungching Hsu*
Angie Huang*
Meng Huo
Somya Jain*
Kelli Jarvis
Bo Jian*
Maria Johansson*
Valerie Jordan*
Leah Kahldon*
Syed Kamran*
Beyza Ceren Karahan*
Eugene Koh
Debarati Kole*
Dasha Kotalik*
Nicholas Kutz*
Gabrielle Lamanno*
Kanza Alami Marrouni*
Haley Martinez*
Mandi Maycumber*
Jacqueline Maye
Paige McDonald*
Aura Ankita Mishra
Paola Munoz*
Jennifer Nichols*
Chioma Ofodile*
Polina Orlova*
Jay Vijay Pandit*
Joy Peters*
Karli Poettcker*

Meredith Pollock*
Katherine Posada*
Abigail Powers
Emily Price*
Steffan Puwal*
Angelina Quagletti*
Laura Ramzy
Mamoona Raza*
Maria Reiter*
Priscilla Cuellar Rocha*
Louisa Rodriguez*
Laiza Rodriguez*
Haticenur Salman*
Arielle Self*
Virakti Shah*
Krisha Shah*
Penne Sims
Katie Singsank*
Abraham Sloves*
Afriyadi Sofyan*
Nishanth Srinivasan*
Rachel Strauch*
Beth Surbeck
Mariah Swasey*
Maria Taheny
LaDonna Thomas*
Erin Timperlake*
Irmak Tuna*
Alicia Van Duyn*
Noely Ramos Vega*
Kendall Weber*
Julie Weitlauf
Celina Whitmore*
Connie Williams
Amber Winters*
Heidi Wooley*
Ruijie Wu*
Jessica Yu*