

SECTION I*Updated 15 March 2024***A. PERSONAL DATA**

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|---------------------|--|
| Name & Credentials | Katarina Friberg-Felsted, PhD, MS, FAGHE |
| Rank and Title | Professor (Clinical) Gerontology Interdisciplinary Program College of Nursing Adjunct Professor, Department of Health & Kinesiology College of Health |
| Contact Information | 10 S 2000 E Salt Lake City UT 84112 |
| Office Phone | (801) 585-7438 |
| E-mail | katarina.felsted@nurs.utah.edu |

B. EDUCATION

| | | |
|-------------------------------------|---------------|---|
| 1. <u>Year</u> | <u>Degree</u> | <u>Institution (Area of Study / Specialization)</u> |
| 2018 | PhD | University of Utah, Salt Lake City, UT Nursing – Aging, Cancer, and End of Life |
| 2010 | MS | University of Utah, Salt Lake City, UT Gerontology – Wellness |
| 1991 | BA | Brigham Young University, Provo, UT English Literature & Composition |
| 2. <u>Licensure / Certification</u> | | |
| 2023 | | Human Research Curriculum Completion Collaborative Institutional Training Initiative (CITI) |
| 2021 | | American Heart Association CPR Live Skills Course University of Utah, Salt Lake City, UT 17 June 2021 |

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|------|--|
| 2016 | Higher Education Teaching Specialist (HETS) Center for Teaching and Learning Excellence University of Utah, Salt Lake City, UT |
| 2014 | Interprofessional Education Training Health Sciences Education Building |
| 2005 | Baptiste Power Method Yoga Certification 400 Hour Level Instructor |

C. EMPLOYMENT / PROFESSIONAL EXPERIENCE

| <u>Dates</u> | <u>Position and Institution</u> |
|--------------|--|
| 2023-present | Assistant Dean, Interim, Gerontology Interdisciplinary Program College of Nursing, University of Utah, Salt Lake City, UT |
| 2012-present | Faculty (Professor, Clinical), Gerontology Interdisciplinary Program College of Nursing, University of Utah, Salt Lake City, UT |
| 2018-present | Adjunct Professor, Health Promotion and Education Department of Health & Kinesiology College of Health, University of Utah, Salt Lake City, UT |
| 2013-2014 | Co-Director, Gerontology Interdisciplinary Program |
| 2012-2013 | Director, Gerontology Interdisciplinary Program |
| 2012 | Media Campaign Specialist, Arthritis and Diabetes Programs Utah Department of Health, Salt Lake City, UT |
| 2012 | Research Assistant, "Improving Pain Care Quality in U.S. Magnet Hospitals: Positive Deviance or Quality Improvement?" ANCC funded College of Nursing, University of Utah, Salt Lake City, UT |
| 2011 | Health Education Facilitator for Health Education and Active Living in Surviving Seniors (HEALS) Project NCI supported RCT pilot at Huntsman Cancer Institute, Salt Lake City, UT |
| 2010-2012 | Adjunct Instructor, Gerontology Interdisciplinary Program College of Nursing, University of Utah, Salt Lake City, UT |
| 2008-2010 | Teaching Assistant, Gerontology Interdisciplinary Program College of Nursing, University of Utah, Salt Lake City, UT |

| <u>Dates</u> | <u>Position and Institution</u> |
|--------------|--|
| 2008-2011 | Instructor, Yoga for Addiction Recovery Ascend Recovery Center Highland, UT |
| 2006-2012 | Instructor, Yoga for Seniors The Charleston, Center for Assisted Living Cedar Hills, UT |
| 2005-2013 | Owner, Essence Yoga Personal Trainer, Nutrition Coach, and Yoga, Pilates, and Meditation Instructor Private Clients in SLC, Cedar Hills, Highland, Pleasant Grove, and Provo, UT |
| 2003-2012 | Freelance Editor Variety of clients across the US |

D. HONORS, RECOGNITIONS & AWARDS

| <u>Year</u> | <u>Recognition</u> | <u>Received From</u> |
|-------------|--|---|
| 2023 | Fellow | Academy for Gerontology in Higher Education (AGHE) |
| 2022 | Distinguished Educator | National Hartford Center of Gerontological Nursing Excellence |
| 2022 | Fellow | Academy of Health Sciences Educators University of Utah |
| 2022 | Center for Families and Health Research Writers' Retreat Selectee | Center for Families and Health Research (C-FAHR) |
| 2021 | Paper Session Chair, Cultivating More Age-Friendly Campuses | Gerontological Society of America |
| 2021 | Full scholarship awardee, Leadership and Career Development Series Part II: Leading and Managing Teams & Organizations | University of Utah Office for Health Equity, Diversity, and Inclusion |

| <u>Year</u> | <u>Recognition</u> | <u>Received From</u> |
|-------------|--|---|
| 2019 | The '19 List of People Shaping the Nursing Profession Nursing Alumni-Scholar | University of Utah College of Nursing Alumni Association Jonas Healthcare/Veteran Scholars |
| 2019 | Rising Star Early Career Faculty Award | Gerontological Society of America's (GSA) Academy of Gerontology in Higher Education (AGHE) |
| 2018-2019 | Faculty Fellow, Utah Geriatric Education Consortium Geriatric Workforce Education Program | Utah Geriatric Education Consortium (UGEC) Geriatric Workforce Education Program (GWEP) Health Resources & Services Administration (HRSA) |
| 2018 | STTI Gamma Rho Chapter Theresa S. LaPlante Research Award | Gamma Rho Chapter Sigma Theta Tau International College of Nursing University of Utah |
| 2018 | Hartford Institute for Geriatric Nursing Interprofessional Summer Research Scholar | Hartford Institute for Geriatric Nursing NYU Rory Meyers College of Nursing |
| 2018 | Outstanding Dissertation | College of Nursing Convocation University of Utah |
| 2017 | Center for Families and Health Research (C-FAHR) Fellow | Center for Aging and Families Health Research University of Utah |
| 2017 | Outstanding PhD Student | College of Nursing Convocation University of Utah |
| 2016 | STTI Gamma Rho Chapter Graduate Student Research Award | Gamma Rho Chapter Sigma Theta Tau International College of Nursing University of Utah |
| 2015 | Best Abstract Award. I Can't Do as Much as I Used to: Older Adults' Perspectives on Frailty | 10 th Annual Nursing Research Conference, Doty Education Center, Intermountain Medical Center, Murray UT, October 23, 2015 |

| <u>Year</u> | <u>Recognition</u> | <u>Received From</u> |
|-------------|--|--|
| 2015 | Outstanding Poster Award. These are Supposed to be the Golden Years: Older Adults' Perspectives on Frailty | University of Utah, College of Nursing, Hartford Center of Geriatric Nursing Excellence, at the Center on Aging Research Retreat, Salt Lake City UT, April 2, 2015 |
| 2015 | Nominee, Beacons of Excellence, Transformational experiences in faculty teaching | University College Office of Undergraduate Studies and the Office of Student Affairs University of Utah |
| 2014-2017 | Noorda-Hartford Fellow The John A. Hartford Foundation | The Hartford Center for Geriatric Nursing Excellence College of Nursing, University of Utah |
| 2014-2016 | Jonas Nurse Leader Scholar | The Jonas Center for Nursing and Veterans Healthcare |
| 2014 | GSA Ambassador University of Utah | Gerontological Society of America Washington, DC |
| 2014 | Honor Society Inductee Gamma Rho Chapter | Sigma Theta Tau Honor Society Indianapolis, IN |
| 2013 | Marriner S. Eccles Graduate Fellow | College of Nursing University of Utah |
| 2010 | Honor Society Inductee Alpha Chi Chapter | Sigma Phi Omega Honor Society Washington, DC |
| 2009-2010 | Carter-Mendenhall Scholarship Recipient | Gerontology Interdisciplinary Program, College of Nursing, University of Utah |
| 2007-2009 | Scholarship Recipient | Gerontology Interdisciplinary Program, College of Nursing, University of Utah |

E. RESEARCH AND SCHOLARLY WORK

1. Extramural Grants/Contracts

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-----------------------|---|--------------------------------------|
| 2020 | \$2500 | Funded | Have you heard of HB 60? Promoting Lifelong Learning for Older Adults through Higher Education <i>2020 Gerontology Society of America's Academy for Gerontology in Higher Education/ AARP Seed Grants to Support Age-Inclusive Principles on Campus</i> | Principal Investigator |
| 2016 | \$5000 | Not funded | Comparing Mindfulness-Based Stress Reduction with the Health Enhancement Program in the Treatment of Urinary Urge Incontinence in Older Adult Women: A Pilot Feasibility and Randomized Controlled Trial <i>Fahs-Beck Fund for Research and Experimentation</i> | Principal Investigator |
| 2016 | \$8000 | Not funded | Mindfulness-based Stress Reduction as Treatment of Urinary Urge Incontinence in Older Adult Women <i>Mind & Life Institute</i> | Co-PI (Dr. Kathie Supiano, PI) |

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-----------------------|---|--|
| 2014 | \$20,000 | Funded | The Creation of Utah Nurse Leadership Registries: Making Connections through the Jonas Nurse Leader Scholar Program <i>Jonas Center for Nursing and Veterans Healthcare</i> | Principal Investigator |
| 2014 | \$670,500 | Not funded | Mindfulness Based Stress Reduction on Urgency Urinary Incontinence in Older Women: A Clinical Trial Planning Grant <i>R34, National Center for Complementary and Alternative Medicine, National Institutes of Health</i> | Senior/Key Person (Dr. Ingrid Nygaard, PI) |

2. Intramural Grants/Contracts

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-----------------------|--|-------------------------------|
| 2024 | \$1250 | Funded | Community Engaged Learning Assistance Stipend <i>Lowell Bennion Center for Community Engagement, University of Utah</i> | Faculty Lead |
| 2023 | \$1000 | Funded | Interdisciplinary Integrative Health Seminar Series Wellness Seed Grant <i>Osher Center for Integrative Health University of Utah</i> | (Co-I; Dr. Shawna Sisler, PI) |

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-----------------------|---|--|
| 2022 | \$29686 | Funded | Promoting Age Inclusivity to Enhance Educational Excellence within the University of Utah College of Nursing <i>Teaching Innovation Team, CONExEd</i> | (Co-PI; Dr. Jackie Eaton, Co-PI) |
| 2022 | \$6953 | Not funded | Global peer-assisted learning in healthcare: An innovative virtual community approach for connecting students in three countries <i>Global Learning Across the Disciplines GlobalU, University of Utah</i> | (Co-investigator; Dr. Youjeong Kang, PI) |
| 2022 | \$1250 | Funded | Community Engaged Learning Course Stipend <i>Lowell Bennion Center for Community Engagement, University of Utah</i> | Faculty Lead |
| 2021 | \$1250 | Funded | Community Engaged Learning Course Stipend <i>Lowell Bennion Center for Community Engagement, University of Utah</i> | Faculty Lead |
| 2020 | \$1250 | Funded | Community Engaged Learning Course Stipend <i>Lowell Bennion Center for Community Engagement, University of Utah</i> | Faculty Lead |

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-------------------------------|---|--|
| 2019 | 0.3 FTE | Not funded | Vice President's Clinical and Translational (VPCAT) Research Scholars Program <i>University of Utah Academic Affairs and Faculty Development</i> | Principal Investigator |
| 2019 | \$3000 | Funded (resubmission) | A Mindful Approach to Older Adults Receiving Rehabilitation Services in Long Term Care <i>College of Nursing Research Support Grant, University of Utah</i> | Principal Investigator |
| 2018 | \$500 | Funded | Utilizing Mindfulness Based Stress Reduction in the Treatment of Urge Urinary Incontinence in Older Adult Women: A Qualitative Six Month Follow Up <i>Gamma Rho Chapter of Sigma Theta Tau International</i> | Principal Investigator |
| 2018 | \$3000 | Not funded (resubmitted 2019) | A Mindful Approach to Older Adult Rehabilitation in Long Term Care <i>College of Nursing Research Support Grant</i> | Principal Investigator |
| 2018 | \$2992 | Not funded | The Influence of Revising an Online Gerontology Program on the Student Experience <i>Academy of Health Sciences Educators Small Grant</i> | Co-PI (Dr. Jackie Eaton, PI, Dr. Kara Dassel, Co-PI) |

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-----------------------|--|---|
| 2016 | \$500 | Funded | Comparing MBSR with the HEP in the Treatment of UII in Older Adult Women: A Pilot Feasibility and Randomized Controlled Trial <i>Gamma Rho Chapter of Sigma Theta Tau International</i> | Principal Investigator |
| 2016 | \$11690 | Not funded | Comparing Mindfulness-Based Stress Reduction with the Health Enhancement Program in the Treatment of Urinary Urge Incontinence in Older Adult Women: A Pilot Feasibility and Randomized Controlled Trial <i>University of Utah Vice President of Research</i> | Principal Investigator |
| 2016 | \$2500 | Funded | Treating Urinary Urge Incontinence in Older Adult Women Comparing Mindfulness-Based Stress Reduction and Health Enhancement Program <i>University of Utah Office of the Associate Vice President for Health Equity and Inclusion</i> | Principal Investigator |
| 2013 | \$6500 | Funded | Creating Intergenerational Ties: Addressing and Resolving Ageism through Education <i>University of Utah College of Nursing Faculty Innovation Grant IRB 00065938</i> | Principal Investigator (Dr. Troy Andersen, Co-PI) |

| <u>Dates</u> | <u>Amount</u> | <u>Funding Status</u> | <u>Title & Funding Agency</u> | <u>Role (PI, Co-PI)</u> |
|--------------|---------------|-----------------------|-----------------------------------|-------------------------|
|--------------|---------------|-----------------------|-----------------------------------|-------------------------|

3. Independent Research

| <u>Dates</u> | <u>Title</u> | <u>Role (PI, Co-PI)</u> |
|--------------|--|---|
| 2020-2022 | Experiences of College of Nursing Faculty and Staff during the COVID-19 Pandemic UU IRB 00140093 | Co-Investigator (Dr. Sara Simonsen, PI) |
| 2019 | The Planning of a Senior Center in Park City, Utah to Better Meet the Needs of the Community UU IRB 00121868 | PI, Faculty Advisor (Co-PI, Briana Sisofo, MS Student) |
| 2018 | Wellness Interventions UU IRB 00115940 | Principal Investigator |
| 2017-2020 | Student Experiences in Hospice UU IRB 00113560 | Principal Investigator |
| 2017 | The Influence of Revising an Online Gerontology Program on the Student Experience [to align with AGHE Competencies] UU IRB 00108418 | Co-Investigator (Dr. Jackie Eaton, PI) |
| 2014 | A Grounded Theory Exploration of the Concepts of Frailty and Ageism in a Sample of Older Adults UU IRB 00066856, Principles of Qualitative Inquiry and Analysis, umbrella exemption | Co-Investigator |
| 2014 | Pelvic Floor Disorders and Resilience UU IRB 00073809 | Co-PI (Dr. Ingrid Nygaard, Co-PI) |
| 2013 | Creative Educational Interdisciplinary Partnerships: Veterans Affairs Salt Lake City Health System and The University of Utah Gerontology Interdisciplinary Program UU IRB 00064842 | Principal Investigator |

F. PUBLICATIONS & EDITORIAL EXPERIENCE

(Note: Peer reviewed publications are identified with * and data-based publications with # at the beginning of the citation.)

1. Books (or Chapters in Books)

Friberg-Felsted, K., and D'Antonio, P. (2024, in press). Age-friendly health systems, in L. Edelman and V. Greer, *Age-friendly Ecosystems: Expanding Equity in Aging through Community Places and Practices*. Springer Briefs in Public Health. New York: Springer.

Felsted, K. F. (2021). Mindfulness, stress, and aging, in J. J. Heidelbaugh (Ed.), *Depression: A Multidisciplinary Approach: Clinics Collections*, pp. 315-326. Philadelphia, PA: Elsevier.

Wischenka, D.M., Marquez, C., **Felsted, K.F.** (April, 2016). Benefits of physical activity on cognitive functioning in older adults. In B. Resnick (Ed.), *Annual Review of Gerontology and Geriatrics, 36: Optimizing Physical Activity and Function Across All Settings*. New York: Springer.

Felsted, K. F., and Wright, S. D. (2014). *Toward post ageing: Technology in an ageing society*. New York: Springer. (5092 downloads as of 9-19)

2. Journal Publications

*Friberg-Felsted, K. F., and Caserta, M. (2023). Essentials to improve the effectiveness of healthy aging programming: Consideration of social determinants and utilization of a theoretical model. In Rooks, R., & Weil, J. (Eds). [special issue] Social determinants, behavioral and lifestyle choices, and health disparities of older adults. *International Journal on Environmental Research and Public Health, 20(15)*, 1-10. MDPI: Switzerland.

*Felsted, K. F., Supiano, K. P, Guo, J. (2022). Designing rigorous methods in integrative research: Comparing Mindfulness-Based Stress Reduction with the Health Enhancement Program in the treatment of urge urinary incontinence in older adult women. *British Journal of Healthcare and Medical Research, 9(2)*, 31-43.
<https://journals.scholarpublishing.org/index.php/JBEMi/article/view/11949>

*#Eaton, J, **Friberg Felsted, K**, and Dassel, K.B. (2021). The influence of revising an online gerontology program on the student experience. *Journal of the Academy of Health Science Educators*. University of Utah.

*Felsted, K. F. (2020). Mindfulness, Stress, and Aging. *Clinics in Geriatric Medicine 36(4)*, 685-696.
doi: <https://doi.org/10.1016/j.cger.2020.06.010>

- *#Perkins, R., Dassel, K., **Felsted, K.F.**, Towsley, G., Edelman, L. (2020). Yoga for Seniors: Understanding Their Beliefs and Barriers to Participation. *Educational Gerontology* 46(7), 382-392. <https://www.tandfonline.com/doi/abs/10.1080/03601277.2020.1765274>
- *Yeary, K., Alcaraz, K.I., Ashing, K. T., Chiu, C., Christy, S.M., **Felsted, K.F.**, Lu, Q., Lumpkins, C. Y., Masters, K. S., Newton Jr., R. L., Park, C.L., Salmoirago-Blotcher, E., Shen, M. J., Silfee, V.J., Yanez, B., Yi, J. (2020). Considering Religion and Spirituality in Precision Medicine. *Translational Behavioral Medicine* 10(1), 195-203. Oxford, UK: Oxford University Press. <https://academic.oup.com/tbm/article-abstract/10/1/195/5531088>
- *#Felsted, K. F., and Supiano, K. P. (2019). Mindfulness-Based Stress Reduction Versus a Health Enhancement Program in the Treatment of Urge Urinary Incontinence in Older Adult Women: A Randomized Controlled Feasibility Study. *Research in Gerontological Nursing* 12(6), 285-297. Thorofare, NJ: Healio. <https://www.healio.com/nursing/journals/rgn/2019-11-12-6/%7Bcb56ac35-ea15-446d-b514-f8a7a3f4d16a%7D/mindfulness-based-stress-reduction-versus-a-health-enhancement-program-in-the-treatment-of-urge-urinary-incontinence-in-older-adult-women-a-randomized-controlled-feasibility-study>
- *Felsted, K.F., and Supiano, K. P. (2019). Using mindfulness approaches to treat urinary urge incontinence in older adult women: A scoping review. *Integrative Journal of Nursing and Health*, 2(1), 42-50. <https://www.gratisoa.org/journals/index.php/IJNH/article/view/1453>
- *Menon, U., Ashing, K. Alcaraz, K., Chang, M. W., Christy, S. **Felsted, K.**, Gil Rivas, V., Gwede, C., Lu, Q. Meade, C., Sly, J., Wang, M., Yanez, B., Yeary, K., Yi, J. C. (2019). Application of the CONECT framework to precision health and health disparities. *Nursing Research* 68(2), 99-109. Riverwoods, IL: Wolters Kluwer.
- *#Priddy, S. E., Howard, M. O., Hanley, A. W., Riquino, M. R., **Friberg-Felsted, K.**, Garland, E. L. (November, 2018). Mindfulness meditation in the treatment of substance use disorders and preventing future relapse: Neurocognitive mechanisms and clinical implications. *Substance Abuse and Rehabilitation*. Manchester, UK: Dove Press.
- *Eaton, J., Dassel, K., **Felsted, K. F.** (2017). Navigating the future of gerontology education: Curriculum mapping to the AGHE competencies, *The Gerontology & Geriatrics Education*, 40(1), 132-38. UK: Taylor & Francis. doi 10.1080/02701960.2018.1500908

3. Papers, Monographs and Reports

- Eaton, J. Dassel, K. Friberg-Felsted, K. Elrod, L. & Coombs, J. M. (2024). Launching of a novel dual master's degree program: Meeting the current and future needs of an aging population. *AGHExchange Newsletter*, February, 47(1).

- Felsted, K. F., Eaton, J., Edelman, L. & Greer, V. (Fall 2022). Enhancing Age-Friendly Initiatives through the intersection of University, Community, and Health Systems at the University of Utah. *Advancing Age Inclusivity in Higher Education* newsletter.
- Felsted, K. F. & Eaton, J. (June 2022). Age-friendly University update (memorandum). Professors Emeriti Club.
- Felsted, K. F. (March 2022). President's message, *Sigma Phi Omega International*.
<https://sigmaphiomega.org/presidents-note/>
- #Felsted, K. F. & Eaton, J. (February 2022). University of Utah 2020 GSA/AGHE seed grant to support age-inclusive principles on campus final report.
- Felsted, K. F. (December 2021). President's message, *Sigma Phi Omega International*.
<https://sigmaphiomega.org/presidents-note/>
- Felsted, K. F. (September 2021). President's message, *Sigma Phi Omega International*.
<https://sigmaphiomega.org/presidents-note/>
- Felsted, K. F. (June/ July 2021). Summer SPO Check In: Wellness, wellbeing, and self-care. *AGHExchange, Academy for Gerontology in Higher Education, Volume 44* (5).
https://www.geron.org/images/gsa/aghexchange/AGHExchange_June_2021.pdf#page=5
- Felsted, K. F. (May 2021). A Sigma Phi Omega primer. *AGHExchange, Academy for Gerontology in Higher Education, Volume 44* (4).
https://www.geron.org/images/gsa/aghexchange/AGHExchange_May_2021.pdf
- Felsted, K. F. (April 2021). President's message, *Sigma Phi Omega International*.
<https://sigmaphiomega.org/presidents-note/>
- Felsted, K. F. (December 2020). President's message, *Sigma Phi Omega International*.
<https://sigmaphiomega.org/presidents-note/>
- #Muradas, A., **Felsted, K.F**, Supiano, K. P., Mai, T. (November 2020). A mindful approach to perceived stress for older adults receiving rehabilitation services in long-term care. *University of Utah Undergraduate Research Journal 20*. <https://d2vxd53ymoe6ju.cloudfront.net/wp-content/uploads/sites/19/20201120150037/muradas.pdf>
- Felsted, K. F. & Meyer, E. (March 2020). Six short mindfulness exercises for daily practice. Distributed to *Utah Geriatric Education Consortium* Partners during the period of COVID-19 isolation.
- Felsted, K. F. (March 2020). Board member musings, *Sigma Phi Omega International*.
<https://www.sigmaphiomega.org/chapter-news/board-member-musings/>
- Felsted, K. F. (April 2019). Board member musings. *Sigma Phi Omega International*.
<https://www.sigmaphiomega.org/chapter-news/board-member-musings/>

Felsted, K. F. (Fall 2018-2019). How do you know when complementary or integrative products or practices are safe to use? *Resources for Aging Well*. Denver, CO: Seniors Blue Book.

Felsted, K. F. & Orsega-Smith, E. (Summer 2019). Mindful aging: A Pathway toward improved health and quality of life. *Outlook, Newsletter of the Society of Behavioral Medicine*.
<https://www.sbm.org/publications/outlook/issues/summer-2019/mindful-aging-pathway-improved-health-quality-of-life/full-article>

#Felsted, K. F. (March 2018). *Comparing mindfulness-based stress reduction with the health enhancement program in the treatment of urge urinary incontinence in older adult women: A pilot feasibility and randomized controlled trial*. Ann Arbor, MI: ProQuest. (Doctoral dissertation)

Felsted, K. F. (Spring 2017). Dr. Winnifred Cutler: Getting the word out on wellness and freedom. *Outlook, Newsletter of the Society of Behavioral Medicine*.

Felsted, K. F. (Fall 2015). Complementary and integrative medicine in older adults. *Outlook, Newsletter of the Society of Behavioral Medicine*. Retrieved from <http://www.sbm.org/outlook/1015/index.php>.

Felsted, K. F. (2010). *An integrated wellness program designed for a senior living community*. (Unpublished master's thesis). Gerontology Interdisciplinary Program, University of Utah, Salt Lake City, UT.

4. Published Abstracts

This section omitted as duplicative, as published abstracts are noted as inter/national presentations and/or as full-length published articles.

5. Editorial Boards

| <u>Years</u> | <u>Journal</u> |
|--------------|--------------------------------------|
| 2024-present | Voices from the Faculty, Rubor |
| 2023-present | Gerontology and Geriatrics Education |

6. Manuscript & Abstract Reviews

| <u>Years</u> | <u>Journal</u> |
|--------------|---|
| 2024 | International Journal of Yoga Therapy (International Association of Yoga Therapists) manuscript reviewer |

| <u>Years</u> | <u>Journal</u> |
|---------------|---|
| 2023 | Journal of American College Health (Taylor & Francis) manuscript reviewer |
| 2023 | Springer Book review |
| 2022 | Journal of American College Health (Taylor & Francis) manuscript reviewer |
| 2022 | Frontiers in Psychology manuscript reviewer |
| 2022 | Public Library of Science (PLOS) manuscript reviewer |
| 2021 | Journal of Women's Health and Gynecology (JWHG) manuscript reviewer |
| 2021 | PLOS One manuscript reviewer |
| 2020 | Gerontological Society of America 2020 Annual Scientific Conference Interdisciplinary Aging Subcommittee Chair, abstract decisioning |
| 2020- 2021 | BMJ Open manuscript reviewer |
| 2020 | Journal of Applied Gerontology manuscript reviewer |
| 2019-present | Gerontology & Geriatrics Education manuscript reviewer |
| 2019 | Society of Behavioral Medicine annual conference abstract reviewer |
| 2019 | Canadian Journal on Aging/ La Revue Canadienne du Veillissement manuscript reviewer |
| 2019-present | Journal of Professional Nursing manuscript reviewer |

| <u>Years</u> | <u>Journal</u> |
|--------------|---|
| 2018 | Journal of the Society for Clinical Trials manuscript reviewer |
| 2018 | OBM Geriatrics manuscript reviewer |
| 2014 | Society of Behavioral Medicine annual conference abstract reviewer |
| 2013-2017 | Association of Gerontology in Higher Education annual conference peer reviewer |
| 2011-2015 | Gerontological Society of America annual conference abstract reviewer |

7. Study Sections & Funding Reviews

Not applicable

8. Electronic Media

University of Utah Communications. (October 2023) U receives prestigious Age-Friendly University designation. <https://attheu.utah.edu/facultystaff/university-of-utah-receives-prestigious-age-friendly-university-designation/#:~:text=The%20Age%2DFriendly%20University%20Global,for%20individuals%20of%20all%20ages.>

University of Utah College of Nursing Alumni Highlights 2010. (2023, for 75th Anniversary). <https://nursing.utah.edu/alumni/alumni-spotlights>

Felsted, K. F. (October 2022). National Hartford Center of Gerontological Nursing Excellence Distinguished Educator in Gerontological Nursing awards presentation <https://www.youtube.com/watch?v=eUFBTx0lnFg> (8:25-9:25 mark).

Felsted, K. F. (August 2021). House Bill 60: Continuing education for Utahns 62 and older. *College of Nursing Blog*. <https://nursing.utah.edu/blog/2021/08/hb60-fall2021>

Felsted, K. F. (August 2021). Older adults are inherently successful when returning to school. Guest Writers Blog, *Utah Commission on Aging*. <https://ucoa.utah.edu/blog/index.php>

Felsted, K. F. (May 2021). What is an age-friendly university? *College of Nursing Blog*.
<https://nursing.utah.edu/blog/2021/05/what-age-friendly-university>

Felsted, K. F. (April 2021). What is an age-friendly university? Guest Writers Blog, *Utah Commission on Aging*. <https://ucoa.utah.edu/blog/index.php>

Felsted, K. F. (n.d.) College of Nursing Alumni Spotlights <https://nursing.utah.edu/alumni/alumni-spotlights> (2010s).

G. PRESENTATIONS

1. Peer-Reviewed Presentations

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|--------------------|
| 2024 | Nontraditional-aged nursing students' experiences: Implications for education. Lawson, M., Perkins, R., Friberg-Felsted, K., Dassel, K., & Eaton, E. <i>57th Annual Communicating Nursing Research Conference</i> <i>Western Institute of Nursing</i> (accepted). April 17-20. | Salt Lake City, UT |
| 2024 | Steps to Wellness: A CoNmUnity walking together. Clifton, J., Caserta, M., Armstrong, C., Friberg-Felsted, K., Macali, J., & Simonsen, S. <i>Creating Healthy Work Environments: A Sigma Event</i> 3 March | Washington, DC |
| 2024 | Community-Engaged Learning for Online Classes. Maxwell, M., Eaton, J., Friberg-Felsted, K., Medina, M. <i>2024 Conference on Community-Engaged Scholarship and Teaching</i> 9 Feb. | Moab, UT |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|--------------------|
| 2023 | Non-traditional age nursing students' experiences: Implications for inclusive education. Halweg, M., Perkins, R., Friberg-Felsted, K., Dassel, K., & Eaton, J. <i>Office of Undergraduate Research: Undergraduate Research Symposium (URS)</i> , University of Utah, SLC, UT. 2 December | Salt Lake City, UT |
| 2023 | AGHE Program of Merit: Technical and practical application information and assistance. Workshop. Gugliucci, M., Weinreich, D., Friberg-Felsted, K. <i>Gerontological Society of America's Annual Scientific Meeting</i> . 8 November | Tampa, FL |
| 2022 | Paving the Way: Age-Friendly Seed Grant Outcomes Lay the Foundation for the Path to AFU Designation. In, <i>Evolving Age-Friendly Universities: Enhancing Student Support Services and Promoting Skill Development Symposium</i> . Felsted, KF. <i>Gerontological Society of America's Annual Scientific Conference</i> 5 November | Indianapolis, IN |
| 2022 | Sigma Phi Omega: History and its outreach efforts. In, <i>Sigma Phi Omega: Its Role In Advancing The Future Of Gerontologists And Health Professionals Symposium</i> (Co-chair) Felsted, KF. <i>Gerontological Society of America's Annual Scientific Conference</i> 2 November | Indianapolis, IN |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|----------------------|
| 2022 | The path to Age-friendly University endorsement at the University of Utah and beyond Felsted, KF & Eaton, J. <i>9th Annual Education Symposium Academy of Health Sciences Educators</i> 13 September | Salt Lake City, Utah |
| 2022 | Life as we knew it: COVID-19 and its impact on academic nursing faculty and staff Armstrong, C., Macali, J., Felsted, K. F., Clifton, J., & Simonsen, S. <i>Sigma's 33rd International Nursing Research Congress</i> 24 July | Edinburgh, Scotland |
| 2022 | Co-creating a sustainable work-life balance: Learnings from a competitive academic environment Macali, J., Armstrong, C., Felsted, K. F., Clifton, J., & Simonsen, S. <i>Sigma's 33rd International Nursing Research Congress</i> 22 July | Edinburgh, Scotland |
| 2022 | I just have one question: Pregnancy intention screening with the One Key Question® Simonsen, S. E., St. Clair, S., Pehrson, A., Dearden, S., Armstrong, C., Felsted, K. F., Macali J., & Clifton, J. <i>Sigma's 33rd International Nursing Research Congress, 22 July</i> | Edinburgh, Scotland |
| 2022 | Strategies to promote health of nursing faculty and staff in the era of COVID-19. Armstrong, C., Macali, J., Felsted, K. F., Clifton, J., & Simonsen, S. <i>29th National Evidence-Based Practice Conference, 20 April</i> | Coralville, IA |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|-----------------|
| 2022 | Strategies to reduce burnout among nursing faculty and staff affected by COVID-19 Armstrong, C., Macali, J., Felsted, K. F., Clifton, J., & Simonsen, S <i>Western Institute of Nursing's 55th Annual Communicating Nursing Research Conference</i> 8 April | Portland, OR |
| 2022 | Strategies to reduce burnout among nursing academia faculty and staff: Reflecting on lessons learned during the COVID-19 pandemic Armstrong, C., Macali, J., Felsted, K. F., Clifton, J., Chase-Cantarini, S., & Simonsen, S <i>Western Institute of Nursing's 55th Annual Communicating Nursing Research Conference</i> 6 April | Portland, OR |
| 2021 | Implementing Age-friendly University principles: Institutional supports, barriers, and outcomes KF Felsted, J Eaton. <i>Gerontological Society of America 2021 Annual Scientific Meeting, 13 November</i> | Virtual, online |
| 2021 | Implementing community engaged learning (CEL) in Gerontology Courses during the COVID-19 Pandemic. KF Felsted, S Whitehead. <i>Gerontological Society of America 2021 Annual Scientific Meeting, 10 November</i> | Virtual, online |
| 2021 | Embodying Age-Friendly University Principles: Promoting Lifelong Learning through HB60. K Felsted, J Eaton. <i>Academy of Health Science Educators 8th Annual Education Symposium.</i> 14 September | Virtual, online |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|-------------------|
| 2021 | Sigma Phi Omega: International Academic Honor and Professional Society in Gerontology. C Hancock, KF Felsted, MA Erickson, D Martin, B Kearney. <i>Southern Gerontological Society 42nd Annual Meeting and Conference, 20 April</i> | Virtual, online |
| 2019 | The Influence of Revising an Online Gerontology Program on the Student Experience. K Dassel, KF Felsted, J Eaton. <i>Gerontological Society of America 2019 Annual Scientific Meeting, 13 November</i> | Austin, TX |
| 2019 | Teachings from Trees: Generosity, Gratitude, and Growth in Gerontological Higher Education. (AGHE Rising Star Early Career Faculty Award Lecture) K Felsted. <i>Gerontological Society of America 2019 Annual Scientific Meeting, 15 November</i> | Austin, TX |
| 2019 | Long-Term Effects of Mindfulness on Urge Urinary Incontinence in Older Adult Women: Analyzing RCT Results At 6 Months. K Felsted. In, Utilizing Effective Mentoring Strategies for Research Success: NYU Summer Scholars Program (Symposium), M Rowe, T Yap, and B Wu. <i>Gerontological Society of America 2019 Annual Scientific Meeting, 16 November</i> | Austin, TX |
| 2019 | Sigma Phi Omega: Learn how to join, create a chapter, and serve in the leadership of the International Academic Honor and Professional Society in Gerontology (Demonstrative workshop). Hancock, C., Felsted, K. <i>Southern Gerontological Society 40th Anniversary and Annual Conference, April 13</i> | Miramar Beach, FL |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|-----------------|
| 2018 | What Will It Take? Translating Lessons Learned in Educational Intervention Research with Older Adults. (session chair) KF Felsted, KP Supiano. <i>Association for Gerontology in Higher Education 44th Annual Meeting and Educational Leadership Conference</i> , 1 March | Atlanta, GA |
| 2017 | Resumes, Transcripts, and Interviews... Oh My! Tips for Effective Career Planning and Job Finding. E Heglund, KF Felsted, L Juckett <i>Association for Gerontology in Higher Education 43rd Annual Meeting and Educational Leadership Conference</i> , 10 March | Miami, FL |
| 2016 | Has mindfulness been shown to reduce symptoms of urinary urge incontinence in adults? A synthesized review of the literature. KF Felsted, KP Supiano. <i>2016 State of the Science Congress on Nursing Research: Determinants of Health, Council for the Advancement of Nursing Science (CANS)</i> , 15 September | Washington, DC |
| 2016 | The Future of Gerontology: Input and Strategies from Student Perspectives, symposium lead presentation, <i>Association for Gerontology in Higher Education 42nd Annual Meeting and Educational Leadership Conference</i> , 5 March | Long Beach, CA |
| 2014 | Creating Intergenerational Ties: Addressing and Resolving Ageism Through Education presented by Dr. Troy Andersen, <i>American Society on Aging's Aging in America Conference</i> | San Diego, CA |
| 2014 | Creative Educational Interdisciplinary Partnerships: Veterans Affairs Salt Lake City Health System and the University of | Denver, CO |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|-----------------|
| | Utah Gerontology Interdisciplinary Program and College of Social Work, <i>Association for Gerontology in Higher Education Annual Meeting and Educational Leadership Conference</i> | |
| 2013 | The Strengths and Opportunities of the Future Identified in Interdisciplinary Gerontology Education through the Graduate Council Review Process, <i>Gerontological Society of America's 66th Annual Scientific Meeting</i> | New Orleans, LA |
| 2013 | Facilitating Older Adult Veterans in Aging Optimally: Revolutionary Solutions through Creative Educational Interdisciplinary Partnerships, <i>Gerontological Society of America's 66th Annual Scientific Meeting</i> | New Orleans, LA |
| 2013 | Aging Diversity <i>Utah Aging Alliance 22nd Annual Meeting and Fall Conference</i> | Park City, UT |
| 2012 | University of Utah Gerontology Interdisciplinary Program 40 th Anniversary, <i>Utah Aging Alliance 21st Annual Meeting and Conference</i> , September 25 | Sandy, UT |
| 2012 | Physical Activity and Aging: An Essential Component of Wellness, <i>Utah Aging Alliance 21st Annual Meeting and Conference</i> , September 26 | Sandy, UT |
| 2010 | Philosophy and Aging: The Past, Present, and Future Considered, <i>Gerontological Society of America's 63rd Annual Scientific Meeting</i> | New Orleans, LA |

2. Invited Speeches / Lectures / Demonstrations

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|---------------------------------------|
| 2023 | AFU @ the U: What does the Age-Friendly University designation mean for you? <i>MEDiversity Week, Office of Equity, Diversity, and Inclusion, University of Utah</i> | Virtual, online Salt Lake City, UT |
| 2022 | Age-Friendly University Global Network Endorsement Felsted, KF & Eaton, J. <i>Council of Academic Deans University of Utah, 20 October</i> | Salt Lake City, UT |
| 2022 | The Age-Friendly University Global Network and the University of Utah Felsted, KF & Jameson, K. <i>Osher Lifelong Learning Institute 21 September</i> | Salt Lake City, UT |
| 2022 | Age-Friendly University Regional Reflections Felsted, KF. <i>Age-Friendly Communities Symposium 23 September</i> | Salt Lake City, UT |
| 2022 | Where Did I Go? Finding Our Way Back to Wellness <i>Utah State University Nursing Faculty Retreat, 9 May</i> | Salt Lake City, UT |
| 2021 | Mind-Body Connection Mindfulness Meditation Series, <i>Caring Connections</i> 15, 22, 29 September | Virtual, online |
| 2021 | Zoom Fatigue? Teaching through trauma? An Informal Chat on Reintegration into the Classroom. D Waldron, KF Felsted. <i>Emerging Scholars and Professionals Organization, Informal Chat Program, Gerontological Society of America, 20 September</i> | Virtual, online |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|--------------------|
| 2021 | Making the Case for Age Inclusivity inaugural session of the Gerontological Society of America's Four-Part " <i>Campus Conversations: Advancing Age Inclusivity in Higher Education</i> ", 23 May | Virtual, online |
| 2021 | The Age-Friendly University Concept <i>Utah Commission on Aging</i> , 13 May | Salt Lake City, UT |
| 2021 | What is HB60, and how does it benefit older adults in Utah? <i>Salt Lake County Aging and Adult Services Administrative Team Meeting</i> 20 April | Salt Lake City, UT |
| 2020 | A Mindful Approach to Perceived Stress for Older Adults Receiving Rehabilitation Services in Long-term Care, A Muradas, K Felsted. <i>Office of Undergraduate Research Fall Symposium</i> , December 4 | Salt Lake City, UT |
| 2020 | Supporting Wellness through Mindfulness <i>Mission Health Services 2020 Virtual Leadership Conference</i> , September 4 | Salt Lake City, UT |
| 2020 | Utilizing Mindfulness to Increase Resilience <i>Utah Health Care Association 2020 Virtual Conference</i> , August 27 | Salt Lake City, UT |
| 2020 | Promoting Resilience through Mindfulness <i>Utah Geriatric Education Consortium Fireside Chat Presentation Series</i> , May 7 | Salt Lake City, UT |
| 2018 | Promoting a Culture of Wellness & Resilience in the College of Nursing Wellness and Integrative Health Resiliency Center <i>Wellness Champions Poster Session</i> , December 5 | Salt Lake City, UT |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|----------------------|---|--------------------------------|
| 2018 | Reducing Symptoms of Urge Urinary Incontinence in Older Adult Women through Mindfulness <i>Hartford Institute for Geriatric Nursing NYU Rory Meyers College of Nursing,</i> 20 July | New York, NY |
| 2017 | What Can We "Depend" On? Exploring Research Findings about Bladder Control and Management <i>Osher Lifelong Learning Institute,</i> 29 March | Salt Lake City, UT |
| 2017 | Urinary Incontinence: Myths, Facts, and Strategies <i>Eddie P. Mayne Senior Center,</i> 16 February | Kearns, UT |
| 2015 | The Creation of Utah Nurse Leadership Registries: Making Connections through the Jonas Nurse Leader Scholar Program, <i>Jonas Leadership Conference</i> | Washington, DC |
| 2015 | The Creation of Utah Nurse Leadership Registries, <i>Utah Organization of Nurse Leaders Fall Conference</i> | Thanksgiving Point Lehi, UT |
| 2014 | Nurse Leaders in the Board Room <i>Utah Nurses Association Centennial Conference</i> | Salt Lake City, UT |
| 2014 2013 2012 | The Importance of Physical Activity in Healthy Aging, <i>Gerontology Course 5370/6370</i> with Dr. Caserta, University of Utah | Salt Lake City, UT |
| 2013 | Comprehensive Diversity Training <i>Weber Human Services</i> | Ogden, UT |
| 2013 | Gerontology Certificate of Completion <i>Veterans Administration Salt Lake City Health System</i> | Salt Lake City, UT |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|--------------------|
| 2013 | Celebrating 40 Years of Excellence <i>Spring Seminar Series on Aging,</i> <i>University of Utah</i> | Salt Lake City, UT |
| 2013 | The Strengths and Opportunities of the Future – Identified in Interdisciplinary Gerontology Education through the Self- Study and Program Review Process <i>College of Nursing Seminar Series,</i> <i>University of Utah</i> | Salt Lake City, UT |
| 2010 | Social Roles and Relationships in Aging, <i>The HEALS Project, Huntsman Cancer</i> <i>Institute</i> | Salt Lake City, UT |

3. Peer Reviewed Poster Presentations

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|--------------------|
| 2024 | Interdisciplinary integrative health seminar series Sisler, S. M., Friberg-Felsted, K., Macali, J., Clifton, J. & Taylor-Swanson, L. 2024 Evidence-Based Practice and Wellness Champions Poster Fair (accepted) 13 May | Salt Lake City, UT |
| 2023 | The impact of COVID-19: Identifying wellness strategies for academic gerontology and nursing faculty and staff. Friberg-Felsted, K., Armstrong, C., Macali, J., Simonsen, S., and Clifton J. <i>Gerontological Society of America's</i> <i>Annual Scientific Meeting.</i> 9 November | Tampa, FL |
| 2023 | Promoting age inclusivity to enhance excellence within the University of Utah College of Nursing. Perkins, R. Friberg- Felsted, K, Dassel, K, & Eaton, J. <i>Academy of Health Science Educators</i> <i>10th Annual Education Symposium, 9/18</i> | Salt Lake City, UT |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|---|
| 2022 | How a Rural Community Adapts to an Aging Population, B Sisofo, A Asman, KF Felsted <i>15th Annual Center on Aging Research Retreat</i> University of Utah 26 May | Salt Lake City, UT |
| 2020 | A mindful approach to perceived stress for older adults receiving rehabilitation services in long-term care (LTC) A Muradas, KF Felsted (faculty mentor) <i>Undergraduate Research Fall Symposium, Office of Undergraduate Research</i> University of Utah 6 December | Virtual, Salt Lake City, UT |
| 2020 | Mindfulness Intervention Benefits Older Adults Receiving Rehabilitation Services in Long Term Care KF Felsted, KP Supiano, T Mai, A Muradas <i>Gerontological Society of America 2020 Annual Scientific Meeting</i> 6 November 2020 | Virtual, International |
| 2020 | A Mindful Approach to Perceived Stress for Older Adults Receiving Rehabilitation Services in Long Term Care A Muradas, KF Felsted. <i>Nursing: The Most Magical Profession on Earth</i> <i>National Student Nurse Association (NSNA)</i> , 15 Apr 2020 | Orlando, FL (not presented due to pandemic restrictions) |
| 2019 | How a Rural Community Adapts to an Aging Population BC Sisofo, AR Asman, K Friberg-Felsted <i>Gerontological Society of America 2019 Annual Scientific Meeting</i> 14 November | Austin, TX |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|--------------------|
| 2019 | What Is the Feasibility and Preliminary Efficacy of Mindfulness-Based Stress Reduction to Treat Symptoms of Urinary Incontinence in Older Adult Women? KF Felsted, KP Supiano <i>American Geriatrics Society Annual Scientific Meeting, 3 May</i> | Portland, OR |
| 2019 | An RCT Treating Urge Urinary Incontinence in Older Adult Women with Mindfulness-Based Stress Reduction. KF Felsted, KP Supiano. (encore presentation) <i>Center for Families and Health Research (C-FAHR) Winter Symposium, University of Utah, 31 January</i> | Salt Lake City, UT |
| 2018 | An RCT Treating Urge Urinary Incontinence in Older Adult Women with Mindfulness-Based Stress Reduction. KF Felsted, KP Supiano <i>Gerontological Society of America's 70th Annual Scientific Meeting, 16 Nov</i> | Boston, MA |
| 2018 | Treating Urge Urinary Incontinence in Older Adult Women through Complementary Therapies: A Feasibility and Randomized Controlled Trial Utilizing MBSR and HEP. KF Felsted, KP Supiano <i>Academic Consortium for Integrative Medicine and Health International Congress on Integrative Medicine and Health, 9 May</i> | Baltimore, MD |
| 2016 | Psychometric Properties of the Resilience Scale in Women with Urinary Incontinence KF Felsted, S Beck <i>Gerontological Society of America's 69th Annual Scientific Meeting, 17 Nov</i> | New Orleans, LA |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|---|--------------------|
| 2016 | Yoga for Seniors: Understanding Older Adults' Beliefs and Barriers to Participation R Perkins, L Edelman, K Dassel, G Towsley, & K Friberg-Felsted, <i>Western Institute of Nursing</i> , 9 April 2016 | Portland, OR |
| 2015 | I Can't Do as Much as I Used to: Older Adults' Perspective on Frailty, <i>Gerontological Society of America's 68th Annual Scientific Meeting</i> | Orlando, FL |
| 2015 | I Can't Do as Much as I Used to: Older Adults' Perspective on Frailty, <i>10th Annual Nursing Research Conference</i> | Murray, UT |
| 2015 | Cultivating Leadership through Asset and Opportunity Mapping, <i>Western Institute of Nursing Research Conference</i> | Albuquerque, NM |
| 2015 | These are Supposed to be the Golden Years: Older Adults' Perspective on Frailty, <i>9th Annual Research Retreat, Center on Aging, University of Utah</i> | Salt Lake City, UT |
| 2014 | Creative Educational Interdisciplinary Partnerships: VA Salt Lake City Health System and the UU Gerontology Interdisciplinary Program and College of Social Work, <i>Association for Gerontology in Higher Education's 40th Annual Meeting and Educational Leadership Conference</i> | Denver, CO |
| 2013 | Facilitating Older Adult Veterans in Aging Optimally: Revolutionary Solutions through Creative Educational Interdisciplinary Partnerships, <i>7th Annual Research Retreat, Center on Aging, University of Utah</i> | Salt Lake City, UT |

| <u>Dates</u> | <u>Title, Sponsor</u> | <u>Location</u> |
|--------------|--|--------------------|
| 2012 | When Aging Meets Technology: The Conceptual Heuristic of Post Aging, 6 th Annual Research Retreat, Center on Aging, University of Utah | Salt Lake City, UT |
| 2011 | How the Roles of Technology Can Define and Enhance Living, Well-being, and Cognitive Memories, <i>Aging in America, Annual Conference of the American Society on Aging</i> | San Francisco, CA |

4. Media

| <u>Dates</u> | <u>Title/Topic</u> | <u>Type of Media</u> |
|--------------|-------------------------------|----------------------|
| | [See Electronic Media, above] | |

H. FACULTY PRACTICE

Not applicable

I. PROFESSIONAL ORGANIZATIONS & SERVICE

1. College of Nursing Committees

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|---------------------------|--|--------------------------|
| 2024-2026 | Career Line – Faculty Reappointment and Advancement | Chair |
| 2022-present | Women’s Health Research Innovation Team | Member |
| 2021-2022 | Faculty Search Committee Assistant Dean, Gerontology Interdisciplinary Program | Chair |
| 2019-present 2018-2019 | Utah Geriatric Education Consortium (UGEC), Geriatric Workforce Enhancement Program (GWEP) | Member Faculty Fellow |
| 2018-present | Student and Community Engagement (SACE) Program Committee | Member |

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|--------------|---|--------------------------|
| 2018 | Wellness Committee | Co-Founder |
| 2018-2020 | | Chair |
| 2018-2024 | | Member |
| 2018-2023 | Career-Line Faculty Appointment, Review and Advancement Committee Formal Review Team | Member |
| 2017-present | Student and Community Engagement (SACE) Advisory Committee | Member |
| 2017-2019 | Faculty Search Committee Assistant Dean for MS & DNP Programs subcommittee | Member Chair |
| 2016-2017 | Governance Task Force | Member |
| 2015-2017 | Research Committee | Member |
| 2012-2022 | Graduate Scholarship Committee | Member |
| 2023-present | Gerontology Interdisciplinary Program Advisory Committee (GIPAC) | Chair |
| 2012-2023 | | Member |
| 2013-2014 | | Co-chair |
| 2012-present | | Admissions Caucus member |
| 2012-2013 | | Chair |
| 2012-2013 | Academic Program Team (APT) | Member |
| 2012-2013 | Appointments Advisory Committee | Member |
| 2012-2013 | Auxiliary-Track/Paid Adjunct Faculty Search Committee | Member |

2. Health Sciences Center Committees

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|--------------|---|-------------------------------|
| 2024-present | Interdisciplinary Integrative Health Steering Committee | Member |
| 2018-2023 | Office for Wellness & Integrative Health | Liaison to College of Nursing |

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|--------------|---|-------------------|
| 2018-2019 | Resiliency Center | Wellness Champion |
| 2014-present | University of Utah Academy of Health Sciences Educators | Member |
| 2022 | (AHSE) | Fellow |
| 2011-present | Center on Aging | Member |

3. University Committees

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|--------------|---|--|
| 2024-present | Directors of Graduate Studies Graduate Student Subcommittee | Member |
| 2023-present | Directors of Graduate Studies | Member |
| 2023-present | Academic Leaders Online | Member |
| 2023-present | University of Utah Faculty Club | Executive Board Member |
| 2023-present | Osher Center for Integrative Health | Ambassador |
| 2022-present | University Interdisciplinary Teaching Program Committee (QUIDTP) | Member |
| 2021-2022 | Age-Friendly Communities Symposium Advisory Board | Member |
| 2018 | Aging Population Project David Eccles School of Business | Member |
| 2017-present | Alpha Chi Chapter, Sigma Phi Omega | Faculty Advisor |
| 2017-present | Center on Mindfulness and Integrative Health Intervention Development (C-MIIND) | Member |
| 2017-2018 | Consortium for Families & Health Research (C-FAHR) | Fellow |
| 2014-present | | Member |
| 2012-2013 | Director of Graduate Studies, Graduate School | Director, Gerontology Interdisciplinary Program |

4. Professional Organizations (National)

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|--------------|--|---------------------------------|
| 2020-2022 | Sigma Phi Omega International | President |
| 2019 | Academic Honor and Professional | President Elect |
| 2017-2019 | Society in Gerontology | Executive Board Member-at-Large |
| 2016-2017 | | Faculty Representative |
| 2008-present | | Member |
| 2019-2021 | Academic Consortium of Integrative | Research Working Group Member |
| 2016-present | Medicine and Health | Member |
| 2010-present | Association for Gerontology in Higher Education (AGHE) | Member |
| 2015-2017 | Executive Committee (EC) | Member |
| 2016-2017 | Exec Comm Student Chair | Chair |
| 2015-2016 | Exec Comm Student Chair Designee | Co-Chair |
| 2015-2019 | AGHE Awards Committee | Appointed Member |
| 2015-2016 | AGHE Program Committee | Student Representative |
| 2013-2015 | AGHE Geriatric Committee | Member |
| 2014-2018 | Graduate Nursing Student Academy American Association of Colleges of Nursing | Member |
| 2007-present | Gerontological Society of America GSA | Member |
| 2022-present | Fitness, Exercise, and Wellness (FEW) Interest group | Co-founder and Co-convener |
| 2021-present | GSA Student Chapter Ad Hoc Committee | Member |
| 2020 | Abstract Decisioning, Interdisciplinary Aging Conference Track | Chair |
| 2014-2015 | Emerging Scholar and Professional | Ambassador |
| 2007-2022 | Organization | Member |
| 2014-2021 | Society of Behavioral Medicine | Member |
| | Aging Special Interest Group (SIG) | Member |
| | Ethnic Minority and Multicultural Health SIG | Member |
| | Women's Issues SIG | Member |
| | Physical Activity SIG | Member |
| | Spirituality SIG | Member |

| <u>Years</u> | <u>Committee</u> | <u>Role</u> |
|--------------|--|-------------|
| 2014-present | Sigma Theta Tau International Gamma Rho Chapter | Member |
| 2010-2011 | American Society on Aging | Member |

Consultation and Boards (Regional)

| <u>Mo/Yr</u> | <u>Firm/Client</u> | <u>Role</u> |
|-------------------------------------|---|--|
| 2019-2023 2011-2013 2008-2023 | Utah Aging Alliance | Executive Member-at-Large Executive Secretary Member |
| 2007-present | Utah Commission on Aging | Member |
| 2017-2018 | Nurses on Boards Coalition | State liaison (second contact) |
| 2014-2018 2018-2019 | Utah Action Coalition for Health | Executive Board Member Member |
| 2015-2017 | Utah Organization of Nurse Leaders | Leadership Committee Member |
| 2012-2017 | Senior Diversity Committee Division of Aging and Adult Services State of Utah | Board Member |
| 2013 | Administration and Human Resources Committee, Salt Lake County Aging Services | National Accreditation Committee Member |

J. COMMUNITY SERVICE

| <u>Dates</u> | <u>Organization/Site</u> | <u>Role/Activity</u> |
|--------------|---|-----------------------------|
| 2024-present | Salt Lake County Aging & Adult Services | Mind Over Matter instructor |
| 2023-present | Utah Food Bank | Packaging |
| 2023-present | Geraldine King Women's Center | Prepare and serve lunches |

K. INTERNATIONAL TEACHING AND SERVICE ACTIVITIES

| <u>Dates</u> | <u>Organization/Site</u> | <u>Role/Activity</u> |
|--------------|--------------------------|----------------------|
| | Not applicable | |

L. OTHER

| | | |
|-----------|-------------------------------|-----------|
| 2022-2024 | Art Aloud, University of Utah | Presenter |
|-----------|-------------------------------|-----------|

SECTION II**M. CURRENT & PAST AREAS OF TEACHING RESPONSIBILITY****1. Courses Taught Over Past 5 Years (Indicate role: single instructor; lead teacher; team member, discussion leader, etc.)**

| Date | Title | Credits | #Students | Instructors |
|-------------|---|----------------|------------------|----------------------|
| 2024 Spring | Master's Thesis | 3 | 1 | Single Instructor |
| 2024 Spring | Health and Optimal Aging | 3 | 30 | Single Instructor |
| 2023 Fall | International Dimensions of Lifelong Learning | 3 | 56 | Single Instructor |
| 2023 Fall | Health and Optimal Aging | 3 | 36 | Single Instructor |
| 2023 Summer | International Dimensions of Lifelong Learning | 3 | 20 | Single Instructor |
| 2023 Summer | Health and Optimal Aging | 3 | 11 | Single Instructor |
| 2023 Spring | Health and Optimal Aging | 3 | 17 | Single Instructor |

| | | | | |
|-------------|--|---|----|----------------------|
| 2023 Spring | Introduction to Aging | 3 | 23 | Single Instructor |
| 2023 Spring | Caregiving and Aging Families | 3 | 26 | Single Instructor |
| 2022 Fall | Diversity and Aging | 3 | 45 | Single Instructor |
| 2022 Fall | Introduction to Aging | 3 | 34 | Single Instructor |
| 2022 Fall | International Dimensions of Lifelong Learning | 3 | 32 | Single Instructor |
| 2022 Fall | Health and Optimal Aging | 3 | 21 | Single Instructor |
| 2022 Summer | International Dimensions of Lifelong Learning | 3 | 17 | Single Instructor |
| 2022 Summer | Health and Optimal Aging | 3 | 13 | Single Instructor |
| 2022 Spring | Health and Optimal Aging | 3 | 15 | Single Instructor |
| 2022 Spring | Introduction to Aging | 3 | 22 | Single Instructor |
| 2022 Spring | Caregiving and Aging Families | 4 | 19 | Single Instructor |
| 2021 Fall | Masters Project | 3 | 1 | Single Instructor |
| 2021 Fall | Diversity and Aging | 3 | 51 | Single Instructor |
| 2021 Fall | International Dimensions of Lifelong Learning | 3 | 32 | Single Instructor |
| 2021 Fall | Health and Optimal Aging | 3 | 41 | Single Instructor |
| 2021 Summer | International Dimensions of Lifelong Learning | 3 | 11 | Single Instructor |
| 2021 Summer | Health and Optimal Aging | 3 | 21 | Single Instructor |
| 2021 Spring | Caregiving and Aging Families | 3 | 25 | Single Instructor |
| 2021 Spring | Introduction to Aging | 3 | 7 | Single Instructor |
| 2021 Spring | Health and Optimal Aging | 3 | 27 | Single Instructor |
| 2020 Fall | Diversity and Aging | 3 | 73 | Single Instructor |

| | | | | |
|-------------|---|---|----|-------------------|
| 2020 Fall | International Dimensions of Lifelong Learning | 3 | 22 | Single Instructor |
| 2020 Fall | Health and Optimal Aging | 3 | 37 | Single Instructor |
| 2020 Summer | International Dimensions of Lifelong Learning | 3 | 10 | Single Instructor |
| 2020 Summer | Health and Optimal Aging | 3 | 22 | Single Instructor |
| 2020 Spring | Caregiving and Aging Families | 3 | 25 | Single Instructor |
| 2020 Spring | Health and Optimal Aging | 4 | 21 | Single Instructor |
| 2020 Spring | Master's Project | 4 | 1 | Single Instructor |
| 2019 Fall | Master's Project | 3 | 1 | Single Instructor |
| 2019 Fall | Diversity and Aging | 3 | 51 | Single Instructor |
| 2019 Fall | International Dimensions of Lifelong Learning | 3 | 26 | Single Instructor |
| 2019 Summer | Health and Optimal Aging | 3 | 14 | Single Instructor |
| 2019 Summer | International Dimensions of Lifelong Learning | 3 | 13 | Single Instructor |
| 2019 Spring | Caregiving and Aging Families | 3 | 16 | Single Instructor |

2. Development of New Courses/Degrees

| <u>Year</u> | <u>Course No.</u> | <u>Title</u> | <u>Credit Hrs.</u> | <u>Number</u> |
|-------------|-------------------|---|--------------------|---------------|
| 2021 | GERON 6280 | Mapped two courses for the College of Nursing Master of Gerontology | 3 | |
| | GERON 6370 | Degree Program Outcomes, as well as to the Academy for Gerontology in Higher Education <i>Gerontology Competencies for Undergraduate and Graduate Courses</i> | 3 | |

| <u>Year</u> | <u>Course No.</u> | <u>Title</u> | <u>Credit Hrs.</u> | <u>Number</u> |
|-------------|---------------------------|--|--------------------|---------------|
| 2019 | Based on GERON 3220 | Creation of Caregiving Modules for Nurse Education, Practice, Quality and Retention (NEPQR) Grant, funded by Health Resources and Services Administration (HRSA) | 2 modules | |
| 2015 | GERON 5006 | Honors Diversity in Aging | 3 | |
| 2012-2013 | Minor in Gerontology | Designed and implemented the Minor in Gerontology at the University of Utah | 18 | |

3. Honors Students Supervised or Taught

| <u>Year</u> | <u>Level/Student Name</u> | <u>Number</u> |
|-------------|--------------------------------|---------------|
| 2019-2020 | Undergraduate/ Anthony Muradas | 1 |

4. Independent Study / Faculty Consultation

| <u>Year</u> | <u>Level/Student Name</u> | <u>Number</u> |
|-------------|----------------------------|---------------|
| 2019 | Graduate/ Melanie Loveland | 1 |
| 2014 | Graduate/ Robert Jensen | 1 |

5. Graduate Students Supervision

A. Master's Thesis / Project

| <u>Year</u> | <u>Student Name</u> | <u>Role</u> |
|-------------|---------------------|------------------------------|
| 2022-2024 | Summer Martin | Supervisory Committee Chair |
| 2022-2023 | Kaitlyn Case | Supervisory Committee Chair |
| 2021-2023 | Paige Corley | Supervisory Committee Member |
| 2020-2022 | Erika Thompson | Supervisory Committee Chair |

| | | |
|--------------|------------------|---|
| 2020-2022 | Joel Macey | Supervisory Committee Member |
| 2021-2022 | Maria Ricks | Supervisory Committee Member |
| 2018-2020 | Briana Sisofo | Supervisory Committee Chair |
| 2018-2019 | Christine Lee | Graduate Committee Member (Health Promotion and Education Department) |
| 2016-2018 | Melanie Stewart | Supervisory Committee Chair |
| 2016-2017 | Alijana Kahrinan | Supervisory Committee Member |
| 2015-present | Melanie Loveland | Supervisory Committee Chair |
| 2015-2017 | Leilani Jackson | Supervisory Committee Chair |
| 2015-2016 | Emily Clark | Graduate Committee Member (Health Promotion and Education Department) |
| 2014-2015 | Amelia Larson | Supervisory Committee Member |
| 2014-2015 | Rebekah Perkins | Supervisory Committee Member |
| 2013-2015 | Robert Jensen | Supervisory Committee Chair |
| 2012 | Marne Pehrson | Supervisory Committee Member |

B. Dissertations

| <u>Year</u> | <u>Student Name</u> | <u>Role</u> |
|-------------|---------------------|-------------|
|-------------|---------------------|-------------|

Not applicable

C. DNP Capstone

| <u>Year</u> | <u>Student Name</u> | <u>Role</u> |
|-------------|-------------------------------------|----------------|
| 2013 | Glade Welker (Scholarly Project) | Content Expert |
| 2012 | Charlotte Mason (Scholarly Project) | Content Expert |

D. Student Advisement (in addition to roles above)

| <u>Cohort Year</u> | <u>Number</u> | <u>Role</u> |
|--------------------|---------------|--|
| 2024 | 4 | Dual Degree Advisor, Master of Science in Gerontology/ Masters in Physician Assistant Studies (MSG/MPAS) |
| 2018 | 1 | Western Institute of Nursing Faculty Mentor |
| 2014 | 1 | Individual faculty advisor |
| 2013 | 15 | Program co-director (14) Individual faculty advisor (1) |
| 2012 | 5 | Program director, faculty advisor |
| 2011 | 7 | Program director, faculty advisor |