

Annual Report
Center on
Health, Aging,
and Disability



**College of Applied
Health Sciences**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



Welcome to a new academic year!

Welcome to back to campus!
The 2022-23 academic year was a busy and exciting one for AHS research and the Center on Health, Aging, and Disability (CHAD) as we supported the innovative research, education and public engagement work of the College of Applied Health Sciences (AHS).

I am thrilled to announce that we awarded **four pilot grants this year** and that this spring we had the opportunity to celebrate previous recipients at our **first CHAD Symposium in six years**.

In addition to celebrating CHAD pilot grants, this symposium was an opportunity to commend the ongoing work of our first CHAD research theme, Collaborations in Health, Aging, Research, and Technology (CHART).

Most excitingly, the CHAD Symposium served as the launch of our newest research theme, Collaborations in the Advancement of Research on Disability (CARD). CARD's mission is to improve the well-being and quality of life for individuals with disabilities by conducting research, bridging knowledge gaps and engaging in outreach activities that foster collaboration between disability researchers, advocacy organizations and service providers.

In 2022, our grants staff supported **95 external grant submissions** with AHS investigators as the lead PI. We had a banner year in terms of external funding with **more than \$18 million in external grant proposals funded** in our college.

I would like to thank the CHAD staff, the CHAD Senior Faculty Committee, the CHART Steering Committee, the Age-Friendly Steering Committee, and all who worked with CHAD throughout the year.

This coming year, we eagerly anticipate continuing to support all the groundbreaking and exhilarating work taking place in AHS.

YOURS IN SCIENCE,

Jeff Woods
Director, Center on Health, Aging, and Disability
Associate Dean for Research, College of Applied Health Sciences
Mottier Family Professor, Kinesiology and Community Health

Pilot Grants

We are proud to highlight the significant impact of CHAD's support for AHS researchers.

With a total investment of \$980,000 in pilot research grants, our talented faculty have successfully utilized these initial projects to secure larger funding from federal agencies, foundations, and corporate sponsors. Building on this success, we awarded four new pilot grants in 2023 to our exceptional faculty, fostering innovation and advancing groundbreaking research in the health sciences.

2023 PILOT GRANT RECIPIENTS

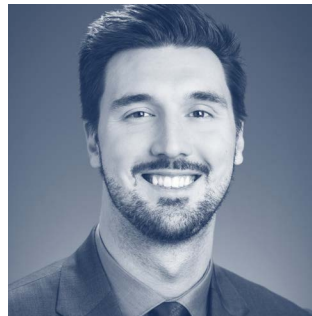


Soyoung Choi

ASSISTANT PROFESSOR, KCH

Co-Designing an Alexa-Based Conversational mHealth System with Visually Impaired People to Promote Physical Activities.

This project was awarded as part of the Center for Research and Education on Aging and Technology Enhancement (CREATE) funded by the National Institute on Aging.



Matthew Hanks

ASSISTANT PROFESSOR, KCH

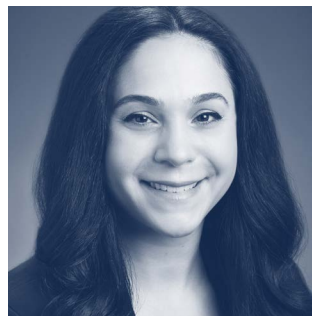
Determining the Role of Physical Activity on Shoulder Musculoskeletal Adaptation, Biomechanics, Pain, and Pathology in Pediatric and Young Adult Manual Wheelchair Users.



Nick Pitas

ASSISTANT PROFESSOR, RST

Examination of the Efficacy of a Community-based Leisure Walking Intervention to Promote Positive Mental Health in University Students through the Elicitation of Awe.



Rachel Hoopsick

ASSISTANT PROFESSOR, KCH

Elucidating the Drivers and Mechanisms of Moral Injury Among Frontline Healthcare Workers: A Mixed-Methods Study.

Travel Grants

CHAD is committed to fostering academic collaboration and knowledge dissemination by offering travel funding opportunities to faculty and academic professionals to present their work at conferences across the globe.



CANADA

Montreal, Quebec
Ottawa, Ontario

UNITED STATES

Seattle, WA
Las Vegas, NV
Scottsdale, AZ
Denver, CO
St. Louis, MO
Indianapolis, IN
New Orleans, LA
Orlando, FL
Washington, D.C.
New York, NY
Boston, MA
Portland, ME

BRAZIL

Iguazu Falls

UNITED KINGDOM

Cambridge
London

EUROPE

Netherlands, Amsterdam
Aarhus, Denmark

ASIA

Daegu, South Korea
Gyeongju, South Korea

Public Engagement

Throughout the year you may have seen our staff, faculty, and students at community events such as the Urbana farmer's market and Urbana Park District events.

This year, we welcomed six exceptional interns who made substantial contributions to our public engagement work and supported our impactful public engagement programs.



AGE-FRIENDLY CHAMPAIGN- URBANA

Our ongoing initiative, Age-Friendly Champaign-Urbana, has been instrumental in enhancing the quality of life for older adults in our community.

In the fall we had the pleasure of partnering with community organizations for Active Aging Week, and Champaign-Urbana Mass Transit District for a travel training event. The regular Age-Friendly column in *Central Illinois Business* magazine served as a platform to raise awareness and inspire action. We hope to see you at public events in the upcoming year!

CHAD Symposium

In March 2023 we hosted the first CHAD symposium since 2017. Central to this morning was a celebration of research accomplishments through our pilot grant program.

Dr. Wendy Rogers gave an update on the first CHAD research theme Collaborations in Health, Aging, Research, and Technology (CHART), highlighting the significant accomplishments of the theme and demonstrating their remarkable dedication to advancing successful aging and positively impacting the lives of older adults.



INTRODUCING CARD

The symposium also introduced **Collaborations to Advance Research in Disability (CARD)**, a new research theme led by Laura Rice and John Kosciulek, focusing on improving the health and quality of life for individuals with disabilities through research and inclusive outreach.

CHAD Assistant Directors Alyssa Stanfield and Wendy Bartlo with interns Cecilia Lee and Vinh Vo at the CHAD Symposium.

CELEBRATING PILOT GRANTS

We celebrated the success of our CHAD Pilot Grant Program with presentations from past recipients, Drs. Sharon Zou, Brian Monson, and Naiman Khan.

CHART: Collaborations in Health, Aging, Research, and Technology

In the past year, the first CHAD research theme—Collaborations in Health, Aging, Research, and Technology (CHART)—made significant strides in advancing research and community engagement.



The establishment of CHART's Community Advisory Panel proved instrumental in gathering insights from older adults in the community. A kick-off meeting in December 2022 allowed panel members to connect and gain familiarity with the goals of the panel. Subsequently, in March 2023, the panel explored the potential of robots in domestic settings and collaborated on research planning for the NIH-funded Center for Research and Education on Aging and Technology Enhancement (CREATE).

Thank you to the Community Advisory Panel members Bob Boucek, Sue Boucek, Marianne Downey, Urias Betoel Escobar, Jim Fawcett and Joan Zernich for your contributions this past year.



IDOA event



GSA networking dinner

Another major achievement was the productive meeting at the McKechnie Family LIFE Home with the Illinois Department on Aging (IDOA) leadership team in November 2022.

The purpose of this meeting was for IDOA staff to learn about CHART research, to share their initiatives for the upcoming year, and to identify opportunities for collaboration.

COMMUNITY AND RESEARCH EVENTS

CHART also actively participated in the Walk to End Alzheimer's and organized an Illinois networking dinner at the Gerontological Society of America conference. The CHART team had a continuous presence in community events throughout the year to support recruitment for CHART-affiliated research studies and disseminate knowledge about the work of CHART.



McKechnie Family LIFE Home

This past year at the McKechnie Family LIFE Home was full of groundbreaking research, education and outreach.

RESEARCH HIGHLIGHTS



Blood Pressure Study

The purpose of the blood pressure study is to examine the potential benefit of a blood pressure technology system (app and website) to improve medication taking and blood pressure for older adults with cognitive impairment. This project is funded by the National Institute on Nursing Research.



Virtual Reality Study

The goal of this project is to design and evaluate an immersive Cognitive Activity Social Technology (CAST) virtual reality system. CAST will provide aging adults with a suite of applications that support cognitive activity, and social and technology engagement. This project is part of the Center for Research and Education on Aging and Technology Enhancement (CREATE), which is funded by the National Institute on Aging.



Stretch Robot Research and Development

The goal of the project is to advance the capabilities of a domestic robot called Stretch to provide physical and cognitive support for older adults. This project is a collaboration with Hello Robot Inc. and the ClarkLindsey life plan community, and is funded by the National Institute on Aging.

COMMUNITY AND EDUCATION OUTREACH HIGHLIGHTS

4-H AHS Illini Summer Academy

More than 20 high school students visited the LIFE home in June and were excited to learn about the potential of smart home technologies to support people in their everyday activities. They participated in interactive demos and met with the LIFE Home staff to learn about current research projects.



Warrior-Scholar Project

McKechnie Family LIFE Home staff hosted students from the Warrior-Scholar Project. The LIFE Home staff was excited to share the exciting research taking place at the LIFE Home. The visitors learned about the potential for collaboration and innovation and generated ideas for future research projects.



Global Education and Training (GET) and Amideast

The LIFE Home staff enjoyed hosting Global Education and Training (GET) and Amideast and sharing research initiatives they might implement in their new disability service centers in Egypt. Information shared during the tour and discussion included examples of our interdisciplinary research to advance science and engineering innovations to support accessible solutions.

CARD: Collaborations in the Advancement of Research on Disability

In spring 2023, we launched our second research theme, Collaborations in the Advancement of Research on Disability (CARD).

Led by KCH Associate Professor Laura Rice and KCH Professor John Kosciulek, CARD aims to enhance the health and quality of life for individuals with disabilities. By addressing critical gaps in disability-related knowledge and engaging individuals with disabilities, we are committed to making a tangible impact.

THE SHORT-TERM GOALS OF CARD INCLUDE:

- ◆ ESTABLISHING A COLLABORATIVE WORKING GROUP
- ◆ IMPLEMENTING EFFECTIVE COMMUNICATION STRATEGIES
- ◆ ORGANIZING OUTREACH EVENTS

IN THE FUTURE, CARD ASPIRES TO:

- + HOST SYMPOSIUMS
- + DEVELOP SUPPORTIVE RESOURCES FOR FACULTY
- + RESPOND TO FUNDING OPPORTUNITIES
- + NURTURE JUNIOR FACULTY RESEARCH
- + FACILITATE RESEARCH TRAINING FOR STUDENTS LIVING WITH DISABILITIES

We are excited to embark on this vital journey toward inclusivity and innovation.

People



Heidi Krahling

GRANT PROPOSAL SPECIALIST



Wendy Bartlo

ASSISTANT DIRECTOR FOR STRATEGIC INITIATIVES AND RESEARCH RELATIONS



Harshal Mahajan

ASSISTANT DIRECTOR OF RESEARCH, MCKECHNIE FAMILY LIFE HOME



Jeff Woods

DIRECTOR



Laura Rice

ASSOCIATE DIRECTOR

Thank you to all the people who work hard to support the work of CHAD throughout the entire year.

CHAD SENIOR FACULTY COMMITTEE 2022-2023

Raksha Mudar (SHS), Chair

Naiman Khan (KCH)

Liza Berdychevsky (RST)

AGE-FRIENDLY STEERING COMMITTEE

Amy Brown

Director Don Moyer Boys and Girls Club

Linda Coleman

Past Chair, Board of Directors, Osher Lifelong Learning Institute

Chris Diana

Realtor, Twin City Realty, representing the City of Urbana

Joan Dixon

Interim Director, Family Service of Champaign County

Nicole Dowling

CEO at CRIS Rural Mass Transit District

Marianne Downey

Retired from University of Illinois at Urbana-Champaign

Jasmine Godia

Diversity, Equity, and Inclusion Coordinator, ClarkLindsey

Allison Haines

Customer Support Specialist, Champaign-Urbana Mass Transit District (MTD)

Sharon Harkness

Realtor, The Real Estate Center of Illinois

Kathleen Holden

Retired Administrator, University of Illinois at Urbana-Champaign

John Kosciulek (KCH)

Wendy Bartlo (CHAD) (ex-officio)

Laura Rice (KCH & CHAD) (ex-officio)

Mimi Hutchinson

Human Services Transportation Coordinator, Champaign County Regional Planning Commission

Klentiona Lee-Clements

Special Services Manager, Champaign-Urbana Mass Transit District (MTD)

Lisa Miller

CEO, CRIS Healthy Aging

Jermaine Raymer

Director Senior Resource Center, Family Service

Julie Schubach

Program Manager, Family Service

Janet Soesbe

Community Program Manager, Urbana Park District

Linda Tauber-Olson

Regional Director Volunteers & Faith in Action, OSF Healthcare Heart of Mary Medical Center

Carol Timms

Community Outreach Liaison, Health Alliance

Jeff Woods

Director, Center on Health, Aging, and Disability, University of Illinois at Urbana-Champaign

Wendy Bartlo

Assistant Director, Center on Health, Aging, and Disability, University of Illinois at Urbana-Champaign

CHART STEERING COMMITTEE

Amy Brown

Executive Director, Don Moyer Boys and Girls Club

Chelsey Byers-Gerstenecker

Family and Consumer Sciences Educator, Illinois Extension

Tanya Gallagher

Professor Emeritus, Department of Speech and Hearing Science

Kathleen Holden

Associate Chancellor Emeritus, University of Illinois

Raksha Mudar

Associate Professor, Speech and Hearing Sciences

Deb Reardanz

President and CEO, ClarkLindsey

Andiara Schwingel

Associate Professor, Kinesiology and Community Health

McKECHNIE FAMILY LIFE HOME STAFF

Wendy Rogers

Director

Harshal Mahajan

Assistant Director of Research

William Stewart

Professor, Recreation, Sport and Tourism

Abigail Wooldridge

Assistant Professor, Industrial and Enterprise Systems Engineering

Wendy Bartlo

Assistant Director for Strategic Initiatives and Research Relations, Center on Health, Aging, and Disability (ex-officio)

Laura Rice

Associate Director, Center on Health, Aging, and Disability (ex-officio)

Jeff Woods

Director, Center on Health, Aging, and Disability (ex-officio)

Wendy Rogers

Director, CHART

Robert Pawlik

Assistant Director of Operations

Samuel Olatunji

Postdoctoral Fellow



**College of Applied
Health Sciences**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN