



## **New Investigator Projects**

**Spring 2017**

Update by: Dr. Anna Schwartz

The year five New Investigators are making progress on their projects. Two projects are on Hopi - one helping to improve health and safety of homes and the other discussing men's health issues. The other two projects are on the Navajo reservation. One is with Adopt-A-Native-Elder and focuses on helping caregivers cope with the stress of caregiving. The second project is to raise awareness of the signs of heart attack and simple steps to healthy eating. All of the projects are conducted in the community and each of the teams will provide feedback to the community (e.g. Chapter House or other stakeholders) about their project once it is complete. Many of the investigators are presenting their work at professional meetings, in radio interviews, or in manuscripts. Dr. Dunn is preparing a manuscript for submission to the International Journal of Aging and Society. Dr. Reynolds and Dr. Brice are submitting a poster presentation of their project at Western Institute of Nursing Research. Dr. Hardy and Mr. Seidenberg are also working on presentations and manuscripts from their work.

### **Educational Program to Build Resilience for Caregivers, Family and Community Members in the Care of Elder Native Americans who are Experiencing Memory Loss and Cognitive Decline**

Partners: Dorothy J. Dunn, PhD. (NAU), Linda A. Myers (Adopt-A-Native-Elder Program)

Project Goal: Partner with Adopt-A-Native-Elder Program during two scheduled Food Runs to provide an educational program to nurture resilience for caregivers and their Native Elder care recipients in a manner to maintain their traditional spirit and cultural lifestyle.

Update:

The manuscript has been edited by Anna Schwartz and await input from Nicolette Teufel-Shone. Once it has been edited and reviewed, it will submit to the International Journal of Aging and Society later this month.

## **Increasing Awareness of Heart Health in Native Americans in Northern Arizona**

Partners: Mary Anne Reynolds, RN, PhD, ACNS-BC (NAU) and Norria M. Brice, RN, DNP, ACNP-BC (Navajo)

Project Summary: The purpose of this project is to increase knowledge about risk factors associated with heart disease and early signs and symptoms of Acute Coronary Syndrome (ACS) in Navajo persons living in and around Tuba City, Arizona on the Navajo reservation.

Update:

At this point the principal investigators are developing their teaching materials and planning the activities to be done at the swap meets in April and May. They have been accepted to present a poster on our project at the WIN Conference in Denver in April.

## **Resilience at Home: Community-Based Healthy Housing Intervention among American Indians**

Partners: Lisa Hardy, PhD (NAU) and Joe Seidenberg (Red Feather Development Group)

Project Summary: Design and pilot a resilience-based training manual focused on home health assessment and remediation techniques for tribal residents living on tribal and non-tribal lands. Policy recommendations for home health will be developed through use of community-engagement techniques based to identify trends and incentives for remediation in local areas.

Update:

Trainings were conducted at the end of February at the Hopi reservation. The investigators are currently working on their presentations and manuscripts.