



Organization Name:

Tucson Jewish Community Center

Organization Background:

For 68 years, the Tucson Jewish Community Center (the J) has been a home away from home for Tucsonans of all ages, abilities, faiths, and identities. Our Mission is to cultivate and enrich Jewish identity, ensure Jewish continuity, foster wellness, and broaden communal harmony. Annually, the J serves more than 7,000 people from all walks of life who come to the J to grow, play, and learn. Originally founded 1955 as a social, cultural and recreation center serving both the Jewish and broader community of Tucson, the J moved in 1989 from its location on Plumer Avenue/Broadway Boulevard to its current location on River Road/Dodge Boulevard. With a larger footprint, the J significantly expanded its services over time by adding depth and breadth to its offerings to the community. Today, the J offers a robust schedule of programming across the following areas: Jewish Living, Culture & Community, Fitness & Wellness, and Children & Family Engagement. www.tucsonjcc.org

Internship Project Title

Healthy Aging Elder Adult Intern

Project Description:

The internship is focused within our Healthy Aging programs at the Jewish Community Center. (This program can be found at the web link provided). Briefly, the internship encompasses one main program for older adults with mild dementia (The Mind Body Program) and provides person-directed activities/care involving an emphasis on the person's interests, hobbies, occupations, family members, travels. What matters to the person? How can we help the person enjoy life, perhaps in new ways? Social engagement is the "ingredient" that helps people with dementia, not the type of activity. Thus, small group activities can help foster social connections and decrease social isolation and stigma. Social engagement helps families to foster social connections and decrease social isolation and stigma. The internship would primarily involve working with participants but also helping Linda develop family programming. They can meet other families and further develop their support systems. Other Healthy Aging Programs focus on Parkinson's, Osteoporosis, and Balance.

Requirements

- Must be 18 years of age or older
- Must have high school diploma/GED
- Openness to Learning about person-directed activity/care models and dementia friendly communities.
- Flexible approach to activities and a clear enjoyment in being with older adults
- Ability to demonstrate good observation skills, judgment, and interest in learning about elder adults with dementia.
- Good verbal and written communication skills

Responsibilities/Duties

Duties include but not limited to:

- Responsible for assisting assigned elder adult in social engagement activities, including activities involving arts, movement, music and current events.
- Assist Linda in designing and delivering brief presentations about aging for the Wellness Department, JCC, and in the community.
- Learn about supporting elder adults, their care and how they manage aging.
- Develop skills in working with people with dementia.
- Learn about fitness programs for older adults with and without dementia.
- Weekly status check-in meetings
- Daily reporting

Internship project keywords (check all that apply).

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|---|--|
| ☐ Health Disparities | ☐ Tobacco Use |
| ☐ Public Health Preparedness | ☐ Injury/Violence Prevention |
| ☒ Collaborations with Community | ☐ Immunization |
| ☐ Collaborations with University | ☐ Infectious Disease |
| ☒ Community health service | ☐ Oral Health |
| ☒ Physical Activity | ☐ Evaluation |
| ☐ Substance Abuse | ☐ Policy Development |
| ☐ Mental Health | ☐ Program Planning |
| ☐ Access to care | ☐ Data Analysis |
| ☐ Nutrition | ☒ Other: Small group social engagement activities for older adults with early/mild stage dementia. |
| ☐ Reproductive/Sexual Health | |
| ☐ Environmental Health | |
| ☐ Maternal/Infant Health | |

When: When do you want the work done? Check all that apply.

☒Fall Semester

☒Spring Semester

☐ Summer Term

☒ I want this listing to remain active indefinitely and we will accept applications from students for any upcoming semester.

☐ This listing is only for a specific semester/term: _____

Where:

Organization Mailing Address: 3800 E. River Road, Tucson, AZ 85718

Address where Student will work (if different from above): *Click or tap here to enter text.*

☐ Check here if the student may have the option to work remotely from a site not listed above for all or part of this project.

Student Characteristics:

Level of Expertise Needed: *Do you wish to request an MPH program intern or an undergraduate public health program intern?*

Undergraduate: The internship for undergraduates should provide an experience that allows students to incorporate classroom learning into public health practice.

Graduate: Applied experiences for graduate students should require application of advanced knowledge and skills to the solution of health problems and the production of at least two agency-based deliverables.

Both experiences prepare students for future employment.

☒ MPH

☒ Undergraduate

☒ Either

Supervision

Linda Travis, Adult Aging Adult Specialist

Linda brings a background in working with older adults and their family members in an array of clinical settings (outpatient and inpatient health care, senior living, assisted living, health, senior living, assisted living, and home care. She is also a scholar and has taught health professions about the interpersonal and family context of care. Linda enjoys working with graduate and undergraduate students.

Certifications + Education:

Linda is a licensed psychologist with specialty training in geriatrics, health psychology, family psychology, and diversity. She enjoys working in community settings to provide maximum access to older adults and their family members.

Rhina Gerhauser, Personal Trainer and Preceptor

Clients of all ages and abilities work with Rhina. With over 35 years in the Health and Fitness industry, and well-known for her in-depth knowledge of Functional Movement, Rhina is committed to helping clients, including the active ager and older adult, improve balance, strength, flexibility, mobility as well as cardiovascular, cognitive, and mental health.

Rhina's credentials include working alongside physicians, nutritionists, behaviorists, and physical therapists at her own Wellness Clinic, Canyon Ranch, and Proactive Physical Therapy. This experience is invaluable particularly when addressing more specialized needs including chronic conditions, neurological disorders, weight loss, joint replacement, and brain health, including dementia.

An accomplished athlete (52 marathons and 41 half-marathons), avid community volunteer, and fluent Spanish speaker, Rhina was voted Top Instructor (AZ Daily Star) and received the JCCA Zahav award For Excellence in Elder Rehab.

Certifications + Education:

- BS, and Master's coursework Business/Public Health
- Functional Movement Specialist
- ACE, TRX, Schwinn & Matrix Cycling, CORE/Resist-a-Ball, Barre Above

Compensation/Benefits/Professional Development

There is no stipend for the work, travel opportunities or participation anticipated in internal or external professional development opportunities.

Application Contact Information

Potential interns should review the website summary of the Healthy Aging Program, and then can submit a resume to Linda Travis (ltravis@tucsonjcc.org). Thank you.