

Sara M. Powers, Ph.D.

Research Scientist
Center for Research and Education
Benjamin Rose Institute on Aging
11890 Fairhill Road
Cleveland, OH 44120
216.282.3164
spowers@benrose.org

Education:

2011-2014 Ph.D. -- Adult Development and Aging
The University of Akron, Akron, OH

2009-2011 M.A. -- Adult Development and Aging
The University of Akron, Akron, OH

2005-2009 B.A. -- Psychology, minor Sociology
Holy Family University, Philadelphia, PA

Employment History:

2018-present **Research Scientist**
Benjamin Rose Institute on Aging, Center for Research and Education
Cleveland, OH

2014-2018 **Assistant Professor**
The College of Saint Rose, Psychology Department
Albany, NY

2009-2014 **Graduate Teaching Assistant & Instructor**
The University of Akron, Psychology Department
Akron, OH

Research Support – Active

Enhancing Dementia-Capability and Supportive Services for San Diegans Impacted by Dementia (7/1/2021 – 6/30/2024)

- External Evaluator for a 3-year grant awarded to Alzheimer’s San Diego from The Administration for Community Living (Evaluation Subcontract: \$76,736; 90ADPI0066-01-00; Lead: Powers, S.)
- As the external evaluator on the grant, we will review and create a pre- and post-evaluation survey for all evaluation components of the project; consult on administration and coding of survey responses; and complete statistical analyses of survey responses for reports and possible publishable manuscripts/professional presentations.

Strengthening Training and Advocacy Capacity to Support Diverse Family Caregivers (1/1/2022 -12/31/2022)

- Evaluation subcontract for 1-year for a grant awarded to the Diverse Elders Coalition from The John A. Hartford Foundation (Evaluation Subcontract: \$25,000; Lead: Powers, S.)
- As a subcontractor on the grant, we will oversee the evaluation of the previously developed comprehensive cultural competency training curriculum created to educate healthcare and social service providers who want to better meet the needs of diverse family caregivers.

Best Practice Caregiving Phase III: Consumer Version (1/1/2022 -12/31/2023)

- Research team member for a 2-year dissemination grant awarded to Benjamin Rose Institute on Aging from The John A. Hartford Foundation (Award: \$450,000; PI: Bass, D.)
- Collaborate in the dissemination of the Best Practice Caregiving online resource by creating a consumer version, updating the professional version, and partnering with the Diverse Elders Coalition to make both online resources cultural sensitive, with a focus on the inclusion of culturally tailored and translated evidence-based dementia caregiving programs.

Development of a Reminiscence Therapy Online Platform with Machine Learning to Increase Engagement with People Living with Dementia and Their Care Partners (8/1/2020 – 4/30/2022)

- Evaluation team member of a two-year SBIR study, funded by the National Institute on Aging (Research Subaward: \$547,297; #1R44AG069566-01; PI: Orsulic-Jeras, S.).
- LifeBio Inc. and Benjamin Rose Institute on Aging are developing a reminiscence therapy platform - LifeBio Memory™ - with a novel machine-learning-based application that transfers speech to text and generates life stories to serve as an interactive tool to cultivate communication between people living with dementia and their caregivers within residential care settings.
- The project includes an initial focus group study in Year 1 with staff, family care partners, and individuals living with dementia. A full-scale fidelity trial will be conducted once the product development is completed in Year 2, within 10 residential care facilities and will involve 260 residents with dementia.

Internal Research Support – Ongoing

Benjamin Rose Institute on Aging – Client Experience Surveys (1/1/2020 – Present)

- Lead the organization wide Client Experience Survey Initiative that develops, distributes, collects, and manages data related to all client experience surveys.
- Collaborates with all subsidiaries across the organization to understand, improve, and report on the client experience.

Research Support - Completed

Addressing Unmet Family Caregiving Needs in Diverse Older Communities: Implementation Phase (1/1/2020 - 12/31/2021)

- Evaluation team member for a 2-year implementation grant awarded to the Diverse Elders Coalition from The John A. Hartford Foundation (Evaluation Subcontract: \$80,000; 2019-0165; Lead: Bass, D.)
- As a subcontractor on the grant, we will oversee the dissemination of the previously completed caregiver survey results and collaborate on the evaluation of the training curriculum developed to educate healthcare and social service providers who want to better meet the needs of diverse family caregivers.

Dissemination of Best Practice Caregiving: Guiding Organizations to Dementia Programs for Family Caregivers (1/1/2020 -12/31/2021)

- Research team member for a 2-year dissemination grant awarded to Benjamin Rose Institute on Aging from The John A. Hartford Foundation (Award: \$300,000; 2019-0163; PI: Bass, D.)
- Collaborate in the dissemination of the Best Practice Caregiving online resource by creating a business plan, developing and implementing a broad dissemination and marketing strategy, establishing an efficient system for updating and adding new programs, and evaluating program information, use, and adoption.

Linking Interventions of Financial Empowerment to Patient Outcomes Project (6/1/19 - 5/31/21)

- Primary Evaluation Investigator for a 2-year grant awarded to Empowering and Strengthening Ohio's People (ESOP) from The Cleveland Foundation (Evaluation Subcontract: \$33,305; 299016; Lead: Powers, S.)
- As the evaluation lead on the grant, we will collaborate with ESOP and The MetroHealth System to evaluate and test the feasibility, acceptability, and effectiveness of embedding a financial empowerment coach into the healthcare system to provide patients with an integrated suite of financial capability and housing stability services.

Partnering with Law Enforcement to Support People Living with Dementia (3/1/19 - 5/31/21)

- External Evaluator for an 18-month grant (with a no-cost extension) awarded to Alzheimer's San Diego from The Administration for Community Living (Evaluation Subcontract: \$55,097; 90ADPI0026-01-00; Lead: Powers, S.)
- As the external evaluator on the grant, we will review and create a pre- and post-evaluation survey for law enforcement staff who complete dementia education training; consult on administration and coding of survey responses; and complete statistical analyses of survey responses for reports and possible publishable manuscripts/professional presentations.

Addressing Unmet Family Caregiving Needs in Diverse Elder Communities (10/1/2018 - 12/31/2019)

- Evaluation team member for a 1-year planning grant awarded to the Diverse Elders Coalition from The John A. Hartford Foundation (Evaluation Subcontract: \$65,000; 2018-0078)
- As a subcontractor on the grant, we completed a variety of tasks related to the creation of a national caregiving survey that examined the needs and experiences of caregivers from diverse communities. Tasks included completing a literature review and write up, developing focus group protocols, creating the caregiving survey, and managing and analyzing all aspects of the survey data.

Peer Reviewed Journal Articles:

- Orsulic-Jeras, S., Whitlatch, C. J., **Powers, S. M.**, & Johnson, J. (2020). A dyadic perspective on assessment in Alzheimer's dementia: Supporting both care partners across the disease continuum. *Alzheimer's & Dementia: Translational Research & Clinical Interventions*. doi: 10.1002/trc2.12037
- Walker, R. V., **Powers, S. M.**, & Witten, T. M. (2017). Impact of anticipated bias from healthcare professionals on perceived successful aging among transgender and gender nonconforming older adults. *LGBT Health*. doi: 10.1089/lgbt.2016.0165
- Walker, R. V., **Powers, S. M.**, & Bisconti, T. L. (2016). Positive aspects of the caregiving experience: Finding hope in the midst of the storm. *Women & Therapy*. doi: 10.1080/02703149.2016.1116868
- Powers, S. M.**, & Whitlatch, C. (2014). Measuring cultural justifications for caregiving in African American and White caregivers. *Dementia*. doi: 10.1177/1471301214532112
- Powers, S. M.**, Dawson, N., Krestar, M. L., Yarry, S. & Judge, K. S. (2014). 'I wish they would remember that I forget?' The effects of memory loss on the lives of individuals with mild to moderate dementia. *Dementia*. doi: 10.1177/1471301214553236
- Powers, S. M.**, Bisconti, T. L., & Bergeman, C. S. (2014). Trajectories of social support and well-being across the first two years of widowhood. *Death Studies*. doi: 10.1080/07481187.2013.846436
- Dawson, N., **Powers, S. M.**, Krestar, M. L., Yarry, S. & Judge, K. S. (2013). Predictors of self-reported psychosocial outcomes in individuals with dementia. *The Gerontologist*. doi: 10.1093/geront/gns137
- Krestar, M. L., Looman, W., **Powers, S.**, Dawson, N., & Judge, K. (2012). Including individuals with memory impairment in the research process: The importance of scales and response categories used in surveys. *Journal of Empirical Research on Human Research Ethics*. doi: 10.1525/jer.2012.7.2.70.

Conference Papers, Presentations, and Posters:

- Powers, S.**, Schaffer, R., Bass, D., Le, O., & Pongan, L. (November 13, 2021). Caregiving Among Asian Americans: A Closer Look at Chinese, Korean, and Southeast Asian Ethnic Subgroups. Paper presented at the 2021 Annual Scientific Meeting, Gerontological Society of American virtual conference.

- Minyo, M.J., **Powers, S.M.**, Ciancibello, A., Schaffer, R., & Bass, D.M. (November, 2021). Exploring Well-Being Outcomes Among Persons Living with Dementia: Self-Report Versus Caregiver Proxy-Report. Poster presentation at the 2021 Annual Scientific Meeting, Gerontological Society of American virtual conference.
- Powers, S.**, Schaffer, R., Ciancibello, A., & Bass, D. (November 10, 2021). Outcome Priorities Among Evidence-Based Dementia Caregiving Programs: A Closer Look. Symposium paper presented at the 2021 Annual Scientific Meeting, Gerontological Society of American virtual conference.
- Powers, S.**, Orsulic-Jeras, S., Empeno, J., Lagasca, R., Abrams, A., Barker, S., McDaniel, R., & Hanna, M. (November 4, 2020). Improving Dementia Capability Among Law Enforcement: Results from Dementia Education Trainings. Paper presented at the 2020 Annual Scientific Meeting, Gerontological Society of America virtual conference.
- Orsulic-Jeras, S., **Powers, S.**, Empeno, J., Lagasca, R., Abrams, A., Barker, S., McDaniel, R., & Hanna, M. (November 4, 2020). Addressing Gun Safety and Dementia: Training Professionals in the Community. Poster presented at the 2020 Annual Scientific Meeting, Gerontological Society of America virtual conference.
- Powers, S.**, & Edwards, S. (November 5, 2020). Empowering Through Education: Understanding Financial Well-Being Among Low-Income Older Adults. Symposium presentation presented at the 2020 Annual Scientific Meeting, Gerontological Society of America virtual conference.
- Powers, S.**, Edwards, S., & Ortiz, H. (March 24, 2020). Improving Financial Well-Being: How Organizations can Measure Financial Outcomes and Impact. Symposium accepted for presentation at the 2020 Aging in America Conference in Atlanta, GA – Conference cancelled due to COVID-19.
- Powers, S.**, Edwards, S., & Cook, K. (March 25, 2020). Building a Medical-Financial Partnership: Linking Financial Capability to Improved Health Outcomes. Symposium accepted for presentation at the 2020 Aging in America Conference in Atlanta, GA – Conference cancelled due to COVID-19.
- McDavid, J., Bass, D., **Powers, S.**, Schaffer, R., & Mariategue, K. (March 25, 2020). The Reality of Family Caregiving in Diverse Communities: Findings From a National Study. Symposium accepted for presentation at the 2020 Aging in America Conference in Atlanta, GA – Conference cancelled due to COVID-19.
- Powers, S.**, McDavid, J., Bass, D., & Schaffer, R. (March 26, 2020). Caregiving Within the LGBT Community: A Look Into the Different Types of Care Dyads. Poster accepted for presentation at the 2020 Aging in America Conference in Atlanta, GA – Conference cancelled due to COVID-19.
- McDavid, J., Bass, D., **Powers, S.**, & Schaffer, R. (March 26, 2020). Applying the Stress Process Model for Family and Friend Caregivers in Diverse Communities. Poster accepted for presentation at the 2020 Aging in America Conference in Atlanta, GA – Conference cancelled due to COVID-19.
- Birnstengel, G., Knochel, K. A., **Powers, S.**, & Stewart, D. (March 26, 2020). Transgender/Nonbinary People and Long-Term Care: Experiences, Expectations, Practices and Policy. Symposium accepted for presentation at the 2020 Aging in America Conference in Atlanta, GA – Conference cancelled due to COVID-19.
- Powers, S.**, Walker, R., & Witten, T. (April 17, 2019). A Hopeful Future: Providing Culturally Competent Care for Transgender-Identified Older Adults. Poster presented at the 2019 Aging in America Conference in New Orleans, LA.

- Powers, S.,** Walker, R., & Witten, T. (November 16, 2018). Is Caregiving a Risk Factor in Transgender-Identified Persons? Poster presented at the 2018 Annual Scientific Meeting, Gerontological Society of America in Boston, MA.
- Cole, E. & **Powers, S. M.** (April 15, 2018). “Old” is the Most Beautiful Word in the English Language: How Mental Health Counselors Can Promote Positive Aging. Symposium presented at the New York Mental Health Counselors Association Convention, Albany, NY.
- Powers, S. M.** (August 5, 2017). Aging Women’s Perspectives on Positive Caregiving. Paper presented at the American Psychological Association Annual Convention, Washington, D.C.
- Steinbach, J. & **Powers, S.** (March 18, 2017). Social Networking Sites and Postmortem Rituals: Using Facebook to Help with Coping and Death Anxiety. Poster presented at the Eastern Psychological Association Conference, Boston, MA.
- Powers, S.,** Walker, R., & Witten, T. (November 19, 2015). Exploring the Unknown: Experiences of Transgender Informal Caregivers. Poster presented at the 68th Annual Scientific Meeting, Gerontological Society of America in Orlando, FL.
- Walker, R., **Powers, S.,** & Witten, T. (November 19, 2015). An Exploration of Subjective Health and Successful Aging in Transgender Caregivers. Poster presented at the 68th Annual Scientific Meeting, Gerontological Society of America in Orlando, FL.
- Powers, S. M.** (March 7, 2015). Understanding the Sociocultural Perspective of Informal Caregivers. Paper presented at the Eastern Psychological Association Conference, Philadelphia, PA,
- Powers, S.,** Walker, R. V., & Bisconti, T. L. (November 6, 2014). Understanding Cultural Components of the Caregiving Experience. Poster presented at the 67th Annual Scientific Meeting, Gerontological Society of America, Washington, D.C.
- Powers, S.** & Whitlatch, C. (November 23, 2013). Measuring Cultural Justifications for Caregiving in African American and White Caregivers of Persons with Dementia. Poster presented at the 66th Annual Scientific Meeting, Gerontological Society of America, New Orleans, LA.
- Bisconti, T. B., Hall, R. J., Deboeck, P. R., Montpetit, M., **Powers, S.,** & Bergeman, C. S. (November 23, 2013). Short-Term Fluctuation in Depressed Mood as a Predictor of Long-Term Depression in a Sample of Recent Widows. Poster presented at the 66th Annual Scientific Meeting, Gerontological Society of America, New Orleans, LA.
- Dawson, N., **Powers, S.,** Krestar, M., & Judge, K. J. (November 24, 2013). Exploring the Differential Impact of a Dyadic Intervention on Individuals with Dementia & Caregivers. Paper presented at the 66th Annual Scientific Meeting, Gerontological Society of America, New Orleans, LA.
- Powers, S.,** & Whitlatch, C. (April 26, 2013). Measuring Cultural Justifications for Caregiving in African American and White Caregivers. Paper presented at the 37th Annual Conference, Ohio Association for Gerontology & Education, Ashland, OH.
- Powers, S.,** Walker, R., Bisconti, T. L., & Bergeman, C. S. (May 2, 2013). Understanding the Anniversary of the Death in Widowhood. Paper presented at the Midwestern Psychological Association 2013 Annual Conference, Chicago, IL.
- Powers, S.,** Dawson, N., Wilson, M. & Judge, K. S. (November 17, 2012). "I wish they would remember that I forget" - Understanding the Illness Experience of Individuals with Dementia. Symposium paper presented at the 65th Annual Scientific Meeting, Gerontological Society of America, San Diego, CA.

Dawson, N., **Powers, S.**, Krestar, M., Yarry, S. & Judge, K. S. (November 17, 2012). Predictors of Self-Reported Psychosocial Outcomes in Individuals with Dementia. Symposium paper presented at the 65th Annual Scientific Meeting, Gerontological Society of America, San Diego, CA.

Powers, S., Dawson, N., Krestar, M. & Judge, K. S. (April 20, 2012). The Effects of Memory Loss on the Lives of Individuals with Mild to Moderate Dementia. Paper presented at the 36th Annual Conference, Ohio Association for Gerontology & Education, Youngstown, OH.

Dawson, N., **Powers, S.**, Krestar, M. & Judge, K. S. (April 20, 2012). Predictors of Psychosocial Outcomes in Individuals with Dementia. Paper presented at the 36th Annual Conference, Ohio Association for Gerontology & Education, Youngstown, OH.

Krestar, M. L., **Powers, S.**, Dawson, N. T., Yarry, S., & Judge, K. S. (April 28, 2012). "I wish they would remember that I forget": Insight on Memory Loss from Individuals with Dementia. Poster presented at the Cleveland Psychological Association student poster session, Cleveland, OH.

Powers, S., Dawson, N., & Wilson, M. (November 21, 2011). Insight on Memory Loss Through the Eyes of the Dementia Patient. Symposium paper presented at the 64th Annual Scientific Meeting, Gerontological Society of America, Boston, MA.

Dawson, N., **Powers, S.** & Wilson, M. (November 21, 2011). Psychosocial Constructs from the Perspective of an Individual with Dementia. Symposium paper presented at the 64th Annual Scientific Meeting, Gerontological Society of America, Boston, MA.

Krestar, M., **Powers, S.** & Dawson, N. (November 21, 2011). Including Individuals with Dementia in the Research Process: Understanding the Impact of Scales and Response Categories Used in Surveys. Symposium paper presented at the 64th Annual Scientific Meeting, Gerontological Society of America, Boston, MA.

Judge, K., Wilson, M., Dawson, N. & **Powers, S.** (November 19, 2011). Implementing Interventions for Individuals with Dementia (Acquiring New Skills While Enhancing Remaining Strengths (ANSWERS): A Dyadic Cognitive Rehabilitation and Educational Skills Training Program for Individuals with Dementia. Symposium paper presented at the 64th Annual Scientific Meeting, Gerontological Society of America, Boston, MA.

Powers, S. (2008). Understanding Coping Processes in Widowhood. Poster presented at the Pi Gamma Mu National Honor Society Conference, Atlanta, GA.

Public Scholarship & Other Writings:

3 Ways to Plan for a Loved One's Care in the Event of Disaster (December 11, 2018). Web Exclusive for Guideposts website. <https://www.guideposts.org/friends-and-family/caregiving/3-ways-to-plan-for-a-loved-one-s-care-in-the-event-of-disaster>

4 Tips to Make Long-Distance Caregiving More Effective (January 9, 2019). Web Exclusive for Guideposts website. <https://www.guideposts.org/friends-and-family/caregiving/4-tips-to-make-long-distance-caregiving-more-effective>

How to Decide Whether Hospice is Right for Your Loved One (February 19, 2019). Web Exclusive for Guideposts website. <https://www.guideposts.org/friends-and-family/caregiving/aging-parents/how-to-decide-whether-hospice-is-right-for-your-loved>

How to Plan for Your Family's Future Caregiving Needs (March 14, 2019). Web Exclusive for Guideposts website. <https://www.guideposts.org/caregiving/family-caregiving/aging-parents/how-to-plan-for-your-familys-future-caregiving-needs>

Teaching Experience:

Assistant Professor Tenure Track:

- Introduction to Psychology, Adolescence and Emerging Adulthood, Adult Development and Aging, Research Methods and Statistics I and II, Senior Seminar (2014- 2018), The College of Saint Rose

Instructor:

- Introduction to Psychology (2009-2010), University of Akron
- Developmental Psychology (2011-2014), University of Akron

Teaching Assistant

- Developmental Psychology (2010-2012), University of Akron

Ad Hoc Reviewer

Dementia (2012, 2015, 2016, 2017, 2019)

Innovation in Aging (2019)

Gerontological Society of America (2019)

RRF Foundation for Aging (2020, 2021)

Membership in Professional Organizations:

American Society on Aging

Gerontological Society of America

Ohio Association of Gerontology and Education

Honors and Awards:

Graduate Awards:

- Student Travel Award, Gerontological Society of America **2013**
- Graduate Travel Scholarship, University of Akron **2012**

Undergraduate Awards:

- Presidential Scholarship, Holy Family University **2005-2009**
- President of Pi Gamma Mu National Honor Society Chapter **2008-2009**
- Travel Award to present at Pi Gamma Mu National Honor Society Conference in Atlanta, Georgia **2008**
- Psi Chi National Honor Society **2008-present**
- Delta Epsilon National Honor Society Association **2008-present**