

Sara M. Powers, Ph.D.

Research Scientist
Center for Research and Education
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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

Addressing Unmet Family Caregiving Needs in Diverse Elder Communities (2018-2019)

- 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; Primary Evaluation Investigator: Dr. David Bass)
- As a subcontractor on the grant, we will oversee the literature review, development of focus group protocols and questions, conduct of focus groups, development and implementation of a survey, and analysis of the data gathered from focus groups, survey, and stakeholder interviews

Partnering with Law Enforcement to Support People Living with Dementia (2019-2020)

- Primary Evaluation Investigator for an 18-month grant awarded to Alzheimer's San Diego from The Administration for Community Living (Evaluation Subcontract: \$55,097)
- 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.

Peer Reviewed Journal Articles:

- 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.**, Walker, R., & Witten, T. (April 17, 2019). A Hopeful Future: Providing Culturally Competent Care for Transgender-Identified Older Adults. Poster accepted for presentation 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.

Conference Papers, Presentations, and Posters (continued):

- 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.

Conference Papers, Presentations, and Posters (continued):

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>

Ad Hoc Reviewer

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

Innovation in Aging (2019)

Gerontological Society of America (2019)

Research Interests & Specialty Areas:

Gerontology; Family Caregiving (Positive Aspects of Caregiving, Cultural and Ethnic Differences/Similarities in Informal Caregivers); Individuals with Dementia; Successful Aging; LGBT Aging (The Subjective Experiences of Transgender-Identified and Gender Nonconforming Older Adults); Program Evaluation; Social Support; Coping Styles in Widowhood and Long-Term Adjustment.

Membership in Professional Organizations:

American Society on Aging

Gerontological Society of America

Ohio Association of Gerontology and Education

Research & Applied Experience:

The NNORC program of Jewish Family Services of Northeastern New York (2016-2017)

- Worked in a team-based setting to develop a workshop for caregivers
 - Entitled: Caregiving: Using Your Strengths to Turn Challenges into Successes
- Implementation of the workshop aimed at applying character strengths to improve the caregiving role

Advisor of Undergraduate Research Projects (2014-2018)

- Worked with undergraduate students to develop research projects related to the field of psychology and aging
- Supervised Institutional Review Board applications, data collection, data analyses, and writing of a formal APA style research paper

The Transgender Met Life Survey (2014-present)

- Disseminating findings related to transgender and gender nonconforming older adults and their subjective experiences in later life preparedness and preparation
- Working with a long-distance research team via email, phone, and Skype to collaborate on manuscripts

Dissertation (2011-2014)

- Entitled: The Influence of Cultural Values on the Informal Caregiving Experience of Dependent Older Adults

Margaret Blenkner Research Institute - Benjamin Rose Institute on Aging (2012-2013)

- Collaborated on a research project with an applied aging researcher mentor
- Prepared published manuscript detailing findings and presented research at local and national aging conferences

Project ANSWERS (2011-2014)

- Disseminated findings from a non-pharmacological, psychosocial strength-based dyadic intervention (Acquiring New Skills While Enhancing Remaining Strengths, [ANSWERS])
- Focused on the qualitative experience of individuals with dementia
- Worked as a team to present findings and submit manuscripts for publication

The Widowhood Project (2009-2014)

- Disseminated the findings from a longitudinal dataset exploring the experiences of widows
- Used hierarchical linear modeling to analyze bereavement trajectories

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

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**