Sabbatical Leave Report
Academic Year 2015-2016
Patrick M Cunningham, Associate Professor of Social Work,
School of Social Work, College of Health, University of Alaska Anchorage
August 12, 2016

Elizabeth Sirles, Ph.D.
Director, School of Social Work
College of Health
University of Alaska Anchorage

William H. Hogan, Dean
College of Health
University of Alaska Anchorage

Sam Gingerich, Provost
University of Alaska Anchorage

Thank you very much for affording me the opportunity of taking a sabbatical leave for the 2015-2106 academic year. This report covers my activities during this time period. I have included my sabbatical leave application, the sabbatical leave decision letter, and a log of my activities in this report.

This sabbatical provided me an opportunity to concentrate on research and professional development. My current research topics are Alzheimer's disease and related dementia, and nutrition. I was fortunate to obtain a partnership grant of $27,400 from the Alaska Mental Health Trust Authority to obtain six licenses of the Java Memory Care Program, and train staff to implement the Program in the six Pioneer Homes in Alaska. This Program is the first standardized music therapy program to address loneliness and depression in residents with memory change, emphasizing mutual support in a group setting. The Program in the Anchorage Pioneer Home is a year long control group study measuring the effectiveness of the Program. It ended June 2016 and is now being evaluated. I completed and published a research article in the *Journal of Alzheimer's & Neurodegenerative Diseases* regarding earlier work done at the Salvation Army's Serendipity Adult Day Center. A second article regarding life style and Alzheimer's disease was submitted to *Dementia: The International Journal of Social Research and Practice.*

In respect to nutrition, I submitted a grant application to National Institute of Health for Cutting-Edge Basic Research Awards for Sobriety Nutritional Therapy Project. I also published an article regarding the use of sobriety nutritional therapy in the treatment of opioid addiction in the *Journal of Addiction Research & Therapy*. Other writing includes a 59-page chapter entitled "Social services and corrections: Intergovernmental, public and private policy-making, and power dynamics, in an edited book by Dr. Clive Thomas called *Alaska Politics and Public Policy: The dynamics of beliefs, institutions, personalities, and power*. This book was published August 1 by the University of Alaska

Press. Two Commentaries were published in the Anchorage Dispatch News: “Alaska would be better off with its own single-payer health care system” and “How to fatten Alaska’s wallet by way of its stomach”.

During my sabbatical I was a “Social Determinants of Health Workshop” presenter at the State of Reform Health Policy Conference in Anchorage. I also presented at the Urban in Alaska Conference held at UAA and featured the Java Music Club Project funded by the Center for Community Engagement and Learning. I arranged and hosted Alaska Commissioner for Health and Social Services, Valerie Davidson, at the Social Action Committee Luncheon that was part of the Alaska Chapter NASW Conference. I also arranged and hosted a presentation by Kristine Theurer, the music therapist that created the Java Music Club and Memory Care Programs, at a meeting held at the AK Mental Health Trust Authority for geriatric service providers in Alaska. Other presentations were: The Java Music Club Program at the Alaska VA Health Care System Medical Center, Long Term Care Division. Presentation of the Java Music Club Program and implementation design to the Alaska Commission on Aging Legislative Meeting in Juneau, Alaska, and to the Care Coordinators of the Alzheimer’s Resource of Alaska agency.

In terms of professional development, I completed my second nutrition semester course from UAA’s Dietetics and Nutrition Program. I obtained a Certificate in Plant-Base Nutrition from the T. Colin Campbell Center for Nutritional Studies through eCornell. I completed a Certificate in Advanced Clinical Dementia Practice from the University of Michigan School of Social Work. I am participating in the Alaska Geriatric Interdisciplinary Leadership Development Faculty Track which included participating in the Nuka System of Care Core Concepts training and Conference hosted by Southcentral Foundation. Other conference attendance included the Natural Path Conference hosted by the Ionia Community at Kenai Peninsula College; the AK NASW Conference; ePathways Faculty “Makerspace” Conference, UAA; Alzheimer’s Disease Workshop, Providence Hospital; Excellence in Dementia Care: Enhancing Well-being & Improving Living Spaces workshop, sponsored by Alzheimer’s Resource of Alaska, Senior Center; and Social and Environmental Determinants of Health in Alaska Symposium, Anchorage, AK. Lastly, I attended two presentations on nutrition and acupuncture while on a cruise to the British Virgin Islands.

Providence Hospital Extended Care facility and Horizon House were in attendance at the presentation by Kristine Theurer at the Mental Health Trust Authority and expressed an interest in the Java Music Club and Memory Care Programs. My plan is to contact them in the near future regarding implementation of the programs in their facilities. My project for the Alaska Geriatric Interdisciplinary Development Faculty Track is to implement the Java Music Club Program at Southcentral Foundation as one of their Learning Circles for elders. I also plan to create an interdisciplinary course in the College of Health regarding therapeutic nutrition across the lifespan.

All in all this was the most enjoyable and successful sabbatical to date, as evidenced in my activities log, and I am grateful for the opportunity to shine!

Academic Affairs
UNIVERSITY of ALASKA ANCHORAGE

3211 Providence Drive
Anchorage, AK 99508-4614
T 907.786.1050, F 907.786.1426
www.uaa.alaska.edu/academicaffairs/

January 14, 2015

Patrick Cunningham
Associate Professor
School of Social Work, College of Health

Dear Professor Cunningham:

The Faculty Grants and Leave Committee and your Dean have endorsed your request for sabbatical leave for the 2015-2016 academic year. Based on the substance of your proposal, the prior recommendations, and having reviewed your proposal and all documentation, I concur with their recommendations.

On behalf of Chancellor Case, I am pleased to confirm that, contingent upon funding from the College of Health, you are awarded a sabbatical leave for the 2015-2016 academic year to pursue the submitted proposal entitled: "Java Music Club: Mutual Support for Cognitively Impaired At Risk Adults."

The actual management and financing of the sabbatical is delegated to the deans and directors who are responsible for determining the budget implications of this sabbatical. If your sabbatical leave is funded, you will be paid at a rate equal to two-thirds salary for the academic year. Sabbatical leave obligates you to return to UAA for one year of service or repay the salary and benefits received during the leave. Any additional compensation such as fellowships, grants-in-aid, or earned income to assist in accomplishing the purposes of the leave **must** be approved in advance by the Chancellor who may adjust the sabbatical leave salary to reflect such income (BOR Policy 04.04.06.A.4).

The Board of Regents Policy (04.04.06.A.7) requires that you submit a report to this office detailing your professional activities and accomplishments for which the leave is granted and specifying the sources and amount of any additional funds secured for this leave period. Please attach the report to a copy of your proposal and submit to your dean or director for his or her review and comment prior to forwarding to the Office of Academic Affairs by September 15, 2016.

In recent years, the Alaska Legislative auditors have examined the sabbatical reports. I, therefore, urge you to give special care and attention to this report in addressing the goals and objectives of the proposal and the actual results of the sabbatical. Any revisions to your original proposal must be submitted through your dean or director to this office for approval in advance.

Faculty members with active external grants and contracts will be expected to make arrangements for satisfactory administration during their absence. Contact the Grants and Contracts Office at 786-1569 for external agency requirements regarding changes in key personnel, PI or co-PI absences, or substantially less effort to be devoted to projects. Please note that for faculty members receiving external funds, sabbatical leave in combination with other compensation may not exceed 100 percent of your regular salary, per federal regulations.

You are strongly encouraged to review the attached notice and to contact the Alaska Division of Revenue concerning your Permanent Fund eligibility, if you have questions. Please contact Human Resource Services if you have any questions concerning the continuance of your benefits or the effect on your retirement programs while on leave.

Congratulations for the excellent application and committee endorsement. Your plan appears as though it will be personally enriching and valuable to the university. We look forward to reading your final report. You have my best wishes for a productive and enjoyable sabbatical.

Sincerely,

Sam Gingerich
Interim Provost

Attachment

cc: Chancellor Case
Dean William Hogan, College of Health
Faculty Services, OAA
Human Resource Services

Sabbatical Activities

8-14 to 5-6-2016 UAA Faculty and Staff Association weekly meeting 7:30 – 9:00 AM

8-14-15: DFS All Staff Meeting Palmer Train Station 10-4

Submitted Partnership Grant Application to Mental Health Trust Authority for Java Music Club dissemination to other Pioneer Homes

Submitted Partnership Grant Application to Mental Health Trust Authority for Sobriety Nutritional Therapy Project

Submitted grant application to National Institute of Health for Cutting-Edge Basic Research Awards for Sobriety Nutritional Therapy Project

8-21-15: Java Music Club Project Introduction 10-Noon
Alzheimer's Resource of Alaska
Executive Director Carl Garber
Education Director Pam Kelley

8-25-15 Attending meeting honoring Betty Davis, Carol Comeau, and Hillary Morgan for their public service.

8-26-15 Narcotic Drug Treatment Center Board Meeting

8-26-15 DN A151 Nutrition through the life cycle Course 3 credit

8-28-15 IRB Full Committee Meeting Sobriety Nutritional Therapy Project

9-1-15 Trained MSW graduate student, Miriam Bohnert, to become a co-leader in Java Music Club Project, Anchorage Pioneer Home dementia unit

Serendipity has incorporated the Java Music Club in their regular programming.

Participate in the UAA Faculty and Staff Association Executive Committee meeting each Friday.

9-11-15 Annual Meeting DFS Board of Directors

9-16-15 Alzheimer's Resource of Alaska Board Meeting

9-17-15 Submitted full application to Mental Health Trust Authority regarding Java Music Club Project.

9-18-15 IRB Full Committee Meeting Sobriety Nutritional Therapy Project (2nd) waited 1:20 minutes and then deferred to Monday.

9-21-15 Meeting with Ron Everett Chair IRB

9-25-15 Women's Show Sullivan Arena Alzheimer's Resource of Alaska Booth

10-8-15 State of Reform Conference Workshop presenter, “Alaska’s Social Determinants of Health”. Dena’ina Convention Center, Anchorage, AK.

10-13-15 Executive Committee meeting Alzheimer’s Resource of Alaska Board

10-16-15 IRB Full Committee Sobriety Nutritional Therapy Project (3rd)

10-20-16 Completed “Nutritional Fundamentals” online course from eCornell T. Colin Campbell Center for Nutritional Studies.

10-22, 23, 24-15 AK Chapter NASW Biennial Conference

10-22-15 Alaska Chapter National Association of Social Workers Conference, Social Action Committee Luncheon, Commissioner Valerie Davidson guest speaker (arranged and hosted)

10-26-15 Submitted letter of inquiry for AARP Foundation Isolation Impact Area Grant Opportunity on behalf of Alzheimer’s Resource of Alaska.

10-27-15 Executive Committee meeting Alzheimer’s Resource of Alaska Board

10-29-15 Webinar, The Lewin Group, Care Transitions to and from the Hospital for Individuals with Alzheimer’s disease and Related Dementias (90 minutes).

11-3-15 Webinar, The Lewin Group, Understanding and Responding to Behavioral Symptoms Among Individuals with Alzheimer’s Disease and Related Dementias (90 minutes)

11-6-15 Urban in Alaska Conference presentation Java Music Club: Mutual support for cognitively impaired at risk adults.

11-17-15 Executive Committee meeting Alzheimer’s Resource of Alaska Board

11-18-15 Alzheimer’s Resource of Alaska Board of Directors meeting.

11-18-15 Completed “Diseases of Affluence” online course from eCornell T. Colin Campbell Center for Nutritional Studies.

11-19-15 Attended the Alzheimer’s Disease and Related Dementia (ADRD) Roadmap Stakeholder Implementation meeting. Mental Health Trust Building, Anchorage 10AM to 2 PM.

11-20-15 Awarded $27,400 Partnership Grant from the Alaska Mental Health Trust Authority for Java Music Club Pilot: Mutual support for cognitively impaired adults (FY16). Alzheimer's Resource of Alaska will negotiate and monitor contracts for the project.

11-25-15 Completed Plant Based Nutrition Certificate, E. Colin Campbell Center for Nutrition Studies, eCornell.

11-25-15 Assumed office of President, Board of Directors, Alzheimer's Resource Agency of Alaska

12-10-15 Visited the Ionia Community in Kasilof, Alaska to learn of their nutrition and treatment program coordinated through the AK Department of Behavior Health and Mental Health Trust Authority.

12-16-15 Alzheimer's Resource Agency Board Meeting

12-16-15 Completed DN A151 Nutrition through the life cycle course (3cr.). Grade A

12-18-15 Denali Family Services Board of Directors Finance Committee

12-30-16 Commentary published in *Alaska Dispatch News*, Wednesday, December 30, 2015. "Alaska would be better off with its own single-payer health care system". B-4.

1-5&6-16 ePathways Faculty "Makerspace" Conference, UAA

1-11,12,13-16 Natural Path Conference, Kenai Peninsula College, Soldotna, AK

1-15-16 Alzheimer's Disease Workshop, Providence Hospital Anchorage 8:30-1:00 PM

1-19,20,21-16 Kristine Theurer, Java Music Club and Memory Care presentations and site visits, Alaska Mental Health Trust Authority.

2-10-16 Presentation of the Java Music Club Program at the Alaska VA Health Care System Medical Center, Long Term Care Division.

2-11-16 Presentation of the Java Music Club Program and implementation design to the Alaska Commission on Aging Legislative Meeting in Juneau, Alaska.

2-12-16 Program Committee Meeting of the Alzheimer's Resource Agency Board Alaska.

2-17-16 Java Music Club and Memory Care Training: Marilyn Joiner, Activity Therapist, Anchorage Pioneer Home

2-17-16 Alzheimer's Resource Agency Board Meeting.

2-19-16 Denali Family Services Board Finance Committee meeting.

2-24-16 Board Meeting of the Narcotic Drug Treatment Center.

2-25-16 Alzheimer's Resource Agency Program Committee meeting

2-26-16 Alzheimer's Resource Agency Program Committee meeting

3-4-16 Alzheimer's Resource Agency Program Committee meeting: Presented information regarding the presence of dementia in Individuals with Development Disabilities (IDD Waiver).

3-8-16 Web-Based Certificate in Advanced Clinical Dementia Practice (34 hours). University of Michigan School of Social Work, March 3 to June 21, 2016.

3-10-16 Java Music Club and Memory Care Training: Barbara Seward, Activity Therapist, Anchorage Pioneer Home.

3-11-16 Alzheimer's Resource Agency Program Committee meeting

3-15-16 Excellence in Dementia Care: Enhancing Well-being & Improving Living Spaces workshop, sponsored by Alzheimer's Resource of Alaska, Senior Center, Anchorage, AK.

3-15-16 Web-Based Certificate in Advanced Clinical Dementia Practice: Course 1 A New Culture of Person-Centered Living with Dementia, 2 hours.

3-16-16 Board Meeting Alzheimer's Resource of Alaska.

3-17-16 Submitted application for the Alaska Geriatrics Interdisciplinary Leadership Development Program (GILD) Faculty Track.

3-18-16 Denali Family Services Board Meeting

3-23-16 Submitted manuscript "Java Music Club: Mutual Support for Cognitively Impaired at Risk Adults" to *Journal of Alzheimer's & Neurodegenerative Diseases*

3-24-16 Accepted into the Alaska Geriatric Interdisciplinary Leadership Development Program (GILD) Faculty Track that will begin May 27, 2016.

3-24-16 Submitted manuscript "Sobriety Nutritional Therapy" to *Journal of Addiction Research & Therapy.*

3-25-16 Submitted manuscript "Life Style and Alzheimer's Disease" article to *Dementia: the international journal of social research and practice.*

3-29-16 Commentary published in *Alaska Dispatch News.* "How to fatten Alaska's wallet by way of its stomach". Tuesday, March 29, 2015, B-5.

3-30 to 4-1-16 Travel to Fairbanks Pioneer Home for training and implementation of Java Memory Care Program (3 days). Trained six staff members as facilitators of the Program.

3-31-16 Met with Rebekah Capen and Ruth Pomeroy at Denali Center in Fairbanks and presented the Java Memory Care Program and discussed implementing it in approximately six months.

3-31-16 Communicated with Maria Griffin at Fairbanks Resource Agency and discussed plan to apply for a Mental Health Trust Authority Grant to implement the Java Music Club Program in their Adult Day Services Program.

4-12-16 Article Java Music Club: Mutual Support for Cognitively Impaired at Risk Adults was accepted for publication by *Journal of Alzheimer's & Neurodegenerative Diseases*

4-14&15-16 Attended Social and Environmental Determinants of Health in Alaska Symposium
Anchorage, AK.

4-20-16 Attended Board Meeting of CHOICES
(Consumers Having Ownership in Creating Effective Services), a behavioral health agency serving community based clients with behavioral health diagnoses.

4-22-16 Finance Committee meeting, Denali Family Services

4-27-14 Board Meeting Narcotic Drug Treatment Center, Inc.
Send email to Governor Walker advocating that the Center be included on the Alaska Opioid Policy Task Force.

4-29-16 Submitted application to attend Cellular Biology of Addiction Course, University of Cambridge, UK July 31 - August 7, 2016

5-3 to 5-6 Traveled to Sitka Pioneer Home for training and implementation of the Java Memory Care Program.

5-7-16 Amblin for Alzheimer's, Alzheimer's Resource of Alaska fund raiser

5-15-15 Geriatric Social Work Practice course began for summer session

5-16-16 CHOICES, Inc. Board Meeting

5-18-16 Alzheimer's Resource of Alaska Board meeting

5-24-16 Denali Family Services Board meeting

5-27-16 Alaska GILD Faculty Track Orientation meeting

5-31 to June 4 Travel to Ketchikan to train staff and implement Java Memory Care Program in Pioneer Home.

6-6-16	Alzheimer's Resource Board of Directors Program Committee meeting
6-11-16	Alzheimer's Resource Board of Directors Retreat Alaska Workers Association Annual Meeting
6-13-16	Alzheimer's Resource Board of Directors Program Committee meeting
6-14-16	NASW Webinar: Assessing the Emotional Needs of Terminally Ill Elderly Clients & Their Families
6-15-16	CHOICES, Inc. Board of Directors meeting
6-16 to17	Palmer Pioneer Home staff training and implementation of Java Memory Care Program
6-20 to22	Southcentral Foundation Nuka System of Care Core Concepts Training
6-23 to 24	Nuka System of Care Conference
6-27-16	Alzheimer's Resource Board of Directors Program Committee meeting
6-26-16	Narcotic Drug Treatment Center Board of Directors meeting
7-6-16	Java Music Club presentation to Care Coordinators, Alzheimer's Resource of Alaska
7-7-16	Retirement celebration for Senator Johnny Ellis who has been a 4 Star Legislator as rank by the UAA Faculty and Staff Association for his 30 year support of UA
7-12 to 13	Travel to Juneau to train staff and implement Java Memory Care Program in Pioneer Home.
7-20-16	CHOICES Board Meeting
7-22-16	Denali Family Services Board Meeting
8-1-16	Alzheimer's Resources of Alaska Board Meeting
8-3-16	Completed Geriatric Social Work Practice stacked course and submitted grades.
8-4-16	American Geriatrics Society Webinar: Understanding and responding to Behavioral Symptoms Among Individuals with Alzheimer's Disease and Related Disease.
8-5-16	UAA Faculty and Staff Association Meeting

8-12-16 UAA Faculty and Staff Association Meeting