

Julie A. Norstrand (Née)

PERSONAL STATEMENT

I bring a comprehensive set of skills within the field of gerontology, having worked in the clinical, academic and research fields of aging. I have a PhD in social work, with expertise in age friendly communities. In addition, through my MSW, I gained extensive experience in assessing the individual and the environment in which they live, and through my MSc in Clinical Psychology I gained critical clinical skills in the field of mental health.

My years working in the field of aging for the last 15 years, including serving on boards with aging related missions, helping caregivers and older adults in the community set up peer led support groups, and teaching aging related courses have provided me with an in-depth knowledge of the aging experience, (specifically, the physical, emotional and cognitive changes that occur in old age in today's demographic, economic and political environment).

Previously I worked as a research assistant at Philadelphia Corporation for Aging, as a group facilitator with Supportive Older Women's Network, Philadelphia, and as a research assistant at the Brain Behavior Laboratory at University of Pennsylvania. I have volunteered with Global Action on Aging, NYC, and the Delaware Valley Mental Health Aging Advocacy Committee, Philadelphia. My research interests include civic engagement, caregiving, elder friendly cities, aging workforce and global aging demography. My dissertation, funded by the John A. Hartford fellowship, focused on social capital (i.e. community connectedness) and health among community dwelling older adults. I am committed to further developing age-friendly environments for older adults, *with emphasis on maximizing opportunities for productive aging.*

EDUCATION

Boston College, Boston, MA

MSW/PhD in Social Work (MSW, May 2009) (PhD, May 2014)

Dissertation: The association between social capital and health among community dwelling older adults

M.C.P. Hahnemann, Philadelphia, PA

Master of Science in Clinical Psychology (May 2002)

Thesis: Depressive symptomatology in medical rehabilitation patients: Patient's or caregiver's social problem-solving abilities as predictors

University of Newcastle upon Tyne, Newcastle upon Tyne, England

Bachelor of Science in Psychology (June 1995)

FOUNDER / CEO

Help My Aging Parents, LLC

Mission: Help families and employee develop skills and tools to step in as caregivers in order to meet the physical, social and emotional needs of aging relatives.

PROFESSIONAL RESPONSIBILITIES (Current and past)

- Advisory Board Member, Secure Senior (2024-present)
- Vendor for KGA - Employee Assistance Program (2024-present)
- Membership Chair, Life Planning Network (2022-2023)
- Executive board member of Council on Aging, Newton Senior Center (2017-2023)
- Board member of Massachusetts Gerontology Association (2013-2017)

AWARDS

- Hartford Change AGents Policy Institute (2014)
- John A. Hartford Geriatric Social Work Dissertation Fellowship (2011-2013)
- Ruth Landes Memorial Research Fund; declined in lieu of receipt of Hartford Fellowship (2011)
- Boston College University Institute on Aging Dissertation Award (2011)
- John A. Hartford Geriatric Social Work Pre-dissertation Award (2007-2009)
- Boston College Graduate School of Social Work Doctoral Fellowship (2005-2008)

TEACHING EXPERIENCE

- Adjunct Faculty: Introduction to Global Health. Regis College, Weston, MA
- Adjunct Faculty: End of Life: Multiple Perspectives. Lasell University, Newton, MA
- Adjunct Faculty: Baby Boom Generation: Adults in Midlife. Regis College, Weston, MA
- Adjunct Faculty: Lifespan Human Behavior. Regis College, Weston, MA
- Adjunct Faculty: Social, Political & Economic Perspectives of Gerontology. Regis College, Weston, MA
- Adjunct Faculty: Social work in Health Care Settings. Regis College, Weston, MA
- Adjunct Faculty: Diversity & Cross Cultural Issues. Boston College, Chestnut Hill, MA
- Teaching Associate: Human Behavior & Social Environment. Boston College, Chestnut Hill, MA
- Guest speaker: Aging & Society. Boston College, Chestnut Hill, MA

PEER-REVIEWED PUBLICATIONS:

- Ring, L., Glicksman, A., Kleban, M. & **Norstrand, J.** (2017) The future of age friendly: Building a more inclusive model using principles of ecology and social capital. *J of Housing for the Elderly*, 31(2), 117-129
- Xu, Q., **Norstrand, J.A.** & Du, Y. (2016). Effects of living alone on social capital and health among older adults in China. *Int J Aging Hum Dev*. Advance online publication. doi: 10.1177/0091415015624419.
- Norstrand, J.A.** & Glicksman, A. (2015). Influence of living arrangements of community dwelling older adults on the association between social capital and health. In F. Nyqvist & A.K. Forsman (Eds.) *Social capital and health among older people: the meaning of community and context* (pp. 89-109) NY: Springer.
- Norstrand, J.A.** & Chan, K. (2014). The relationship between health and community across aging cohorts. *J Aging Research*, Article ID 626097, 10 pages.
- Norstrand, J.A.**, Glickman, A., Lubben, J., Kleban, M. (2012). The role of the social environment on physical and mental health of older adults. *J Housing for Elderly*, 26(1-3), 290-307.
- Xu, Q. & **Norstrand, J.A.** (2012). Gendered Social Capital and Health Outcomes among Older Adults in China. In S. Chen & J.L. Powell (Eds.), *Aging in China: Implications to Social Policy of a Changing Economic State* (pp.147-168) NY: Springer.
- Norstrand, J.A.** & Xu, Q. (2012) Social capital and health among older adults in China: The Urban-rural dimension. *The Gerontologist*, 52(3), 325-334.

CLINICAL EXPERIENCE

Philadelphia Corporation for Aging, Philadelphia, PA

Training Assistant (July 2002 – February 2003)

- Mental Health and Aging Graduate group: facilitated meetings and organized outside speakers

Supportive Older Women's Network (SOWN), Philadelphia, PA

Group Facilitator (May 2001 – May 2002)

- Set-up and facilitation of community-based support groups; planning and development of session material; editing and distribution of SOWN's newsletter; public speaking at fundraising events

University of Hospital Pennsylvania, Philadelphia, PA

Practicum Student, Dept. of Rehabilitation Medicine, (Sep. 1999 – May 2000) and Dept. of Psychiatry, Center for Cognitive Therapy, (Jan. – May 1999)

Student Research Neuropsychologist Intern, (Mental Health Clinical Research Ctr), (Sept. 1998 – Sept. 1999, September 1995 – 1998).

RESEARCH EXPERIENCE

The Sloan Center on Aging & Work at Boston College, Chestnut Hill, MA

Research Assistant (June 2009 – June 2010)

- Compiled 3 reports for Country Context Studies: secondary data analysis and interpretation of employment data in Denmark

National Resource Center for Participant-Directed Services, Boston College, Chestnut Hill, MA

Research Assistant (Sept. 2006 – May 2007)

- Secondary data analysis for SAMHSA sponsored project Learning from the Cash & Counseling demonstration and evaluation: People with mental illness self-directing care.
- Primary data collection, interpretation, and write up findings for report on how students are employed in academic research centers.
- Primary and secondary data collection, interpretation and write up of findings for report looking at C&C users to get a better understanding of impact a truly flexible spending plan has on participants' well-being.

Office of Healthy Aging, Department of Public Health, Boston, MA

Research Assistant (Sept. 2005 – May 2006)

- Developed report on chronic disease and disability among older adults (50+) in Boston.
- Developed goals and outline for report, secondary data analyses.
- Interviewed public health program directors and older adults; interpreted and wrote-up of findings.

Research and Evaluation Program, Philadelphia Corporation on Aging (PCA)

Research Assistant, (March 2003 to July 2005)

Grant related activities: Project Manager for Administration on Aging.

Title: Supporting Older African American Caregivers: Assessing Needs, Building Skills, and Maintaining Health.
Grant No: 90CG2530. P.I.: Klein, Joan.