

# MEGAN CHRISTINE JANKE, Ph.D., LRT/CTRS

Berry College  
Department of Kinesiology  
Mount Berry, GA. 30149

Email: mjanke@berry.edu

---

## **EDUCATION**

**May 2005**

**University of Georgia, Ph.D.**

Child and Family Development (Human Development & Family Studies), *Gerontology*

Dissertation Title: “Application of the life span developmental perspective to leisure behavior in later life”

**December 2000**

**Clemson University, M.S.**

Parks, Recreation & Tourism Management, *Therapeutic Recreation*

Thesis Title: “Determining residents’ preferences in assisted living facilities using conjoint analysis”

**August 1998**

**University of Florida, B.S.**

Recreation, Parks, & Tourism Management, *Therapeutic Recreation*

## **EXPERIENCE**

Associate Professor

Berry College  
Department of Kinesiology  
August 2021 – present

Associate Professor  
Program Director

East Carolina University  
Department of Recreation and Leisure Studies  
Recreational Therapy program  
August 2015 – present  
*Program Director*: August 2019 – present

Adjunct Professor

Bowling Green State University  
School of Family & Consumer Sciences  
August 2016 – May 2017

Assistant Professor

East Carolina University  
Department of Recreation and Leisure Studies  
Recreational Therapy program  
August 2012 – August 2015

Assistant Professor &  
Gerontology Program  
Coordinator

University of South Florida, Lakeland (Polytechnic) campus  
College of Human and Social Sciences  
August 2010 – August 2012

University of South Florida, Tampa  
*Courtesy Appointment, School of Aging Studies*  
August 2010 – 2014

Visiting Assistant Professor

University of South Florida, Tampa  
School of Aging Studies  
August 2009 – August 2010

Assistant Professor                      University of Illinois at Urbana-Champaign  
 Department of Recreation, Sport & Tourism  
 August 2005 – August 2009

Lecturer                                      Ohio University  
 School of Recreation and Sport Sciences  
 September 2001 – August 2002

### **PROFESSIONAL CERTIFICATIONS & TRAININGS**

Licensed Recreational Therapist, State of North Carolina: July 2012 – present, License # 2067

Certified Therapeutic Recreation Specialist: 1998 – present, Certification ID # 44064

Dementia Practice Guidelines Certification: May 2013

Living Healthy Program (Stanford University's Chronic Disease Self-Management Program): 2010

Matter of Balance (Evidence-based fall prevention program): 2011

Quality Matters Certification, Online course development and instruction

GEY 3625: Sociocultural Aspects of Aging: 2011

GEY 3601: Physical Changes and Aging: 2012

### **AWARDS & RECOGNITIONS**

Fellow, Distinguished in Recreational Therapy (2019), National Academy of Recreational Therapists (NART)

Ray Martinez Teaching Award Winner (2018), College of Health and Human Performance, East Carolina University.

Outstanding Researcher Award (2018), Nominee, College of Health and Human Performance, East Carolina University.

Max Ray Joyner Award for Outstanding Teaching in Distance Education (2017), Nominee, East Carolina University.

Faculty Author Book Award (2014), East Carolina University.

Distance Education Conference Travel Award (2011), University of South Florida Polytechnic Teaching and Learning Innovation and Distance Education, \$2800.

Sue V. Saxon Outstanding Teacher Award (2011), School of Aging Studies, University of South Florida.

Behavioral and Social Sciences Student Research Pre-Dissertation Award (2004).  
 Gerontological Society of America

Virginia M. Smyth Scholarship Recipient (2004). Georgia Gerontology Society

List of Teachers Ranked as Excellent by Their Students, University of Illinois at Urbana-Champaign:

RST 200: Leadership in Leisure Services; Spring 2007, Fall 2008

RST 316: Leisure and Human Development; Spring 2007, Spring 2008, Spring 2009

RST 199: Leisure and Aging; Fall 2007

### **PUBLICATIONS**

#### ***Peer Reviewed Publications:***

Loy, D. P., Autry, C., Janke, M. C., Fish, M., Burnworth, R., Whisner, W., & Harrell, L. (in press). The Pirate Wellness Program: Lessons learned from the "Pivot". *SCHOLE: A Journal of Leisure Studies and Recreation Education*.

- Son, J. S., West, S. T., Liechty, T., Janke, M. C., Juris, J., & Wong, J. D. (in press). The sport facilitators in later life scale (SFLLS): Preliminary evidence of reliability and validity. *Journal of Leisure Research*.
- Son, J. S., Chen, G., Liechty, T., Janke, M. C., West, S. T., Wong, J. D. & Naar, J. J. (2021). The role of facilitators in the constraint negotiation of leisure-time physical activity. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2021.1919253>
- Son, J. S., Nimrod, G., West, S.T., Janke, M. C., Liechty, T., & Naar, J. (2021). Promoting older adults' physical activity and social well-being during COVID-19. *Leisure Sciences*, 43(1-2), 287-294. doi:10.1080/01490400.2020.1774015
- Janke, M. C., Payne, L. L., & Son, J. S. (2020). Leisure education in chronic disease self-management: A case study and lessons learned. *Leisure/Loisir*, 44(3), 397-420. DOI: 10.1080/14927713.2020.1780932
- Cho, E., Chen, T., Janke, M. C. (2020). A 2-year longitudinal relationship between work-family conflict and health among older workers: Can gardening help? *Journal of Applied Gerontology*, 1-12. doi: 10.1177/0733464820934678
- Toms, S. B., Janke, M. C., Loy, D. P., & Watts, C. E. (2019). Research in recreational therapy practice: Findings and lessons learned from a study of a multisensory environment for adults with autism spectrum disorder [Annual in Therapeutic Recreation Issue]. *Therapeutic Recreation Journal*, 53(4), 381-401.
- Anderson, S. K., Loy, D. P., Janke, M. C., & Watts, C. E. (2019). The effects of horseback riding on balance [Annual in Therapeutic Recreation Issue]. *Therapeutic Recreation Journal*, 53(4), 307-328.
- Janke, M. C., Purnell, I., Watts, C., & Shores, K. (2019). Associations between engagement types, outcome behaviors, and quality of life for adults with dementia participating in intergenerational programs. *Therapeutic Recreation Journal*, 53(2), 132-148. <https://doi.org/10.18666/TRJ-2019-V53-I2-9647>
- Chen, T., & Janke, M. C. (2019). Change in leisure participation among older adults after falling. *Leisure Sciences*. <https://doi.org/10.1080/01490400.2018.1536568>
- Young, T. L., Janke, M., Sharpe, C., & Carthron, D. (2019). Evaluating the feasibility of a community intergenerational physical activity intervention for kinship families: Professional stakeholders' perspectives. *Evaluation and Program Planning*, 72, 136-144.
- Chen, T., Edwards, J., & Janke, M. (2017). Examination of the psychometric properties of the Geriatric Fear of Falling Measure among community-dwelling older adults in the US. *Journal of Applied Gerontology*. <https://doi.org/10.1177/0733464817716969>
- Skalko, T. K., Burgess, L. A., & Janke, M. C. (2016). A comparative study of the effects of Tai Chi and Matter of Balance on measures of balance and fall efficacy in older adults. *American Journal of Recreational Therapy*, 15(3), 29-39. doi: 10.5055/ajrt.2016.0109
- Janke, M. C., Son, J. S., Jones, J. J., Payne, L. L., & Anderson, S. K. (2015). Leisure patterns and their associations with arthritis-related self-management and health. *Therapeutic Recreation Journal*, 49(4), 281-292.
- Chen, T., Edwards, J., & Janke, M. C. (2015) The effects of the A Matter of Balance program on falls and physical risk of falls. *Preventing Chronic Disease*, 12 (E157), 1-10. doi: <http://dx.doi.org/10.5888/pcd12.150096>
- Son, J. S., & Janke, M. C. (2015). The roles of activity self-regulation and leisure-time physical activity on the health of adults with arthritis. *Journal of Leisure Research*, 47, 34-57.
- Stine-Morrow, E. A. L., Payne, B. R., Roberts, B., Kramer, A. F., Morrow, D. G., Payne, L. P.,

- Hill, P., Jackson, J. J., Gao, X., Noh, S. R., Janke, M. C., and Parisi, J. (2014). Training versus engagement paths to cognitive optimization with aging. *Psychology and Aging, 29*(4), 891-906. <http://dx.doi.org/10.1037/a0038244>
- Harvey, I. S., & Janke, M. C. (2014). Qualitative exploration of rural focus group members' participation in the Chronic Disease Self Management Program, USA. *Rural and Remote Health, 14*: 2886. [http://www.rrh.org.au/publishedarticles/article\\_print\\_2886.pdf](http://www.rrh.org.au/publishedarticles/article_print_2886.pdf)
- Chen, T., & Janke, M. C. (2014). Predictors of falls among community-dwelling older adults with cancer: Results from the Health and Retirement Study. *Supportive Care in Cancer, 22*(2), 479-485. doi:10.1007/s00520-013-2000-7
- Umstadd Meyer, M. R., Janke, M. C., Beaujean, A. (2014). Predictors of older adults' physical and community mobility using a comprehensive mobility framework. *The Gerontologist, 54*(3), 398-408. doi: 10.1093/geront/gnt054
- Young, T., & Janke, M. C. (2013). Perceived benefits and barriers to intergenerational programs: Older adults' and teachers' perspectives. *Activities, Adaptation & Aging, 37*(2), 121-140. doi:10.1080/01924788.2013.784852
- Janke, M. C., Jones, J. J., Payne, L. L., & Son, J. S. (2012). Living with arthritis: Using self-management of valued activities to promote health. *Qualitative Health Research, 22*, 360-372. doi: 10.1177/1049732311421179
- Chen, T., & Janke, M. C. (2012). Gardening as a potential activity to reduce falls among older adults. *Journal of Aging and Physical Activity, 20*, 15-31. PMID: 22190117
- Ahn, Y., & Janke, M. C. (2011). Motivations and benefits of older adults' educational travel experiences. *Educational Gerontology, 37*(8), 653-673.
- Janke, M. C., Carpenter, G., Payne, L. L., & Stockard, J. (2011). The role of life events on perceptions of leisure during adulthood: A longitudinal analysis. *Leisure Sciences, 33*, 52-69.
- Davey, A., Savla, J., Janke, M., & Anderson, S. (2009). Grandparent-grandchild relationships: From families in contexts to families as contexts. *International Journal of Aging and Human Development, 69*(4), 311-325.
- Janke, M. C., Son, J. S., & Payne, L. L. (2009). Self-regulation and adaptation of leisure activities among adults with arthritis. *Activities, Adaptation & Aging, 33*(2), 65-80.
- Nimrod, G., Janke, M. C., & Kleiber, D. A. (2009). Expanding, reducing, concentrating and diffusing: Activity patterns of recent retirees in the U.S. *Leisure Sciences, 31*, 1-17.
- Janke, M. C., Payne, L., and Van Puymbroeck, M. (2008). The role of leisure in the disablement process. *International Journal of Aging and Human Development, 67*(3), 231-257.
- Janke, M. C., Nimrod, G., & Kleiber, D. A. (2008). Leisure patterns and health among recently widowed adults. *Activities, Adaptation & Aging, 32*(1), 19-39.
- Janke, M. C., Nimrod, G., and Kleiber, D. A. (2008). Reduction in leisure activity and well-being during the transition to widowhood. *Journal of Women and Aging, 20*(1/2), 83-98. doi:10.1300/J074v20n01\_07
- Janke, M. C., Nimrod, G., and Kleiber, D. A. (2008). Leisure activity and depressive symptoms of widowed and married women in later life. *Journal of Leisure Research, 40*(2), 250-266.
- Nimrod, G., Janke, M. C., and Kleiber, D. (2008). Retirement, activity, and subjective well-being: A cross-

national study of Israel and the United States. *World Leisure*, 50(1), 18-32.

Janke, M. C., Davey, A., and Kleiber, D. (2006). Modeling change in older adults' leisure activities. *Leisure Sciences*, 28(3), 285-303.

Janke, M. C. and Davey, A. (2006). Implications of selective optimization with compensation on the physical, formal, and informal leisure patterns of adults. *Indian Journal of Gerontology*, 20 (1-2), 51-66.

**Non-Referred Publications:**

Schmalz, D. L., Janke, M. C., Payne, L. L. (2019). Multi-, inter-, and transdisciplinary research: Leisure studies past, present, and future. *Journal of Leisure Research*, 50(5),

Payne, L. L., & Janke, M. C. (2019). Introduction to the special issue: Contemporary trends and issues. *Journal of Leisure Research*, 50(4), 285-289. DOI:10.1080/00222216.2019.1627154

Payne, L. L., Schmalz, D. L., & Janke, M. C. (2018). The reemergence and revitalized focus of JLR. *Journal of Leisure Research*, 49(1), 1-7. <https://doi.org/10.1080/00222216.2018.1454175>

Nimrod, G., Janke, M. C. & Kleiber, D. A. (2016). Leisure and aging qualitative research: 15 years into the third millennium. *Journal of Leisure Research*, 48(1), 8-10.

**Books:**

McGuire, F. A., Boyd, R. K., Janke, M. C., & Aybar-Damali, B. (2013). *Leisure and Aging: Ulyssean Living in Later Life* (5<sup>th</sup> ed.). Champaign, IL: Sagamore Publishing.

**Book Chapters:**

Son, J., Weybright, E., Janke, M., & Payne, L. (in press). Evolving Societal Contributions of Leisure Education. In Kono, S., Beniwal, A., Sharma, P., & Spracklen, K (Eds.), *Positive Sociology of Leisure*. Palgrave.

Janke, M. C. & Van Puymbroeck, M. (2019). Assessment and Aging: Considerations and Recommendations for Recreational Therapy. In Singleton, J. & Skalko, T. (Eds.), *Assessment in Therapeutic Recreation*. Champaign, IL: Human Kinetics.

Janke, M. C. (2016). Human Development and Leisure. In Watts, C., Williams, R., & Shores, K. (Eds). *Leisure: Purpose and Meaning*. Minneapolis, MN: bluedoor, LLC.

Janke, M. C., & Jones, J. J. (2016). Using leisure to find a way forward after loss: A lifespan perspective. In McGuire, F. A. & Kleiber, D. A. (Eds.) *Leisure and Human Development*. Champaign, IL: Sagamore Publishing.

Janke, M. C., Chen, T., & Young, T. L. (2016). Disablement. In Whitbourne, S. K. (Ed.) *The Encyclopedia of Adulthood and Aging*. Maiden, Oxford: John Wiley and Sons, Inc.

Nimrod, G., and Janke, M. (2012). Leisure behaviour across the lifespan. In Gibson, H. & Singleton, J. (Eds.), *Leisure and Aging Well*. Champaign, IL: Human Kinetics.

Der Ananian, C., and Janke, M. (2010). Leisure and later life. In L. Payne, B. Ainsworth, & G. Godbey (Eds.), *Leisure, Health, & Wellness: Making the Connections*. State College, PA: Venture Publishing.

Davey, A., Janke, M., and Salva, J. (2005). Antecedents of intergenerational support: Families in context and families as context. In M. Silverstein, R. Giarrusso & V. L. Bengston (Eds.), *Annual Review of Gerontology and Geriatrics* (Vol. 24). New York, NY: Springer.

Davey, A., Savla, J., and Janke, M. (2004). Intergenerational relations. In N. J. Salkind (Ed.)

*Encyclopedia of Human Development*. Thousand Oaks, CA: Sage.

**Reports, White Papers & Other Documents:**

Janke, M. C. (2017). Birchaven Intergenerational Study Findings. Report prepared for Marilyn and Gordon Macklin Intergenerational Institute Board of Directors, Birchaven Continuing Care Retirement Community, and Blanchard Valley Hospital System. Findlay, Ohio.

Janke, M. C. (2009). Leisure education component. Supplement created to enhance the Chronic Disease Self-Management Program.

Janke, M., Santos, C., Jones, J., and Contreras, J. (2008). Self-regulation in adults' cultural and educational tourism experiences: Elderhostel. Report prepared for Elderhostel.

Santos, C., Janke, M., Contreras, J., and Jones, J. (2008). Elderhostel: The lived experience. Report prepared for Elderhostel.

**GRANTS AND PROPOSALS**

***Grants Awarded:***

Marshburn, D., & Janke, M. C. (Co-Principal Investigators). *Examining the benefits of using animal-assisted therapy with hospitalized patients in recreational therapy treatment*. Submitted to the North Carolina Recreational Therapy Association (September 2019 – September 2020), \$500.

West, S. (Principal Investigator), Janke, M. C., Liechty, T., Naar, J., Stafford Son, J., & Wong, J. (Co-Investigators). *Older adults' sport participation*. National Recreation and Park Association (September 2018 – May 2019), \$25,000.

Janke, M. C. (Principal investigator). *The effects of a shared-site intergenerational program on older adults with dementia: A pilot study*. Marilyn and Gordon Macklin Intergenerational Institute. (August 2017-December 2017), \$3,000.

Janke, M. C. (Principal Investigator). *Enhancing students' learning through the use of video resources*. East Carolina University Teaching Grants Committee, 2013 (May 2013 to September 2013), \$10,570.

Janke, M. C. & Bush, A. H. (Co-Principal Investigators). *Multisensory environments for adults with dementia*. University of South Florida Polytechnic Entrepreneurs Challenge Plus Grant (February 2012 – December 2012), \$9,998.85.

Janke, M. C. (PI), Payne, L. L. & Son, J. S. (Co-PIs). *Self-regulation and adaptation of leisure among older individuals with arthritis*. University of Illinois at Urbana-Champaign Research Board (August 2007 to May 2008), \$6,910.

Payne, L., Janke, M. (Co-PIs), & Son, J., Harvey, I. S. (Investigators). *Take Charge of Your Health: Live Well, Be Well: A Holistic Chronic Disease Self-Management Program*. University of Illinois at Urbana-Champaign Extension (Flagship program – July 2007 to June 2010), \$316,020.

Stine-Morrow, E. (PI), & Parks, D., Kramer, A., Morrow, D., Janke, M., & Payne, L. *The Senior Odyssey: A test of the engagement hypothesis of cognitive aging*. National Institutes of Health (R01 – July 2007 to June 2012), \$3,504,410. R01 AG029475

Janke, M. C. (PI). *Predicting systematic differences in leisure behavior over time*. University of Georgia Gerontology Center (November 2005 – November 2006), \$1000.

***Grants Submitted:***

Janke, M. C., & Smith, A. (Co-Principal Investigators). *Exercise is Medicine – On Campus Pilot Research Study*, Submitted to Berry College Faculty Scholarship Grant, February 2022. \$5931.80

- Janke, M. C., Williams, R. (Co-Principal Investigators), Skalko, T. S., & Mahar, M. (Co-Investigators). *F3: Faith, food, and fitness*. R01 concept proposal submitted for consideration in a U54 application to National Institute of Minority Health and Health Disparities (NIMHD), September 2015 (Not funded).
- Meyer-Umstattd, M. R., & Janke, M. C. (Co-Principal Investigators). *Retirement transitions: Understanding time use, healthy aging, and geographic differences using a comprehensive mobility framework*. R03 proposal submitted to the National Institutes of Health, February 2014 (Not funded), \$164,241.
- Adoni, H., Janke, M. C., Kama, A., Katz, E.; Kleiber, D. A., Nimrod, G., & Nossek, H. (Co-Principal Investigators). *Media consumption and participation in cultural and leisure activities in Israel, 2010*. Submitted to the Binational Science Foundation (Not funded), \$200,000.
- Janke, M. C. (PI), & Santos, C. (Co-PI). *Self-regulation in adults' educational and cultural tourism experiences: Elderhostel*. Submitted to the Center for Healthy Minds (Not funded), \$19,016.
- Humphreys, B. (PI), Janke, M., & Ruseski, J. (Co-Investigators). *Toward a unified econometric model of retirement, health, and family structure*. Submitted to National Institutes of Health (R01 – Not funded), \$2,140,295.
- Stumbo, N. (PI), Janke, M., & Payne, L. (Co-PIs). *2008 International conference on leisure, health, and disability*. Submitted to the National Institutes of Health (Conference grant – Not funded), \$119,423.
- Janke, M. C. (PI), Layne, L. (Co-PI), & Stine-Morrow, E. (Investigator). *The relationship between self-regulation and adaptation in leisure activities and health and well-being of adults with arthritis*. Submitted to the Mary Jane Neer Research Fund, University of Illinois at Urbana-Champaign (April 2006 – Not funded), \$13,352.54.

### **CONFERENCE PRESENTATIONS (Peer-Reviewed)**

- Janke, M. C., Juris, J., Chen, G., Wong, J., West, S., Son, J. S., & Lietchy, T. (submitted). Facilitators and constraints to sport activity among adults with arthritis. Submitted as part of a symposium session: Determinants and consequences of leisure activity engagement and constraints in older adult populations. The Gerontological Society of America Annual Scientific Meeting, November 2022, Indianapolis, IN.
- Janke, M. C., Son, J. S., Juris, J., Lietchy, T., Young, T. L., West, S. T., Wong, J. D., & Uva, K. (2022). *Older adults' reconstructed use of leisure & wellbeing during the pandemic*. Presented as part of the panel session: Reconstructing leisure: Older adults' adaptation during COVID-19. Presented at the Academy of Leisure Sciences (TALS) Conference (virtual), March 1-3, 2022.
- Son, J. S., West, S. T., Lietchy, T., Janke, M. C., Juris, J., & Wong, J. D. (2022). Reliability and validity of the Recreational Sport Facilitators Scale. Presented at the Academy of Leisure Sciences (TALS) Conference (virtual), March 1-3, 2022.
- Chen, G., Son, J. S., Lietchy, T., Janke, M. C., West, S. T., Wong, J. D., & Juris, J. (2022). An examination of facilitators in the constraint negotiation of leisure-time physical activity among older adults. Presented at the Academy of Leisure Sciences (TALS) Conference (virtual), March 1-3, 2022.
- Janke, M. C., Hinton, J., & Ashton, C. (2021). *North Carolina Recreational Therapy Virtual Internship Guidelines*. Presented at the Southeast Recreational Therapy Symposium (virtual), March 2021.
- Autry, C. E., Janke, M. C., Loy, D. P., & Fish, M. (2021). *Thinking about graduate school in recreational therapy? Factors to consider before, during and after your degree*. Presented at the North Carolina Recreational Therapy Association Conference (virtual), February 2021.
- Lietchy, T., Naar, J., Son, J., Janke, M., West, S., & Wong, J. (2020, October). *Strategies for facilitating older*

- adults sport*. Presented at the National Recreation and Park Association Annual Congress, Orlando, FL.
- Janke, M. C., West, S., Wong, J., Son, J. S., Naar, J., Liechty, T., & Hodgdon, B. (2020). *Sport participation in older adulthood: Associations with health and social wellbeing*. Presented at The Academy of Leisure Sciences Conference. Champaign, IL: February 11-14, 2020.
- Chen, G., Liechty, T., Wong, J. D., Hodgdon, B. T., West, S. T., Son, J. S., Naar J. J., & Janke M. C. (2020). *Older adults' participation in sport and other leisure-time physical activity: Age and gender effects*. Presented at The Academy of Leisure Sciences Conference. Champaign, IL: February 11-14, 2020.
- West, S., Liechty, T., Naar, J., Son, J. S., Wong, J., & Janke, M. (2019). *Today's older adults: Who they are and what they want from us*. Presented at the National Park and Recreation Association Congress. Baltimore, MD: September 24-26, 2019.
- Janke, M. C., & Autry, C. E. (2019). *Adopting a prevention science approach to recreational therapy practice*. Session presented at the American Therapeutic Recreation Association conference. Reno, NV: September 14 – 17, 2019.
- Crowe, B. M., Autry, C., Townsend, J., Janke, M. (2019). *Presenting and reviewing research in RT: Tips and suggestions from the ATRA Research Institute Committee*. Session presented at the American Therapeutic Recreation Association conference. Reno, NV: September 14 – 17, 2019.
- Son, J. S., Weybright, E., Janke, M. C., & Payne, L. L. (2019). *Contextualizing community-based leisure education: Case studies, opportunities, and challenges*. Presented at the Canadian Association for Leisure Studies conference. Vancouver, British Columbia: June 4 – 6, 2019.
- An, J., Payne, L. L., Janke, M. C., Broughton, K. A., & Lee, M. (2019). *Understanding boredom in later life: A systematic review*. Presentation presented at The Academy of Leisure Sciences' Annual Conference on Research and Teaching. Greenville, SC: February 26 – March 1, 2019.
- Janke, M. C., Schmalz, D., Payne, L., Rose, J., & Johnson, C. (2019). *Conducting a manuscript review: Tips and tricks from editors and associate editors*. Panel presentation presented at The Academy of Leisure Sciences' Annual Conference on Research and Teaching. Greenville, SC: February 26 – March 1, 2019.
- Richeson, N., Carter, M. J., Janke, M., & Ashton, C. (2018). *Writing for publication: How, what, why, and when?* Session presented at the American Therapeutic Recreation Association's Annual Conference, Grand Rapids, MI: September 13 – 16, 2018.
- Janke, M. C. (2018). *Intergenerational programs to promote engagement and health among adults with dementia*. Presented in the Research Institute of the American Therapeutic Recreation Association's Annual Conference, Grand Rapids, MI: September 13 – 16, 2018.
- Janke, M. C., & Purnell, I. (2018). *Intergenerational interventions: A potential treatment option for adults with dementia*. Presented at the Southeast Recreational Therapy Symposium. Williamsburg, VA: March 28-30, 2018.
- Janke, M. C., & Whisner, W. (2018). *Beyond participation: Meaningful and effective objectives and assessments in recreational therapy practice*. Presented at the Southeast Recreational Therapy Symposium. Williamsburg, VA: March 28-30, 2018.
- Janke, M. C., Payne, L. L., Naar, J. (2018). *Reflections, progressions, and projections: The state of leisure & aging research*. The Academy of Leisure Sciences 2018 Annual Conference on Research and Teaching. Indianapolis, IN: February 20 – 23, 2018
- Janke, M. C. (2017). *Me, myself, and I: The role of RT in self-management*. Presented at the Southeast Recreational Therapy Symposium. Savannah, GA: April 12 – 14, 2017.



- Janke, M. C. (2016). *Evidence-based interventions and needs of the aging population: Applications for recreational therapy*. Presented at the Southeast Recreational Therapy Symposium. Gatlinburg, TN: April 12-15, 2016.
- Chen, T., Edwards, J. D., & Janke, M. C. (2015). *The effects of the A Matter of Balance program on falls and physical risk of falls*. Poster presentation submitted for presentation at the Annual Scientific Meeting of the Gerontological Society of America. Orlando, FL: November 18-22, 2015.
- Young, T., Janke, M. C., Sharpe, C. (2015). *Evaluating the feasibility of a community intergenerational physical activity intervention for kinship families*. Research presented at the American Evaluation Association Annual Conference. Chicago, IL: November 9-14, 2015.
- Chen, T., Edwards, J. D., & Janke, M. C. (2015). *Measuring fear of falling among older adults in Florida: The Modified Falls Efficacy Scale – International Florida (mFES-IF)*. Poster presentation at the IAGG Asia / Oceania Regional Congress. Chiang Mai, Thailand: October 19-22, 2015.
- Janke, M. C., Loy, D. Fish, M. (2015). *A graduate degree in RT: Program logistics and benefits to your career*. Presented at the North Carolina Recreational Therapy Association annual conference. Wilmington, NC: October 4-6, 2015.
- Janke, M. C., Williams, R. S., Skalko, T. K. (2015). *Changes in healthcare policy and its effects on recreational therapy provision*. Research presentation at the American Therapeutic Recreation Association annual conference. Albuquerque, NM: September 27-30, 2015.
- Cooper, N., & Janke, M. C. (2015). *Senior center performance measures and assessment*. Presented at the North Carolina Senior Center Leadership Symposium. Chapel Hill, NC: August 25-26, 2015.
- Janke, M. C. (2015). *Meaningful activities for individuals with Alzheimer's & related dementias*. Invited presentation at the Eastern Regional Alzheimer's Conference hosted by the Eastern Area Health Education Center. Greenville, NC: May 29, 2015.
- Lewis, J., & Janke, M. C. (2015). *Providing effective recreational therapy interventions for geriatric clients*. Southeastern Recreational Therapy Symposium. Savannah, GA: April 1-3, 2015.
- Lewis, J., & Janke, M. C. (2015). *Assessment of the older adult: Utilizing standardized tools for recreational therapy treatment with geriatric clients*. Southeastern Recreational Therapy Symposium. Savannah, GA: April 1-3, 2015.
- Janke, M. C., & Lewis, J. (2015). *Changes in health and wellbeing with age: Treatment areas for recreational therapy with older adults (Part 1 and 2)*. Southeastern Recreational Therapy Symposium. Savannah, GA: April 1-3, 2015.
- Janke, M. C., Fish, M., Loy, D. (2015). *A graduate degree in RT: Program logistics and benefits to your career*. Presentation at the Student and Professional Issues Forum. Durham, NC: February 27, 2015.
- Roberts, D., & Janke, M. C. (2014). *Branching out beyond "activities": Incorporating RT interventions into long-term care*. Presentation at the North Carolina Recreational Therapy Association Conference. Raleigh, NC: October 20-21, 2014.
- Umstadd, M. R., Patterson, M. P., Bowden, R. G., & Janke, M. C. (2014). *Successful aging among end stage renal disease patients: Understanding factors related with social and community engagement*. Research poster presented at the American Academy of Health Behavior. Charleston, SC: March 16-19, 2014.
- Janke, M. C., Fish, M., & Loy, D. (2014). *Getting a graduate degree in RT: Factors to consider for graduate programs*. Presentation at the Student and Professional Issues Forum. Greenville, NC: February 28, 2014.

- Son, J. S., & Janke, M. C. (2013). *Activity expenditure mediates leisure self-regulation and health in adults with arthritis*. Paper presented at the Leisure Research Symposium of the National Recreation and Parks Association, Houston, TX: October 2013
- Chen, T., & Janke, M. C. (2013). *Prospective predictors of falls and recurrent falls among community-dwelling older adults with cancer: Results from the Health and Retirement Study*. Poster presented at the annual meeting of the International Association of Gerontology and Geriatrics World Congress of Gerontology and Geriatrics. Seoul, South Korea: June 23-27, 2013.
- Janke, M. C. (2013). *Recreational therapy interventions for adults with dementia and their care partners*. Session presented at the Southeast Recreational Therapy Symposium, Gatlinburg, TN.
- Young, T., & Janke, M. C. (2012). *Exploring levels, types, and demographic determinants of physical activity in older adults raising children*. Poster presented at the Gerontological Society of America Annual Scientific Meeting, 52, San Diego, CA.
- Janke, M. C., Umstatted, M. R., Beaujean, A. A. (2012). *Predictors of older adults' mobility based on a comprehensive theoretical framework*. Poster presented at the Gerontological Society of America Annual Scientific Meeting, 52, San Diego, CA.
- Chen, T., Janke, M. C., Avalos, M. F., & McHenry, C. K. (2012). *Tai Chi Moving for Better Balance (TCMBB) as an intervention for improving postural control*. Poster presented at the Gerontological Society of America Annual Scientific Meeting, 52, San Diego, CA.
- Janke, M. C., & Harrison, A. (2012). *Use of non-pharmacological interventions in adults with dementia and their care partners*. Presented at the North Carolina Recreational Therapy Association Conference, Hickory, NC.
- Young, T., & Janke, M. (2011). *Older adults' perceived benefits and concerns in an intergenerational program: The LINC project*. Paper presented at and abstract published in the *Proceedings of the Gerontological Society of America, 51*, Boston, MA.
- Chen, T., & Janke, M. (2011). *Change in leisure involvement among older adults after falling*. Poster presented at and abstract published in the *Proceedings of the Gerontological Society of America, 51*, Boston, MA.
- Jones, J., & Janke, M. (2011). *Psychological well-being of the 'young-old': The impact of social well-being*. Paper presented at and abstract published in: *Abstracts 2011 Leisure Research Symposium of the National Recreation and Park Association, Atlanta, GA*.
- Ahn, Y., McGuire, F., & Janke, M. (2011). *Patterns of social activity participation among older adults*. Paper presented at and abstract published in: *Abstracts 2011 Leisure Research Symposium of the National Recreation and Park Association, Atlanta, GA, 2011*.
- Janke, M. C., Jones, J. J., Son, J. S., & Payne, L. L. (2010). *The process of selective optimization with compensation in leisure activities among adults with arthritis*. Paper presented at and abstract published in the *Proceedings of the Gerontological Society of America, 50*, New Orleans, LA.
- Janke, M. C., & Young, T. (2010). *Organizational leaders' perceptions of the benefits of intergenerational community programs*. Poster presented at and abstract published in the *Proceedings of the Gerontological Society of America, 50*, New Orleans, LA.
- Chen, T., & Janke, M. C. (2010). *Effectiveness of gardening activities on improving older adults' gait and balance*. Paper presented at and abstract published in the *Proceedings of the Gerontological Society of America, 50*, New Orleans, LA.

- Young, T., and Janke, M. C. (2010). *Older adult and teacher perceptions of participation in intergenerational community programs*. Poster presented at and abstract published in the *Proceedings of the Gerontological Society of America, 50*, New Orleans, LA.
- Son, J. S., Janke, M. C., Jones, J. J. (2010). *Activity expenditure and activity self-regulation in the context of arthritis severity and health*. Poster presented at and abstract published in the *Proceedings of the Gerontological Society of America, 50*, New Orleans, LA.
- Harvey, I. S., Payne, L., Janke, M., Etkin, C., Wallace, M., Coyle, H., & Broughton, K. (2010). *The Chronic Disease Self-Management Program in rural communities: Participants' perceived benefits*. Paper presented at and abstract published in the *Proceedings of the Gerontological Society of America, 50*, New Orleans, LA.
- Payne, L., Harvey, S., Janke, M., Byers, C., & Coyle, H. (2010). *The role of community parks and recreation in the management of chronic conditions: The Illinois multi-disciplinary state-wide Chronic Disease Self-Management Initiative*. Paper presented at the World Leisure Conference, Chuncheon City, South Korea.
- Janke, M. C., Son, J. S., & Payne, L. L. (2009). *Leisure-based predictors of arthritis self-efficacy among middle-aged and older adults*. Poster presented at and abstract published in the *Proceedings of the Gerontological Society of America, 49*, Atlanta, GA.
- Jones, J. J., & Janke, M. C. (2009). *Mental health of midlife adults with cancer: The role of leisure, religion, and community*. Poster presented at and abstract published in the *Proceedings of the Gerontological Society of America, 49*, Atlanta, GA.
- Janke, M. C., Payne, L. L., & Coyle, H. (2009). *The Chronic Disease Self-Management Program (CDSMP): How can recreational therapists get involved?* Presented at the Illinois Recreational Therapy Association Conference, Alsip, IL.
- Janke, M. C. & Jones, J. J. (2009). *Later life leisure and marital quality: Does work status matter?* Paper presented at and abstract published in: *Abstracts 2009 Leisure Research Symposium of the National Recreation and Park Association*, Salt Lake City, UT.
- Ahn, Y., & Janke, M. C. (2009). *Motivations and benefits of older adults' educational travel experiences*. Paper presentation at and abstract published in: *Abstracts 2009 Leisure Research Symposium of the National Recreation and Park Association*, Salt Lake City, UT.
- Son, J. S., Janke, M. C., & Payne, L. L. (2009). *Leisure-based self-regulation and adaptation and the health of middle aged and older adults with arthritis*. Paper presentation at the 19<sup>th</sup> World Congress of the International Association of Gerontology and Geriatrics, Paris, France.
- Payne, L., Coyle, H., & Janke, M. (2009). *Challenges and successes in dissemination and sustainability of evidence-based health and wellness programs*. Panel discussion presented at the Public Engagement and Technology Showcase, University of Illinois at Urbana-Champaign. Champaign, IL.
- Janke, M. C. (2008). *Discussant of the session, Leisure time physical activity and health and well-being in later life*. Symposium conducted at the Gerontological Society of America Annual Scientific Meeting, National Harbor, MD.
- Parisi, J., Stine-Morrow, E., Janke, M., Morrow, D., & Payne, L. (2008). *Determinants and effects of engagement in adulthood*. Poster presented at and abstract published in: *Proceedings of the Gerontological Society of America, 48*. National Harbor, MD.
- Janke, M. C., & Payne, L. L. (2008). *Involvement in formal leisure activities and the disablement process model*. Paper presented at and abstract published in: *Abstracts 2008 Leisure Research Symposium, National Recreation and Park Association*, Baltimore, MD.

- Janke, M. C., Payne, L. L., Carpenter, G., & Stockard, J. (2008). Life events and the perception of leisure during adulthood. Paper presented at and abstract published in: *Abstracts 2008 Leisure Research Symposium, National Recreation and Park Association*, Baltimore, MD.
- Nimrod, G., Janke, M. C., & Kleiber, D. A. (2008). Less may be more: Changes in leisure and well-being among recent retirees in the US. Paper presented at and abstract published in: the *World Leisure Congress, Quebec, Canada*: October 6 – October 10.
- Janke, M. C., Nimrod, G., & Kleiber, D. A. (2007). Leisure involvement and depressive symptoms of widowed and married women in later life. Poster presented at and abstract published in: *Proceedings of the Gerontological Society of America, 47*. San Francisco, CA.
- Janke, M. C., Payne, L. L., & Son, J. S. (2007). Leisure repertoire, energy expenditure and health of adults with arthritis. Paper presented at and abstract published in: *Proceedings of the Gerontological Society of America, 47*. San Francisco, CA.
- Janke, M. C., Payne, L. L., & Son, J. S. (2007). Adaptation and self-regulation of leisure among adults with arthritis. Paper presented at and abstract published in: *Abstracts 2007 Leisure Research Symposium, National Recreation and Park Association*, Indianapolis, IN.
- Janke, M. C., Nimrod, G., & Kleiber, D. A. (2006). Changes in leisure participation and well-being among recently widowed persons. Paper presented at and abstract published in: *Proceedings of the Gerontological Society of America, 46*. Dallas, TX.
- Janke, M., Nimrod, G., & Kleiber, D. A. (2006). Leisure activity, health, and well-being during the transition to widowhood. Paper presented at and abstract published in: *Abstracts 2006 Leisure Research Symposium, National Recreation and Park Association*, Seattle, WA.
- Nimrod, G., Janke, M., & Kleiber, D. A. (2005). *Retirement, activity and well-being in Israel and the United States: A cross-cultural study*. Paper presented at the 16th Biennial Meeting of the Israeli Gerontology Society, Tel Aviv, Israel.
- Nimrod, G., Kleiber, D. A., & Janke, M. (2005). Post-retirement leisure behavior and well-being. In H. Gibson and J. Singleton (Chairs), *Leisure in later life: More than free-time or activity*. Symposium conducted at the Gerontological Society of America Annual Meeting, Orlando, FL.
- Janke, M. C. (2005). *Associations between leisure activity and the physical and psychological health of adults in later life*. Poster session presented at the Gerontological Society of American Annual Meeting, Orlando, FL.
- Poon, L. W., Woodard, J., Miller, S. L., Davey, A., Savla, T., Janke, M., Martin, P., Siegler, I. (2005). Convergence of functional capacity measures on the oldest old. In P. Martin and L. Poon (Chairs), *Four critical adaptation areas in very late life: Physical health, functional capacity, mental health, and economic burden*. Symposium conducted at the Gerontological Society of American Annual Meeting, Orlando, FL.
- Van Puymbroek, M. & Janke, M. C. (2005). *Internships 101: What You Need to Know About Looking for Internships*, presented at the Illinois Recreation Therapy Association Conference, Alsip, IL.
- Janke, M. C. and Davey, A. (2005). *Predicting differences in the leisure behavior of older adults*. Poster session presented at the Southern Regional Student Mentoring Conference on Gerontology and Geriatrics, Tybee Island, GA.
- Janke, M. C., Davey, A., & Kleiber, D. (2004). *Modeling change in older adults' leisure activities*. In H. Gibson and J. Singleton (Chairs), *Leisure in later life: More than free-time or activity*. Symposium conducted at the Gerontological Society of American Annual Meeting, Washington, D.C.

Janke, M. C. & Davey, A. (2004). *Selective optimization and compensation in leisure patterns of older adults*. Poster session presented at the Gerontological Society of America Annual Meeting, Washington, D.C.

Janke, M. C. (2003). *Characteristics of assisted living facilities predicting residents' preferences: An application of conjoint analysis*. Poster presented at Quint State, Auburn, AL.

Janke, M. C. (1999). *The role of collaboration in intergenerational programs*. Paper presented at the 10<sup>th</sup> Annual Generations United Conference, Washington, D.C.

### **SYMPOSIA COORDINATOR/CHAIR POSITIONS**

Chair, Leisure and Aging Research Symposia, *Leisure activity in later life: A context for social engagement and creativity* at the Gerontological Society of America Annual Scientific Meeting, 2007, San Francisco, CA.

Co-Chair, Leisure and Aging Research Symposia, *Psychosocial and physical aspects of leisure-time physical activity* at the Gerontological Society of America Annual Scientific Meeting, 2007, San Francisco, CA.

### **WEBINARS**

Crowe, B., Autry, C., Townsend, J., & Janke, M. (February 2019). *The 2019 ATRA Research Institute: How, when, & why you should submit a proposal*. Webinar presentation provided by the American Therapeutic Recreation Association.

Janke, M. C. (May 16, 2018). *Impact of arthritis on meaningful activity involvement and strategies for health promotion*. Presentation for a webinar provided by the Osteoarthritis Action Alliance.

Janke, M. C. (June 19, 2014). *Trends and challenges in planning programs for older adults*. Presentation for a webinar provided by the National Parks and Recreation Association.

### **MEDIA**

Adams, R. W. (February 1, 2012). Memory Clinic Accepting Patients. NewsChief.com.

Adams, R. W. (January 30, 2012). Memory Clinic in Winter Haven to Begin Accepting Patients Today. The Ledger.com.

Florida Gulf Coast Chapter Alzheimer's Association Monthly Update: *Re-Creation Review*. July 2011 – present.

Adams, R. W. (September 1, 2011). Helping Hands: Some Senior Assistance Programs in Jeopardy. The Ledger.com.

Central Florida Online (August 25, 2011). USF Polytechnic social science faculty offer expertise to Florida Presbyterian Homes with assisted living homes expansion.

Lacey, B. (Writer), & Davies, J. (Director). (2011). Alzheimer's Association [Television series episode]. In J. Davies (Producer), *Polk Place*. Bartow, FL: Polk Government Television.

### **TEACHING EXPERIENCE**

**2022 – present**                    **Associate Professor**, Department of Kinesiology  
*Berry College*  
 SPT (KIN) 230: Leisure, Health & Aging  
 PSY 221: Lifespan Development  
 KIN 213: Community Health

KIN 290: Recreational Therapy  
 KIN 221: Survey of Wellness  
 KIN 290: Health Promotion / Disease Prevention

**2012 – present**

**Assistant/Associate Professor**, Department of Recreation and Leisure Studies  
*East Carolina University*

RCTX 2200: Principles and Practices in Stress Management (*online*)  
 RCTX 3240: Disability Survey for Recreational Therapy Services (*online*)  
 RCTX 3263: Recreational Therapy Psychosocial & Cognitive Intervention Techniques  
 RCTX 4252: Recreational Therapy Leadership and Group Dynamics (*face-to-face & online*)  
 RCTX 4262: Recreational Therapy Interventions and Techniques  
 RCTX 4001: Stress Management (*online*)  
 RCLS 4702/6803: Leisure & Aging (Special Topics course - *online*)  
 RCTX 4990: Recreational Therapy Internship  
 RCTX 6502: Capstone Experience in Recreational Therapy  
 RCLS 6110: Research Methods in Recreation Services & Interventions (*online & hybrid*)

**2016 – 2017**

**Adjunct Instructor**, School of Family & Consumer Sciences  
*Bowling Green State University*

HDFS 3290: Families in Middle and Later Years

**2010 – 2012**

**Assistant Professor**, College of Human and Social Sciences  
*University of South Florida Polytechnic / University of South Florida*

GEY 2000: Introduction to Gerontology  
 GEY 3625: Sociocultural Aspects of Gerontology (*face-to-face & online*)  
 GEY 3601: Physical Change and Aging (*online*)  
 GEY 4612/PSY4931: Psychology of Aging  
 GEY 4935: Leisure, Health & Aging (*online*)  
 ISS 4935: Seminar in the Social Sciences (Capstone course)

**2009 – 2010**

**Visiting Assistant Professor**, School of Aging Studies  
*University of South Florida*

DEP 2004: The Life Cycle  
 GEY 3601: Physical Change and Aging  
 GEY 4900: Directed Readings / Undergraduate Research  
 GEY 4935: Leisure, Health & Aging  
 GEY 7602: Ph.D. Seminar in Health  
 GEY 7902: Directed Readings in Health Promotion  
 GEY 7911: Directed Research - First-year doctoral projects

**2005 – 2009**

**Assistant Professor**, Department of Recreation, Sport & Tourism  
*University of Illinois at Urbana-Champaign*

RST 503/CHLH 429: Advanced Research Methods  
 RST 594: Leisure & Health  
 RST 593: Leisure and Human Development over the Life Course  
 RST 316: Leisure and Human Development  
 RST 200: Leadership in Leisure Services  
 RST 390: Senior Honors Thesis  
 RST 393: Independent Study – McNair Research Project: *Live Well, Be Well*  
 RST 599: Thesis Research  
 RST 199: Leisure and Aging

**2004**

**Graduate Teaching Assistant**, Department of Child and Family Development  
*University of Georgia*

## CHFD 3710: Midlife and the Elder Years

2001 – 2002

**Lecturer**, School of Recreation and Sport Sciences*Ohio University*

REC 200: Introduction to Leisure

REC 250: Recreation Leadership

REC 275: Recreation for Individuals with Disabilities

REC 301: Leisure Education and Facilitation Techniques

REC 350: Independent Study (6 topics)

Intergenerational Programs

Adapted Aquatics

Portrayals of Individuals with Disabilities in Media

Adapting Rules in Recreational Sports

Sexuality and Aging

Recreation Therapy and Substance Abuse

REC 471: Program Design in Therapeutic Recreation

**GRADUATE STUDENT SUPERVISION*****Chair/Advisor:***

- Hypes, Victoria, M.S. student, “*Animal-Assisted Therapy and its Effects on Patients Hospitalized with Pain and Anxiety*”. Expected graduation date: May 2020.
- Parker, Elizabeth, M. S. student, (Co-Chair) “*Law Enforcement Interactions with Individuals Diagnosed with Autism Spectrum Disorder*”. Expected graduation date: May 2020.
- Shue, Kasey, M. S. student. “*Detailed Aquatic Therapy Manual for Physical Rehabilitation Settings.*”  
Graduation date: December 2018.
- Bova, Samantha. M.S. student. “*Effects of multi-sensory interventions on adults with intellectual disabilities that experience anxiety induced behaviors*”, Graduation date: August 2018.
- Gregg, Lauren. M.S. student. “*Aquatic exercise and pain management: An examination of the effects of frequency and duration of participation on older adults with arthritis.*” Graduation date: December 2017.
- Purnell, I’Yanna. M.S. student. “*The effect of functional skills interventions on the cognitive skills of adults with intellectual disabilities*”, Graduation date: December 2017.
- Ross, Andrew. M.S. student. “*Cognitive training and older adults*”, Graduation date: May 2014.
- Young, Tiffany. Ph.D. student (2010 – present), Co-chair. “*Having Our Say*”: *Exploring the processes of a community-based participatory intergenerational physical activity program for grandparents raising their grandchildren.* University of South Florida. Graduation date: December 2014.
- Chen, Tuo Yu. Ph.D. student (2010 – 2013), Co-chair. *The effects of the A Matter of Balance Program on falls, physical risks of falls, and psychological consequences of falling among older adults*, University of South Florida. Graduation date: December 2013.
- Jones, Jesse. Ph.D. student (2007- 2009), “*The relationship between sense of community and health-related quality of life of long-term female breast cancer survivors*”, University of Illinois at Urbana-Champaign, Graduation date: August 2012.

Ahn, Youngjoo. M.S. student, “*Educational and Cultural Tourism Experiences: Elderhostel*”, University of Illinois at Urbana-Champaign, Graduation date: May 2008.

Harada, Makiko, M.S. student, “*Wheelchair Basketball*”, University of Illinois at Urbana-Champaign, Graduation date: August 2008.

***Committee Member:***

*Doctoral Students:*

Skowron, Maja, “*Body Image and its Influence on Physical Activity Participation among Middle Aged Women*”, Graduation date: December 2010.

Lei, Xinrong, “*What makes games better? A study of incentive effects and competitive balance in sport economics*”, Graduation date: May 2010.

Headley, Catherine, “*Examination of N’Balance: A Community-based Fall Prevention Intervention for Older Adults*”, Graduation date: December 2009.

Parisi, Jeanine, “*Determinants and effects of engagement in adulthood*”, Graduation date: December 2007.

*Master Students:*

Scott, Ali, M. S. student, “*Universality and adaptability on the challenge course.*” Expected graduation date: December 2021.

Wiggins, Xavier, M. S. student. “*Examining the effect of visual representation of adapted sport on mitigating stigmas towards individuals with disabilities.*” Graduation date: May 2020.

Lubben, Isaiah, M. S. student. “*Gardening as a means of environmental education.*”, Graduation date: May 2020.

Warrick, Stephanie. M.S. student. “*The impact of meditation on individuals who have self-diagnosed alcoholism*”, Graduation date: December 2018.

Nall, Courtney. M. S. student. “*Effects of Tai Chi on Psychosocial Well-Being of Adults*”, Expected graduation date: May 2020.

Reames, Emily. M.S. student. “*The effectiveness of heart rate variability biofeedback training in reducing symptoms of migraine headache: A randomized, controlled, pilot study.*” Expected graduation date: May 2020.

Hilliard, Katina, M. S. student. “*The Police Athletic League program and youth outcomes.*” Graduation date: August 2018

Cripe, Kristina. M.S. student. “*Examination of the relationships between youth adapted sports participation factors and physical self-efficacy.*” Graduation date: May 2018.

Whitehurst, Briana. M. S. student. “*Rehabilitation of Veterans with Acquired Disabilities using Adaptive Sports*”, Graduation date: August 2017.

Schurtz, Kelly. M. S. student. “*The relationship of level of physical activity and quality of life of North Carolina Senior Games female participants*”, Graduation date: August 2015.

Pinchuk, Tori. M.S. student. “*The relationship between yoga participation and balance measures of older adults*”, Graduation date: December 2014.

Anderson, Susan Keel. “*The effects of therapeutic horseback riding on balance*”, Graduation date: August 2014.



Kasper, Kolbe. “*An opportunity for public park and recreation agencies to promote individual and community health and wellness*”, Graduation date: May 2009

Izenstark, Dina. “*Utilization of community-based exercise programs among older adults*”, Graduation date: May 2009.

Wantanabe, Nicholas. “*Competitive balance and Major League Baseball*”, Graduation date: August 2006.

### **UNDERGRADUATE STUDENT RESEARCH SUPERVISION**

Exercise is Medicine – On Campus (EIM-OC) Research Project, Berry College, 2021 – 2022  
Students Supervised: Shelby Greene & Cecilia Kolbash

Animal-Assisted Therapy for Anxiety and Pain, 2019-2020; Research project implemented at Vidant Medical Center, East Carolina University.

Students Supervised: Madison Childs, Ashley Ocker, & Savannah Raynor

Multisensory Environments for Adults with Dementia, University of South Florida Polytechnic, 2011-2012.

Students Supervised: Kayla Hobbs and Sara Martinez

Living Healthy with Dementia Research Project, University of South Florida Polytechnic, 2011-2012.

Students Supervised: Kayla Hobbs, Mary Kittrell, Lauren Langford, Nicole Todd

Rodriguez, Maria; University of South Florida, Undergraduate student research assistant, 2009-2010.

McComb, James; University of Illinois at Urbana-Champaign, Ronald E. McNair Scholars Summer Research Institute, “*Chronic Disease Self-Management Program (CDSMP): Participant outcomes and benefits*”, Summer 2008.

Izenstark, Dina; University of Illinois at Urbana-Champaign, Senior Honors Thesis, “*Leisure-time physical activity and health among adults with arthritis*”, Spring 2007.

### **RELATED PROFESSIONAL EXPERIENCE**

**2000 – 2001 Activity Director**

**Magnolia Manor of Greenville**, Greenville, SC

Responsibilities included completing resident assessments, planning and implementing activities, and documenting residents’ participation and progress in a 99-bed skilled nursing facility. Supervised the activity assistant and over-saw the volunteer program. Other responsibilities included being an active member of interdisciplinary care plan and standards of care team and performing monthly quality assurance procedures.

### **SERVICE**

**Departmental:**

**Program Director**, Recreational Therapy Program, Fall 2019 – June 2021.

**Chair, Scholarships & Awards Committee**, East Carolina University, Fall 2019 – 2021.

**Member, Internship Appeals Committee**, Recreational Therapy program, Fall 2017 – 2021.

**Member, Recreational Therapy Admissions Committee**, East Carolina University, Fall 2014 – 2021.

**Member, Scholarships & Awards Committee**, East Carolina University, Spring 2014 – Fall 2019.

**Member, Graduate Faculty**, East Carolina University, Recreation and Leisure Sciences, 2012 – 2021.

Recreational Therapy Liaison Graduate Coordinator, Fall 2014 – 2021.

Hybrid Technology Committee, Fall 2014 – Spring 2016.

- Member, Faculty Search Committee, Chair Search,** Recreation and Leisure Studies, East Carolina University, 2014-2015.
- Member, Faculty Search Committee, Fixed-Term Appointments (2),** East Carolina University, Spring 2013.
- Member, Recreational Therapy Curriculum Committee,** East Carolina University, Recreation and Leisure Sciences, 2012 – 2021.
- Member, Curriculum Committee,** University of South Florida Polytechnic, Division of Social Sciences, 2011-2012.
- Member, Faculty Search Committee,** University of South Florida Polytechnic, Chemistry, 2011-2012.
- Member, Assessment Committee,** University of South Florida Polytechnic, Division of Social Sciences, 2011 – 2012.
- Member, Ad Hoc Tenure and Promotion and Annual Review Criteria Committee,** University of South Florida Polytechnic, Division of Social Sciences, 2011.
- Member, Faculty Search Committees,** University of South Florida Polytechnic, Criminology and Health Informatics, 2010-2011.
- Co-Director, Leisure, Health, and Wellness Lab,** Department of Recreation, Sport, and Tourism, University of Illinois at Urbana-Champaign, 2006-2009.
- Member, Advisory Committee,** Department of Recreation, Sport, & Tourism, University of Illinois at Urbana-Champaign, 2007-2009.
- Member, Graduate Committee,** Department of Recreation, Sport, and Tourism, University of Illinois at Urbana-Champaign, 2006-2008.
- Member, Grievance Committee,** Department of Recreation, Sport, and Tourism, University of Illinois at Urbana-Champaign, 2007-2009.
- Member, Undergraduate Committee,** Department of Recreation, Sport, and Tourism, University of Illinois at Urbana-Champaign, 2005-2006; 2008 – 2009.
- Guest Lecturer, Leisure & Human Development,** Department of Recreation, Sport, & Tourism, University of Illinois at Urbana-Champaign, September 2005.
- College/School:**
- Member, Strategic Planning Committee,** Charter School of Education and Human Services, Berry College, Fall 2021 – Spring 2022.
- Member, HHP Ray Martinez Teaching Award Committee,** College of Health and Human Performance, East Carolina University, Spring 2020.
- Member, Faculty Search Committee,** Department of Interior Design and Merchandising, East Carolina University, 2015.
- Member, Strategic Planning Committee,** College of Health and Human Performance, East Carolina University, 2014-2015.
- Member, Diversity Committee,** College of Health and Human Performance, East Carolina University, Fall 2013–2016.
- Member, Retreat Planning Committee,** College of Health and Human Performance, East Carolina University, Fall 2012 – Spring 2014.

**Member, i-Health Curriculum Committee**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, 2009. Co-developer of the junior-level interdisciplinary health course in this curriculum.

**Reviewer, Mary Jane Neer Research Proposals**, University of Illinois at Urbana-Champaign, College of Applied Health Sciences, Spring 2009.

**Invited Poster Presentation for the Center for Health, Aging, and Disability Symposium**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, March 2009. *Adapting leisure behaviors when living with arthritis: The relationship between leisure and health.*

**Chair, Elections and Credentials Committee**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, 2008-2009.

**Member, Elections and Credentials Committee**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, 2007-2008.

**Member, Capricious Grading Committee**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, 2006-2008.

**Member, Honors and Awards Committee**, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, 2006-2008.

**Invited lecture for the Initiative on Aging**, University of Illinois at Urbana-Champaign, November 2005. *The advantages and challenges of recruiting and assessing centenarians: The Georgia Centenarian Study.*

***University/ College:***

**Member, Disability Studies Faculty Learning Community**, Berry College, Spring 2022 – Fall 2022.

**Invited Consultant, Office for Faculty Excellence**, East Carolina University, Fall 2019 – Spring 2020. Developing website resources for faculty developing philosophy of teaching statements.

**Member, Research and Creative Activities Committee**, East Carolina University, Fall 2014 – Spring 2017. Secretary, Fall 2014 – Fall 2015.

**Member, Committee on Copyrights**, East Carolina University, Fall 2014 – Spring 2016.

**Faculty Advisor, Pirates for Down Syndrome Awareness**, East Carolina University, Fall 2014 – Spring 2016.

**Member, Academic Regulations Committee**, University of South Florida Polytechnic, Spring 2012.

**Member, Senate General Education Council**, University of South Florida Polytechnic, 2011-2012.

**Invited Speaker**, Women's History Month Panel Discussion, Sponsored by the Multicultural Leadership Program, University of South Florida Polytechnic, March 24, 2011.

**Member, Search Committee for Senior Associate Vice President of Academic Affairs**, University of South Florida Polytechnic, 2010-2011.

**Advisory Board Member, Center for Policy Analysis Research and Evaluation**, Research Center Steering Committee, University of South Florida Polytechnic, 2010 – 2012.

**Ad Hoc Senate Committee Member**, Code of Collegial Conduct, University of South Florida Polytechnic Senate: Fall 2010 – Spring 2011.

**Member, Wellness Committee**, University of South Florida Polytechnic, Fall 2010 – 2011.

**Consultant, Institutional Research, Effectiveness and Planning**, Polk Health Care Alliance, University of South Florida Polytechnic: Fall 2010 – Spring 2011.

***Community:***

Aging Organizations & Service Provision

**Board of Directors**, Pitt County Council on Aging, Greenville, NC: January 2014 – December 2015.

Executive Board Member: April 2014 – December 2015.

Personnel Committee Member: April 2014 – December 2015.

**Board of Directors**, Creative Living Center, Greenville, NC: January 2013 – May 2015.

**Partner**, Development of a Memory Disorder Clinic in collaboration with Winter Haven Hospital. Winter Haven, FL: September 2011 – June 2012.

**Board of Directors**, Florida Presbyterian Homes, Lakeland, FL: August 2011 – August 2012.

**Advisory Board Member**, ElderPoint Ministries, Lakeland, FL: October 2010 – July 2012.

Chair, Compensation Committee: January 2012

Treasurer: 2011 – 2012

**Member**, Coalition on Aging Transitions and Technology: 2010 – 2011.

**Consultant**, New Life Village, Intergenerational Community: March 2010.

Evidence-Based Program Leader:

**Lay Leader**, Matter of Balance Workshop

Lakeland, FL: September – October 2011.

**Lay Leader**, Living Healthy Workshop (Chronic Disease Self-Management Program).

Lakeland, FL: January – February 2011; Winter Haven, FL: June – July 2011.

Other Community Involvement:

**Research consultant**, Birchaven Retirement Community/Macklin Intergenerational Institute (intergenerational childcare), part of the Blanchard Valley Health Care System. Findlay, OH: October 2016 – present.

**Invited Presenter**, Solivita retirement community Distinguished Wellness Lecture and Lunch, *Leisure engagement in later life*. Poinciana, FL: January 24, 2012.

**Invited Presenter**, Parkinson's Support Group, Lakeland, FL: November 9, 2011.

**Invited Presenter**, Think About It Dementia Care Conference, *Leisure activities as a means of connection and stimulation*. Lakeland, FL: February 2011.

**Consultant**, Polk County Health Department Health Assessment Report, Lakeland, FL: 2011.

**Guest Presenter**, Beginning Alzheimer's Support and Education (BASE) program, Lakeland, FL: Jan 2011.

**Invited Presenter**, TOPS (Take Off Pounds Sensibly) Club, Inc., Lakeland, FL.

November 2010

August 2011

***State:***

**In-Service Training**, O'Berry Neuro-Medical Treatment Center, *Using Activities to Engage and Stimulate Adults with IDD*. Two sessions (morning and afternoon) presented by Megan Janke, Brianna Whitehurst, and Courtney Nall, November 12, 2015.

**Board of Directors**, North Carolina Board of Recreational Therapy Licensure: July 2014 – May 2016.  
Secretary, January 2015 – May 2016

***National/International:***

**Facilitator, Leisure in Ageing Special Interest Group (SIG)**, World Leisure Organization:  
December 2017 – September 2018.

**Member**, Osteoarthritis Action Alliance (OAAA): November 2017 – August 2020.  
Member, Workgroup 2: Community Engagement

**Member, Research Committee**, American Therapeutic Recreation Association: September 2017 – December 2021.  
Co-Chair, Research Institute: October 2017 – December 2021

Professional Involvement and Service

***Editorial Boards and Journal Reviews:***

Co-Editor, *ATRA Annual in TR*, 2018 – 2020.

Senior Associate Editor, *Journal of Leisure Research*, 2018 - present

Editorial Board Member, *Journal of Leisure Research*, 2007 – 2016, 2017  
2015 Guest editor, Leisure & Aging special issue

Associate Editor, *Annual in Therapeutic Recreation Journal*, 2015, 2016

Osteoarthritis Action Alliance Mini-Grant Program

2017 Reviewer

2015 Reviewer

Gerontological Society of America Annual Scientific Meeting

2018 Reviewer, Behavioral and Social Sciences Section

2011 Reviewer, Behavioral and Social Sciences Section

2009 Reviewer, Behavioral and Social Sciences Section

2008 Reviewer, Behavioral and Social Sciences Section

National Recreation and Park Association, *Leisure Research Symposium*

2009 Reviewer, Methods section

2007 Review Coordinator, Leisure over the Lifespan section

2006 Reviewer, Leisure and Humanities section

Ad Hoc Reviewer

Leisure/Loisir, 2017, 2018

International Journal of Time Use Research (e-journal), 2017, 2018

Cultural Sociology, 2017

Research on Aging, 2017

Journal of Positive Psychology, 2017

Topics in Geriatric Rehabilitation, 2016

Sport Medicine and Rehabilitation, 2016

Journals of Gerontology: Social Sciences, 2015, 2016, 2017  
 Leisure Sciences, 2005, 2015, 2018  
 Journal of Aging and Physical Activity, 2014, 2019  
 Annals of Leisure Research, 2014  
 Journal of Leisure Research, 2012, 2019  
 Journals of Gerontology: Psychological Sciences, 2011, 2013, 2019  
 Journal of Aging Research, 2011  
 Journal of Aging and Health, 2011  
 Social Science and Medicine, 2010  
 Journal of Rural Health, 2010  
 Journal of Park and Recreation Administration, 2007, 2008  
 Therapeutic Recreation Journal, 2006, 2019  
 Health Care for Women International, 2006

Faculty Reviewer, Ben-Gurion University, Israel, 2007

Grant Proposal Reviewer, Canadian Institutes of Health Research, 2007

### **PROFESSIONAL MEMBERSHIPS**

World Leisure Organization, 2017 - 2020  
 Academy of Leisure Sciences, member, 2016 – present  
 North Carolina Recreational Therapy Association, 2012 – 2016  
 Gerontological Society of America, 2002 – present  
 American Therapeutic Recreation Association, 2000 – 2006, 2012 – present  
 National Recreation and Parks Association, 1997 – 2010, 2014 – 2015  
 National Therapeutic Recreation Society, 2000 – 2010  
 American Psychological Association, 2004 – 2006