

APRIL 2018

**the Link**  **Health Promotion Research Center**  
A CDC PREVENTION RESEARCH CENTER



*Spotlight on*

**George Dicks**

Geriatric Mental Health Specialist  
Harborview Medical Center

Chair, HPRC Community Advisory Board

**Nurturing a Passion for Service**

The son of an Army First Sergeant, George Dicks considers his experience as a military child the most formative of his life. “It was an eye-opening experience for me. What an amazing adventure I had,” George says. “As opposed to many African American kids from the south, I got to travel the world, had a fantastic education, and developed a valuable sense of myself.” Living in places as varied as Georgia, North Carolina, Germany, and New York gave him an interesting perspective on communities, economics, and social dynamics.

**An Interest in Human Behavior**

George feels lucky to have had very involved grandparents and great-grandparents who influenced his future work with elders. Education was greatly valued in George’s family, whose members include college presidents, university deans, attorneys, and a federal judge, among other inspiring achievers. George began college in Augusta, Georgia, as a business major, but quickly learned that was not where his heart was. “Because I had observed all kinds of people over time, psychology became fascinating to me; human thought, human thinking, human behavior—that became my thing.” George’s experience with philosophy and German mythology was a good complement to the psychological literature he studied to obtain his degree.

George’s firsthand observation of the effects of family members’ substance abuse had a memorable influence on his early career. After college, he worked as a drug counselor for the Army in Virginia for three years. “We created one of the early peer group structures for Army officers with addiction issues.” Five years later, George packed up his Renault Le Car and moved to Washington state. He worked at Harborview with inpatients for a couple years, then at Boeing to “try something different— however, it was not fulfilling and definitely bad for my

**“**Prevention is positive; it is better to not be injured than to recover from injury.”**”**

health." When a new Geriatric Mental Health unit at Harborview Medical Center opened up, George was hired to join the founding team. He has now happily served at Harborview as a Mental Health Practitioner for 35 years. [More >](#)



### **PEARLS Connect Study Update**

There is strong evidence that PEARLS (Program to Encourage Active, Rewarding Lives) is an effective model to treat late-life depression in low-income older adults with multiple chronic conditions. Our new PEARLS Connect study, funded by the [AARP Foundation](#), is working to evaluate whether PEARLS is also effective for reducing social isolation in older adults. [Read more about the initial phase of the study.](#)



### **May is Older Americans Month**

The Administration on Aging, part of the Administration for Community Living, leads the USA's observance of Older Americans Month. The 2018 theme — "Engage at Every Age" — emphasizes that you are never too old (or young) to take part in [activities](#) that can enrich your physical, mental, and emotional well-being.



### **Community Advisory Board Meeting**

Date: Friday, April 27  
8:45 am to 12:00 pm  
At: Tukwila Community Center [Directions](#)

Join us along with new Chair **George Dicks**, Chair-Elect **Margaret Boddie**, and Past Chair **Winona Hollins-Hauge**.



### **Seminar June 14**

***UW Latino Center for Health***

**Date:** Thursday, June 14 - 10:00 am to 11:00 am PST  
**Presenter:** India Ornelas

**Attend in person:** HPRC conference room [Directions](#)

**Attend via webinar:**

[Join online here](#)

Meeting ID: 730-693-565

Join by phone: (408) 638-0968

Visit our [website](#) to see a full schedule of upcoming seminars.

## **Welcome**

HPRC welcomes research coordinator **Katie Osterhage**, who will support the PT-REFER project and center-wide evaluation. And welcome to **Christine Kava**, a post-doctoral research scientist who will complete and submit scientific papers for the PT-REFER and HealthLinks projects.

We welcome new CAB member **Kylie Cooper**, Senior Director, Hospital Systems, Division of Cancer Control, American Cancer Society.

## Farewell

We bid a fond farewell and thank you to research coordinator **Daron Ryan**, who supported a wide range of projects at HPRC. Daron has taken a new position in the UW Department of Health Services, with the Latino Center for Health.

## Recent Publications

Zeliadt SB, Hoffman RM, Birkby G, Eberth JM, Brenner AT, Reuland DS, Flocke SA. Challenges Implementing Lung Cancer Screening in Federally Qualified Health Centers. Am J Prev Med. 2018 Apr;54(4):568-75. [Abstract](#)

Parrish AT, Hammerback K, Hannon PA, Mason C, Wilkie MN, Harris JR. Supporting the Health of Low Socioeconomic Status Employees: Qualitative Perspectives from Employees and Large Companies. J Occup Environ Med. 2018 Mar 13. [Abstract](#)

Petrescu-Prahova MG, Eagen TJ, Fishleder SL, Belza B. Enhance(R)Fitness Dissemination and Implementation: 2010-2015: A Scoping Review. Am J Prev Med. 2017 Mar;52(3S3):S295-99. [Abstract](#)

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