

KATIE EHLMAN, PHD, CHES, LNHA

DIRECTOR, CENTER FOR HEALTHY AGING AND WELLNESS

ASSISTANT PROFESSOR, HEALTH SERVICES



Education

- PhD, Health Related Sciences, Gerontology Concentration, Virginia Commonwealth University
- Master of Business Administration, Webster University
- Master of Social Work, St. Louis University
- Bachelor of Arts (History), Quincy University

Research and Scholarly Areas of Interest

- Nursing Home Quality: Nursing Home Staff Knowledge, Urinary Incontinence, and Person-Centered Care
- Aging Attitudes

Professional Memberships / Affiliations

- Sigma Phi Omega

Certifications

- Missouri Nursing Home Administrator License
- Certified Health Education Specialist
- Alzheimer's Association Dementia Professional Certification

OFFICE: HP 2116**PHONE:** 812-461-5332

mehlman@usi.edu

COURSES TAUGHT:GERO 315:
Health Care Aspects of Gerontology

GERO 317: The Long Term Care Continuum

GERO 318: Healthy Aging

GERO 425:
Health Facilities AdministrationHP 305:
Structure and Theory:
Worksite Wellness
and Health Promotion

Health Promotion and Worksite Wellness Practicum

N631: Individual and Group Behavior

KATIE EHLMAN, PHD, CHES, LNHA

DIRECTOR, CENTER FOR HEALTHY AGING AND WELLNESS

ASSISTANT PROFESSOR, HEALTH SERVICES

Current Grants and Research

- Mathis, S & Ehlman, MC. (December, 2010). Bladder Buzz Building Blocks. University of Southern Indiana Endeavor Program; \$3995 (funded).

Past Grants Awarded

- Ehlman, MC, Mathis, S, & Dugger, R. (submitted 2009). Bladder Buzz. University of Southern Indiana Applied Research Faculty Outreach and Engagement 2010 Summer Fellowship; \$4000 (funded).
- Ehlman, MC. (submitted 2009). Generativity: A Look at Older Adults' Contributions to Society Through Oral History. University of Southern Indiana, 2010 Summer Research Fellowship; \$7000 (funded).
- Ehlman, MC. (submitted 2009). Gerontology Honors Society - Sigma Phi Omega. University of Southern Indiana, Major as Home; \$750 (funded).
- Ehlman, MC, & Coudret, N., Dugger, R, Eggleston B, Mathis, S, & Wilson, A. (submitted 2008). Assessing the Benefits of Bladder Ultrasound Scanners in Nursing Homes. Indiana State Department of Health; \$37,285 (funded)
- Eggleston B & Ehlman, MC. (submitted 2009). Yoga for the older adults...Yogonna Love It; awarded University of Southern Indiana RISC program; \$1500 (funded).
- Ehlman, MC & Rowser, M. (submitted 2009). Healthy Aging Conference: A toolkit for Professionals Working with Older Adults; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion Conference Support Program, \$37,301; (awarded, but not funded).
- Ehlman, MC. (submitted 2008) Preservation Through the Generations. Historic Southern Indiana, Darrell Bigham Historic Southern Indiana 2009 Faculty Engagement Fellowship; \$4000 (funded).
- Ehlman, MC, Eggleston B & McCalister, K. (submitted 2008) Yoga...Yogonna Love It; University of Southern Indiana, Major as Home; \$3200 (funded)
- Ehlman, MC & Elpers, K. (submitted 2008) STELLAR. University of Southern Indiana, Major as Home; \$1300 (funded).

KATIE EHLMAN, PHD, CHES, LNHA

DIRECTOR, CENTER FOR HEALTHY AGING AND WELLNESS

ASSISTANT PROFESSOR, HEALTH SERVICES

Selected Publications

- Ehlman, MC., Ligon, M. B. (2011). The Application of a Generativity Model for Older Adults. Manuscript submitted for publication.
- Ehlman, MC, Wilson, A., Dugger, R., Eggleston, B., Coudret, N., Mathis, S. (accepted 2011, in press). A Look at Nursing Home Staff Members' Attitudes and Knowledge Levels about Urinary Incontinence: The Impact of Technology and Training. *Urologic Nursing*.
- Ehlman, MC., Ligon, M. B., Moriello, G. & Welleford, E. A. Schuster, K. (accepted 2010, in press). Oral History in the Classroom: A Comparison of Traditional and On-line Gerontology Classes. *Educational Gerontology*.
- Ehlman, MC, Coudret, N., Dugger, R, Eggleston B, Mathis, S, & Wilson, A. (2010). Assessing the Benefits of Bladder Ultrasound Scanners in Nursing Homes: The Impact on Quality of Life [Abstract]. *Journal of the American Geriatrics Society*, 58(4, S1-S280), S70.
- Ligon, M. B., Ehlman, MC., Moriello, G. & Welleford, E. A. (2009). Oral History in the Classroom: Fostering Positive Attitudes toward Older Adults and the Aging Process. *Journal of Aging, Humanities and the Arts*. 1(3):1-14.

KATIE EHLMAN, PHD, CHES, LNHA

DIRECTOR, CENTER FOR HEALTHY AGING AND WELLNESS

ASSISTANT PROFESSOR, HEALTH SERVICES

Selected Presentations

- Ehlman, MC. Preservation Through the Generations Through Oral History in the Classroom: Connecting Generations and Changing Attitudes. The 6th Annual Equity and Diversity Conference: Advancing Social Justice Through Service Learning, April 15, 2011, Evansville, Indiana.
- Ehlman, MC, Ligon, M., Moriello, G. Oral History in the Classroom: A Comparison of Traditional and On-line Gerontology Classes. The 37th AGHE Annual Meeting and Educational Leadership Conference, March 18, 2011, Cincinnati, Ohio.
- Ligon, M. Ehlman, MC. The Impact of Oral History on Perceived Generativity of Older Adults. The 37th AGHE Annual Meeting and Educational Leadership Conference, March 18, 2011, Cincinnati, Ohio.
- Eggleston B. & Ehlman MC. Yoga for Seniors: A qualitative exploration. American Public Health Association's Annual Meeting in Denver, CO, November 2010.
- Dugger, R., Ehlman MC, Coudret N., Eggleston B., Mathis S., Wilson, A. Assessing the Benefits of Bladder Ultrasound Scanners, Podium Presentation, October 15, 2010 at National Gerontological Nursing Association Annual Convention, Palm Spring, CA
- Eggleston B, Ehlman M. Yoganna Love It: Yoga and Older Adults. National Wellness Institute Meeting in Stevens Point, WI, July 2010.
- Ehlman, MC, & Coudret, N., Dugger, R, Eggleston B, Mathis, S, & Wilson, A. (2010). Assessing the Benefits of Bladder Ultrasound Scanners in Nursing Homes: The Impact on Quality of Life. 2010 Annual Scientific Meeting of the American Geriatrics Society, May 13, 2010, Orlando, Florida.
- Ligon, M. B., Ehlman, MC., Moriello, G. & Welleford, E. A. (2007). Oral history in the classroom: Fostering positive attitudes toward older adults and the aging process. 33rd Annual Meeting and Educational Leadership Conference of the Association for Gerontology in Higher Education, March 3, 2007, Portland, Oregon.
- Ligon, M, Ehlman, MC, Moriello, G., & Welleford E.W. Oral History in the Classroom: Fostering Positive Attitudes Toward Older Adults and the Aging Process. 11th Annual Nursing and Health Professions Educator Conference, October 18, 2006, Evansville, Indiana.
- Ligon, M, Ehlman, MC, Moriello, & Welleford E.W. Oral History in the Classroom: Fostering Positive Attitudes Toward Older Adults and the Aging Process. Southern Gerontological Society Annual Meeting, April 5, 2006, Lexington, KY.
- Ehlman, M.C. & Cotter, J.J. (2006). The Relationship Between the Quality of Skilled Nursing Facilities and Employee Wellness Using the Resource Dependency Model. Association for Gerontology in Higher Education Annual Meeting, February 11, 2006, Indianapolis, IN.