

CURRICULUM VITAE

Stacey L. Schepens Niemiec, PhD, OTR/L, DipACLM/DipIBLM

I. BIOGRAPHICAL INFORMATION

PERSONAL INFORMATION:

University Address: Herman Ostrow School of Dentistry of USC
Mrs. T. H. Chan Division of Occupational Science & Occupational Therapy
1540 Alcazar St., CHP-133
Los Angeles, CA 90089-9003

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EDUCATION & TRAINING:

Professional Education and Doctoral Education

- 2009 **PhD in Instructional Technology, Focus in Interactive Technology**
Department of Instructional Technology
College of Education
Wayne State University
Primary Advisor: Ingrid Guerra-Lopez, PhD, Department of Instructional Technology,
College of Education
Secondary Advisor: Allon Goldberg, PhD, PT, Department of Physical Therapy,
College of Pharmacy and Health Sciences
Dissertation Title: *The Effectiveness of Tailoring Falls Prevention Education for
Older Adults*
- 2005 **MS in Occupational Therapy, Focus in Assistive Technology**
Department of Occupational Therapy
College of Pharmacy and Health Sciences
Wayne State University
Primary Advisor: Gerry Conti, PhD OTR, Department of Occupational Therapy,
College of Pharmacy and Health Sciences
Thesis Title: *Cursor Movements of Users with Incoordination: Effects of Adaptive
Cursor Control Devices*

Undergraduate Education

- 2003 **BS in Occupational Therapy (Summa Cum Laude)**
Department of Occupational Therapy
College of Pharmacy and Health Sciences
Wayne State University

Fellowships & Specialty Training

- 2019–2021 **Emerging Scholar Training Program**

National Institutes of Health, National Institute on Aging, Alzheimer's Association
Principal Investigator: María P. Aranda, PhD, Interdisciplinary Aging Research to
Address Health Disparities in Alzheimer's Disease and Related Dementias Scientific
Training Program (1R13AG063477-01)
Primary Mentor: Shinyi Wu, PhD, USC Edward R. Roybal Institute on Aging

2012–2013 **Postdoctoral Fellowship**
USC Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy
(Internal Funding)
University of Southern California
Principal Investigator: Florence Clark, PhD, OTR/L, FAOTA, Training in Efficacy
and Effectiveness Trials
Primary Mentor: Florence Clark, PhD, OTR/L, FAOTA, Mrs. T.H. Chan Division of
Occupational Science and Occupational Therapy

2009–2011 **Postdoctoral Fellowship**
National Institutes of Health, National Center for Medical and Rehabilitation Research
(5T32 HD007422)
University of Michigan
Primary Investigator: Denise Tate, PhD, Medical Rehabilitation Research Training
Program
Primary Mentor: Susan L. Murphy, ScD, OTR/L, Department of Physical Medicine
and Rehabilitation

2007–2009 **Predocctoral Fellowship, Focus in Aging and Urban Health**
National Institutes of Health, National Institute on Aging (5T32 AG000275-07)
Institute of Gerontology
Wayne State University
Primary Investigator: Peter Lichtenberg, PhD, Pre-doctoral Research Training in
Aging and Urban Health
Primary Advisor: Allon Goldberg, PhD, PT, Department of Physical Therapy, College
of Pharmacy and Health Sciences
Secondary Advisor: Cathy Lysack, PhD, OT(C), Institute of Gerontology, College of
Pharmacy and Health Sciences

ACADEMIC AND SCIENTIFIC APPOINTMENTS:

2022–present **Associate Director of Lifestyle Redesign® Strategic Partnerships**
Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy
Herman Ostrow School of Dentistry
University of Southern California

2020–present **Associate Professor of Research**
Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy
Herman Ostrow School of Dentistry
University of Southern California

2013–present **Director**
Healthy Aging Research & Technology Laboratory

Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy
Herman Ostrow School of Dentistry
University of Southern California

2013–2020 **Assistant Professor of Research**
Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy
Herman Ostrow School of Dentistry
University of Southern California

2012 **Adjunct Instructor**
Masters in Occupational Therapy Program
Eastern Michigan University

2007 **Instructor**
Masters in Occupational Therapy Program
Wayne State University

OTHER PREVIOUS EMPLOYMENT:

2006 – 2009 **Lab Coordinator and Instructional Assistant**
Physical Therapy Mobility Research Laboratory
Wayne State University

2005 – 2007 **Instructional Assistant**
Masters in Occupational Therapy Program
Wayne State University

2004 – 2006 **Graduate Research Assistant**
Masters in Occupational Therapy Program
Wayne State University

2002 – 2006 **Laboratory Assistant: OT/PT Gross Anatomy**
Bachelors and Masters in Occupational Therapy Program
Wayne State University

II. SCHOLARLY ACTIVITIES

GRANTS AWARDED:

External Grants (Federal/Corporate Funding)

Principal Investigator/Multiple Principal Investigator

8/2021 – 7/2023 **National Institutes of Health – National Institute on Aging (NIA),
(no-cost extension) Phase I Small Business Innovation Research (SBIR)**
Award: 1R43AG074697-01
Title: Toward development of a comprehensive, in-home, active seating system to
lessen sedentariness and improve health and wellness in older adults.
Role: Multiple Principal Investigator (with R. Leib)
Percentage of Effort: 20%
Funding: \$98,827 (subcontract)

Overall Aims: This project will facilitate the development of an optimized, in-home, comprehensive sedentary activity solution for older adults: FitSitt. A working prototype will be refined and tailored, and iterative development and testing of the system will take place to determine its feasibility, acceptability, and safety for community-living older people.

9/2017 – 5/2022
(no-cost extension)

National Institutes of Health and National Institute on Aging (NIH/NIA)

Award: R21 AG052838-01A1

Title: A smartphone application to improve physical activity in underactive older adults.

Role: Principal Investigator

Percentage of Effort: 30%

Funding: \$468,105

Overall Aims: The purpose of this study is to develop, test, and optimize Moving Up, a multi-feature smartphone application (app) suite designed to be paired with an activity-monitoring app and facilitate older adults' physical activity. This suite is distinct from generic fitness apps because it blends a set of specialized components that reflect empirically supported constructs from social cognitive theory and stereotype embodiment theory with evidence-based behavior change techniques foundational to basic activity-tracking.

9/2018 – 5/2022
(no-cost extension)

National Institutes of Health and Alzheimer's Disease and Alzheimer's Disease-Related Dementias (NIH AD/ADRD) Initiative

Award: R21 AG052838-02S1 (AD/ADRD-Focused Administrative Supplement)

Title: A smartphone application to improve physical activity in underactive older adults with mild cognitive impairment and mild dementia.

Role: Principal Investigator

Percentage of Effort: 15%

Funding: \$376,467

Overall Aims: The purpose of this project is to build on the current NIA-funded R21 to assess the usability, feasibility, and acceptability of MovingUP for older smartphone users with a diagnosis of mild cognitive impairment or mild dementia.

2017

National Institutes of Health and National Institute on Aging (NIH/NIA)

Award: R21 – Awarded, but withdrawn due to overlap with second award.

Title: Development and optimization of a smartphone application to improve physical activity in underactive older adults.

Role: Principal Investigator

Project/Site Principal Investigator

8/2013 – 7/2018

National Institutes of Health and National Institute of Child Health and Human Development (NIH/NICHD)

Award: K12 HD055929

Title: Rehabilitation Research Career Development Program.

Role: Project PI (PI: K. Ottenbacher)

Percentage of Effort: 75%

Funding: \$75,000

Overall Aims: The goals of this research program were to examine the underlying mechanisms that facilitate or inhibit healthy aging, as well as to develop

proficiency in the utilization of new methodologies, especially those that incorporate cutting-edge technology and emphasize activity participation.

Co-Investigator, Collaborator, Consultant

- 6/2021 – 5/2023
(no-cost extension) **National Institutes of Health and National Institute on Aging (NIH/NIA)**
Award: 1R43AG071360-01A1
Title: Prototype multimedia ADRD falls prevention system for family caregivers.
Role: Consultant (PI: V. Panzer)
Percentage of Effort: NA
Funding: \$1000
Overall Aims: The goals of this research is to design and develop a falls prevention multimedia intervention—FallScape-D—for older adult persons with Alzheimer’s disease and related dementias.
- 5/2021 – 4/2023 **National Institutes of Health – National Center for Advancing Translational Sciences (NCATS)**
Award: 3U01TR003409-01S1
Title: Training promotoras/community health workers using culturally and linguistically-appropriate research best practices.
Role: Advisory Board Member (PI: S.L. Murphy)
Percentage of Effort: NA
Funding: \$1000
Overall Aims: The goal of this study is to provide a critical update to a first-of-its-kind best practices training for research professionals who conduct behavioral and social science research. The result will be a robust training that will provide relevant up-to-date content for learners that can be readily disseminated to a growing workforce of research professionals.
- 4/2021 – 3/2023
(no-cost extension) **National Institutes of Health – National Heart Lung Blood Institute (NHLBI), Phase I Small Business Innovative Research (SBIR) program**
Award: 1R43HL158319-01
Title: A seated exercise Internet of Things (IoT) device to enhance compliance rates for cardiac rehabilitation.
Role: Consultant (PI: R. Leib)
Percentage of Effort: NA
Funding: \$1000
Overall Aims: The goal of this study is to develop critical features of a home-based combination posture chair/exercise machine/rehab device called *FitSitt* designed to reduce sedentary behaviors in older adults with a history of cardiovascular disease.
- 06/2020 – 04/2024 **Patient Centered Outcome Research Institute (PCORI)**
Award: Patient Centered Outcome Research Institute (PCORI): Improving Healthcare Systems.
Title: Elders Preserving Independence in the Community (EPIC)
Role: Advisory Board/Stakeholder (PI: H.U. Aronow)
Percentage of Effort: NA (quarterly meeting attendance)
Funding: In-kind
Overall Aims: To compare the effectiveness of an in-home preventive healthcare program delivered by nurses to on-site health and wellness classes for older adults living in low-income independent housing, and to study adherence and preferences

of older adults for these two options. Study outcomes include health and functional independence.

Internal Grants (University Funding)

Principal Investigator/Multiple Principal Investigator

- 5/2022 – 2025 **USC Research Collaboration Fund**
Title: USC Center for Sleep Health using Bioengineering (SleepHuB).
Role: Co-PI (PI: M. Khoo)
Percentage of Effort: In-kind
Funding: \$90,000
Overall Aims: This grant fosters collaborative USC research conducted by experts in medicine, biobehavioral sciences, social science, bioengineering, and data science to better understand human sleep physiology and effect lifestyle factors and behavioral changes to improve sleep health.
- 5/2021 – 8/2021 **USC Chan Division of Occupational Science and Occupational Therapy – Summer Research Supplement and Bridge Funding for Faculty Impacted by COVID-19**
Award: USC OS/OT Initiatives Grant
Title: Continued development for the Moving Up app.
Role: Principal Investigator
Percentage of Effort: 10%
Funding: \$13,290
Overall Aims: Funding requested for this project was awarded to help cover productivity and cost setbacks experienced as a result of the COVID-19 pandemic, relevant to the Moving Up Study funded by NIA.
- 5/2020 – 4/2021 **USC Chan Division of Occupational Science and Occupational Therapy**
Award: USC OS/OT Initiatives Grant
Title: Iterative development of the Moving Up App for older adults.
Role: Principal Investigator
Percentage of Effort: 10%
Funding: \$12,690
Overall Aims: This development study was designed to improve components of the Moving Up physical activity smartphone intervention in preparation for R01 funding.
- 7/2018 – 8/2018 **USC Chan Division of Occupational Science and Occupational Therapy**
Award: USC OS/OT Initiatives Grant
Title: Transforming sitting from sedentariness to movement and exercise in older adults
Role: Principal Investigator
Percentage of Effort: 10%
Funding: \$11,950
Overall Aims: To investigate the feasibility and acceptability of an active seating system for in-home use by older adults.
- 7/2017 – 12/2017 **USC Chan Division of Occupational Science and Occupational Therapy**
Award: USC OS/OT Initiatives Grant

Title: ¡VMV! pilot study of a lifestyle intervention for Latinos: Long-term follow-up
Role: Principal Investigator
Percentage of Effort: 10%
Funding: \$9,897
Overall Aims: To evaluate the health status and experiences of participants in a lifestyle intervention ¡Vivir Mi Vida! (Live My Life!), one year after conclusion of the program.

1/2016 – 6/2016

USC Chan Division of Occupational Science and Occupational Therapy

Award: USC OS/OT Initiatives Grant

Title: ¡Vivir Mi Vida!: A pilot study of a lifestyle intervention to optimize health outcomes in Latino patients

Role: Principal Investigator

Percentage of Effort: 25%

Funding: \$110,000

Overall Aims: To test the feasibility and efficacy of a culturally tailored lifestyle intervention, ¡Vivir Mi Vida! (Live My Life!), intended to improve the health and well-being of late-midlife Latino adults

Co-Investigator, Collaborator, Consultant

5/2020 – 4/2021

USC Chan Division of Occupational Science and Occupational Therapy

Award: USC OS/OT Initiatives Grant

Title: Lifestyle Redesign certification course.

Role: Collaborator

Percentage of Effort: 20

Funding: \$4238

Overall Aims: To develop a Lifestyle Redesign manual, manuscript, and online CEU certification course materials

9/2019 – 8/2023

USC Research Collaboration Fund

Title: USC SensoriMotor Assessment and Rehabilitation Training in Virtual Reality Center (SMART-VR Center)

Role: Collaborator (PI: S. Liew)

Percentage of Effort: In-kind

Funding: Total Costs: \$90,000

Overall Aims: The mission of this interdisciplinary center of excellence is to harness cutting-edge advances in virtual reality to improve motor and cognitive function across multiple clinical populations (e.g., stroke, Alzheimer's disease, Parkinson's disease).

7/2017 – 12/2018

SC CTSI-UCLA CTSI-LA County Department of Health Services (LAC DHS) Implementation Science Grant to Improve Patient Care

Title: Addressing uncontrolled diabetes in primary care: A Lifestyle Redesign approach

Role: Co-Investigator (PI: B. Pyatak)

Percentage of Effort: 5%

Funding: \$74,375

Overall Aims: The purpose of this study is to examine the feasibility of implementing an occupational therapy intervention addressing diabetes management in a primary care clinic within the Los Angeles County Department

of Health Services, as well as the impact of this intervention approach on clinical outcomes, efficiency and patient-centeredness of care.

GRANTS PENDING/IN REVIEW/IN PREPARATION:

External Grants (Federal/Corporate Funding)

Principal Investigator/Multiple Principal Investigator

Co-Investigator, Collaborator, Consultant

9/2021 – 8/2026

National Institutes of Health – National Center for Complementary and Integrative Health (NCCIH), Investigator Initiated Clinical Trials of Complementary and Integrative Interventions Delivered Remotely or via mHealth

Title: A mobile intervention Merging Yoga and Self-Management Skills (MY-Skills Mobile) for depressive symptoms among older adults with multiple chronic conditions.

Role: Co-investigator (PI: J. Portz)

Percentage of Effort: 5%

Proposed Funding: \$169,903

Status: Resubmission for February 2023

PUBLICATIONS:

Asterisk indicates direct student mentee; underline indicates senior author on publication.

Peer-Reviewed Journal Articles

- In Press Henwood, B., Semborski, S., Pitts, D., **Schepens Niemiec, S.L.**, Yay, O., & Szanton, S. A randomized controlled trial of CAPABLE in permanent supportive housing for formerly homeless adults. *Journal of the American Geriatrics Society*.
- In Press **Schepens Niemiec, S.L.**, Lee, E., Saunders, R., Wagas, R., & Wu, S. Technology for activity participation in older people with mild cognitive impairment or dementia: Expert perspectives and a scoping review. *Disability and Rehabilitation: Assistive Technology*. <https://doi.org/10.1080/17483107.2022.2116114>
- 2022 Moon, H.E., Rote, S.M., Sears, J., & **Schepens Niemiec, S.L.** Racial differences in the dementia caregiving experience during the COVID-19 pandemic: Findings from the National Health and Aging Trends Study (NHATS). *The Journals of Gerontology: Series B*, 77(12), e203-e215. <https://doi.org/10.1093/geronb/gbac098>
- 2022 **Schepens Niemiec, S.L.**, Cariño, B.* Chatfield, A.J., & Quan, K.* mHealth-supported interventions with potential to address sedentary behavior in older adults: A scoping review. *Journal of Aging and Physical Activity*, 30(6), 1085-1100. <https://doi.org/10.1123/japa.2021-0338>
- 2022 **Schepens Niemiec, S.L.**, Wagas, R.*, Vigen, C. P., Blanchard, J., & Schoenhals, A.* Preliminary user evaluation of a physical activity smartphone app for older adults. *Health Policy and Technology*, 11(3), 100639. <https://doi.org/10.1016/j.hlpt.2022.100639>
- 2022 Lee, J.J.*, Martínez, J., & **Schepens Niemiec, S.L.** (2022). Building the health of communities via a partnership between occupational therapy and *promotores de salud*. *SIS*

Quarterly Practice Connections, 7(1), 12-14.

- 2021 Fields, B., Rodakowski, J., Jewell, V.D., Arthanat, S., Park, M., Piersol, C.V., **Schepens Niemiec, S.L.**, Womack, J., & Mroz, T. (2021). Unpaid caregiving and aging in place in the United States: Advancing the value of occupational therapy. *American Journal of Occupational Therapy*, 75(5), 7505347010. <https://doi.org/10.5014/ajot.2021.044735>
- 2021 Rodakowski, J., Mroz, T., Ciro, C., Lysack, C., Womack, J.L., Chippendale, T., Cutchin, M., Fritz, H., Fields, B., **Schepens Niemiec, S.L.**, et al. (2021). Stimulating research to enhance aging in place. *OTJR: Occupation, Participation and Health*, 41(4), 268-274. <https://doi.org/10.1177/153944922111022271>
- 2021 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., & Carlson, M. (2021). Long-term follow-up of a lifestyle intervention for late-midlife, rural-dwelling Latinos in primary care. *American Journal of Occupational Therapy*, 75(2), 7502205020. <https://doi.org/10.5014/ajot.2021.042861>
- 2019 Pyatak, E.A., Carlson, M., Vigen, C.L., Blanchard, J., **Schepens Niemiec, S.L.**, Sideris, J., & Baranek, G.T. (2019). Contextualizing the positive effects of the Well Elderly 2 trial: A response to Schelly & Ohl. *American Journal of Occupational Therapy*, 73. 7306205100p1–7306205100p11. doi:10.5014/ajot.2019.038752.
- 2019 Pyatak, B., King, M., Vigen, C.L.P, Salazar, E., Diaz, J., **Schepens Niemiec, S.L.**, et al. (2019). Addressing diabetes in primary care: Hybrid effectiveness-implementation study of Lifestyle Redesign® occupational therapy. *American Journal of Occupational Therapy*, 73(5), 7305185020p1–7305185020p12. doi.org/10.5014/ajot.2019.037317
- 2019 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., Guzmán, L., Fluke, M., & Carlson, M. (2019). A pilot study of the *¡Vivir Mi Vida!* lifestyle intervention for rural-dwelling, late-midlife Latinos: Study design and protocol. *OTJR: Occupation, Participation and Health*, 39(1), 5-13. doi: 10.1177/1539449218762728
- 2018 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., Guzmán, L., Concha, A., Fluke, M. & Carlson, M. (2018). Evaluation of *¡Vivir Mi Vida!* to improve health and wellness of rural-dwelling, late middle-aged Latino adults: Results of a feasibility and pilot study of a lifestyle intervention. *Primary Health Care Research & Development*, 19(5), 448-463. doi:10.1017/S1463423617000901 PMID:29729677 PMCID:PMC6177291
- 2018 Juang, C., Carlson, M., Vigen, C., **Schepens Niemiec, S.L.**, Knight, B., & Clark, F. (2018). Understanding the mechanisms of change in Lifestyle Redesign. *The Gerontologist*, 58(2), 353-361. doi: 10.1093/geront/gnw152
- 2017 Murphy, S., Kratz, A. & **Schepens Niemiec, S.L.** (2017). Assessing fatigability in the lab and in daily life in older adults with osteoarthritis using perceived, performance, and ecological measures. *Journal of Gerontology: Medical Sciences* 72(1), 115–120. doi:10.1093/gerona/glw173
- 2016 Murphy, S., Robison, S. & **Schepens Niemiec, S.L.** (2016). Knee and hip osteoarthritis management: A review of current and emerging non-pharmacological approaches. *Current Treatment Options in Rheumatology* 2(4), 296-311. doi: 10.1007/s40674-016-0054-7

- 2016 Murphy, S., **Schepens Niemiec, S.L.**, Lyden, A., & Kraatz, A. (2016). Pain, fatigue, and physical activity in osteoarthritis: The moderating effects of pain- and fatigue-related activity interference. *Archives of Physical Medicine and Rehabilitation* 97(S3), S201-S209. doi: 10.1016/j.apmr.2015.05.025
- 2015 **Schepens Niemiec, S.L.**, Carlson, M., Martínez, J., Guzmán, L., Mahajan, A., & Clark, F. (2015). Developing occupation-based preventive programs for late-middle-aged Latino patients in safety-net health systems. *American Journal of Occupational Therapy* 69(6), 1-11. doi: 10.5014/ajot.2015.015958
- 2014 Mallinson, T., **Schepens Niemiec, S.L.**, Carlson, M., Leland, N., Vigen, C., Blanchard, J., & Clark, F. (2014). Development and validation of the Activity Significance Personal Evaluation (ASPEn) Scale. *Australian Occupational Therapy Journal* 61(6), 384-393.
- 2014 Murphy, S., & **Schepens Niemiec, S.L.** (2014). Aging, fatigue, and fatigability: Implications for occupational and physical therapists. *Current Geriatrics Reports* 3, 135-141. doi: 10.1007/s13670-014-0093-6
- 2014 Leland, N., *Marcione, N., **Schepens, S.**, Kelkar, K., & Fogelberg, D. (2014). What is occupational therapy's role in addressing sleep problems among older adults? *OTJR: Occupation, Participation, and Health* 34(3), 141-149. doi: 10.3928/15394492-20140513-01
- 2013 Kraatz, S., **Schepens, S.L.**, & Murphy, S. (2013). Effects of cognitive task demands on subsequent symptoms and activity in adults with symptomatic osteoarthritis. *American Journal of Occupational Therapy* 67(6), 683-691.
- 2012 **Schepens, S.L.**, Kraatz, A., & Murphy, S. (2012). Fatigability in osteoarthritis: Effects of an activity bout on subsequent symptoms and activity. *Journals of Gerontology Series A: Biological Science and Medical Sciences* 67(10), 1114-1120.
- 2012 **Schepens, S.L.**, Sen, A., Painter, J., & Murphy, S. (2012). Relationship between fall-related efficacy and activity engagement in community-dwelling older adults: A meta-analytic review. *American Journal of Occupational Therapy* 66(2), 137-148.
- 2012 **Schepens, S.L.**, Braun, M., & Murphy, S. (2012). Effect of tailored activity pacing on self-perceived joint stiffness in adults with knee or hip osteoarthritis. *American Journal of Occupational Therapy* 66(3), 363-367. doi: 10.5014/ajot.2010.004036
- 2011 Goldberg, A., & **Schepens, S.** (2011). Measurement error and minimal detectable change in 4-meter gait speed in older adults. *Aging Clinical and Experimental Research* 23(5-6), 406-412.
- 2011 **Schepens, S.L.**, Goldberg, A., & Panzer, V. (2011). A randomized controlled trial comparing tailoring methods of multimedia-based falls prevention education for community-dwelling older adults. *American Journal of Occupational Therapy* 65(6), 702-709.
- 2010 Goldberg, A., **Schepens, S.L.**, Feely, S., Garbern, J.Y., Miller, L.J. Siskind, C.E., & Conti, G.E. (2010). Deficits in stepping response time are associated with impairments in balance and mobility in people with Huntington disease. *Journal of the Neurological Sciences* 298(1-2), 91-95.
- 2010 Goldberg, A., **Schepens, S.L.**, & Wallace, M. (2010). Concurrent validity and reliability of

the maximum step length test in older adults. *Journal of Geriatric Physical Therapy* 16(3), 122-127.

- 2010 **Schepens, S.L.**, Wallace, M., & **Goldberg, A.** (2010). The short version of the Activities-specific Balance Confidence scale: Its validity, reliability, and relationship to balance impairment and falls in older adults. *Archives of Gerontology and Geriatrics* 51, 9-12.
- 2009 **Conti, G.**, & **Schepens, S.L.** (2009). Changes in hemiplegic grasp force characteristics and function following intense, repetitive intervention. *OT International*, 16(3), 204-217.

Books, Chapters, and Practice Guidelines

- 2015 **Clark, F.**, Blanchard, J., Sleight, A., Cogan, A., Floríndez, L., Gleason, S., Heymann, R., Hill, V., Holden, A, Murphy, M., Proffitt, R., **Schepens Niemiec, S. L.**, & Vigen, C. (2015). *Lifestyle Redesign: The Intervention Tested in the USC Well Elderly Studies* (2nd ed). Bethesda, MD: AOTA Press.

Manuals, Editorials, Multimedia, Non-refereed Publications.

- 2008 Retirement Research Foundation and Wayne State University. Skills to advance gerontology excellence (SAGE). Integrating mental health into occupational therapy practice with older adults: Occupational therapy training program. Eight Disk Multimedia DVD and CD-ROM Training Program. [0615269915]

Published Abstracts

- 2022 Moon, H., Rote, S., Sears, J., & **Schepens Niemiec, S. L.** Impact of caregiving during the COVID-19 pandemic: Comparison between dementia and non-dementia caregivers by race. *Innovation in Aging*, 6(Supplement_1), p.342.
- 2022 Strizich, A.* & **Schepens Niemiec, S.L.** Bridging the digital health divide alongside older adults with cognitive impairment. *Journal of Occupational Science*, 29(Sup1), p.S93. DOI: 10.1080/14427591.2022.2111001
- 2022 **Schepens Niemiec, S.L.**, Niemiec, M., Zhou, Z.,* & Tapper, K.* (2022). Examining the feasibility and acceptability of a dynamic, technology-enhanced seating solution to alter sitting behaviors in older adults. *Annals of Behavioral Medicine*, 56(S1), p.S84.
- 2022 Strizich, A.* , Tapper, K.* , & Schepens Niemiec, S.L. Process evaluation of an app for individuals with cognitive impairments. *The Explorer: Journal of USC Student Research*, 14, p.64.
- 2022 **Schepens Niemiec, S.L.**, Granados, G., Diaz, J., Blanchard, J., Pyatak, E., & Padilla Vega, D.* (2022). Practice-based evidence of Lifestyle Redesign® for hypertension and diabetes in a safety-net primary care setting. *American Journal of Occupational Therapy*, 76(Supplement_1), 7610510015p1.
- 2021 **Schepens Niemiec, S.L.**, Schneider, L., Blanchard, J., Wagas, R.,* Teodoro, L., Dagerman, K. (2021). Recruiting older adults with cognitive impairments for a smartphone intervention during COVID-19. *Innovation in Aging*, 5(Supplement_1), p.34.
<https://doi.org/10.1093/geroni/igab046>
- 2021 **Schepens Niemiec, S.L.**, Vigen, C.L.P., Blanchard, J., Niemiec, M. & Eng, B.* (2021). Association of in-lab and free-living mobility measures with falls and fear of falling in underactive older people. *Innovation in Aging*, 5(Supplement_1), p.448.
<https://doi.org/10.1093/geroni/igab046>
- 2021 Pyatak, E., **Schepens Niemiec, S.L.**, Diaz, J., Dieterle, C. & Blanchard, J. (2021). Practice-based evidence of Lifestyle Redesign® for hypertension and diabetes in a safety-net primary

- care setting. *American Journal of Lifestyle Medicine*, 15(6_suppl, Nov/Dec), p.22.
<https://doi.org/10.1177/15598276211036260>
- 2021 **Schepens Niemiec, S.L.**, Wagas, R.,* Eng, B.,* & Blanchard, J. (2021) Digital health technology use by people with Alzheimer's disease and related dementias: Expert perspectives. *American Journal of Lifestyle Medicine*, 15(6_suppl, Nov/Dec), p.20.
<https://doi.org/10.1177/15598276211036260>
- 2021 **Schepens Niemiec, S.L.**, Wagas, R.*, Blanchard, J., Niemiec, M., & Schoenhals, A.* (2021). Adapting an ongoing clinical trial of a physical activity smartphone app intervention for older adults in the wake of COVID-19. *Annals of Behavioral Medicine*, 55(S1), p.S537.
<https://doi.org/10.1093/abm/kaab020>
- 2021 **Schepens Niemiec, S.L.**, Wagas, R.,* Blanchard, J., Niemiec, M., & Schoenhals, A.* (2021). Adapting an ongoing clinical trial amidst the COVID-19 pandemic. *The Explorer: Journal of USC Student Research*, 13, p.58.
- 2021 Wakayama, N.* & **Schepens Niemiec, S.L.** (2021). End of life care and occupational therapy. *The Explorer: Journal of USC Student Research*, 13, p.60.
- 2020 **Schepens Niemiec, S.L.**, Lee, E., Blanchard, J., & Strizich, A.* (2020). Strategies to improve health technologies for older adults with cognitive impairment and dementia. *Innovation in Aging*, 4(Supplement_1), p.862.
- 2020 **Schepens Niemiec, S.L.**, Blanchard, J., Barber, S. (2020). Tailoring an app for seniors with MCI and mild dementia. *The Explorer: Journal of USC Student Research*, 12, p.68.
- 2020 Pyatak, B., Diaz, J., Linderman, M., **Schepens Niemiec, S. L.**, Lee, E. S., Mehdiyeva, K., Blanchard, J., Salazar, E., Shukla, J., & Banerjee, J. (2020). Addressing diabetes in a safety net primary care clinic: Effectiveness of Lifestyle Redesign occupational therapy. *Annals of Behavioral Medicine*, 54(S1), p.S68.
- 2020 Pyatak, B., Diaz, J., Linderman, M., **Schepens Niemiec, S. L.**, Lee, E. S., Mehdiyeva, K., Salazar, E., Blanchard, J., Shukla, J., & Banerjee, J. (2020). Lifestyle Redesign occupational therapy in primary care: Impact on healthcare utilization among individuals with diabetes. *Annals of Behavioral Medicine*, 54(S1), p.S246.
- 2019 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., & Carlson, M. (2019). Feasibility of a telehealth-delivered lifestyle intervention for late-midlife Latinos living in rural California. *Innovation in Aging*, 3(S1), p. S141.
- 2019 **Schepens Niemiec, S.L.**, Niemiec, M., Bendetson, E.*, & Leib, R. (2019). Lessons learned from in-home user testing of a dynamic seating system prototype. *The Explorer: Journal of USC Student Research*, 11, p.71.
- 2019 Cariño, B.* , Blanchard, J., & **Schepens Niemiec, S.L.** (2019). A preliminary usability evaluation of a physical activity smartphone application for older adults. *The Explorer: Journal of USC Student Research*, 11, p.71.
- 2019 **Schepens Niemiec, S.L.**, Han, K.* , & Niemiec, M. (2019). Preliminary user evaluation of a physical activity smartphone app for older adults. *Annals of Behavioral Medicine*, 53(S1), p.S478.
- 2019 Lee, E.S., King, M. Salazar, E., Diaz, J., Blanchard, J., Vigen, C., **Schepens Niemiec, S.**, Jordan, K., Banerjee, J., Shukla, J., & **Pyatak, E.** (2019). Addressing diabetes in primary care: A Lifestyle Redesign approach. *Annals of Behavioral Medicine*, 53(S1), p.S308.
- 2018 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. (2018). Long-term health outcomes of late-midlife Latino participants in a lifestyle intervention linked to primary care. *Innovation in Aging*, 2(S1), p.459.
- 2018 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., Guzmán, L., Concha, A., Fluke, M., & Carlson, M. (2018). Feasibility of a primary care lifestyle intervention for late-midlife Latinos. *The Explorer: Journal of USC Student Research*, 10, p.42.
- 2018 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. (2018). Late-

- midlife Latinos' long-term health outcomes following a lifestyle intervention. *The Explorer: Journal of USC Student Research*, 10, p.42.
- 2018 Han, K.*, Chatfield, A.J., & **Schepens Niemiec, S.L.** (2018). Mobile health interventions to address sedentary activity in older adults. *The Explorer: Journal of USC Student Research*, 10, p.68.
- 2018 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., Guzmán, L., Concha, A., Fluke, M., Balcazar, H. & Carlson, M. (2018). Feasibility and efficacy of a lifestyle intervention for rural-living, late-middlelife Hispanics within a primary care context. *Annals of Behavioral Medicine*, 52(S1), p.S571.
- 2017 **Murphy, S.L., Schepens, S.L., & Kratz, A.** (2017). Fatigability as a measure of physical resilience in older adults. *Innovation in Aging*, 1(S1), p.405.
- 2017 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. (2017). The health and well-being of late middle-aged, rural-dwelling Hispanic adults with arthritis. *Innovation in Aging*, 1(S1), p.122.
- 2017 **Schepens Niemiec, S. L.**, Niemiec, M., & Rice, C. (2017). Older adults' self-identified physical activity goals to support weight management. *The Explorer: Journal of USC Student Research*, 9, p.40.
- 2017 **Schepens Niemiec, S. L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. (2017). Health and well-being of late middle-aged, rural-dwelling Hispanics with arthritis. *The Explorer: Journal of USC Student Research*, 9, p.40.
- 2017 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. (2017). Association of sleep quality with social activity satisfaction and stress in late middle-aged Latinos living in rural California. *American Journal of Occupational Therapy*, 71(4, S1) 7111500001p1.
- 2016 **Schepens Niemiec, S.L.**, Halle, A., & Sarkisian, C. (2016). Knowledge and anxiety about aging and negative bias toward older adults in White and Asian occupational therapy students. *Journal of the American Geriatrics Society*, 64(S1), p.S177.
- 2016 **Schepens Niemiec, S. L.**, Vathsangam, H., Lee, S., Park, D., Olson, K., & Sukhatme, G. (2016). Mobile device ownership in Front Porch retirement communities in L.A. *The Explorer: Journal of USC Student Research*, 8, p.41.
- 2015 **Schepens Niemiec, S. L.**, Carlson, M., Mahajan, A., Guzmán, L., & **Clark, F.** (2015). A framework for occupation-based preventive programs for Latino patients served in a safety-net primary health system. *American Journal of Occupational Therapy*, 69(S1).
- 2015 **Schepens Niemiec, S.**, Rice, C., & Ho, G.* (2015). Older adults' physical activity-related goals in a lifestyle-based weight management program. *The Gerontologist*, 55(S2), p.466. doi:10.1093/geront/gnv197.03
- 2015 **Schepens Niemiec, S. L.**, Carlson, M., Mahajan, A., Guzmán, L., & **Clark, F.** (2015). Lifestyle domains of Latino late middle-aged adults: Perceived strategies to living a healthy life. *Annals of Behavioral Medicine*, 49(S1), p.S194.
- 2015 **Schepens Niemiec, S.**, Carlson, M. Martínez, J., Guzmán, L., Mahajan, A., & **Clark, F.** (2015). Developing occupation-based, preventive programs for at-risk, late middle-aged Latino patients. *The Explorer: Journal of USC Student Research*, 7, p.39.
- 2015 **Schepens Niemiec, S.L.**, Vigen, C., & **Clark, F.** (2015). Decline and recovery of perceived physical health among older adults. *The Explorer: Journal of USC Student Research*, 7, p.39.
- 2013 Marcione, N.,* **Schepens, S.**, & **Leland, N.** (2013). The need for sleep interventions to incorporate ethnically diverse older adult participants. *The Gerontologist* 53(S1), Late Breaker.
- 2013 **Schepens, S.**, Pisca, N., & **Clark, F.** (2013). Factor analysis of the Meaningful Activity and Participation Assessment – Frequency Questionnaire. *The Explorer: Journal of USC Student Research*, 5, p.48.

- 2013 **Schepens, S.**, Pisca, N., & Clark, F. (2013). Factor analysis and ethno-racial measurement invariance of the Meaningful Activity and Participation Assessment—Frequency. *The Gerontologist*, 53(S1), p.281.
- 2011 **Schepens, S.**, Sen, A., Painter, J., & Murphy, S. (2011) The Relationship between fall-related efficacy and activity engagement in community-dwelling older adults: Results from a meta-analysis. *The Gerontologist*, 51(S2), p.528.
- 2010 **Schepens S.**, Lyden, A.K., Wolford, D., Markel, A., & Murphy, S.L. (2010). Lab-based physical tasks to induce fatigue in older adults with symptomatic knee or hip osteoarthritis. *The Gerontologist*, 50(S1), p.41.
- 2010 **Schepens S.**, Goldberg, A., & Panzer, V. (2010). The effectiveness of tailoring multimedia-based falls prevention education for older adults. *The Gerontologist*, 50(S1), p.337.
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- 2010 Pardo, V., Kroll, S., Serecky, J., **Schepens, S.**, & Goldberg, A. (2010) Validity of the Kansas University Balance Scale for assessing fall risk in the elderly. *Journal of Geriatric Physical Therapy*, 32(4), p.190-191.
- 2009 **Schepens, S.**, Carlesimo, R., Wallace, M., & Goldberg, A. (2009). Maximum step length testing in older adults. *The Gerontologist*, 49(S2), p.285.
- 2009 Goldberg, A., & **Schepens, S.** (2009). Relationships between gait speed and balance in community-dwelling older adults. *Journal of the American Geriatrics Society*, 57(4): p.S204.
- 2009 Goldberg, A., **Schepens, S.**, McNevin, N., Shy, M., & Smith, B. (2009). Relationships between the Activities-specific Balance Confidence Scale and clinical balance measures in people with Charcot-Marie-Tooth disease. *Journal of Neurological Physical Therapy*, 33(4), p.224-332.
- 2009 Goldberg, A., & **Schepens, S.** (2009). Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. *Physical Therapy* (Program abstract PO-28-RR-TH). Retrieved July 13, 2009 from http://www.apta.org/AM/abstracts/pt2009/abstractsPt.cfm?m_id=19609
- 2008 Frangaj, V., Sawhney, A., **Schepens, S.**, & Goldberg, A. (2008). Reaction time to auditory and visual stimuli in the presence of cognitive distraction in young adults. *Journal of Neurologic Physical Therapy*, 32(4), p.210-219..
- 2008 Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. (2008). The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. *Journal of Neurologic Physical Therapy*, 32(4), p.210-219.
- 2008 Goldberg, A., & **Schepens, S.** (2008). Falls and balance confidence in older adults: The role of trunk position sense. *Journal of the American Geriatrics Society*, 56(4), p.S142.
- 2008 Goldberg, A., **Schepens, S.**, & Wallace, M. (2008). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. *Journal of the American Geriatrics Society*, 56(4), p.S142.
- 2008 Lysack, C., Lichtenberg, P., Poteete, P., Cano, A., Conti, G., Goldberg, A., V Milligan, N., O'Connell, M., Pellerito, J., Pociask, F., & **Schepens, S.** (2008). Integrating mental health care into occupational therapy practice with older adults. *The Gerontologist*, 48(S3), p.283.
- 2008 **Schepens, S.** & Goldberg, A. (2008). Dynamic balance tests predict balance confidence in community-dwelling older adults. *The Gerontologist*, 48(S3), p.630.
- 2008 Goldberg, A., & **Schepens, S.** (2008). Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. *The Gerontologist*, 48(S3), p.631.
- 2007 **Schepens, S.**, Goldberg, A., & Wallace, M. (2007). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? *Journal of Geriatric Physical Therapy*

- 30(3), p.150.
- 2007 **Goldberg, A., Schepens, S., & Wallace, M.** (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. *Journal of Geriatric Physical Therapy* 30(3), p.149-50.
- 2007 **Goldberg, A., Allen, D., Cissell, M., Schepens, S., & Talley, S.** (2007). The effect of fatigue-induced hip-flexor muscle weakness on reaction and movement time in young adults. *Journal of Neurological Physical Therapy* 31(4), p.196.
- 2007 **Samsair, S., Zavala, A., Schepens, S., Talley, S., & Goldberg, A.** (2007). A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. *Journal of Neurological Physical Therapy* 31(4), p.196-97.
- 2007 **Goldberg, A., Schepens, S., & Wallace, M.** (2007). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults (Electronic version). *Physical Therapy* (Program abstract PO-RR-26-TH). Retrieved January 9, 2008 from http://www.apta.org/AM/abstracts/pt2007/abstractsPt.cfm?m_id=15024
- 2007 **Schepens, S., & Goldberg, A.** (2007). Balance confidence and assistive device use in older adults who fall. *The Gerontologist*, 47(S1), p.352.
- 2007 **Goldberg, A., Schepens, S.** (2007). Falls and balance confidence in older adults: The role of trunk position sense. *The Gerontologist*, 47(S1), p.353.
- 2007 **Smolinski, A., Varga, L., Pardo, V., Schepens, S., & Goldberg, A.** (2007). Tests of stepping in relation to falls in community-dwelling older adults. *The Gerontologist*, 47(S1), p.353.
- 2007 **Goldberg, A., Schepens, S., & Wallace, M.** (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. *Journal of American Geriatrics Society*, 55(S1), p.S88.
- 2007 **Schepens, S., Goldberg, A., & Wallace, M.** (2007). Is the short version of the Activities-specific Balance Confidence scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? *Journal of American Geriatrics Society*, 55 (s1), p.S142.
- 2005 **Conti, G. E. & Schepens, S. L.** (2005). Grasp force control following stroke: Effects of intervention. *The Gerontologist*, 45(S2), p.234.

News Releases and Media Coverage

- 2022 Consumer Reports on Health 34(5). *Improve your grip strength: These tips can help you handle a variety of everyday chores and activities.* <https://www.consumerreports.org/exercise-fitness/improve-your-grip-strength-a1020918811/>
- 2021 USC Chan Instagram. *Life Stories.* https://www.instagram.com/p/CXmICXfvGUk/?utm_source=ig_web_copy_link
- 2021 USC Chan Instagram. *Alzheimer's Awareness Month.* https://www.instagram.com/p/CW7BzWXFG6u/?utm_source=ig_web_copy_link
- 2020 Arthritis Today. *What it really means to "pace yourself."* <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/what-it-really-means-to-pace-yourself>
- 2020 USC Chan Newsletter. *Healthier aging through sharing life stories.* <https://chan.usc.edu/news-and-events/news/healthier-aging-through-sharing-life-stories>
- 2020 USC Chan Newsletter. *Celebrating unsung heroes during National Family Caregivers Month.* <https://chan.usc.edu/news-and-events/news/national-family-caregivers-month>
- 2020 USC Annenberg Center for Health Journalism. *The Coronavirus Files. For nursing home residents, COVID-19 sparks an epidemic of loneliness.*

<https://www.centerforhealthjournalism.org/2020/07/10/nursing-home-residents-covid-19-sparks-epidemic-loneliness#>

- 2020 USC Viterbi News and USC Information Sciences Institute News. *USC-Designed Smartphone App Aims to Get Older Adults “Moving Up.”* <https://viterbischool.usc.edu/news/2020/06/usc-designed-smartphone-app-aims-to-get-older-adults-moving-up/>
- 2020 USC Chan Magazine. *Incubator program to reduce Alzheimer’s disparities.* <https://chan.usc.edu/uploads/magazine/USC-Chan-Magazine-fall2019winter2020.pdf>
- 2019 USC Chan News. *The Garden of Life at CHP.* <https://chan.usc.edu/news/latest/the-garden-of-life-at-chp>
- 2019 This Month at USC Chan. *Schepens Niemiec selected for NIH-funded program to reduce Alzheimer’s-related disparities.* <https://chan.usc.edu/news-and-events/news/schepens-niemiec-selected-for-nih-funded-program-to-reduce-alzheimers-related-disparities>
- 2018 USC Chan Magazine. *Living la vida.* https://issuu.com/ostrowdentistryusc/docs/usc_chan-magazine_summer_2018
- 2018 USC Chan Magazine. *Healthy aging in the palm of your hand.* https://issuu.com/ostrowdentistryusc/docs/chan_final_low
- 2018 USC Chan News. *China Initiative Visits Hong Kong, Beijing, and Fuzhou | December 2017.* <https://chan.usc.edu/news/latest/china-initiative-visits-hong-kong-beijing-and-fuzhou-december-2017>
- 2017 RA Today sponsored by the Arthritis Foundation. Vol. 9 (issue 2) *What it really means to ‘pace yourself.’*
- 2017 Boating Times Long Island. *Activity pacing helps achieve goals.* <http://boatingtimesli.com/NY/2017/12/31/painfatiguemanagement/>
- 2017 USC News. *Improving the health of L.A. County’s rural Latinos.* <https://news.usc.edu/148058/usc-lifestyle-program-improves-health-of-rural-latinos/>
- 2017 USC mHealth Collaboratory News. *New smartphone app developed at USC aims to support fitness among older adults.* <https://mhealth.usc.edu/news.html>
- 2017 The Daily Trojan. *App will be created to increase physical activity of older adults.* <http://dailytrojan.com/2017/10/27/app-will-created-increase-physical-activity-older-adults/>
- 2009 Windows on the World of Aging learning series presentation “Getting around town: Staying mobile as we age.” Televised in Farmington Hills, MI. Lysack, C., Schepens, S., & Machacova, K.
- 2009 Radio presentation for The Senior Solution 107.5 WGPR produced by the Detroit Area Agency on Aging. Topic for discussion included balance and falls in older adults.

Dissertation and Thesis

- 2009 **Schepens, S.L.** The effectiveness of tailoring falls prevention education for older adults (doctoral dissertation). Bibliography Database (Accession No. 3378858)
- 2005 **Schepens, S.L.** Cursor movements of users with incoordination: Effects of adaptive cursor control devices (masters thesis). Bibliography Database (Accession No. 1430533)

MAJOR PUBLIC PRESENTATIONS:

Invited, National (Oral)

- 2022 **Schepens Niemiec, S.L.** Supporting healthy lifestyle in older adults. Invited presentation for the National Service Coordinator Conference sponsored by the American Association of Service Coordinators, Anaheim, CA.
- 2015 **Clark, F., Schepens Niemiec, S.L., Holyk, H., Hill, V., Vigen, C., Martínez, J., Guzmán, L. & Blanchard, J.** Lessons learned: USC PCORI Pragmatic Trial grant submission process. Keynote presentation for the Occupational Therapy Summit of Scholars, Los Angeles, CA.

Invited, State/Regional/Local (Oral)

- 2021 **Schepens Niemiec, S.L.** Technology for productive aging through an occupational therapy lens. Invited presentation for the USC Alumni Association Half Century Trojans, Los Angeles, CA (Virtual).
- 2014 **Schepens Niemiec, S., & Vathsangam, H.** Ambulatory monitoring and wearable sensors: Application to older adult health. Invited presentation for the What's Hot in Aging Research at USC: The Digital Aging Revolution Interdisciplinary Symposium sponsored by USC Leonard Davis School of Gerontology, Los Angeles, CA.
- 2014 **Schepens Niemiec, S.** Arthritis, activity, and staying active as you age. Invited presentation for the Fit for Life Symposium sponsored by USC Emeriti Center, Los Angeles, CA.

Refereed, International (Oral)

- 2022 Pyatak, E., **Schepens Niemiec, S.L., Blanchard, J., & Levasseur, M.** Lifestyle Redesign for wellness, health promotion and disease management: Evolution and application in clinical settings. Pre-conference workshop for the World Federation of Occupational Therapists, Paris, France.
- 2020 **Zelinski, E., Schepens Niemiec, S.L., Niemiec, M., & Leib, R.** FitSitt: Habituating seated exercise toward reducing risk of cognitive decline. Paper presentation for the International Society of Gerontechnology, Trondheim, Norway. (Conference cancelled)
- 2011 **Schepens, S. & Murphy, S.** The effects of physically demanding tasks on fatigue and daily physical activity in older adults with hip or knee osteoarthritis. Paper presentation for the International Society for Ambulatory Assessment Conference, Ann Arbor, MI.

Refereed, National (Oral)

- 2023 McMahon, S., **Schepens Niemiec, S. L., Pedersen, M., Resnick, B., & Winter, S. J.** Community-engaged research for health promotion among diverse older adult populations: Strategies, benefits, and lessons learned. Panel presentation for the Society of Behavioral Medicine 44th Annual Meeting & Scientific Sessions, Phoenix, AZ.
- 2022 Moon, H., Rote, S., Sears, J., & **Schepens Niemiec, S. L.** Impact of caregiving during the COVID-19 pandemic: Comparison between dementia and non-dementia caregivers by race. Symposium presentation for the Gerontological Society of America, Indianapolis, IN.
- 2022 **Schepens Niemiec, S. L., & Martínez, J.** A Telehealth-delivered lifestyle intervention tailored for late-midlife Latinos in a rural community. A Work in Progress presentation for the Occupational Therapy Summit, Madison, WI.

- 2022 **Schepens Niemiec, S.L.**, Niemiec, M., Zhou, Z.,* & Tapper, K.* Examining the feasibility and acceptability of a dynamic, technology-enhanced seating solution to alter sitting behaviors in older adults. Paper presentation for the Society of Behavioral Medicine 43rd Annual Meeting & Scientific Sessions, Boston, MA.
- 2022 **Schepens Niemiec, S.L.**, Granados, G., Diaz, J., Blanchard, J., Pyatak, E., & Padilla Vega, D.* Practice-based evidence of Lifestyle Redesign® for hypertension and diabetes in a safety-net primary care setting. Research paper presentation for the AOTA Inspire 2022 annual conference, San Antonio, TX.
- 2022 Pyatak, E., Diaz, J., Granados, G., Padilla, D.*, Blanchard, J., & **Schepens Niemiec, S.L.** Implementation of Lifestyle Redesign (LR) Intervention for diabetes management and hypertension in a safety-net primary care setting. A short course presentation for the AOTA Inspire 2022 annual conference, San Antonio, TX.
- 2021 **Schepens Niemiec, S.L.**, Schneider, L., Blanchard, J., Wagas, R.,* Teodoro, L., Dagerman, K. Recruiting older adults with cognitive impairments for a smartphone intervention during COVID-19. Symposium presentation for the Gerontological Society of America, Phoenix, AZ.
- 2021 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Niemiec, M., & Eng, B.* Association of in-lab and free-living mobility measures with falls and fear of falling in underactive older people. Paper presentation for the Gerontological Society of America, Phoenix, AZ.
- 2021 **Schepens Niemiec, S.L.**, Wagas, R.,* Eng, B.,* & Blanchard, J. Digital health technology use by people with Alzheimer's disease and related dementias: Expert perspectives. Paper presentation for the Lifestyle Medicine 2021 conference, virtual conference.
- 2021 Wagas, R.,* Lincoln, K., and **Schepens Niemiec, S.L.** The challenges of physical activity as an occupation for older adults from communities of color. Oral presentation for the 2021 USC OS Symposium virtual conference, Los Angeles, CA.
- 2021 **Schepens Niemiec, S.L.**, Wagas, R., Blanchard, J., Niemiec, M., & Schoenhals, A. Adapting an ongoing clinical trial of a physical activity smartphone app intervention for older adults in the wake of COVID-19. Symposium presentation for the Society of Behavioral Medicine 42nd Annual Meeting & Scientific Conference, virtual conference.
- 2020 **Schepens Niemiec, S.L.**, Lee, E.*, Blanchard, J., & Strizich, A.* Strategies to improve health technologies for older adults with cognitive impairment and dementia. Symposium presentation for the Gerontological Society of America, virtual conference.
- 2020 Pyatak, B., Diaz, J., Linderman, M., **Schepens Niemiec, S. L.**, Lee, E. S., Mehdiyeva, K., Salazar, E., Blanchard, J., Shukla, J., & Banerjee, J. Lifestyle Redesign occupational therapy in primary care: Impact on healthcare utilization among individuals with diabetes. Paper presentation for the Society of Behavioral Medicine 41st Annual Meeting & Scientific Conference, San Francisco, CA. (Conference cancelled)
- 2020 Pyatak, B., Díaz, J., Blanchard, J., Dieterle, C., Rice, C., **Schepens Niemiec, S.L.**, Sleight, A., & Cogan, A. Evolution and applications of Lifestyle Redesign: Occupational therapy for health promotion, wellness, and disease management. Short Course presentation for the American Occupational Therapy Association Annual Conference, Boston, MA. (Conference cancelled)
- 2019 Pyatak, B., Blanchard, J., **Schepens Niemiec, S.**, & Carlson, M. Systematic review of Lifestyle Redesign interventions for chronic conditions. Paper presentation for the Occupational Therapy Summit of Scholars, Charleston, SC.

- 2019 **Schepens Niemiec, S.L.**, Han, K.*, & Niemiec, M. Preliminary user evaluation of a physical activity smartphone app for older adults. Symposium presentation for the Society of Behavioral Medicine Annual Meeting & Scientific Conference, Washington D.C.
- 2017 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. Association of sleep quality with social activity satisfaction and stress in late middle-aged Latinos living in rural California. Scientific research panel presented at the American Occupational Therapy Association Annual Conference, Philadelphia, PA.
- 2014 **Schepens, S.**, Marcione, N.,* & **Leland, N.** Relationship of activity engagement to sleep among ethnically diverse older adults. Paper presentation for the American Occupational Therapy Association Annual Conference, Baltimore, MD.
- 2011 **Schepens, S.**, Sen, A., Painter, J., & **Murphy, S.** The relationship between fall-related efficacy and activity engagement in community-dwelling older adults: Results from a meta-analysis. Symposium presentation for the Gerontological Society of America, Boston, MA.
- 2010 **Panzer, V.**, Smith, V., & **Schepens, S.** Multimedia assessment of fall-risk as part of the physical therapy evaluation. Multimedia technology presentation at the Annual Meeting of the American Physical Therapy Association, Boston, MA.
- 2010 **Schepens, S.**, **Panzer, V.**, & Smith, V. The role of occupational therapists in developing and implementing an evidence-based fall prevention plan of care. Exhibitor-sponsored seminar at the American Occupational Therapy Association Annual Conference, Orlando, FL.
- 2010 **Goldberg, A.**, & **Schepens, S.** Relationships between the Activities-Specific Balance Confidence scale and clinical balance measures in people with Charcot-Marie-Tooth disease. Paper presentation at the Combined Sections Meeting of the American Physical Therapy Association, San Diego, CA.
- 2008 **Lysack, C.**, Lichtenberg, P., Poteete, P., Cano, A., Conti, G., Goldberg, A., V Milligan, N., O'Connell, M., Pellerito, J., Pociask, F., & **Schepens, S.** Integrating mental health care into occupational therapy practice with older adults. Paper presentation at the Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD.
- 2008 **Goldberg, A.**, Allen, D., Cissell, M., **Schepens, S.**, & Talley, S. The effect of fatigue-induced hip-flexor muscle weakness on reaction and movement time in young adults. Paper presentation at the Combined Sections Meeting of the American Physical Therapy Association, Nashville, TN.
- 2008 Samsair, S., Zavala, A., **Schepens, S.**, **Goldberg, A.**, & Talley, S. A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. Paper presentation at the Combined Sections Meeting of the American Physical Therapy Association, Nashville, TN.

Refereed, State/Regional/Local (Oral)

- 2008 **Conti, G.**, Goldberg, A., Licavoli, C., & **Schepens, S.** Module 5: Falls, balance and exercise. Symposium presentation at the Michigan Occupational Therapy Association Continuing Education Conference for Aging and Mental Health Training Program, Troy, MI.
- 2007 Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & **Goldberg, A.** Tests of stepping in relation to falls in community-dwelling older adults. Paper presentation at the Michigan

Physical Therapy Association Fall Conference, Saginaw, MI.

- 2007 Allen, D., Cissell, M., **Schepens, S.**, Goldberg, A., & Talley, S. The effect of fatiguing hip-flexor musculature on stepping reaction and movement time. Paper presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 Allen, D., Cissell, M., **Schepens, S.**, Goldberg, A., & Talley, S. The effect of fatiguing hip-flexor musculature on stepping reaction and movement time. Paper presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2007 **Schepens, S.**, & Goldberg, A. Balance confidence and assistive device use in older adults who fall. Paper presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2007 Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. (2007). Tests of stepping in relation to falls in community-dwelling older adults. Paper presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2006 Goldberg, A., & **Schepens, S.** Trunk position sense and balance in older adults and in people with neurological disease. Paper presentation at Detroit Rehabilitation Institute of Michigan, Detroit, MI.

Refereed, International (Poster)

- 2023 **Schepens Niemiec, S. L.**, Strizich, A.,* & Tapper, K.*. A process evaluation of a physical activity smartphone app for older adults with mild cognitive impairment or mild dementia. Poster presentation at the American Occupational Therapy Inspire 2023 annual conference, Kansas City, MO.
- 2022 Strizich, A.* & **Schepens Niemiec, S.L.** Bridging the digital health divide alongside older adults with cognitive impairment. Poster presentation at the World Occupational Science Conference, Vancouver, Canada.
- 2017 Murphy, S.L., **Schepens, S.L.**, & Kratz, A. Fatigability as a measure of physical resilience in older adults. Poster presentation at the IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- 2017 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. The health and well-being of late middle-aged, rural-dwelling Hispanic adults with arthritis. Poster presentation at the IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- 2017 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., Carlson, M. & Balcazar, H. The health and well-being of late middle-aged, rural-dwelling Hispanic adults with arthritis. Poster presentation at the International Conference on Aging in Americas, Los Angeles, CA.
- 2016 Blanchard, J., Martinez, J., & **Schepens Niemiec, S.L.** *¡Vivir Mi Vida!*: A pilot study of a lifestyle intervention to optimize health outcomes in Latino patients. Poster presentation at the 2016 Joint Research Conference of the Society for the Study of Occupation: USA (SSO:USA) and the Canadian Society of Occupational Scientists (CSOS), Portland, ME.
- 2013 Marcione, N.*, **Schepens S.**, Leland, N. Sleep interventions for ethnically diverse older adults: A scoping review. Poster presentation at the International Conference on Aging in the Americas (ICAA), Austin, TX.
- 2007 **Schepens, S.**, DeBusschere, R., Foster, C., Goodall, C., Mirza, S., & Williams, S. Relationships between psychometric test and cursor control device performance in older adults: A pilot study. Poster presentation at the Festival of International Conferences on Disability, Aging, and Technology, Toronto, ON.
- 2007 Goldberg, A., **Schepens, S.**, & Wallace, M. Trunk position sense is associated with falls and balance confidence in community-dwelling older adults. Poster presentation at the World

Refereed, National (Poster)

- 2021 **Schepens Niemiec, S.L.** & Stein Duker, L.I. Immersive nature-based multimedia experiences to improve health in older adults with mild cognitive impairment or mild dementia: A feasibility and pilot study. Poster presentation for the 2021 Occupational Therapy (OT) Summit of Scholars, virtual conference.
- 2020 **Pyatak, B.**, Diaz, J., Linderman, M., **Schepens Niemiec, S. L.**, Lee, E. S., Mehdiyeva, K., Blanchard, J., Salazar, E., Shukla, J., & Banerjee, J. Addressing diabetes in a safety net primary care clinic: effectiveness of Lifestyle Redesign occupational therapy. Poster presentation at the Society of Behavioral Medicine 41st Annual Meeting & Scientific Conference, San Francisco, CA. (Conference cancelled)
- 2019 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., & Carlson, M. Feasibility of a telehealth-delivered lifestyle intervention for late-midlife Latinos living in rural California. Poster presentation at the Gerontological Society of America, Austin, TX.
- 2019 Lee, E.S., King, M. Salazar, E., Diaz, J., Blanchard, J., Vigen, C., **Schepens Niemiec, S.**, Jordan, K., Banerjee, J., Shukla, J., & **Pyatak, E.** Addressing diabetes in primary care: A Lifestyle Redesign approach. Poster presentation at the Society of Behavioral Medicine Annual Meeting & Scientific Conference, Washington D.C.
- 2018 **Schepens Niemiec, S.L.**, Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. Long-term health outcomes of late-midlife Latino participants in a lifestyle intervention linked to primary care. Poster presentation at the Gerontological Society of America, Boston, MA.
- 2018 **Schepens Niemiec, S.L.**, Blanchard, J., Vigen, C., Martínez, J., Guzmán, L., Concha, A., Fluke, M., Balcazar, H. & Carlson, M. Feasibility and efficacy of a lifestyle intervention for rural-living, late-midlife Hispanics within a primary care context. Poster presentation at the Society of Behavioral Medicine Annual Meeting & Scientific Conference, New Orleans, LA.
- 2016 **Schepens Niemiec, S.L.**, Halle, A., & Sarkisian, C. Knowledge and anxiety about aging and negative bias toward older adults in White and Asian occupational therapy students. Poster presentation at the American Geriatrics Society Annual Scientific Meeting, Long Beach, CA.
- 2015 **Schepens Niemiec, S.**, Rice, C., & Ho, G.* Older adults' physical activity-related goals in a lifestyle-based weight management program. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, Orlando, FL.
- 2015 **Schepens Niemiec, S.L.** & Vathsangam, H. Health tracking technology and smartphones: A pilot survey of older adults' attitudes and user behaviors. Poster presentation at the Wireless Health Conference, The National Institutes of Health, Bethesda, MD.
- 2015 **Schepens Niemiec, S. L.**, Carlson, M., Guzmán, L., Martínez, J., Mahajan, A., & **Clark, F.** A schema for occupation-based, preventive programs for Latino patients served in a safety-net primary care health system. Poster presentation at the Annual Occupational Therapy Summit of Scholars, Los Angeles, CA.
- 2015 **Schepens Niemiec, S. L.**, Carlson, M., Mahajan, A., Guzmán, L., & **Clark, F.** Lifestyle domains of Latino late middle-aged adults: Perceived strategies to living a healthy life. Poster presentation at the Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Antonio, TX.
- 2015 **Schepens Niemiec, S. L.**, Carlson, M., Mahajan, A., Guzmán, L., & **Clark, F.** A framework for occupation-based preventive programs for Latino patients served in a safety-net primary health system. Poster presentation at the American Occupational Therapy Association Annual Conference, Nashville, TN.
- 2013 Marcione, N.*, **Schepens, S.**, & **Leland, N.** The need for sleep interventions to incorporate ethnically diverse older adult participants. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA.

- 2013 **Schepens, S.**, Pisca, N., & Clark, F. Factor analysis and ethno-racial measurement invariance of the Meaningful Activity and Participation Assessment—Frequency. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA.
- 2010 Goldberg, A. & **Schepens, S.** Measurement error and minimal detectable change in timed up and go in older adults. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA.
- 2010 **Schepens, S.**, Lyden, A., Wolford, D., Markel, A., & Murphy, S. Lab-based physical tasks to induce fatigue in older adults with symptomatic knee or hip osteoarthritis. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA.
- 2010 **Schepens, S.**, Goldberg, A., & Panzer, V. The effectiveness of tailoring multimedia-based falls prevention education for older adults. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA.
- 2010 Goldberg, A. & **Schepens, S.** Minimal detectable change in gait speed for community-dwelling older adults. Poster presentation at the Annual Meeting of the American Physical Therapy Association, Boston, MA.
- 2010 Pardo, V., Kroll, S., Serecky, J, **Schepens, S.**, & Goldberg, A. Validity of the Kansas University Sitting and Standing Balance Scale as a measure of fall risk in the elderly. Poster presentation at the Combined Sections Meeting of the APTA, San Diego, CA.
- 2009 **Schepens, S.**, Carlesimo, R., Wallace, M., & Goldberg, A. Maximum step length testing in older adults. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, Atlanta, GA.
- 2009 Goldberg, A., & **Schepens, S.** Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. Poster presentation at the Annual Meeting of the American Physical Therapy Association, Baltimore, MD.
- 2009 Goldberg, A., & **Schepens, S.** Relationships between gait speed and balance in community-dwelling older adults. Poster presentation at the Annual Scientific Meeting of the American Geriatrics Society, Chicago, IL.
- 2009 Frangaj, V., Sawhney, A., **Schepens, S.**, & Goldberg, A. Reaction time to auditory and visual stimuli in the presence of cognitive distraction in young adults. Poster presentation at the Combined Sections Meeting of the APTA, Las Vegas, NV.
- 2009 Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Poster presentation at the Combined Sections Meeting of the APTA, Las Vegas, NV.
- 2008 Goldberg, A., & **Schepens, S.** Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD.
- 2008 **Schepens, S.** & Goldberg, A. Dynamic balance tests predict balance confidence in community-dwelling older adults. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD.
- 2008 Goldberg, A. & **Schepens, S.** Falls and balance confidence in older adults: The role of trunk position sense. Poster presentation at the American Geriatrics Society Annual Scientific Meeting, Washington D.C.
- 2008 Goldberg, A., **Schepens, S.**, & Wallace, M. Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. Poster presentation at the American Geriatrics Society Annual Scientific Meeting, Washington D.C.
- 2008 **Schepens, S.**, Goldberg, A., & Wallace, M. Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Combined Sections Meeting of the APTA, Nashville, TN.
- 2008 Goldberg, A., **Schepens, S.**, & Wallace, M. Novel measures of balance and balance

- confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the Combined Sections Meeting of the APTA, Nashville, TN.
- 2007 **Schepens, S., & Goldberg, A.** Balance confidence and assistive device use in older adults who fall. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, San Francisco, CA.
- 2007 **Goldberg, A. & Schepens, S.** Falls and balance confidence in older adults: The role of trunk position sense. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, San Francisco, CA.
- 2007 Smolinski, A., Varga, L., Pardo, V., **Schepens, S., & Goldberg, A.** Tests of stepping in relation to falls in community-dwelling older adults. Poster presentation at the Annual Scientific Meeting for the Gerontological Society of America, San Francisco, CA.
- 2007 **Goldberg, A., Schepens, S., & Wallace, M.** Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. Poster presentation at the Annual Meeting of the American Physical Therapy Association, Denver, CO.
- 2007 **Schepens, S., Goldberg, A., & Wallace, M.** Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the American Geriatrics Society Annual Scientific Meeting, Seattle, WA.
- 2007 **Goldberg, A., Schepens, S., & Wallace, M.** Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the American Geriatrics Society Annual Scientific Meeting, Seattle, WA.
- 2006 **Schepens, S. & Conti, G.** Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the American Occupational Therapy Association Annual Conference, Charlotte, NC.
- 2006 **Conti, G. E. & Schepens, S. L.** Grasp force control intervention following stroke: Techniques and outcomes. Poster presentation at the American Occupational Therapy Association Annual Conference, Charlotte, NC.
- 2005 **Conti, G. E. & Schepens, S. L.** Grasp force control following stroke: Effects of intervention. Roundtable presentation at the Annual Scientific Meeting for the Gerontological Society of America, Orlando, FL.

Refereed, State/Regional/Local (Poster)

- 2022 Strizich, A.*, Tapper, K.*, & **Schepens Niemiec, S.L.** Process evaluation of an app for individuals with cognitive impairments. Poster presentation Herman Ostrow School of Dentistry, 2022 Research Day, Los Angeles, CA.
- 2021 Wakayama, N.* & **Schepens Niemiec, S.L.** End of life care and occupational therapy. Poster presentation at the USC Herman Ostrow School of Dentistry Research Day, virtual conference.
- 2021 **Schepens Niemiec, S.L.**, Wagas, R.*, Blanchard, J., Niemiec, M., & Schoenhals, A.* Adapting an ongoing clinical trial amidst the COVID-19 pandemic. Poster presentation at the USC Herman Ostrow School of Dentistry Research Day, virtual conference.
- 2020 **Schepens Niemiec, S.L.**, Blanchard, J., Barber, S. Tailoring an app for seniors with MCI and mild dementia. Poster presentation at the Herman Ostrow School of Dentistry, 2020 Research Day, Los Angeles, CA. (Conference cancelled)
- 2019 Cariño, B.* & **Schepens Niemiec, S.L.** A preliminary usability evaluation of a physical activity smartphone application for older adults. Poster presentation at the Annual USC mHealth Collaboratory Symposium, Los Angeles, CA.
- 2019 **Schepens Niemiec, S.L.**, Niemiec, M., Bendetson, E.*, & Leib, R. Lessons learned from in-home user testing of a dynamic seating system prototype. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.

- 2019 Cariño, B.,* Blanchard, J., & **Schepens Niemiec, S.L.** A preliminary usability evaluation of a physical activity smartphone application for older adults. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2018 **Pyatak, B.,** King, M., Diaz, J., Vigen, C., **Schepens Niemiec, S.,** Jordan, K., Blanchard, J., Salazar, E., Banerjee, J., & Shukla, J. Implementing Lifestyle Redesign occupational therapy in a safety-net patient centered medical home. Poster presentation at the Southern California Regional Dissemination, Implementation and Improvement Science Symposium, Los Angeles, CA.
- 2018 Han, K.* Chatfield, A.J., & **Schepens Niemiec, S.L.** Mobile health interventions to address sedentary activity in older adults. Poster presentation at the USC mHealth Collaboratory: Inaugural Mobile/Connected Health Symposium, Los Angeles, CA.
- 2018 Han, K.* Chatfield, A.J., & **Schepens Niemiec, S.L.** Mobile health interventions to address sedentary activity in older adults. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2018 **Schepens Niemiec, S.L.,** Blanchard, J., Vigen, C., Martínez, J., Guzmán, L., Concha, A., Fluke, M., & Carlson, M. Feasibility of a primary care lifestyle intervention for late-midlife Latinos. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2018 **Schepens Niemiec, S.L.,** Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. Late-midlife Latinos' long-term health outcomes following a lifestyle intervention. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2017 **Schepens Niemiec, S.L.,** Niemiec, M., & Rice, C. Older adults' self-identified physical activity goals to support weight management. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2017 **Schepens Niemiec, S.L.,** Vigen, C., Blanchard, J., Martínez, J., & Carlson, M. The health and well-being of late middle-aged, rural-dwelling Hispanic adults with arthritis. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2016 **Schepens Niemiec, S. L.,** Vathsangam, H., Lee, S., Park, D., Olson, K., & Sukhatme, G. Mobile device ownership in Front Porch retirement communities in L.A. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2015 **Schepens Niemiec, S.,** Rice, C., & Ho, G.* OT weight management program: Seniors' physical activity goals. Poster presentation at the Occupational Therapy Association of California, Sacramento, CA.
- 2015 **Schepens Niemiec, S.L.,** Carlson, M., Martínez, J., Guzmán, L., Mahajan, A., & **Clark, F.** Developing occupation-based, preventive programs for at-risk, late middle-aged Latino patients. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2015 **Schepens Niemiec, S.L.,** Vigen, C., & **Clark, F.** Decline and recovery of perceived physical health among older adults. Poster presentation at the Herman Ostrow School of Dentistry Research Day, Los Angeles, CA.
- 2013 **Schepens, S.,** Pisca, N., & **Clark, F.** Factor analysis of the Meaningful Activity and Participation Assessment – Frequency Questionnaire. Poster presentation at the USC/SRG Research Day, Los Angeles, CA.
- 2011 **Schepens, S.,** Lyden, A., Parkinson, E., & **Murphy, S.L.** The effects of physically demanding tasks on fatigue and daily physical activity in older adults with hip or knee osteoarthritis. Poster presentation for James W. Rae Scientific Day, Ann Arbor, MI.
- 2010 **Schepens, S.,** Lyden, A., Wolford, D., Markel, A., & **Murphy, S.** Lab-based physical tasks to induce fatigue in older adults with symptomatic knee or hip osteoarthritis. Poster presentation at the Annual James Rae Scientific Day, Ann Arbor, MI.
- 2009 Pardo, V., Kroll, S., Serecky, J., **Schepens, S.,** & **Goldberg, A.** Validity of the Kansas

- University Sitting and Standing Balance Scale as a measure of fall risk in the elderly. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Dearborn, MI.
- 2009 Pardo, V., Nagle, A., **Schepens, S.**, & Goldberg, A. Validity of the Kansas University Sitting and Standing Balance Scale in patients who have had a stroke. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Dearborn, MI.
- 2009 **Schepens, S.**, & Goldberg, A. Dynamic balance tests predict balance confidence in community-dwelling older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Dearborn, MI.
- 2009 **Schepens, S.**, Goldberg, A., & Panzer, V. The effectiveness of tailoring falls prevention education for older adult learners. Poster presentation at the Wayne State University Institute of Gerontology-Merrill-Palmer Skillman Institute Research Poster Day, Detroit, MI.
- 2009 Pardo, V., Nagle, A., **Schepens, S.**, & Goldberg, A. Validity of the Kansas University Sitting and Standing Balance Scale in patients who have had a stroke. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2009 Mirza, F., Trifan, P., **Schepens, S.**, & Goldberg, A. The effect of proximal versus distal somatosensory perturbations on trunk position sense in young adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2009 Pardo, V., Kroll, S., Serecky, J., Goldberg, A., & **Schepens, S.** Validity of the Kansas University Sitting and Standing Balance Scale as a measure of fall risk in the elderly. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2009 Goldberg, A., & **Schepens, S.** Relationships between gait speed and balance in community-dwelling older adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2009 Ball, M., Little, M., **Schepens, S.**, & Goldberg, A. Effects of body mass index on trunk repositioning error. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2009 Lewandowski, M., Weber, D., **Schepens, S.**, & Goldberg, A. Does involvement in adult recreational soccer affect step execution time during single-task and dual-task conditions? Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2009 Mirza, F., Trifan, P., **Schepens, S.**, & Goldberg, A. The effect of proximal versus distal somatosensory perturbations on trunk position sense in young adults. Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2009 **Schepens, S.**, Wallace, M., & Goldberg, A. Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to falls in older adults? Poster presentation at Graduate Education Week, Lansing, MI.
- 2008 **Schepens, S.** & Goldberg, A. Dynamic balance tests predict balance confidence in community-dwelling older adults. Poster presentation at the Wayne State University Institute of Gerontology Annual Research Poster Session, Detroit, MI.
- 2008 Goldberg, A., **Schepens, S.**, & Wallace, M. Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Frankenmuth, MI.
- 2008 Frangaj, V., Sawhney, A., **Schepens, S.**, & Goldberg, A. Reaction time with auditory and visual stimulus with cognitive distraction. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2008 Paulun, J.L., Daniels, K.L., Carlson, C.L., Birk, T., Goldberg, A., & **Schepens, S.** Lower extremity oxygen perfusion in dynamic versus static stander use in healthy young adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2008 Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2008 Mitchell, J., Myers, I., **Schepens, S.**, & Goldberg, A. Magnitude of postural sway response

- due to vibration of Achilles tendon versus lumbar paraspinal musculature in young adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2008 Carlesimo, R., Wallace, M., **Schepens, S.**, & Goldberg, A. Maximum step length testing in older adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2008 **Schepens, S.**, Wallace, M., & Goldberg, A. Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2008 Frangaj, V., Sawhney, A., **Schepens, S.**, & Goldberg, A. Reaction time to auditory and visual stimuli in the presence of cognitive distraction in young adults. Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2008 Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2007 **Schepens, S.** & Goldberg, A. Balance confidence and assistive device use in older adults who fall. Poster presentation at the Wayne State University Institute of Gerontology Annual Research Poster Session, Detroit, MI.
- 2007 **Schepens, S.**, Goldberg, A., & Wallace, M. Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Wayne State University Institute of Gerontology Annual Research Poster Session, Detroit, MI.
- 2007 **Schepens, S.**, & Goldberg, A. Balance confidence and assistive device use in older adults who fall. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 **Schepens, S.**, Goldberg, A., & Wallace, M. Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 Goldberg, A., **Schepens, S.**, & Wallace, M. Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 Goldberg, A., **Schepens, S.**, & Wallace, M. Trunk position sense is associated with falls and balance confidence in community-dwelling older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 DiPonio, J., Ulewicz, C., **Schepens, S.**, Goldberg, A., & Talley, S. The effect of stretching hip-flexor musculature on stepping reaction and movement time. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI.
- 2007 **Schepens, S.**, Wallace, M., & Goldberg, A. Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to falls in older adults? Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2007 Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. Tests of stepping in relation to falls in community-dwelling older adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2007 Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2007 Goldberg, A., **Schepens, S.**, & Wallace, M. Novel measures of balance and balance

- confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2007 Allen, D., Cissell, M., **Schepens, S.**, Goldberg, A., & Talley, S. The effect of fatiguing hip-flexor musculature on stepping reaction and movement time. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2007 DiPonio, J., Ulewicz, C., **Schepens, S.**, Goldberg, A., & Talley, S. The effect of stretching hip-flexor musculature on stepping reaction and movement time. Poster presentation at the EACPHS Annual Research Forum, Detroit, MI.
- 2007 Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. A comparison of ankle plantar flexor versus lumbar back extensor muscle fatigue on postural sway. Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2007 Goldberg, A. & **Schepens, S.** Trunk position sense is associated with falls and balance confidence in community-dwelling older adults. Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2007 DiPonio, J., Ulewicz, C., **Schepens, S.**, Goldberg, A., & Talley, S. The effect of stretching hip-flexor musculature on stepping reaction and movement time. Poster presentation at the Annual Del Harder Rehabilitation Research Day, Detroit, MI.
- 2006 **Schepens, S.**, Wallace, M., Goldberg, A. Relationships between trunk position sense, falls and balance confidence in older adults. Poster presentation at the Annual Research Forum of Wayne State University Applebaum College of Pharmacy and Health Sciences, Detroit, MI.
- 2006 D'Aloisio, J., Jakuszaneck, A., Logan, A., Rodzik, D., **Schepens, S.**, & Conti G. Hand coordination and mouse performance. Poster presentation at the Annual Research Forum of Wayne State University Applebaum College of Pharmacy and Health Sciences, Detroit, MI.
- 2006 **Schepens, S.** & Conti, G. Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the Del Harder Rehabilitation Research Day of Rehabilitation Institute of Michigan, Detroit, MI.
- 2006 D'Aloisio, J., Jakuszaneck, A., Logan, A., Rodzik, D., **Schepens, S.**, & Conti G. Hand coordination and mouse performance. Poster presentation at the Del Harder Rehabilitation Research Day of Rehabilitation Institute of Michigan, Detroit, MI.
- 2005 **Schepens, S.** & Conti, G. Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the Annual Graduate Student Research Day for the WSU Medical School, Detroit, MI.
- 2005 **Schepens, S.** & Conti, G. Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the Annual Research Forum of Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences, Detroit, MI.
- 2005 Conti, G. & **Schepens, S.** Grasp force control following stroke: Effects of intervention. Poster presentation at the Del Harder Rehabilitation Research Day of Rehabilitation Institute of Michigan, Detroit, MI.
- 2005 Conti, G. E. & **Schepens, S. L.** Bilateral Grasp Force Coordination following Stroke: Effects of Intervention. Poster presentation at the Annual WSU & U of M Joint Poster Session and Symposia for the Institute of Gerontology, Detroit, MI.
- 2004 Conti, G. E. & **Schepens, S. L.** Grasp force modulation during bimanual tasks in young and elderly adults. Poster presentation at the Annual WSU & U of M Joint Poster Session and Symposia for the Institute of Gerontology, Detroit, MI.

Non-refereed presentations (oral)

- 2022 Pyatak, E. & **Schepens Niemiec, S.L.** Practice-based evidence for Lifestyle Redesign occupational therapy in primary care. Invited guest speakers for the USC Center for Healthcare Delivery Science monthly seminar series on implementation science and healthcare delivery innovations.

- 2021 **Schepens Niemiec, S.L.** Digital inclusion for people with Alzheimer’s disease and related dementia: Expert perspectives. Paper presentation for the USC Edward R. Roybal Institute on Aging Interdisciplinary Aging Research to Address Health Disparities in Alzheimer’s Disease and Related Dementias Scientific Training Program, virtual conference.

Non-refereed presentations (poster)

- 2021 Lee, J.J.* & **Schepens Niemiec, S.L.** Accommodating the *¡Vivir Mi Vida!* study to address life disruptions related to COVID-19. Poster presentation for the USC Chan 2021 Global Poster Session, virtual conference.
- 2021 Wakayama, N.* & **Schepens Niemiec, S.L.** End of life care and occupational therapy. Poster presentation for the USC Chan 2021 Global Poster Session, virtual conference.
- 2021 Wagas, R.* & **Schepens Niemiec, S.L.** Resumption of a physical activity smartphone app intervention clinical trial in the wake of COVID-19. Poster presentation for the USC Chan 2021 Global Poster Session, virtual conference.

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS:

- 2022–2023 Member, World Federation of Occupational Therapy
- 2021–2022 Member, American College of Lifestyle Medicine
- 2015–present Member, Society of Behavioral Medicine, Special Interest Group in Aging
- 2009–present Member, Michigan Society of Gerontology
- 2003–present Member, American Occupational Therapy Association
- 2033–present Active alumni, Pi Theta Epsilon

HONORS, AWARDS, FELLOWSHIPS, COMMENDATIONS:

- 2022 AOTA Cordelia Myers Best Article Award for “Long-Term Follow-Up of a Lifestyle Intervention for Late-Midlife, Rural-Dwelling Latinos in Primary Care.”
- 2020 Alzheimer’s Los Angeles Early Career Investigator’s Award
- 2020 Invited by AOTF as a distinguished OT researcher to participate in the AOTF Planning Grant Collective to set a research agenda for telehealth in occupational therapy. *Stimulating Research to Advance Evidence-based Applications of Telehealth in Occupational Therapy* (Participation declined due to conflicting obligation)
- 2019 – 2021 Emerging scholar for the Interdisciplinary Aging Research to Address Health Disparities in Alzheimer’s Disease and Related Dementias scientific training program funded by NIH National Institute on Aging and Alzheimer’s Association
- 2019 Invited by AOTF as a distinguished OT researcher to participate in the AOTF Planning Grant Collective to set a research agenda for aging in place. *Stimulating Research to Enhance Aging in Place: A Continuum of Home and Community-based Services*
- 2017 Emerging scholar at the International Conference on Aging in Americas
- 2016 NIH Mobile Health (mHealth) Training Institute awardee
- 2012 Research Scholars Initiative Award from the AOTA in recognition of the paper, "A

randomized controlled trial comparing tailoring methods of multimedia-based fall prevention education for community-dwelling older adults"

- 2009 – 2010 University of Michigan Research Stipend Award from the NIDRR Advanced Rehabilitation Research Training program
- 2009 Everett J. Soop Award from the Michigan Society of Gerontology
- 2009 Wayne State University Institute of Gerontology Annual Research Poster Presentation Award recipient: 1st place (Graduate student category)
- 2009 Chosen to represent WSU as a presenter at Graduate Education in Michigan
- 2009 – 2010 Wayne State University Dissertation Research Support Grant recipient
- 2008 Wayne State University Institute of Gerontology Annual Research Poster Presentation Award recipient: 3rd place (Graduate student category)
- 2008 – 2009 Blue Cross Blue Shield of Michigan Student Award recipient
- 2008 – 2009 Hubert & Elsie Watson Endowed Memorial Scholarship
- 2006 – 2009 Wayne State University Graduate Professional Scholarship
- 2008 Wayne State University Graduate Student Professional Travel Award recipient
- 2008 Named to the Cambridge Who's Who Among Executives and Professionals in Healthcare *Honors Edition*
- 2007 Wayne State University Institute of Gerontology Annual Research Poster Presentation Award recipient: 2nd place (Graduate student category)
- 2007 Michigan Physical Therapy Association Fall Conference Poster Presentation Award recipient: 1st place (Graduate student category)
- 2007 EACPHS Research Day Award recipient: 1st place (Graduate student category)
- 2007 Margaret Ledbetter Endowed Scholarship recipient
- 2006 – 2007 Wayne State University Unrestricted Private Scholarship recipient
- 2006 EACPHS Research Day Award recipient: 1st place (Graduate student category)
- 2006 Del Harder Research Day Best Poster Presentation Award recipient (Student category)
- 2005 Wayne State University Graduate School Thesis Research Support recipient
- 2000 – 2005 Michigan Competitive Scholarship recipient
- 2003 H. Barbara Jewett Honor Graduate of the Year Award recipient

1996 – 2006 Named to the Wayne State University Dean's List of Honor Students

1999 – 2003 Wayne State University Presidential Scholarship recipient

MAJOR RESEARCH PROJECTS:

Ongoing Research

Development of a prototype multimedia AD/DRD falls prevention system for family caregivers. Role: Co-investigator. Collaborators: V. Panzer PhD (PI) (2021 – present).

A smartphone application to improve physical activity in underactive older adults with mild cognitive impairment and mild dementia. Role: Principal investigator. Collaborators and co-investigators: L. Schneider PhD, S. Barber PhD (2018 – present)

Transforming sedentariness to movement and exercise in older adults. Role: Multiple principal investigator. Collaborators and co-investigators: R. Leib AIA ACHA (PI), T. Mason PhD, E. Zelinski PhD, C. Vigen PhD (2017 – present)

Addressing uncontrolled diabetes in primary care: A Lifestyle Redesign® approach. Role: Co-investigator. Collaborators and co-investigators: B. Pyatak PhD OTR/L (PI), C. Vigen PhD, J. Diaz OTD OTR/L, K. Jordan OTD OTR/L, J. Shukla MD MPH, J. Banerjee MD MPH MS, J. Blanchard PhD OTR/L (2017 – present)

A smartphone application to improve physical activity in underactive older adults. Role: Principal investigator. Collaborators and co-investigators: C. Sarkisian MD MSPH, C. Vigen PhD, G. Dunton PhD, S. Barber PhD, M. Niemiec DPT (2014 – present)

¡Vivir Mi Vida!: A lifestyle intervention to optimize health outcomes in Latino patients. Role: Principal investigator. Collaborators and co-investigators: M. Carlson PhD, J. Blanchard PhD OTR/L, C. Vigen PhD, J. Martínez OTD, L. Guzmán (2015 – present)

Occupational therapy students' knowledge and attitudes about aging. Role: Principal investigator. Collaborators and co-investigators: A. Halle OTD, C. Sarkisian MD MSPH (2015 – present)

Completed Research

Immersive nature-based multimedia experiences to improve health in older adults with mild cognitive impairment or mild dementia: A feasibility and pilot study. Role: Principal investigator. Collaborators and co-investigators: L. Stein Duker PhD OTR/L, D. Wang PhD (2018 – 2022).

Virtual mHealth companions for adolescent, emerging adult and young adult survivors of childhood cancers. Role: Co-investigator. Collaborators and co-investigators: D. Spruijt-Metz PhD (PI), B. Swartout PhD (MPI) and Harthold, Rizzo, Wu, de la Haye, Freyer, Milman, Hwang, Perdomo, Samek, Gotsis, Jordan-Marsh, Wixon, Schneider, Chou (2016 – 2019).

Physical activity goals of older adults in a lifestyle weight management program. Role: Principal investigator. Collaborators and co-investigators: C. Rice OTD OTR/L CDE, G. Ho OTS, F. Clark PhD OTR/L (2013 – 2018)

Fatigue and fatigability in older adults with osteoarthritis. Role: Co-investigator. Collaborators and co-investigators: S. Murphy ScD OTR/L (PI), D. Williams PhD, M. Geisser PhD, D. Clauw MD (2010 – 2017)

Health mediating effects of the Well Elderly Program. Role: Data mining and manuscript preparation. F. Clark PhD OTR/L (PI), S. Azen PhD, D. Granger PhD, C-P. Chou PhD, J. Jackson PhD OTR, B. Cherry PhD (2012 – 2016)

Optimizing health outcomes in at-risk near-elderly Latino patients through a lifestyle intervention implemented in a public health system. Role: Co-investigator. Collaborators and co-investigators: F. Clark PhD OTR/L (PI), M. Katz MD, A. Mahajan MD MS MPH, C. Vigen PhD, J. Souffront BS, L. Baezconde-Garbanati PhD, M. Carlson PhD, C. Koprowski PhD, L. Guzmán (2012 – 2015)

Self-perceived health and lifestyle needs of Latino near-elderly adults. Role: Principal investigator. Collaborators and co-investigators: M. Carlson, PhD, Mahajan, MD MS MPH. L. Guzmán, J. Martínez, OTD, F. Clark PhD OTR/L (2012 – 2015)

The effectiveness of tailoring falls prevention education for older adult learners. Role: Principal Investigator. Collaborators and co-investigators: A. Goldberg PT PhD, V. Panzer PhD, I. Guerra-Lopez PhD, T. Spannaus PhD, M. Barbour PhD (2008-2011)

Predicting sustainable wellbeing and performance among WSU athletes and fine arts students-a pilot study. Role: Research Assistant. Collaborators and co-investigators: B. Arnetz MD PhD (PI), D. Bassett PhD, T. Birk PT PhD, G. Conti MS OTR, R. Dizazzo-Miller OTD, A. Goldberg PT PhD, J. Pellerito MS OTR, J. Skupski MD MPH. (2006 –2009)

Motor assessment in neurological disorders. Role: Co-investigator. Collaborators and co-investigators: G. Conti MS OTR (PI), J. Garbern MD PhD, A. Goldberg PT PhD. (2006 – 2009)

Clinical assessment measures in people with Charcot-Marie-Tooth Disease. Role: research assistant. Collaborators, co-investigators, and research assistants: A. Goldberg PT PhD (PI), M. Shy MD, K. Krajewski MS Certified Genetics Counselor, N. McNevin PhD, K. Dunleavy MS PT, B. Smith DPT, L. Burton PT, M. Wallace BS BHK, A. Saini SPT, P. Trifan SPT, S. Pilon SPT (May 2006 – 2009)

Retirement Research Foundation. Building Occupational Therapy Skills and Competencies to Advance Mental Health Practice with Older Adults. Role: Co-investigator. Collaborators and co-investigators: P. Lichtenberg PhD (PI), C. Lysack OTR PhD, A. Goldberg PT PhD, G. Conti OTR PhD, J. Pellerito MS OTR, et al. (2006 – 2009)

Effects of body mass index on trunk position sense. Role: Research Assistant. Collaborators and co-investigators: A. Goldberg PT PhD (PI), M. Little SPT, M. Ball SPT (2008 – 2009)

The effect of proximal versus distal somatosensory alteration on trunk repositioning error. Role: Research Assistant. Collaborators and co-investigators: A. Goldberg PT PhD (PI), F. Mirza SPT, P. Trifan SPT (2008 – 2009)

Does involvement in recreational soccer affect step execution time during single and dual-task conditions in the adult population? Role: Research Assistant. Collaborators and co-investigators: A. Goldberg PT PhD (PI), M. Lewandowski SPT, D. Weber SPT (2008 – 2009)

Maximum step length testing in older adults. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), M. Wallace BHK SPT, R. Carlesimo BHS SPT (2007 – 2008)

Magnitude of postural sway response due to vibration of Achilles tendon versus lumbar paraspinal musculature. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), J. Mitchell BHS SPT, I. Meyers BHS SPT (2007 – 2008)

The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), A. Khan BHS SPT, C. Oetjens BHS SPT, D. Smith BHS SPT (2007 – 2008)

Reaction time to auditory and visual stimuli in the presence of cognitive distraction. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), V. Frangaj BHS SPT, A. Sawhney BHS SPT (2007 – 2008)

A comparison of ankle plantar flexor versus lumbar back extensor muscle fatigue on postural sway. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), S. Samsair SPT, A. Zavala SPT (2006 – 2007)

Tests of stepping in relation to falls in the community-dwelling elderly. Role: Research Assistant. Collaborators and co-investigators: Victoria Pardo, MHS PT (PI), A. Smolinski SPT, L. Varga SPT, A. Goldberg PT PhD (2006 – 2007).

The effect of fatiguing hip flexor musculature on reaction time and movement time. Role: Co-investigator. A. Goldberg PT PhD (PI), D. Allen SPT, M. Cissell SPT (2006 – 2007).

Effects of acute stretching of hip musculature on lower extremity reaction time and movement time. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), C. Ulewicz SPT, J. DePonio SPT (2006 – 2007).

Dynamic balance training to reduce falls risk in community-dwelling older adults. Role: Research Assistant. Collaborators, co-investigators and research assistants: A. Goldberg PT PhD (PI), M. Wallace BS, BHK, Amy Saini BS. (2006 – 2007)

III. TEACHING ACTIVITIES

COURSES DEVELOPED/SIGNIFICANTLY REVISED AND/OR PRESENTED

Courses at USC

OT 504 Practice Immersion: Productive Aging and Geriatrics (new course development)

Course Description: Examination of the aging process and introduction to the role of occupational therapy in working with older adults in a variety of settings.

Role: Lead of the work-group developing the course in preparation for launch entry OTD course in 2023 (2020–present)

OT 538 Current Issues in Practice: Adulthood and Aging (significant revision)

Course Description: An exploration of adulthood, aging and occupation; Current topics related to aging population and occupational therapy to promote health and participation throughout the lifespan.

Role: Lead instructor for post-professional course (Fall 2015–present) and entry-level master's program course (Fall 2013–present)

OT 571 Assistive Technology (significant revision)

Course Description: A comprehensive examination of principles of assessment, selection, training, and follow-up with clients in the use of assistive technologies to enable and enhance participation in a meaningful occupation.

Role: Instructor for entry-level master's program course (Spring 2018)

Courses at Other Schools or Universities

2012 Eastern Michigan University

- Instructor
OTCH 540 Research Methods in OT I, Winter
- 2006 – 2009 Wayne State University
Instructional Assistant
PT 7720 Research in Physical Therapy II, Fall
- 2008 Wayne State University
Instructional Assistant
PT 7700 Research in Physical Therapy I, Winter
- 2006 – 2007 Wayne State University
Instructor
OT 6070 OT Research II, Fall
- 2007 Wayne State University
Instructor
OT4990 OT Directed Research, Winter
- 2005 – 2006 Wayne State University
Instructional Assistant
OT 3300 Movement Assessment
- 2002 – 2006 Wayne State University
Head Laboratory Assistant
OT/PT 5510 OT/PT Gross Anatomy Lab

Guest lectures at USC

- 2022 **Schepens Niemiec, S.L.** Guest gerontology expert for OT 540 Public Policy – public policy forum. Facilitated student group discussions on policy-related issues in productive aging.
- 2022 **Schepens Niemiec, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “HART Lab Research: A Brief Tour”
- 2022 **Schepens Niemiec, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. “Incorporating Geragogy into Gerontechnology”
- 2021 **Schepens Niemiec, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “HART Lab Research: A Brief Tour”
- 2020 **Schepens Niemiec, S.L.** Guest lecture to MA OT students for Neuroscience of Behavior, OT 515 “Interventions for Older Adults: Consideration of Memory and Learning”
- 2020 **Schepens Niemiec, S.L.** Guest lecture to MA OT students for Foundations: Occupation, OT 405 “HART Lab Research: A Quick Snippet”
- 2020 **Schepens Niemiec, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. (Jan. and Aug) “Incorporating Geragogy into Gerontechnology”
- 2020 **Schepens Niemiec, S.L.** Guest lecture to PhD students for OT 649 Researching Occupations. “Technology for Healthy Aging: OT Research in Action”
- 2019 **Schepens Niemiec, S.L.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “HART Lab Research: A Quick Snippet”
- 2019 **Schepens Niemiec, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. “Incorporating Geragogy into Gerontechnology”

- 2019 **Schepens Niemiec, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “Occupational Science Research in Action: Older Adult Health and Wellness”
- 2019 **Schepens Niemiec, S.L.** & Niemiec, M. Guest speaker and judge for the USC ASBME Makeathon—“2019 ASBME Makeathon Challenge Reveal!”
- 2019 **Schepens Niemiec, S.L.** Guest lecture for MA students GERO 506 Technology Innovations in Aging (Gerontechnology). “A Smartphone App to Promote Healthier Living in Older Adults”
- 2018 **Schepens Niemiec, S.L.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “HART Lab Research: A Quick Snippet”
- 2018 **Schepens Niemiec, S.L.** Guest lecture for OT 649 Researching Occupations. “Technology for Healthy Aging: OT Research in Action”
- 2018 **Schepens Niemiec, S.L.** Guest lecture for OT 649 Researching Occupations. “Technology for Healthy Aging: OT Research in Action”
- 2018 **Schepens Niemiec, S.L.** Guest lecture for GERO 506 Technology Innovations in Aging (Gerontechnology). “A Smartphone App to Promote Healthier Living in Older Adults”
- 2017 **Schepens Niemiec, S.L.** Guest lecture for GERO 506 Technology Innovations in Aging (Gerontechnology). “A Smartphone App to Promote Healthier Living in Older Adults”
- 2017 **Schepens Niemiec, S.L.** Guest lecture for GERO 599 Virtual Reality for Older Adults. “Integrating Authentic Learning into a Physical Activity App for Older Adults”
- 2017 **Schepens Niemiec, S.L.** Guest gerontology expert for OT 540 Public Policy. Guided group discussions about pertinent policy-related issues in older adults.
- 2016 **Schepens Niemiec, S.L.** Guest gerontology expert for OT 540 Public Policy. Guided group discussions about pertinent policy-related issues in older adults.
- 2016 **Schepens Niemiec, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “Using Technology to Promote Healthier Living in Older Adults”
- 2015 **Schepens Niemiec, S.L.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “A Personal Journey in OT Research”
- 2015 **Schepens Niemiec, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “Promoting Successful Aging through OT: The USC Well Elderly Studies”
- 2014 **Schepens Niemiec, S.L.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “A Personal Journey in OT Research”
- 2014 **Schepens Niemiec, S.L.** Guest lecture for the Summer Occupational Therapy and English (SOTE) program. “USC Division of Occupational Science and Occupational Therapy Well Elderly Research Program”
- 2013 **Schepens, S.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “A Personal Journey in OT Research”

Guest lectures at Other Universities

- 2021 **Schepens Niemiec, S.L.** Invited guest lecturer for the University of Michigan Advanced Rehabilitation Research Training Program in Community Living and Participation, Ann Arbor, MI (Virtual)—“Mapping my journey from graduate to faculty: What I learned along the way”
- 2020 **Schepens Niemiec, S.L.** Guest lecture to Post-professional OTD students for OCCG 518 Research Method in OT, Howard University—“Moving toward Healthy Aging—A Program of Research”
- 2011 **Schepens, S.** Guest lecture to MOT year 2 students for Programming for Older Adults, OCTH 619, Eastern Michigan University—“Fall prevention in older adults: The occupational therapist's role”
- 2010 **Schepens, S.** Presentation for the U of M Advanced Rehabilitation Research Seminar and

- Journal Club, University of Michigan—"Ecological momentary assessment in aging research: A journal club discussion"
- 2010 **Schepens, S.** Guest lecture to MOT year 2 students for Programming for Older Adults, OCH 619, Eastern Michigan University—"Fall prevention in older adults: The occupational therapist's role"
- 2010 **Schepens, S.** Guest lecture to MOT year 2 students for Programming for Older Adults, OCH 619, Eastern Michigan University—"Fall prevention in older adults: The occupational therapist's role"
- 2010 Langan, J. & **Schepens, S.** Presentation for the U of M Advanced Rehabilitation Research Seminar and Journal Club, University of Michigan—"Difficult to measure constructs: Conceptual and methodological issues concerning participation and environmental factors. A journal club discussion"
- 2009 **Schepens, S.** & Goldberg, A. Invited presentation for The President's Commission on the Status of Women on the topic of Caring for Your Elderly Family Member, Wayne State University—"Assistive technology for independence: Helping your loved one age in place"
- 2009 **Schepens, S.** & Goldberg, A. Invited presentation for The President's Commission on the Status of Women on the topic of Caring for Your Elderly Family Member, Wayne State University—"Balance & falls in older adults: What caregivers need to know"
- 2009 **Schepens, S.** & Goldberg, A. Guest lecture to DPT year 3 students for Health Promotion and Wellness, PT 8600, Wayne State University—"Balance control in older adults: Screening and intervention"
- 2008 Goldberg, A. & **Schepens, S.** Mobility Research Laboratory demonstration to Wayne State University PT 7200 students – "Postural sway, reaction/movement time"
- 2008 Goldberg, A. & **Schepens, S.**, & Conti, G. Mobility Research Laboratory presentation / demonstration to Wayne State University OT 6230 students – "Demonstration in laboratory-based neuromuscular assessment techniques"
- 2008 **Schepens, S.** & Goldberg, A. Invited presentation for The President's Commission on the Status of Women on the topic of Caring for Your Elderly Family Member, Wayne State University—"Balance and falls in older adults: What caregivers need to know"
- 2008 **Schepens, S.** & Goldberg, A. Guest lecture to DPT year 3 students for Health Promotion and Wellness, PT 8600, Wayne State University—"Balance control in older adults: Screening and intervention"
- 2007 Goldberg, A. & **Schepens, S.** Mobility Research Laboratory demonstration to Wayne State University PT 7200 students – "Postural sway, reaction/movement time"
- 2007 **Schepens, S.** Guest lecture to DPT year 1 students for Critical Thinking and Inquiry for Health Sciences, PT 6300, Wayne State University—"Searching for the evidence" and "Evaluating the evidence"
- 2007 **Schepens, S.** & Goldberg, A. Guest lecture to DPT year 3 students for Health Promotion and Wellness, PT 8600, Wayne State University—"Balance control in older adults: Screening and intervention"
- 2006 Goldberg, A. & **Schepens, S.** Mobility Research Laboratory in-service to Internal Medicine physicians – "Clinical balance testing and falls in older adults"
- 2006 Goldberg, A. & **Schepens, S.** Mobility Research Laboratory in-service to Geriatrics physicians/nurses/fellows – "Clinical balance testing and falls in older adults"
- 2006 Goldberg, A. & **Schepens, S.** Mobility Research Laboratory demonstration to Wayne State University PY2 DPT students – "Postural sway, reaction/movement time"
- 2005 **Schepens, S.**, & Parnell, R. Year II Connective Tissue Clinic Days guest lecture, Wayne State University Medical School – "Occupational Therapy and Rheumatology"
- 2003 **Schepens, S.**, & Parnell, R. Year II Connective Tissue Clinic Days guest lecture, Wayne State University Medical School – "Occupational Therapy and Rheumatology"

MENTORING ACTIVITIES:

Professionals and Faculty, Peer/Professional Mentor

- 2022 **Lawrence Stevenson**, OTD, OTR/L – Professional mentor for faculty position
2022 **Robert Russow**, OTD, OTR/L – Professional mentor for faculty position
2022 **Camille Dieterle**, OTD, OTR/L, DipACLM – Research mentor for USC Lisa A. Test award

PhD Students

- 2022 – 2023 **Loree Pham**, PhD Student – Qualifying Exam Committee Member with expertise in sedentariness and physical activity in older populations.
2022 – 2024 **Miranda Donnelly**, PhD Student – Qualifying Exam Committee Member with expertise on co-designing technology for older adults; Dissertation Committee Member
Dissertation: TBD

OTD Students, Faculty Mentor/Preceptor/Residency Supervisor:

- 2022 – 2023 **Denisse Mendoza**, OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor
Capstone project: TBD
- 2022 – 2023 **Cynthia Barron**, OTD Resident (Clinical track) – Primary Faculty Mentor
- 2021 – 2022 **Zhaowen Zhou**, OTD Resident (China Initiative PUHSC student) – Residency Site Preceptor and Faculty Mentor
Capstone project: Adaptation of a Smartphone App to Improve Physical Activity in Underactive Older Adults in China
- 2021 – 2022 **Adam Strizich**, OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor
Capstone project: Bridging the Digital Health Divide Alongside Older Adults
- 2021 **Lawrence Stevenson**, OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
- 2021 **Bethany Yew**, OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
- 2021 **Shivanti Kariyawasam**, OTD Resident (Washington University) – Secondary Faculty Mentor
- 2020 – 2021 **Rafael Wagas**, OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor
Capstone project: Zooming in on Older Adults: Healthy Aging through Technology
- 2020 **Yushi Wang**, OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
- 2020 **Raquel Saunders**, OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
- 2019 **Britney Cariño**, OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor
Capstone project: Design, Development, and Delivery of a Smartphone Application to

Improve Physical Activity and Sedentary Activity in Older Adults

- 2019 **Tiffany Quach**, OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor
Capstone project: Applying Occupational Science to a Technology-Driven Intervention: Developing a Smartphone App to Increase Physical Activity in Older Adults with Impairments in Cognition
- 2018 **Kristina Han**, OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor
Capstone project: Moving Up and Moving Forward: The Development of Smartphone App to Improve Physical Activity Patterns in Older Adults

MA Students, Faculty Mentor/Fieldwork Supervisor:

- 2022 **Gene Lee**, Level II Fieldwork resident – Primary Faculty Mentor
- 2021 **Brianna Hernandez**, Level II Fieldwork resident – Primary Faculty Mentor
- 2021 **Annie Lee**, Level II Fieldwork resident – Primary Faculty Mentor
- 2021 **Cynthia Barron**, Level II Fieldwork resident – Primary Faculty Mentor
- 2021 **Jeanette Le**, Level II Fieldwork resident – Primary Faculty Mentor
- 2021 **Daphne Carcedo Cravens**, Level II Fieldwork resident – Primary Faculty Mentor
- 2021 **John Jae Lee**, Level II Fieldwork resident – Primary Faculty Mentor
- 2020 **Vita Naujokaitis**, Level II Fieldwork resident – Primary Faculty Mentor
- 2020 **Rachaya (Amy) Ritprasert**, Level II Fieldwork resident – Primary Faculty Mentor
- 2020 **Margaret Markley**, Level II Fieldwork resident – Primary Faculty Mentor
- 2020 **Angela Kim**, Level II Fieldwork resident – Primary Faculty Mentor

Doctorate or MA Students, Independent Study, Directed Research, or Externship Faculty Mentor:

- 2022 **Adam Strizich**, OT 790: Research Independent Study
- 2021 **Amy Yeu**, OT 590: Research Independent Study
- 2021 **Nina Wakayama**, OT 790: Research Independent Study
- 2021 **Erin dos Santos**, OT 790: Research Independent Study
- 2020 **Rachel Khorshad**, HP 490x: Independent Research
- 2020 **Claudia Zhao**, HP 490x: Independent Research
- 2020 **Sophia Su**, HP 490x: Independent Research
- 2020 **Madeline McCue**, HP 490x: Independent Research
- 2020 **Eliana Bendetson**, OT 540 Leadership Capstone – Externship
- 2020 **Rafael Wagas**, OT 540 Leadership Capstone – Externship
- 2018 **Patrice Zhao**, OT 590: Directed Research
- 2017 **Rucha Naik**, OT 590: Directed Research

Master's Graduate Research Assistants, Faculty Mentor

- 2022 – 2023 **Dayannara Campos**
- 2021 – 2023 **Karen Tapper**
- 2020 – 2022 **Brittany Eng**
- 2019 – 2020 **Alana Schoenhals**
- 2017 – 2019 **Kiara Ota**
- 2016 – 2017 **Kent Oya**
- 2014 – 2016 **Grace Ho**

Doctorate, Master's and Professional Students, Advising and Research Mentorship:

2020 – 2021	Erin dos Santos , Doctorate of Occupational Therapy
2019 – 2021	Adam Strizich , Master of Arts in Occupational Therapy
2017 – 2020	Eliana Bendetson , Master of Arts in Occupational Therapy
2018 – 2019	Patrice Zhao , Doctorate of Occupational Therapy
2017 – 2019	Kiara Ota , Master of Arts in Occupational Therapy
2019	Melissa Pena , Master of Arts in Occupational Therapy
2019	Rachaya Ritprasert , Master of Arts in Occupational Therapy
2019	Nikki Arabelle Bundang , Master of Arts in Occupational Therapy
2019	Annalou Lingat , Master of Arts in Occupational Therapy
2019	Nina Wakayama , Master of Arts in Occupational Therapy
2019	Kaley Kubokawa , Master of Arts in Occupational Therapy
2019	Yu Tang , Master of Arts in Occupational Therapy
2019	Yiyang Fang , Master of Arts in Occupational Therapy
2019	Nikki Nguyen , Master of Arts in Occupational Therapy
2019	Anna Soloman , Master of Arts in Occupational Therapy
2019	Justin Tran , Master of Arts in Occupational Therapy
2019	Chris Tju , Master of Arts in Occupational Therapy
2016 – 2020	Shivanti Kariyawasam , Master of Science in Gerontology
2018	James Lee , Master of Arts in Occupational Therapy
2018	Elissa Lee , Master of Arts in Occupational Therapy
2018	Harshada Patil , Master of Arts in Occupational Therapy
2018	Gloria Lai , Master of Arts in Occupational Therapy
2018	Suyoung Chung , Master of Arts in Occupational Therapy
2018	Andrea Lancaster , Master of Arts in Occupational Therapy
2018	Gabriela Prado Mares , Master of Arts in Occupational Therapy
2018	Lauren Espinoza , Master of Arts in Occupational Therapy
2018	Omar Arid , Master of Arts in Occupational Therapy
2018	Serena Hobson , Master of Arts in Occupational Therapy
2018	Elissa Taylor , Master of Arts in Occupational Therapy
2018	Leanne Hoppers , Master of Arts in Occupational Therapy
2018	Tania Martinez , Master of Arts in Occupational Therapy
2018	Annelise Trujillo , Master of Arts in Occupational Therapy
2016 – 2017	Kelsey Peterson , Master of Arts in Occupational Therapy
2014 – 2017	Grace Ho , Master of Arts in Occupational Therapy, Doctorate in Occupational Therapy
2017	Ranier Barrett , Master of Arts in Occupational Therapy
2017	Tabitha Lin , Master of Arts in Occupational Therapy
2017	Carly Roberts , Master of Arts in Occupational Therapy
2017	Chelsea Rivera , Master of Arts in Occupational Therapy
2017	Sharon Vincuilla , Master of Arts in Occupational Therapy
2017	Jennifer Lee , Master of Science in Gerontology
2017	Carin Wong , PhD in Occupational Science
2017	Kelsey Peterson , Master of Arts in Occupational Therapy
2017	Tiffany Gu , Master of Arts in Occupational Therapy
2017	Nicole Lao , Master of Arts in Occupational Therapy
2017	Katherine Park , Master of Arts in Occupational Therapy
2017	Trisha Wong , Master of Arts in Occupational Therapy
2016	Joe Uncgo , Master of Arts in Occupational Therapy
2016	Madeline Cole , Master of Arts in Occupational Therapy
2016	Lauren Lopez , Master of Arts in Occupational Therapy

2016	Patrick Harding , Master of Arts in Occupational Therapy
2016	Sarah Kim , Master of Arts in Occupational Therapy
2016	Jessica Choi , Master of Arts in Occupational Therapy
2016	Kelsey Peterson , Master of Arts in Occupational Therapy
2016	Kelly Frede , Master of Arts in Occupational Therapy
2016	Sharon Vincuilla , Master of Arts in Occupational Therapy
2016	Riley Mangan , Master of Arts in Occupational Therapy
2014	Lauren Burgess , Master of Arts in Occupational Therapy

Undergraduate Students, Advising and Research Mentorship:

2020 – present	Rebecca Blanchard , Bachelor of Science in Psychology & Brain Sciences
2019 – 2021	Kathy Gonzalez , Bachelor of Arts in Psychology, Minor in Occupational Science
2019 – 2021	Natasha Harianto , Bachelor of Arts in Health and Human Sciences, Minor in Occupational Science
2019 – 2020	Jackie Ho , Bachelor of Arts in Psychology
2019	Shayna Quach , Bachelor of Science in Psychology, Specialization in Developmental Psychology
2018 – 2020	Abraham Lopez , Bachelor of Science in Kinesiology, Exercise Science focus
2018 – 2019	Calvin Lee , Bachelor of Science in Psychology, Minor in Occupational Science
2017 – 2018	John Thai , Pre-Occupational Therapy
2016	Patrick Harding , Completed Bachelor of Science in Music Business
2014	Lisa Dorrington , Bachelor of Arts in Human Performance, Minor in Sports Media
2013 – 2014	Nicole Marcione , Bachelor of Science in Human Development and Aging <i>McNair Fellow Project: A Scoping Review: Sleep Interventions and Ethnically Diverse Older Adults</i>

IV. ADMINISTRATIVE AND SERVICE ACTIVITIES

UNIVERSITY SERVICE:

Mrs. T.H. Chan Division of Occupational Science and Occupational Therapy

2023	Co-coordinator and co-host of international scholar, Dr. Eric Asaba of the Karolinska Institute, for a research sabbatical. Role as Associate Professor of Research
2022 – present	Member, Search Committee for Lifestyle Redesign® Knowledge Mobilization Initiative faculty position
2022 – present	President, Chan Division Faculty Council
2022 – present	Representative RTPC research track, Chan Division Faculty Council
2022 – present	Reviewer, Chan Division-level IRB Reviewer
2022 – 2023	Lead and secondary course developer, OT 504 Practice Immersion: Productive Aging and Geriatrics
2022	Member, Chan Division Promotions Committee
2022	Co-coordinator and co-host of international scholar, Dr. Mélanie Levasseur of the University of Sherbrooke, for a research sabbatical. Role as Associate Director of Lifestyle Redesign Strategic Partnerships
2022	Member, Search Committee for Fieldwork Coordinator – OT 504 Practice Immersion: Productive Aging and Geriatrics

- 2022 Vice President, Chan Division Faculty Council
- 2020 – present Lead, Chan Division Strategic Plan Strategy 6.1 Implementation Team
- 2020 – present Applicant Coordinator and Master of Ceremonies, Mark and Semira Moshayedi Innovation Award Committee
- 2020 – 2022 Member, Curriculum Development Committee – Entry-level OTD program. Co-leading development of OT 504 Practice Immersion: Productive Aging and Geriatrics
- 2020 – 2021 RTPC-Research elected representative, Chan Division Faculty Council Bylaws working group
- 2019 – present Co-lead, Innovation Bootcamp Series. A series of workshops to encourage OT students, faculty, and staff to engage in innovation and entrepreneurial activities
- 2019 – present Member, Comprehensive Exam Committee. Development of a rigorous test and process of the MA1 and MA2 comprehensive exam
- 2019 – present Member, Curriculum Review Committee. Annual review of curriculum for all USC Chan programs as well as for prerequisite courses
- 2019 – 2020 Pilot “Super” User, Digital Measures and Exam Soft. Digital Measures provides us with a centralized repository, as well as automated routing system to enhance the efficiency of our merit review process
- 2019 – 2020 Member, Search Committee for the Assistive Technology Instructor
- 2019 Faculty Moderator, Faculty moderated panel discussion for OTD candidates' final project presentations
- 2018 – present Member, Lifestyle Redesign® Working Group
- 2018 – 2020 Co-leader, Chan Division Strategic Plan Strategy 6.1 Implementation Team
- 2015 – 2020 Member, Mark and Semira Moshayedi Innovation Award Committee
- 2015 – 2017 Guest Evaluator, Master’s program year 1 student’ Critically Appraised Topics of OT Interventions for OT 518: Quantitative Research for Evidence Based Practice
- 2015 Invited Presenter, Karolinska Institute guests to the USC Division of OS/OT, “Using technology to promote healthier living in older adults.”
- 2015 Invited Presenter (with J. Blanchard), Karolinska Institute guests to the USC Division of OS/OT, “The USC Well Elderly Studies: Study evolution and current progress.”
- 2012 – 2013 Guest Evaluator, Master’s program year 1 students’ Critically Appraised Topics of OT Interventions for OT 480: Quantitative Research for Evidence Based Practice

Herman Ostrow School of Dentistry

- 2015 – 2022 Judge, Herman Ostrow School of Dentistry Research Day

University of Southern California

- 2022 – 2023 Invited by the Executive Board of the Academic Senate as a committee member, Senate Faculty Environment and Employment Committee.

- 2022 – present Senator for Chan Division, Academic Senate
 2022 – present Member, Academic Senate Faculty Council President/Chair Sub-committee
 2015 – present Member, USC mHealth Collaboratory
 2015 – present Affiliate, USC Center on Elder Mistreatment
 2018 Invited panelist to the USC CTSI Team Science Mini-Symposium, “Working together apart”
 2016 – 2020 Chan Program Leader, USC Innovation and Entrepreneurship Group

EDITORIAL ACTIVITIES:

Editorial Review Board

- 2013 – present *American Journal of Occupational Therapy* – peer reviewer
 Topic: Home modification app assessment reliability, Feb. 2021
 Topic: Older adults’ occupational engagement preference, Jan. 2020
 Topic: Lifestyle intervention for fibromyalgia, Oct. 2019
 Topic: Gendered perceptions on fall prevention, May 2019
 Topic: Scoping review of OT feasibility outcomes, Feb. 2019
 Topic: End of life care outcomes assessment, Jun. 2018
 Topic: Fall prevention in primary care, Jan. 2018
 Topic: Wellness mobility program for older adults, Oct. 2016
 Topic: Passion for leisure activity and pain experiences, Feb. 2016
 Topic: Home modification systematic review, Nov. 2015 & Feb. 2016
 Topic: Balance deficiencies in fibromyalgia, Mar. & May 2015
 Topic: Fear of falling in stroke, Dec. 2014
 Topic: Older adult adherence to OT fall prevention, Oct. & Dec. 2014
 Topic: Fatigue management goals in multiple sclerosis, Aug. 2014
 Topic: Group OT for fall risk and stroke, Feb. 2014
 Topic: Cognitive demand and function in older adults, Oct. 2013
 Topic: Fear of falling and function, July 2013

Scientific Review for Journals

- 2022 *OTJR: Occupation, Participation and Health*
 Topic: Sedentary habits in older adults
 2022 *Journal of Aging and Physical Activity*
 Topic: Physical leisure in Taiwanese older adults
 2022 *Journal of Applied Gerontology*
 Topic: OT quality of life intervention in older adults
 2021 *OTJR: Occupation, Participation and Health*
 Topic: Out of home activities and health in older adults
 2020 *Journal of Applied Gerontology*
 Topic: Positive aging in older Latinos
 2019 *Scandinavian Journal of Occupational Therapy*
 Topic: Role of OT in obesity intervention
 2018 *Preventing Chronic Disease*
 Topic: Internet use among persons with arthritis
 2017 *Journal of Applied Gerontology*
 Topic: Older adults’ environmental fall prevention

- 2017 *Arthritis Care & Research*
Topic: Predicting steps in knee osteoarthritis
- 2017 *BMC Geriatrics*
Topic: Self-care needs of older adults
- 2017 *Disability and Rehabilitation*
Topic: Falls in pre-frail older adults and ICF classification
- 2014 *Journal of Gerontology: Medical Sciences*
Topic: Fatigue and fatigability in older adults
- 2014 *Research on Aging*
Topic: Social interaction in group and home-based fall prevention programs
- 2014 *Journal of Psychosomatic Research*
Topic: Objective and perceived fatigability in old age
- 2013 *Pain Management*
Topic: Musculoskeletal pain and objective physical activity
- 2013 *Journal of Applied Gerontology*
Topic: Balance training intervention for active older adults
- 2013 *The Gerontologist*
Topic: Fall risk screening and dental proprioception
- 2012 *Nursing Research and Reviews*
Topic: Technology-based intervention for older adults
- 2012 *Journal of the American Geriatrics Society*
Topic: Fatigability in older adults

Ad Hoc Reviewer

- 2018 Chapter 24 in Bonder, B. & Bello-Haas, V. *Functional Performance in Older Adults, 4th ed.* Philadelphia, PA: F.A. Davis Company.
- 2005 Several chapters in Pellerito, J. *Driver Rehabilitation & Community Mobility: Principles and Practice.* St. Louis, MO: Elsevier Mosby, Inc.

Grant Review

- 2010 PORT Health Professional Research Training Program – invited grant reviewer
- 2009 CTSA Health Professional Research Training Program – invited grant reviewer

SERVICE ACTIVITIES TO PROFESSIONAL ORGANIZATIONS:

International:

- ACM CHI Conference on Human Factors in Computing Systems*
2016 Conference abstract reviewer

National:

- American Occupational Therapy Association (AOTA)*
2015 Abstract reviewer, Annual AOTA Conference
2015 Poster reviewer for late-break posters
2004 – 2005 Reviewer for critically appraised papers for best practice

- Occupational Therapy Summit of Scholars*
2015 Abstract reviewer

Pi Theta Epsilon

2001 – 2003 Vice-President

OTHER SERVICE ACTIVITIES:

Other professional service activities

- 2022 – 2023 Invited Delphi Expert Panelist by Yonsei University Department of Occupational Therapy on development of a multicultural version of a South Korean lifestyle assessment tool for older adults, Dec. 2022
- 2014 Invited Delphi Expert Panelist by the International Society for Ambulatory Assessment on defining activity pacing, developing interventions, and identifying future research areas, Jan. 2014, Apr. 2014, Aug. 2014
- 2009 Presentation to the Board of Governors on educating older adults about falls prevention, Detroit, MI. Role as pre-doctoral Fellow at Wayne State University Institute of Gerontology

Other community service activities

- 2021 Invited guest speaker for LAACHA General Membership Meeting: Celebrating Healthy Aging. “The *Vivir Mi Vida!* Project—Innovation Award Nominee.”
- 2019 Guest speaker for SCAN Health Plan Grand Rounds Education program—“Interdisciplinary Approach to Fall Prevention in Community-living Older Adults,” Schepens Niemiec, S.L.
- 2018 Invited panelist to the 2nd SoCalBio Digital Health Conference: Medical Grade Wearables—Innovation, Market Opportunities, and Regulatory Challenges, “Trends in the wearables’ markets and technologies.” Karten, S. Schepens Niemiec, S. et al.
- 2013 Representative of the Well Elderly Research Team at the 2013 Central County Senior & Caregiver Expo
- 2008 Demonstration/presentation to Monroe High School—“Occupational therapy as a career,” Schepens, S., & Goldberg, A. Role as Graduate Research Assistant and OTR/L in the Wayne State University Mobility Research Laboratory
- 2008 Sanctuary at Stapleton community presentation “The balancing act: Juggling with falls prevention,” Goldberg, A. & Schepens, S.
- 2008 Oak Park Recreation Center community presentation—“The balancing act: Are you as balanced as you think you are?” Goldberg, A. & Schepens, S.
- 2008 Invited presentation for the Midwestern Charcot-Marie-Tooth Disease Patient Fair, Detroit—“Mobility assessment in people with CMT,” Goldberg, A., Schepens, S., McNevin, N., Smith, B., Trifan, P., & Pilon, S.
- 2008 River Towers community presentation—“The balancing act: Juggling with falls prevention,” Schepens, S. & Goldberg, A.
- 2008 Hannan House community presentation – “Education on balance and falls in older adults,” Schepens, S. & Goldberg, A.
- 2008 Ravendale community presentation—“Education on balance and falls in older adults,” Schepens, S. & Goldberg, A.
- 2007 – 2008 Pro bono clinical assessments. Role as Graduate Research Assistant and OTR/L in the Wayne State University Mobility Research Laboratory
- 2007 Bethany Manor presentation—“Education on balance and falls in older adults,” Schepens, S. & Goldberg, A.
- 2007 Woodbridge Manor presentation—“Education on balance and falls in older adults,” Schepens, S. & Goldberg, A.
- 2007 American House Westland III presentation—“Education on balance and falls in older adults,” Schepens, S. & Goldberg, A.

- 2007 Hannan House community presentation “The balancing act: Are you as balanced as you think you are?” Goldberg, A. & Schepens, S.
- 2006 Demonstration to Detroit Public Schools – “Postural sway and reaction/movement time in children,” Goldberg, A., & Schepens, S. Role as Graduate Research Assistant and OTR/L in the Wayne State University Mobility Research Laboratory
- 2006 Demonstration/presentation to Livonia Technological High School – “PT/OT as a career and postural sway and reaction time testing,” Goldberg, A., & Schepens, S. Role as Graduate Research Assistant and OTR/L in the Wayne State University Mobility Research Laboratory
- 2006 Hannan House community presentation – “Issues related to falls, balance, home safety, mobility and exercise in older adults,” Goldberg, A. & Schepens, S.
- 2006 Conducted a balance and falls clinic at the St. Aloysius Community Center Health Fair

OCCUPATIONAL THERAPY CLINICAL EXPERIENCE:

- Nov. 2011 – May 2012 All-Pro Physical Therapy, Livonia, MI
Licensed Occupational Therapist, Outpatient
- May – Dec. 2004 Pellerito and Associates, St. Clair Shores, MI
Registered Occupational Therapist, Graduate Fieldwork,
- Sept. – Dec. 2003 Oakwood Hospital and Medical Center, Dearborn, MI
Student Occupational Therapist, Level II
- June – Sept. 2003 Community Care Services: Turning Point Clubhouse, Lincoln Park, MI
Student Occupational Therapist, Level II

CERTIFICATIONS AND/OR LICENSURE:

State Professional Licensure

- 2013 – present **Licensed Occupational Therapist**
California Board of Occupational Therapy (CBOT) #OT13525
- 2007 – 2014 **Registered Occupational Therapist**
Michigan Board of Occupational Therapists (MBOT) #5201007268

National Professional Certification

- 2021 – 2031 **Certified Lifestyle Medicine Professional**
American College of Lifestyle Medicine
- 2004 – present **Registered Occupational Therapist**
National Board for Certification in Occupational Therapy (NBCOT) #1070966

Other Certifications

- 2021 – present Montreal Cognitive Assessment (MoCA)® certification