

## CURRICULUM VITAE

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

### I. BIOGRAPHICAL INFORMATION

#### PERSONAL INFORMATION:

University Address: Herman Ostrow School of Dentistry of USC  
Mrs. T. H. Chan Division of Occupational Science & Occupational Therapy  
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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    **Predoctoral 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 – 7/2024      **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)	<p><b>National Institutes of Health and National Institute on Aging (NIH/NIA)</b> <i>Award:</i> 1R43AG071360-01A1 <i>Title:</i> Prototype multimedia ADRD falls prevention system for family caregivers. <i>Role:</i> Consultant (PI: V. Panzer) <i>Percentage of Effort:</i> NA <i>Funding:</i> NA <i>Overall Aims:</i> 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.</p>
5/2021 – 7/2023	<p><b>National Institutes of Health – National Center for Advancing Translational Sciences (NCATS)</b> <i>Award:</i> 3U01TR003409-01S1 <i>Title:</i> Training promotoras/community health workers using culturally and linguistically-appropriate research best practices. <i>Role:</i> Advisory Board Member (PI: S.L. Murphy) <i>Percentage of Effort:</i> NA <i>Funding:</i> \$1000 <i>Overall Aims:</i> 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.</p>
4/2021 – 3/2024 (no-cost extension)	<p><b>National Institutes of Health – National Heart Lung Blood Institute (NHLBI), Phase I Small Business Innovative Research (SBIR) program</b> <i>Award:</i> 1R43HL158319-01 <i>Title:</i> A seated exercise Internet of Things (IoT) device to enhance compliance rates for cardiac rehabilitation. <i>Role:</i> Consultant (PI: R. Leib) <i>Percentage of Effort:</i> NA <i>Funding:</i> \$1000 <i>Overall Aims:</i> The goal of this study is to develop critical features of a home-based combination posture chair/exercise machine/rehab device called <i>FitSitt</i> designed to reduce sedentary behaviors in older adults with a history of cardiovascular disease.</p>
06/2020 – 04/2024	<p><b>Patient Centered Outcome Research Institute (PCORI)</b> <i>Award:</i> Patient Centered Outcome Research Institute (PCORI): Improving Healthcare Systems. <i>Title:</i> Elders Preserving Independence in the Community (EPIC) <i>Role:</i> Advisory Board/Stakeholder (PI: H.U. Aronow) <i>Percentage of Effort:</i> NA (quarterly meeting attendance) <i>Funding:</i> In-kind <i>Overall Aims:</i> 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</p>

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

## **Internal Grants (University Funding)**

### Principal Investigator/Multiple Principal Investigator

7/2023 – 8/2023	<p><b>USC Chan Division of Occupational Science and Occupational Therapy – Summer Funding for Innovative Research Projects</b></p> <p><i>Award:</i> USC OS/OT Initiatives Grant</p> <p><i>Title:</i> Development of a Spanish version of the Measure Yourself Outcome Profile.</p> <p><i>Role:</i> Principal Investigator</p> <p><i>Percentage of Effort:</i> 10%</p> <p><i>Funding:</i> \$5,495 + in-kind faculty effort</p> <p><i>Overall Aims:</i> To translate and validate a Spanish version of Measure Yourself Medical Outcome Profile (MYMOP2), in collaboration with Meaningful Measures Ltd, to expand its licensed use for the Spanish-speaking community in the US.</p>
5/2022 – 7/2024	<p><b>USC Research Collaboration Fund</b></p> <p><i>Title:</i> USC Center for Sleep Health using Bioengineering (SleepHuB).</p> <p><i>Role:</i> Co-PI (PI: M. Khoo)</p> <p><i>Percentage of Effort:</i> In-kind</p> <p><i>Funding:</i> \$55,000</p> <p><i>Overall Aims:</i> 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.</p>
5/2021 – 8/2021	<p><b>USC Chan Division of Occupational Science and Occupational Therapy – Summer Research Supplement and Bridge Funding for Faculty Impacted by COVID-19</b></p> <p><i>Award:</i> USC OS/OT Initiatives Grant</p> <p><i>Title:</i> Continued development for the Moving Up app.</p> <p><i>Role:</i> Principal Investigator</p> <p><i>Percentage of Effort:</i> 10%</p> <p><i>Funding:</i> \$13,290</p> <p><i>Overall Aims:</i> 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.</p>
5/2020 – 4/2021	<p><b>USC Chan Division of Occupational Science and Occupational Therapy</b></p> <p><i>Award:</i> USC OS/OT Initiatives Grant</p> <p><i>Title:</i> Iterative development of the Moving Up App for older adults.</p> <p><i>Role:</i> Principal Investigator</p> <p><i>Percentage of Effort:</i> 10%</p> <p><i>Funding:</i> \$12,690</p> <p><i>Overall Aims:</i> This development study was designed to improve components of the Moving Up physical activity smartphone intervention in preparation for R01 funding.</p>
7/2018 – 8/2018	<p><b>USC Chan Division of Occupational Science and Occupational Therapy</b></p>

*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/Foundation Funding)**

Principal Investigator/Multiple Principal Investigator

3/2024 – 2/2025      **Southern California Center for Latino Health - 2023 Pilot Project**  
*Title:* Co-developing the ¡Vivir Mi Vida! lifestyle intervention for rural-living Latinos of safety-net health care systems.  
*Role:* Principal Investigator  
*Percentage of Effort:* TBD  
*Proposed Funding:* \$70,000  
*Status:* LOI in review (submitted 11/17/23)

7/2024 – 6/2029      **National Institutes of Health – National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), Small R01s for Clinical Trials Targeting Diseases within the Mission of NIDDK (R01 Clinical Trial Required)**  
*Title:* Improving Health Equity in Limb Preservation Care for Low Socioeconomic Status Populations with Diabetic Foot Ulcers: A Lifestyle-based Offloading Intervention in a Safety-net System (HELP Offloading)  
*Role:* Multiple Principal Investigator with Tan  
*Percentage of Effort:* 10%  
*Proposed Funding:* \$996,000  
*Status:* In review (submitted 10/4/23)

7/2024 – 8/2031      **National Institutes of Health – National Institute on Aging (NIA), Investigator Initiated Extended Clinical Trial (R01 Clinical Trial Required)**  
*Title:* Examination of the Long-term Effects of a Lifestyle Intervention Tailored for Late-midlife and Young-old Latinos in Rural Primary Care Settings.  
*Role:* Principal Investigator  
*Percentage of Effort:* 29% (average)  
*Proposed Funding:* \$7,079,637  
*Status:* Submitted 5/15/23, scored but not funded; resubmission planned 1/16/24

Co-Investigator, Collaborator, Consultant

7/2024 – 6/2025      **Center for Advancing Sociodemographic and Economic Study of Alzheimer's Disease and Related Dementias (CeASES ADRD) Pilot Funding**



*Title:* Equitable aging: Understanding social capital dynamics in diverse ADRD caregiver contexts  
*Role:* Co-investigator (PI: R. Joiner)  
*Percentage of Effort:* 3%  
*Proposed Funding:* \$55,000  
*Status:* In review (submitted 11/20/23)

4/2024 – 3/2029      **National Institutes of Health – National Institute of Child Health and Human Development (NICHD).**  
*Title:* Examining mobility restrictions through the lens of post-stroke apathy  
*Role:* Co-Investigator (PI: K. Leech)  
*Percentage of Effort:* Y1–4, 3%; Y5, 5%  
*Total Proposed Funding:* \$2,053,733  
*Status:* In review (submitted 9/22/2023)

4/2024 – 3/2029      **National Institutes of Health – National Institute on Aging (NIA), Identifying Innovative Mechanisms or Interventions that Target Multimorbidity and Its Consequences (R01 Clinical Trial Optional)**  
*Title:* A Mobile Intervention Merging Yoga and Self-Management Skills (MY Skills Mobile) for Depressive Symptoms among Individuals with Multiple Chronic Conditions and their Care Partners  
*Role:* Co-investigator, Site PI (PI: J. Portz)  
*Percentage of Effort (USC):* Y1 and Y5, 5%; Y2–4, 2.5%  
*Proposed Funding:* \$169,903  
*Status:* In review (submitted 10/4/2023)

## **Internal Grants (University Funding)**

### Principal Investigator

4/2024 – 3/2029      **SC CTSI Multidisciplinary Pilot Grant**  
*Title:* Developing a lifestyle-focused self-management intervention for diabetic foot ulcers offloading  
*Role:* Multiple Principal Investigator (MPI: S.L. Schepens Niemiec, T-W Tan)  
*Percentage of Effort:* 10%  
*Proposed Funding:* \$124,999  
*Status:* LOI accepted 10/6/2023; Submitted 11/13/2023

### Co-Investigator, Collaborator, Consultant

12/2023 – 12/2024      **ReSPONs Seed Grant Award**  
*Title:* Unveiling paths of caregiver connection: Navigating social identities, policies, and services for occupational justice  
*Role:* Co-investigator (PI: R. Joiner)  
*Percentage of Effort:* 2%  
*Proposed Funding:* In-kind support  
*Status:* Submitted 11/13/2023

**GRANTS NOT FUNDED OR NOT SUBMITTED:  
All Levels and Types**

2023	<p><b>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</b></p> <p><i>Title:</i> A mobile intervention Merging Yoga and Self-Management Skills (MY-Skills Mobile) for depressive symptoms among older adults with multiple chronic conditions.</p> <p><i>Role:</i> Co-investigator (PI: J. Portz)</p> <p><i>Percentage of Effort:</i> 5%</p> <p><i>Proposed Funding:</i> \$169,903</p> <p><i>Status:</i> Score of 38 (10/18/22), resubmitted 2/23, not discussed 7/18/23</p>
2021	<p><b>National Institutes of Health – National Institute on Aging (NIA), Community Interventions to Address the Consequences of the COVID-19 Pandemic among Health Disparity and Vulnerable Populations</b></p> <p><i>Title:</i> A telehealth-delivered lifestyle intervention tailored for late-midlife Latinos in a rural community.</p> <p><i>Role:</i> Principal Investigator</p> <p><i>Percentage of Effort:</i> 35% Y1, Y5; 25% Y2–Y4</p> <p><i>Proposed Funding:</i> \$3,462,081</p> <p><i>Status:</i> Impact score 31, JIT submitted but decision not to fund</p>
2020	<p><b>U.S. Department of Health and Human Services – National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR), Phase I Small Business Innovative Research (SBIR) program</b></p> <p><i>Title:</i> A personalized multimedia falls prevention intervention for individuals with disabilities due to neurological impairment.</p> <p><i>Role:</i> Project PI (SBIR PI: V. Panzer)</p> <p><i>Proposed Funding:</i> N/A</p> <p><i>Status:</i> Scored 30, 2020, not funded</p>
2020	<p><b>National Institutes of Health – National Institute on Aging (NIA), Small Business Technology Transfer Grant (STTR)</b></p> <p><i>Title:</i> Toward development of a comprehensive, in-home, active seating system to lessen sedentariness and improve health and wellness in older adults.</p> <p><i>Role:</i> Multiple Principal Investigator (PI: R. Leib, S.L. Schepens Niemiec)</p> <p><i>Proposed Funding:</i> \$2,299,864</p> <p><i>Status:</i> Impact score 52. New submission as a Phase I SBIR in 2020.</p>
2020	<p><b>USC Research Collaboration Fund</b></p> <p><i>Title:</i> USC alliance for repair and regeneration to delay decay (R2D2).</p> <p><i>Role:</i> Collaborator (PI: G. Tolomiczenko)</p> <p><i>Proposed Funding:</i> \$90,000</p> <p><i>Status:</i> Withdrawn (PI relocated)</p>
2020	<p><b>National Institutes of Health – National Institute on Aging (NIA), Small Business Innovation Research (SBIR)</b></p> <p><i>Title:</i> FitSitt: Habituating Seated Exercise toward Reducing Risk of Cognitive Decline.</p> <p><i>Role:</i> Co-Investigator (PI: R. Leib)</p> <p><i>Proposed Funding:</i> N/A</p>

*Status:* Not scored upon resubmission Apr. 2020

- 2020      **NIH RFA Strategies to Improve Health Outcomes and to Reduce Disparities in Rural Populations (R01 Clinical Trial Optional) – NINR**  
*Title:* ¡Vivir Mi Vida!: A telehealth-delivered lifestyle intervention tailored for late-midlife Latinos in a rural primary care setting.  
*Role:* Principal Investigator  
*Proposed Funding:* 2,578,964  
*Status:* Impact score 37, not funded, 2020.
- 2019      **National Institutes of Health – National Institute on Aging (NIA), Small Business Technology Transfer Grant (STTR)**  
*Title:* Reinventing sitting to lessen sedentariness and improve health and well-being in older adults.  
*Role:* Multiple Principal Investigator (PI: R. Leib, S.L. Schepens Niemiec)  
*Proposed Funding:* Subcontract - \$94,695.  
*Status:* Submitted Jan. 2019, impact score 47; Resubmitted Sept. 2019, impact score 36. Not funded.
- 2019      **Robert Wood Johnson Foundation Interdisciplinary Research Leaders**  
*Title:* Case management and mobile technology for healthy affordable housing communities.  
*Role:* Research Fellow (PI: S. Wu)  
*Proposed Funding:*  
*Status:* Completed, not submitted Mar. 2019
- 2019      **NIH Exploratory/Developmental Research Grant Award (R01) – NIA**  
*Title:* Effectiveness of lifestyle intervention tailored for late-midlife Latino adults in a rural primary care setting.  
*Role:* Principal Investigator  
*Proposed Funding:*  
*Status:* Submitted Oct. 2017, scored 31st percentile; New submission Jun, 2019, not discussed
- 2019      **USC OS/OT Initiatives Program**  
*Title:* Immersive nature-based multimedia videos to improve health in older adults with and without mild cognitive complaints: A feasibility and pilot study.  
*Role:* Principal Investigator  
*Proposed Funding:*  
*Status:* Not Funded Mar 2019
- 2019      **National Cancer Institute Program Project Applications (P01)**  
*Title:* Virtual mHealth coaches for adolescent and young adult cancer survivors.  
*Role:* Co-Investigator (MPI: D. Spruijt-Metz, B. Swartout)  
*Proposed Funding:*  
*Status:* Scored 47, not funded Jan. 2019
- 2018      **NIH Small Business Technology Transfer Grant (STTR) – NIA**  
*Title:* FitSitt: An integrated technological approach to improve chronic condition self-management and lessen sedentariness in older adults.  
*Role:* Multiple Principal Investigator (PI: R. Leib)  
*Proposed Funding:*

*Status:* Submitted Apr. 2018, not discussed; New submission under different title Jan. 2019.

- 2018      **Retirement Research Foundation Research Award.**  
*Title:* Community-participatory research to develop and refine a physical activity smartphone application for older adults.  
*Role:* Principal Investigator  
*Proposed Funding:*  
*Status:* Resubmitted Feb. 2018, not funded.
- 2017      **NIDILRR Small Business Innovative Research (SBIR) program**  
*Title:* A personalized multimedia falls prevention intervention for individuals with disabilities due to neurological impairment.  
*Role:* Consultant (PI: V. Panzer)  
*Proposed Funding:*  
*Status:* Submitted Jan. 2017. Status: Scored, not funded
- 2017      **SC CTSI Improving Research Methods and Processes Award.**  
*Title:* Development of a smartphone application to improve physical activity in underactive older adults.  
*Role:* Principal Investigator  
*Proposed Funding:*  
*Status:* Not funded
- 2016      **USC Gehr Family Center for Implementation Science Faculty/Staff Innovation Award.**  
*Title:* Integrating the Well Elderly Lifestyle intervention in a Program of All-Inclusive Care of the Elderly.  
*Role:* Co-Investigator (PI: B. Pyatak)  
*Proposed Funding:*  
*Status:* Submitted Jun. 2016, not funded
- 2016      **NIH Exploratory/Developmental Research Grant Award (R21) – NIA**  
*Title:* A novel smartphone-based intervention to promote physical activity in older adults.  
*Role:* Principal Investigator  
*Proposed Funding:*  
*Status:* Submitted Jun. 2016, not discussed
- 2015      **Mentored Research Scientist Development Award (K01).**  
*Title:* Optimizing a mobile health intervention to improve physical activity in older adults.  
*Role:* Principal Investigator  
*Proposed Funding:*  
*Status:* Not submitted
- 2015      **Development of measures of fatigability in older adults (R21).**  
*Title:* Novel approaches to testing validity of fatigability measures in older adults...  
*Role:* Co-Investigator (PI: S. Murphy)  
*Proposed Funding:*  
*Status:* Submitted Oct. 2015, not discussed
- 2015      **Claude D. Pepper Older Americans Independence Centers (P30): Pilot/Experimental Studies Core**

*Title:* A lifestyle-based occupational therapy intervention to improve self-neglect in older adults.

*Role:* Project Principal Investigator (PI: L. Mosqueda)

*Proposed Funding:*

*Status:* Submitted Oct. 2015, scored 56

2014

**Pragmatic Clinical Studies and Large Simple Trials to Evaluate Patient-Centered Outcomes, PCORI grant**

*Title:* Optimizing health outcomes in at-risk near-elderly Latino patients through a lifestyle intervention implemented in a public health system.

*Role:* Co-investigator (PI: F. Clark)

*Proposed Funding:*

*Status:* Submitted Aug. 2014, not funded.

2013

**Translational Research to Help Older Adults Maintain their Health and Independence in the Community, National Institute on Aging, NIA (R01).**

*Title:* Implementation of lifestyle redesign for older Latinos in a public health setting.

*Role:* Postdoctoral Research Fellow (PI: F. Clark)

*Proposed Funding:*

*Status:* Submitted Feb. 2013, score of 50, 44th percentile; Resubmitted Nov. 2013, not scored.

**PUBLICATIONS:**

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

Peer-Reviewed Journal Articles

- 2023 **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*.18(8), 1555-1576. <https://doi.org/10.1080/17483107.2022.2116114>
- 2023 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*, 71, 1587-1594. PMID: 36661204. <http://dx.doi.org/10.1111/jgs.18235>
- 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/10.1177/15394492211022271>
- 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*

- 2016 Murphy, S., **Schepens Niemiec, S.L.**, Lyden, A., & Krazt, 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 Kratz, 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.**, Kratz, 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.
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#### Books, Chapters, and Practice Guidelines

- 2023 **Schepens Niemiec, S.L.**, Lee, E., & Pyatak, B. Occupational therapy for independent-living older adults. In 50 Studies Every Occupational Therapist Should Know. Editors E. Pyatak and E. Lee.
- 2023 **Schepens Niemiec, S.L.** & Wagas, R. Combined occupational therapy and medical approach to fall prevention. In 50 Studies Every Occupational Therapist Should Know. Editors E. Pyatak and E. Lee.
- 2023 **Schepens Niemiec, S.L.** (section editor). Productive aging. In 50 Studies Every Occupational Therapist Should Know. Editors E. Pyatak and E. Lee.
- 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 (2<sup>nd</sup> 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]

#### Non-manuscript Materials in Preparation

- West, S., **Schepens Niemiec, S.L.**, Martínez, J., & Lysack, C. *Occupational therapy intervention process with aging adults*. Occupational Therapy with Aging Adults, 2<sup>nd</sup> ed. Accepted Dec. 2022.

#### Published Abstracts

- 2024 **Schepens Niemiec, S.L.** & Barber, S. (forthcoming). Applying principles of intervention optimization and implementation to achieve healthy aging. *Annals of Behavioral Medicine*.
- 2024 McMahon, S., Pickett, A., Bluethmann, S., & Schepens Niemiec, S.L. (forthcoming). Developing four interventions to promote physical activity or sedentary breaks: Links to the NIH Stage Model and lessons learned. *Annals of Behavioral Medicine*.
- 2023 **Schepens Niemiec, S. L.** (forthcoming). Extending holistic, multidisciplinary sleep health intervention to overlooked groups of older adults. *Innovation in Aging*.
- 2023 Mendoza, D.\*, Lee, G.\*, Tapper, K.\*, & **Schepens Niemiec, S.L.** (forthcoming). Co-conceptualizing an active seating system's companion app for older adults. *OTJR: Occupation, Participation and Health*.



- 2023 McMahon, S., **Schepens Niemieć, 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. *Annals of Behavioral Medicine*, 57(Suppl 1), p.S246
- 2023 **Schepens Niemieć, S. L.**, Strizich, A.\*, & Tapper, K.\* (2023). A process evaluation of a physical activity smartphone app for older adults with mild cognitive impairment or mild dementia. *American Journal of Occupational Therapy*, 77(Supplement\_2), 7711510320p1. <https://doi.org/10.5014/ajot.2023.77S2-PO320>
- 2023 Mendoza, D.,\* Lee, G.,\* Tapper, T.,\* & **Schepens Niemieć, S. L.** (2023). Co-conceptualizing an active seating system's companion app for older adults. *The Explorer: Journal of USC Student Research*, 15, p.75-76.
- 2022 Moon, H., Rote, S., Sears, J., & **Schepens Niemieć, S. L.** (2022). 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 Niemieć, S.L.** (2022). 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 Niemieć, S.L.**, Niemieć, 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 Niemieć, S.L.** Process evaluation of an app for individuals with cognitive impairments. *The Explorer: Journal of USC Student Research*, 14, p.64.
- 2022 **Schepens Niemieć, 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 Niemieć, 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 Niemieć, S.L.**, Vigen, C.L.P., Blanchard, J., Niemieć, 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 Niemieć, 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 Niemieć, 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 Niemieć, S.L.**, Wagas, R.,\* Blanchard, J., Niemieć, 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 Niemieć, S.L.**, Wagas, R.,\* Blanchard, J., Niemieć, 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 Niemieć, 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.
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- 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.
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- 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.
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- 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).
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- 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.
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- 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.
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- 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.
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- 2008 **Schepens, S.** & Goldberg, A. (2008). Dynamic balance tests predict balance confidence in community-dwelling older adults. *The Gerontologist*, 48(S3), p.630.
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- 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.
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- 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](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

- 2023 USC Chan Newsletter. *Three standout selections cap off inaugural gamechanger challenge.* <https://chan.usc.edu/news/latest/three-standout-selections-cap-off-inaugural-gamechanger-challenge>
- 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](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](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](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](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)

- 2023 **Schepens Niemiec, S. L.** Extending holistic, multidisciplinary sleep health intervention to overlooked groups of older adults. Behavioral and Social Sciences Presidential Symposium for the Gerontological Society of America, Tampa, FL.
- 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)

- 2024 Bazikian, S, Deras-Guerra, B., **Schepens Niemiec, S.L.**, Gonzalez, K., Lynch, C., Han, S., Armstrong, D., & Tan, T. Barriers to medical care in an economically marginalized population with diabetic foot ulcers. Paper presentation submitted for the 19<sup>th</sup> Annual Academic Surgical Congress. Washington DC.
- 2024 **Schepens Niemiec, S.L.** & Barber, S. (2024). Applying principles of intervention optimization and implementation to achieve healthy aging. Symposium presentation for the 45th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
- 2024 McMahon, S., Pickett, A., Bluethmann, S., & **Schepens Niemiec, S.L.** (2024). Developing four interventions to promote physical activity or sedentary breaks: Links to the NIH Stage Model and lessons learned. Panel presentation for the 45<sup>th</sup> Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, Philadelphia, PA.
- 2023 Mendoza, D.\*, Lee, G.\*, Tapper, K.\*, & **Schepens Niemiec, S.L.** (2023). Co-conceptualizing an active seating system's companion app for older adults. Paper presentation for the Occupational Therapy Summit of Scholars, Columbus, OH.
- 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 Niemieć, 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 Niemieć, 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 of Scholars, Madison, WI.
- 2022 **Schepens Niemieć, S.L.**, Niemieć, 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 43<sup>rd</sup> Annual Meeting & Scientific Sessions, Boston, MA.
- 2022 **Schepens Niemieć, 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 Niemieć, 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 Niemieć, 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 Niemieć, S.L.**, Vigen, C., Blanchard, J., Niemieć, 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 Niemieć, 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 Niemieć, 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 Niemieć, S.L.**, Wagas, R., Blanchard, J., Niemieć, 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 42<sup>nd</sup> Annual Meeting & Scientific Conference, virtual conference.
- 2020 **Schepens Niemieć, 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 Niemieć, 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 41<sup>st</sup> 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 Niemieć, 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 Niemieć, 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 Niemieć, 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 Niemieć, 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 Niemieć, 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 Physical Therapy Conference, Vancouver, BC.

#### 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 41<sup>st</sup> 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)

- 2023 Mendoza, D.,\* Lee, G.,\* Tapper, T.,\* & **Schepens Niemiec, S. L.** Co-conceptualizing an active seating system's companion app for older adults. Poster presentation at the Herman Ostrow School of Dentistry, 2023 Research Day, Los Angeles, CA.
- 2022 Strizich, A.,\* Tapper, K.,\* & **Schepens Niemiec, S.L.** Process evaluation of an app for individuals with cognitive impairments. Poster presentation at the 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., Jakuszanek, 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., Jakuszanek, 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:

- 2023 Most Outside-the-Box Winner of the USC Chan Division gamechanger Knowledge Mobilization Team Challenge. *¡Duerma Bien, Siéntase Bien! (Sleep Well, Be Well!)*
- 2023 American Journal of Occupational Therapy (AJOT) Certificate of Appreciation for significant contribution to AJOT and the profession for participation on the review committee to select the 2023 recipient of the Cordelia Myers Best Article Award
- 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. <i>Stimulating Research to Advance Evidence-based Applications of Telehealth in Occupational Therapy</i> (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. <i>Stimulating Research to Enhance Aging in Place: A Continuum of Home and Community-based Services</i>
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: 1 <sup>st</sup> 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: 3 <sup>rd</sup> 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 <i>Honors Edition</i>

2007	Wayne State University Institute of Gerontology Annual Research Poster Presentation Award recipient: 2 <sup>nd</sup> place (Graduate student category)
2007	Michigan Physical Therapy Association Fall Conference Poster Presentation Award recipient: 1 <sup>st</sup> place (Graduate student category)
2007	EACPHS Research Day Award recipient: 1 <sup>st</sup> 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: 1 <sup>st</sup> 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/RD 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)

A comparative evaluation of mobile activity monitors during sitting, standing, and walking. Role: Principal investigator. Collaborators and co-investigators: G. Ho OTD OTR/L, C. Vigen PhD, M. Niemiec DPT (2014 – 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**

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 (2020–2022) and co-instructor (Fall 2023)

### **OT 538 Current Issues in Practice: Adulthood and Aging**

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 2015–2022) and entry-level master's program course (Fall 2013–2022). Lead instructor for elective course (Fall 2023)

### **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

- 2023 **Schepens Niemieć, S.L.** Guest gerontology expert for OT 540 Public Policy – public policy forum. Facilitated student group discussions on policy-related issues in productive aging.
- 2023 **Schepens Niemieć, S.L.** Guest lecture to MA + OTD OT students for OT 699 Building Innovative Technologies that Promote Health and Occupational Engagement. “Developing client-facing apps for target users: It’s a journey!”
- 2023 **Schepens Niemieć, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. “Incorporating Geragogy into Gerontechnology”
- 2022 **Schepens Niemieć, 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 Niemieć, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “HART Lab Research: A Brief Tour”
- 2022 **Schepens Niemieć, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. “Incorporating Geragogy into Gerontechnology”
- 2021 **Schepens Niemieć, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “HART Lab Research: A Brief Tour”
- 2020 **Schepens Niemieć, 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 Niemieć, S.L.** Guest lecture to MA OT students for Foundations: Occupation, OT 405 “HART Lab Research: A Quick Snippet”
- 2020 **Schepens Niemieć, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. (Jan. and Aug) “Incorporating Geragogy into Gerontechnology”
- 2020 **Schepens Niemieć, S.L.** Guest lecture to PhD students for OT 649 Researching Occupations. “Technology for Healthy Aging: OT Research in Action”
- 2019 **Schepens Niemieć, S.L.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “HART Lab Research: A Quick Snippet”
- 2019 **Schepens Niemieć, S.L.** Guest lecture to MA+OTD OT students for OT 571 Assistive Technology. “Incorporating Geragogy into Gerontechnology”
- 2019 **Schepens Niemieć, S.L.** Guest lecture for the Summer Occupational Therapy Immersion (SOTI) program. “Occupational Science Research in Action: Older Adult Health and Wellness”
- 2019 **Schepens Niemieć, S.L. & Niemieć, M.** Guest speaker and judge for the USC ASBME Makeathon—“2019 ASBME Makeathon Challenge Reveal!”
- 2019 **Schepens Niemieć, 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 Niemieć, S.L.** Guest lecture to BS OT students for OT 405 Foundations: Occupation. “HART Lab Research: A Quick Snippet”
- 2018 **Schepens Niemieć, S.L.** Guest lecture for OT 649 Researching Occupations. “Technology for Healthy Aging: OT Research in Action”
- 2018 **Schepens Niemieć, S.L.** Guest lecture for OT 649 Researching Occupations. “Technology for Healthy Aging: OT Research in Action”
- 2018 **Schepens Niemieć, S.L.** Guest lecture for GERO 506 Technology Innovations in Aging (Gerontechnology). “A Smartphone App to Promote Healthier Living in Older Adults”
- 2017 **Schepens Niemieć, 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, OOTH 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, OOTH 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, OOTH 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 – 2024 **Miranda Donnelly**, PhD Student – Qualifying Exam Committee Member with expertise on co-designing technology for older adults; Dissertation Committee Member  
*Dissertation: TBD*
- 2022 – Present **Loree Pham**, PhD Student – Qualifying Exam Committee Member with expertise in sedentariness and physical activity in older populations.

OTD or MD Students, Faculty Mentor/Preceptor/Residency Supervisor:

2022 – 2024	<b>Maylis Basturk</b> , Keck School of Medicine Resident and Gold Student Fellow - Dean's Research Scholars Program Co-Primary Faculty Mentor <i>Research project:</i> Evaluation of Keck Transitions in Health Program (KTHP) Type II Diabetes and Hypertension Self-management Workshops for Justice-involved Individuals in Los Angeles, CA
2022 – 2023	<b>Denisse Mendoza</b> , OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> The Intersection of Technology, Diversity, and Wellness: Empowering Older Adults to Thrive in the Digital Age
2022 – 2023	<b>Cynthia Barron</b> , OTD Resident (Clinical track) – Primary Faculty Mentor
2021 – 2022	<b>Zhaowen Zhou</b> , OTD Resident (China Initiative PUHSC student) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> Adaptation of a Smartphone App to Improve Physical Activity in Underactive Older Adults in China
2021 – 2022	<b>Adam Strizich</b> , OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> Bridging the Digital Health Divide Alongside Older Adults
2021	<b>Lawrence Stevenson</b> , OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
2021	<b>Bethany Yew</b> , OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
2021	<b>Shivanti Kariyawasam</b> , OTD Resident (Washington University) – Secondary Faculty Mentor
2020 – 2021	<b>Rafael Wagas</b> , OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> Zooming in on Older Adults: Healthy Aging through Technology
2020	<b>Yushi Wang</b> , OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
2020	<b>Raquel Saunders</b> , OTD Resident (Pedagogy track) – Residency Site Co-Preceptor
2019	<b>Britney Cariño</b> , OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> Design, Development, and Delivery of a Smartphone Application to Improve Physical Activity and Sedentary Activity in Older Adults
2019	<b>Tiffany Quach</b> , OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> Applying Occupational Science to a Technology-Driven Intervention: Developing a Smartphone App to Increase Physical Activity in Older Adults with Impairments in Cognition
2018	<b>Kristina Han</b> , OTD Resident (Research track) – Residency Site Preceptor and Faculty Mentor <i>Capstone project:</i> 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	<b>Gene Lee</b> , Level II Fieldwork resident – Primary Faculty Mentor
2021	<b>Brianna Hernandez</b> , Level II Fieldwork resident – Primary Faculty Mentor
2021	<b>Annie Lee</b> , Level II Fieldwork resident – Primary Faculty Mentor
2021	<b>Cynthia Barron</b> , Level II Fieldwork resident – Primary Faculty Mentor
2021	<b>Jeanette Le</b> , Level II Fieldwork resident – Primary Faculty Mentor
2021	<b>Daphne Carcedo Cravens</b> , Level II Fieldwork resident – Primary Faculty Mentor
2021	<b>John Jae Lee</b> , Level II Fieldwork resident – Primary Faculty Mentor
2020	<b>Vita Naujokaitis</b> , Level II Fieldwork resident – Primary Faculty Mentor
2020	<b>Rachaya (Amy) Ritprasert</b> , Level II Fieldwork resident – Primary Faculty Mentor
2020	<b>Margaret Markley</b> , Level II Fieldwork resident – Primary Faculty Mentor
2020	<b>Angela Kim</b> , Level II Fieldwork resident – Primary Faculty Mentor

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

2023	<b>Nehal Alnaami</b> , OT 590: Research Independent Study
2022	<b>Adam Strizich</b> , OT 790: Research Independent Study
2021	<b>Amy Yeu</b> , OT 590: Research Independent Study
2021	<b>Nina Wakayama</b> , OT 790: Research Independent Study
2021	<b>Erin dos Santos</b> , OT 790: Research Independent Study
2020	<b>Rachel Khorshad</b> , HP 490x: Independent Research
2020	<b>Claudia Zhao</b> , HP 490x: Independent Research
2020	<b>Sophia Su</b> , HP 490x: Independent Research
2020	<b>Madeline McCue</b> , HP 490x: Independent Research
2020	<b>Eliana Bendetson</b> , OT 540 Leadership Capstone – Externship
2020	<b>Rafael Wagas</b> , OT 540 Leadership Capstone – Externship
2018	<b>Patrice Zhao</b> , OT 590: Directed Research
2017	<b>Rucha Naik</b> , OT 590: Directed Research

Master's Graduate Research Assistants, Faculty Mentor

2022 – 2023	<b>Dayannara Campos</b>
2021 – 2023	<b>Karen Tapper</b>
2020 – 2022	<b>Brittany Eng</b>
2019 – 2020	<b>Alana Schoenhals</b>
2017 – 2019	<b>Kiara Ota</b>
2016 – 2017	<b>Kent Oya</b>
2014 – 2016	<b>Grace Ho</b>

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

2020 – 2021	<b>Erin dos Santos</b> , Doctorate of Occupational Therapy
2019 – 2021	<b>Adam Strizich</b> , Master of Arts in Occupational Therapy
2017 – 2020	<b>Eliana Bendetson</b> , Master of Arts in Occupational Therapy
2018 – 2019	<b>Patrice Zhao</b> , Doctorate of Occupational Therapy
2017 – 2019	<b>Kiara Ota</b> , Master of Arts in Occupational Therapy
2019	<b>Melissa Pena</b> , Master of Arts in Occupational Therapy
2019	<b>Rachaya Ritprasert</b> , Master of Arts in Occupational Therapy
2019	<b>Nikki Arabelle Bundang</b> , Master of Arts in Occupational Therapy

2019	<b>Annalou Lingat</b> , Master of Arts in Occupational Therapy
2019	<b>Nina Wakayama</b> , Master of Arts in Occupational Therapy
2019	<b>Kaley Kubokawa</b> , Master of Arts in Occupational Therapy
2019	<b>Yu Tang</b> , Master of Arts in Occupational Therapy
2019	<b>Yiyang Fang</b> , Master of Arts in Occupational Therapy
2019	<b>Nikki Nguyen</b> , Master of Arts in Occupational Therapy
2019	<b>Anna Soloman</b> , Master of Arts in Occupational Therapy
2019	<b>Justin Tran</b> , Master of Arts in Occupational Therapy
2019	<b>Chris Tju</b> , Master of Arts in Occupational Therapy
2016 – 2020	<b>Shivanti Kariyawasam</b> , Master of Science in Gerontology
2018	<b>James Lee</b> , Master of Arts in Occupational Therapy
2018	<b>Elissa Lee</b> , Master of Arts in Occupational Therapy
2018	<b>Harshada Patil</b> , Master of Arts in Occupational Therapy
2018	<b>Gloria Lai</b> , Master of Arts in Occupational Therapy
2018	<b>Suyoung Chung</b> , Master of Arts in Occupational Therapy
2018	<b>Andrea Lancaster</b> , Master of Arts in Occupational Therapy
2018	<b>Gabriela Prado Mares</b> , Master of Arts in Occupational Therapy
2018	<b>Lauren Espinoza</b> , Master of Arts in Occupational Therapy
2018	<b>Omar Arid</b> , Master of Arts in Occupational Therapy
2018	<b>Serena Hobson</b> , Master of Arts in Occupational Therapy
2018	<b>Elissa Taylor</b> , Master of Arts in Occupational Therapy
2018	<b>Leanne Hoppers</b> , Master of Arts in Occupational Therapy
2018	<b>Tania Martinez</b> , Master of Arts in Occupational Therapy
2018	<b>Annelise Trujillo</b> , Master of Arts in Occupational Therapy
2016 – 2017	<b>Kelsey Peterson</b> , Master of Arts in Occupational Therapy
2014 – 2017	<b>Grace Ho</b> , Master of Arts in Occupational Therapy, Doctorate in Occupational Therapy
2017	<b>Ranier Barrett</b> , Master of Arts in Occupational Therapy
2017	<b>Tabitha Lin</b> , Master of Arts in Occupational Therapy
2017	<b>Carly Roberts</b> , Master of Arts in Occupational Therapy
2017	<b>Chelsea Rivera</b> , Master of Arts in Occupational Therapy
2017	<b>Sharon Vincuilla</b> , Master of Arts in Occupational Therapy
2017	<b>Jennifer Lee</b> , Master of Science in Gerontology
2017	<b>Carin Wong</b> , PhD in Occupational Science
2017	<b>Kelsey Peterson</b> , Master of Arts in Occupational Therapy
2017	<b>Tiffany Gu</b> , Master of Arts in Occupational Therapy
2017	<b>Nicole Lao</b> , Master of Arts in Occupational Therapy
2017	<b>Katherine Park</b> , Master of Arts in Occupational Therapy
2017	<b>Trisha Wong</b> , Master of Arts in Occupational Therapy
2016	<b>Joe Uncgo</b> , Master of Arts in Occupational Therapy
2016	<b>Madeline Cole</b> , Master of Arts in Occupational Therapy
2016	<b>Lauren Lopez</b> , Master of Arts in Occupational Therapy
2016	<b>Patrick Harding</b> , Master of Arts in Occupational Therapy
2016	<b>Sarah Kim</b> , Master of Arts in Occupational Therapy
2016	<b>Jessica Choi</b> , Master of Arts in Occupational Therapy
2016	<b>Kelsey Peterson</b> , Master of Arts in Occupational Therapy
2016	<b>Kelly Frede</b> , Master of Arts in Occupational Therapy
2016	<b>Sharon Vincuilla</b> , Master of Arts in Occupational Therapy
2016	<b>Riley Mangan</b> , Master of Arts in Occupational Therapy
2014	<b>Lauren Burgess</b> , Master of Arts in Occupational Therapy

#### Undergraduate Students, Advising and Research Mentorship:

2020 – present	<b>Rebecca Blanchard</b> , Bachelor of Science in Psychology & Brain Sciences
2019 – 2021	<b>Kathy Gonzalez</b> , Bachelor of Arts in Psychology, Minor in Occupational Science
2019 – 2021	<b>Natasha Harianto</b> , Bachelor of Arts in Health and Human Sciences, Minor in Occupational Science
2019 – 2020	<b>Jackie Ho</b> , Bachelor of Arts in Psychology
2019	<b>Shayna Quach</b> , Bachelor of Science in Psychology, Specialization in Developmental Psychology
2018 – 2020	<b>Abraham Lopez</b> , Bachelor of Science in Kinesiology, Exercise Science focus
2018 – 2019	<b>Calvin Lee</b> , Bachelor of Science in Psychology, Minor in Occupational Science
2017 – 2018	<b>John Thai</b> , Pre-Occupational Therapy
2016	<b>Patrick Harding</b> , Completed Bachelor of Science in Music Business
2014	<b>Lisa Dorrington</b> , Bachelor of Arts in Human Performance, Minor in Sports Media
2013 – 2014	<b>Nicole Marcione</b> , 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	Committee Lead, 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 – 2023 Judge, Herman Ostrow School of Dentistry Research Day

## University of Southern California

- 2022 – present Senator for Chan Division, Academic Senate
- 2022 – present Member, Academic Senate Faculty Council President/Chair Sub-committee
- 2022 – 2023 Invited by the Executive Board of the Academic Senate as a committee member, Senate Faculty Environment and Employment Committee.
- 2018 Invited panelist to the USC CTSI Team Science Mini-Symposium, “Working together apart”
- 2016 – 2020 Chan Program Leader, USC Innovation and Entrepreneurship Group
- 2015 – present Affiliate, USC Center on Elder Mistreatment

2015 – 2023 Member, USC mHealth Collaboratory

## 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

2023	<i>Medicine &amp; Science in Sports &amp; Exercise</i> (IF: 4.1) Topic: Fatigue, fatigability, and mortality risk
2023	<i>Occupational Therapy International</i> (IF: 1.565) Topic: Lifestyle Redesign for Spanish older people
2022	<i>OTJR: Occupation, Participation and Health</i> Topic: Sedentary habits in older adults
2022	<i>Journal of Aging and Physical Activity</i> Topic: Physical leisure in Taiwanese older adults
2022	<i>Journal of Applied Gerontology</i> Topic: OT quality of life intervention in older adults
2021	<i>OTJR: Occupation, Participation and Health</i> Topic: Out of home activities and health in older adults
2020	<i>Journal of Applied Gerontology</i> Topic: Positive aging in older Latinos
2019	<i>Scandinavian Journal of Occupational Therapy</i> Topic: Role of OT in obesity intervention
2018	<i>Preventing Chronic Disease</i> Topic: Internet use among persons with arthritis
2017	<i>Journal of Applied Gerontology</i> Topic: Older adults' environmental fall prevention
2017	<i>Arthritis Care &amp; Research</i> Topic: Predicting steps in knee osteoarthritis
2017	<i>BMC Geriatrics</i>



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

#### Ad Hoc Reviewer

2018	Chapter 24 in Bonder, B. & Bello-Haas, V. <i>Functional Performance in Older Adults</i> , 4 <sup>th</sup> ed. Philadelphia, PA: F.A. Davis Company.
2005	Several chapters in Pellerito, J. <i>Driver Rehabilitation &amp; Community Mobility: Principles and Practice</i> . 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:

*Society of Behavioral Medicine Aging SIG*

2023 Award selection reviewer for SBM Aging SIG Community Service Award and Outstanding Student Research in Aging Award

*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

- 2023 – Pres Wayne State University Board of Visitors
- 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 2<sup>nd</sup> 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	<b>Licensed Occupational Therapist</b> California Board of Occupational Therapy (CBOT) #OT13525
2007 – 2014	<b>Registered Occupational Therapist</b> Michigan Board of Occupational Therapists (MBOT) #5201007268

##### National Professional Certification

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

##### Other Certifications

2021 – present	Credentialed Clinical Healthcare Provider, Herman Ostrow School of Dentistry of USC
2021 – present	Montreal Cognitive Assessment (MoCA)® certification
2013 – present	Basic Life Support (BLS) certification, American Heart Association