

Readings in Gerontological Nursing

*Judith A. Allender
Cherie L. Rector*

Lippincott

Readings in **Gerontological Nursing**

Edited by

Judith Ann Allender, EdD, RN,C

Professor

Department of Nursing

School of Health and Human Services

California State University

Fresno, California

Cherie L. Rector, PhD, RN,C

Associate Professor

Coordinator for School Nurse Credential Program

Department of Nursing

School of Health and Human Services

California State University

Fresno, California



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Readings in
**Gerontological
Nursing**

**To
grandmothers, especially our fondly remembered
hardy, resilient, indefatigable role models:**

Elizabeth Anna Lutz (1890–1982)

Maria Schuepp (1887–1972)

and

Lula Mae Martin (1893–1983)

Myrtle Maria Beckstead Egbert (1895–1970)

Contributors

Dolores M. Alford, PhD, RN, FAAN

Gerontic Nursing Consultant
Dallas, Texas

Robert Atchley, PhD

Director, Scripps Gerontology
Center
Miami University
Oxford, Ohio

Sally Ax, RNC, BSN

Medical Supervisor, Cardiac
Program
TGC Home Health Care
Lakeland, Florida

Nellie C. Bailey, MS, MA, RN, CS

Assistant Professor and Community
Health Nurse
SUNY-Health Science Center
Brooklyn College of Nursing
Brooklyn, New York

Susan J. Barnes, RN, MSN

Doctoral Student
University of Texas Health Science
Center
San Antonio School of Nursing
San Antonio, Texas

Amanda Smith Barusch, MSW, PhD

Professor and Director
Social Research Institute
Graduate School of Social Work
University of Utah
Salt Lake City, Utah

Margaret Berrio

Coordinator
Quality Management and
Management Information Systems
Nursing Service
Boston Veterans Affairs Medical
Center
Boston, Massachusetts

Gloria Black, RN, CS, MS

Clinical Nurse Specialist for Home
Health
South Carolina Department of
Health and Environmental
Control
Appalachia II District
Greenville, South Carolina

Sandra Black, PhD

Assistant Professor
Department of Internal Medicine
Center on Aging
University of Texas Medical Branch
Galveston, Texas

Elizabeth Bondy, PhD

Assistant Professor
College of Education
University of Florida
Gainesville, Florida

Lois M. Brandriet, RN, PhD

Assistant Professor
College of Nursing
Brigham Young University
Provo, Utah

Luanne Brogna, RN, MS, CETN

Clinical Nurse Specialist
Enterostomal Therapy
Hackensack Medical Center Home
Health Agency
Hackensack, New Jersey

Margaret J. Bull, RN, PhD

Associate Professor
University of Minnesota
School of Nursing
St. Paul, Minnesota

Margaret Burney-Puckett, MSN, RN

Vanderbilt University
School of Nursing
Nashville, Tennessee

**Marybeth Tank Buschman, RN,
PhD**

Professor, College of Nursing
The University of Illinois
Chicago, Illinois

Marylea Benware Carr, MS

Women's Studies
Mankato State University
Mankato, Minnesota

Fen-Lei Chang, PhD, MD

Director of the UCSF
Fresno Alzheimer's Disease Center
Chief of Neurology and
Rehabilitation Service
Veterans' Administration Medical
Center
Fresno, California

Yeou-Lan Duh Chen, PhD, RN

Associate Professor
School of Nursing
Westminster College
Salt Lake City, Utah

Eileen R. Chichin, DSW, RN

Department of Geriatrics and Adult
Development
Mount Sinai School of Medicine
New York, New York

Phillip G. Clark, ScD

Professor and Acting Director
Program in Gerontology
University of Rhode Island
Kingston, Rhode Island

Ruby M. Van Croft, RN, MS

Director of Community Affairs
Visiting Nurse Association
President, Capital Home Health
Association
Washington, DC

Neal Cutler, PhD

Director, Boettner Center of
Financial Gerontology
School of Social Work
University of Pennsylvania
Philadelphia, Pennsylvania

Daniel Detzner, PhD

Associate Professor, Family Social
Science Department
Director, Refugee Studies Center
University of Minnesota
St. Paul, Minnesota

Steven Devlin, PhD

Associate Director
Boettner Center of Financial
Gerontology
School of Social Work
University of Pennsylvania
Philadelphia, Pennsylvania

Marguerite Dixon, RN, PhD

Retired Dean
Chicago State University
School of Nursing
Chicago, Illinois

Susan E. D. Dougherty, MSN, RN, CS, NP

Nurse Practitioner
Women to Women
Yarmouth, Maine

Jane W. Eckert, MSW, ACSW, LICSW

Assistant Director
Social Work Department
Beth Israel Hospital
Boston, Massachusetts

Naomi Feil, MSW, ACSW

Executive Director
Validation Training Institute
Cleveland, Ohio

Kathleen Fletcher, RN, CS, MSN, GNP

Clinician, Individual Care Services
University of Virginia Health
Sciences Center
Charlottesville, Virginia

Marquis D. Foreman, PhD, RN, FAAN

Associate Professor and Clinical
Chief
Department of Medical-Surgical
Nursing
College of Nursing
University of Illinois at Chicago
Medical Center
Chicago, Illinois

Marilyn Frenn, RN, PhD

Assistant Professor
Marquette University
College of Nursing
Milwaukee, Wisconsin

Terry T. Fulmer, PhD, RN-C

Associate Professor
Yale School of Nursing
Geriatric Clinical Specialist
Yale-New Haven Hospital
New Haven, Connecticut

May Futrell, PhD, RN, FAAN

Professor, Department of Nursing
Lowell's College of Health
Professions
University of Massachusetts
Lowell, Massachusetts

Lynda Grant, MA

Doctoral Student
Department of Counseling
Psychology
University of British Columbia
Vancouver, British Columbia

Yvonne Lane Gray, MSN, RN

Clinical Instructor and Community
Health Nurse
College of Nursing
State University of New York
Health Science Center at Brooklyn
Brooklyn, New York

Barbara Karanagh Haight, RN-C, DrPH, FAAN

Professor, College of Nursing
Medical University of South Carolina
Charleston, South Carolina

Brenda P. Hamel-Bissell, RN, EdD

University of Vermont
School of Nursing at Burlington
Burlington, Vermont

Jennie Chin Hansen

Executive Director
On Lok Senior Health Services
San Francisco, California

Kristina Hanson

Policy Analyst
Kaiser Commission on the Future of
Medicaid
City, State

Linda Hewett, PhD

Codirector of the UCSF
Fresno Alzheimer's Disease Center
Assistant Clinical Professor
Departments of Neurology, Family,
and Community Medicine
UCSF/Fresno Medical Education
Program
Fresno, California

Janet R. Hulse, RN, MSN

Clinical Care Coordinator
Cornwall Hospital
Cornwall, New York

Sally Hutchinson, RN, PhD, FAAN

Professor, College of Nursing
University of Florida
Gainesville, Florida

Robert L. Kane, MD

Director—Clinical Outcomes
Research Center
Endowed Chair in Long-Term Care
and Aging
School of Public Health
University of Minnesota
St. Paul, Minnesota

Rita H. Laferriere, RN-C, CS, MS

1992 American Nurse Foundation
Scholar
Clinical Nurse Specialist
Caledonia Home Health Care
St. Johnsbury, Vermont

Molly T. Laflin, PhD

Professor of Health Education
Bowling Green State University
Bowling Green, Ohio

Judith Lave, PhD

Professor of Health Economics
Graduate School of Public Health
University of Pittsburgh
Pittsburgh, Pennsylvania

**Margaline Lazarre, RN, BSN, MS,
CCRN**

Cardiac Program Coordinator
TGC Home Health Care Practice
Tampa, Florida

Janet Lee, PhD

Women's Studies
Oregon State University
Social Science 200
Corvallis, Oregon

Barbara Leeper, RN, MN, CCRN

Clinical Nurse Specialist
Baylor Cardiovascular Institute
Baylor University Medical Center
Dallas, Texas

Maureen Levesque

Staff Nurse, Pulmonary Unit
Boston Veterans Affairs Medical
Center
Boston, Massachusetts

Jeffrey M. Levine, MD

The Jewish Home and Hospital for
Aged
Bronx, New York
The Department of Geriatrics and
Adult Development
Mount Sinai Medical Center
New York, New York

Leslie S. Libow, MD

Department of Geriatrics and Adult
Development
Mount Sinai School of Medicine
New York, New York

Adrianne D. Linton, RN, PhD

Associate Professor and Interim
Chair
Department of Chronic Nursing
Care
University of Texas Health Science
Center
San Antonio, Texas

Barbara Lyons, MHS

Associate Director
Kaiser Commission on the Future of
Medicaid
Washington, DC

Judith Malmgren, PhD

Health Services Research
Methodologist
Providence Health Plans
University of Washington
Seattle, Washington

Kyriakos Markides, PhD

Professor
Department of Preventive Medicine
and Community Health
Center on Aging
University of Texas, Medical Branch
Galveston, Texas

Theresa Martico-Greenfield, MPH

Jewish Home and Hospital for Aged
New York, New York

Mona Martin, RN, MPA

Administrator, Northwest Prevention
Effectiveness Center
School of Public Health
Department of Health Services
University of Washington
Seattle, Washington

E. J. Matthis, RN, PhD

Freelance Educator
Gerontology Consultant
Omaha, Nebraska

**Mary Ann Matteson, RN, PhD,
RAAN**

Associate Professor
Thelma and Joe Crow Endowed
Professor
Department of Chronic Nursing
Care
University of Texas Health Science
Center
San Antonio School of Nursing
San Antonio, Texas

Margo McCaffery, RN, MS, FAAN

Consultant in Nursing Care of
Patients With Pain
Los Angeles, California

Lorraine C. Mion, PhD, RN

Senior Nurse Researcher
Division of Patient Care Operations
Cleveland Clinic Foundation
Cleveland, Ohio

**Margaret F. Moloney, RNC, ANP,
PhD**

Nurse Practitioner
Southeastern Health
Services—Prucare
Decatur, Georgia

Linda Moneyham, RN, DNS

Assistant Professor
Nell Hodgson Woodruff School of
Nursing
Emory University
Atlanta, Georgia

Michael Mulvihill, DrPH

Department of Geriatrics and Adult
Development
Mount Sinai School of Medicine
New York, New York

Richard R. Neufeld, MD

Department of Geriatrics and Adult
Development
Mount Sinai School of Medicine
New York, New York

Trixie Newkirk, RN, MS, CCRN

Clinical Nurse Specialist
Baylor Cardiovascular Institute
Baylor University Medical Center
Dallas, Texas

Ray Nicola, MD, MHSA

Acting Deputy Director
Public Health Program Office
Centers for Disease Control
Atlanta, Georgia

Jacqueline S. Nowicki, MSN, BSN, BS Ed, CCRN

Staff Nurse, Surgical Intensive Care Unit
Medical College Hospital
Toledo, Ohio

Ellen Olson, MD

Department of Geriatrics and Adult Development
Mount Sinai School of Medicine
New York, New York

Christine L. Pasero, RN, BSN

Coordinator of the Pain Control Column, AJN
Nursing Pain Management Consultant
Past President and Cofounder of the American Society of Pain Management Nurses
Rocklin, California

Michele Puccinelli

Master's Candidate
Davis School of Gerontology
University of Southern California
Los Angeles, California

Veronica Rempusheski, PhD, RN-C

Program Director and Nurse Researcher
Gerontological Nursing
Beth Israel Hospital
Boston, Massachusetts

John Riley Jr., PhD

Consulting Sociologist
Chevy Chase, Maryland

Matilda White Riley, PhD

Senior Social Scientist
National Institute on Aging
National Institute of Health
Bethesda, Maryland

Diane Rowland, ScD

Senior Vice President
Henry J. Kaiser Family Foundation
Executive Director
Kaiser Commission on the Future of Medicaid
Washington, DC

Debra A. Schuerman, BSN, RN

Adult Nurse Practitioner Program
University of Wisconsin—Madison
Graduate School of Nursing
Madison, Wisconsin

Cecelia B. Scott, RN, C, PhD

President
Programs Assisting Community Elders, Inc.
Roswell, Georgia

Ruth Shuttleworth-Diaz, BS, RN

Graduate Student
Nursing Administration
University of Pennsylvania
Philadelphia, Pennsylvania

Lark Simon, BSN, RN, C

Geriatric Nurse Clinician
North Iowa Mercy Health Center
Mason City, Iowa

Peter Steen, MA

Project Coordinator and Research Associate
Social Research Institute
Graduate School of Social Work
University of Utah
Salt Lake City, Utah

Eileen M. Sullivan-Marx, PhD, RN, CS

Assistant Professor
University of Pennsylvania
School of Nursing
Philadelphia, Pennsylvania

Susan C. Shulman, PhD, LICSW

Consultant
Harvard University Health Service
Arlington, Massachusetts

Anna M. Tichy, RN, PhD

Professor
College of Nursing
The University of Illinois
Chicago, Illinois

Rein Tideiksaar, PhD

Director
Department of Geriatric Care
Coordination
Sierra Health Services, Inc.
Las Vegas, Nevada

Fernando Torres-Gil, PhD

Assistant Secretary for Aging
Office of the Secretary
U.S. Department of Health and
Human Services
Washington, DC

Elizabeth Totolos, RN, C, MSN

The Jewish Home and Hospital for
Aged
Bronx, New York
Department of Geriatrics and Adult
Development
Mount Sinai Medical Center
New York, New York

Edward Wagner, MD, MPH

Center for Health Studies
Group Health Cooperative of Puget
Sound
Seattle, Washington

Mary G. West, RN, MSN

Associate Chief
Nursing Service/Extended Care
V.A. Medical Center
Nursing Home Care Unit
Gainesville, Florida

May Wykle, PhD, FAAN

Florence Cellar Professor and
Associate Dean
Community Affairs
Frances Payne Bolton School of
Nursing
Case Western Reserve University
Cleveland, Ohio

Joyce Zerwekh, RN, MA, EdD

Assistant Professor/Director of
The Graduate Program
School of Nursing
Seattle University
Seattle, Washington

Preface

The United States has seen dramatic increases in the number and percentage of older adults. It is anticipated that this trend will continue and, within 30 years, the present large number of elderly will double. Life expectancy continues to rise, with some experts in aging professing that humans have a lifespan potential of 120 years. We presently recognize that the population over the age of 85 is the fastest growing age group in America. These demographics have significant implications for the nation, the health care delivery system, and the professionals in health care.

This anthology of readings was developed to enhance the beginning professional's understanding of elders in today's world. The choices made represent the most current and innovative developments in the field and are designed to assist the nurse in understanding the broad field of aging and what caring for elders involves.

The chapters come from over twenty different nursing and interprofessional sources, primarily from the years 1994, 1995, and 1996. One of the chapters was written in 1997 especially for this edition by experts in the field. The 52 chapters included make this text a rich resource for the undergraduate and graduate nursing student. In some courses this text can be used with beginning nursing or medical-surgical nursing texts. It could also be the primary text in a gerontological nursing course. The text can be a handy reference tool to enhance the practice of experienced nurses or nurses new to the field of gerontology. Although it is extensive it does not represent a complete look at aging. The readings selected represent the latest ideas from policy makers, innovative practice models, research methodologies, and situations unique to the aging client, family members, and caregivers. We conclude each unit with a selected bibliography useful to the reader as a supplement to the readings in the text.

Readings in Gerontological Nursing contains 8 units, each covering a major category of concern in gerontological nursing. Unit 1, *The Elders Are Coming! The Elders Are Coming! Social Policy Issues and Aging*, presents timely pieces that deliberate the future of health care and nursing practice with the elderly. Leaders in gerontology discuss trends in policy formation, financing reform affecting elders, and health care delivery for our aging population. This unit touches on ethical and moral issues surrounding care for elders, especially in the areas of Medicare, Medicaid, family financial responsibility, advance directives, and managed care. It also examines ageist beliefs and practices that lead to ineffective health care.

Unit 2, *Promoting Quality of Life and Longevity*, presents selected ap-

proaches to enhance wellness and quality of life in the elderly, including use of humor, basing teaching on the elder's life experiences, promoting sexual health, elders' perceptions of being strong and surviving, and looking at menopause holistically as a transitional phase to a healthy last third of one's life.

Unit 3, *Age Segregation, Grandparenting, and Ethnicity: Sociocultural Issues in an Aging America*, focuses on social and cultural forces that shape the roles of elders in our society. It begins with an examination of age as a segregating factor and the need for greater age integration. It goes on to examine the dynamic role of grandparents and the importance of ethnicity and cultural beliefs in the development of health behaviors. The health beliefs and behaviors of Mexican American and Chinese American elders are described, and the effect that poverty plays in access to health care.

Unit 4, *Innovative Programs in Gerontological Nursing*, explores selected programs that affect the lives of elders. Chapters on preventative nursing care and a community-based nursing center present ways to provide elder care and focus on wellness. The Omaha Information System, geriatric rehabilitation, and a cardiac rehabilitation model demonstrate organizational systems for ill elders. Older adults in long-term care have their lives enhanced by workshops for women residents and a center on ethics in long-term care.

Unit 5, *If I Live to Be 102, Will I Be Able to Tie My Shoes? Theory Development and Research With Older Adults*, presents theories on aging and the application of theoretical frameworks to problems or issues of aging, specifically the process of life review and the progression of cognitive decline in dementia patients. Qualitative research methods and validity threats are described, and current research studies that demonstrate these grounded theory and ethnographic approaches are presented. The unit ends with a quantitative evaluation research study on discharge planning.

Unit 6, *From Malnutrition to Sleep Problems: Assessing Older Adults*, emphasizes the importance of careful assessment and examination of our own thoughts and biases regarding the definition of "quality of life." Additional chapters on the assessment of nutritional status, sleep disturbances, elder abuse, adverse drug reactions, and cognitive functioning in the elderly complete this unit.

Unit 7, *Managing Elders With Selected Health Care Issues*, presents several common issues that affect the elderly and consequently influence the role of the health care professional. Selections include dealing with elders who have controlling dispositions, the depressed elder, preventing falls in the frail elderly, managing postoperative pain and congestive heart failure effectively, sundown syndrome, acquired immunodeficiency syndrome (AIDS) in the elderly, and written for this edition is a chapter on the latest research and therapeutic modalities used with Alzheimer's disease victims and their families.

Finally, Unit 8, *Older Adults and Caregivers: Changing Needs and Settings*, concludes the contributions in this text and focuses on the transitional needs of elders and their caregivers as the aging process places more demands on family systems and the human body. The chapters focus on

daughter and mother relationships and changing roles, caring for the caregiver, restraint-free care, pressure ulcer management, communicating with the confused old-old client, and the role of hospice nurses who help elders confront death.

The selection of readings flows from the broad view of aging agendas at the national level to promoting wellness and longevity and using innovative programs to enhance the lives of elders at the local level. We then share the need for developing theory and conducting research to continue to expand the knowledge base in gerontological nursing. Tools and specific health issues follow with assessment tools and managing selected health care problems. The text concludes with the changing needs of elders as they are managed in changing settings. This organization follows the broad to specific and wellness to illness approaches, making it useful in nursing programs or nursing courses that use a similar organizational structure.

We are thankful for the individuals who have contributed to the birth of this book. Their willingness to have faith in the need for this publication through their support, suggestions, assistance, and contributions have been invaluable. We especially want to thank Linda Hewett and Fen-Lei Chang for their original work; our many photo subjects—especially the late Elizabeth Schuepp, Gil Allender, John R. Van Doren, Sam Allender, Mike Raphael, Jack and Jewell Egbert, and Tobey and Kelly Wosnik; those who helped with our photographs and manuscript preparation—Zachary Couch, Paul L. Firth, A and V Custom Photo Lab in Fresno, CA., and Benjamin Rector, Darrell Lakey, and Susan Wilson.

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Judith Ann Allender, EdD, RN,C
Cherie L. Rector, PhD, RN,C

Contents

Unit 1

The Elders Are Coming! The Elders Are Coming! ***Social Policy Issues and Aging*** 1

Chapter 1

Mainstreaming Gerontology in the Policy Arena 3

Fernando M. Torres-Gil and Michele A. Puccinelli

Chapter 2

A Framework for Understanding Financial Responsibilities Among Generations 10

Neal E. Cutler and Steven J. Devlin

Chapter 3

Rethinking Medicare 19

Judith R. Lave

Chapter 4

Another Look at Medicaid 27

Barbara Lyons, Diane Rowland, and Kristina Hanson

Chapter 5

The Promise and Performance of HMOs in Improving Outcomes in Older Adults 40

Edward H. Wagner

Chapter 6

The Effects of Ageism on Individual and Health Care Providers' Responses to Healthy Aging 55

Lynda D. Grant

Chapter 7

Advance Directives: Most Patients Don't Have One, Do Yours? 66

Margaret W. Berrio and Maureen E. Levesque

Unit 2	
Promoting Quality of Life and Longevity	75
<i>Chapter 8</i>	
Wellness and Health Promotion of the Elderly	77
<i>Dolores M. Alford and May Futrell</i>	
<i>Chapter 9</i>	
Humor: A Nursing Intervention for the Elderly	87
<i>Janet R. Hulse</i>	
<i>Chapter 10</i>	
Health Behaviors and the Great Depression	94
<i>Jacqueline S. Nowicki</i>	
<i>Chapter 11</i>	
Promoting the Sexual Health of Geriatric Patients	100
<i>Molly T. Laflin</i>	
<i>Chapter 12</i>	
A Heideggerian Hermeneutical Analysis of Older Women's Stories of Being Strong	113
<i>Margaret F. Moloney</i>	
<i>Chapter 13</i>	
Menopause: A Holistic Look at an Important Transition to the Last and Best Third of Life	124
<i>Susan E. D. Doughty</i>	

Unit 3	
Age Segregation, Grandparenting, and Ethnicity: Sociocultural Issues in an Aging America	135
<i>Chapter 14</i>	
Age Integration and the Lives of Older People	137
<i>Matilda White Riley and John W. Riley, Jr.</i>	
<i>Chapter 15</i>	
Grandparenting at the Dawn of a New Century	148
<i>Keepers of Community in a Changing World</i>	148
<i>Amanda Smith Barusch and Peter Steen</i>	
<i>No Place Without a Home: Southeast Asian Grandparents in Refugee Families</i>	155
<i>Daniel F. Detzner</i>	