

About me or my background

- Nurse
- Survivor of multiple education systems
 - BS in Nursing, MS in Nursing, Guangzhou, China
 - Ph.D. in Nursing, Minneapolis, USA
 - Postdoc, Edmonton, Canada
- Travel enthusiast (big fan of Banff), amateur dancer



Current research

knowledge translation nursing homes, quality of care, quality of life for nursing home residents, quality of work-life for paid caregivers and healthcare workers



Career development

- ✓ My career goal is to become an independent academic researcher and educator in the area of aging and long-term care.
- ✓ The ultimate goal of my research is to translate knowledge into evidence-based person-centered care practices that truly empower older adults to **thrive not just survive.**

Goals for the SPA

- ✓ Acquire knowledge and research skills in conducting longitudinal studies of health and aging by utilizing longitudinal population-based data.
- ✓ Communicate with researchers from multiple disciplines and learn various perspectives on health and aging.

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