

GERIATRIC NURSING

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FEATURE ARTICLES

- 236** Beliefs About Physical Activity—Focus Group Results of Chinese Community Elderly in Seattle and Taipei

Yen-Chun Lin, Lian-Hua Huang,

Heather M. Young, and Ya-Mei Chen

Information that could contribute to public health nurses' ability to design effective physical activity interventions for subpopulations at risk, such as older immigrants, has the potential to positively affect both health and well-being among rapidly growing numbers of older adults.

- 245** A Study of Family Councils in Nursing Homes

Linda Cox Curry, Charles Walker,

Mildred O. Hogstel, and Mary Beth Walker

Both the survey and personal interview results supported the positive effect of active Family Councils to provide mutual support, empower its members, and advocate change to improve the residents' quality of life.

254 Assessment and Treatment of Sleep Disorders in the Older Adult

*Norma G. Cuellar, Ann E. Rogers,
Virginia Hisghman, and Stella L. Volpe*

Older adults frequently complain about sleep disturbances. Although difficulties in falling asleep or staying awake are common in the older adult, this is not normal.

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