



University of Debrecen  
Faculty of Health Sciences

2024  
January

# GERONTOLOGY NEWSLETTER

## Table of contents

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Positive Ageing 1.  
book launch

SUMMARY  
Gerontology Days  
12-13 Oct. 2023

AGE Hungary

Scientific supplies

Our international  
activities:  
Ireland  
Malta  
Spain

Workers' physical  
activity programme  
Senior joy dance

Senior Academy



University of Debrecen  
Faculty of Health Sciences

ABOUT US EDUCATION ACADEMICS LIFE ON CAMPUS CONTACT  
ADMISSIONS STUDENTS ALUMNI

### Department of Gerontology

[Introduction](#)

[Education](#)

[Talent management](#)

[International relations](#)

[Hungarian relations](#)

[Research](#)

[Gerontology Coordination Research Centre](#)

[Scientific journal](#)

[International Scientific Conference](#)

[Senior education](#)



Source: Rannpöet

**The refreshed website  
of the department is  
available here**

g 1.

The book (Hungarian) can  
be downloaded for free  
from the DUPress  
Publishing website by  
clicking on the pdf

of positive

lengths, and  
character

Comparing  
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-being in old  
social well-

fic journals

BENE ÁGNES – MÓRÉ MARIANNA

## POZITÍV IDŐSÖDÉS 1.



SZÉCHENYI 2020

Európai Unió  
Európai Szociális  
Alap



BEFEKTETÉS A JÖVŐBE

# Positive Ageing 1.

We had a successful book launch on 11 October 2023.



The book (Hungarian) can be downloaded for free from the DUPress Publishing website by clicking on the pdf





# Gerontology Days

## 12 (Hungarian) - 13 (English - online) October 2023

The Gerontology Days 2023 International Scientific Conference was organised by the Faculty of Health Sciences in mid-October.

Day 0 featured the book launch of the Positive Ageing Book 1, which we reported on earlier. During this programme, participants could also enjoy a performance by the Sosperec orchestra and the wines of the Istenhegyi winery in the Tokaj valley.

The first day of the conference brought together gerontologists, researchers, educators and practitioners at the Nyíregyháza Campus. Traditionally, this day is also an accredited scoreboard for social workers.

We will prepare the accreditation material and invite speakers in the spring, so that we can offer a good opportunity for high-level knowledge sharing and scoring," said Mónika Kótisné Plajner, the Faculty's administrator for Social Continuing Education.

The Conference was opened by Dean Marianna Mór  , followed by an early session of accredited papers and 5 further sessions. During the day, 46 papers were presented by 57 authors. The programme was enriched by the facial exercise training of Andrea Sebesty  n and the training of the Ny  regyh  za Senior Joy Dancers.

The English language day of the Conference was organised in English by the Faculty of Health Sciences in collaboration with the Department of Gerontology Faculty for Social Wellbeing University of Malta, in an online format. The plenary lectures were given by Agota Kun on positive ageing and Christian Borg Xuereb on dementia. Also on this day, participants worked in 5 sessions. 40 presentations were given from 15 countries.

On 10-11 October, the Faculty of Health Sciences 2024 will welcome speakers and interested visitors to the Gerontology Days 2024 Conference.

**Webpage of the  
Conference**



## A KONFERENCIA LEGJOBB ELŐADÁSAI

Akkreditált szakmai továbbképzés Akkreditált előadások (reggeli szekció):  
**Generációk a munkahelyen, időskori egészségvédelem**  
Prof. Dr. Felszeghi Sára

1. Szekció:  
**Az egészségfejlesztési iroda időügyi stratégiájának megvalósulása a Nyíregyházi járásban 2018 és 2022 között.**  
Moravcsikné Dr. Kornyei Ágota, Sárosiné Udud Tünde, Kőpájer István, Tóthné Hatházi Anita

**Összehasonlító demenciavizsgálat módszertana és eredményei Sopronban**  
Dr. Fábrián Gergely

2. Szekció:  
**P-AGE Tudatos Öregedés Program**  
Török Bettina, Knyihár Éva

**Az időskori élet négy szintje - a gerontológia szemszögéből.**  
Dr. Jászberényi József

3. Szekció:  
**A gyógytorna szerepe a geriátriai betegek mindennapjaiban**  
Fábry Ilona

**Anaemia idős korban**  
Prof. Dr. Gadó Klára

4. Szekció:  
**„Lehet egy dal, vagy ritmus, vagy zaj, egy árva hang, egy jel, a zene az kell, hogy ne vesszünk el, hogy mégse adjuk fel!” - A zenéi élmény örömei időskorban**  
Dr. Mayer Krisztina

**Mozgás, koreográfia, társaság, a táncban rejlő lehetőségek idős korban**  
Dr. Bene Ágnes

5. Szekció:  
**Versengés és szubjektív jóllét időskorban**  
Prof. Dr. Fülöp Márta

## BEST PRESENTATIONS OF THE CONFERENCE

Plenary:  
**Not languishing but flourishing: the message of positive psychology on ageing**  
Dr. Ágota Kun PhD. habil.

**Insights into the lived experience of Long-Term Care and End-of-Life Transitions in Malta**  
Dr. Christian Borg Xuereb PhD.

Session 1. :  
**Culture on Prescription in Portugal: cultural experiences promoting health in lonely people and older adults**  
Juliana Loureiro, Carina Dantas, Natália Machado, Jana Eckert

Session 2. :  
**A Metaphor Analysis on Students' Perceptions of elderly living in nursing home**  
Dr. Emel Bahadır Yılmaz

**Skills and abilities of elderlies**  
Dr. Katalin Papp

Session 3. :  
**Narratives of Senior Social Entrepreneurship in the Silver Economy"**  
Dr. Andrzej Klimczuk

**Befriending Services for the Elderly**  
Dr. Anikó Panna Tóth

Session 4. :  
**A comparative analysis of the community-based care and program for the elderly in the Seychelles and Mauritius Islands**  
Vivienne Alexandra Sharri Lesperance

**Trends of smoking and alcohol consumption after acute myocardial infarction – a gerontological meta-analysis.**  
Dr. György Jóna

Session 5. :  
**Competitive attitudes and psychological and somatic health in old age**  
Prof. Dr. Márta Fülöp, DSc



Dr. habil Móri Marianna  
A Konferencia Tudományos Bizottságának elnöke  
Debreceni Egyetem Egészségtudományi Kar

Christian Borg Xuereb | Head of Department  
PhD (Aston), MSc Health Psychol (Aston), BPsy (Hons) (Melit)  
Health, Academic & Research Psychologist (MPPB130)

Department of Gerontology  
& Dementia Studies  
Faculty for Social Wellbeing  
University of Malta



Dr. habil Marianna Móri  
Chair of the Scientific Committee of the Conference  
debrecen  
Faculty of Health Sciences University of Debrecen



# **Gerontology Days 2024.**

**10 (Hungarian)  
11 (English-online)  
October 2024**

# AGE Hungary

AGE Hungary held  
its kick off meeting  
on 12 October  
2023.



# The assistant lecturer of the Department of Gerontology introduces herself: Mrs Ivett Stumpf-Tamás



My name is Ivett Stumpf-Tamás, and I will be working as an assistant lecturer at the Department of Gerontology from July 2023.

I am currently a second-year doctoral student at the Károly Ihrig Doctoral School of Economics and Organizational Sciences at the Faculty of Economics of the University of Debrecen. My research topic: Leadership and organizational development, leadership recruitment in organizations helping to preserve the mental health of the elderly.

At the faculty, I teach the following subjects, among others, such as Social Work Practice I-IV, Social Work Knowledge I-II, Social Work I, Social Work V, Sociology I, Introduction to EU Studies, Economics.



# The demonstrator of the Department of Gerontology introduces himself: Mr. Climson Lamyong Balangue



Climson Lamyong Balangue, a Filipino currently studying for his MSc in Social Work in Health Care at the University of Debrecen, combines his practical experience and academic pursuits to contribute to the field of social work.

With a background as a nurse and social work practitioner, Mr. Balangue has dedicated the past decade to serving underprivileged populations in the Philippines. He is passionate about research in areas such as aging, migration, gender studies, and community development.

In his free time, he enjoys immersing himself in nature and different cultures.

# International activity

## HOMeAge project EU Horizon

## Ireland Dr. Katalin Papp

Katalin Papp, currently a lecturer in the Department of Gerontology and a retired associate professor at the Faculty of Health Sciences, has visited Ireland.

The Advancing Research and Training on Ageing, Place and Home - HOMeAGE project is part of a winning Horizon Europe project involving institutions from 13 countries.

The programme is part of the implementation of the HomeAge application. It aims to map home conditions for older people in several European countries. This involved, among others, active older people from the member countries and 12 PhD students as young researchers and their mentors.

The second meeting of the 2-year project was held in person at the University of Galway, Ireland, 17-20 October 2023. The Hungarian member of the Reference Group is Katalin Papp Dr., lecturer at DE ETK.

In addition to the presentations by the Reference Group members, the young researchers also presented the aims and methods of their chosen research topic. It is a great pride for DE ETK that the MSc in Health Social Work student Roaa Shaaban from Syria, who graduated in June 2023 and is now pursuing her doctoral studies at the University of Frankfurt, was also selected as one of the project implementers.

Katalin Papp is also member of the Editorial Board of the Hungarian Gerontology Journal and AGE Hungary, the MESZK (Hungarian Chamber of Health Care Professionals)- Secretary for External Relations and founding member of the European Transcultural Nursing Association, ETNA.



# International activity

Erasmus+  
teacher mobility

Malta  
Dr. Ágnes Bene



The Department of Gerontology and Dementia Sciences at the University of Malta, Msida Campus, is where lecturer Ágnes Bene spent her ERASMUS+ teaching mobility in the autumn semester. Besides giving lectures and practical training to the students of the Master of Gerontology course, she was also involved in the life of the Department.

The seminar on the ethics of dementia, organised by Care Malta and the University of Malta on 28.10., was given by Professor Chris Gastmans from the University of Leuven.



# International activity

The European Economic and Social Committee (EESC), which assists the European Parliament, the Council and the Commission, has invited experts in gerontology to Madrid to support the Spanish EU Presidency's work on demographic issues.



The European Economic and Social Committee (EESC)

There were three Hungarian participants in the joint work, of whom Ágnes Bene, a lecturer at the Department, participated in the preparation of the AGE Barometer 2023, which summarises the involvement of older people in the EU labour market for sustainable and quality work.



Spain  
Dr. Ágnes Bene

**AGE Barometer 2023-EU**

**The European Economic and Social Committee (EESC)**



# Workers' physical activity programme



## SENIOR JOY DANCE

It will continue again  
from February 2024  
the dancer worker  
movement program  
at the Zilahi gallery!

Dates coming soon.

Debreceni Egyetem  
Egészségtudományi  
Kar

Nyíregyháza

**Dolgozói mozgásprogram**

**Szenior Örömtánc**  
**Nem csak**  
**szenioroknak!**  
Mozgás - Öröm  
Agytorna

Várjuk a  
mozogni vágyó  
kedves  
Kollégákat

szerdánként  
11:00-től  
és  
csütörtökönként  
14:00-től  
a Zilahi Karzatán!

**INGYENES**

Prof. oktatók: Ria, Magdi, Anikó

**Időpont ellenőrzés:**



2. Spatial planning for plants in your home
3. Design a garden in your home to maintain a balance of life

# Academy for the Elderly in Eastern Hungary 1st semester 2023/2024

We ended another  
successful semester.  
Thanks to the students,  
speakers and partners!

# Szolnok

Szolnok Megyei Jogú Város Önkormányzata és  
a Debreceni Egyetem Egészségtudományi Kar szervezésében

 **SZOLNOK**  
A TISZA FŐVÁROSA

**KELET-MAGYARORSZÁGI  
SZÉPKORÚAK  
AKADÉMIÁJA**  
SZOLNOKON 2023. ősz

**Szeptember 21. 14:00 óra**  
**Duró Péter** (életmód tanácsadó, személyi edző  
- DUROFIT, baseball edző - Debrecen Tigers)  
Az egészséges életmód időskorban,  
mozgásszegény életmód  
következményeinek megelőzése

**Október 5. 14:00 óra**  
**Baranyiné Fodor Zsuzsa** (rendőr őrnagy,  
Jász-Nagykun-Szolnok Vármegyei Rendőr-főkapitányság)  
**Koncz Ilona** (klinikai és pedagógiai szakpszichológus)  
„Miért dőlünk be?” - az online csalások el-  
követési módszerei és pszichológiai háttere

**Október 19. 14.00 óra**  
**Radics Tamás** (túravezető, fotográfus, geológus)  
Magashegyi túrák a Kárpátok  
ismeretlen ormain

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5000 Szolnok, Hild János tér 1.  
[szepkoruakakademiaja.szolnok.hu](http://szepkoruakakademiaja.szolnok.hu)

**November 2. 14.00 óra**  
**Nagy-Bana Zsanett** (Mentálhigiénés Prevenció Specialista,  
Időügyi Interaktív Élet-Út Tanácsadó "Memória Követ")  
Az egészséges életmód alappillérei  
A lelki egészség jelentősége

**November 16. 14.00 óra**  
**Lits László** (üzgyvezető igazgató, Városüzemeltetési Kft.)  
Városi terek - élhető város minden  
korosztálynak Szolnokon

**November 30. 14.00 óra**  
**Barláné Kulánda Krisztina** (múzeumpedagógus,  
Damjanich János Múzeum, Közönségkapcsolatok Osztály)  
Élethosszig tartó tanulás és a lelki egészség  
megőrzése a múzeum segítségével

**A részvétel ingyenes!**







University of Debrecen  
Faculty of Health Sciences



Dr. habil. Marianna Móré  
Head of Department  
DE ETK Department of  
Gerontology  
Dean  
DE ETK

*We wish you a successful  
New Year!*

