

CURRICULUM VITAE
Abigail Lynne (Johnson) Helsinger, MS

CONTACT INFORMATION

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EDUCATION

Miami University, Oxford, Ohio (2001 – 2003)
Master of Science in Exercise and Health Studies
Interdisciplinary Specialization in Aging

Miami University, Oxford, Ohio (1997 - 2001)
Bachelor of Science in Health and Sport Studies
Minor in Gerontology
Emphasis in Healthy Aging

CERTIFICATIONS

Organizational Leader, YMCA of the USA
Experience Storytelling Trainer, YMCA of the USA
Living Our Cause Experience Trainer, YMCA of the USA
Diabetes Prevention Program Trainer, YMCA of the USA
Increased Mastery and Professional Application of Coaching Theory, USA Volleyball

POSITIONS

Senior Research Associate – Miami University, Oxford Ohio

Discovery Center for Evaluation, Research, & Professional Learning

July 2022 - Present

Scripps Gerontology Center

February 2020 – June 2022

- Serves on research teams as project manager and/or research associate and/or subject matter expert
 - Participates in project conceptualization and research design
 - Manages projects to ensure all deadlines and deliverables are met
 - Conducts literature reviews and web scans
 - Recruits and manages project participants
 - Collects, manages, and analyzes data
- Provides support and mentorship of graduate and undergraduate students
- Produces reports, presentations, and manuscripts for academic, public policy, and practice audiences

- Served on the Department's Human Environment Committee to support a culture of support and camaraderie amongst staff members, researchers, and faculty

Technical Advisor

September 2013 – November 2019

YMCA of the USA, Chicago, Illinois

- Managed cohorts of local YMCA staff in support of capacity building and new program implementation efforts of Evidence-based Health Interventions (EBHI) such as diabetes and falls prevention, hypertension, obesity, arthritis, and cancer management
- Ensured quality outcomes by supporting YMCA associations working on chronic disease prevention programs around adherence to strict standards, contract terms, grant deliverables, and other performance requirements
- Served on team managing \$4.75 million grant from the CDC
- Captured learning to identify gaps in available tools and resources and created and/or edited/updated existing resources to fill those gaps
- Provided timely, on-demand support to internal and external stakeholders, including payers, funders, health care provider partners, and YMCA staff
- Delivered evaluation and communication tools and strategies to ensure quality delivery of programs and services
- Trained front-line staff and trainers to deliver EBHI programs true to quality and fidelity standards, scoring 4.5 out of 5 on post-training evaluation survey related to facilitation and meeting learning objectives

Diabetes Prevention Director; Health and Wellness Director

October 2005 – September 2013

YMCA of Greater Dayton, Dayton, Ohio

- **Diabetes Prevention Director**, Association Services Office (2010 - 2013)
 - Implemented the YMCA's Diabetes Prevention Program (one of the first 7 Ys in the country to offer)
 - Supervised and evaluated team of 10 Lifestyle Coaches to ensure program success and fidelity
 - Served on Montgomery County Diabetes Coalition and led Community Advisory Board committee
 - Built community collaborations and partnerships through participation in regular speaking events, health fairs, and screening events
 - Advised YMCA Leaders Club and teen events, serving in regional leadership roles
- **Health and Wellness Director**, Preble County YMCA branch (2005 - 2010)
 - Directed all health and wellness programming including fitness center and land and water aerobics
 - Oversaw nursery services staff
 - Supervised approximately 50 part-time staff members
 - Wrote and distributed bi-monthly newsletter
 - Grew revenue-generating fitness programs such as Personal Training
 - Managed branch Silent Auction, growing fundraising proceeds from \$1800 in 2006 to \$5500 in 2009
 - Planned, advertised, and oversaw various special events such as 5K race and Healthy Kids Day, and served as branch representative for numerous committees

Women's Head Volleyball Coach

June 2000 – December 2005

Miami University Middletown, Middletown, Ohio

- Planned and led all practices and conditioning sessions for university athletes
- Captured Ohio Regional Campus Conference state championship

Program Director

October 2004 – October 2005

Great Miami Valley YMCA, Hamilton, Ohio

- Planned and oversaw all youth and adult exercise and sport programs
- Advised the YMCA Leaders Club, a teen development program
- Successfully planned the Golf Classic event which netted approximately \$15,000 for Partners with Youth
- Served as branch leader in absence of Interim Executive Director

Activity Director

October 2003 – October 2004

Heartland of Eaton, Eaton, Ohio

- Oversaw all daily and special activities for residents in rehabilitation and long-term care units
- Documented resident care per state requirements; attended nursing rounds and resident care meetings

Adjunct Instructor – Drugs and Society; Strength Training

August 2003 – December 2003

Miami University Hamilton, Hamilton, Ohio

- Developed lesson plans for and carried out all teaching requirements for assigned courses

RESEARCH

Institute of Education Sciences. *Improving the Education and Labor Market Outcomes of Students in Sub-baccalaureate Postsecondary Institutions: What Can We Learn from Ohio's System of Public Career and Technical Centers?* (Research Associate), July 2020 – June 2023 (served February 2021 – Present).

RRF Foundation for Aging. *Enhancing Caring Communities: Assisting Locally Funded Programs in Improving Support and Services to Family and Friend Caregivers* (Project Manager, Research Associate), January 2022 – December 2023 (served January 2022 – June 2022).

Administration for Community Living. *Expansion of Dementia-Capable Communities within Urban and Rural Settings in Ohio using Evidence-Based and Informed Programming* (Research Associate), August 2020 – July 2023 (served January 2021 – June 2022).

Institute of Education Sciences. *Literacy, Numeracy and Problem-Solving Skills in Technology-Rich Environment in the STEM-related Sub baccalaureate Programs in the United States* (Research Associate), July 2020 – June 2023 (served July 2020 – June 2022).

Administration for Community Living. *Creating a Dementia-Capable Community in Northwest Ohio through the Expansion of Supports and Services* (Research Associate), September 2018 – September 2022 (served January 2021 – June 2022).

Sloan Research Network on Aging & Work. *Analyzing the Experiences of Older Workers at the Intersection of Gender and Race during the COVID-19 Pandemic in the U.S.* (Research Associate), March 2021 – November 2021.

RRF Foundation for Aging. *Building Evidence for the Our Family, Our Way Communication and Care Coordination Process for Caregiving Families* (Research Associate), January 2020 – October 2021 (served February 2020 – October 2021).

Institute of Education Sciences. *A Mixed-Methods Study of Middle-Aged and Older Adults: Lifelong Learning, Skill Proficiencies, and Employment in the U.S. and Selected OECD Countries* (Project Manager, Research Associate), July 2017 – June 2021 (served February 2020 – June 2021).

Greene County Council on Aging. *The Older Adult Population of Greene County Ohio* (Project Manager, Research Associate), November 2020 – January 2021.

Ohio Department of Higher Education. *Ohio Population Project (part of the Ohio Long-Term Care Research Project)* (Project Manager), March 2020 – December 2020.

PUBLICATIONS – Journals

Dikhtyar, O., **Helsing, A.**, Cummins, P., & Hicks, N. (2021). Adult education and the impacts of the COVID-19 pandemic: An international perspective. *Widening Participation and Lifelong Learning* 23(1), 201-210. <https://doi.org/10.5456/WPLL.23.1.201>

Punksungka, W., Yamashita, T., **Helsing, A.**, Karam, R., Cummins, P., & Kramer, J. (2021). Re-examining adult education and training participation by education, literacy, gender, and race/ethnicity in the U.S. *Journal of Adult and Continuing Education*. <https://doi.org/10.1177/14779714211049261>

Yamashita, T., Punksungka, W., Van Vleet, S., **Helsing, A.**, & Cummins, P. (2021). Experiences of Older Adults During the 2020 COVID-19 Pandemic in the United States: An Initial Exploration of Nationally Representative Data at the Intersection of Gender and Race. *Journal of Applied Gerontology* 41(3), 619-627. <https://doi.org/10.1177/07334648211048258>

Van Vleet, S., Cummins, P., **Helsing, A.**, Yamashita, T. (2022). Social trust, economic inequality, and lifelong learning: A comparison of the U.S. and Nordic countries. *Social Indicators Research*. Under review.

Narine, D., Yamashita, T., Punksungka, W., **Helsing, A.**, Kramer, J., Karam, R., & Cummins, P. (2022). Volunteering, educational attainment, and literacy skills among middle-aged and older adults by racial and ethnic groups in the U.S. *The Gerontologist*. Under review.

Helsing, A., Cummins, P., & Yamashita, T. (2022). Engaging low-skilled adults in education and training: Exploring participation rates, challenges, and strategies. *Widening Participation in Lifelong Learning*. Under review.

PUBLICATIONS – Proceedings

Helsing, A., Hicks, N., Cummins, P., & Yamashita, T. (2020, June). Domestic and international perspectives on implementing alternatives to financing lifelong education. In J. P. Egan (Ed.), *Proceedings of the Adult Education in Global Times conference*. "Ottawa, ON: Canadian Association for the Study of Adult Education." (ISBN 978-0-920056-53-0). https://edst-educ.sites.olt.ubc.ca/files/2020/06/aegt_proceedings_upload.pdf. ERIC ID: 607757.

Helsing, A., Hicks, N., Millar, R., Girling, L., Cummins, P., & Yamashita, T. (2020). Practical guidance in identifying, recruiting, and interviewing international key informants in adult education research. *Proceedings of the American Association for Adult and Continuing Education 2020 Conference*. <https://files.eric.ed.gov/fulltext/ED611640.pdf>

Helsing, A., Cummins, P., & Yamashita, T. (2020). Missing the mark: Exploring participation rates and challenges to engage low-skilled adults in education and training. *Commission for International Adult Education*. Council for International Adult Education's annual conference.

PUBLICATIONS – Research Reports

Nelson, I. M. & **Helsing, A.** (2021). *The Older Adult Population of Greene County Ohio*. Scripps Gerontology Center, Miami University.

PRESENTATIONS AND POSTERS

Heston-Mullins, J., **Helsing, A.** (2022, July 10-13). *Communication and Care Coordination Resources for Caregiving Families* [Workshop]. 2022 USAging Conference and Tradeshow.

Regele, M., Woodruff, S., **Helsing, A.**, Dixon, M., Cummins, P., & Bahr, P. R. (2022, April 20-26). *Redefining flexibility: Intensity, choice, and outcomes for adult learners* [Paper presentation]. American Educational Research Association 2022 Annual Meeting.

Punksungka, W., Yamashita, T., **Helsing, A.**, Kramer, J., Cummins, P., & Karam, R. (2022, April 20-26). *Re-examining adult education and training participation by education, literacy, gender, race, and ethnicity in the U.S.* [Paper presentation]. American Educational Research Association 2022 Annual Meeting.

Yamashita, T., Punksungka, W., **Helsing, A.**, Kramer, J., Karam, R., & Cummins, P. (2022, April 20-26). *Civic Engagement by STEM background and basic skill proficiencies among adults in the U.S.* [Paper presentation]. American Educational Research Association 2022 Annual Meeting.

Punksungka, W., Yamashita, T., Narine, D., Karam, R., Kramer, J., **Helsing, A.**, & Cummins, P. (2022, April 6-9). *A look at digital problem-solving skill and measures of civic engagement using PIAAC data* [Paper presentation]. Southern Sociological Society 2022 Annual Meeting.

Helsing, A., Dikhtyar, O., Cummins, P., & Hicks, N. (2021, November 10-13). *Domestic and international perspectives on financing adult education and training* [Paper presentation]. The Gerontological Society of America Annual Scientific Meeting. <https://www.gsa2021.org/>

Shadovitz, S., **Helsing, A.**, & Cummins, P. (2021, November 10-13). *Challenges to engage low-skilled adults in education and training: An international perspective* [Paper presentation]. The Gerontological Society of America Annual Scientific Meeting. <https://www.gsa2021.org/>

Dikhtyar, O., **Helsing, A.**, Cummins, P., & Hicks, N. (2021, November 10-13). *An international perspective on the impacts of COVID-19 on adult education and training* [Paper presentation]. The Gerontological Society of America Annual Scientific Meeting. <https://www.gsa2021.org/>

Van Vleet, S., Cummins, P., & **Helsing, A.** (2021, November 10-13). *Social trust, literacy, and lifelong learning: A comparison of the U.S. and Nordic countries* [Poster presentation]. The Gerontological Society of America Annual Scientific Meeting. <https://www.gsa2021.org/>

Yamashita, T., Punksungka, W., Van Vleet, S., **Helsing, A.**, & Cummins, P. (2021, November 10-13). *Intersections of gender and race among older workers during the COVID-19 pandemic* [Poster presentation]. The Gerontological Society of America Annual Scientific Meeting. <https://www.gsa2021.org/>

Punksungka, W., **Helsing, A.**, & Cummins, P. (2021, October 6-7). *Skill use patterns in the STEM and non-STEM occupations in the U.S.* [Workshop]. The National Council for Workforce Education Conference, Tucson, AZ, United States. https://www.ncew.org/page/2021_conference

Cummins, P., **Helsing, A.**, & Davis, R. (2021, October 6-7). *Training and retraining direct care health staff: Models that work* [Workshop]. The National Council for Workforce Education Conference, Tucson, AZ, United States. https://www.ncew.org/page/2021_conference

Woodruff, S., Marlow, J., Cummins, P., & **Helsing, A.** (2021, October 6-7). *Structuring flexibility: Intensity, choice and outcomes for adult learners* [Workshop]. The National Council for Workforce Education Conference, Tucson, AZ, United States. https://www.ncew.org/page/2021_conference

Punksungka, W., Yamashita, T., **Helsing, A.**, Karam, R., Cummins, P., & Kramer, J. (2021, August 24). *Lifelong learning, gender, and race/ethnicity – a short study report.* [Video Presentation]. YouTube. <https://www.youtube.com/watch?v=zLs6kF6A1CA&t=1s>

Helsing, A., Hicks, N., Cummins, P., & Yamashita, T. (2021, June 4-6). *Domestic and international perspectives on implementing alternatives to finance lifelong education* [Roundtable discussion]. Adult Education in Global Times International Research Conference. <https://edst.educ.ubc.ca/aegt2021/>

Helsing, A., Cummins, P. C., & Van Vleet, S. C. (2021, June 4-6). *Strategies to provide learning opportunities to low-skilled adults* [Roundtable discussion]. Adult Education in Global Times International Research Conference. <https://edst.educ.ubc.ca/aegt2021/>

Punksungka, W., Yamashita, T., Karam, R., Cummins, P., Kramer, J., & **Helsing, A.** (2021, May 11-18). *Basic skills in U.S. sub baccalaureate STEM programs* [Video presentation]. STEM for All Video Showcase. <https://stemforall2021.videohall.com/>

Van Vleet, S. C., Shadovitz, S., & **Helsing, A.** (2021, April 14-16). *An international perspective on barriers to engage in lifelong learning among adult learners* [Paper presentation]. Ohio Association of Gerontology and Education Annual Conference. <http://oage.org/conferences/conference-info-oage-ohio-university-2021>

Helsing, A., Dikhtyar, O., Cummins, P., Young, M., Hicks, N., & Yamashita, T. (2020, November 4-6). *Barriers to engage low-skilled adults in educational opportunities: A global perspective* [Poster presentation]. The Gerontological Society of America Annual Scientific Meeting.

Hicks, N., **Helsing, A.**, Cummins, P. A., & Yamashita, T. (2020, October). *Identifying malleable barriers to engage underserved minority middle-aged and older adult learners in educational opportunities* [Webinar]. The Gerontological Society of America Annual Scientific Meeting.

Cummins, P., Yamashita, T., Copeland, W., & **Helsing, A.** (2020, October). *Job training for adults without credentials: Models that work* [Workshop]. The National Council for Workforce Education Conference.

Yamashita, T., Roswarski, T., Cummins, P., & **Helsing, A.** (2020, October). *Job automation in the U.S.: How are we preparing?* [Workshop]. The National Council for Workforce Education Conference.

Helsing, A., Hicks, N., Cummins, P., & Yamashita, T. (2020, October). *Practical guidance in identifying, recruiting, and interviewing international key informants in adult education research*. American Association for Adult and Continuing Education Annual Conference.

Yamashita, T., Cummins, P., & **Helsing, A.** (2020, October). *Basic skills and educational attainment in relation to motivation to learn among the U.S. workers*. American Association for Adult and Continuing Education Annual Conference.

INVITED PRESENTATIONS

Heston-Mullins, J., Buschbacher, J., & **Helsing, A.** (2021, November) *Evaluation of Dementia-Capable Community Efforts: Strategies and Lessons Learned in the COVID-19 Pandemic* [Webinar]. Scripps Gerontology Center, Miami University.

Helsing, A., Van Vleet, S., Cummins, P. A., & Yamashita, T. (2020, November). *Strategies to engage marginalized adults in education* [Webinar]. Boston College, Social Work, Center on Aging & Work.

EDUCATION, TRAINING, AND FACILITATION

YMCA's Diabetes Prevention Program

- Led Lifestyle Coach Certification – 32 sessions from 2013 – 2018
- Led Lifestyle Coach Trainer Certification – 5 sessions from 2016 – 2018
- Led Lifestyle Coach Faculty Certification – October 2017, Dayton, OH

YMCA's Blood Pressure Self-Monitoring Program

- Led Healthy Heart Ambassador Online Instructor Certification – 2 sessions from 2017 – 2018
- Led Healthy Heart Ambassador Instructor Certification – August 2019, Harrisburg, PA
- Led Healthy Heart Ambassador Instructor Trainer Certification – August 2019, Harrisburg, PA
- Led Healthy Heart Ambassador Instructor Knowledge and Skills Certification – October 2019, Chicago, IL

Healthy Weight and Your Child

- Led Leader Certifications – 8 sessions from 2018 - 2019

SERVICE

Miami University, Institute for Learning in Retirement (2020 - 2022)

Board Member, ex officio

Lakengren Homeowner's Association, Financial Planning Committee (2020 - Present)

Committee Member

Lakengren Homeowner's Association, Elections and Nominations Committee (2018 - Present)

Committee Member

Borderline Junior Volleyball Club (2013 – present)

Board Member

HONORS AND AWARDS

YMCA Rookie of the Year (2005)

MEMBERSHIPS

American Educational Research Association

Gerontological Society of America

National Council for Workforce Education

Sloan Research Network on Aging & Work

