

GERONTOLOGY



Fall 2016, Volume 7

Department of Family & Consumer Sciences

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Message From the Program Director



Dr. Maria Claver, PhD, MSW, CPG

As I write this, my first "Message from the Program Director," I am in New Orleans at the GSA conference in the opening plenary session. I am surrounded by colleagues in the field of aging from all over the WORLD. There is something about being amongst thousands of people who have dedicated their careers to issues pertaining to older adults and aging. These people are my "tribe," to use a term in *Blue Zones*, because I know I belong here. My vision for the CSULB Gerontology Program is that it should be a safe place where you belong; a place where you can challenge your assumptions, stretch your boundaries and find your niche within this field to better the lives of older adults, aging adults, their families, communities and the systems that address the needs. You all have something to contribute and the CSULB Gerontology Program aims to give you the tools to do that... to teach, to council, to create, to heal, to advocate... This has been an exciting semester, partly because we welcomed Dr. Tara Gruenewald to our team. Lastly, I want to thank my Gerontology and FCS colleagues for making my transition into this new role a smooth one.





Meet our newest faculty member, Dr. Tara Gruenewald . . .



Dr. Tara Gruenewald, PhD, MPH

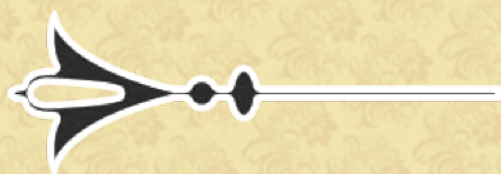
Hello! In this season of giving thanks, I want to say how thankful I am to be joining the CSULB Gerontology family. I have had such a warm and welcoming introduction to The Beach. It has been a wonderful fall of making new friends among the students, faculty, staff, and our many collaborators in the community. Thank you for your collegiality!

I come to CSULB from a diverse history of training and work in California universities. I completed my undergraduate training in Psychobiology at the University of California, Davis. Go Aggies! I then went on to graduate work in Health and Social Psychology at the University of California, Los Angeles. Go Bruins! I also pursued additional postdoctoral training in Public Health at UCLA in the areas of Health Services and Health Policy. It was during this time that I also began a career in aging through a Career Development Award from the National Institute on Aging of the National Institutes of Health. I conducted aging research as a Research Scientist for five years in the UCLA School of Medicine in the Division of Geriatrics before heading to the University of Southern California where I also served as a faculty member in the Leonard Davis School of Gerontology for five years. This fall, I brought this diverse training and experience to the CSULB Gerontology Program where I hope to contribute to the education of many future generations of gerontological scholars and practitioners. Go 49ers!

I have a long history of education in the field of aging, including participation in innovative teaching models, the development of gerontology curriculum and degree programs, and leadership in professional organizations devoted to advancing gerontology and geriatrics education and training. I have been busy over the past year as Co-Chair of the 2016 Program Committee for the Gerontological Society of America. We just had a very successful conference in New Orleans of over 5,000 researchers, educators, and practitioners in the field of aging. I have also been busy as the acting President of the California Council on Gerontology and Geriatrics. We had an informative annual meeting in October in Sacramento where a number of our students presented posters. I am thrilled that we will hold our 2017 annual meeting on the CSULB campus! Watch for our upcoming meeting communications and plan on attending on April 28th.

I look forward to connecting with Gerontology alums and friends of the program in the coming years. One arm of my research investigates how in giving to others we give to ourselves. So I hope you will engage in some self-nourishment by connecting with our program and helping us maintain a healthy network of practitioners and scholars in the field of aging.

With warmest regards, Dr. G





Greetings from the Center for Successful Aging!

The CSULB Center for Successful Aging was established in 1993 to bring together scientists, educators and practitioners in the field of aging in the CSULB community. Throughout its long history, the Center has served as a hub of research and programs in Gerontology at CSULB. As the new Interim Director of the Center, I look forward to contributing to the scientific, educational, and community-building missions of the Center.

I am happy to announce that we will be instituting two new grant-supported research projects under the Center. Both are grants from the National Institute on Aging of the National Institutes of Health, awarded as subcontracts from the University of Southern California (NIA/NIH R01 AG-056163 & R01AG054068). One will support the development of a new cohort study of aging, the *Project Talent Aging Study*. The original Project Talent study began with over 400,000 high school students across the U.S. in 1960. Over the last few years, researchers from over a dozen institutions across the U.S., including the American Institutes for Research in Washington, D.C., Johns Hopkins University, Columbia University, Syracuse University, the University of Rochester, Brown University, UCLA, USC, the University of Colorado, and now CSULB, have been engaged in an effort to launch a longitudinal follow-up of a large subset of the original Project Talent participants. We plan on surveying approximately 14,000 of the original cohort of participants. This group, now in their early 70s, will be asked to complete a mail survey as well as performance-based assessments of their cognitive function via the web or a tablet computer. An important goal of the Project Talent Aging Study is to understand how early life conditions, as well as life course educational, occupational and other experiences, are linked to cognitive function in older adulthood. Stay tuned for news of our launch next spring and study findings in the years to come. A second grant at the Center will study the related topic of the role of psychological and social factors in explaining place-based disparities in cognitive impairment and dementia in female participants in the Women's Health Initiative Memory Study. The Center for Successful Aging is excited to house both of these important projects which are designed to identify the factors that affect cognitive vitality in later life.

We look forward to growing the Center into a vibrant home for aging research on campus and a central hub of connection for those in the aging education and service worlds. Please feel free to reach out to us with ways in which you might contribute to the Center's mission.

Tara Gruenewald, PhD, MPH

Interim Director, Center for Successful Aging

Associate Professor of Gerontology





Sigma Phi Omega/Gerontology Academic and Honor Professional Society (GAHPS) at CSULB

By: Elena Ionescu, MS Gerontology/ GAHPS Faculty Advisor

The beginning of the Fall 2016 semester marked a new chapter for our Gerontology Academic Honors and Professional Society (GAPHS). With Miriam Henan passing the presidential gavel to Gabriela Sedano and with a new Directory Board in place, our GAHPS members kept busy with various activities.

In September, we met and proposed the semester's agenda, and we held our first general meeting for the academic year of 2016-2017. In October, we were busy securing Associated Students, Inc. (ASI) travel funds for our members to attend the California Council on Gerontology and Geriatrics (CCGG) 36th Annual Meeting in Sacramento. (At CCGG our GAHPS members presented a poster about the positive impact our Gerontology Student Organization has made in our community!). October also brought with it the opportunity to advocate for a noble cause: "Walk-to-End-Alzheimer's." We marched in Long Beach, CA and raised awareness in our community about the devastating effects Alzheimer's disorder can bring to our families and to our communities. In November, we joined CSULB's Homecoming and presented to CSULB as an age-friendly campus through our programs: Gerontology Program, Osher Life Learning Institute (OLLI), and Center for Successful Aging. In December, besides stressing over final exams, we will make our priority those in need. This year, we are partnering up with a local community organization called HOPE to reach hearts in desperate need by collecting canned food, socks, and blankets for a Mexico Outreach Christmas event.

Want to find out more about our upcoming events? Want to socialize, to network, to build your resume, and to give back to your community? Get involved today and create a better day for tomorrow. Email us at spo.gaphs@gmail.com or elena.ionescu@csulb.edu and become a part of our family; be part of the gerontological movement!

From our GAPHS family to yours:

We wish you a joyous, happy, and holiday season filled with magical moments!



2016 Annual CCGG highlights- Gabriela Sedano, MSG(c)



October 28, 2016 was the day when Californian Gerontologists gathered in Sacramento for the 36th Annual Meeting of the California Council on Gerontology & Geriatrics (CCGG). The addressed theme of this year's meeting, "Fostering Active & Purposeful Aging: A California Journey," provided attendees with informative and interactive sessions. The keynote speakers Lora Connolly, MS (Director, California Department of Aging), Paul Downey (President and CEO, Serving Seniors Chair, California Commission on Aging), Sarah S. Steenhausen, MS (Senior Policy Advisor, The SCAN Foundation), Mike Mowery, JD (National Director, Encore Fellowships Network), Kenneth Larson, MPA (American Leadership Forum Senior Fellow Board Member, Placer Community Foundation), and Maureen Kellen-Taylor, PhD, MA (Regner8tion Consulting) advanced the audience's understanding of the importance of working together in order to succeed in the vision of creating opportunities for our seniors in living longer, healthier, and happier lives.

As a student it was a time to learn from the Californian gerontological field's professionals about the real life problems that seniors are faced with at current times. Learning about new concepts and progressive and innovative programs was intriguing and inspiring. As a first time poster presenter at a state-wide conference, I felt honored to engage in conversations and network with other individuals that want to better the lives of seniors.



Casey Goeller, MS Gerontology/MA Education Technology

For the Fall 2016 semester, I ran a pilot test in two online sections of Gern 400, our capstone class. In our hybrid modality, our students become involved with various service learning agencies, and our past experience with this has been very favorable. In an effort to increase social presence, I added the requirement for my online students to identify an older adult to work with throughout the semester seeking their ideas on the various topics we cover in this comprehensive course. They were asked to use that information in their weekly reflections, and to cite the older adult as a personal communication. As an added benefit, the students were encouraged to ask their older adult mentors to participate with them in the life review assignment.

During the 12th week of the semester, I sent out a short survey to learn how the students were responding to this pilot test. They were asked four questions, and also were given an opportunity to add some comments. Here are the results (N=34):

- Q1. Working with an older adult mentor has been enjoyable
97% of the students rated this as Strongly Agree (67.65%) and Agree (29.41%)
- Q2. Working with my older adult mentor has led to learn more about aging
99% of the students rated this as Strongly Agree (58.82%), and Agree (41.18%)
- Q3. My older adult mentor had valuable information for me
94% of the students rated this as Strongly Agree (55.88%), and Agree (38.24%)
- Q4. I plan to continue to communicate with my older adult mentor or another older adult after this class is over
97.06% said True to this question.

Some comments from the students:

"I can only speak for myself, but I really do not have any older adults in my life that I can speak and trade words with so speaking with Ms. Sandy has been most beneficial! Thank you so much for introducing me to her. I love to gain insights from people directly as it engages me more than a textbook would" (Ms. Sandy is a member of the LifeFit Center on campus, and has volunteered her time).

"I enjoyed the experience as it was an opportunity to connect with my Mother on a deeper level. I am looking forward to working on the Life Review Paper with her."

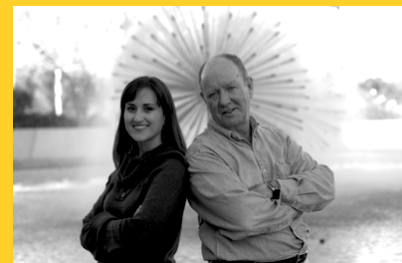
"This has been an enjoyable experience that has taught me more about the older population."

"Having an older adult mentor was a unique way to get first-hand knowledge about issues that are effecting the older population."

"It has been a valuable experience to obtain information from a primary source! It forced me to take culture, age, education level, activity level and language into consideration."

Colleagues from Japan Visit CSULB...

On August 31, 2016, the Gerontology Program hosted three colleagues from gerontology programs in Japan. Dr. Hisae Misawa, Dean of Nursing School of Kanagawa Institute of Technology, contacted our program in hopes we could discuss research collaborations centered around her topic of interest, spirituality and aging. Dr. Misawa had met Casey Goeller, Lecturer for the Gerontology Program, in 2013 when he visited Tokyo to deliver a keynote address. Accompanying Dr. Misawa were Dr. Kiyomi Saguchi, also from the Kanagawa Institute of Technology, and Dr. Tomoko Ikeuchi, from the Tokyo Metropolitan Institute of Gerontology. The day's activities included a research roundtable with presentations from our guests, faculty members and a current Gerontology graduate student, a tour of the LifeFit Center, Lunch and a campus tour. Despite being from different parts of the world, we learned that we have in common a desire to improve the quality of life for older adults by better understanding the connection between spirituality and health promotion. Thank you to everyone that made this visit a success. We look forward to our future collaborations!



Mom's Wishes...

By: Lisa Ikerd-Carradine

I am an older than average student at CSULB. I am working on a BFA in Ceramic Arts. Last semester I had the privilege of taking a Gerontology class taught by Elena Ionescu in order to fulfill one of my capstone requirements. During the course of the class I learned so much about growing older in California and the many options for care that are available. Everything taught helped me understand what my 88 year old mother is going through at this time in her life. On a daily basis I interact with her, my daughter and her new baby. We are four generations dealing with life on a daily basis and enjoying seeing each other often. I work, have a husband, have two grown daughters, and go to my classes for a BFA. Time is at a premium.

My mother always had a sense of purpose and worked most of her life at a professional level. She survived Nazi-occupied Copenhagen during WWII, she moved to the United States after marrying my father, worked in various offices, and later bought her own home after divorcing my father. She always felt that a house was a protective place for her and that she said she would rather die than be in an 'Old people's home', and made me promise to never 'put' her in one. She strongly wanted to 'Live in Place' and have helpers come to her there if needed.

Interestingly enough, I volunteered to do my Service Learning Hours at an Assisted Living Facility nearby. I taught about ten of the residents how to paint for four weeks, and work with clay for three weeks- at three hours a class. I observed happy and socially engaged people learn new skills, I saw friendships form and confidences shared, and saw residents showing self determination by choosing what they wanted to do and how they wanted to interact (with staff, resident, and myself).

The facility itself had a cozy interior decor with flowers, plants and artwork all around. There was a service dog there for friendship, and the



fragrance of freshly baked cookies wafted through the main rooms at least once a day. In Gerontology class I learned that some Assisted Living Facilities were experimenting with an 'Eden Alternative' plan, which makes a facility seem more like home. This was one of them. I was impressed with what I saw every time I was there, and I told my mother.

She expressed an interest in seeing it for herself, so I took her to one of my art classes. She met friendly helpers, nice residents, and a gentle dog very soon after arriving. My mother enjoyed the fact that the attentive residents (from diverse backgrounds) learned together and laughed often. She saw that the staff was always available for any need that arose, and was impressed with how much it seemed like a person's home.

After we returned home, Mom patted me on the back as we hugged and said, "I know I always told you and the family I would never leave this house, but now I feel that if I ever had to go to a place of care, I would like it to be where we just visited." I was amazed she said those words, but I also felt comforted that there were more options for her future care. It may have been comforting to her also to know that she liked that place and that I would help fulfill her desires for the future if she could not. I feel it is a victory over stereotypes and ignorance. My exploration of the whole facility was due to my Gerontology class! Thanks!

References:

The Eden Alternative. (2016). Mission, Vision, Values, Principles. Retrieved from <http://www.edenalt.org/about-the-eden-alternative/mission-vision-values/>

Current Gerontology Students, CSULB



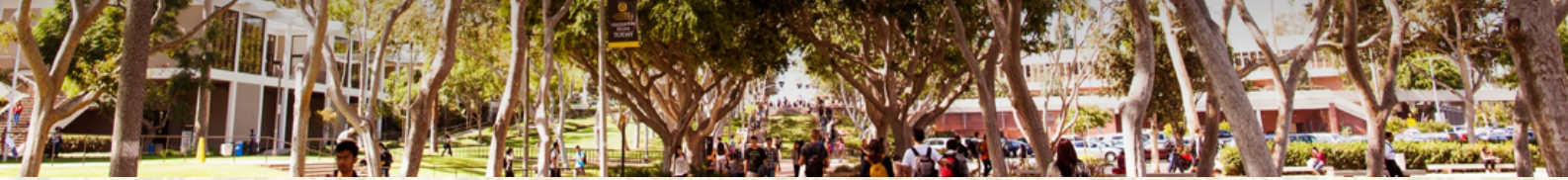
November, 2016: CSULB Homecoming, Long Beach, CA



GAPHS members presenting the CSULB Gerontology Academic Society at CCGG Annual Meeting, Sacramento, CA

"You are never too old to set another goal or to dream a new dream..."

----- C.S. Lewis



The Season for Giving

As you decide on your year-end charitable contributions and holiday gifts, consider giving to the CSULB Gerontology Program. We depend on the generosity of our friends and alumni to support student scholarships, student and faculty professional development activities, research designed to promote healthy, happy and engaged aging, and our many advocacy, volunteer and internship activities in the community. Your tax-deductible donations in any size are greatly appreciated by the CSULB Gerontology community! Thank you for your support.

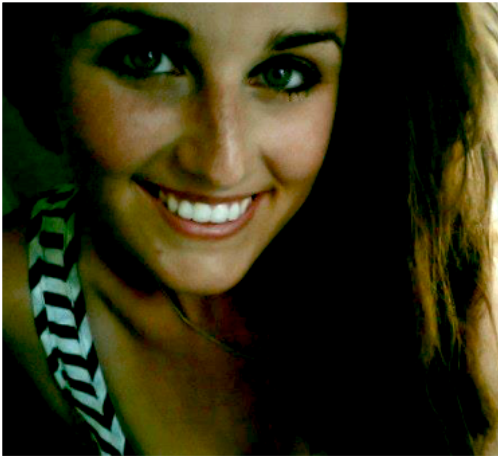
[Click here to support the CSULB Gerontology Program.](#)
Choose “Gerontology Program” as your donation recipient
under the “College of Health & Human Services.”
Thank you!

CSULB’s Gerontology Faculty Interest Group

The Gerontology Faculty Interest Group (GFIG) aims to foster connections among faculty and staff on campus with an interest in aging so that we can promote opportunities for interdisciplinary research, teaching activities, grant-seeking and community engagement.

Membership has continued to grow since it’s revitalization in Fall 2015 and currently includes faculty and staff from several Colleges (Health & Human Services, Liberal Arts, Natural Sciences & Mathematics, Arts) and Centers (Center for Successful Aging, Center for Community Engagement, Ukleja Center for Ethical Leadership, CHHS Advising).

GFIG members have begun to collaborate on interdisciplinary research and teaching endeavors. An academic poster about GFIG was presented at the Association for Gerontology in Higher Education (AGHE) conference in Long Beach, CA in March 2016 and at the UCLA Conference on Aging in May 2016. The poster won an award for one of the best in its category at the UCLA Conference.



Lauren Gelgur, MSG(c)

Hello! For those of you who do not know me, my name is Lauren Gelgur and I am the graduate assistant for the Gerontology Program. I am second semester graduate student who is planning on getting her Masters in the Fall of 2017! I am so excited for this upcoming year and look forward to getting to know each and every one of you a little better! Go Beach!

Important Events in the Gerontology Program

Upcoming Aging-Related Conferences

American Society on Aging (ASA)- March 20-24, 2017- Chicago, IL- www.asaging.org

Association of Gerontology in Higher Education (AGHE)- March 9-12, 2017- Miami, FL- www.aghe.org

California Council on Gerontology and Geriatrics (CCGG)- April 2017- Long Beach, CA- www.ccg.org

IAGG World Congress on Aging- July 23-27, 2017- San Francisco, CA- www.iagg2017.org

Los Angeles Aging Advocacy Coalition 8th Annual Summit on Aging- May 19, 2017, USC www.laaacoalition.org

Save the Date: Gerontology Banquet, May 24, 2017

You are invited! Please save the date for our first annual Gerontology banquet to take place on May 24, 2017, which is the day before the FCS graduation ceremony. The event will take place on the CSULB campus. We will honor graduating masters, certificate and minor students (and celebrate the progress of all students in the program!). Family members and friends are welcome to attend. More details to come.

