

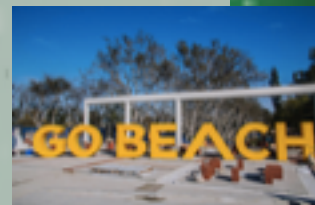
Gerontology Newsletter

California State University, Long Beach
Department of Family and Consumer Sciences

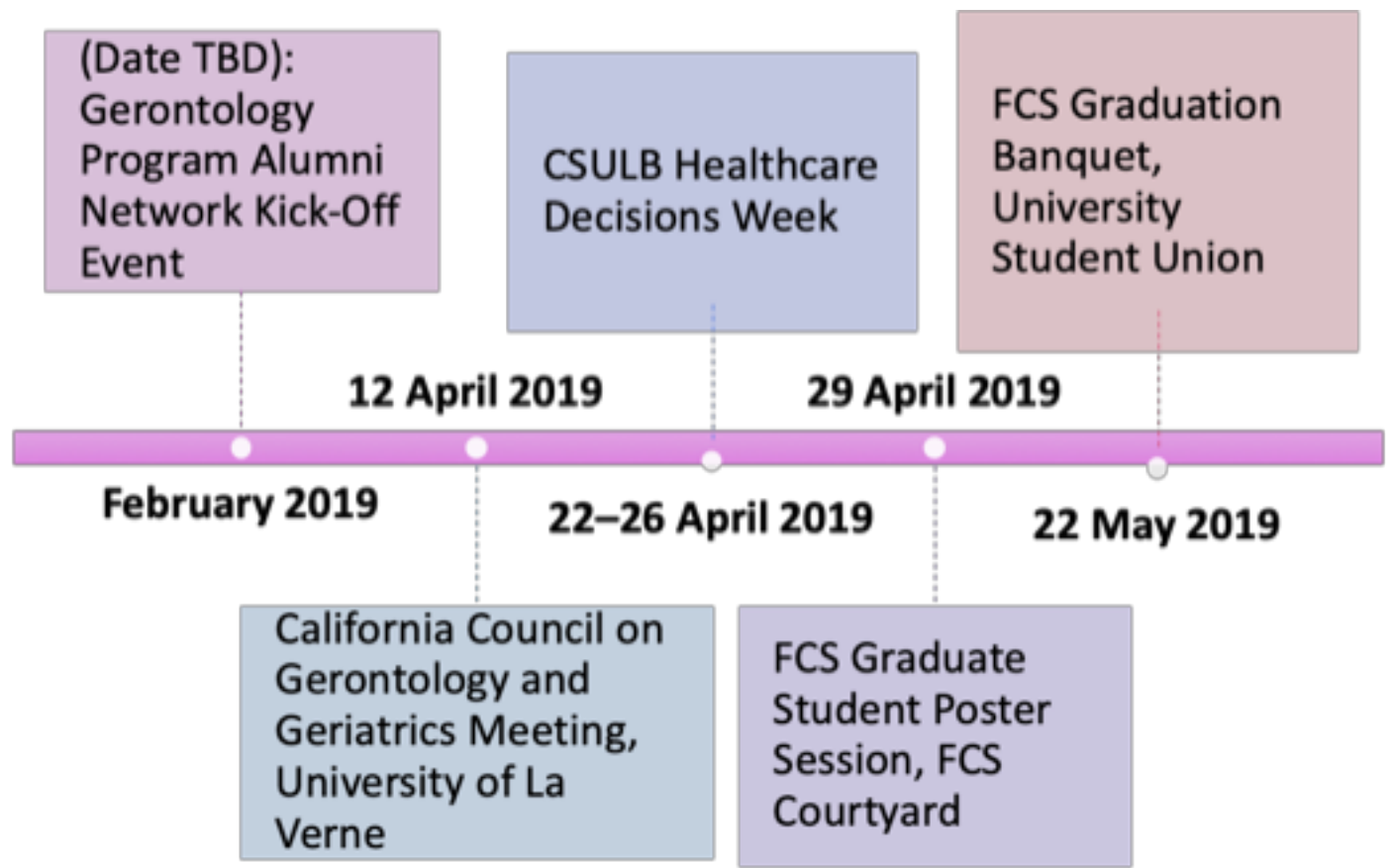
Fall 2018, Volume 11

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Calendar of Events: Spring 2019



CSULB Endorses the Age-Friendly University (AFU)

CSULB has become the third university in the state of California to endorse the Age-Friendly University (AFU) principles and join the AFU Network. By obtaining this designation, our efforts will be recognized globally.

The Age-Friendly University (AFU) principles reflect the work of an international, interdisciplinary team convened at Dublin City University (DCU) to identify the distinctive contributions institutions of higher education can make in responding to the interests and needs of an aging population. The 10 AFU principles have been adopted by a growing number of institutions in Ireland, the U.K., the U.S., Canada, and beyond.

DCU has identified 10 Principles for an Age Friendly University:

1. To encourage the participation of older adults in all the **core activities** of the university, including educational and research programs.
2. To promote personal and career development in the second half of life and to support those who wish to pursue "**second careers.**"
3. To recognize the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Masters or PhD qualifications).
4. To promote **intergenerational learning** to facilitate the reciprocal sharing of expertise between learners of all ages.
5. To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation.
6. To ensure that the university's **research agenda** is informed by the needs of an ageing society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.
7. To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that ageing brings to our society.
8. To enhance access for older adults to the university's range of **health and wellness** programs and its **arts and cultural activities.**
9. To engage actively with the university's own **retired community.**
10. To ensure regular **dialogue** with organizations representing the interests of the ageing population.



Continued

About CSULB joining the Age-Friendly Network, AFU President Brian MacCraith commented: California State University's Centre for Successful Ageing and collaborative partnerships with SCAN and the Archstone Foundation, whose mission is to meet the needs of an aging population, strongly resonate with AFU members and will bring an added richness to the Age-Friendly University Global Network. This is a rapidly growing network (36 members currently) with a shared challenge to promote an inclusive approach to healthy and active ageing through research, enhanced learning opportunities for people across generations, and through innovations that address specific issues affecting older adults.

As mentioned by President MacCraith, there are a number of ways that the adoption of the Age-Friendly University principles is appropriate for CSULB. Adoption of the initiative demonstrates the University's long-time and ongoing commitment to older persons in our communities. The principles will be helpful in the development of future strategic planning activities, both at the University level and among specific units on campus and specifically as the university launches discussions about the vision for Beach 2030. The principles provide points of reflection as the University considers institutional gaps and opportunities for growth around aging populations.

Many of the principles are already deeply embraced by the university, especially through our Gerontology Program, Center for Successful Aging and the Osher Life-Long Learning Institute. The AFU Taskforce, made up of CSULB faculty and students, will continue work on identifying and implementing steps to further address the principles, including formal assessment and evaluation activities.



CSULB AFU Contact:
Maria Claver, Director Gerontology Program
Maria.Claver@csulb.edu

The Gerontology Program Welcomes Dr. Mary Marshall!

Hello Gerontology Program! My name is Mary Marshall, PhD and I just joined CSULB as an Assistant Professor of Gerontology in the Family and Consumer Sciences program this past Fall. Let me introduce myself! I examine health communication and health behaviors in older adults,



Dr. Mary Marshall

particularly in the context of illness such as diabetes or cancer. I'm currently interested in exploring how older adults that have recently moved into a residential living facility adjust to the transition, specifically regarding how their perceptions of health influence their social behaviors and wellbeing. I enjoy mentoring graduate students in research projects, and my door is always open to talk about research or thesis projects. I have a keen interest in connecting

undergraduate gerontology students with volunteer opportunities in the community, having established programs at Purdue such as Tech Team, Opening Minds through Art, and service-learning programs encased within courses. I hope to continue building opportunities for students to get into the community. I am currently teaching Perspectives in Gerontology and Aging and Dementia. I look forward to teaching Health Assessment in the Aging Client and End of Life Issues in future semesters. I received a dual-title Ph.D. in Human Development and Family Studies & Gerontology from Purdue University in 2018, where my dissertation explored how physicians and patients talk about smoking in a lung cancer context. Having lived in the Midwest for my entire life, I am very excited to experience year-round sunshine, beach waves, and palm trees here in California!

By: Mary Marshall

Fall 2018

Fall is that time of year when we start thinking about the approaching holidays and our resolutions for the upcoming New Year. This may also be a time when we may start



thinking about giving back to our community and those less fortunate. Luckily, living in the 21st century and having the Internet has made it easier to find communities that need our help! Check out the following website for campaigns to get your students thinking about community involvement! They also offer opportunities for scholarships as well as great service learning options for your class!

Do Something @ <https://www.dosomething.org> is a digital platform powering offline action and mobilizing young people in every US area code and in 131 countries. There are opportunities for volunteering, social change, or civic action campaigns to make real-world impact for a cared about cause. Campaigns

for CSULB students to become involved with ageism or senior isolation include: Glamorous Grannies where one can host a manicure party at a senior center to fight isolation; Seniorpalooza where you can hold a concert to brighten the day of senior center residents; Cookin' It Old School to learn and cook a traditional recipe with an older adult; Cool Carol Crew to go out caroling for older adults experiencing isolation this holiday season; and Past Picture Perfect to fight ageism by recreating an old photo of a badass senior. There are many more campaigns online and many of them offer students a chance to win \$10,000 in scholarship monies. Best of all... everyone can join a global movement for good!

By: Cynthia Schlesinger

Functional Aging Specialist Certification

By: Michael Duxx Natividad

The Functional Aging Specialist™ certification is a program for health and fitness professionals looking to bolster their rapport and expertise with the older adult population. This course is divided into 13 modules, which come in the array of videos, presentation slides, and current research studies. A full-day workshop is also provided as a rewarding opportunity for the students to get hands-on experience. The program demonstrates how to administer assessments on functionality, creation of exercise prescriptions, and how to safely execute the movements to elicit the desired physiological adaptations. Most importantly, motivational strategies are conveyed to promote structured physical activity not just as a brief endeavor, but as a robust lifestyle.

Throughout my childhood and collegiate career, I have always been drawn to caring for the matured adult. When I was in my middle school years, I shared my energetic enthusiasm with patients at nursing homes. After working as an emergency medical technician, I spent many hours as a live-in caregiver. From much of my time working with seniors, they would frequently complain how it's so much harder to move and they would advise me to truly cherish my youth. I felt compelled to study solutions on how I can make movement more comfortable and less painful for the matured person. I crossed paths with the Functional Aging Specialist certification in one of my undergraduate kinesiology courses, and I became aware that the program and I shared the same goals of improving mobility and functionality.

After the completion of the Functional Aging Specialist certification, I utilized the content to actualize a program for the older adult members of my gym, Anytime Fitness of Glendale. I developed a small-group training format and class for 55 and older members to enroll in without cost. I emphasized improvements in balance, mobility, strength and power, cognitive-task ability, and functionality. Participants were regressed and progressed depending on their ability and current conditions so that each individual can achieve "gains" in a safe and fun manner.

As of now, I conduct research for the department of Kinesiology with the primary goal of improving an older adult's functionality through physical activity. I am trying to find more ways a matured adult can improve upon their activities of daily living. I would not be where I am today without the knowledge and newfound skills presented by the Functional Aging Specialist certification. It was a necessary and rewarding step to my blooming career as a health and fitness professional.

I very much recommend the Functional Aging Specialist certification to those who work with, or care for older adults. Personal trainer, caregiver, nurse, or family member, this certification is suited for anyone who has any type of relationship with an older adult. Moreover, the curriculum can most definitely be applied to oneself to maintain or improve one's health. This program draws great parallels with the KIN 367: Fitness and Aging undergraduate course. It is one of the most advantageous classes to take in our university since it allows students to apply their learned skills out in the community. KIN 367 greatly prepares students for the Functional Aging Specialist certification exams. The KIN 367 class and Functional Aging certification both promote the growing notion that exercise is medicine.

Conference Connection

The UCI Mind/Alzheimer's OC conference took place on a beautiful Friday. Researchers, professors, and people impacted by this disease all filed into the Marriott Hotel of Irvine, California. The theme this year was Clinical Trials. Researchers included Jeffrey Cumming, Daniel Gillen, Constantine Lyketso, Martha Clare Morris, Joshua Grill, Mary Sano, and Jason Karlawish.



The presentations began with past research in clinical trials since the audience cannot fully understand where we are going until we know where we have been. Various past drugs including Tacrine, Cholinesterase Inhibitors and AN-1792 were named and reasons why they did not work, were presented. Current trials ongoing at the UCI mind center include The SNIFF Study: Insulin Drug Trials, Biogen Emerge Study: Drug Injections, A4 Study: Anti Amyloid treatment, EXERT Study: Exercise Trials, NEAT: Vitamin B Study.

After the logistics of what makes a clinical trial was discussed, several researchers discussed current clinical trials ongoing throughout the US. Research included Neuropsychiatric symptoms (NPS) investigation. NPS for dementia are stressful for care partners, therefore, learning how to manage them is critical. NPS include agitation, apathy, circadian disorder, psychosis, and depression. NPS are associated with greater ADL impairment, worse quality of life, earlier institutionalization, a major source of burden, higher costs, will go to severe dementia 5 years faster, and accelerated mortality.

Nutrition was another important topic discussed at the conference. Diet can play a large role in preventing cognitive decline. Vitamin E from food sources only can help prevent cognitive decline. This researcher is currently working on a diet called the MIND Diet aimed at reducing cognitive impairment. The diet combines useful proven methods of other cognitive helpful diets such as the Mediterranean and the DASH diet. Foods include berries 2 to 5 times per week, seafood once a week, and 2 vegetables every day including at least one leafy green vegetable. The trial has not yet concluded.

The conference ended with a discussion about putting the disease in context. Alzheimer's disease has existed longer than we believe, but we did not always recognize it, which gave rise to the allusion that the AD is only recently in our history. The way AD is diagnosed has changed. What was once only diagnosed with cognitive tests is now also diagnosed with Biomarkers such as blood and images. This changes how we talk about the disease.

By: Alexandra Wilkinson



Conference Connection Continued: CALA

The CALA conference took place in Palm Springs, where several interested and persistent people settled in for the long 3-day conference. Companies in attendance included Integral Senior Living, Sunrise Senior Living, 5 Star Senior Living to name a few. As a student scholarship recipient, I was granted privileges such as private meet and greet time with company executives, special resume enhancement, and inside knowledge. Although I could not attend every seminar, the ones I did were fascinating. These included Can Cognitive Decline be Prevented, Mind Games, Marijuana in Long-Term Care, and Mental Health in Long-Term Care. For anyone interested in working with assisted living populations this is the place to be. Their next conferences will be Sacramento. Scholarships are available!

If anyone is interested in learning more about the CALA conference, please email me at Alexwinalways@gmail.com.

By: Alexandra Wilkinson

My Internship in Argentina

My name is Kari Tropp. I am a senior in the Interior Design Department while pursuing a certificate in Gerontology. I had the great opportunity to complete an Internship in Gerontology, last summer in the city of Buenos Aires, where I am originally from.

During my 6 week stay, I interned at Residencia Manantial, a residence for 30 seniors who suffer from Dementia and other cognitive issues. The fact that I had already volunteered in assisted living communities in Orange County was of great help because I was able to see how the same dilemmas are resolved perhaps differently in other cultures. The relationship established with the families of the residents was very warm and towards informality, which I found different from here, but what mattered is that the level to attention to detail to the resident needs was outstanding. To explain a few of the experiences I had, I followed the residence Nutritionist and learned about how groups are set in the dining room depending on the physical and cognitive

abilities in relation to food. I was able to work next to the occupational therapist and observe how sensorial stimuli helps a resident with Dementia to focus better later on during activities of cognitive challenge. After talking to the head nurse and the psychiatrist, I was able to present them with a proposal to redesign the dining room/ activities space to better serve the needs of residents and staff alike.

The length of the internship allowed me to familiarize with the residents and staff, and I can say that I made lots of friends, some with which I am still in touch. It was an amazing experience, and I highly recommended to other students to pursue opportunities like this.

By: Kari Tropp

GAHPS Updates: Semester in Review

The Gerontology Student Organization is always keeping busy! Under a new Directory Board, Sigma Phi Omega – Delta Eta Chapter proposed and passed the Fall semester agenda, back in September 2018. Therefore, during the autumn season we decided to join our forces with different community partners for various events in order to support our seniors. Three main events helped us this semester to achieve our proposed goals.

For many years now, GAHPS has been a participant in the Alzheimer's Association Walk to End Alzheimer's®. This year, our Walk to End Alzheimer's was in Long Beach, CA. Once again, we helped raise awareness and funds for vital Alzheimer's care, support and research – we fundraised \$705.00 for the campaign!!! Yes, we are part of those who are

leading the way to Alzheimer's survivors! Although you might have missed us marching down the Rainbow Lagoon Park's trails in Long Beach on October 13, 2018, we hope you will join us next year for the walk. We need to fight this disease, together! As a team, we can be an unstoppable force against the nation's sixth-leading cause of death. Plus, we are having a great time while being part of the event! As we're continuing our mission of fostering academic and professional collaboration among peers with similar interests but different academic backgrounds, we were invited to join the CSULB Student Active in Community Health (SACH) general meeting on October 16, 2018. Our Gerontology students shared valuable information with SACH members about how



CSULB Students at the walk

future healthcare professionals can help those affected by dementia. SACH and GAHPS members discussed about the importance of advocating for older adults' health and how to bring awareness to our communities about the common comorbidities amongst the older adult communities.

Since the harvest celebration of Thanksgiving was around the corner, we had to keep in mind how we could help agencies that provide community-based services for older adults. Luckily for us, Ms. Francis Ginder (a CSULB Gero Program Alumna) was more than happy to tell us about the Long Beach Senior Center Emergency Food Pantry and how our organization's help was needed. So we hosted a canned food drive event! What was amazing about this event is that our Program's professors/lecturers offered extra-credit to their students if canned food items were donated. You can only imagine with such help, the event was a total success! (Thank you Dr. Marshall and Ms. Henan!)

As 2018 is approaching to its end, we feel grateful for the given opportunities to serve our seniors in any capacity we were able to do so! We sincerely wish you all abundance, happiness, and peace in a new year filled with hope.

Happy holidays!

President: Sarah Olsen, Vice President: Amanda Paiz, Secretary: Kalyn Smith, Treasurer: Jacquelyn Marin, College of Health and Human Services Rep: Samantha Tiscareno, Outreach Officer: Raquel Paz
Faculty Adviser: Elena Ionescu

GPAN

GPAN? What's that, you might ask? It stands for the Gerontology Program Alumni Network, or GPAN for short. It's the newest feature of the Gerontology Program at Long Beach State to bring alumni, current students, faculty, and industry professionals together with community, social, and professional bonds. Last year, a group of alumni met to share ideas and explore what our Gerontology Program could do to bolster the alumni connection while give current students a link to professionals in the field. We felt the Gerontology Program was ready for a formal and organized network to help foster this effort - insert GPAN into the picture.



GPAN Members

As an official Alumni Network at Long Beach State, GPAN has an originating Board of Directors made of Gerontology Program alumni, Bylaws filed with the University, and a goal to establish an endowment for the Gerontology Program to create scholarship opportunities for students. In fact, GPAN joins a number of other 'alumni networks' on campus.

Interested? Want to learn more and be a part of GPAN? Connect with us on LinkedIn, look out for communications from GPAN for upcoming events, and come join the Network. We're just getting underway, and we'd love for you to be GPAN pioneers with us. Find the Long Beach State Gerontology Program Alumni Network group page on LinkedIn <https://www.linkedin.com/groups/13617274/>.

By: John Fay
Go Beach!

Quality Matters course: Why the buzz and fuzz about it?

For the past two editions of our Gerontology Program Newsletter, our one and only Gerontology Program Lecturer Casey Goeller, discussed the importance of having the online format course recognized by the Quality Matters (QM) standards.

Under meticulous guidance and long hours of work, our Gerontology Program is proud to announce that GERN400: Perspectives on Gerontology is the only online course at CSULB who meets all the requirements of Quality Matters award (such recognition was offered in July, 2018).

Ms. Ionescu states: when this process was initially proposed to me, as a good team player, I felt excited about the prospect of the project. As an instructor, I could see the value of the QM standards -- through the QM implementation, my course offered information is strategically presented -- which helps me deliver an effective course content with easier navigation for my students. Like any other lecturer, I want to positively impact the learning experience for my students while they achieve their academic goals – in all types of learning environment (face-to-face, hybrid, and online!).



Although I am enthusiastic about our Program's QM award, I am anxious on knowing how my students are perceiving the QM course design (e.g. can they easily find the final paper's instructions? Do they know where to submit their electronic papers? etc.). As a former student, while I worked on this QM design, I tried to keep in mind the student who might be transferred and doesn't know much about BeachBoard. Therefore, this course is designed with the student perspective in mind that can concentrate on the content of the class rather than how to "get around" the class in our online environment!

My two assigned sections of GERN400 online course for Fall 2018 are closely observed in order to test the standards implemented by the QM certified course. As soon as the semester ends, data will be collected to assess if the students' achievement barriers were reduced and if their overall academic performance is higher in the QM course vs. the non-QM course. We'll let you know about the results, in our Spring 2019 newsletter edition!

By: Elena Ionescu

Alum to Lecturer

Greetings!

My name is Miriam Henan and I am honored to be a part of the Gerontology Department as a lecturer. I have always had a passion for education/ instructing and older adults, so I am blessed to be able to integrate my passions. I attended CSULB for undergrad and had no clue what Gerontology was, or that it even existed. I double majored in Interpersonal Communication and Business Marketing.

Then, my grandmother fell very ill. My grandparents raised me and to put it mildly, they are my everything. As soon as I realized how serious my grandma's condition was, I made the decision to be her full time care taker, and nothing else mattered to me. In caring for my grandma, so much was evident to me like the disregard, mistreatment, inaccuracy, and disinterest in my grandmother's well being, simply because she was an older adult. This fueled my interest to make things better and do what I can not just for my grandma, but for other older adults. Still with no knowledge of the field of Gerontology, I decided to move on to Graduate school in Texas and complete a MA in Organizational Communication, to hopefully one day open a non-profit to serve older adults. I completed my MA and immediately started teaching Public Speaking and Training and Development at a University in Texas. Teaching was my absolute dream and I loved every minute of it, however, I knew my heart was into the cause of assisting older adults.. I decided to move back to California and open a non-profit to serve older adults. In researching

options, I realized the field of Gerontology exists!! I found myself back at the Beach to complete a second Masters in Gerontology with a certificate in Applied Disabilities. There



has been no turning back since. I have found my life's purpose, to serve older adults and hopefully spark the interest of my students to think of older adults in a different light than what we may have been conditioned to think.

Alumni to Lecturer Continued

Throughout my MSG program, I was quite involved in all aspects of the program. I served as President of the Gerontology Academic Honor and Professional Society, where we worked with different organizations to raise awareness for older adult issues. I spoke about my research at the California Commission on Aging (huge honor) and presented my research at numerous conferences. I worked alongside neurologists to aid in diagnosing different forms of dementia, I also worked as a care trainer at big name Assisted Living facilities as well as a Care Manager and Resident Advocate for Skilled Nursing facilities. I had a goal to not only learn in the classroom, but also to understand all aspects of the field of Gerontology outside of the classroom. The MSG program has been a blessing to me, as I learned so much, made lifelong friends, and defined my passion into a purpose to serve older adults. While in the MSG program, I obtained my RCFE State B license and hope to open board and care facilities in the near future. The final year of my MSG program, I replied to a job post with the North Orange County Community College District, for an Older Adult Instructor. I had heard amazing things about this program and took a chance and applied. I got the job and absolutely love instructing older adults. It warms my heart to see a 92 year old student continue to learn and achieve a goal that they once thought was impossible. I also worked as a Graduate assistant and was very vocal about my love for teaching and my dream to instruct in the Gerontology Department at CSULB. Dr. Claver was kind enough to contact me when there was an opening for a lecturer and I am grateful everyday for the amazing opportunity. It still feels like a wonderful dream, I get to instruct Gerontology 400: Perspectives of Gerontology, an awesome course that brings together students from all disciplines and learn different ways every field associates with Gerontology! I absolutely love meeting my students and watching them find a love for older adults that they may not have known they had. My hope is that students take away the idea to embrace aging by planning to age well!



By: Miriam Henan, RCFE, MSG, ADC, MA

THE VIRTUAL DEMENTIA TOUR: An experience that led to a better understanding and empathy for those suffering from Dementia

By Lynelle Walker

Senior Helpers partnered with Alzheimer's Orange County and Park Terrace Assisted Living to offer the Virtual Dementia Tour (VDT). This experience helps to simulate the effects of Dementia and provide a better understanding of the disease. There are an estimated 84,000 individuals diagnosed with Alzheimer's in Orange County (Alzheimer's Orange County, 2018).

I was one of 25 fortunate individuals that signed up for the tour on October 16, 2018 at Park Terrace. The tour lasted for 10 minutes and was followed by a 20-minute post-tour evaluation. It was an enlightening experience that I will never forget. I've attended many Professional workshops on Alzheimer's and Dementia in the past, but feel I gained far more insight about the challenges associated with the disease after completing the VDT. Given the opportunity, I feel every caregiver would benefit from it as well. I experienced feelings of confusion, frustration and trouble remembering - all common symptoms of Alzheimer's, encountered daily by those suffering from the disease.

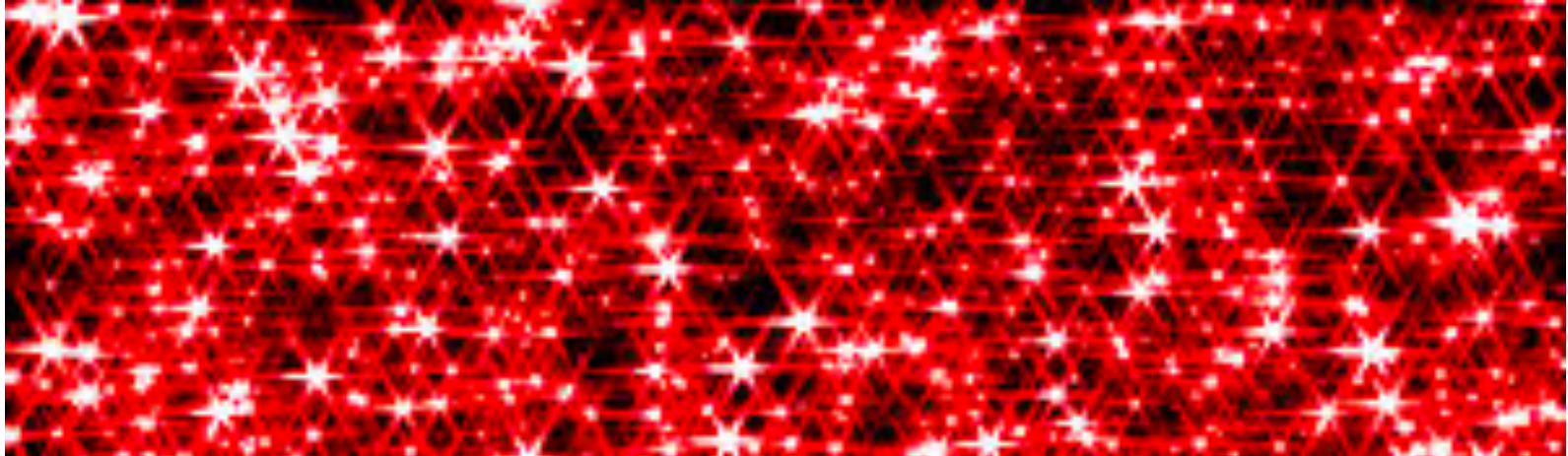
The VDT uses patented sensory tools and instruction based on research conducted by P.K. Beville, M.S., a specialist in geriatrics and the founder of Second Wind Dreams®. According to Second Wind Dreams, the tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face and use the experience to provide better person-centered care (Secondwind.org).

I was asked to perform 5 simple every-day tasks; a trained facilitator outfitted me with patented devices that altered my senses which included:

- 1. Goggles** that make the wearer see his or her surroundings through the yellowish-orange haze that many people experience as they age, and which include a device that simulates [macular degeneration](#), diminished depth perception and loss of peripheral vision.
- 2. Shoe inserts** that simulate uncomfortable pins-and-needles sensations in the bottom of the feet and help the wearer approximate a dementia patient's shuffling gate. Wearers also experience [peripheral neuropathy](#), a common aspect of dementia, which discourages a person from moving around a room to engage with others.
- 3. Gloves** that hinder the wearer's sense of touch and impair the ability to feel through his or her fingers, turning simple tasks like buttoning a shirt or setting the table into major challenges.
- 4. Headphones** that cover the entire ear so the wearer feels as if in a bubble, with sounds from a "confusion tape" playing – a mix of voices, laughter, background noise like a television playing, roaring sounds and startled responses.

Alzheimer's Orange County. Facts and Stats 2018. <https://www.alzoc.org/resources/facts-and-stats/>

Second Wind Dreams. <https://www.secondwind.org/virtual-dementia-tourreg.html>



happy
holidays

