

Spring 2020

CSULB Department of Family Consumer Sciences

Gerontology Program Newsletter

Featuring

Meet the Gerontology Program Team- pg. 1

Congratulations New Graduates- pg. 2

SCAN Health Plan Scholarship- pg. 2

Gerontology Scholarship Awards- pg. 3

Ageism First Aid- pg. 4

Cynthia's Surf Report- pg. 5

DreamCatchers pg. 6-10

2020 SLD Celebration of Leadership & Recognition Awards- pg. 11

Gerontology Program Alumni Network- pg.12

GERN Honor Society- pg. 13-14

Tales from Gerontology Graduates—Jesse, Kathy, & Sam pg. 15-17

Calendar- pg. 18

Conferences- pg. 19

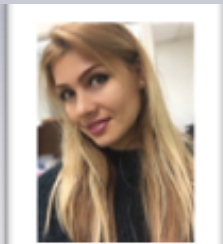
Marian Last Endowment- pg. 20

Congratulations: Student Award Recipients- pg. 21

Celebrate- Gerontology Family- pg. 22

A Thank You From The Gerontology Cohort pg. 23

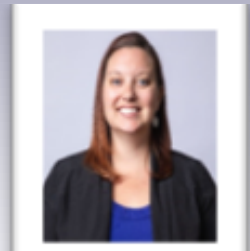
Gerontology Program—Fundraising & Information



**Ms. Elena Ionescu
Lecturer**



**Dr. Maria Claver
Program Director/
Professor**



**Dr. Mary Marshall
Assistant Professor**



**Dr. Iveris Martinez
Director, Center of
Successful Aging**



**Ms. Jacque Lauder
Lecturer**



**Mr. Casey Goeller
Lecturer**

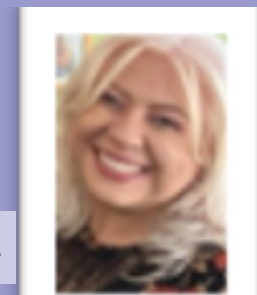
Meet the Gerontology Program Team



**Ms. Alex Wilkinson
Lecturer**



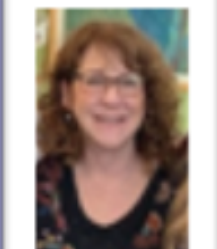
**Dr. Long Wang
Associate Professor**



**Ms. Miriam Henan-Watts
Lecturer**



**Dr. Michael Hill
Visiting Faculty**



**Ms. Cynthia Schlesinger
Lecturer**



**Ms. Adriana Weathersby
Graduate Assistant**



Congratulations to New Graduates of the Gerontology Program!

Congratulations Gerontology Graduates



The MSG Program has a new graduate!

Congratulations to Kristin Gazdik, MSG

Kristin completed a thesis titled: **EXPLORING MOTIVATORS AND BARRIERS TO EXERCISE AMONG OLDER ADULTS WITH CHRONIC CONDITIONS**

Congratulations to the Gerontology Certificate Students & Gerontology Minor Students who also graduated in Spring 2020.

Second Cohort of SCAN Health Plan Scholarship for the Health and Independence of Seniors Recipients Selected

By Iveris Martinez, PhD, Director of CSULB Center for Successful Aging

“This is the second year that SCAN donated \$50,000”

We are happy to share that this year's cohort of SCAN Health Plan Scholarship for the Health and Independence of Seniors Recipients has been selected.

SCAN is incentivizing students to go into aging-related health and social service fields. Among the barriers for recruiting students into this field are financial barriers and lack of exposure to working with older adults.



This is the second year that SCAN donated \$50,000 to support ten CHHS students with scholarships of \$5,000 each. Students are required to complete coursework on aging and fulfill their service requirements with the older adult population as part of the scholarship criteria.

The goal is to create a pipeline for careers in aging and healthcare. The scholarship is open to undergraduate or graduate students enrolling in the fall semester of the upcoming academic year from the following disciplines:

Gerontology, Adult & Geriatric Nursing/Adult & Gerontology Nurse Practitioner program, and Masters of Social Work in Adult-hood & Aging.



Others that will be considered include: Physical Therapy, Speech-Language Pathology, Kinesiology, Recreation & Leisure, Health Care Administration, Health Science, Criminology, Criminal Justice, and Emergency Management, Public Policy and Administration, and Family and Consumer Sciences.

We are grateful for SCAN's generosity in supporting CHHS students to pursue careers in aging! Recipients will be notified at the end of May 2020.

Congratulations Gerontology Scholarship Recipients



Marian Last Endowed Scholarship:

Angela Williams

SCAN Health Plan Scholarship for the Health and Independence of Seniors

Adriana Weathersby

Sofia Poulsen Hodjat

Jaelon Nunez

Yesenia Gonzales

Associated Students Scholarship (ASI):

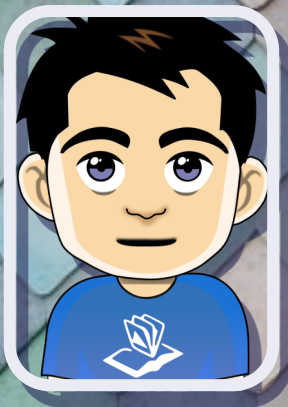
Adriana Weathersby

Bob Murphy Access Center Deukmejian Endowed Scholarship:

Adriana Weathersby



Ageism First Aid



Ageism First Aid "is an online multi-module course designed to help change the common negative misconceptions and myths about aging by replacing them with facts that should be common knowledge. The course will support factual conversations about aging and spark widespread use of positive aging-related language among people in the health and helping professions" (from GSA website).



As part of The Gerontological Society of America's response to the ongoing COVID-19 pandemic, GSA has made Ageism First Aid **freely accessible through July 1, 2020**, to support classrooms as they increasingly move to remote learning and instruction.

<https://www.geron.org/programs-services/education-center/ageism-first-aid>

GSA has made
Ageism First
Aid freely
accessible
through July 1,
2020

Cynthia's Surf Report By Cynthia Schlesinger



Artificial Intelligence (AI) is becoming more mainstream in our everyday lives. Asking Google or Alexa for help is a simple command away. Seniors that strive to Age in Place safely in their own homes are turning to technology to meet their needs of staying independent.

Here are some of the newest technology options on the Internet that could help loved ones remain in the community:

Medication management can be a key concern. According to AARP, the average older adult talks five medicines a day and keeping track can be difficult. The CareZone (<https://carezone.com/home>) app is free and offers a variety of options. Medication lists can be made available to healthcare providers at any time by simply scanning a bottle of pills. The app keeps all information safe and secure online. The app also has an Automatic Reminder feature to track and record health info, refill prescriptions and even will buzz the phone when it's time to take pills.

At CaringBridge (www.caringbridge.org) you can download a mobile app, which allows people to stay connected. CaringBridge is a centralized personal private website where you can share health updates on loved ones. The website also functions as an outreach and allows people to request help during difficult times. Set up is easy and provides an advertisement-free site to begin posting updates and journal entries. The site will allow you to accept donations and has a personal fundraising option.

Caregivers have reported that many older adults are not wearing their fall monitor pendants due to embarrassment of being identified as old. To help ease the pendant stigma, VitalTech (www.vitaltech.com) has created an emergency voice call out and fall detection activity smartwatch. The on-wrist charging watch can send alert notifications by text or email to 5 identified contacts, can monitor heart and respiration rate, oxygen saturation, physical activity and sleep quality. The watch can also be used for medication reminders. The watch has a small monthly subscription charge and costs are reimbursable through Medicare.



*Cynthia's
Surf Report*

DreamCatchers

"We are
looking for
students like
YOU"



DreamCatchers CSULB 2019-2020 Board

DreamCatchers by Amanda Paiz, Club President

DreamCatchers is a nonprofit student organization that aims to bridge generational gaps and offer resources to fulfill final dreams of individuals faced with terminal illness.

We have a partnership with Roze Room Hospice in Long Beach, to help us identify and fulfill final dreams of terminally ill patients in the area.

We learned that volunteering in a hospice setting takes some time, logistic wise to begin the process of fulfilling dreams.

The club is now fulfilling dreams, and we are looking for students like YOU, who are eager to learn, lead, fundraise, and more, to make dreams happen for individuals who need it most.

Some examples of dreams might

include hosting a lunch picnic for a patient, planning an outing or walk in the park for a patient, airplane rides, and so much more.

Club members are responsible for working together to make sure that final dreams of patients come true, and are remembered for a lifetime thereafter.

DreamCatchers CSULB is passionate about serving and gathering students who are enthusiastic about changing the lives of many, one step at a time.

For more details and supplemental information about the chapter, please contact

DreamcatchersCSULB@gmail.edu

Continue reading for our Spring Dreams come true -->

DreamCatcher- continued

"Being a part of this dream truly opened up my eyes "



Donald's Wedding Dream

This past semester, DreamCatcher made a huge impact in the lives of many, both student and dreamers alike.

It has been an honor to have been the President of DreamCatcher- fulfilling the final dreams of those terminally ill within our community of Long Beach.

Here are some quotes and summary words from two of the dreams we accomplished during this Spring semester.

DreamCatcher



Donald's wedding dream: "Marrying the love of my life of over 22 years"

Being a part of this dream truly opened up my eyes to see the importance of what we do as Dreamcatchers. The wedding was real, there were tears shed, family speeches, and it was truly wonderful being able to see a piece of this family's life in just a few hours. The family was inviting and so appreciative of what we did as Dreamcatchers. Truly a blessing to be able to grant this wedding as our first dream.

DreamCatchers- continued



DreamCatchers



Martin's Romantic Dinner Date Dream

Martin, 33 years old, was diagnosed with Sarcoma and passed away only 6 days after this dream.

The second dream our DreamCatchers fulfilled is unique from our first. This dream consisted of ordering food from the couple's favorite restaurant, Outback Steakhouse. Outback sponsored the dinner for this couple and provided every dish, appetizer, and side the couple wanted. DreamCatchers brought the dinner over, along with fresh flowers donated by a local florist for the couple to enjoy. We spent a little time with the couple, observing and enjoying their date together. This was the first-time his wife had put on makeup in a long time and truly was appreciative of their last dinner together. Dreamer Martin makes a "peace" sign in a photo, which expressed his excitement for the food he was about to devour. The couple spoke about how great the food tasted and how thankful they were for the experience, despite the current condition. It was a super humbling experience to go inside of this family's home during a period such as this and an honor to provide a sweet romantic farewell dinner.

DreamCatchers- continued



Joe's yardwork and picnic dream



Joe's Yardwork and Picnic Dream

Joe is a sweet 86-year-old dreamer who loved tango music. He waited in anticipation and excitement for two weeks for the DreamCatchers to make his dream come true. Joe longed for social connection with others and our dream team was able to provide assistance for his dream request. Approximately 15 volunteers came together: CSULB faculty, students, and community members. We spent the day together and enjoyed each other's company, which was a sweet way to end the last dream of the spring semester. A quote from a volunteer highlights why this dream was so special:

"I really enjoyed participating in our service project on Saturday. It felt good to be a part of bringing the love and the birthday cheer to Mr. Joe and his family. You're definitely the kind of people I want to hang around with: positive, inspiring, generous, thoughtful, kind, and good natured. Part of why I chose Long Beach State was because I believed I would meet people who share my interests and values, and I feel so fortunate to have found that in the DreamCatchers."

-Joshua Sneed,

MSW Student, CSULB School of Social Work (2019-2022)

DreamCatchers

BIG OR SMALL, EVERY EFFORT COUNTS

DreamCatchers CSULB Chapter

**WE CAN ALL MAKE A CHANGE.
TO FUFILL THE FINAL DREAMS OF THOSE
WHO ARE TERMINALLY ILL IN LONG BEACH.**

**Ways you can help include :
joining the club, fundraising, monetary
donations, volunteering with dreams...**

**Kindly contact us at:
DreamCatchersCSULB@Gmail.com**

**For more details and supplemental information about the
chapter, please contact Amanda.Paiz@student.csulb.edu.**



2020 SLD Celebration of Leadership & Recognition Awards DreamCatchers New Student Organization of the Year: Gold

NEW Student Organization of the Year: GOLD

This award is presented to an outstanding new student organization. This organization has demonstrated growth and progress toward achieving its mission through increased membership and programming.

"This club serves both its members and its beneficiaries in significant ways. It's so touching to be a part of it! This club is making a lasting impact in the community around us by partnering with local hospice agencies and social workers. I think it's one of the few clubs whose entire mission is to meet needs outside of the campus environment..."

- Joshua Sneed, Member



DREAMCATCHERS @ CSULB
2020 Outstanding New Student Organization of the Year: Gold Distinction

Congratulations to DreamCatchers

2020 NEW STUDENT ORGANIZATION OF THE YEAR: GOLD.

Student Life and Development is so excited to share the 2020 Virtual Celebration of Leadership with you. As you know, our team has selected you or your student organization for one of our prestigious annual awards.

We are proud to showcase your accomplishments through this virtual celebration and hope that you take immense pride in receiving this well-deserved award.

You can view the virtual celebration, as well as the slide dedicated to your award, by checking out the [Celebration of Leadership presentation](#) or by watching [the Celebration of Leadership video](#).

Please share this virtual celebration widely with your student organizations, friends, family, and advisors!

Links are enclosed below to view entire awards presented:

<https://docs.google.com/presentation/d/1ooa2yIPXjzvxeov9zYURM1UQiyewerjwDO2GHpQhkTY/edit#slide=id.p>

<https://www.youtube.com/watch?v=Otlo9wTPrHk&t=146s>

GPAN: Your Network, Your Support* by John Fay

Having a professional network is important. And it's even more important to have a professional network in the field we are trying to pursue, elevate within, or give back and mentor someone who could benefit from our experience.

The Gerontology Program Alumni Network, or GPAN for short, is doing just that. We're alumni from the Long Beach State Gerontology Program and we're here to strengthen our relationships amongst alumni, make connections with current students, and create a clear path into the field of aging.

GPAN is your network, and we're here for your support. In 2020, GPAN will continue its pursuit to fundraise \$25,000 and create an Endowment with the University. The Endowment will foster access to the field of aging by providing financial scholarships to students in the gerontology program. That's right - we want to help students in the gerontology program for generations to come, because we all know how much our communities will need us.

GPAN believes the Endowment is the single best way to eliminate finances as a barrier to ensure gerontology students will succeed in their career. As a result, we will make our communities stronger as professionals by providing cutting edge programs, services, advocacy, and research in the field of aging. GPAN is here for you. Get involved, and GO BEACH!

John Fay, MSG '09 '14
GPAN Chair
Director of Aging in Place Services
Laguna Beach Seniors, Inc.



GPAN FALL MIXER 2019-Picture submitted by John Fay

Connect with us on social media:
Instagram @CSULBGPAN
Facebook @CSULB GPAN
LinkedIn @Long Beach State Gerontology Program Alumni Network

Annual Alumni Survey

Please complete the 2019-2020 Alumni Survey available at:

https://csulb.qualtrics.com/jfe/preview/SV_bj8ogtOMAIiLKx7?Q_CHL=preview

It's quick, it's easy and it helps us stay in touch with you!

Gerontology Honors Society - A Letter of Gratitude from the GHS Advisor - by Miriam Henan-Watts



SIGMA PHI
OMEGA

The CSULB Gerontology Honor Society (GHS)-Sigma Phi Omega (SPO), Delta Eta Chapter has been hard at work in spreading the exciting news about the field of Gerontology throughout our community. This semester, GHS-SPO planned a calendar of events that were quickly halted by the COVID-19 Global Pandemic. This group has shown such resilience in continuing to serve the community in other capacities. GHS stood committed to goals and offered our members community service opportunities, virtual member meetings, virtual thesis sessions, a Taco Thursday planning night, fundraising and our upcoming “End of the Year Banquet, A Virtual Paint Night.”

Despite the “Stay at Home” order California is currently under, the Gerontology Honor Society has been active in the community, finding ways to serve older adults while maintaining social distancing and quarantine advice. The President of GHS, Sarah Olson, said it best in a virtual planning session, “Even under quarantine, we remain a team, but now we are a Quaranteam.” GHS understands that older adults are in need, now more than ever. With help and dedication, GHS has managed to serve older adults by writing hundreds of uplifting notes to residents in Skilled Nursing Facilities, letting them know we are thinking of them and offering funny little jokes with an attached candy bar! GHS also dropped off large print Crossword puzzles, Word Searches and Riddles to residents in Assisted Living facilities with fun snacks for them to enjoy during quarantine. In other efforts, GHS members teamed up with Lutheran Towers Senior Apartments to call at risk residents and help where possible. Other members of GHS now have new older adult pen-pals, in efforts to uplift each other’s spirits. We continue to pick up and drop off groceries to at-risk older adults, and do not plan on stopping our virtual/ over the phone outreach to older adults. We have found that our efforts are healing for all involved!

Continued...

Gerontology Honors Society - A Letter of Gratitude from the GHS Advisor— By Miriam Henan-Watts



SIGMA PHI OMEGA

A Letter of Gratitude— (continued from page 14)

Aside from community outreach, GHS has offered virtual meetings full of laughter, thesis related discussion, uplifting moments and thoughtful brainstorming. It is such a pleasure to see students lift each other up and support one another the way this group does. Throughout this academic year GHS teamed up with See's candy to fundraise for the organization. To date; GHS has sold \$700 worth of yummy treats. In addition, GHS raised over \$1000.00 for the GHS Annual Banquet: A Virtual Paint Night Fundraiser, with the help and generosity of Saint Jude, Fullerton donors to help grant wish lists to older adults in our communities. The event was a huge success; 25 were in attendance , virtually raising \$500.00 and then matched dollar for dollar! A big thank you to our donors as the proceeds went to the organization's continuous outreach efforts.

I was blessed to be an advisor to such an amazing Executive Board and wish you all the best that life can offer. May the blessings you put out in the world multiply right back at you! Thank you to Sarah Olson for being such an amazing leader as President, you rock! Thank you to Amanda Paiz for your focus and passion for all you do to serve older adults. Thank you to Adriana Weathersby, Nolberto Gonzalez, and Sam Meilano for all your positivity, humor, commitment and dedication in leading this organization! You are all golden!

Congratulations to our graduating members. The 2019-2020 academic year has been incredibly successful, and we look forward to continued growth and success!

Please email Spo.gahps@gmail.com for information on how to become a member and get involved with these amazing outreach efforts to our deserving older adults.

If you are interested in a leadership role, please reach out as we would love to make you a part of our "quaranteam"!

Thank you Gerontology Honor Society for brightening our days 😊



Paint Night Fundraiser (photo by Dr. Maria Claver)

"Older adults will be overjoyed with their wish lists being fulfilled!"
-Miriam Henan-Watts

Physical Distancing ≠ Social Distancing

by Sam Meilano



“Thank you for your work with the residents ! It is making a difference ! I have many residents come to me with wide smile thanking me for your calls.. it is playing critical role in pulling the residents out of social isolation.”
Chan Park, Lutheran Towers



Pursuing a degree in gerontology at CSULB encourages me to constantly ponder about what it truly means to be a part of a healthy community. Amid the current pandemic, many of us are facing novel life challenges that personally, forced me to think about things I rarely concern myself with. Thoughts such as 'how do I cope and learn with pure online classes, am

I able to mentally stay sane as I stay at home for an unspecified amount of time, or even how will I see my friends and families without endangering the people I encounter.' These thoughts occurred to me as I sit in my room that I am currently renting from a family friend, alone, in front of my laptop. As I stare into this marvelous technology, I found myself feeling grateful that I have the means to connect and share my concerns with people virtually to ease my worries. But what about those who are unfamiliar with the erratic technological advances, how are they connecting with their social circles while all of us were advised to minimize going outdoors and to distance ourselves physically?

Fortunately, as I am in the process of completing my internship course, the Gerontology Program connected me with the administrators of Lutheran Towers, an older adult apartment complex in the city of Long Beach. Lutheran Towers shared this social health issue with us and gave us the chance to serve the residents by providing over the phone companionship and completing a home health assessment. The simplicity of this effort cannot be compared to the impact of this modest service. Many residents have expressed their sincere gratitude for the care and attention they have received from their immediate community, and many are simply glad to have someone to chat about their day with and to have someone checking on their wellbeing. This unusual time has shown me how important social connection is in our daily lives, and more importantly, how much a simple conscientious act can influence someone's day for the better. As part of a bigger community, I encourage all of us, in these perilous moments, to think outside of ourselves and wonder, how is my neighbor doing and how can I care for you?

If you are interested in learning more about how you can make a difference at the Lutheran Towers, please contact Chan Park at CPark@Covia.org.

Tales from Gerontology Graduates

by Kathy Harrel



While the story you are about to read about connection is not surprising, it is heartwarming.

In mid-March, the senior center in Huntington Beach (HB), among others, was abruptly closed and volunteers were asked to stay home to stay safe. City workers stepped into the Meals on Wheels (MOW) program so deliveries would continue without interruption. Nutritional and social needs of HB's older adult recipients were being met. A BIG round of applause for Huntington Beach Social Service employees.

Meals on Wheels recipients in HB like the food they receive Monday thru Friday, but they treasure the connections shared with their regular home-delivered meals (HDM) volunteer drivers, and vice-versa. So, what about those now, and newly, homebound volunteers who suddenly lost those sweet exchanges with the persons they regularly interacted with while packing, delivering, or administering the daily HDM program? Here's what happened.....

LoveGram Alert#1: Senior Center at Central Park decided to call ALL active and recently-active meal volunteers to check in on their well-being, to let them know they are missed, and to assure them meals are being delivered and that we'll be back together again soon (we hope).

LoveGram Alert#2: Efforts were made to re-connect drivers with the MOW clients they typically serve by asking those volunteers to make wellbeing calls to the dozen or so seniors they haven't seen in several weeks.

Happy, caring connections like these are becoming more commonplace during this pandemic. An even BIGGER round of applause for Senior Center in Central Park.

Tales from Gerontology Graduates

By Jesse Archer

Long-Term Care Ombudsman Program—by Jesse Archer

Like many people, I had no idea what the word ‘Ombudsman’ meant. It’s Swedish in origin and means “grievance person.” The Long-Term Care Ombudsman Program (LTCOP) fields, investigates, and resolves complaints made by or on behalf of residents living in retirement homes and skilled nursing facilities. The LTCOP is a free, federally funded program mandated by the Older American’s Act. It is similar to what Adult Protective Services offers seniors living in the community.

Complaints are called in by family members, concerned citizens, mandated reporters, and residents themselves. While not a first responder, the Ombudsman can escalate cases to law enforcement or licensing bodies that can issue fines and citations. Every day is different. Cases revolve around issues including resident rights, care, abuse, neglect, evictions, dignity, privacy, and personal preference. In addition, the Ombudsman also provides referrals, information, and assistance to residents and their representatives.

After completing the 40 hours of training to become licensed by the state, I began working as an Ombudsman last August. Under normal circumstances, we visit residents in person to obtain consent to investigate or resolve a complaint. If a resident does not have capacity, we then follow a consent hierarchy. Ombudsman assistance is entirely resident-directed and this is based on consent. The facility is their home and they have to live here full-time, which is why many residents fear retaliation for speaking out. Retaliation can come in many, even subtle ways, such as staff not answering call lights to change a diaper or rough handling.

Like the field of Gerontology, the Ombudsman role is also multidisciplinary and tasks can range from conflict mediation to grief counseling. Above all, the role is one of advocacy. It is hard to overstate how the smallest thing, such as getting a protein shake at meals or a shower at night, can make the biggest improvement to a person’s quality of life. Other times you may find yourself advocating for a resident with COPD to be able to smoke against medical advice. It is important for advocates to remember that residents still retain the right to make bad decisions.



Calendar

August 2020

Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4	5	6	7	8
9	10	11	12	13	14 <i>Summer Session Ends</i>	15
16	17 <i>First Day of Fall Semester</i>	18	19	20	21	22
23/30	24/31 <i>1st Day of Classes</i>	25	26	27	28	29

Full Summer Session

May 26 - August 14, 2020

***Note there will be no course sections offered in a face-to-face instructional mode during this upcoming summer term.**

Fall Semester 2020

Monday, August 17 - Thursday, December 24

(12/11 last day of classes)

Conferences

Several conferences that may be of interest to our faculty and students have been postponed to Fall 2020 due to the Covid-19 pandemic.

Please note events and dates may be subject to change.



California Council on Gerontology & Geriatrics

October 2, 2020

University of La Verne

www.ccg.org

CSU Teaching & Learning Symposium

September 25-26, 2020

California State University, Fullerton

<http://fdc.fullerton.edu/csuf2020/csu2020main.php>

UCLA Conference on Aging

Date TBD

<https://www.uclahealth.org/geriatrics/rcoa>

Gerontological Society of America/Academy of Gerontology in Higher Education

November 4-8, 2020 (original date still stands)

Philadelphia, PA

<https://www.geron.org/meetings-events/gsa-2020-annual-scientific-meeting>

CSULB Gerontology Program Receives Generous Scholarship Support Through the Marian Last Endowed Student Award



Photo, Top Row: Dr. Steve Castle, CCoA, Dr. Maria Claver, Paul Downey, Marian Last, Miriam Henan, Oni Uyanne-Nwokedi



Marian Last is a CSULB alum (MS Educational Psychology), Licensed Marriage and Family Therapist and Board-Certified Professional Counselor. She has had many leadership roles including: Vice Chair of the California Commission on Aging, Community and Senior Services Manager for the City of El Monte, co-founder of a family services and sexual assault center, and Congressional Delegate to the White House Conference on Aging (among many other positions on boards and task forces).

The CSULB Gerontology Program met Marian Last in Fall 2015 through the California Commission on Aging (CCoA), an advisory group appointed by the Governor of California to advise him on issues regarding aging Californians. Their Operational Plan states that, "since 1973, the California Commission on Aging (CCoA) has proudly served as the principal state advocate for the issues and concerns of older Californians." Gerontology students were invited to participate in their meeting by offering testimony about topics affecting older adults. They were then invited to lunch with CCoA members. We are very fortunate that Ms. Last kept in touch with the Gerontology Program and decided to support students in a major way through the creation of the Marian Last Endowed Student Award, which will be awarded to a student pursuing the Masters of Science in Gerontology degree starting in the 2019-2020 academic year.

Congratulations to our Scholarship Recipients

2019-2020 Award Recipients

The Gerontology Program would like to congratulate the following students who have received awards for their achievements from the Department of Family and Consumer Sciences. Their certificates will be mailed to them, given the need to cancel our annual FCS awards banquet, but that does not diminish our excitement for them!

Graduate Dean's List

Amanda Paiz, MSGc

Outstanding Student Award

Kathleen Harrel, MSG

Academic Excellence Award

Nicole Alcantara, Tatiana Garcia, Rachel Thomas, Patricia Tom, Jennifer Solorzano

Leadership & Service Award

Amanda Paiz, MSGc, Sarah Olson, MSGc

Research Award

Kristin Gazdik, MSG

The FCS Outstanding Directed Project Award went to Kathleen Harrel, whose project entitled, "CREATING A UNIQUE DOWNSIZING TOOLKIT FOR OLDER ADULTS IN ORANGE COUNTY: A FOCUS ON STORYTELLING AND LEGACY" involved the development of a toolkit to assist older adults moving to a small residence or reducing their household content to make it more manageable as they age.

Congratulations to Our Gerontology Family!

Elena Ionescu, a CSULB Gerontology Program alumna (MSG, 2014), has accepted a position in the Ph.D. program at the University of Houston's Graduate College of Social Work.

Elena's research interest remains in the aging arena. She knows this new academic adventure will lead her to better assess the need for community change and how to effectively advocate for the older adult community from a research standpoint.

She is eager to find innovative ways to better connect with the community in order to serve and deliver quality information that improves the overall quality of life for older adults. She will focus her research mainly in the areas of sex health and sexual behavior among older adults, as well as caregiving, dementia behavior, healthy aging, conflict resolution, elder abuse, and mental health advocacy on behalf of older adults.



Dr. Hill has accepted a position with the University of California, Irvine School of Education as a Postdoctoral Scholar and will be working on several exciting projects related to student success in California Community Colleges, and in the UC system.

While he is excited about moving to Southern California from Northern California, he's not sure he'll ever be able to put "the" in front of freeway names like a true SoCal native.



A Very Special Thank You to The Gerontology Program! -From the Gerontology Cohort



Considering it was Teachers Day recently...

We, the Gerontology Cohort, want to thank the FCS Department and Gerontology Program for all of the support offered to us and the community during Covid-19 and helping to make this semester an unforgettable one.

Another round of applause to our cohort leaders who delivered basic needs to our community members, and to our program members that are also frontline workers at hospitals, assisted living facilities, and the like, helping to make a difference in our communities.

As some of our leaders graduate and move on to new adventures, we also welcome our new gerontology program students that will step into similar leadership roles in our amazing program.

For our exiting graduates, please stay in touch, and keep our program in the loop of your adventures. Also, if you have the time, please share any potential job opportunities where our skills may be of the greatest value. Please join us on LinkedIn (CSULB Gerontology Program).

Once again a very special thank you to all! Please, stay healthy and safe.

Sincerely,

The Gerontology Cohort, Spring 2020 and beyond.

Gerontology Spring 2020 Newsletter

CSULB Gerontology Program
Department of Family &
Consumer Sciences
1250 Bellflower Blvd.
Long Beach, CA 90840

Phone: 562-985-4495
Fax: 562-985-4414
E-mail: Maria.Claver@csulb.edu



The Gerontology Scholarship Endowment Fund Needs YOU!

Please support our 5-year goal of raising \$25,000 to establish a Gerontology Endowed Scholarship Fund so that we may continue to support students.

Every dollar counts!

Visit: [https://giveto.csulb.edu/cn/\(S\(paxl45v4gtwevsg4oqvwxwrs\)\)/?](https://giveto.csulb.edu/cn/(S(paxl45v4gtwevsg4oqvwxwrs))/?)

For Information about our MS Degree, Minor, and Certificate Program in Gerontology, please visit this [page](#).

Please Visit Our Youtube page for more

Program Information

<https://youtu.be/0kaeCdpDNdE>

Gerontology Program Information

To be eligible to apply for either the MS Gerontology Program or Post-Baccalaureate Gerontology certificate, please refer to the program guide on our webpage.

To apply to the MS Gerontology Program or Post-Baccalaureate Gerontology certificate Program:

Complete a university graduate application through CSU Apply. International students should contact the Center of International Education. You will be able to upload the following supplemental materials into CSUApply:

a. Resume (including education, employment, volunteer activities), b. Personal Statement (regarding your interest in aging and career goals), c. Three Letters of Recommendation (from aging-related career professionals, college professors, and/or other employers, reflecting your academic potential and personal qualifications).

Note: GRE is not required for admission.

Newsletter Contributors

Contributing Authors (in alphabetical order by last name):

Jesse Archer

Dr. Maria Claver

John Fay

Kathy Harrell

Ms. Miriam Henan-Watts

Dr. Michael Hill

Ms. Elena Ionescu

Dr. Iveris Martinez

Sam Meilano

Amanda Paiz

Cynthia Schlesinger

Adriana Weathersby

Newsletter design:

Ms. Adriana Weathersby

Editors:

Dr. Maria Claver

Ms. Adriana Weathersby