



Center for Successful Aging



Annual Report 2023-2024

California State University, Long Beach

About the Center

Mission

To bring together faculty, students, and community partners to develop creative solutions for diverse aging populations through education and research.

Vision

To serve as a leader in community engagement, workforce development, and applied research to address disparities and promote quality of life in aging in Long Beach and beyond.

The Center for Successful Aging at California State University, Long Beach, is dedicated to addressing the challenges and opportunities presented by an aging population. With the number of adults aged 65 and older projected to reach 1.6 billion globally by 2050, the significance of aging as a local and global phenomenon cannot be overstated. According to California Department of Aging, Southern California, particularly, is experiencing a significant demographic shift, with its diverse older adult population expected to grow over 150% from 2010 to 2060, and those aged 85 and older increasing by over 400%.

Our Center is committed to transforming these challenges into opportunities through innovative approaches and solutions. We provide students with invaluable opportunities to gain the skills and knowledge necessary to serve the aging population effectively. Simultaneously, we engage in cutting-edge research aimed at improving the quality of life for older adults and their families in Long Beach and beyond.

As we mark the completion of our sixth year, we are proud to present this annual report, which highlights our continued efforts and achievements in education, research, and community engagement. The Center for Successful Aging remains dedicated to fostering an environment where creative solutions can flourish, enhancing the well-being of older adults and contributing to the field of gerontology.

The Center for Successful Aging, in partnership with SCAN Health Plan, offers the SCAN Health Plan Scholarship for the Health and Independence of Seniors. This scholarship, worth \$50,000, is awarded to students who demonstrate exceptional commitment to improving the health and independence of older adults.



This year, the scholarship has provided critical financial support to 10 College of Health and Human Service students who demonstrate exceptional commitment to gerontology and senior care.

Scholarship recipients are enrolled in a variety of field including:

- Gerontology
- Physical Therapy
- Health Care Administration
- Social Work
- Nursing

Internship

Alzheimer's OC Respite Program

- ✦ A collaborative effort between the CSULB Center for Successful Aging and Alzheimer's Orange County (AlzOC), the [Respite Program](#) was launched in February 2024.
- ✦ This program serves as a platform for interns to improve their communication and care skills, cultivate empathy, and nurture their creativity through direct engagement with older adults living with memory-related challenges.
- ✦ To date, five interns participated in the Respite Program, gaining hands-on experience in providing care and support to individuals and families.

Research Internship

- ✦ Research internships at the Center provide opportunities for students to expand their research skills and knowledge of aging.
 - ✦ This year, our research intern worked on compiling accreditation competencies and curriculum on aging in Nursing and Social Work in order to enhance workforce development efforts of the Center.
- ✦ Interns represented the following majors: Psychology, Gerontology, Community Health Education, Health Science, Health Care Administration.

Quote from Intern

This experience further enhanced my passion for working with older adults....this experience to work with older adults was more of an eye opener than any of the jobs I had previously done.

Cindy Nguyen

Community Engagements & Collaboration

- Dr. Martinez was invited to take part of the Housing Workgroup for the Long Beach Age-Friendly Plan. The workgroup met throughout the month of September 2024 to make recommendations for addressing the housing crisis impacting older adults in Long Beach. Workgroup recommendations will be incorporated into the Long Beach Age-Friendly Plan to be released in June 2024.

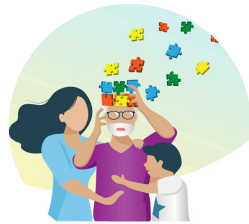


Community Engagement: 3647 Web Hits

Colloquiums



Optimizing Exercise Prescription for Healthy Aging by Jackie Kiwata Dawson
October 18, 2023



The Memory Support Team in Leisure World Seal Beach by Mark Odom
November 7, 2023



Early Detection of Cognitive Impairment: California's Dementia Care Aware Program by Dr. Freddi Segal
April 11, 2024

- Overall, participants found the Colloquium Series to be excellent and reported that it met their expectations. The presentations were praised for their relevance and usefulness, contributing significantly to the participants' understanding, and professional development in the field of aging.
- This feedback highlights the importance and impact of these events in fostering a well-informed and engaged community dedicated to improving the quality of life for older adults.

Research

Faculty Publication:

- ▶ Martinez, I. L., Acosta Gonzalez, E., & Black, L. (2024). Services for Latino Family Dementia Caregivers: Is the Workforce Prepared?. *Journal of applied gerontology : the official journal of the Southern Gerontological Society*, 7334648241234982. Advance online publication. <https://doi.org/10.1177/07334648241234982>

Presentations:

- ▶ Dr. Martinez was invited to present at the University of Utah Caregiver Speaker Series, January 10, 2024. The series is organized by the Family Caregiver Collaborative, an interdisciplinary collaborative led by their College of Nursing. This presentation was based on her research with Latino family caregivers for persons to dementia. Dr. Martinez also met with investigators at the University of Utah School of Nursing interested in expanding their caregiving research to diverse populations.
- ▶ Dr. Martinez and her colleague, Dr. Dennis Wiedman, retired professor emeritus from Florida International University, conducted a workshop on Translating Anthropological Knowledge to Practice in Health Professions Education: Strategies for Effective Teaching at the Annual Meeting of the American Anthropological Association in Toronto, Canada on November 16, 2023. The purpose is to better integrate anthropological knowledge in health professions education in order to advance health care practice.

Research Initiatives:

We continue to develop research initiatives aimed at addressing priority community issues and developing the workforce for an aging population. Current research areas include:

- Research with the clinical partners and the Center for Latino Community Health to improve dementia screening and care for Latinos, addressing critical barriers to diagnosis and care.
- Collaborating with community partners and the College of Engineering to improve digital inclusivity for older adults, encouraging greater access.

CSA Website Update

We have enhanced our Center's website with new **Disaster Preparedness Resources**. These resources provide essential information and tools to help older adults and their caregivers to plan and respond to emergencies effectively.



<https://www.csulb.edu/college-of-health-human-services/center-for-successful-aging/resources>

CSA LinkedIn Page

Our Center now has a LinkedIn Page! This platform will serve as a hub for connecting with professionals, sharing updates on our initiatives, and engaging with our community.



[linkedin.com/company/centerforsuccessfulaging](https://www.linkedin.com/company/centerforsuccessfulaging)

Endowment Plan

To help ensure continued success, we have developed an endowment plan. This plan is designed to provide a sustainable financial foundation for the Center, allowing us to continue our work and expand our impact on the community. The endowment will support scholarships, research initiatives, and community programs aimed at improving the lives of older adults.



Strategic Planning Updates

After six years of operation, we reviewed our accomplishments and assessed our progress. Guided by this reflection, we developed a comprehensive new [Strategic Plan](#) (released in September 2023) to steer our future efforts in workforce development and fundraising to support our ongoing initiative. Here are some of the key milestones we have achieved:

- Awarded \$132,000 in grants to faculty for four projects, serving over 150 older adults through Systemic Innovations at American Gold Star Manor.
- Initiated Colloquium Speaker Series.
- Provided \$300,000 in scholarships to 60 College of Health and Human Service students till date.
- Co-founded [Long Beach Aging Services Collaborative](#).
- Launched Internship Program and hosted 28 interns in the last five years.
- Formed an Advisory Board.
- Launched Center's website in [Spanish](#) and English.

Our updated plan builds on these successes, outlining our goals and strategies for the coming years. We remain dedicated to advancing education, research, and community engagement in the field of aging.

Welcoming Our New Program Manager

Annette Rodrigues, MSG, is the Program Manager for the Center for Successful Aging at California State University, Long Beach (CSULB). Annette, a CSULB alumna with a Master of Science in Gerontology and a bachelor's degree in Human Development, brings extensive expertise and dedication to her role. Certified as a Montessori Dementia Care Professional and a Residential Care Facility for the Elderly Administrator, Annette's award-winning research and personal experience caring for her mother with Alzheimer's inspire her commitment to the field. She is dedicated to supporting students, faculty, and community organizations in addressing aging challenges and improving quality of life, as well as preparing the current and future workforce to meet the needs of an aging population. Annette oversees and coordinates our expanding programs and projects.

Support Our Mission

Your generosity shapes the future of gerontology.

Every contribution helps us:

- Educate future leaders
- Develop innovative solutions for aging populations



To donate, follow the hyperlink www.csulb.edu/GiveToAging