

CENTER FOR SUCCESSFUL AGING ANNUAL REPORT 2022 - 2023

Mission

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

By 2050, the number of older adults will surpass the number of children, with the population 65 and older estimated to reach 1.6 billion persons globally. Aging is both a local and a global phenomenon. The older adult population in Southern California is quite diverse and is expected to grow over 150% between 2010-2060 with the oldest old (85 and older) growing over 400%!

We can approach aging not only as an exciting challenge, but as an opportunity to create innovative solutions. At the Center for Successful Aging, we are working to give students opportunities to acquire the skills needed to serve an aging population, as well as engaging in research that will improve quality of life for older adults and their families in Long Beach and beyond. As we complete our fifth year since opening, the Center for Successful Aging is pleased to bring you this year's annual report.

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.



Center for
**Successful
Aging**

Education

Educating the future workforce to better serve the aging populations is our primary goal. To this end, we have engaged in several educational initiatives:

- **\$50,000** worth of scholarships were given to 10 College of Health and Human Service students thanks to the generosity of **SCAN Health Plan.**

Disciplines include:

- Gerontology
- Nursing
- Social work
- Kinesiology
- Physical Therapy
- Speech Language Pathology
- Recreational Therapy
- Health Care Administration



- **Internship Program**

- This past year we hosted 2 interns from Health Sciences and 1 from Gerontology
- Interns participating in ongoing projects, including:
 - Latino Alzheimer's Caregiving Intervention Study Development
 - Adult Day Health Care Feasibility Study
- Community Engagement: 3495 Web Hits

Community Engagements & Collaboration



Special Events

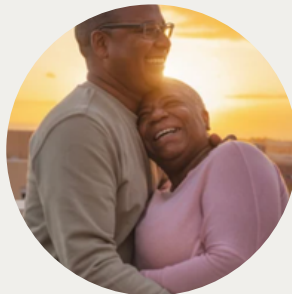
- Co-Sponsored Los Angeles Alliance for Community Health and Aging (LAACHA) General Membership Meeting on new directions and action priorities with a focus on Family Caregiver Support, Economic Security, and Housing Stability, March 15, 2023
- Co-sponsored College of Liberal Arts Human Development Seminar on Social Technology and Aging with Dr. Aveva Yusi Xu from Harvard University, March 15, 2023
- Departmental Collaboration initiated with College of Engineering to improve older adult interface with technology for NSF funding
- Dr. Martinez, CSA Director, is serving on the Steering Committee for the California Coalition on Family Caregiving which was recently established in response to Master Plan on Aging

Colloquiums

- “Student Caregivers at CSU Long Beach: Experiences, Challenges, and Perceived Needs”
 - Sept. 13, 2022
 - Dr. Judy Jou, Assistant Professor in the Department of Health Sciences at CSULB
- “The Importance of Diagnosing and Treating Hearing Loss in Aging”
 - Oct. 11, 2022
 - Dr. Edward Garcia, AuD Assistant Professor, Department of Speech Language Pathology
- “Integrative Approaches to Managing Chronic Pain for Aging Populations”
 - Nov. 8, 2022
 - Ron Kusek, NSCA-CPT, CTNC, CMT, FAS, Integrative Functional Wellness Practitioner
- “Caring for Marginalized Older Adults in the City of Angels”
 - April 25, 2023
 - Heather Schickedanz, MD, Chair Department of Family Medicine Harbor-UCLA Co-Chair, LA County Health Agency Geriatrics Workgroup, Assistant Clinical Professor, UCLA David Geffen School of Medicine

Research

- The Center collaborated on the publication of a new book by CUIDO60 aimed at supporting those providing care for vulnerable older adults in Cuba.
 - It includes a chapter authored (in English) by Dr. Martinez, the Center's Director, on university-community collaboration.
 - <https://repository.usergioarboleda.edu.co/handle/11232/1938>



Grants

- USDA Grant
 - Partner: Center for Latino Community Health, Evaluation, and Leadership Training and community-based partners
 - **Goal:** To train 50 underrepresented minority (URM) undergraduate students on role of nutrition in aging and dementia and increase the number of URM pursuing careers in food, nutrition, and human sciences related fields.
- NSF Grant
 - Partner: College of Engineering, The City of Long Beach Health Department & Long Beach Aging Service Collaborative members
 - **Goal:** To improve access to aging services by developing technologies that will enhance resource sharing and technology capacity for older adults.



Strategic Planning Updates

As we engage in strategic planning for the Center for the next 5 years, we are pleased to present our newly established Advisory Board. The purpose of the Advisory Board is:

- Reviewing annual reports and advise on potential future directions
- Helping connect the Center to philanthropic support
- Advising on student engagement strategies
- Further the impact of the Center beyond Long Beach
- Meeting twice a year to review progress (Fall & Spring)

We are honored to have the following esteemed individuals as members of our Advisory Board:

- Ms. Karen Reside, President, Long Beach Gray Panthers
- Ms. Cindy Skovgard, Executive Director, Pathways Hospice
- Dr. Michael Tehrani, Founder and CEO of MedWell Medical
- Dr. Michael Williams, Director of CSULB School of Nursing
- Ms. Viviana Criado, Program Manager, LA Health Department
- Dr. Jay Sokolovsky, Professor Emeritus, University of South Florida
- Dr. Kyriakos Markides, Distinguished Professor, UTexas - Medical Branch, University of Texas Medical Branch Galveston
- Dr. Maria Chandler, Chief Medical Officer, TCC Family Health
- Ms. Mercedes Perezchica, Director of Community Giving, SCAN Health Plan
- Dr. Elaine Acosta Gonzalez, Executive Director, CUIDO60
- Dr. Tanya Dansky, Senior Medical Director, MemorialCare Medical Group

