

CSULB GERONTOLOGY

Newsletter of the CSULB Gerontology Program

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Happy Retirement Jacque!

**FULL-TIME GERONTOLOGY LECTURER
STARTS A NEW CHAPTER**

Jacqueline Lauder became a friend of the CSULB Gerontology Program several years ago as a guest lecturer from SCAN Healthplan. We knew then that she belonged in our GERN family. When she retired from her position at SCAN, we were lucky enough to hire her and benefit from her expertise in many areas, passion for working with students, and great sense of humor. We wish her a wonderful (well-deserved) retirement and hope she will continue to share her wisdom as a guest lecturer in our program. THANK YOU, Jacque!



"The secret to living well and longer is: eat half, walk double, laugh triple, and love without measure."

Tibetan Proverb

Faculty Accomplishments

- **Maria Claver**, Director of the Gerontology Program, received a 2020-2021 CSULB Distinguished Faculty Teaching Award, presented on April 28, 2021.
- **Mary Marshall**, Assistant Professor, published a manuscript about student peer mentoring in *Mentoring and Tutoring: Partnership in Learning* and earned Grant-Ready Status with the CSULB Research Foundation.
- **Miriam Henan-Watts**, Gerontology Lecturer, was accepted to a PhD program at Texas A&M to study Educational Human Development with an emphasis in Adult Education.
- **Alexandra Wilkinson**, Gerontology Lecturer, has recently accepted the role of the Director of the Friendly Caller Program, which matches interns from CSULB, CSU Fullerton and USC with senior apartments to facilitate social interaction.
- **Casey Goeller**, Gerontology Lecturer, led a pilot of BeachBoard Ally training for FCS faculty and 11 of the 13 participants have completed the course successfully.



Graduating with an MSG...

- **Jesse Archer, MSG: Thesis Title:** Caregiving in Quarantine:Evaluating the Impact of the Covid-19 Pandemic on Adult Child Informal Caregivers of a Parent
- **Susan Brilliant, MSG: Thesis Title:** Physical Activity and Aging: Exploring Motivations of Masters Swimmers
- **Irene Chiu, MSG: Directed Project Title:** Expressing Emotions Through Art: A Workshop for Mental Health Promotion for Older Mandarin-Speaking Immigrants
- **Angela Williams, MSG: Directed Project Title:** Angel's Flight Advocacy Agency for Older Adults

CAREERS IN AGING SPOTLIGHT

Jesse Archer

Licensed Ombudsman, Class of 2020



I am a licensed Ombudsman, an advocate protecting the rights of residents in long-term care. I meet with residents for consent to investigate and attempt to mediate disputes, or resolve issues related to quality of life, or allegations of physical, sexual, psychological, verbal abuse, and medical neglect in skilled nursing and assisted living facilities. The role is emotionally challenging, but incredibly valuable especially during lockdown as we have been the only outsiders allowed to enter facilities, visit in-person with residents, and provide some measure of oversight and accountability of the industry.

Jesse's Advice: "Don't settle for things that anyone can have"

congratulations

COMING YOUR WAY

- **Graduate Dean's List of University Scholars:** Jesse Archer, MSG
- **Graduate Student Honors:** Nicole Smith, MSG
- **Outstanding Student Citation (Gerontology Minor):**
 - Rommel Barrantes
 - Sara Brummond
 - Emily Castellanos
 - Megan Cheng
 - Brittany Flores
 - Jennifer Fuller
 - Holly Lu
 - Yolanda Meza
 - Mikaela Roth
- **FCS Outstanding Project Award:** Veronica Maggiore, MSG

ACADEMIC EXCELLENCE

JESSE ARCHER
SUE BRILLIANT
NOLBERTO GONZALEZ
SOFIA HODJAT
ANNE LAM
JUSTIN LUUGA
NICOLE SMITH
ANGELA WILLIAMS
ROMMEL BARRANTES
JESSICA MARTINEZ
LESHEL PONCE
MIKAELA ROTH

OUTSTANDING STUDENT

ADRIANA WEATHERSBY

LEADERSHIP & SERVICE

SARA BRUMMOND
EMILY CASTELLANOS
TATIA CLARK

RESEARCH AWARD

IRENE CHIU
VERONICA MAGGIORE
AMANDA PAIZ
ELIZABETH SANCHEZ

these gerontology minors are...

graduating!



Robyn Jewel Agarao plans on applying to colleges to receive an ADN to continue her education while looking for a healthcare job.

Jasmin Aguilar Chavez plans on looking for a full-time job pertaining to one of her majors. She hopes she can find a career that will allow her to make a difference in a child's life.

Anette Alvarez

Rommel Barrantes plans to enroll into a post grad nursing program to become a Registered Nurse and then a Nurse Practitioner and make a difference in the care provided for older adults. Eventually he'd also like to become an educator/advocate for older adults suffering from Alzheimer's and Dementia.

Eileen Brown hopes to work as a patient coordinator or at a senior care referral agency, and then pursue a master's in nursing as she ultimately wants to become a palliative or end of life care nurse.

Sara Brummond is going to take some time off to volunteer with various PT and OT clinics to determine which career path she wants to take. She hopes to someday work in a rehab center but if COVID taught her anything, it's to go with the flow and take the opportunities as they come. If and when it is safe, she wants to travel the world and go on backpacking adventures.

Emily Castellanos plans to apply to graduate school and get a masters degree. Her favorite memory of CSULB was studying in the grass under a tree with the squirrels running up and down the trees.

Megan Cheng plans on attending a Master's Program for Industrial/Organizational Psychology. She wants to be a part of the solution to problems encountered by employees in the workplace. She would like to make work a more diverse environment for all abilities, races, and ages.

these gerontology minors are...



graduating!

Elizabeth Cortez's favorite memory from CSULB was spending time outside of the McIntosh Humanities building. Specifically, she enjoyed spending time by the "U as a Set" sculpture, which artist Claire Falkenstein designed. She enjoyed it the most when the fountains were on. When life got a little overwhelming, this place offered her tranquility, and it allowed her to be aware of what matters most. The "U as a Set" sculpture was her sanctuary.

Emily Cruz-Alatorre's plans after graduation include exploring different job markets to see where she best fits in .

Mina Ekradchegini

Brittany Flores interned at St. Joseph Hospice and volunteered at CHOC hospital.

Jennifer Fuller plans to further her education in social work and get a MSW to be able to work in hospice as a social worker.

Evelyn Garibay plans to apply Master Program for Social Work to receive higher education.

Karissa Gervais plans to obtain a wellness coaching certification and start her own business for personal training and wellness coaching for older adults. While building her small business, she hopes to apply for graduate school at NUNM to pursue a Doctoral degree in Naturopathic Medicine.

Athziri Gutiérrez plans to enroll in a Child Life Specialist program and complete the pre- requisites in order to become a certified Child Life Specialist.

these gerontology minors are...



graduating!

Alexa Jurado: My favorite memory at CSULB was sitting in the lawn in front of the book store my freshman year and eating a wrap from beach walk. It was such a sunny and fresh day. I remember realizing I made the best choice coming to CSULB.

Holly Robin Luy plans on attending graduate school to obtain a master's in social work. After gaining experience by interning at a hospice agency, she would like to concentrate on working with the aging population.

Ruby Macias will apply to graduate school to study Audiology.

Jessica Martinez

Yolanda Meza hopes to become a registered dietitian and a certified personal trainer. Her goal is to gain sufficient nutrition knowledge to educate and assist many people by promoting healthy eating habits, and to increase their physical activity to incorporate as a lifestyle and prevention for successful aging.

Edith Obeso: My favorite memory at CSULB would have to be going on break from work at the OutPost Grill to have lunch with my two sisters before they went to class. It was cool having my two sisters and I going to the same school getting different degrees.

Leshel Ponce plans to get a job working within the healthcare field and gain as much experience and knowledge as she can. She also hopes to apply for CSULB's graduate program so that she can earn a Master's degree in Healthcare Administration. My favorite memory from CSULB would have to be spending time with my friends in the student union doing homework and studying for finals. I really miss those times ever since we switched to online instruction.

Mikaela Roth will work for DCFS for a minimum of one year following graduation and plans on being a public child welfare worker within the year.

these gerontology minors are...



graduating!

Melanie Zuniga: I'm extremely happy I was able to minor in gerontology. I was able to meet a lot of amazing people by volunteering at Meals on Wheels and at the VA hospital in Long Beach. Gerontology allowed me to start thinking about my mom's and my own aging journey. Thinking to the future isn't something I like to do but I've learned preparing advance directives and learning how to finance your own aging is extremely important these days. As well, I learned about healthcare disparities in the older adult community, I didn't know these issues existed amongst the older adult community. Gerontology has opened my eyes and shown me there are disparities and barriers the geriatric community faces, and I hope I can help to lessen these disparities in the future.

CAREERS IN AGING SPOTLIGHT

Tanya Ezrol

Regional Manager at John Stewart Property Management, Class of 2012



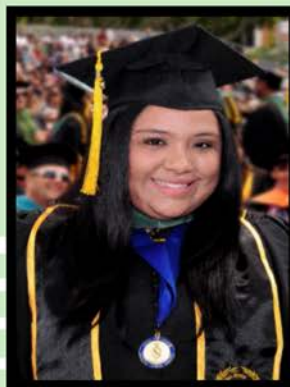
My experience with older adults was a good fit to who I am and have so much passion to help older adults. I was very close to my grandparents. In my job, no two days are the same! I could be dealing with housing issues one day, and the next day be dealing with IRS, city laws, people issues, and compliance issues. To get where I am, a master's degree is essential, and it gave me the ability to make up for lack of experience. With all the knowledge I got from the MSG program, housing developers would pick my brain about safety for older adults, things such as floor plans, furniture, dining options, etc.

Tanya's Advice: "Life is too short to not build a life that you don't care about"

CAREERS IN AGING SPOTLIGHT

Veronica Maggiore

Education Coordinator, Alzheimer's OC, Class of 2020



I was fortunate enough to meet and have my paternal great-grandmother around for the first 9 years of my life, as well as having a tight bond with my maternal and paternal grandmothers. Seeing the hardships they experienced made me understand the importance of services and programs for our older adult community. In my current position, I can draw from what I learned in our Gerontology program and apply that to my day-to-day tasks when creating a marketing piece or when communicating with peers and constituents.

Veronica's Advice: "Research specific positions you are interested in as well as interning for various types of organizations that serve our older adult population"



Diversity, Equity, and Inclusion

The Gerontology program recognizes the dire need for more conversation around diversity, equity, and inclusion. Our faculty have started having more conversations about race, ethnicity, gender, age, religion, ability, and more. Our program joins the Department of Family and Consumer Sciences efforts to enhance DEI across the department. Although small, the DEI committee has been in full force this year! Alexandra Wilkinson participated on this committee, and shares that noteworthy successes include:

- Developing and distributing a survey to faculty about strengths and areas for growth in our department
- Creating a mission statement to guide efforts and discussion about increasing diversity
- Developing a DEI training to improve confidence in discussing diversity in the classroom and on campus

All of the faculty in our program have been having conversations about diversity or attending workshops to increase their awareness of DEI and to learn strategies for facilitating DEI in their classrooms. Here are some highlights:

- Cynthia Schlesinger completed a Culturally Responsive Online Teaching course
- Miriam Henan-Watts participated on the Campus Climate Committee and the President's Change and Equity Network to recognize that age is a social justice/Equity issue on campus
- Mary Marshall participated in the Strategic Enrollment University Committee with the goal of increasing underrepresented populations enrolling and graduating from our University
- Maria Claver continues to work on increasing Age-Friendly priorities on campus
- Casey Goeller led a pilot group of faculty through the BlackBoard Ally training to increase the accessibility of our online course materials

We recognize this is only the START of this conversation and are ready to both listen and continue the conversation around these issues. Please join us in our efforts to increase DEI on campus.

Students present research at California Council on Gerontology and Geriatrics!

Caregiving in Quarantine: Evaluating the Impact of
the Covid-19 Pandemic on Adult Child Informal
Caregivers of a Parent
Jesse Archer, MSG

Emotional, Social, Financial Benefits of Pre-
Planning Funeral Arrangements: A Three-Week
Training
Tatia Clark, MSG

Recent Publications

Walters, K., **Marshall, M., Wilkinson, A.,**
Natividad, M. (In Press). An Intentionally Designed
Walking Program for Seniors Results in Enhanced
Community Connection. Journal of Aging and
Physical Activity.

Marshall, M., Dobbs-Oates, J., Kunberger, T.,
Greene, J. (2021). The peer mentor experience:
Benefits and challenges in undergraduate
programs. Mentoring and tutoring: Partnership in
Learning.

Archer, J., Reiboldt, W., Claver, M., & Fay, J.
(2021). Caregiving in Quarantine: Evaluating the
Impact of the Covid-19 Pandemic on Adult Child
Informal Caregivers of a Parent. Gerontology and
Geriatric Medicine.

Research Roundup

Our students
and faculty were
busy this
semester with
their research
projects!





GAHPS Awarded the National Sigma Phi Omega Service Award (2020/ 2021)

This award is given to recognize extraordinary community service efforts. Angela Williams put together 25 bereavement packages to families (pictured below). The GERN Academic Honors and Professional Society (GAHPS) also connected with our community older adults via pen-pal letters, phone calls, and virtual meetings!

GAHPS raised funds for the Alzheimer's Association by participating in the Virtual Alzheimer Walk. They also hosted their first ever virtual Death Cafe with the Gay Elder Circle, and interviewed Gerontology alum to spotlight for Careers in Aging Week.

Congratulations to Tatia Clark for winning the Honorary Member Award for her efforts with community service.



GAHPS Updates



Facebook.com/
gahps.csulb



Instagram
@spo_csulb



Email
spo.gahps@gmail.com



A Letter of Gratitude from the GAHPS-SPO Advisor, Miriam Henan-Watts:

Thank you, Gerontology Academic Honor Professional Society-Sigma Phi Omega for brightening our days 😊

A big CONGRATULATIONS to our tenacious Sigma Phi Omega, Delta Eta Executive Board and members for being awarded the 2020-2021 National Service Project Award! GAHPS was honored at the national awards ceremony in April 2021 for their continued dedication to serving our older adult community! Congratulations on a job well done, you make us proud!

The CSULB Gerontology Academic Honor Professional Society (GAHPS) and Sigma Phi Omega (SPO), Delta Eta Chapter has been hard at work spreading the exciting news about the field of Gerontology throughout our community. Moreover, every effort was made to reach out to those in need as we all went through this semester's highs and lows. GAHPS remained resilient through the pandemic and planned a calendar of virtual events with very high turnouts. This group has shown such tenacity and commitment to their goals by offering our members community service opportunities, fundraising, virtual member meetings, and a virtual speaker series. It is no wonder they are ready to close out this semester with a fun social end-of-year event, "Baby Zoomers" to celebrate all their hard work!

Despite the "Stay at Home" order in California, GAHPS has been active in the community finding ways to serve older adults while maintaining quarantine restrictions. GAHPS understands that older adults are in need and made it a priority to partner with organizations that serve those in need. This academic year, GAHPS sponsored 20+ bereavement care packages for Premium Hospice Care to be distributed to struggling families, and wrote pen pal letters to older adults with Project Send Love. GAHPS also partnered with Lutheran Towers to participate in their craft programs as well as their "Friendly Caller Program," offering phone calls to residents that made us all smile. As if that were not enough, GAHPS exceeded their \$500 fundraising goal for the Alzheimer's Association, and raised more than \$600 by participating in the Virtual Alzheimer's Walks for both Los Angeles and Orange County, CA, where over 50 of us took a walk to remember, together.

Aside from community outreach, GAHPS has offered virtual meetings full of information and laughter, a virtual Speaker Series, participated in the CSULB Week of Welcome, collaborated with the Gay Elder Circle to host a virtual Death Café and interviewed esteemed Gerontology alum for the Careers in Aging Week. Through their dedicated efforts, GAHPS was able to recruit 12 new members and have very high attendance at these awesome events.

To our members, faculty, and the Gerontology Program, thank you for supporting all our efforts with your time, donations and involvement-we appreciate you! A BIG thank you to our Guest Speakers: Bill Sive, Tatia Clark and Jesse Archer - your presentations were wonderful and so informative. We would also like to congratulate, Tatia Clark for earning the 2020/2021 Sigma Phi Omega-Delta Eta Chapter Honorary Member Award for her involvement with GAHPS Community service efforts! Congratulations to our graduating members. This has been a successful semester, and we look forward to continued growth and success!

It is such a pleasure to see students lift each other up and support one another the way this Executive Board does. I am blessed to be the GAHPS-SPO Faculty Advisor to such an amazing group. I wish you all the best that life can offer. May the blessings you pour out in the world, multiply right back to you! Thank you to Nolberto Gonzalez for being an amazing leader as President, you rock! Thank you to Adriana Weathersby for your hard work and recruitment efforts. Thank you to Sam Meilano, Emily Wu, Jesse Archer and Angela Williams for all your positivity, humor, and commitment in leading this organization! It has been an honor to work with you all - congratulations on a job well done!!! You are all golden and so appreciated! Now go celebrate . . . you're graduating!!

Graciously,
Miriam Henan-Watts, RCFE, MSG, ADC, MA

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!"



FRIENDLY CALLER PROGRAM TRANSITIONS TO CSULB

This Spring semester the gerontology program at Cal State Long Beach began the process of adopting an important program – the Friendly Caller Program based at Lutheran Towers in Long Beach. The program originally began during the pandemic and has thrived to meet the communication needs of older adults but also to assist with other needs older people may have by navigating resources with them.

Furthermore, adopting the friendly caller program strengthens the Age-Friendly university title that CSULB holds. This is done by providing an opportunity for students to participate in intergenerational communication and connect more with fellow students in weekly meetings.

To prepare for this transition, members of the Long Beach State gerontology program met with developers of the program weekly while communicating with current volunteers and interns. Future goals include growing the program to additional sites. This will allow the program to reach more older adults and provide more opportunities for students to become involved. Long Beach State and Lutheran Towers feel confident that the new home for this program will allow it to flourish.

By Alexandra Wilkinson



CAREERS IN AGING SPOTLIGHT

Melissa Ratto

Senior Social Worker for Adult Protective Services, Class of 2017



I have always been drawn to working with older adults. I believe they are an underserved community. My passion to serve the older adult community grows each day as I see the increasing demand for advocacy and services for seniors. For my job, I respond to and investigate allegations of elder and dependent adult abuse and neglect in the community. It is my responsibility to assess clients, connect clients to resources, make referrals, work with community partners, and help clients remain safe in the community while facing a variety of social and economic challenges. It can be a difficult job but I take pride in being able to enhance my clients' quality of life.

Melissa's Advice: See her video message here, <https://youtu.be/FxANFJE1oDU>

GIVING BACK IN THE TIME OF COVID-19: LESSONS FROM VIRTUAL SERVICE-LEARNING

The pandemic did not stop 3 CSULB gerontology classes from serving the senior community. During the semester, over 75 students assisted with programs such as Heritage Pointe Senior Living, the LEAP program, which is an educational program for older adults, Premium Hospice, Burbank Senior Pen Pal program, Environmental Alliance, and Meals on Wheels. All students assisted virtually except for Meals on Wheels, which allowed students to drop off meals safely.

The result was 1,500 + hours of community service in a time when the community needed it the most.

Reflections from Students that Participated:

Andy: The Burbank Parks and Rec volunteer opportunity has provided me the chance to connect with older adults through their Phone Pals program. The program sets a volunteer up with two older adults where calls are scheduled weekly. It has been an enriching experience for me. The two adults I was paired with were always eager to converse. They were more than willing to share their experience and give their input on any questions I have for them. It is great learning experiencing for those that would like to get a history lesson. Despite having a busy course schedule, I always found myself feeling excited when the days drew nearer in making the phone call.

Brenda: This semester, I had the opportunity to work on a service-learning project with Premium Hospice. I designed and created greeting and birthday cards with personalized hand-written messages for hospice patients and their family members. During this pandemic, hospice patients are unable to socially interact with visitors and volunteers in person, so these greeting cards allow patients to know that we are thinking of them. I learned that it also helps provide a form of informal support system for these older adult patients while they are in isolation and can improve their mental well-being. Additionally, I was able to learn more about end-of-life care facilities such as hospices and what they do to assist patients diagnosed with terminal illnesses. All these aspects were connected to topics discussed in my GERN 400 class.

I enjoyed my service-learning experience because it allowed me to reach out to organizations outside of campus and build my network. As a healthcare administration major, I benefited from meeting professionals who have years of experience working in long-term care facilities. I'm grateful to have had the opportunity to gain valuable advice and insight from my supervisor at Premium Hospice.

Angel: My team participated in the LEAP program, and I am grateful that we were able to collaborate in the creation of fun interacting activities for the older adults. Our team found it very important to help older adults stay physically, mentally, and socially active during these unprecedented times. Older adults may feel isolated due to the pandemic, so we wanted to create fun, engaging, and interactive videos for them to watch, and play along with. What I have learned the most so far out of this experience is that there is no telling what life will be like when we are older adults, but we must take advantage of every moment in every year of the life cycle. As a marketing entrepreneur, this Service-Learning experience gave me a much-needed understanding of what older adults face in society, and I learned a lot about their biological, psychological, and social needs. The LEAP Program gave me a chance for hands-on experience working with older adults and learning how to apply the knowledge from this course to real-life situations.

Special thanks to the amazing GERN 400 students Andy Thai, Brenda Tran, and Angel J. Gallo for sharing their stories!

Instructor: Alexandra Wilkinson



CAREERS IN AGING SPOTLIGHT

John Fay

Director of Aging in Place Services, Class of 2014



I watched my grandmother take care of my grandfather and knew there had to be more that could be done, doing more and better for older adults brings me joy. A day in my life as a Gerontologist varies. Some days patience is tested from working with seniors and their families. Coordinating care and resources. Finding solutions daily. Huge uphill climb when Covid hit. Things were evolving every minute.

John's Advice: "Don't let the field intimidate you. Remain confident and be creative and open-minded. Stay motivated"

The Golden Girls

Sex, drugs, money, betrayal, dementia, death, addiction, anxiety... the Golden Girls hit all these themes and issues head-on, with no holding back.

I learned many lessons from these women. I found each of them to be endearing this time around. When I watched the series originally, I confess, I was not as taken with the characters then. Perhaps I needed seasoning! But during this class, I found that every single one of them had a particular gift, a special quality that deserved exploration. Each had a history that deeply influenced their motivation and actions, each had experience and heartache. Each had a depth that was not immediately recognizable.

Blanche was an enigma. Yes, she was a classic self-induced Southern belle, rather a Scarlett O'Hara wannabe, but behind that is a woman who raised 6 children. After being widowed, she was, in my opinion, entitled to be and feel beautiful, pursue the attention of men, to validate, again and again, her feminine attractiveness, and to indulge in more than a bit of self-absorption. After delivering and rearing 6 children, she was overdue for some time of her own! Her relationship with her father, and then the loss of her beloved husband made her crave attention and approval from men... ok. Her essential nature was nurturing, kind, and caring. She was a champion for the roommates who became her dear friends.

Dorothy, wronged woman, uncertain of her own attractiveness, but intensely loyal and dedicated to her mother's well-being, was interesting, engaged in her community, accomplished, and still wanting to be fully involved in life. She did not allow her bitter divorce to make her a bitter woman. The series describes her in early episodes as being 55. Even 30 years ago, 55 was not old!

Rose, scatter-brained, a bit ditzy but really rather dumb like a fox! She was somewhat out of her element with the rest of the "girls" but she had a heart of gold, and truly cared about her friends. I wondered if she ever really loved Miles as much as Charlie... her loyalty seemed to run so deep. Her ability to be oblivious to almost everything actually served her well.

Sofia, the pragmatic straight talker, the only really "old" lady of the Golden Girls, still had fire and pith and pluck. She escaped an arranged marriage as a teenager, was involved in numerous business ventures, she took a lover, she volunteered in the community, she was still LIVING and doing so with a great deal of depth.

Life. It's not over til it's over. One of the most important lessons of the Golden Girls is that women "of a certain age" are not all done with life. They were each vibrant in their own way. Each revealing different aspects of life and firmly underscoring that they were not all washed up!

Romance. These women were all actively seeking romance in varying degrees. They dispelled the notion that women of a certain age are asexual and undesirable. There was a refreshing reality to their dating and matchmaking. The show still made it clear that older women desire and are desirable; sex can most certainly improve with age.

Menopause. The change of life can be rough, but it does end, and it does NOT end a woman's femininity. What I wish had been more apparent in the show was that many many clinical supports are available, perhaps even more so now, and most of the really difficult symptoms of menopause can be well managed medically. Post-menopausal zest can propel women to great creativity and accomplishment.

Experience. Experience has intrinsic value. In matters of life and death, in business, in love, in all aspects of life. Experience teaches and seasons us so that we understand how better to respond to the wonderful and the terrible. We know that no matter how awful something is, it will abate, and there will be some resolution. The Golden Girls all endured many varied crises, and handled things, managed to emerge from the heartache, loss, or betrayal with renewed dignity.

Community. Each one of the Golden Girls was involved in the community. They were engaged in giving back and making things better for others. This commitment to the community was woven through all the episodes, someone was always delivering meals on wheels, or volunteering at the library, or a community fund-raising for a worthy cause. This attitude of engagement and responsibility for the community was a powerful theme in this show, reinforcing that these women were valued, valiant members of their community.

Friendship. Long term, good, true friends are, indeed, the best mirror. Friendship takes work, understanding, grit, sensitivity, forgiveness, and fun. Friendship is essential to aging well, a support system of good friends on whom one can depend can be the glue that holds a person together when the unimaginable loss of a spouse or a child happens, when serious illness strikes or when life falls apart.

I enjoyed this class much more than I expected to, and I found watching the practical applications and lessons about aging captured by the Golden Girls to be an inspired method of learning these concepts. Perhaps the most important lesson of all that the Golden Girls gives us comes from the French: *le vin, les violons et les bonne femmes s'ameliorent avec l'age*.

By Patty Mouton, MSG(c)

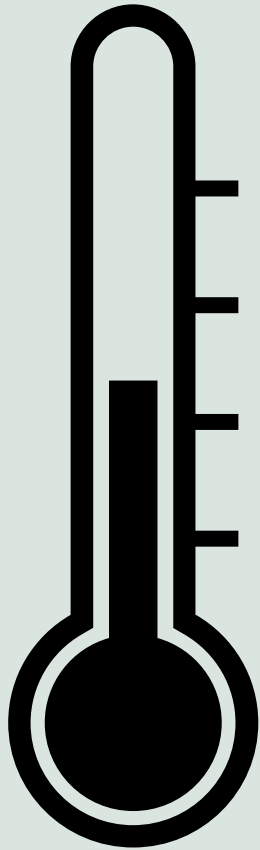


Photo: Long Beach Press Telegram, January 2019



Supporting Our Students

CSULB Gerontology Program Endowed Scholarship Fund reaches \$8000



We are well on our way to raising \$25,000 to start an endowed scholarship fund in Gerontology. **We need your support!** Please visit: csulb.edu/gerontology to make a donation.

Congratulations to 2020-2021 Scholarship Awardees:

Marian Last Endowed Scholarship in Gerontology: Justin Luuga

Gerontology Program Scholarships:

Natalie Torres
Angela Cayetano
Emily Wu



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