



CSULB

Gerontology Program

Gerontology Program Awarded AGHE Program of Merit Designation

The Academy of Gerontology in Higher Education awarded the CSULB Gerontology Certificate and Minor Program of Merit designation in August 2020. Students that complete the undergraduate post-bac Certificate or Minor will receive a separate certificate from AGHE noting that they have graduated from a program of the highest quality. The CSULB Certificate is the 14th program in the country to gain this distinction.

Congratulations came from top leadership in Gerontology:

Congratulations on achieving this distinction as an AGHE Program of Merit for the Gerontology Minor at California State University Long Beach! This puts your program in exclusive company with other select programs. Best wishes as you move forward.

James C. Appleby, CEO, Gerontological Society of America

Visit www.aghe.org for more information.



Caregiving during COVID

By: Alexandra Wilkinson & Co-Caregiver Matthew Korn

Background: I have had the honor of being a caregiver for the past 8 years. Along with it came the great privilege of seeing my grandmother, Liz reach the incredible age of 93 years old. I'm inspired every day by her resolve and the way she continues to enjoy life. As a retired nurse that worked in the public health sector and public schools, she has always been a powerful advocate for people and a role model to me. She has always been there for me, whatever came our way. She now experiences a life managing Alzheimer's disease, and that is why it is so important for me to be there for her now. Being a caregiver has always been a road of many obstacles and opportunities, however, the recent COVID-19 pandemic has transformed my caregiving experience in a way I never could have imagined. My family continues to learn the new dynamic and take extra steps each day to keep our household healthy, safe, and happy.

Obstacles: The virus has clearly caused great concern for many, including my family as my grandmother does have preexisting conditions that make her more susceptible to the virus. Despite initial challenges, like limiting visitors which includes close family members, and working remotely, my family has managed to maintain a sense of security in our home. She continues to have lab appointments done safely at home and teleconferences with her doctors to keep her safe and healthy. Thankfully, my grandmother is in very good health so no in-person physician visits or hospitalizations have been necessary.

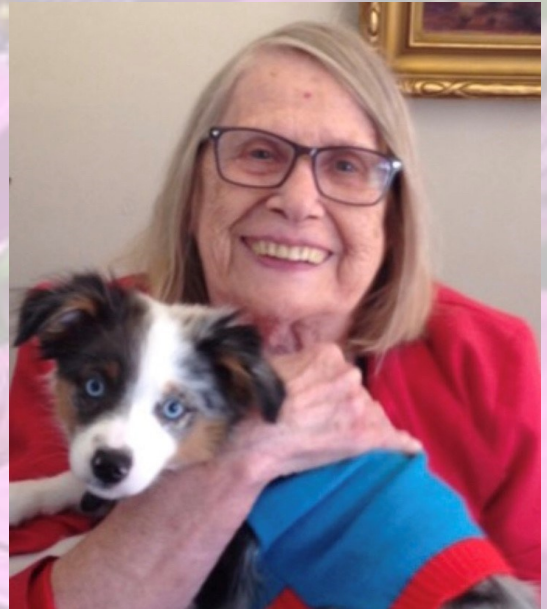
Another obstacle has been my grandmother's memory, although a problem before COVID, not being able to remember what COVID-19 is, can be particularly trying and sometimes even scary. She relearns what the virus is several times a day and will forget to take precautions. It is very important that we limit her exposure by cleaning often and sanitizing everything we can. Thankfully because of her background in public health she is quick to understand and ready to put on her mask to help out!

Opportunities: Thankfully, the pandemic has provided the opportunity to work full-time from home. This has directly translated into spending more time with my grandmother. Before the pandemic, either myself or my husband would be gone several hours a day. Leaving the house for any reason, often resulted in her experiencing anxiety, which has improved greatly now that we only leave the house for limited amounts of time and very sparingly.

(continued on next page)

This pandemic has also brought my family closer together, virtually, of course. In a time of great uncertainty, I have been amazed at my family's ability to band together for the greater good, which in this case is my grandmother's health. My family has put aside differences and sacrificed in person time with my grandmother to keep her safe and I have never been more thankful and proud of them.

The increased time with my grandmother is perhaps the greatest part of an otherwise unsettling pandemic. This is time I never would have been able to spend with her if I was working a traditional full-time job. Giving back to her does not repay all the good she has done for me throughout my life, but it is a start. Although caregiving will always be an unpredictable road, COVID-19 has brought for us an abundance of new challenges and opportunities to grow and learn from one another.



Stay up to date by following us on Social Media!

Facebook:

www.facebook.com/CSULBGerontology

Instagram:

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LinkedIn:

Search "CSULB Gerontology Program"

Facebook for Family and Consumer Sciences:

www.facebook.com/FCSdept



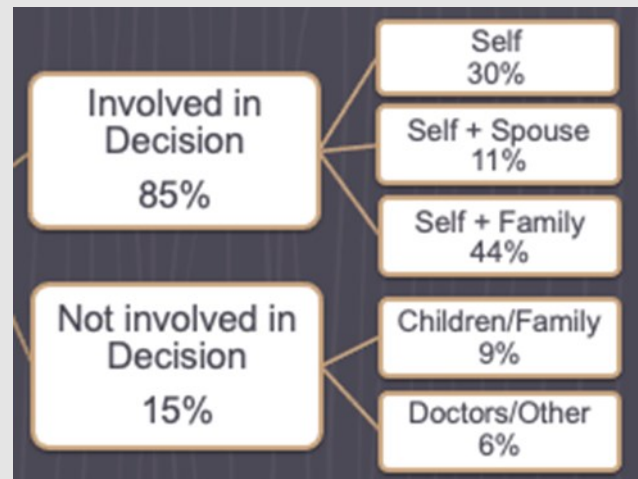
RESEARCH ROUNDUP

Adjustment to Senior Living

Dr. Marshall, Rose Tran, Erika Duarte, Tatia Clark, and Adriana Weathersby presented these findings at the Center for Successful Aging Colloquium in November.

A qualitative analysis was completed on interviews with 46 older adults about their move to assisted living. Researchers asked about who was involved in the decision-making process for the move and found that 85% of older adults were involved to some degree, while 15% reported not being involved at all. Most older adults reported having help from their family member or spouse when making the decision.

Findings about the level of involvement older adults had regarding their move



Identified strengths of the CSULB Campus in alignment with AFU principles

Strengths

- Scholarships for re-entry students
- OLLI
- Auditing classes
- GERN Program
- GE course(s) in Gerontology
- Service-Learning database to connect students with aging agencies
- Emeriti groups
- Caregiver faculty/staff can "take leave" and "stop the clock" for tenure/promotion
- Older Adult Degree Program
- LifeFit Center

Age Friendly University

Dr. Claver, Adriana Weathersby, Alexandra Wilkinson, and Nicole Smith presented these findings at the California Council on Gerontology and Geriatrics Symposium in November.

A SWOT analysis technique was used to assess the age friendliness of Cal State Long Beach. Results provided a clear overview of the types of activities and programs available to older adult students while guiding the identification of gaps in the services offered, from the perspective of administrators on campus. The next step is to assess the age friendliness of the campus from the perspective of students, faculty, and community members.

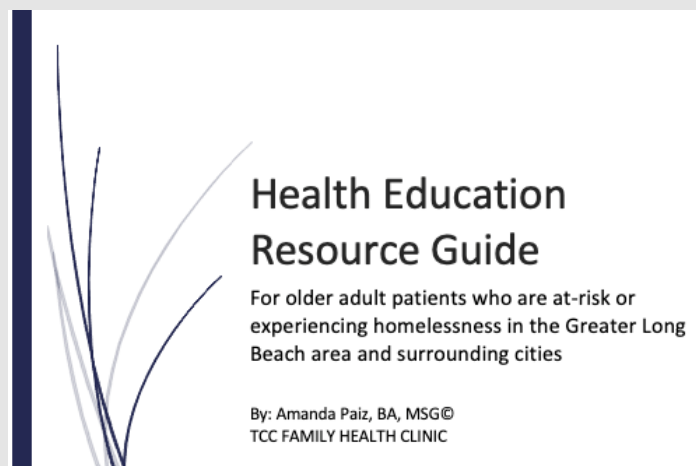


Health Education Resource Guide

Amanda Paiz successfully defended her Directed Project titled: A health education resource guide for health care workers and individuals experiencing homelessness in October. Amanda will present the completed guide to the TCC Family Health Clinic in Long Beach.

A resource guide was created for staff to utilize as they assist older adult patients experiencing homelessness in the greater Long Beach area. The easy to read and informative guide includes local up to date resources that best support patients who are experiencing homelessness. The resource guide was reviewed and approved by an expert panel who understood the needs of the community and staff members of the health education department. Resources in the guide cover important needs such as housing, health care, food, transportation, employment, and social and legal services.

Resource Guide created for the TCC Family Health Clinic in Long Beach



Findings indicate that caregiving is harder during the Covid19 pandemic

Since the pandemic began

- More burden overall
- Majority receive less social support
- Navigating healthcare systems is worse despite advent of tele-medicine
- 69% say parent's bad behavior is worse.

And yet...

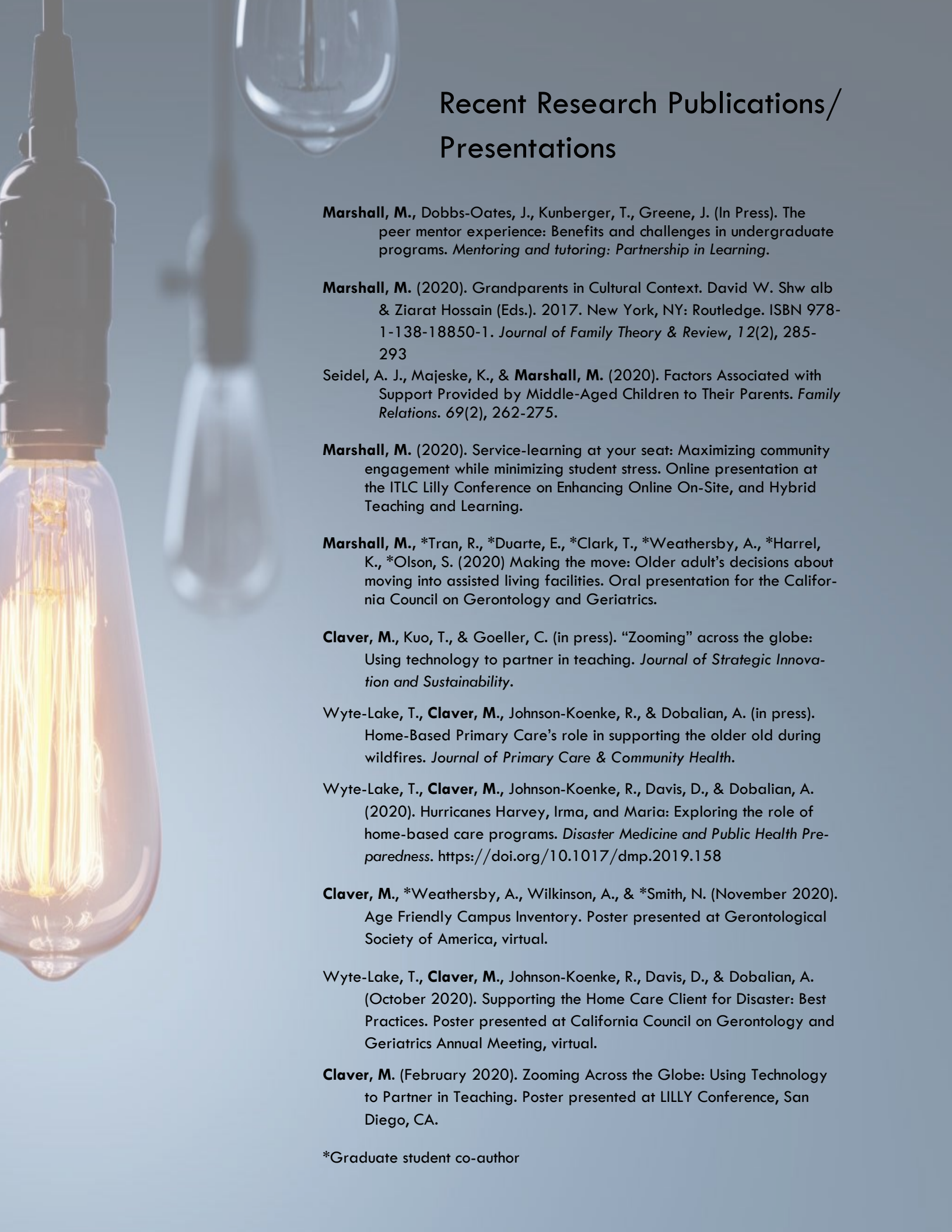
- Siblings appear to insulate primary informal caregiver from burden
- The majority who report no choice in becoming caregiver still benefit from presence of siblings.
- Those caring for a parent and child(ren) are more resilient, under-report, or intergenerational transfers increased.

Caregiving in Quarantine

Jesse Archer successfully defended his Thesis titled, Caregiving in quarantine: Evaluating the impact of the Covid19 pandemic on adult child informal caregivers of a parent.

The manuscript is submitted for review to the journal Gerontology & Geriatric Medicine.

This project investigated differences in subjective burden before and during the Covid-19 pandemic among adult children who are primary informal caregivers for a parent. Caregivers (N=77) reported more burden since the onset of the pandemic when compared to pre-pandemic. Caregivers with living siblings reported less burden during the pandemic than those without siblings, while there was no difference in burden between sandwich generation caregivers and those providing care only for a parent. The results point to the role family plays in resilience during a crisis and emphasizes the need to promote efficient supports and networks to alleviate caregiver burden.



Recent Research Publications/ Presentations

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

Marshall, M. (2020). Grandparents in Cultural Context. David W. Shw alb & Ziarat Hossain (Eds.). 2017. New York, NY: Routledge. ISBN 978-1-138-18850-1. *Journal of Family Theory & Review*, 12(2), 285-293

Seidel, A. J., Majeske, K., & **Marshall, M.** (2020). Factors Associated with Support Provided by Middle-Aged Children to Their Parents. *Family Relations*. 69(2), 262-275.

Marshall, M. (2020). Service-learning at your seat: Maximizing community engagement while minimizing student stress. Online presentation at the ITLC Lilly Conference on Enhancing Online On-Site, and Hybrid Teaching and Learning.

Marshall, M., *Tran, R., *Duarte, E., *Clark, T., *Weathersby, A., *Harrel, K., *Olson, S. (2020) Making the move: Older adult's decisions about moving into assisted living facilities. Oral presentation for the California Council on Gerontology and Geriatrics.

Claver, M., Kuo, T., & Goeller, C. (in press). "Zooming" across the globe: Using technology to partner in teaching. *Journal of Strategic Innovation and Sustainability*.

Wyte-Lake, T., **Claver, M.**, Johnson-Koenke, R., & Dobalian, A. (in press). Home-Based Primary Care's role in supporting the older old during wildfires. *Journal of Primary Care & Community Health*.

Wyte-Lake, T., **Claver, M.**, Johnson-Koenke, R., Davis, D., & Dobalian, A. (2020). Hurricanes Harvey, Irma, and Maria: Exploring the role of home-based care programs. *Disaster Medicine and Public Health Preparedness*. <https://doi.org/10.1017/dmp.2019.158>

Claver, M., *Weathersby, A., Wilkinson, A., & *Smith, N. (November 2020). Age Friendly Campus Inventory. Poster presented at Gerontological Society of America, virtual.

Wyte-Lake, T., **Claver, M.**, Johnson-Koenke, R., Davis, D., & Dobalian, A. (October 2020). Supporting the Home Care Client for Disaster: Best Practices. Poster presented at California Council on Gerontology and Geriatrics Annual Meeting, virtual.

Claver, M. (February 2020). Zooming Across the Globe: Using Technology to Partner in Teaching. Poster presented at LILLY Conference, San Diego, CA.

*Graduate student co-author



Cynthia's Surf Report by Cynthia Schlesinger

Retirement is not the same for any of us, but increasingly has become different for women. Financial retirement issues for women can be attributed to living longer than men; earning less on the dollar, taking time off from work for caregiving; working part-time

Here is a brief look at sites where the goal is help women navigate financial issues that can occur in later life.

WISER – Women's Institute for a Secure Retirement (<https://www.wiserwomen.org/>) is a nonprofit that works to help women, educators and policymakers understand the important issues surrounding women's retirement income. The website offers resources on a variety of topics for successful aging including Social Security, Widowhood, Divorce, Health and Retirement Planning. One topic, Fraud & Scams against older adults is especially concerning during Covid-19. Recent studies have found that financial fraud targeting the elderly is now a yearly \$2.9BILLION business for scammers. Help someone you know by knowing the signs and how to assist if financial fraud occurs: <https://www.wiserwomen.org/category/resources/financial-fraud-and-scams/> .

NCOA – National Council on Aging (<https://www.ncoa.org/>) is working to help older women (and men) stay financially secure and independent longer by offering online training toolkits for educators. A FREE Financial Fraud training, in collaboration with WISER, comes with a 60-minute training program and step-by-step facilitator guide with slides, tips and materials to help create personalized programs. The goal is to help educate older adults about good money skills and practices. The Savvy Savings Seniors® financial workshop material can be accessed here: <https://www.ncoa.org/economic-security/money-management/budgeting/savvy-saving-seniors-financial-education>

And finally, The FTC- The Federal Trade Commission (<https://www.ftc.gov>) offers many resources for consumers regarding financial matters. One of their main concerns is helping older consumers combat financial fraud in order to retain their savings and government benefits. Access to the Consumer Guide to Protecting Older Consumers: (https://www.ftc.gov/system/files/documents/reports/protecting-older-consumers-2018-2019-report-federal-trade-commission/p144401_protecting_older_consumers_2019_1.pdf)

Dreamcatchers CSULB

Impacts

"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



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dreamcatcherscsulb@gmail.com

Please visit our social media accounts or email
sofia.poulsenhodjat@student.csulb.edu for more information

<https://www.dreamcatchers1.org/>

CSULB Gerontology Academic Honor Professional Society



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

Thank you, Gerontology Academic Honor Professional Society (Sigma Phi Omega, Delta Eta Chapter) for brightening our days.

The CSULB Gerontology Academic Honor Professional Society (GAHPS) has been hard at work in spreading 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, a virtual speaker series, and a virtual thesis roundtable session. It is no wonder they are ready to close out this semester with a fun social end of year event, "Roast, Boast and Toast" to celebrate all their hard work!

Despite the "Stay at Home" order California is currently under, GAHPS has been active in the community, finding ways to serve older adults while maintaining social distancing and quarantine restrictions. GAHPS understands that older adults are in need and made it a priority to partner with organizations that serve those in need. GAHPS sponsored 15 bereavement care packages through Premium Hospice Care 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 also exceeded its \$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 (not literally).

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 and collaborated with SPO Fullerton to host a Thesis Roundtable virtual event, to walk through the thesis proposal process. Through their dedicated efforts, GAHPS was able to recruit 8 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: Hector Ochoa, Anne Lam and Judith Serwaah Agyenim-Boateng. Your presentations were wonderful and so informative. We would also like to congratulate Tatia Clark for earning the 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! You are all golden!

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!”



Faculty Kudos



Dr. Maria Claver was elected as the CHHS representative to the Graduate Studies Advisory Committee. She will serve for two years. Dr. Claver was appointed as Vice President of the California Council on Gerontology and Geriatrics.

Dr. Mary Marshall was appointed to serve on the Academic Senate Advisory Council on Strategic Enrollment Management. She will serve for one year. Dr. Marshall was also appointed as Secretary of the California Council on Gerontology and Geriatrics.

Ms. Miriam Henan-Watts was appointed to the Climate Committee of the Academic Senate.

Ms. Alexandra Wilkinson-Korn was appointed as Member-at-Large for the Council on Gerontology and Geriatrics.

Mr. Casey Goeller was selected as a Faculty Technology Champion during alternative instruction during Covid-19.

Congratulations Graduates!

Masters of Science in Gerontology

Kelsey Uyeda (Summer 2020): Tutti: Music and Physical Activity Curriculum for Older Adults

Jesse Archer (Fall 2020): Caregiving in Quarantine: Evaluating the Impact of the Covid-19 Pandemic on Adult Child Informal Caregivers of a Parent

Tatia Clark (Fall 2020)

Josephine Jogwe (Fall 2020): Fall Prevention Intervention for Older Residents in Subsidized Housing

Anne Lam (Fall 2020): Program of All-Inclusive Care for the Elderly (PACE) and Cal Medi-connect: A Comparison of Benefits

Veronica Maggiore (Fall 2020): Ensuring Effective Communication with People Living with Dementia: Emergency Medical Technician Training

Amanda Paiz (Fall 2020): Health Education Resource Guide for Health Care Workers and Individuals Experiencing Homelessness

Nicole Smith (Fall 2020): Ally Sensitivity Training for Instruction of Older/Non-Traditional Learners in Post-Secondary Education

Thesis and Directed Project abstracts will be posted soon to: www.csulb.edu/gerontology

Gerontology Certificate

Monica Manzo will continue her work with individuals with Autism Spectrum Disorder (ASD) and explore opportunities to work with older members of the LGBTQ community that have ASD.

Gerontology Minor

Prescilla Bernabe

Allysa De Guzman

Allison Edquid will start her new full-time job at Belmont Village Burbank (which was her internship site!).

April Martinez will go back to school to complete AAs in Administration of Justice and Social Justice Studies at Cerritos College while applying for a job.

Gerontology Program Recruitment Committee

We send a HUGE THANK YOU to the following alumni, students and current faculty members, who have worked diligently during Summer and Fall 2020 to reach out to prospective MSG students.

John Fay, Lauren Gelgur, Miriam Henan-Watts, Elena Ionescu, Jacque Lauder, Melissa Ratto, Rose Tran, Adriana Weathersby

Stay tuned for our "Recruit a Friend" contest (complete with prizes), starting in February 2021.

Our Alumni are the BEST!

The CSULB Gerontology Program has an active alumni network that continues to support the Gerontology Program in various ways. We thank the following alumni that have served as guest speakers for our classes: Elizabeth Dobson, Frances Ginder, Kathy Harrel, Miriam Henan-Watts, Rosemary Lewellen, Reath Melendez, Desirae (Gamboa) Moncayo, Monica Moore, Cynthia Schlesinger, Nakia Thierry, Christine Weber, and Ellen Wong.

We also thank our alumni that have served on thesis/directed project committees for this semester's graduates: John Fay, Miriam Henan-Watts, Desirae (Gamboa) Moncayo, and Cynthia Okialda.

It Takes a [Gerontology] Village

A number of non-Gerontology Program faculty have supported our Gerontology Masters students by serving on thesis/directed project committees: Dr. Josh Cotter (KIN), Dr. Susan Leonard-Giesen (ASEC), Dr. Wendy Reiboldt (FCS), and Dr. Barbara White (OLLI) and providing guest lectures: Mr. Joseph Aubele (Library), Mr. Omar Hussein (GSRC)

Community Support

Last, but certainly not least, our community experts greatly enhance our Program. We greatly appreciate Lorena Ortega for serving on a thesis committee for a graduating MSG student this semester, and the following community supporters, who served as guest speakers for our classes: Dr. Tae Kim (Geriatric Psychiatrist), Ms. Susan Kohler (Connected Hearts, LLC), Dr. Cheryl Mathieu (Founder, AgingPro), Ms. Patty Mouton (VP Outreach & Advocacy, Alzheimer's Orange County), Ms. Sylvia San Filippo (SCAN Health Plan), Adriana Weathersby (In-Home Care Provider), and Alexandra Wilkinson-Korn (Dementia Care Partner).

Making Waves at the Beach

The Age Friendly University Research Team (Dr. Claver, Alex Wilkinson, Adriana Weathersby, Nicole Smith and Miriam Henan) had a busy summer advocating for older learners at the Beach. Some of their accomplishments include:

- Changing the name of the Senior Citizen Discount Program to the **Older Adult Degree Program** (for more information about this program, visit: <https://web.csulb.edu/divisions/students/uosr/arw/>)
- Meeting with representatives from ASI Senate, the CSULB Career Development Center, the CSULB Women's and Gender Equity Center, Graduate Studies Resource Center, BMAC, Academic Technology, and CAPS to discuss the inclusion of older learners in their services and programs
- Accepting appointments to various CSULB committees and advisory boards to ensure that age-friendliness is considered in discussions about diversity and inclusion
- Partnering with UMass, Boston to engage in research to assess areas of strength and opportunity on campus regarding age-friendliness
- Developing an Older Learner Ally training for faculty and staff (Nicole Smith, MSG)

"OK Boomer"

"Ok Boomer." It is the equivalent of an eye roll to convey the notion that Baby Boomers (those born between 1946 and 1964) are out of touch or even insignificant. Although the phrase has existed since the mid-1990s, it was made popular as a retort to an older man who was speaking negatively about millennials and Generation Z and is a phrase that has since shown up on t-shirts, TikTok and even a university's Instagram site!

So, what's the big deal? We live in a time when groups of all kinds seem to be pitted against each other. We are finding ourselves moved to protest and strike and boycott to demonstrate the unacceptability of all types of -isms. Why does ageism seem to be the last acceptable -ism?

The language we use is one of the ways we, knowingly or unknowingly, promote stereotypes. So, let's be thoughtful about the language we use, especially in a university setting that has made inclusivity a priority.

Alumnus Spotlight: Melissa Dillon, MSG, Director of Garden House, Merrill Gardens



Melissa Dillon graduated from the CSULB Masters of Gerontology program in 2014. She has served in the Senior Living industry for 13 years in various roles including Activities Director, Care Coordinator, Executive Director, and Corporate Director of Memory Care. She chose to join the Gerontology Program after a successful partnership with Dr. Maria Claver hosting service learning students as volunteers at a local Senior Living Community. After graduation, she was recruited to join an Administrators in Training program with Silverado Senior Living, which led her to her dream job – Executive Director of a Senior Living community. After successfully growing a Senior Living community in Scottsdale, Arizona from 40 residents to 110, she was offered another dream opportunity, to write memory care programming for the then small company, MorningStar Senior Living. Today, Melissa serves as the Director of Garden House for Merrill Gardens Senior Living. In this role, she writes and implements dementia education and evidence-based programs for the 63 communities Merrill Gardens supports offering memory care. Melissa admits, “I entered the Masters program kicking and screaming. I already knew I wanted to work in senior living and was unsure how the program could improve my career. It was the best career decision I have made. I know I would not have elevated this quickly without this education.” Melissa’s mission is to positively affect people and build a small army of people who understand and love people living with dementia a bit differently.

My Internship at Lutheran Towers by Dulce Luna

I had the privilege to intern at Lutheran Towers during my final year at CSULB. Due to the rapid spread of COVID-19, the residents at Lutheran Towers had to stay indoors and practice social distancing. This, however, could also lead to social isolation and increase feelings of depression, stress, and anxiety. Therefore, my supervisor, Chan Park (Resident Service Coordinator), created the "friendly caller" program where interns took the responsibility of calling their assigned residents weekly to connect them with resources, inform them on updates on COVID-19 and provide companionship. Mr. Park provided a supportive mentorship and environment for self-development and skill development. Other than learning remote work skills, the biggest impact was forming bonds with the residents at Lutheran Towers. I learned a lot about their generation and formed meaningful connections via phone that I would have not otherwise formed if it weren't for this opportunity. I highly recommend interning at Lutheran Towers for those who have interest in working with older adults."

Gerontology Program Students/Alumni Teach OLLI Classes

The CSULB Osher Lifelong Learning Institute (OLLI) serves adults age 50 and older through the offering of a wide variety of courses throughout the year. In 2021, OLLI celebrates its 25th Anniversary. Executive Director, Dr. Barbara White, has led OLLI into a virtual space during the Covid-19 pandemic. In its upcoming term, the following courses will be taught via Zoom by Gerontology Program students and alumni:

You've Been Pop Culture'd

We will examine pop culture topics across generations, decades, and genres. Learn about pop culture that one is familiar with, and the pop culture of other generations; develop a deeper understanding and respect between generations. Learning about pop culture topics, especially unfamiliar ones, is to encourage participation in multigenerational settings, have conversations with individuals of different generations and encourage multigenerational friendships. Pop culture topics include music, dance, film, television, sports, and recreational activities. **Class limit: 30**
Instructor: Kelsey Uyeda, MS Gerontology CSULB, BA Music UCLA
Mondays, Jan. 4 – Feb. 22
10:00 - 11:30 AM

Organic and Sustainable Vegetable Gardening

This course will teach the basics of gardening in raised garden beds or pots. We will learn basic composting methods, gardening 101, seasonal vegetable planting, and more. Suggestions and classroom garden experience is always welcome to be shared. Teamwork makes the dream work for sustainable organic gardening to the kitchen! **Class limit: 25**
Instructor: Amanda Paiz, MSGc CSULB, Organic Vegetable Gardening, Gerontology subjects, older adult education
Wednesdays, Jan. 27 – Feb. 24
(Note late start - 5 weeks)
12:30 – 2:00 PM

Connect with your Grandchild

Each class we will discuss a different stage of development of a child, starting at early childhood (1-3 years). We will learn about current popular interests and school concepts in your grandchild's life. The goal is to be able to understand how to interact with your grandchild and to help with your grandchild's homework, if needed. Participants are encouraged to select a topic of interest to discuss in class. **Class limit: 18**
Instructor: Rosalba Trujillo, BA-CSULB Child Development & Family Studies, In Progress: MS Gerontology
Saturdays, Jan. 9 – Feb. 27
10:00-11:30 AM



OSHER LIFELONG LEARNING INSTITUTE (OLLI)

Learn More, Age Less.

- On campus since 1996
- Additional classrooms: downtown Long Beach, Leisure World, Alpert Jewish Community Center
- 80-95 classes per 8 week session
- 12 station computer lab
- Discounted membership in LifeFit @ the Beach



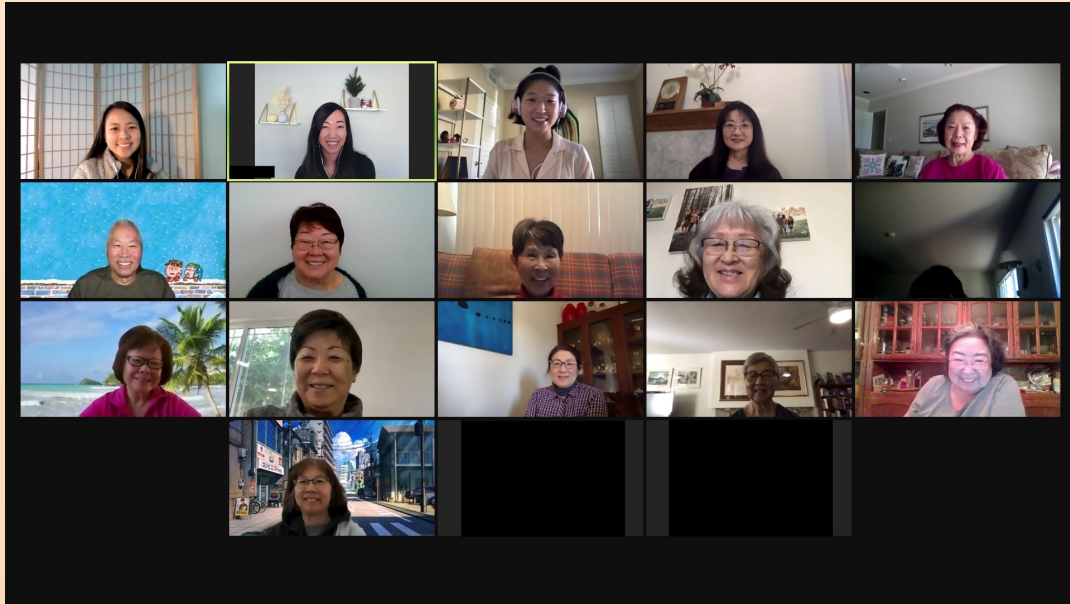
VISION: We celebrate the positive aspects of aging through a community that fosters personal growth, promotes individual empowerment and nurtures human potential through lifelong learning.

OLLI offers non-credit courses for adults 50 and older. 8-week sessions include lecture and activity classes at \$10 each, computer classes at \$35 each. Annual membership is \$40.

website: www.csulb.edu/olli
email: olli@csulb.edu



CALIFORNIA STATE UNIVERSITY LONG BEACH



You've Been Pop Culture'd by Kelsey Uyeda

"The most radical act anyone can commit is to be happy."

~Patch Adams (founder of the Gesundheit! Institute)

My course, You've Been Pop Culture'd, which is presented at OLLI at CSULB and Keiro, is a place where age and generation are meaningless and is as a tool kit to form and strengthen multigenerational relationships, especially with grandchildren. My lectures are imbued with humor and facts and videos that not only educate but also spark joy. Everything presented has a purpose and every pop culture topic is connected to one another. It is an environment to not only gain new knowledge but, most of all, feel good vibes. You will laugh. You will feel happiness. You are receiving more than a presentation. It is a unique and meaningful learning experience so you can live your best life. To quote my role model, Robert Iger, "Innovate or die. There can be no innovation if you operate out of fear of the new."

"Cause I'm in the stars tonight / So watch me bring the fire and set the night alight / Shining through the city with a little funk and soul / So I'ma light it up like dynamite"

~Dynamite by BTS

Alumnus Spotlight: Stuart Mizokami, MSG, Patient Navigator

Since graduating from the CSULB gerontology program, I have been living in Portland, Oregon. Currently, I am working in the bio-tech area as a Patient Navigator. The organization I work for manufactures various medications; specifically, I



have been focusing on assisting patients and healthcare providers for a therapy for Multiple Sclerosis. Though not solely focused on the older adult population, my responsibilities include working directly with patients, healthcare provider offices, and various hospital systems to ensure the best possible outcomes for those on our therapy. By serving as a liaison between the patients and healthcare providers, I help to directly identify and address any barriers to the patients and their treatment; this may include insurance/

financial issues, access to the medication, and/or answering any clinical and non-clinical questions. From previously working for various non-profits to in-home care,

Alumnus Spotlight: Christine Weber, MSG, Case Manager

As a Case Manager for the Area Agency on Aging and Disabilities of Southwest Washington, I currently work with 95 individuals who have Medicaid insurance, have at least one caregiver, and live in a community dwelling, such as an apartment or house. While some of my youngest clients are in their 20s, most of my clients are above the age of 60, and all of my clients have multiple physical and mental health conditions. No two days are the same and while sometimes I think that they have all gathered in the same parking lot and decided to call me at the same time, I thoroughly enjoy helping them. I assist them with various tasks including providing resources, helping them to understand important paperwork that they have received in the mail, who to contact to ask further questions, certifying them for services, and sometimes, just being an ear to listen. After I graduated from CSULB in 2013, all of the jobs that I have had, including my current job, would not have been possible without the Master of Sciences in Gerontology degree I obtained in 2013 and for that, I am very grateful.



Gerontology Endowed Scholarship



An “endowed scholarship” is one that uses interest accrued from the investment of the endowment as the scholarship award each year. Therefore, an endowed scholarship is not a one-shot deal! It allows for scholarship awards in perpetuity. Starting on October 1, 2020, we have five years to raise \$25,000 to establish the CSULB Gerontology Endowed Scholarship. Will you join us in reaching our goal? Every dollar counts!

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