

Fall 2022

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# CSULB GERONTOLOGY PROGRAM



## **Service Learning Partner: City HeArt**

Since 2016, CityHeART has been serving the Long Beach community with community service and nonfiction, therapeutic art programming. We opened our Resource Hub at the Villages at Cabrillo at the end of 2018 to help fill service gaps for the Veterans, seniors, and families who live in supportive housing, and we have been a part of this special West Long Beach housing community ever since. (cont p. 3)

## **Mixer at the Museum**

In November 2022, the Gerontology Program invited current students, alums, and faculty to the Carolyn Campagna Kleefeld Contemporary Art Museum for food and fun! The museum located on the CSULB campus features several current exhibitions, including *Hurry Slowly*, *Beautiful Blood/Sangre Hermosa*, and works by other prominent artists. (cont. p. 2)



# Mixer at the Museum Continued...

However, one exhibit attracted the program's love of art and learning – Miyoshi Barosh: The End. This exhibit featured mixed media pieces from the artist diagnosed with uterine cancer. The influential works have profound meaning about illness, grief, and being human while reflecting on lessons highlighted in our program. Barosh's work featured diverse artistic materials, including yarn, glass, and even steel, to create a pop art collection with bold colors and textures.

Although the commanding artwork initially drew the program to the museum, it was not the only occasion. During the mixer, alumni and current students chatted, caught up on the past few years, and shared program stories. Although for some, it has been years since seeing each other, it felt as if no time had passed while new friendships formed. The museum also hosts Thursday night Make and Take events, which the program eagerly partook in. Creating personal artwork crafts, appreciating meaningful pieces, and spending time with program friends led to one excellent night at the museum.

If you would like to learn more or visit the Carolyn Campagna Kleefeld Contemporary Art Museum, you can find more information at:  
<https://www.csulb.edu/carolyn-campagna-kleefeld-contemporary-art-museum>



# Service Learning Partner: City HeArt Continued...

Over the years, and as we have grown our services beyond the Villages at Cabrillo and across the city of Long Beach, we have observed that as an individual ages in place in supportive housing, the level of services they may receive more often than not doesn't adjust to meet their changing needs due to lack of funding for those services and/or due to a lack of a robust network of support to help identify new needs.

In order to help address this specific issue, we are thrilled to have partnered with the Long Beach State University's Gerontology Program to work with students from Alexandra Wilkinson's classes. This fall, we had the pleasure of working with a group of students from this program who volunteered 20 service learning hours exploring this area exclusively at the Villages at Cabrillo with us.

They designed a survey for both the senior residents and for the staff on the site who provide direct services to those senior residents. The objective of this was to help identify specific gaps in services for senior residents and to identify areas where services staff need additional support to better serve their senior residents.

It was a wonderful experience to work with these students in this initial phase of exploration of this need area, and we are so grateful to them for their time and hard work. We are also beyond grateful for the support from Alexandra Wilkinson in partnering with us in this way to help our community better understand the needs of senior residents in supportive housing so that those needs can be adequately addressed.

We look forward to the opportunity to continue working with this program in this way to build on the initial research conducted this fall semester, and we welcome all students interested in working with us to reach out by email to [love@ourcityheart.org](mailto:love@ourcityheart.org).

Thank you and the happiest of New Years to you and your incredible department!

Paige Pelonis



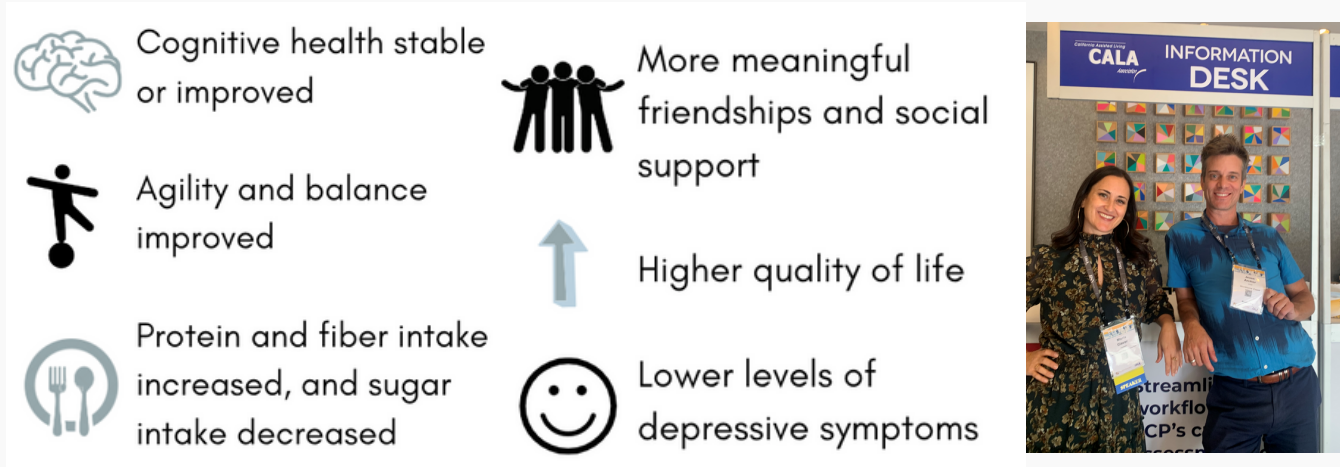


# RESEARCH ROUNDUP



Dr. Maria Claver, Tom Horvath, and Dr. Mary Marshall (pictured left) presented about the Vitality Program at the California Assisted Living Association Trade Show in Palm Springs. Dr. Claver and Jesse Archer (below) shared the importance of Gerontology at CALA. Dr. Marshall also did a presentation about this project at the National Council on Family Relations.

Vitality, an 8-week wellness program, improved the lives of residents in many ways:



- Dr. Mary Marshall and MSG Students: Kat Bohse and Megan Darden, are busy at work collecting data with grandparents and great-grandparents living in assisted living facilities to learn about their experiences. They have conducted focus groups and interviews at 4 locations so far.
- Dr. Claver is doing a project with the Nursing Faculty to explore how Student Health Services can best serve students of all ages. . Phase 1 examined older students' use of CSULB Student Health Services. Phase 2 (currently in progress) involves comparing older students' (age 50 and older), non-traditional students' (age 25-49) and traditional students' (age 24 and younger) use of Student Health Services. Phase 3 involves surveying older students and non-traditional students about their awareness about, use of, and opinions about Student Health Services.



# *Attending the CA Assisted Living Association Conference*

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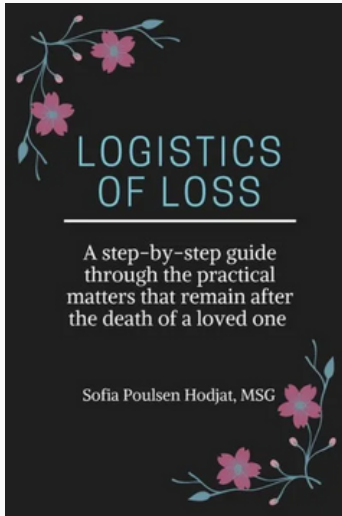
By: Lauren Gelgur-Yoon

I have gone to CALA since I was a graduate student at CSULB. While attending the Master's Program, I had the opportunity to attend one of the largest Assisted Living Conferences in California. I initially went to this conference to just network and learn about what sort of career paths were available. Little did I know, this conference would provide me the opportunity to gain new perspective and help me to attain my first job out of graduate school. I have attended CALA as a student as well as a working professional in the field. Prior to teaching at CSULB, I worked for an assisted living community as a Compliance Officer. In 2019, I volunteered at the conference was able to talk to students as well as leaders from various assisted living organizations. Fast forward to this year, I had the honor and privilege of attending CALA for a day and sit with students who I could relate to 5 years ago. I shared the importance of networking and had the opportunity to watch my colleagues speak about their research. Word of the wise would be, maximize all the resources that are available to you as a student. You never know what can happen and what future possibilities are out there for you!



# ALUMNI UPDATES

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**Sofia Poulsen-Hodjat** published the product of her directed project, "Logistics of Loss," which is now available on BarnesandNoble.com

**Paige Garner** graduated from the UCLA Nursing program and recently passed her board exams. She hopes to work with older adults in home health or hospice.

**Vanessa Camarena** is a care coordinator for an agency that is contracted by the state for its Assisted Living Waiver Program. The program helps Social Security/MediCal recipients with medical needs stay in assisted living.

**Veronica Maggiore** is a Social Services Practitioner III at DPSS in Riverside County in the APS unit.

**Dilhari Abeyratne** is a registered dietitian for a non-profit clinic. Many of her patients are older adults with chronic diseases that come to the clinic for nutrition consultations.

**Kidae Lee** is Executive Director of CCEI, a government sponsored NGO for start ups, local creators and wanna-be entrepreneurs. They have invested in several start ups in the "silver industry" in Korea.



# ALUMNI UPDATES

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**Tanya Ezrol** is Regional Supervisor at Thomas Safran and Associates, which develops and manages affordable housing in Los Angeles County. She manages 10-12 properties, which are mostly senior housing.

**Ellen Wong** is the Director of Services at Trillium Property Management. She provides supervision, training, development, and support to Trillium's team of Resident Service Coordinators who work at the properties and provide case management services to older adults, disabled adults, and families.

**Dr. Nakia Thierry** works with the State of California Department of Aging as the Branch Chief of the Older Adults Program Branch. Congratulations to Dr. Thierry on earning her doctorate!!

**Major Leslie Peacock** is the Officers Services Director at the Salvation Army. She handles all of the benefits for their approximately 550 retired ministers, who live all over the world.

**Jennifer Funez** is a Community Relations Specialist for CalOptima Health, which administers Medi-Cal benefits to those that reside in Orange County.

**Melissa Dillon** is the Corporate Director of Memory Care and supports all dementia care programming for Senior Resource Group, a senior living operator based out of San Diego.

**Tatia Clark** is a case manager with the Salvation Army and provides monthly rent subsidy to those that are 55 years and older who have recently been homeless while waiting for affordable/low-income housing (Section 8).



# ALUMNI UPDATES

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**Rose Tran** is a doctoral student in the UC Davis Human Development Program. She is collecting data for the Dyadic Study on Empathy in Caregiving.

**Jo Stephanie Francisco** works for Silvercrest Management, The Salvation Army as their Resident Services and QA Consultant for the 13 Western States territory. She oversees the Service Coordination Program which assists low income seniors in HUD housing.

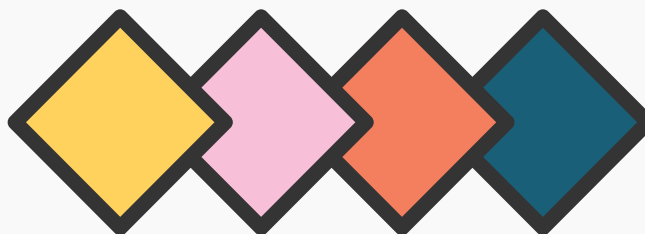
**Irene Chiu** is an Eldercare Specialist for the Department of Eldercare Services. She designs and implements programs and activities for seniors in the Asian community, primarily for Chinese seniors (including a fashion show).

**Kiara Payne** is the Associate Director of Permanent Housing for the Los Angeles Homeless Services Authority. In recognition of the special needs of older adults experiencing homelessness, she is working with the LA County Department of Workforce Development, Aging and Community Services as the lead agency for the Adult Protective Services (APS) Home Safe Program.



**Irene Chiu, MSG on left**

**Rosemary Lewellen** helps facilitate a senior support group at the Cypress Senior Center. She also leads the singing at Sunrise La Palma where most of the attendees there have dementia.



# Students give back

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Gerontology Program students are rockstar volunteers! Many thanks go out to students that volunteered at the CSULB Week of Welcome, CSULB Graduate Information Fair, and with data collection at Vivante on the Coast Assisted Living Community for Drs. Claver and Marshall.

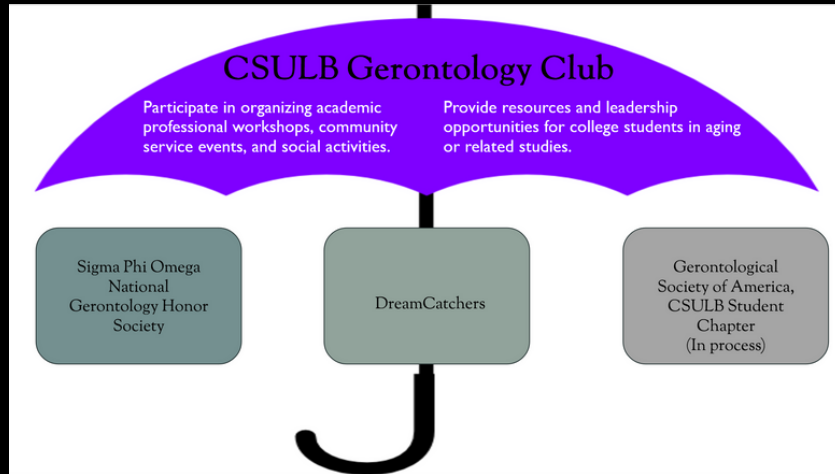
## INTERNING @ HEART OF IDA JOCELYN ESPINOZA, GERN MINOR

I am currently doing my internship with Heart of Ida, located at the Senior Center on 4th street. I am an assistant of the Stay Connected program, which addresses the technology divide among low-income older adults. The city of Long Beach launched a Digital Inclusion program under the Relief Act, providing qualified seniors with Google Chromebooks and Hotspots. My responsibilities include processing applications and distributing the devices. Having exposure in the field has given me interpersonal skills, knowledge about the needs of our community, and helped me become more empathetic towards the people who once planted the seeds for our incoming generations.

I would like to express my gratitude for giving me the opportunity to share about the amazing work that Dina Berg and staff from Heart of Ida do for Long Beach seniors. Enjoy the holidays and be safe!

# THE GERONTOLOGY CLUB

The CSULB Gerontology Club is made up of three official, university-recognized clubs



Meet the Board

MAJOR: MASTER OF SCIENCE IN GERONTOLOGY  
FUN FACT: I LOVE DANCING!

Katalina (Kat) Bohse  
President

Meet the Board

MAJOR: MOLECULAR CELL BIOLOGY AND PHYSIOLOGY  
MINOR: CHEMISTRY  
FUN FACT: I LIKE TO SKATEBOARD AND I CAN DO A KICK FLIP!

Kenneth (Ken) Kholoma  
Vice President

Meet the Board

MAJOR: MASTER OF SCIENCE IN GERONTOLOGY  
FUN FACT: I WALKED ALL 377 STEPS FROM THE MAIN LOBBY TO THE CROWN PLATFORM OF THE STATUE OF LIBERTY!

Elizabeth Arciniega  
Treasurer

Meet the Board

MAJOR: MASTER OF SCIENCE IN GERONTOLOGY  
FUN FACT: I HAVE A BALL PYTHON NAMED PICKLE!

Nicole Lund  
Secretary

Meet the Board

MAJOR: MASTER OF SCIENCE IN GERONTOLOGY  
FUN FACT: I LOVE THE OFFICE!

Jocelyn Rubio-Melendrez  
VP of Outreach

Meet the Board

MAJOR: MASTER OF SCIENCE IN GERONTOLOGY  
FUN FACT: I WENT SCUBA DIVING IN BELIZE OVER THE SUMMER!

Carly Huston  
Philanthropy Chair

The Gerontology Club invites you to join!  
Interested? Email us!  
[kat.bohse01@student.csulb.edu](mailto:kat.bohse01@student.csulb.edu)  
[mary.marshall@csulb.edu](mailto:mary.marshall@csulb.edu)  
[spo.gahps@gmail.com](mailto:spo.gahps@gmail.com)





### **Gerontological Society of America, CSULB Student Chapter**

CSULB is one of several pilot campuses for this brand-new development of the largest professional organization in the field of aging. With the support of GSA, club members will benefit from mentorship and invitations to participate in an international professional community.



### **Sigma Phi Omega**

#### **The International Academic Honor and Professional Society in Gerontology**

Gerontology Club members that have the required GPA (3.0 for undergraduates and 3.5 for graduate students) may apply for membership in SPO. Benefits include special graduation regalia and a certificate of recognition for your academic/professional portfolio. The SPO chapter at CSULB has won numerous awards for its service to the community.



### **DreamCatchers**

Similar to "Make a Wish," DreamCatchers partners with a local hospice to fulfill the dreams of individuals at the end of life. Past dreams have included throwing a wedding, arranging for a romantic dinner at home, and cleaning up a garden. DreamCatchers will be considered a "special project" of the Gerontology Club.

# Congratulations, Graduates!

## Spring 2022 MSG Grads

**Maria Luiza Abreu:** Behavioral and Lifestyle Factors Related to Malnutrition in the Older Adult Population During the Covid-19 Pandemic (Thesis)

**Natasha Iyamu:** Loneliness and Depression Among Older Transgender Individuals (Thesis)

**Justin Luuga:** Hauora Kakou: A Toolkit for NHPI Churches and Community Leaders (Directed Project)

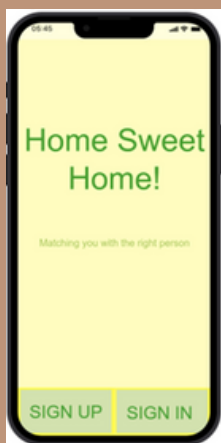
**Kenia Padilla:** Age-Friendly Businesses in the Time of COVID-19 (Thesis)

**Natalie Torres:** Home Sweet Home: Matching Older Adults for Cohabitation (Directed Project)

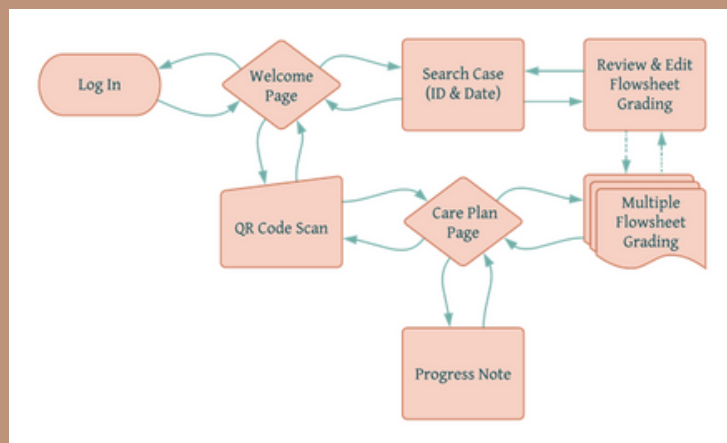
**Rosalba Trujillo:** Long Term Planning for Older Adults with Autism (Thesis)

**Lynelle Walker:** Resources on Alzheimer's Disease for Ministers and Parishioners: Roadmap Alzheimer's Disease Awareness Toolkit (Directed Project)

**Edmond Yu:** Optimizing Adult Day Health Care Center Flowsheet Documentation Process by Designing On-Time Flowsheet Smart Phone Application (Directed Project)



Natalie Torres'  
app



Edmond Yu app flowchart

# CONGRATULATIONS, GRADUATES!

## Fall 2022 MSG Grads

**Angela Cayetano:** Activities for Adults With Dementia (Directed Project)

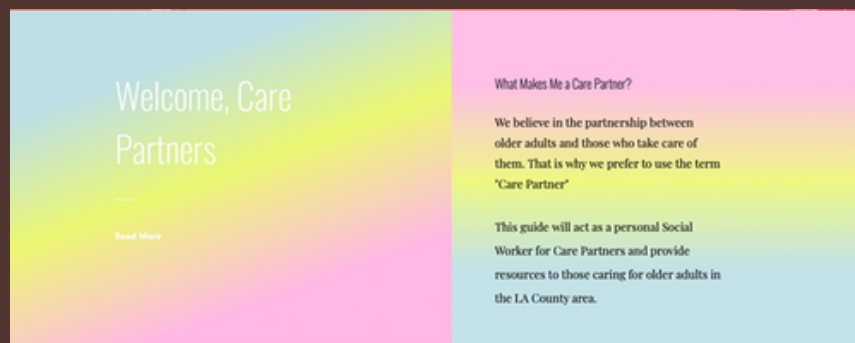
**Alan Fuentes:** Housing Older Adults in Los Angeles County: Learning About Living Conditions and the Staff Role of Project Homekey and Interim Housing Shelters (Thesis)



**Lavina Gregorio:** A Qualitative Study on Ageism Experienced by Older Adults in the Workplace (Thesis)

**Sam Meilano:** Exploring the Effects of Third Wave Coffee Shops on Social Connection in Older Adults (Thesis)

**Emily McNabb:** Development of a Physical Movement Program for Older Adults (Directed Project)

**Valeria Vargas:** What Would Grandma Want? A Guide For Young Care Partners (Directed Project)



<b>LESSON PLAN</b>			
Section <u>Aerobic/Muscular Endurance Activity</u>		Subject <u>Deck of Cards</u>	Theme <u>Final Countdown!</u>
<b>Recommended Clothing</b> Comfortable, closed toe shoes Comfortable, snug fitting clothing that allows movement			
<b>Materials Needed (Main Activity)</b> Deck of cards Deck of cards handout Chair		<b>Materials Needed (Brain Game)</b> Coloring handout Crayons/colored pencils	

Top: Valeria Vargas; Bottom: Emily McNabb



# Congratulations, Graduates!

## KRISTINA ALEXANDER

After graduation, Kristina plans on continuing her education in the master's program for Speech- Language Pathology.

## EFI BAIREZ

"My experience at CSULB as has been memorable and I feel grateful for having been part of the Gerontology Program. I have always been drawn to helping older people and be able to make a difference in their lives, in addition to the fact that I enjoy and feel passionate about working with older adults. My goal is to become a Clinical Social Worker for the Geriatric Population. After this milestone that I have accomplished while working full-time, my hope is to attend graduate school for my Master's in Social Work.

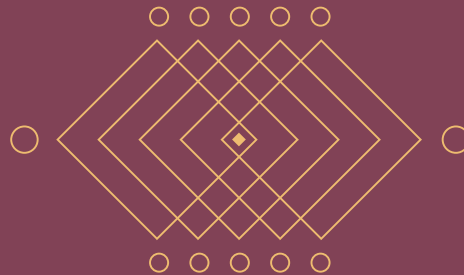
## JOCELYN ESPINOZA

## AARON LEAL

## ANGELA MAXIMO

## ASHLEY MOLINA

## EDWIN RIOS MUNOZ



# CCGG *Updates*

The California Council on Gerontology and Geriatrics (CCGG) promotes the quality of life of California's diverse aging population through leadership and by fostering statewide collaborations among educational programs, providers, practitioners and public policy advocates in the field of aging.

President Maria Claver along with several CSULB faculty members serve on the CCGG board and are proud to report another eventful year offering opportunities for education, networking, and advocacy. Members have recently been treated to topical webinars featuring expert speakers on housing options, hearing protection, medical cannabis, HIV/AIDS, and a panel highlighting distinct careers in aging.

Recently, CCGG included their first student-focused workshop offering tips for choosing a thesis topic and brainstorming with industry professionals. A successful Spring workshop introduced members to recent research and projects. The "best in show" award went to CSULB alumna Sofia Hodjat for Logistics of Loss, a manual offering practical step-by-step guidance for the bereaved which she has since published.

CCGG has also been actively involved with non-profits and industry partners seeking to raise wages for caregivers working in skilled nursing facilities to \$20 an hour and to support legislative proposals for the inclusion of "undue influence" in elder abuse law. Going back to basics, CCGG members in Sacramento spearheaded a committee to define terms such as "gerontology" and "gerontologist" once and for all. Their carefully crafted language will illuminate the CCGG website – and the world – in 2023.





# Happy Holidays!

FROM THE CSULB  
GERONTOLOGY PROGRAM

VISIT US/SUPPORT US:  
[WWW.CSULB.EDU/GERONTOLOGY](http://WWW.CSULB.EDU/GERONTOLOGY)

Do not forget to follow us on Social media!

Instagram: @AgingCSULB

Facebook: <https://www.facebook.com/CSULBGerontology>

Linkedin: <https://www.linkedin.com/groups/13545267/>



## IN MEMORIAM

We would like to  
dedicate this issue to  
Mabel, in recognition of  
the importance of our  
furry family members.  
Condolences to GERN  
lecturer Jesse Archer.

