

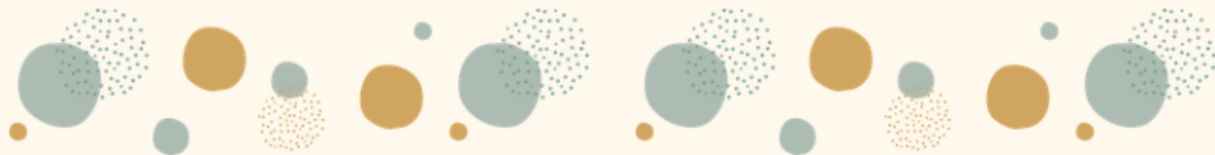
GERONTOLOGY PROGRAM



FALL 2021

CREATIVE CLASSROOM ENGAGEMENT: CASEY GOELLER, MSG, MED

LIFE REVIEW OF THE INSTRUCTOR: This idea came from a few students in a GERN 400 face-to-face section. The students were given class time to develop questions for me that were related to the aging process. One rule was that they could only ask questions that they were willing to answer themselves. The interview took up an entire class meeting, and we sat in a circle in the middle of the room, with me on one end. The questions were relevant and meaningful, and I answered them honestly and directly. After that session, I created an extra-credit assignment asking the students to provide feedback on how they felt about this exercise. I received about 70% participation in this, and the responses were overwhelmingly positive. They liked that I was willing to be open and share my experiences and life lessons that I had accumulated in my life, and they were given the opportunity to practice their interviewing skills for our signature assignment, the life review of an older adult. I also believe that this personalized the class, going beyond what would be considered the traditional instructor/student relationship. I also believe that this could work well in a synchronous online class; An informal 30-minute Q & A with my Honors section provided similar responses from students about the activity.



INFOGRAPHICS: This has opened several windows for students. It gives them a creative outlet to demonstrate their learning. They are tasked with creating a PowerPoint slide that highlights what resonated most with them in each of the topic areas we cover over the course of a semester. I reward creativity, simplicity, and selection of impactful images that get their message across. These are usually low-stake assignments that augment the traditional ones. In addition to the creative process, they learn to present their ideas in a focused manner. I spend some time at the beginning of the semester explaining the process and what is expected to be successful. Their responses to these infographics have been largely positive.

FALL 2021

GERONTOLOGY PROGRAM/VIVANTE ON THE COAST PARTNERSHIP

Vivante Vitality Program

The eight-week cohort model wellness program includes activities to enhance physical, emotional, cognitive and social wellness at Vivante on the Coast assisted living community. The Kickoff for the pilot cohort was held on November 4, 2021 and we thank MSG students Justin Luuga and Elizabeth Arciniega for assisting!

CSULB Program Evaluation Team

Drs. Maria Claver (GERN), Mary Marshall (GERN), Jan Schroeder (KIN) and Long Wang (NUTR) will evaluate the program over several cohorts.



CONGRATULATIONS, GRADUATES!!



MASTERS OF SCIENCE IN GERONTOLOGY (MSG)

Adriana Weathersby, MSG, completed her graduate degree in Summer 2021. Her directed project, titled "Age Friendly Resource Guide for Older Learners" gathered resources campus-wide for non-traditional/older learners at CSULB. Adriana is currently pursuing a doctoral degree at University of Massachusetts, Boston and was awarded the highly competitive CSU Chancellor's Doctoral Incentive Program. Her faculty mentor for this program is Dr. Maria Claver.

Alexis Knott, MSG, completed her degree in Fall 2021. She completed a thesis, titled "Grieving in Lockdown: The Impact of the COVID-19 Pandemic on How Caregivers of Persons with Dementia Experience Grief." She will submit a manuscript of her thesis to a professional journal in hopes of publishing her important work.

REACHING OUT TO THE COMMUNITY THROUGH SERVICE LEARNING

This semester was an interesting one, as students and faculty balanced going back to campus. However, 2 CSULB gerontology classes remained dedicated to providing needed service for the community while engaging in a valuable learning experience.

During the semester, over 52 students assisted with programs such as Heritage Pointe Senior Living, the LEAP program, which is an educational program for older adults, Premium Hospice, and Meals on Wheels. All students assisted virtually except for Meals on Wheels, which allowed students to drop off meals safely. The result was 1000 + hours of service for the greater Long Beach Area! A big thanks to students that wholeheartedly participated in the process.

Know of a good service-learning partner in the Long Beach area that can provide a valuable learning experience for GERN 400 students? Feel free contact Alexandra.Wilkinson@csulb.edu



GERONTOLOGY MINOR STUDENTS GRADUATE!

Congratulations to our Fall 2021 graduates

Delilah Aranda (Consumer Sciences Major, Gerontology Minor)

After graduation, I am hoping to volunteer for the Friendly Caller Program which is the program in which I was an intern during the Fall 2021 semester.

Daniela Baez Castellanos (Human Development Major, Gerontology Minor)

My goal after graduation is to go on to getting a master degree to be a licensed therapist.

Aimee Edmundo (Child Development & Family Studies Major, Gerontology Minor)

My plans for post-graduation are to continue my education and pursue my Master's here at CSULB in Counseling Psychology. Some of my favorite memories from CSULB are from my interactions with my classmates and professors. I am really going to miss it here so hopefully I can continue my education here. I am grateful for the experiences and the many amazing people I have met here.

Alana Hernandez (Human Development Major, Gerontology Minor)

My plan for after graduation is grad school if I am fortunate enough to be accepted. I plan on getting my MSW and I am applying at CSUDH and CSULB.

Kelly Kanamori (Speech and Language Pathology Major, Gerontology Minor)

I am grateful I earned my B.A. in Speech-Language Pathology (SLP) and minor in Gerontology at CSULB. Some of my favorite memories at CSULB were gaining new friendships through my SLP cohort and interning for the Friendly Caller Program over the summer of 2021. I am also planning to pursue my master's degree in Speech-Language Pathology and work with the older population in the future.

Elizabeth Melendrez (Kinesiology Major, Gerontology Minor)

My plans after graduation are to take a gap year and discover what other career fields I'm interested in among the gerontology field.



GERONTOLOGY MINOR STUDENTS GRADUATE!

Congratulations to our Fall 2021 graduates

Cheyenne Lamos (Kinesiology Major, Gerontology Minor)

Kristen Rodriguez (Psychology Major, Gerontology Minor)

Post-graduation plans: Pursuing an occupation related to providing community-based services and supports for older adults. Favorite CSULB memory: Enrolling in my first Gerontology course. Little did I know how much this experience would change me! I am forever grateful for the wonderful faculty and staff of the Gerontology Program, who fueled my passion for learning more about this field.

Amy Shin (Nursing Major, Gerontology Minor)

One of my favorite memories was working in collaboration with Long Beach Heart of Ida. As a nursing student, I taught the older adult clients how to use computers and use them to connect with their friends and family. They seemed to really appreciate our help because they stated feeling very distant and lonely during COVID-19 but had no way to connect with people. My plan for post-graduating is to work with the older adults in Los Angeles Koreatown Community (in hospitals, nursing homes, and senior centers) to help them with educational and language needs.

Phung Tran (Psychology Major, Gerontology Minor)

I am planning to apply for grad schools. My goal is to get a MFT license and start exposing myself to working with the elders. Hopefully, after some time, through those experiences, my ambition is to work closely with the seniors.

Trisha Lae Vigo (Health Sciences Major, Gerontology Minor)



AGE-FRIENDLY UNIVERSITY ACTIVITIES

Actively enhancing the age-friendliness
of the CSULB campus

- Presentations on Inventory/Campus Climate Results
 - Development of tip sheet on advising older learners about career services
 - Walking tour of FCS with aging simulation suit for Director of Campus Planning & Sustainability (see photos below)
- Older Learner Ally Training Evaluation: Claver (GERN), Jaurequi (CDFS)
- Physical Assessment of CSULB Campus PhotoVoice study: Claver (GERN)
- Membership of GERN Faculty on DEI Committees: Henan-Watts (GERN), Wilkinson (GERN)
- Older Learner Use of Student Health Services Study: Campbell (NRSG), Kardously (NRSG), Conahan (NRSG), Claver (GERN)
- Student Caregivers at CSULB Study: Jou (HSC)



AGE-FRIENDLY UNIVERSITY STUDY: RESULTS



Conclusions: Strengths

- ◆ Masters of Science in Gerontology
- ◆ Academy for Gerontology in Higher Education Program of Merit designation for Certificate and Minor
- ◆ Center for Successful Aging
- ◆ Osher Lifelong Learning Institute (OLLI)
- ◆ Financial aid opportunities for older learners
- ◆ Honoring long-standing faculty/staff
- ◆ Formal mentoring of early career faculty by long-standing faculty
- ◆ Service learning
- ◆ Career support from advisors trained to work with non-traditional students
- ◆ Supporting learning/use of instructional technologies

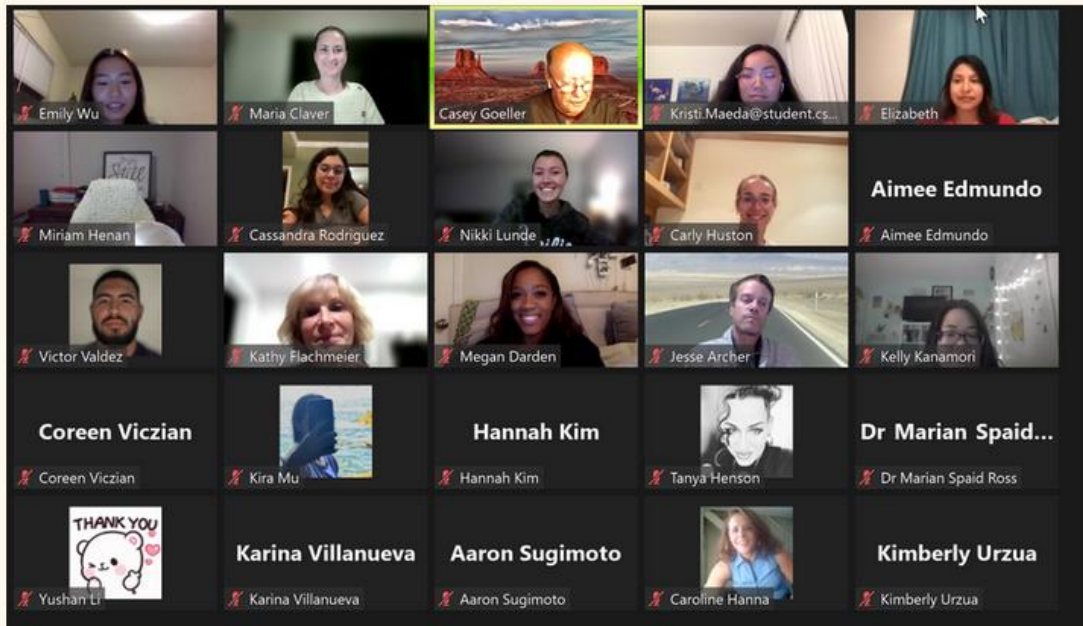
Conclusions: Recommendations

- ◆ Increase awareness of Age-Friendly University status
- ◆ Increase scope/awareness of existing age-friendly practices
- ◆ Develop additional age-friendly campus practices
- ◆ Address lack of age-friendliness perceived by staff members
- ◆ Support faculty development for designing courses to support needs of age-diverse learners
- ◆ Address ageism on campus
- ◆ Organize an age-inclusivity task force
- ◆ Re-assess in five years



A SPECIAL LIFE REVIEW

The CSULB Gerontology Academic Honors and Professional Society interviews Instructor Casey Goeller about his life...



LIFE LESSONS

On November 17, 2021, GAHPS focused its meeting on conducting a life review of the Gerontology Program's resident superstar, Casey Goeller, MSG, MEd. The group asked questions about Casey's life lessons (one of which was not to get too invested in any particular end result) and life experiences.

LIFE REVIEW

Life review is a technique often used to encourage individuals to tell their story in their own words. Through the process, one can make sense of difficult times and reflect upon achievements and the legacy one will leave. The Life Review is a key assignment for GERN 400 students.

"THIS LIFE WE HAVE IS NOT A DRESS REHEARSAL....SAVOR EVERY MOMENT, EMBRACE EVERY OPPORTUNITY, BE UNAFRAID OF CHANGE, AND NEVER, EVER DISENGAGE FROM ANY OF IT." - CASEY GOELLER



FALL 2021

A MESSAGE FROM OLLI

**FROM EXECUTIVE
DIRECTOR, DR.
BARBARA WHITE**



The Osher Lifelong Learning Institute at CSULB is celebrating 25 years on campus (1996 – 2021) with a reception at the Pointe at the Pyramid on Sunday, January 9, 2022. Bigger plans for a year long celebration were curtailed by the pandemic. OLLI has been offering 40-50 Zoom classes per 8-week session since July 2020. We are happy that this fall about 50% of classes returned to campus and to our satellite classrooms at Recreation Park, Whaley Park, Alpert Jewish Community Center, and St. Isidore Historical Plaza in Los Alamitos. We are looking forward to installation of hybrid equipment in HSD 101 to offer some synchronous classes. This will allow us to outreach to those who are ill or homebound, babysitting or caregiving, and traveling. We are also pleased to have awarded our 2021 OLLI Fitzpatrick Family Graduate Student Research Award to Justin Luuga, a graduate student in Gerontology, to support his project titled "Hauora Kākou: A Toolkit For NHPI Churches & Community Leaders." If you are eligible, please apply during the Spring 2022 Beach Scholarship application period to support your graduate research/project. We've been delighted over the years to have gerontology students teach for us. If you'd like the experience, please contact the OLLI office with your ideas.

Happy New Year

TURNING AN INTERNSHIP INTO A CAREER

CSULB MSG Alum John Fay

I was running up against a summer deadline to complete my internship and was having a difficult time finding placement as companies were too busy to allocate time to an intern. A friend worked at Orange County Transportation Authority and had contacts in the aging services network. I started calling each company on the list and the first organization to return my call was Laguna Beach Seniors, Inc., a 501(c)(3) nonprofit organization in Laguna Beach (LBS). LBS is a community senior center and was considering creating a service to help older adults that reached beyond the walls of the center and into the community. For my internship, I researched best practices of communities and organizations nationwide that were meeting the needs of older adults through outreach programs. I was then given the opportunity to present a concept to the Mayor of Laguna Beach and a city-commissioned Senior Housing Task Force on what LBS could do to promote aging in place for older adults in Laguna Beach (the city is without a single assisted living, retirement home, skilled nursing facility, or CCRC). It should also be noted LBS is the city's only "senior center" and is independent from the city all together.

Following a successful presentation, my internship ended and I was fully aware a job offer would not be forthcoming (LBS is a small nonprofit with a staff of 5 at the time and an annual budget less than \$500,000). As such, I was content to be on my way while completing my thesis and working full time for a national law firm (non-aging services). Two years went by and I was gaining leadership and increased responsibility with the law firm, when I received an email from one of the staff members at LBS indicating they were retiring (a blast to many contacts). Interested to know where LBS was at with the aging in place concept I presented (and curious as to why I received the notification), I reached out to the executive director to find out where LBS was and what their intentions were going forward. The timing was perfect, as LBS was convening a steering committee to take action on the concept I had presented two years prior and I was invited to serve as a consultant to the committee.

Six months passed and I heard enough from the committee to identify what LBS needed to actualize the concept: me. Without a professional gerontologist on staff, LBS was without the expertise and gerontological perspective to construct a new program from conceptual design to implementation. I was hired as a program specialist to build something for LBS and the community at large. Five years later, the idea has turned into a fully functioning aging in place program called Lifelong Laguna where I serve as the Director of Aging in Place Services. Lifelong Laguna encompasses a volunteer component that supports older adults with socialization, assistance with IADLs, and connection to a trusted friend. There's also the home modification aspect wherein a partnership was created with the City of Laguna Beach, Habitat for Humanity OC, and Lifelong Laguna to help older adults make home repairs up to \$5,000. Lifelong Laguna purchased iPads for low-income older adults during the pandemic and helped pay for internet for those who couldn't afford it. Lifelong Laguna serves as an advocate for all aspects related to aging in place including housing and ADU development, emergency preparedness, and as a resource for confidential and personalized service



PETS OF THE GERONTOLOGY PROGRAM

...because we know you have seen and heard them on Zoom calls



The gerontology program holds pets very near and dear to our heart. Like many of you, during the pandemic, we turned to our pets as a source of comfort and companionship. However, did you know the benefits they provide have actually been supported by research? The pets of our lives provide amazing benefits other than just being super cute! One benefit pets provide is the ability to decrease our stress hormone (cortisol) levels (Polheber & Matchhock, 2013). High amounts of the hormone for long periods of time can lead to mental distress, digestive problems, health problems, and even memory and concentration problems (Mayo Clinic, 2021). Therefore, reducing cortisol can be very beneficial – especially during a pandemic. Other health benefits include lowering blood pressure (Sane & Sawarkar, 2017). Of course, our pets also help with our mental health, with studies supporting that our pets can reduce feelings of loneliness, increase our feelings of social support, and can boost our mood while reducing anxiety and depression (Friedman & Krause-Parello, 2018). With benefits like that, it is no wonder our pets became an essential part of our support team during the stressful pandemic.

CSULB Friendly Caller Program

The Friendly Caller Program was officially adopted by CSULB in Summer 2020. This semester, the Friendly Caller Program has been busy with a total of 3 volunteers and 3 interns bringing conversation to 12 happy older adults, otherwise at risk for social isolation. The program spent the semester growing by recruiting older adult participants living in senior communities in the LA/OC area. The program pairs older adults desiring good conversation with students to hone their communication skills. Furthermore, interns have been diligently working on special projects to educate future volunteers on specific concerns within their major. This will create well rounded future volunteers that are versed on multiple disciplines.



GERONTOLOGY FACULTY & ALUMNI SERVE: CA COUNCIL ON GERONTOLOGY & GERIATRICS

CCGG Mission

"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."

Save the Date!

February 10, 2022
CCGG Presents...
Sex, Drugs & Rock n' Roll

May 5, 2022
Spring 2022 Showcase

www.ccg.org

CSULB Faculty/Alumni on Board

Faculty

Dr. Maria Claver - President
Dr. Mary Marshall - Secretary
Jesse Archer - Member at Large
Alex Wilkinson - Member at Large

Alumni

John Fay - Member at Large
Angela Williams - Member at Large



A Letter of Gratitude from the GAHPS-SPO Co-Advisor, Miriam Henan-Watts (with hearty approval from interim co-advisor, Maria Claver):

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

The CSULB Gerontology Academic Honor Professional Society (GAHPS)/Sigma Phi Omega (SPO), Delta Eta Chapter has been hard at work in spreading the exciting news about the field of Gerontology throughout our community. GAHPS/SPO planned a full 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.

GAHPS/SPO has been active in the community, serving older adults as they partnered with Leisure World, Grey Panthers and "Be a Santa to a Senior" to improve the lives of older adults. As if that were not enough, GAHPS/SPO also exceeded their fundraising goal for the Alzheimer's Association by raising \$800! GAHPS/SPO participated in the Los Angeles, CA Virtual Walk for Alzheimer's where over 30 of us took a "walk to remember" together. Aside from community outreach, GAHPS/SPO has offered virtual meetings full of information and laughter, a virtual Speaker Series, participated in the CSULB Week of Welcome, and collaborated with Leisure World to offer a healthy living program to residents. GAHPS/SPO also interviewed our esteemed Gerontology Faculty member, Casey Goeller for a wonderful Life Review. Through their dedicated efforts, GAHPS was able to recruit 10 new members and have very high attendance at these awesome events.

To our members, faculty, and the entire Gerontology Program, thank you for supporting our efforts with your time, donations and involvement-we appreciate you! A BIG thank you to our Guest Speakers: Nolberto Gonzalez, Adrianna Weathersby, Casey Goeller, Yahritza Orellana and Jessica Loaiza; your presentations were wonderful and so informative. We would also like to congratulate our graduating members and hope we can stay connected! 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. Dr. Claver and I are so blessed to be the GAHPS/SPO Faculty Co-Advisors to such an amazing group. May the blessings you pour out in the world, multiply right back to you! Thank you to Emily Wu for being an amazing leader as President, you rock! Thank you to Kristi Maeda for your hard work and passion for helping others. Thank you to Aimee Edmundo, Kat Bohse, and Elizabeth Arciniega for all your positivity, humor, and commitment in leading this organization! It has been an honor to work with you all!! You are all golden and so appreciated!

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 team!

marketing to older adults

When asked to discuss specific examples of ways in which businesses are effectively marketing to the older adult population and to make a suggestion (or two) about a way in which a popular company might better market to older adults, MSG student, Yara Medina, said it well...

I couldn't think of any way businesses are effectively marketing the older adult population. For the most part, all I could think of were medical insurance commercials, pharmaceutical companies, and anti-aging products. And neither of these businesses market to make the older adult feel better. They all address getting older with negative connotations. Insurance companies are addressing illness and disease and the need to have their services to help treat them while providing mediocre coverage. Pharmaceutical/supplement companies are addressing medications that can help treat disease or prevent it, and most supplement companies are falsely advertising the ingredients and effects. Anti-aging businesses are simply marketing something that is unattainable. The point is that all of these industries focus on the bad/downside of aging; they are highlighting illnesses and making it seem like aging is debilitating and something we should not look forward to.

Instead, these businesses should focus on promoting aging in a positive way. They should highlight the benefits of aging and ways to adapt, instead of trying to prevent the inevitable. When launching new products, especially in technology businesses should make it a point to market to all ages, and not assume older adults don't care, can't use the products, or are not interested simply because of their age. Overall businesses should find a way to help older adults feel their needs heard, they should have focus groups specific to the needs of older adults in order to be able to market their products to everyone effectively. By doing so, older adults would feel included, heard, and not isolated from society.

FALL 2021



Happy Holidays!

FROM THE CSULB
GERONTOLOGY PROGRAM

VISIT US/SUPPORT US:
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/>

