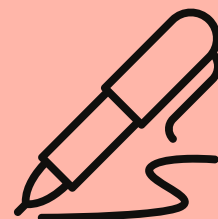


# CSULB GERONTOLOGY PROGRAM SPRING 2022 NEWSLETTER



Another fabulous year comes to a close and so we celebrate our students and faculty in this Spring 2022 issue of the Gerontology Program Newsletter. Please follow us on Social Media for updates year-round!

Facebook.com/CSULBGerontology  
Instagram.com/agingcsulb/





## **CSULB Gerontology Academic Honor Professional Society Sigma Phi Omega-Delta Eta**

Our chapter has been hard at work in spreading the exciting news about the field of Gerontology throughout our community. GAHPS planned a full calendar of virtual and in-person events with great turnouts. This group has shown such tenacity and commitment to their goals by offering our members, community service opportunities, fundraising, virtual member meetings and socials, and a virtual speaker series.

In Fall 2021, GAHPS was 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 was not enough, GAHPS also exceeded their fundraising goal for the Alzheimer's Association by raising \$800! 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, SPO also interviewed our esteemed Gerontology Faculty member, Casey Goeller for a wonderful life review. We would like to thank our guest speakers, Bill Sive, Yahritza Orellana and Casey Goeller.

This Spring 2022, GAHPS has offered virtual meetings full of information and laughter, a virtual Speaker Series, participated in the CSULB Week of Welcome, and collaborated with Vial of Life to collect and distribute over 50 "end of life planning kits" to older adults in the Long Beach community. Through their dedicated efforts, GAHPS was able to recruit 10 new members and have very high attendance at these awesome events. SPO GAHPS also held a fundraiser at Cha for Tea to raise money to support their efforts in serving older adults.

I am so incredibly proud of this organization and all their efforts! Thank you GAHPS Executive Board; Emily Wu (President), Kristi Maeda (Vice President), Elizabeth Arciniega (Treasurer) and Kat Bohse (Public Relations) for all your hard work this year! You have made this community a better place for our older adults! I am so proud of you all! Thank you to our members and faculty for your continued support and making every semester a success.

*Miriam Henan-Watts  
Faculty Advisor, Sigma Phi Omega: Delta Eta Chapter*

Sigma Phi Omega

## GERONTOLOGY ACADEMIC HONOR & PROFESSIONAL SOCIETY

**ARE YOU INTERESTED IN  
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AND LEADERSHIP?  
IF SO, APPLY FOR A  
BOARD POSITION WITH  
GAHPS!**



***We are looking for:***  
***President***  
***Vice President***  
***Secretary***  
***CHHS Liaison***

For more information please contact:  
[spo.gahps@gmail.com](mailto:spo.gahps@gmail.com)

# Congratulations to our Graduates!

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

**Lavina Gregorio** – Thesis: Ageism Experienced by Older Adults in the Workplace

**Nolberto Gonzalez** – Thesis: Factors Associated with Older Adult Volunteer Coaches

**Yesenia Gonzalez** – Directed Project: Age-Friendly Business Project: A Curriculum for Gerontology Students

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

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

**Samuel Meilano** – Thesis: Exploring the Effects of Third Wave Coffee Shops on Social Connection in Older Adults

**Patricia Mouton** – Directed Project: Implementing the Caring for the Whole Person Initiative

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

**Sofia Poulsen Hodjat** – Directed Project: Logistics of Loss: A Handbook for Navigating Tasks After a Death

**Jocelyn Rubio** – Thesis: Perceived Importance of Retirement Planning of Retirement Planning and Factors Influencing Decisions in Latinos Age 55 and Older

**Kendra Semis** – Thesis: Services Provided for Inmates with Mental Health Diagnoses: A Qualitative Study from the Perspectives of Corrections Officers

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

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

**Karina Villanueva** – Thesis: Assessing Family Caregivers Who are Caring for Their Loved Ones in Palliative Care and How They Cope: A Qualitative Approach



Recent and Upcoming MSG Graduates

# Congratulations to our Graduates!

**Brittany Barrios:** After graduation I plan on relaxing for a little while before diving into work. During my hiatus, I plan on researching new opportunities that will benefit my career and provide me with experience in my field. My favorite memory from CSULB was my daily walk from the parking structure to the top of campus. This walk allowed me to appreciate the campus's beauty. Since I am a transfer student, being on campus this semester made me appreciate my degree and hard work more.

**Kaitlan De Los Reyes:** After graduation I will be taking a gap year to gain experience in the PT field. That way I will know for sure it is something I love. I always love trying to help others and I find the mechanics of the human body interesting. My favorite memory from CSULB is performing in Pilipino Cultural Night with my Filipino cultural club.

**Catrina Searafina Gastelum :** I am planning on traveling to Europe this summer and spending quality time with my husband who is coming back from deployment soon. My favorite memory at CSULB is just being able to meet so many amazing people who also have a passion to be in service of others.

**Elizabeth Gastelum:** After graduation, I will be returning to CSULB MSW program

**Tanya Henson:** I will be starting the MSW program at Columbia University in the Fall 2022. I think one of my favorite memories was my internship for Gerontology. I worked for Meals on Wheels Long Beach...it was a great experience.

**Jeremy Hill:** I will be continuing my education at CSULB with the Advanced Standing MSW program. I will also be interning at the Basic Needs Program on campus.

**Jackelin Jimenez:** I will be taking summer classes and working. Then applying to a master's program for next year. My favorite memory from CSULB was attending CSULB EOP Summer Bridge Program in 2014.

**Aaron Leal:** I do not have any immediate plans after my graduation. But, I do eventually hope to work for a community/senior/retirement facility regarding something with activities/education. My favorite memories of CSULB is attending the various event hosted by clubs and meeting all the people that I did!



# Congratulations to our Graduates!

**Gerson Leon Cruz:** After graduation I will be continuing my education by completing some prerequisites and hopefully by next year be able to join a post-baccalaureate program to be a better applicant for medical school. My goal is to join a dual program to obtain either a MD/DO with a master's in public health or public policy. My favorite memory from CSULB will be the great opportunity I had to be involved in Public Health Research at the Center for Latino Community Health Evaluation & Leadership Training. It was a great experience that help me to discover the importance to work in public health. This center will be the reason I am driven to continue my education to help and advocate for the Latinx community as well as other racial and ethnic minority groups.

**Alondra Lopez:** After graduation, I plan to look for part-time positions while volunteering at senior centers around my area. Even though I am graduating with a BA in Psychology and minor in Gerontology, I plan to apply for a full-time position as an Anime News writer at Comic Book Resources (CBR). I also plan to volunteer at the Center for Positive Sexuality; it has always been on my mind to volunteer there, but I never had a chance. I plan to apply for grad school, specifically in Widener University. They offer a dual-degree program for the departments of social work and human sexuality studies; the program also helps with getting my license as a clinical social worker and certification as a sex therapist.

**Viana Ly:** After graduation, I am interested in discovering all the ways to get involved in Gerontology with a Bachelors degree in Sociology! My favorite memories from CSULB is when I visit the Beach Pantry, get lots of food and think 'I am supporting my family, getting food and helping them with groceries'. My parents are insistent on taking care of everything, so I always want to give back and show them how much I appreciate them. I plan to start working in the Sociology field, particularly in a hospital setting as I have found myself thriving in them compared to community centers and senior homes. I used to volunteer at Fountain Valley Hospital before I started working there. Seeing all the surprises faces and the workers saying 'Didn't you used to volunteer here?' we're very fun memories.

**Laura Melgar:** I am not sure what I am doing after graduation. I have changed my plans. I knew I wanted to work with kids but after working at my internship for Gern (Pathways) and all the classes, I decided to change my plans. The internship I worked with offered for me to come back to get more experience working with older adults and I am grateful for the opportunity. I did not get to have a college experience because when I transferred it was during the pandemic. Unfortunately, none of my class went back to in-person classes, therefore, I never got the opportunity to see campus. It was until I picked up my cap and gown that I was able to give myself a tour.

**Nicole Meneses:** I'll be pursuing a Master's in Social Work with a specialty in adulthood and aging. I loved all of the professors I had in the program! They were all very kind and amazing instructors!



# Congratulations to our Graduates!

**Norma Miller:** I am so excited to say that I will be attending UCLA's MSW Program, and at 45 years young!! My goal is to research the barriers that prevent those in the caregiving profession from identifying older adults who have or who are experiencing domestic violence. My goal is to create programs that help educate those working with older adults on power dynamics and identify the difference between caregiver burnout and domestic violence.

**Peyton Moore:** I will be applying to New Graduate RN positions at hospitals across LA and OC. My favorite memory at CSULB would be working as a supplemental instructor and seeing my students succeed.

**Ronn Orden:** After graduation I will be working on my Physical Therapy school applications as well as enjoying some well-deserved time off before job hunting! My favorite memory from CSULB has to be all of the times spent planning and participating in the events with my friends for our club Exercise is Medicine on Campus! Thank you to my friends at EIMOC -- you guys were the highlight of my year.

**Briana Pelayo:** After graduation I plan to take the California state exam to become a licensed Recreational Therapist and hopefully work with older populations to increase overall health and leisure.

**Reyna Razo:** After graduation I will be working with the CDPH over the summer on a project. I hope this gives me experience and allows me to network to prepare me for grad school. Due to COVID-19, I spent most of my time at home so I wouldn't say I experienced CSULB fully but what I can say is the growth I experienced from when I started college to who I am now was scary, but it is amazing to look back and see that I have grown as a person and academically. Especially, in learning that I love working with people and the community solidifying that I am doing what's right for me.

**Dayana Reyes:** What I will be doing after graduation is traveling for the summer as a gift to myself. I will be going to Mexico and Europe for 3 weeks each.

**Maribel Robles:** After graduation I will begin the Advanced Standing Master of Social Work Program in the Summer of 2022 as a GSWEC recipient.

**Jennifer Ureno:** I will be doing a dietetic internship program at Cal Poly Pomona.

**Emily Wu**



# Student Spotlight

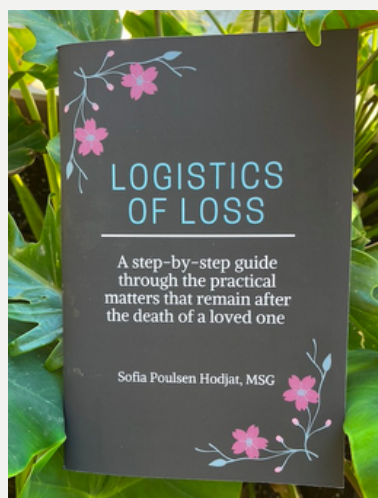
**Gerson Leon Cruz** did a poster presentation at the Society of Behavioral Medicine in Baltimore as part of his role with the Public Health Research at the Center for Latino Community Health Evaluation & Leadership Training



**Brittany Barrios** volunteers with the Long Beach Gray Panthers. Her time consisted of listening to city council meetings, watching aging-related documentaries, and working with the Food Finders Giveaway at the Long Beach Senior Center. She spent many mornings at the Food Finders Giveaway, where she would prepare grocery bags, display flowers, and sweets. Brittany said planning events and distributing goods allowed her to connect with the older adults in the community who were always appreciative of the work that they did each week.



**Aaron Leal** (pictured with Patty Barnett Mouton) completed training to become a Dementia Champion by leading a Dementia Friends session for members of our AlzOC Outreach & Advocacy team.



**Sofia Poulsen-Hodjat** published her Directed Project! She also won Best in Showcase for her presentation on this topic at the California Council on Gerontology & Geriatrics.

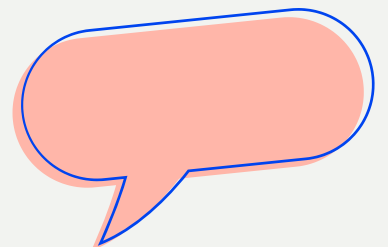
# Service Learning

This semester five Gerontology 400 students in Alexandra Wilkinson's hybrid course embarked on a unique service-learning opportunity. This experience paired leadership preparation through the nonprofit Connected to Lead and the advanced knowledge from Alzheimer's LA. Three students shared their experience on developing and participating in the Healthy Brain Workshop Series!

**Isha claims:** I loved working with CTL this semester! Being able to actually see our activities played during the workshops were super rewarding. Most of all, I enjoyed learning more about how to interact with older adults, as it's something that I can use in my future nursing career.

**Audrey states:** During my service learning at Connected to Lead, I worked on developing presentations for 2 workshops. I also helped my instructors lead 2 workshops and developed activities for the participants in the workshop to help them get social and exercise their brains. I learned many things about health as well as developed leadership skills. It's important to me that I was able to help people learn different ways to stay healthy as well as acquire important skills I can use in life. It helped my experience with Gern 400 because I was able to connect what I learned in class to what I was learning at connect to lead. It was a great experience and I'm really glad I got a chance to be involved in this organization.

**Brissa's experience:** This spring semester for my Service Learning I volunteered 20 hours for the organization Connected to Lead. The organization strives to create space for people of all ages in order to make meaningful connections while strengthening themselves as a leader. Although I feel as though I was challenged to become more of a leader, I also gained immense strength in developing skills as a team member. Four other students and I were brought together in order to facilitate both social and brain workshops for older adults. I had never worked on anything related to a service-learning project so I was initially very nervous. However, the CTL team was very kind and responsive to any concerns that I had.



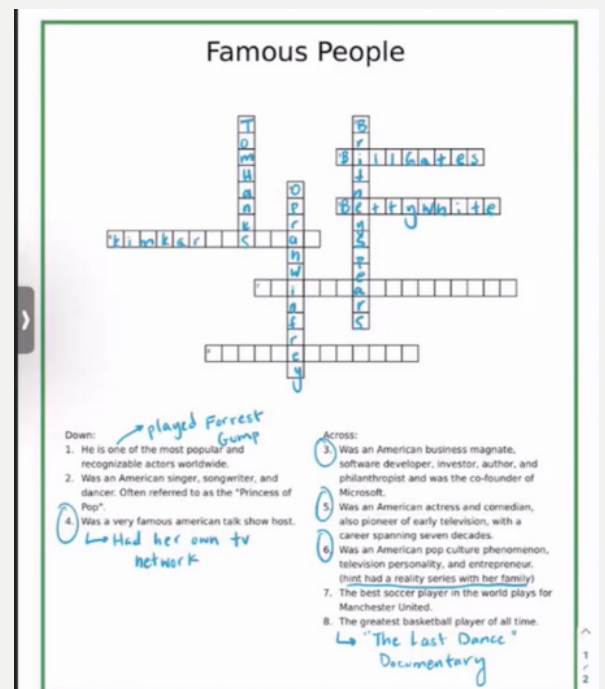
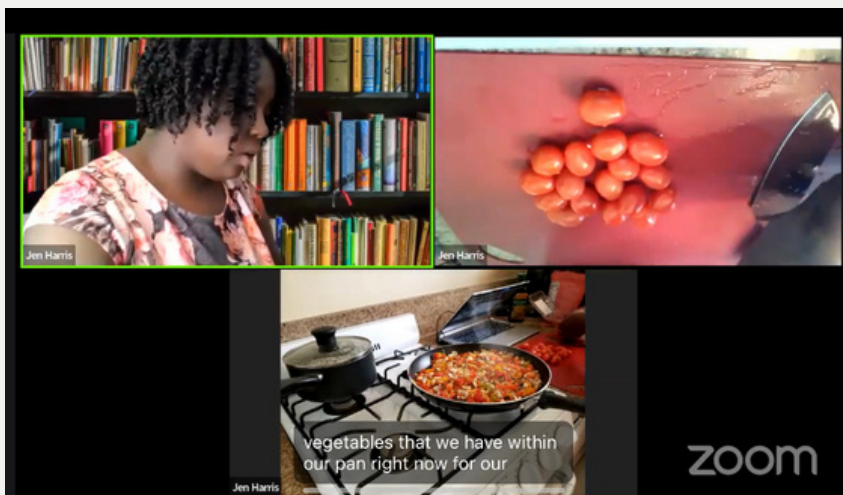
# Service Learning

Despite us never actually meeting in person, my group members and I managed to communicate efficiently and coordinate both workshops. It reminded me of the importance of technology and how necessary it is to be flexible when collaborating with others. We were in charge of organizing two workshops, the Get Social Workshop and The Healthy Brain Workshop. The purpose of the Get Social Workshop was to encourage older adults to socialize with others and promote social health. This allowed me to gain more clarity on it as we have talked about how social health can affect older adults in Gerontology 400. The Healthy Brain Workshop aims to promote healthy brain function. This workshop was important as the brain aids in your ability to communicate, make decisions, problem-solve, and more. Keeping an active brain can help to make it adaptable and assist in mental functions, which can be affected as taught in Gerontology 400.

Connected to Lead also put us into contact with Alzheimers LA, which was great for me as a Speech-Language Pathology major. They were kind enough to give us an orientation and information about resources regarding Alzheimers in LA. I do not have any family members with Alzheimers but I feel glad that I gained knowledge and will potentially be able to share this information with others that may need it. Overall, my Service-Learning experience reminded me of the importance of community and working as a team.

Want information in the Nonprofits involved? Find it here!

CTL: <https://connectedtolead.org/> AlzLA: <https://www.alzheimersla.org/>



# Student Awards



## **Academic Excellence Award**

Sam Meilano  
Maria Peixoto de Abreu  
Rosalba Trujillo  
Peyton Moore  
Norma Miller  
Maribel Robles  
Justin Luuga

## **Outstanding Student Award**

Kelly Kanamori  
Kristen Rodriguez

## **Leadership & Service Award**

Emily Wu  
Kristi Maeda

## **Research Award**

Sofia Poulsen-Hodjat

## **Graduate Student Honors**

Nolberto Gonzalez

## **FCS Outstanding Thesis**

Alexis Knott

## **FCS Outstanding Project**

Sofia Poulsen-Hodjat

# Faculty Achievements



Four current Gerontology faculty members are serving on the board of the California Council of Gerontology & Geriatrics (CCGG). **Maria Claver** is the current president, **Mary Marshall** is Secretary and **Alexandra Wilkinson-Korn** and **Jesse Archer** are Members-at-Large. In the last few months, CCGG has hosted several webinars and a research showcase. 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.

**Maria Claver** presented two workshops, "The Blue Zones" and "Sleep Hygiene" to residents at Vivante on the Coast assisted living community as part of their Vitality Program. She is part of a team evaluating the effectiveness of the Vitality Program on residents' mental, physical, cognitive and nutritional health (along with **Mary Marshall** and Jan Schroeder from Kinesiology).

**Maria Claver** presented two talks at the CA-AFCS conference in San Diego in late-March. The first talk is about a collaboration between Gerontology and Fashion Merchandising and Design in which Dr. Claver spoke with Fashion students about designing and marketing clothing to older ("experienced") consumers. The second talk, in partnership with FCS Chair Wendy Reiboldt and colleague from CSU Fullerton, Melanie Horn-Mallers, is about infusing Gerontology content into classes from a variety of disciplines.

**Maria Claver** was a "golden guest" at the first Golden Girls convention in Chicago, IL in late April to present about her course: Gerontology 475-575, Women and Aging: Lessons from the Golden Girls. Producer of the first three seasons of Golden Girls, Marsha Posner-Williams and CSULB Masters in Gerontology alumna, Nicole Smith, joined her in the presentation.



# Faculty Achievements



Martinez, I. L., & Acosta Gonzalez, E. (2022). Care v. Caring: Obligation, Duty, and Love Among Latino Alzheimer's Family Caregivers. *Journal of Applied Gerontology*.  
<https://doi.org/10.1177/07334648221084998>

Wilkinson, A., N. (2021, October). *Caregiving and mental health*. Presented at Behavioral Health Services Mental Health Week.

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 & Geriatric Medicine*, 7, 1-7.

Brilliant, S., Claver, M., LaPlace, P. & Schlesinger, C. (in press). Physical activity and aging: Exploring motivations of masters swimmers. *Gerontology & Geriatric Medicine*.

Marshall, M., Wilkinson, A., Lunde, N., Walters, K. (2022). *The way they see it: barriers and motivators to older adult physical engagement in the community*. Presentation at the University Week of Research; California State University Long Beach.

Marshall, M., Luuga, J., Henan-Watts, M. (2021). *"I had friends, but they're gone": A comparison of assisted living residents reporting high and low relationship satisfaction*. Virtual presentation at the National Council on Family Relations Annual Conference.

Horn-Mallers, M., Reiboldt, W., & Claver, M. (March 2022). Building Self Efficacy for Professionals in Family and Consumer Sciences. Presentation at the California Association of Family & Consumer Sciences Conference, San Diego, CA.

Claver, M., Reiboldt, W. & Horn-Mallers, M. (March 2022). Infusing Aging Related Content in Family and Consumer Sciences Curricula. Presentation at the California Association of Family & Consumer Sciences Conference, San Diego, CA.

Claver, M. & Mung, J. M. (March 2022). Fashion and the Experienced Consumer: An Interdisciplinary Educational Opportunity. Presentation at the California Association of Family & Consumer Sciences Conference, San Diego, CA.

# Faculty Achievements



Lauren Gelgur-Yoon  
got married!



Mary Marshall welcomed  
her 2nd child, Jack!



Alex Wilkinson  
expanded her pack to  
include Finn and Phillip!

Alex Wilkinson was elected to the board of nonprofit Connected to Lead & became Executive Director of the Friendly Caller Program

Maria Claver was elected President of California Council on Gerontology & Geriatrics

Lauren Gelgur-Yoon completed Beach Mentor Certification and is transitioning into the Advisor role for SPO Honors Society

Mary Marshall completed Beach Mentor Certification

# Research Roundup

Gerontology Program faculty **Maria Claver** and **Mary Marshall**, Kinesiology faculty Jan Schroeder, Nutrition faculty Long Wang and Nutritionist Nasira Burkholder-Cooley have partnered with Vivante on the Coast Assisted Living to implement and evaluate the Vitality Wellness Program, an 8-week cohort model that aims to improve participants' physical, cognitive, mental, nutritional and social health. The third cohort is currently in the middle of the intervention and preliminary results indicate that the Vitality Program has a positive impact on participants. Gerontology Program and Kinesiology students have assisted the research team in assessing participants throughout the project.



# MSG Students Give Back

Gerontology Master's Candidate **Rosalba Trujillo** presented "Talking with your Grandchildren," a discussion about the conversational interests of grandchildren throughout their childhood and young adulthood and current pop culture topic at Vivante on the Coast assisted living community.



Gerontology Master's Candidate **Nicole Lunde** presented "Putting Your Best Brain Forward," a discussion about cognitive health at Hillcrest Retirement Community in La Verne.

Multiple Gerontology Students assisted with data collection and events at Vivante on the Coast including **Kat Boehse, Veronica Yates, Justin Luuga, Elizabeth Arciniega, Annette Rodrigues**



# Support Our Students

The Gerontology Program Endowed Scholarship is growing! Please help us reach our goal of raising \$25,000 by 2025. Every dollar counts...

[www.csulb.edu/gerontology](http://www.csulb.edu/gerontology) and click on "Give Now"

