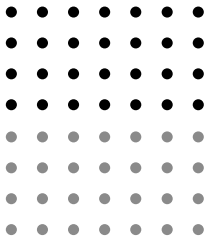




CALIFORNIA STATE UNIVERSITY
LONG BEACH



Center for **Successful Aging**



Annual Report 2024-2025

About the Center

The Center for Successful Aging at California State University, Long Beach, addresses the evolving needs of an aging population through education, research, and community engagement. The Center advances innovative solutions to promote healthy aging and workforce development as demographic shifts reshape society.

The Center bridges academic expertise and real-world solutions by:

- Educating future aging professionals through interdisciplinary programs.
- Advancing research to inform best practices in aging services.
- Strengthening partnerships to enhance community support for older adults.

This annual report showcases the Center's achievements in education, research, and community engagement over the past year. We celebrate the contributions of our faculty, students, and partners as we work to ensure aging is met with dignity, opportunity, and improved quality of life.

Global & Local Aging Trends

In 2021, 10% of people were 65 or older, a figure projected to rise to 16% by 2050. According to WHO, by 2050, the global population aged 60+ will double to 2.1 billion.

California reflects these trends

By 2030, nearly 10 million older adults will comprise 25% of the state's population. The 65+ population will grow 59% by 2040, reaching 9 million.

MISSION

To bring together faculty, students, and community partners to develop creative solutions for diverse aging populations through education and research.

VISION

To serve as a leader in community engagement, workforce development, and applied research to address disparities and promote quality of life in aging in Long Beach and beyond.



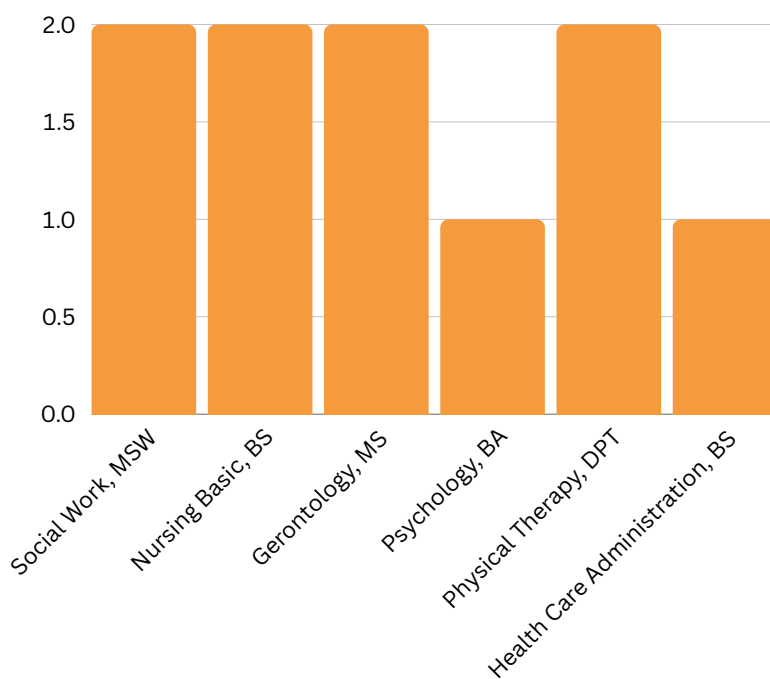
Education

The Center for Successful Aging proudly partnered with SCAN Health Plan to support students dedicated to improving the lives of older adults. Through this collaboration, the SCAN Health Plan Scholarship provided financial assistance for academic year 2024-2025 to outstanding students pursuing careers in aging-related fields.

SCAN Health Plan Scholarship for the Health and Independence of Seniors



Scholarship Recipients



This past year, the scholarship awarded a total of \$50,000 to 10 exceptional students from diverse academic disciplines that contribute to the advancement of geriatric care and services.

This scholarship has made a meaningful impact, empowering students to pursue careers that enhance the health and independence of seniors.

Internship Programs

Alzheimer's Orange County (AlzOC) Respite Program Internship

Through our partnership with Alzheimer's Orange County, nine CSULB students gained firsthand experience this past year in providing care and support to individuals living with memory-related challenges. Interns in this program become Direct Care Workers and enhanced their skills while working to contribute to the well-being of older adults, while providing much needed respite for caregivers.

Research Internship at the Center for Successful Aging

Speech Learning, and Pathology (SLP) student interns conducted research on challenges older adults with perceived hearing loss face while dining out. In collaboration with the Osher Lifelong Learning Institute (OLLI), students interviewed nine older adults while visiting local restaurants. Students analyzed data from these visits and are currently writing a manuscript for submission to a hospitality and management journal with the goal of raising awareness and creating more age-friendly dining environments. Student interns also researched and completed aging competencies and curriculum for accredited programs in Dietetics, Physical Therapy, Recreational Therapy, and Speech, Language, and Pathology, identifying opportunities to advance aging education. These resources are available at csulb.edu/aging.

"This experience made me consider pursuing a career in gerontology because I enjoyed working with older adults and people with dementia..... Being someone who can make their days brighter and more fun while boosting their self-esteem is extremely rewarding."

Catherine Raymundo,
Health Science,
Summer 2024

"Before my internship, I would always say that I wanted to work with children only. However, that completely changed.....Older adults and people with dementia still want to make connections, spend time with people, and have fun, and I want to be that person who can provide them with that as well as care."

Jamie Cuayahuitl
Health Science,
Fall 2024

"This experience also helped deepen my understanding of dementia and other memory related illnesses, and my empathy, patience, and insight into good caregiving. This internship had a direct impact on what I want to do with my future career as I plan to pursue nursing and become a nurse practitioner."

Dana Allyson Bautista
Health Science,
Spring 2025

Community Engagement and Collaboration



Dr. Iveris Martinez, the Center's Director, continues to be an active member of LAACHA's Innovation and Outcomes & Evaluation Committee.

LAACHA is a cross-sector coalition committed to improving health equity and advancing population health for older adults, individuals with disabilities, and caregivers in Los Angeles County.

Dr. Martinez's participation in LACCHA contributes to the Center's mission by providing technical support and helping connect underserved communities to critical health and aging-related resources. Her involvement strengthens partnerships and fosters impactful collaborations that support successful aging initiatives across the Los Angeles County.

In partnership with the City of Long Beach and community stakeholders, CSA contributed to the development and launch of the 2025 **Long Beach Age-Friendly Action Plan**, adopted by City Council on May 13, 2025.



As part of our commitment, CSA is diligently facilitating the implementation of the plan. CSA will be supporting the implementation of the plan's key domains on Housing, Social Participation, and Health Services, helping ensure its long-term success and impact on aging residents.

Colloquiums

This year's colloquium series brought together inspiring speakers who shared meaningful insights on aging, dementia care, and building intergenerational connections.



Dementia in Latino Populations: Insights on Prevalence, Diagnosis, and Care

October 29, 2024

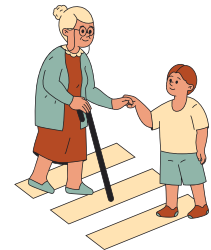
Dr. Freddi Segal



Generational Connection: A Friendly Caller Program Bridging Students and Older Adults

November 5, 2024

Alexandra Wilkinson

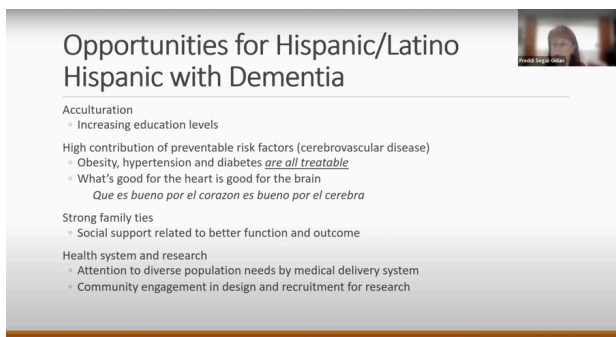
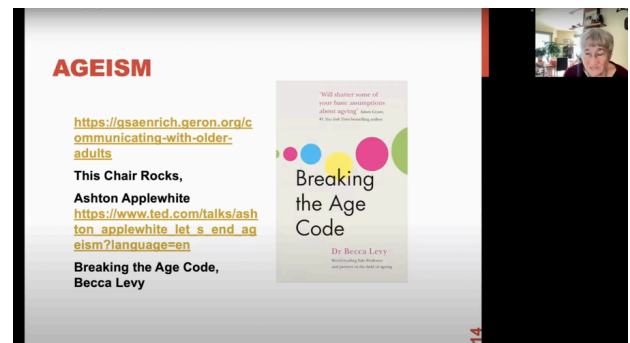
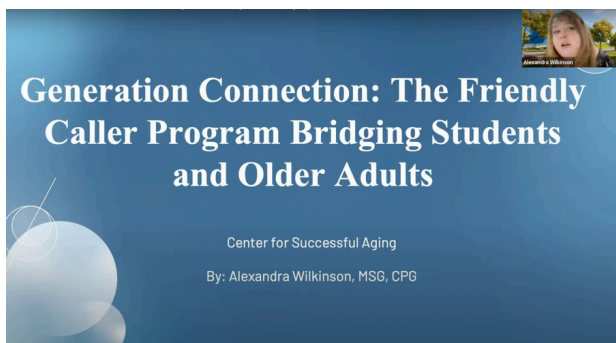


Intentional Aging: 7 Practical Actions to Live Well and Minimize the Risk of Dementia

April 8, 2025

Dr. Jeannette Franks

Attendees found the presentations informative and relevant, especially the discussion around real-world issues such as financial planning, living environments, and healthcare decisions for aging adults.



You can also view our recorded colloquium sessions on our [YouTube](#) channel.

Research



The Center for Successful Aging continues to advance research that supports older adults and their caregivers. This year, the Center co-authored an article published in *Generations*, the journal of the American Society on Aging (ASA), titled "[Fostering Dementia Family Caregivers' Resilience via a Virtual Social Model](#)."

The article explores how virtual social connections can help family caregivers build resilience while caring for loved ones with dementia. This collaborative work underscores the Center's dedication to research that addresses real-world challenges and enhances the well-being of both caregivers and older adults.

Presentations

This year, the Center for Successful Aging contributed to important conversations on aging, caregiving, and well-being through several presentations:

- **Promoting Healthy Aging: Lessons from the Blue Zones – November 2nd, 2024**
 - Presented by Program Manager Annette Rodrigues and Director Dr. Iveris Martinez at the American Gold Star Manor (AGSM).
 - Their talk highlighted key lifestyle practices from Blue Zone communities that promote longevity and well-being.
- **Minority-Serving Institutions Perspectives and Strategies on Sustaining DEI – October 9, 2024.**
 - "[Exploring the Changing Diversity, Equity, and Inclusion Legislation and Policy Landscape and its Impact on Health and Public Health's Workforce, Education, Training, and Research](#)," held by the Roundtable on the Promotion of Health Equity, National Academy of Sciences, Washington, DC, where Dr. Iveris Martinez served as a panelist.
- **Roundtable discussion at Society for Applied Anthropology – March 26, 2025**
 - Dr. Martinez organized and facilitated a Roundtable on March 26, 2025 at the Annual Meeting of the Society for Applied Anthropology, Portland, Oregon on Revitalizing the Role of Anthropologists in Health Professions Education.
- **Applying Lessons from the Blue Zones – April 16th, 2025**
 - Dr. Iveris Martinez presented to Occupational Therapists, Nurses, and other Health Professionals at Umeå University in Sweden
 - Discussed strategies to expand healthy life expectancy for older adults in northern Sweden, drawing on insights from the world's longest-living populations (Blue Zones).

Research Initiatives

The Center is engaged in diverse research initiatives aimed at improving the lives of older adults and caregivers:

▶ **NIA Advancing Diversity in Aging Research Grant**

CSA developed a proposal that aims to increase the diversity of undergraduate students who pursue advanced degrees in aging-related areas. Thirty-two undergraduate students would be provided with a research education program, at CSULB and partnering R1 university, as well as mentorship from 13 CSULB faculty from science, technology, engineering, and mathematics (STEM) disciplines. This initiative is currently unavailable due to an existing Executive Order.

▶ **Archstone Foundation Grant**

Submitted a proposal to expand geriatric training for healthcare students. Though not selected, the project proposed interprofessional learning, curriculum development, and a Geriatric Resource Center.

▶ **Addressing the Gap and preparing Health profession students to care for older adults**

In Spring 2025, Dr. Martinez used her sabbatical to conduct research that addresses the educational gap in preparing the health professions workforce to care for a growing older population by analyzing current teaching practices, attitudes, and existing gaps. She conducted 3 focus groups interviews with a total of 11 students and carried out extended interviews with 6 faculty members across the College of Health and Human Services with knowledge of curricular content. She also distributed a structured survey to approximately 400 CHHS faculty members. We plan to use the findings to develop recommendations and curricular content to reduce the existing gaps.

▶ **MPTF Dementia Caregiver Support Program**

This study aims to assess the long-term impact of the MPTF Caregiver Support Group Model and establish its viability as a sustainable and scalable solution, specifically seeking to enhance the understanding of how virtual peer support influences caregivers' mental health, self-care practices, and ability to manage the challenges associated with caregiving.

▶ **Park Bixby Towers Wellness Project**

The Center is currently developing research to assess quality of life for residents of Park Bixby Towers, a low-income independent living community. Data will be collected and analyzed with the assistance of student interns. This project aims to enhance the overall quality of life and wellness of residents through data-informed strategies and student-led engagement.

Digital Outreach Highlights

CSA Website

Our website serves as a central hub for information, resources, and opportunities related to aging research and education.

Key updates:

- ✓ **Health Professions Curriculum:** Added new educational materials to support health professionals working with older adults.
- ✓ **Strategic Plan:** Uploaded the latest version of our Strategic Plan, outlining our goals and priorities for the coming years.
- ✓ **Annual Report:** Organized and updated the Annual Report section to showcase our achievements and impact.
- ✓ **Board Member List:** Added a comprehensive list of our Board Members, highlighting their expertise and contributions.
- ✓ **Faculty Affiliates:** Updated the Faculty Affiliates section to reflect our growing network of researchers and educators.
- ✓ **Research and Internship Opportunities:** Posted new internship and research opportunities for students and early-career professionals.

CSA LinkedIn

Our LinkedIn page kept the community informed with:

- Event Announcements: Promoted Colloquium Series and community trainings.
- Research Updates: Shared publications, presentations, and grant awards.

CSA YouTube

We expanded our YouTube channel to make educational content more accessible:

- Colloquium Recordings: Uploaded presentations by experts
- Educational Playlists: Organized videos by topic for easy access.

Strategic Planning Updates



In November 2024, the Center reviewed amendments to its Strategic Plan and is actively working towards it to achieve the goal..

- **New Strategic Objective Added:**

Strategic Objective 2: "Reduce health inequities and improve quality of life for older adults through service, research, and evaluation."

This objective underscores our focus on addressing disparities in aging care and ensuring that all older adults have access to resources and support that enhance their well-being.

- **New Goals Under Strategic Objective 2:**

Goal 1: "Build on existing collaborative partnerships in the greater LA area to improve QOL"

Goal 2: "Support Community partners in building capacity through program development and evaluation."

CSA is strengthening partnerships across the greater LA area through collaborative grant writing, board participation, and joint initiatives. We are also supporting community capacity by co-developing programs that address the needs of older adults in partnership with local organizations.

- **Clarified Language on Workforce Development:**

Strategic Objective: "Enhance Workforce Development and Training to improve care to diverse older adult populations."

This objective now includes a stronger emphasis on training healthcare professionals to meet the unique needs of diverse populations, ensuring culturally competent and equitable care.

- **Added Priority Populations:**

The updated plan identifies specific priority populations to ensure our programs and initiatives are inclusive and address the needs of the most vulnerable populations.



Support Our Mission

Be a Force for Positive Aging

Your support allows us to:

- Prepare the next generation of aging services professionals
- Create forward-thinking programs that improve lives
- Support thriving communities for older adults



Make your gift today:

[Donate](#)



You can find more information about us at
csulb.edu/aging



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