



CALIFORNIA STATE UNIVERSITY  
LONG BEACH

# Center for Successful Aging



# ANNUAL REPORT

# 2025-26



# 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.

### 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.

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.

### 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.

In June 2025, the ORED review committee unanimously recommended that the Center for Successful Aging continue its activities for five (5) years - a powerful endorsement of the center's impact and trajectory.

## 2025-26 AT A GLANCE

13

Total Interns

4

Speaker Series  
Events

4

Grant Proposals  
Submitted

93

Community  
Surveys Conducted

16

Older Adults Served  
(ADP)

30+

Reached @ Long  
Beach Senior Fest

6

Faculty Affiliates

4

Presentations



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# CSA Internship Program

Through our **service and research initiatives**, CSA provides students with internship opportunities that provide invaluable hands-on experience working directly with older adults in real-world settings, enhancing their professional skills, deepening their understanding of aging-related issues, and fostering meaningful intergenerational connections. Funding was secured for 6 paid intern stipends for Fall 2025.

The CSA internship program saw significant growth this past year, adding 13 new interns since July 2025 for a total of 51 students across eight disciplines to date. Including:

- Speech Language Pathology
- Health Science
- Gerontology
- Psychology
- Health Care Administration
- Nursing
- Fine Arts
- Management Information Systems



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# Service & Training : Adult Day Program

AlzOC contracted CSA to run a grant-funded respite program for persons with Alzheimer's Disease and Related Dementias (ADRD) and their caregivers at Leisure World Seal Beach. The program ran from March 2024 through August 2025.

**25+**

Older Adults Served

**14**

Student Interns  
Participated

**8–10**

Hours/Week Direct Care

**5**

Semesters of Operation

Student interns were trained and supervised by AlzOC staff. CSA recruited interns and provided program guidance throughout.

## Student Voices

*"After working with seniors, I considered working directly with older adults and am excited to explore more careers and opportunities in gerontology and social work."*

— Catherine Raymundo, Health Science

*"This experience solidified my decision to work in senior care... I've gained skills in effective communication, particularly in engaging individuals with dementia, tailoring activities to different ability levels, and managing group settings."*

— Acezal Acap, Health Science

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# Community Engaged Research & Training

## Wellness Survey

CSA was contracted by Park Bixby Tower, Inc. to develop and implement a comprehensive quality-of-life survey for residents of a low-income senior housing community in Long Beach.



6

**Student Interns**



93

**Surveys Completed**



6

**Languages**



6

**Disciplines Represented**

The Center for Successful Aging (CSA), in partnership with Park Bixby Tower, Inc. in Long Beach, conducted a resident-centered wellness assessment to better understand the needs and strengths of older adults living in low-income senior housing. Through multilingual, in-person surveys administered by student interns, 93 residents shared insights on health, social connection, mental well-being, and access to services.

Findings highlighted strong resident resilience, social engagement, and interest in community involvement, while also identifying opportunities to strengthen fall prevention, mental health support, medication management, language access, and awareness of available resources. The project resulted in recommendations focused on promoting wellness, independence, and connection through health education, social programming, safety initiatives, and resident-led activities. These resources are available at [csulb.edu/aging](https://csulb.edu/aging).

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# Student Impact

Across all internship placements, students gained practical skills and professional direction. Key outcomes included:

- Applied best practices for working with diverse older adults
- Gained a deeper understanding of age-related issues and disparities
- Developed skills in grant writing, interviewing, data collection, and analysis
- Presented at CSULB Week of Research, Scholarly, and Creative Activity
- Acquired experience to support older adults in future professional settings

## Student Voices

*"This internship gave me the opportunity to connect with and listen to older adults, learn about their lives and hear their unique stories. It helped me realize that working with older adults is something I would love to do after graduation, especially supporting individuals from diverse backgrounds and helping them feel comfortable in their community."*

— Lizette Hernandez-Soto, Gerontology (MSG), Fall 2025

*"This internship helped me grow my confidence by balancing teamwork, responsibility, and a full undergraduate schedule while gaining new knowledge in academic research. Working with older adults broadened my perspective and helped me recognize the skills I possess to support and improve their experiences as a future speech-language pathologist."*

— Brainne Yim, Speech Language Pathology, Spring 2025

*"My internship experience impacted my personal and professional life more than I expected. Working one-on-one with participants and individualizing their care showed me how meaningful this work is and confirmed that helping others is my purpose. "Seeing the gratitude and encouragement from participants and their families reinforced that individualized, compassionate care improves quality of life for both participants and caregivers."*

— Camila Gil, Health Science, Summer 2025

# Speaker Series

Through our Speaker Series, we aim to foster interdisciplinary knowledge and collaboration on aging among students, faculty, and community members. The Speaker Series brought in seven outside experts from October 2024 through March 2026.

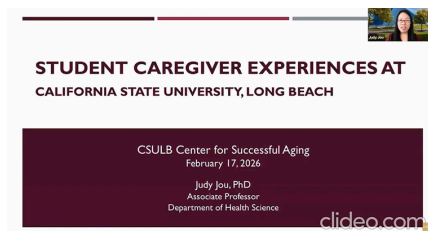
This year's colloquium series brought together inspiring speakers who shared meaningful insights on aging, dementia care, and building intergenerational connections.



**Sofia Hodjat,  
MSG**

**Long Beach  
Age-Friendly  
Action Plan**

**September 16,  
2025**



**Dr. Judy Jou**

**Student  
Caregiver  
Experiences at  
CSULB**

**February 17, 2026**



**Liz Renshaw-Breen**

**Sage: A Journey to  
the Final Station-  
My Years Working  
in Assisted Living**

**March 12, 2026**

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.

# Community Engagement & Collaboration

CSA participated in collaborative grant writing with four proposals submitted in partnership with University of Southern California, Alzheimer's Orange County, CSULB Nursing & Social Work, CSULB Engineering, and the Osher Lifelong Learning Institute. Other key collaborative and community activities included:

- October 2025 – Invited to Grant Makers in Aging Meeting to present on "Community-Campus Partnerships in Aging: An Untapped Resource"
- November 2025— Dr. Martinez presented at the annual meeting of the Gerontological Society of America on "Community-Based Approaches to Training the Future Workforce for an Aging Population" in Challenging Times as part of the Center Director Symposium on Challenges and Opportunities for Centers on Aging: Sustainability and Leadership.
- March 2026 – CSA Staff presented results of Wellness Survey to Park Bixby Tower, Inc. Board
- April 2026 – CSA staff presented two research projects at the CSULB Research, Scholarly, and Creative Activity Showcase: Engaging Students & Low-Income Seniors in Research: An Intergenerational Participatory Approach and Insights on Quality of Life from a Multilingual Wellness Survey in Low-Income Senior Housing.



## Advisory Board Participation

**Dr. Martinez, CSA's Director was elected to:**

- Board of Directors, Association for Anthropology, Gerontology and the Life Course in November 2025
- Hopkins Resource Centers for Minority Aging Research Community Advisory Board
- The Los Angeles Alliance for Community Health and Aging
- Los Angeles Social Isolation Impact Coalition (2025–present)
- National Institute of Health Special Emphasis Panel on Centers on Demography and Economics of Aging (P30)

# STAFF



**Dr. Iveris  
Martinez**  
Director



**Annette  
Rodrigues**  
Program Manager



**Priyal Shah**  
Research Assistant

## 2026 BOARD OF ADVISORS

NAME	TITLE/ROLE	ORGANIZATION
Jay Sokolovsky, PhD	Professor Emeritus	University of South Florida
Karen Reside	Past-President	Long Beach Gray Panthers
Maria Chandler, MD	Chief Medical Officer	TCC Long Beach
Elaine Acosta, PhD	Executive Director	CUIDO60
Jasmine Lacasama, PhD	Program Officer	Archstone Foundation
Dina Berg, MPA	Executive Director	Heart of Ida
Laura Trejo, DSW	Former Director, Aging & Disabilities Dept.	Los Angeles County
Kamier Alaei, MD, MPH, MS, PhD	Department Chair, Health Science	CSULB
Michael Williams, PhD, RN	Director, School of Nursing	CSULB

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# STUDENT INTERNS



**Ashlee De-Leon**  
Psychology



**Khushi Savani**  
Healthcare Administration



**Evelin Cruz-Garcia**  
Health Science



**Lizette Hernandez**  
Gerontology



**Selina Ji**  
Nursing



**Irina Riabova**  
Illustration/Animation



**Vincent Miramontes -  
Andrade**  
Speech Language Pathology



**Bianca Rodriguez**  
Psychology



**Jashanpreet Kaur**  
Gerontology

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# 2026 FACULTY AFFILIATES



**Amber  
Johnson**

Associate Professor  
Health Science



**Mary Marshall**

Associate Professor  
Gerontology



**Jackie  
Dawson**

Associate Professor  
Physical Therapy



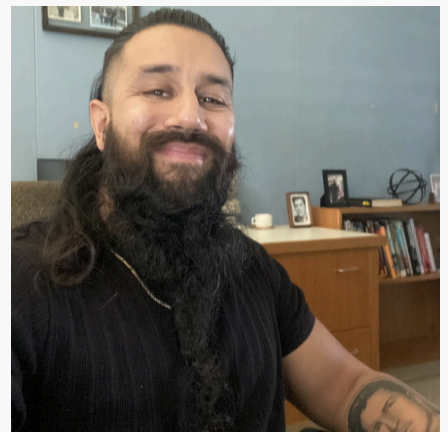
**Judy Jou**

Associate Professor  
Health Science



**Houng Wei Tsai**

Associate Professor  
Biological Sciences



**Kurt Escobar**

Associate Professor  
Kinesiology



**Building tomorrow's leaders to serve the aging community**

You can find more information about us at  
[csulb.edu/aging](http://csulb.edu/aging)



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