



# Center for **Successful Aging**

**LONG BEACH**  
STATE UNIVERSITY  
College of Health & Human Services

# ANNUAL REPORT

## 2018-2019

**CSULB.EDU/AGING**



# Center for Successful Aging

## MISSION

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

## VISION

The vision of the Center is 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.

## AGE FRIENDLY UNIVERSITY (AFU)

The Center joined the AFU Network consisting of higher education institutions around the globe who have endorsed and are committed to becoming more age-friendly in their programs and curriculum. CSULB is the third university in California to be recognized as a committed age-friendly institution.

## MILESTONES



Relaunched the Center  
in **April 2018**



**4,000**

Website page views



**110**

Older adults served  
through *Systematic  
Innovations* projects



**\$50,000**

In scholarships for  
CSULB students



**5**

Colloquium Series  
presentations

# COMMUNITY ENGAGEMENT

## SUCCESSFUL AGING IN LONG BEACH: BUILDING COLLABORATIVE SOLUTIONS

- In May 2019, the Center hosted a community roundtable event in order to highlight key aging-related projects involving CSULB and community stakeholders.
- Fifty-seven people including faculty, businesses, and community organizations, attended the event, resulting in plans to coordinate an aging consortium in Long Beach.



## COLLOQUIUM SERIES

Since November 2018, the Center has coordinated monthly Colloquium Speaker Series as a means to highlight innovative research on aging.

Lectures are open to:

- students, faculty, and community members



**83%** rated excellent



**54** attendees



**24** students attended

## WEBSITE

- Our website serves as a:
  - resource for researchers, community partners, and the aging community.
  - centralized portal to community resources and CHHS faculty experts on aging.



## OUTREACH AND PARTNERSHIPS

The Center is committed to promoting aging well by addressing social isolation, creating opportunities for social connectedness, and preparing the workforce for the care and services of older adults. Given our mission, Dr. Martinez is a member of the following:

- **Long Beach Age-Friendly Steering Committee**
- **Los Angeles Aging Advocacy Coalition**
- **Social Isolation and Loneliness Impact Coalition**
- **Association of Anthropology, Gerontology and the Life Course**

**Dr. Martinez has also traveled to Mexico and China to represent the Center for Successful Aging and expand the University's work on aging.**





## CONNECTING SENIORS TO THEIR COMMUNITY THROUGH WALKING



- Designed a walking program for the residents working with them to
  - Identify areas of the Long Beach community that they would like to visit.
  - Provide feedback by taking pictures of positive and negative aspects of the walking experience as an older adult.

Led by Dr. Kellie Walters



### SUSTAINABILITY

Residents have been trained to continue the program through a recreational walking club.

## TASK INTERVENTIONS TO REDUCE RISK OF FALLING IN OLDER ADULTS

- Created to prevent falls and improve the knowledge of fall prevention by
  - implementing an eight-week exercise class focusing on cognitive and physical performance.



Led by Dr. Vennila Krishnan



### SUSTAINABILITY

Project Directors are applying for funding and continuing to offer classes through the Osher Lifelong Learning Institute.

# SYSTEMATIC INNOVATIONS IN SERVING THE NEEDS OF OLDER ADULTS : AMERICAN GOLD STAR MANOR

## CREATING A CULTURE OF HEALTH



- Implemented a 15-week workshop integrating health literacy and nutritional cooking demonstrations to
  - address social isolation and promote social connectivity.
  - facilitate student training within the disciplines of Public Health and Nutrition.

Led by Dr. Gail Farmer



### SUSTAINABILITY

In addition to being approved as an internship site for CSULB students, another 15- week session will be offered in the Fall 2019.

## NAVIGATION LINK



- Enacted a navigation link program to identify
  - the social and health service needs of residents.
  - other services available through community partners.

Led by Dr. Grace Reynolds



### SUSTAINABILITY

Project Directors are exploring additional funding mechanisms to continue the class sessions.



# RESEARCH & EDUCATION

## INTERPROFESSIONAL EDUCATION INITIATIVES

- In September 2018, Dr. Elizabeth Tanner from the Johns Hopkins School of Nursing presented on "Interprofessional Education: The Future of Health in an Aging Society."



- In February 2019, the Center submitted a competitive grant to the *Health Resources & Services Administration* to establish a Geriatric Workforce Enhancement program in collaboration with community partners. The aims were to improve health outcomes by integrating geriatric and primary care and exposing health and social service students to interprofessional practice with older adults.

## #BEMYVOICELONGBEACH

- The Center supported educational activities for National Healthcare Decision Day in collaboration with The Institute for Human Caring @ Providence St. Joseph Health, Memorial Care, OLLI, and StoryCorps.



## SCHOLARSHIPS FOR STUDENTS

- A SCAN Health Plan gift of \$50,000 to support students interested in pursuing careers in aging-related fields allowed us to award 10 scholarships of \$5,000 each to students from Social Work, Kinesiology, Health Sciences, Nursing, and Recreation and Leisure Studies.

## CAREGIVING INITIATIVES

- With support of the National Institute on Aging, Dr. Martinez is investigating causes of underutilization of services by Latino caregivers in Miami by examining their experiences and comparing these to the perspectives of service providers.



- This research is being expanded to Long Beach in collaboration with the Center for Latino Community Health.



Center for  
**Successful  
Aging**

**6300 State University Drive Ste.150  
Long Beach, CA 90815  
(562)985-2079**