

Center for
**Successful
Aging**



LONG BEACH
STATE UNIVERSITY

College of Health & Human Services

CSULB.EDU/AGING

ANNUAL REPORT

2019 - 2020

Center for Successful Aging

MISSION

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

VISION

To address disparities and promote quality of life in the field of aging in Long Beach and beyond by serving as a leader in:

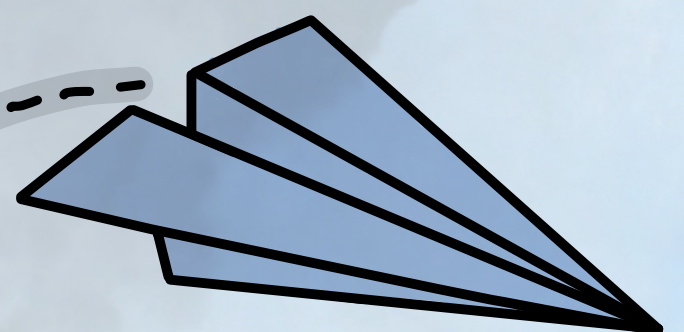
- ➡ Interdisciplinary Applied Research
- ➡ Community Engagement
- ➡ Workforce Development

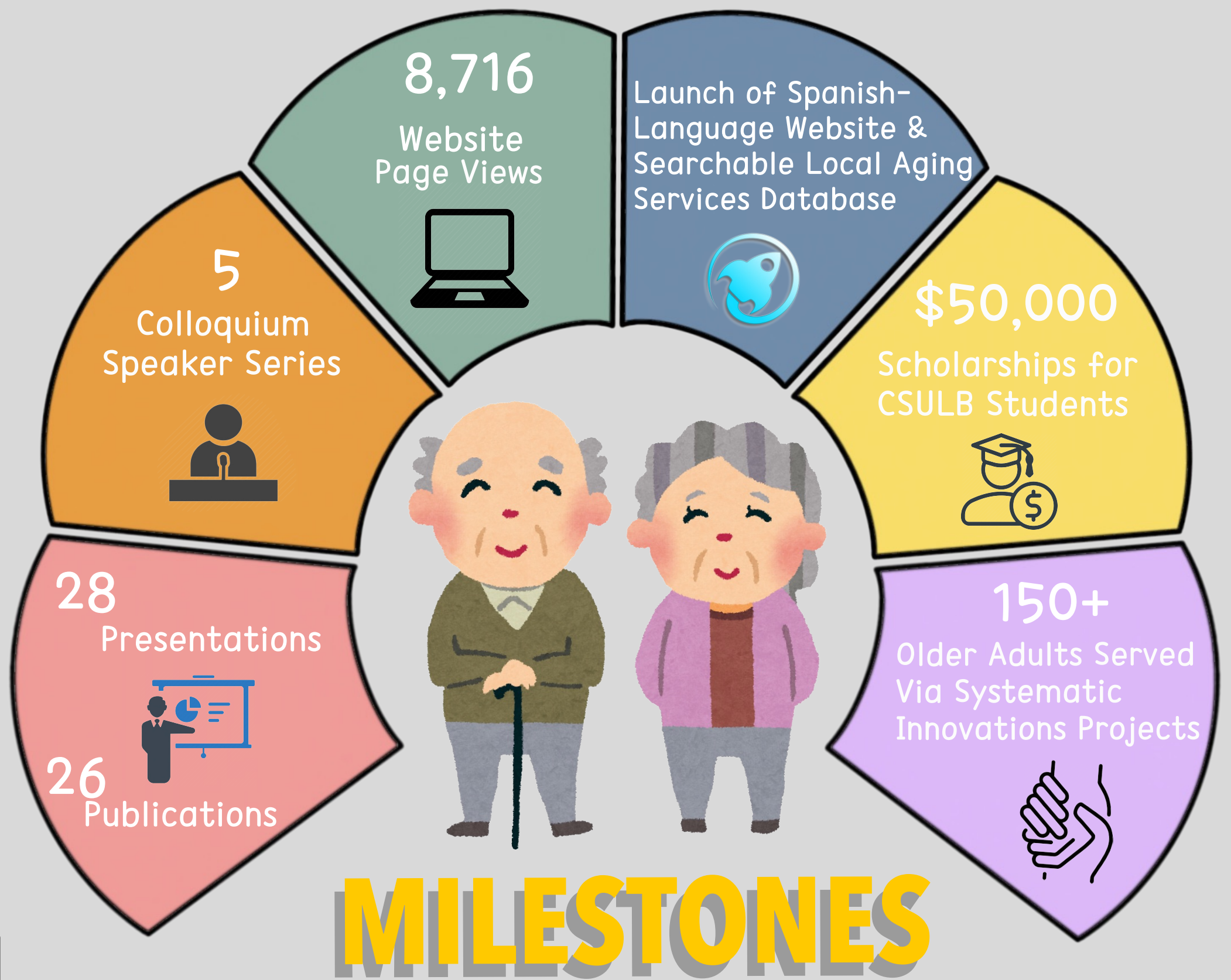
AGE FRIENDLY UNIVERSITY (AFU)

The 3rd University in California to be recognized as a committed age-friendly institution. CSULB is committed to becoming more age-friendly in our programs and curricula.

SOCIAL CONNECTIVITY

Monthly colloquiums and networking events to foster interdisciplinary knowledge and collaboration on aging to increase quality of life and improve overall well-being.





WORKFORCE DEVELOPMENT

SCAN HEALTH PLAN SCHOLARSHIP FOR HEALTH & INDEPENDENCE OF SENIORS:

10 College of Health and Human Services students from a wide variety of disciplines received \$5,000 each



SOCIAL CONNECTIVITY: COMMUNITY OUTREACH & PARTNERSHIP

CSA fosters constructive connections with community to improve the quality of life of older adults

Long Beach Aging Services Collaborative

Launched on March 3rd, 2020 in collaboration with the City of Long Beach Health Department and SCAN Independence at Home to better connect aging service providers throughout Long Beach and beyond.



MEETINGS

DURING COVID-19:
weekly virtual meetings

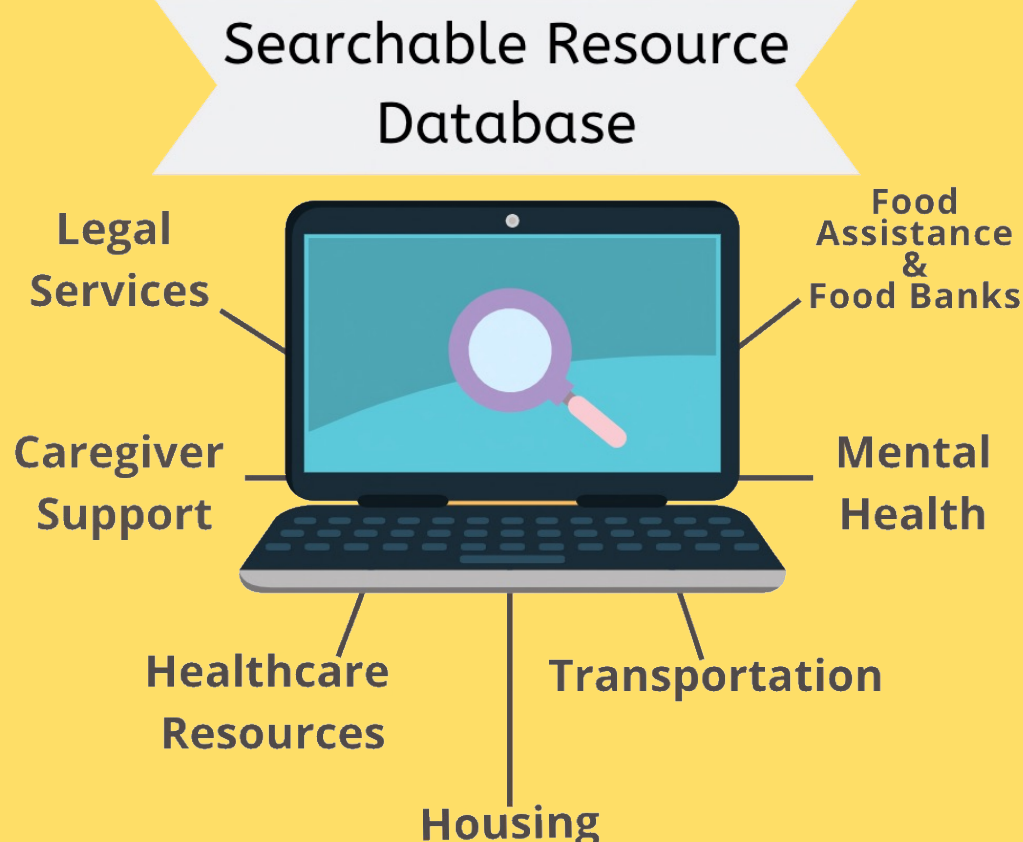
After COVID-19:
quarterly in-person meetings

SEARCHABLE AGING SERVICES PROVIDER DATABASE

In support of the Long Beach Age-Friendly City initiatives, CSA has developed and made available a searchable database through the “Resources” page on our website at:

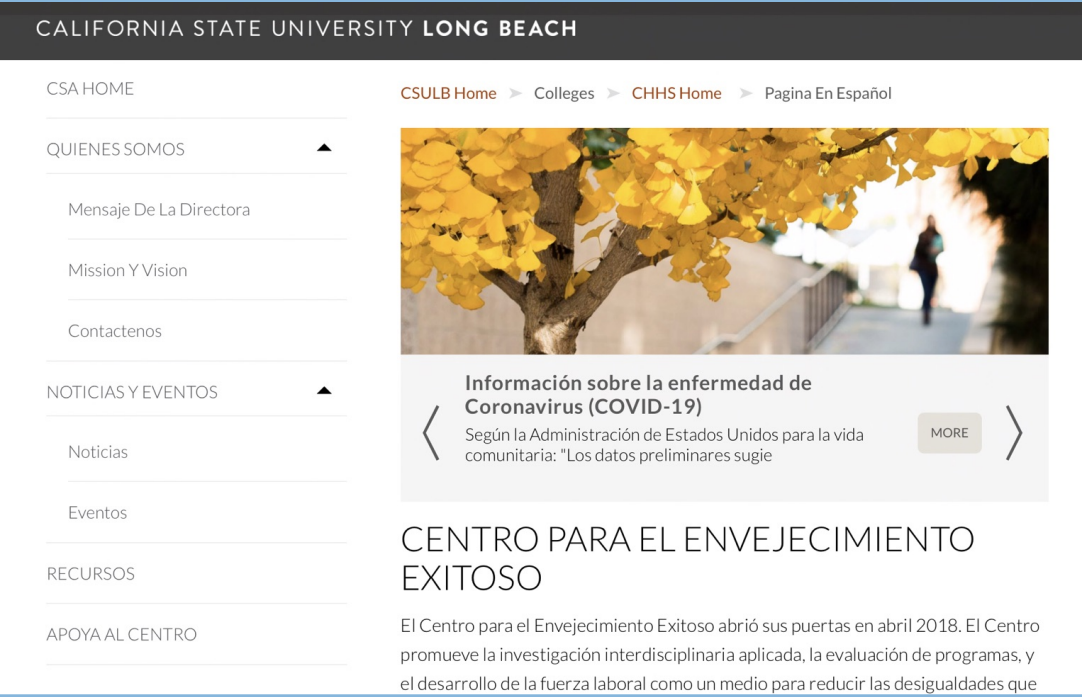


<https://www.csulb.edu/college-of-health-human-services/center-for-successful-aging/article/important-long-beach-resources>



CSA WEBSITE IN SPANISH

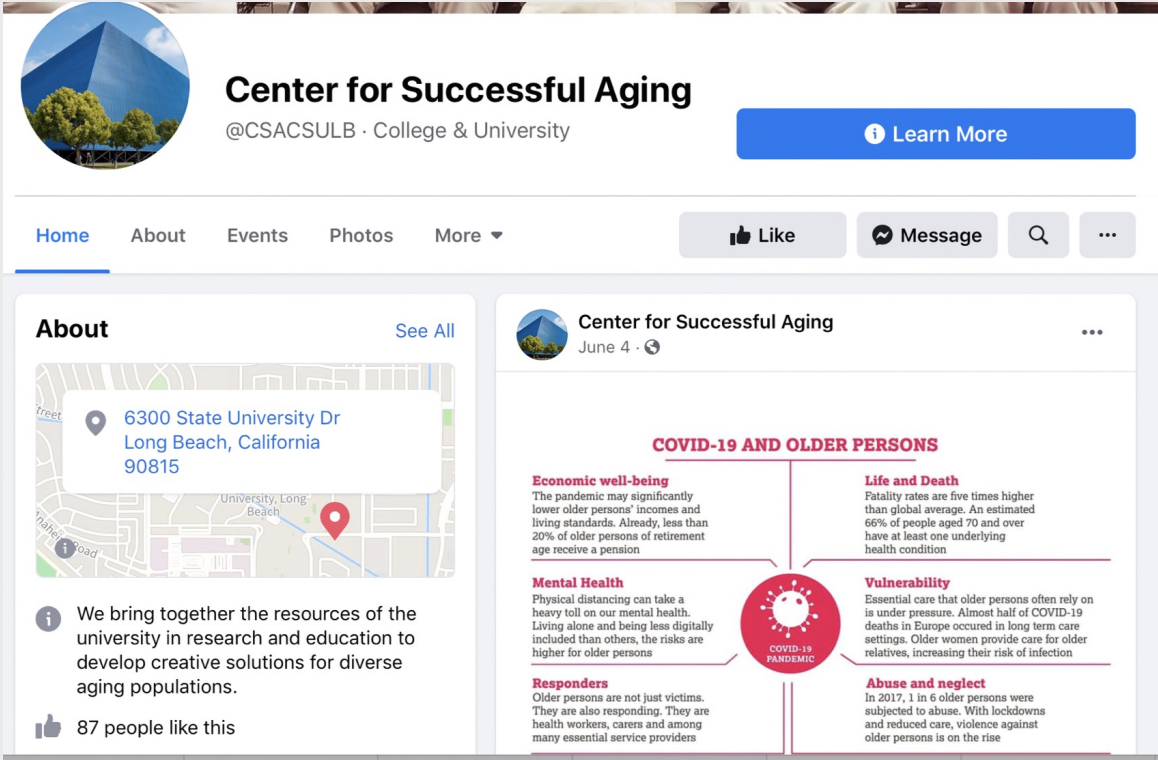
Our Center’s website is now available in Spanish, including language-accessible resources to support our diverse aging community!



CSA FACEBOOK PAGE


Our Center has a Facebook page where we post updates, resources, and upcoming event.


We are currently hosting Facebook group to share resources during COVID pandemic!



Colloquium Speaker Series

Since 2018, the Center has hosted monthly presentations to highlight innovative research on promoting successful aging.

**72** ATTENDEES

**64** STUDENTS ATTENDED

2019-2020 TALKS	SPEAKERS
1 'Learn More - Age Less' A Lifelong Learning Program @ CSULB	Dr. Barbara White (Ph.D., RN, Executive Director of OLLI)
2 Connecting Seniors to Their Community - Results of a Monthly Walking (CSCW) Program	Dr. Kellie Walters (Ph.D., Kinesiology Assistant Professor)
3 Friendship on the Margins: Sociality and Mutual Care Among Retired Women in Urban China	Dr. Claudia Huang (Ph.D., Human Development Assistant Professor)
4 Effects of Cognitive-Motor Dual-Task Training on Fall Risk Reduction in Community-Dwelling Older Adults	Dr. Vennila Krishnan (Ph.D., PT, Physical Therapy Associate Professor)
5 Creating a Culture of Health within the American Gold Star Manor Community	Dr. Gail Farmer (Ph.D., Epidemiologist, Health Science Professor, Center for Disability Studies and Scholarship Director)

PRESENTATIONS/PUBLICATIONS

Center Affiliates have presented 28 times and have 26 publications this year in both academic and community settings.

California Association for Adult Day Services (CAADS):

Invited to workshop on "The Role of Adult Day Care in Caring for Persons with Dementia in Diverse Communities." (November 2019)

St. Barnabas Senior Services (SBSS), Los Angeles:

Panel presentation on "The Caregiving Relationship for their Discovery Series" event sharing learning from Dr. Iveris Martinez' NIH-funded research on Latino caregivers to family members with Alzheimer's disease (February 2020)

SAMPLE PUBLICATIONS:

- **Dr. Iveris Martinez** had chapter on "Aging and Health in the Latinx in the United States: Changing Demographics, Social Vulnerabilities, and the Aim of Quality of Life" published in the seminal volume *New and Emerging Issues in Latinx Health*. (Airin Martinez and Scott Wolfe, eds) by Springer Press, 2019.
- Cannon ML, Perkinson MA, DeLaTorre AK, **Martinez IL.**, Ozer E, Sweatman WM, Browne R, **Claver ML.**, Dobson E. Service-learning through conference-based, interdisciplinary workshops on age-friendly design. *Geriatrics & Gerontology Education*, 2019. <https://doi.org/10.1080/02701960.2019.1643337>
- **Hansen, M.C.**, Ghafoori, B., Diaz, M.*(2020). Examining attitudes towards mental health treatment and experiences with trauma: Understanding needs of trauma exposed middle aged and older adults. *Journal of Community Psychology*, 48(5) 1452-1468.
- **Marshall, M.** (2020). Grandparents in Cultural Context. David W. Shwalb & Ziarat Hossain (Eds.). 2017. New York, NY: Routledge . ISBN 978-1-138-18850-1. *Journal of Family a Theory & Review*, 12(2), 285-293.
- Wyte-Lake, T., **Claver, M.**, Johnson-Koenke, R., Davis, D., & Dobalian, A. (2020). Hurricanes Harvey, Irma, and Maria: Exploring the role of home-based care programs. *Disaster Medicine and Public Health Preparedness*. <https://doi.org/10.1017/dmp.2019.158>



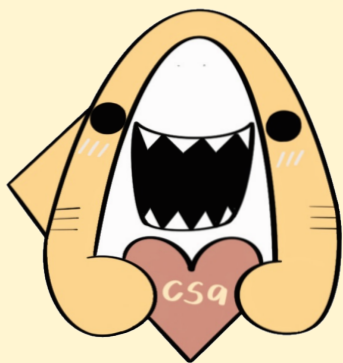
Assist community grant writing



Assist Colloquium attendance by community members




Recruitment of students




CENTER FOR SUCCESSFUL AGING

TCC FAMILY HEALTH



Supports in Khmer language translation & interpretation

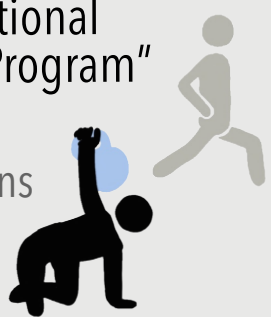
Provides 72 boxes of fresh produce bi-weekly



HUMAN MOVEMENT LAB

Pilot planning for "Functional Movement & Strength Program" to:

- ↑ overall bodily functions
- ↑ physical activity level
- ↓ risk of falls




AMERICAN GOLD STAR MANOR

Connecting & exploring supportive collaborations



LA ALLIANCE FOR COMMUNITY HEALTH & AGING

- Collaborative grant writing
- Connecting to other service innovations
- Promotion of healthy living via workshops & programs

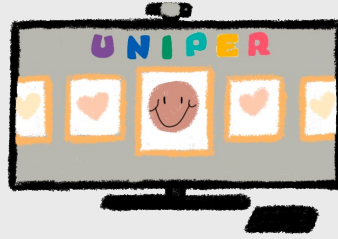


LB HEALTHY AGING CENTER

- LB Aging Services Collaboration to learn & connect with professionals
- "Friendly Callers" program to address social isolation



UNIPER-CARE TECHNOLOGIES



Installation of 20 Uniper connectivity hub TV kits

LUTHERAN TOWERS

Low-Income Senior Housing Program



Through Mr. Chan Park
(Residential Services Coordinator)

RESEARCH IN SERVICE OF COMMUNITY

American Gold Star Manor (AGSM) is a low-income housing community to 420 older adults, whom are mostly Gold Star families and veterans. Key priorities areas addressed:

Engaged faculty and students from diverse disciplines

Established friendships and social connectivity

Created cohesive social environment

Increased physical activity

Improved overall health

Battled social isolation



150+ residents participated with positive outcomes



115 students gained positive experience working with older adults



11 presentations to date

1

Dr. Gail Farmer & Theodora Papachristou

COMPLETED



CREATING A CULTURE OF HEALTH

A 15-week workshop integrating health literacy and nutritional cooking demonstrations to:

- ➔ address social isolation
- ➔ promote social connectivity
- ➔ facilitate student training within the Public Health and Nutrition disciplines



Became an approved internship site for CSULB students!

COMPLETED

CONNECTING SENIORS TO THEIR COMMUNITY THROUGH WALKING

A walking program designed to:

- ➔ identify areas in LB older adults would like to visit
- ➔ provide feedback by taking pictures of positive and negative aspects of the walking experience as an older adult
- ➔ promote socialization, social wellness, and biopsychosocial needs for older adults



Program is continued via the recreational walking club!



Dr. Kellie Walters

2

3

Dr. Vennila Krishnan

COMPLETED

TASK INTERVENTIONS TO REDUCE RISK OF FALLING IN OLDER ADULTS

An 8-week exercise class created to:

- ➔ prevent falls by focusing on cognitive and physical performance
- ➔ understand the relationship between medications and fall risk



Class is continued via the Osher Lifelong Learning Institute @ CSULB!



4

Effects of Mild to Moderate Untreated Hearing Loss on Quality of Life of Senior

24 residents to be fitted with personal sound amplifying products and assess the impact these devices have on social isolation and quality of life.

The purpose of this project is to:

- ➔ raise awareness among seniors and students on the importance of treating even mild hearing loss
- ➔ understand the influence treatment can have on older adults social engagement

COMING SOON!

Dr. Edward Garcia



5

Dr. Scott Ducharme

COMING SOON!

Multi-Modal Exercise Intervention to Enhance Overall Physical Functionality, Health, and Quality of life

A 10-week MEFit exercise intervention via the LifeFit Center that includes muscular fitness, cardiovascular fitness, balance, and flexibility components. This intervention is implemented to:

- ➔ improve walking ability & physical function
- ➔ improve cardiometabolic health
- ➔ improve quality of life
- ➔ reduce fall risks



GRANTSMANSHIP: SUPPORTING AGING WELL IN COMMUNITY AND A WORKFORCE DEVELOPMENT

California Health Foundation solicitation to serve as the neutral convener of a stakeholder group to prepare recommendations for the **competencies, curricula, training, and certification of Community Health Workers and Promoters** (CHWs/P) in California submitted with the Center for Latino Health and Joy Goebel, Professor of Nursing (November 2019).

Kaiser Permanente / UCLA Center for Health Equity Community Seed Grant Application for **“Risk and Resiliency Stories - Preventing and Recovering from Falls - A Community Resources Guide”** with the Heart of Ida with LA Falls Prevention Coalition (February 2020).

National Institutes of Health R25 Application for “Diverse Interdisciplinary Geriatrics Research Training Program (DIG Research Training)” to address the barriers to pursuing training and careers in aging research for diverse communities by creating a curriculum to introduce undergraduate students to basic knowledge and approaches to aging research with Center for Latino Health (May 2020).

Currently seeking funding to address the increased social isolation of seniors highlighted by COVID-19 pandemic by implementing age-friendly technologies and programming in low-income housing throughout Long Beach to provide **“Whole Person Social Telecare”** in collaboration with UniperCare, Lutheran Towers, Heart of Ida, and Los Angeles Alliance for Community Health and Aging (LAACHA).

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