Message from the Director

It is difficult to believe that another academic year is coming to a close. It has been yet another busy year for the Center but another successful one. We continue to shape our “whole person wellness” model so that we can continue to provide the very best program for our clients and ensure that our students receive the training needed to set them apart when seeking a job post graduation. What is especially pleasing to me is to see our student numbers in Gerokinesiology rising! I believe this is due, in large part, to the fact that students have the unique opportunity to directly apply their knowledge in the Center for Successful Aging through their internship, practicum, and service learning experiences. I also believe that our clients continue to be the best teachers of our students and I thank you all for your patience as our students develop their professional skills.

As we continue to advance the quality of our Center programs, we value any feedback that you might have for us. As you will notice we are now asking you to complete formal evaluations of our class instructors at the end of the academic year.

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each semester so that we can ensure that the high quality of instruction you have come to expect is maintained.

In closing, I wish to extend a sincere thanks to the Center’s two program coordinators, Jeana French and Mackenzie MacSween, who have done much to keep the Center operating smoothly over the past year. A big Thank You also to our class instructors, Scott Carver, Khristian Firme, Kim Pierron, Kristin Purcha, Karen Schlieter, Lindsay Schroeder, and Stella Tryon. And finally, kudos to our student interns and volunteers who I have watched grow professionally over the past year. I look forward to another successful year as we launch a new research project, beautify our outside environs, and welcome a new group of student instructors and interns into the CSA family.

-Debbie Rose

Our Mission

The Center for Successful Aging, through its educational, research, and service activities, has as its mission the promotion of health and vitality, and the reduction of frailty and disability in later years. Our programs are committed to enhancing the quality of life by helping people "be the best they can be" for as long as they live.

Norma Goble exercising under the guidance of undergraduate student Erica Munoz
Participants in Action

Exercise and Travel -

Many people enjoy traveling during their retirement years, as a way to relax, learn from another culture, or see a place that they’ve always dreamed to visit. Nowadays, it is easier than ever before to visit a place on the other side of the globe. There are many things that you will need to prepare prior to traveling, the most important being your body for the adventures that lay ahead. Whether you are taking a trip that includes planned physical activities or not, any trip will place additional demands on you. These include additional walking within airports and hotels, negotiating new obstacles such as stairs, curbs, or uneven surfaces, and lifting and/or moving your luggage. The good news is that there are a number of things you can do to help prepare for your next trip.

We have quite a few world travelers here at the Center for Successful Aging (CSA), and we recently caught up with Eula Thomas to discuss the role of exercise during travel. Eula is seventy-five years old and has been attending classes in the CSA for eleven years. She recently had a hip replacement, but was determined to make a full recovery so she could participate in a three week trip to Morocco and Tunisia that she had planned prior to the surgery.

We interviewed Eula to gain some of her insights on how...
Exercise has helped her enjoy her many traveling experiences.

Q - Were there specific activities that were easier for you to perform and enjoy on your recent trip to Morocco and Tunisia as a result of your workout routine?

A – Yes, I was more capable of climbing up and down a mountain to get to an Oasis in Tunisia. Walking through the streets where the paths were muddy and uneven was challenging as well, but I was capable of maintaining balance and had the strength to accompany that balance.

Q – What specific parts of the CSA exercise classes (weight training, flexibility, or balance activities) did you find most helpful in preventing potential accidents during your trip?

A - The cardiovascular endurance that I train in the CSA exercise classes was important so that I didn’t fatigue during the walking and hiking portions of this trip. The CSA program keeps me inspired to stay involved with a variety of activities, such as swimming and travelling. I’m inspired to keep moving in all directions and enjoy how interested the interns are in my workout success and the energy they have to motivate me to stay active.

Q - What other trips do you have planned for the future?

A - South India during the spring of 2011.
“True friendship multiplies the good in life and divides its evils. Strive to have friends, for life without friends is like life on a desert island... to find one real friend in a lifetime is good fortune; to keep him is a blessing.”

-Baltasar Gracian

**Health Promotion Corner**

*Wellness Tip: Socialize, it’s good for you!*

Health and wellness is not just the absence of disease, in fact it includes a myriad of components, one of the most important being social support. The role of social support in promoting wellness is a well researched topic and has been shown to reduce stress and improve our overall outlook on life. Social wellness includes, among other things, the ability to give and receive love and affection.

Additionally, social wellness relates to our ability to maintain and deepen our connections with others and the capacity to form new relationships.

Social wellness also relates to the nature, extent, and quality of our relationships. Social support helps to moderate stress in many ways as it provides the opportunity to express care and love to another, feel valued, experience companionship, and have access to much needed information or guidance. Having social support predicts a longer and healthier life regardless of age and socio-economic status.

In conclusion, social support is a critical component for promoting wellness and a healthy and happy life. When assessing your overall level of wellness make sure to include ways to bolster your social support and reach out to others.

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Consider the following simple solutions for promoting your social wellness:

### Simple Solutions for your Social Wellness

- Speak in Public.
- Articulate your thoughts both in public and personal conversations.
- Think before you speak.
- Practice tact when giving suggestions.
- Make others feel important.
- Attend social events and neighborhood cookouts.
- Visit neighbors and friends.
- Call up or email, long lost chums and reconnect.
- Ask questions, and refrain from doing all the talking.
- Send "Thank You" notes for kind deeds done in your favor.
- Learn how to say "NO" to avoid taking on too many volunteer activities.

Would you like to learn more about how social support positively impacts wellness?

Continued on next column

Join Dr. Laura Zettel-Watson as she shares her expertise and research on the topic of social wellness on Wednesday, May 5th at 2:00pm at the CSA spring potluck.

### Center News

You may recall that in fall of 2009, we unveiled a landscape design during our potluck celebration. Since that time, we have been busy working on more of the details of this project. Recently, we’ve begun conversations with a local muralist who creates beautiful murals for walls very much like those outside of the Lifespan Wellness Center. Once a mural design has been decided upon, it will be printed and displayed in the CSA for your review and feedback. Following approval by our CSA clients and the Director, we will present our landscape.

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design to the University for final approval. Fundraising will begin as soon as we receive approval to move forward with the project. We hope you will assist us in bringing this exciting project to fruition in 2011!

Did you know?

Exercise Keeps You Young at the Molecular Level

Telomeres, the protective tips of a DNA strand that indicate youthful healthy cells have been compared to the covering on the tips of a shoelace. They protect the chromosomes and keep them from splitting and fraying. Each time a cell replicates, the telomere shortens. Shortened telomeres are related to aging. Exercise appears to have anti-aging effects on the telomeres and may slow aging. Studies have shown that physically active adults have telomeres that are up to 75% longer than sedentary adults of the same age. Studies have shown that the telomere length of a sedentary, middle-aged adult is 40% shorter than the telomere length of a sedentary young adult. When the telomeres of middle aged, active adults were compared to the telomeres of active younger adults their telomeres were only 10% shorter. This is just another reason to continue exercising with us here in the Center!

Reducing the Risk for Parkinson’s Disease Through Diet

Consuming a healthy diet may protect against Parkinson’s Disease (PD), according to a study in the November 2007 issue of the American Journal of Clinical Nutrition. Researchers examined the association between dietary patterns and the risk of PD in participants from two very large, long-term studies, including 49,692 men and 81,676 women with no evidence of PD at the beginning of the studies. The researchers found that a “prudent dietary pattern”, which included high intakes of fruit, vegetables, legumes, whole grains, poultry, and fish was associated with a lower incidence of developing PD. Unfortunately, the Western dietary pattern, characterized by high intakes of red meat, processed meats, refined grains, fried foods, desserts and sweets, and high-fat dairy products may be associated with a greater incidence of developing PD. According to the researchers, the prudent diet provides plenty of dietary antioxidants and folate and a limited amount of saturated fat, which may contribute to lower risk of PD among individuals eating healthy diets. This type of diet is frequently referred to as a Mediterranean diet, which has been associated with many other health benefits.


Staff Spotlight

Karen Schlieter

Karen is currently completing her final semester as a graduate student in the Kinesiology Department at CSUF. Many of you may have had Karen as a class instructor in the Center for Successful Aging.
Aging. She has instructed Balance and Mobility I and Balanced Fitness classes for the past two years. Karen is also the Assistant Director of the FallProof Balance and Mobility specialist instructor certification program developed by Dr. Rose. The following interview was conducted by fellow graduate students Scott Carver and Khristian Firme:

**Q - What previous experiences led you to become an instructor at the Center for Successful Aging (CSA)?**

**A - After 25 years of working in corporate management, I returned to school to make a mid-life career change to pursue my passion for health and fitness, and working with active middle-aged and older adults. I want to help keep the baby-boomer population (of which I’m a part of) living healthy, fit and active lives.**

**Karen on her motorcycle**

**Q - What is your crowning achievement?**

**A - I would say my 21 years of marriage and my education are both crowning achievements in my life.**

Karen earned a B.A. in psychology from CSUF, an M.B.A. from the University of Redlands, and will graduate this semester with a Master’s degree in Kinesiology with a focus in Gerokinesiology.
Q - Do you have any words of encouragement for new participants at the Center for Successful Aging?

A - I urge all participants to look for ways to incorporate as much physical activity in their life as they can, beyond coming to the Center. It’s definitely never too late to start exercising, and one can quickly feel and see the benefits of exercise at any age.

Q - What are your future career plans?

A - I will continue to be involved with the FallProof Balance and Mobility instructor certification program, helping to administer the program and instruct/certify new instructors. I also hope to continue my involvement with the Center for Successful Aging.

Resources

The FallProof™ balance and mobility program is pleased to announce the sale of a progressive home exercise program called “FallProof™ At Home”. This set of three DVDs provides a progressive set of exercises excerpted from the national award-winning FallProof™ Balance and Mobility Training Program created by Dr. Rose. If you, or a friend, are looking to rebuild your balance and strength, fine tune your flexibility, lower your risk for falls, and regain your independence, this home exercise program is for you!

There are three different levels to choose from:

**Level 1:** Simple effective balance, strength, and flexibility exercises for older adults experiencing significant mobility difficulties that limit daily activities. Includes seated activities with some standing exercises.
Level 2: Higher challenge program for older adults who have mastered Level 1. Includes seated and standing activities.

Level 3: Highest challenge program for older adults who have mastered Levels 1 & 2. Includes primarily standing activities.

To order your individual copy or a set of DVDs (levels 1, 2, & 3 combined) call the CSA at 657-278-7994 or visit our website for additional information and costs at:

http://hhd.fullerton.edu/csa/CenterProducts/centerproducts_video.htm

The CSA Staff

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Jeana French, M.S.

Health Promotion Coordinator
Mackenzie MacSween

Instructors
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Karen Schlieter
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Lindsay Schroeder
Scott Carver
Stella Tryon

Questions or comments? E-mail us at successaging@fullerton.edu or call 657-278-7012.

To remove your name from our mailing list, reply to the e-mail and write, “remove” in the subject line.