Message from the Director

Yet another semester is drawing to a close – how quickly the time has passed since we began classes in mid-September. Our Whole Person Wellness program is now in full swing. We hope you enjoyed the different activities and information that was presented throughout the semester. We will be asking you to share your thoughts with us about the many different types of activities you experienced this semester. All feedback is welcomed!

-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.
Participants in Action

Terry Sullivan and his wife, Dena, volunteer for “Brea’s Art in Public Places”. They became interested in this organization because a particular piece stoked Dena’s interest. She told Terry about it and from that point forward, Terry and Dena have made it almost a daily activity to search for all of Brea’s art pieces. There are a total of 149 pieces displayed, valued over $1.5 million. Dena took the pictures and Terry uploaded them into a presentation to be displayed on the city of Brea website. Because it was not in Brea’s budget to complete the project, Brea Cultural Arts and Commission asked Terry and Dena to give a presentation. What started out as purely interest and curiosity, has turned into a “labor of love”.

Terry commented, “[That’s] community service in its purest form.” Anyone can view Terry and Dena’s work under “Brea’s Art in Public Places” on YouTube.

Another friend and client of the CSA, Harriet Dolgin, volunteers her time to the American Cancer Society and the Leukemia & Lymphoma Society. Her time with these organizations started because she, too, was diagnosed with Chronic Lymphocytic Leukemia in July of 1990. Harriet is a legislative ambassador who speaks to government legislators about cancer related legislation. “I never thought I’d do anything like this” were her thoughts after she got the experience of speaking to legislators about raising money for cancer research.

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The California Cancer Research Act (CCRA) will increase tobacco taxes by $1.00. Harriet took part in getting over 114,000 signatures needed for it to qualify for placement on the ballot in 2012. Not only does the tax increase deter some smokers from continuing to buy cigarettes, but 98 cents out of every dollar raised will be spent on research, education and enforcement – with criminal penalties for any misuse of funds. Only two-percent will go to administration.

Our congratulations go to both Terry and Harriet for their volunteerism efforts. Look for more information next semester about the volunteer efforts of other CSA participants and about how you can get information about volunteering your time if you are looking for opportunities.

**Whole Person Wellness**

Are your goals S.M.A.R.T.? Setting and working towards accomplishing goals is an important part of achieving success with your whole person wellness. Each semester we encourage you to define goals for each of the six dimensions of wellness – emotional, intellectual, physical, social, spiritual and vocational. Goal setting can be a challenging process, but the rewards of accomplishing your goals can be tremendous. How can you make setting and achieving your goals easier?

The best-known method to achieve success with your goals is to set S.M.A.R.T. goals. S.M.A.R.T. is a tool to help you remember and perform effective goal setting. It stands for:

S = specific –defining who, what, when, where and why of the goal.

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M = measurable – defining how much, how many, and how frequent so you can measure your progress toward achieving the goal.
A = attainable – does the goal have the means, attitude, and skills to carry out?
R = realistic – is the goal reasonable enough for you to tackle at this time; do you believe you can accomplish it in the time-frame you’ve defined?
T = time-bounded – what is the time-frame for when you expect to accomplish the goal? This links back to the goal being measurable, attainable and realistic.

Let’s look at several examples of turning a goal into a S.M.A.R.T. goal.

Example 1: I want to exercise more. Making that goal S.M.A.R.T. could be: For the next 90 days, I will walk at a brisk pace (get my heart-rate elevated) for 20 minutes following dinner Monday-Friday. (After 90 days, increase the goal to include 30 minutes of walking.)

Example 2: I will lose weight. Making that goal S.M.A.R.T. could be: Every day I will eat 1-2 vegetable servings (~1/2 cup) at lunch and a serving/piece of fresh fruit with breakfast and lunch.

Example 3: I will reduce my stress. Making that goal S.M.A.R.T. could be: On Monday, Wednesday and Friday, I will take 5 minutes in the morning to practice meditation (or deep-breathing, yoga, read calming passages, etc.) Goals do not have to be large and

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burdensome. But goals should cause you to stretch a bit, and do something different than what you have already been doing. The sense of accomplishment and the reward of a rich and fulfilling life are worth the effort!

If a man knows not what harbor he seeks, any wind is the right wind.
-Seneca (Roman philosopher)

Whole Person Wellness Tip

Six Predictors of Successful Aging

Research has identified six factors that predicted successful aging:

- Not smoking
- Not being obese
- Feeling very satisfied with personal relationships
- Having little or no hearing impairment
- Staying physically active
- Volunteering often

Are you aging successfully?

Center News

Lindsay Schroeder teaches the “Wii Fit” class the CSA offers. It provides an opportunity for the participants to meet new people, gain more experience with new technology, and even allows for physical versatility, such as working on balance, as participants can choose their own games to play. “It’s fun! It’s going very well,” says Lindsay. It is a low key class that occurs on Fridays from 9-10 am. Clients are welcome to come and go freely during the hour. Recent research has shown physical and cognitive benefits for older adults who use the Wii. Come and give it a try next semester – participation is free!

“You don't get to choose how you're going to die. Or when. You can decide how you're going to live now.”
- Joan Baez
Did you know?

**Music to Relieve Pain**

Many of us have experienced pain after surgery and wish that we had solutions on how to relieve the pain. Pain can interfere with our daily activities with family and friends, exercise routines, cleaning the house, cooking, etc. It can also take an emotional toll on us. So how can pain be reduced after surgery? A study done by Good, Albert, Anderson, Wotman, Cong, Lane, and Ahn (2010) entitled “Supplementing Relaxation and Music for Pain After Surgery” explains how a simple solution can help lower pain.

In this study, the researchers investigated the effect of listening to relaxation and music audiotapes on reducing post-operative pain in adults having major abdominal surgery. Study participants were randomly assigned to one of four groups: preoperative patient teaching (PT), relaxation and music (RM), a combination of the two (PTRM), and control (did not listen to any audiotapes). The PT tape included “sensory information and information on reporting pain, obtaining medication, preventing pain, managing pain during activity, modifying attitudes, and participating in pain management” (Good, Albert et al., 2010, p. 260). The RM tape used a relaxation procedure with music in the background, while the combination (PTRM) tape included patient teaching followed by the relaxation technique with music. Participants listened to the assigned audiotapes prior to surgery and one hour after surgery.

Results demonstrated that practicing relaxation with music reduced pain after surgery, while the patient teaching information did not obtain the same effect. Other studies have also demonstrated the benefits of practicing relaxation and music to reduce post-surgical pain. The following link provides a source for relaxation and healing tapes to support post-surgery recovery, pain management, and healing from illness.


Did you know?

Volunteering appeals to different groups of older adults

According to a report released in September of 2010, among the 62 million Americans that volunteered through an organization, about 23.7% of them were adults aged 65 years or older and about 29.7% were baby boomers. There are strong correlations between volunteering and gaining a sense of purpose, higher self-esteem, positive self-reported health, and more personal benefits.

A cohort study conducted in 1965 that has continued to follow over 6,000 adults has shown a positive association between volunteers in their midlife and measures of physical activity.

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A study was done at two adult day health centers with 43 clients who have physical limitations. Some participants performed civic engagement while some did not volunteer. Researchers were able to conclude that those who participated showed an increase in self-esteem and purpose in life.

Surveys of 253 older adults who were involved in 10 volunteer organizations showed that the support they received from the organization was directly linked to the volunteers’ perceived contribution and personal benefits. Those who had a lower socioeconomic status had contributed more hours and reported more personal benefits.

SOURCE: Holly Dabelko-Schoeny, PhD. Keith, PhD and Katie Spinks, MSW. Karl Pillemer, PhD, Thomas E. Fuller-Rowell, PhD, M. C. Reid, PhD, MD and Nancy M. Wells, PhD. Fengyan Tang, PhD. EunHee Choi, MSW and Nancy Morrow-Howell, PhD. Volunteering appeals to different groups of older adults. The Gerontologist, 50 (5), 594-602, 603-612, 694-701.
Resources

National Council on Active Aging
http://www.ncoa.org/

Fall Prevention Center of Excellence - resources for individuals and families
http://www.stopfalls.org/individuals_families/index.shtml

Senior Housing Resources
http://www.seniorhousingnet.com/

Audio/Video:
- A Simple Guide to Successful Meditation, Ian Phillip White; audio training available in MP3 Download format from Amazon.com.
- The Brain Fitness Program DVD, from PBS, www.shoppbs.org

Books:
- The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life, Robert N. Butler, M.D.
- The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science, Norman Doidge.
- Keep Your Brain Alive, 83 Neurobic Exercises, Lawrence Katz and Manning Rubin.

Software for Brain Fitness:
http://www.positscience.com/ - Brain fitness information and programs
http://www.cognifit.com/ - CogniFit brain fitness software programs

Websites for Brain Fitness:
http://www.brainbuilders.com/
http://www.sharpbrains.com/
http://www.lumosity.com/
**Staff Spotlight**

Lindsay Schroeder, class leader and “Wii Fit” Instructor, sheds light on herself, adding humor and fun as we get to know her a little better. Lindsay became interested in working with older adults because she was inspired by her own grandmother. She saw the excitement in her grandmother’s eyes as she started to walk for the first time after her surgery. She was elated to be able to spend the last month of her life with her grandchildren. After her grandmother passed away, Lindsay made the decision to dedicate her time to making other older adults feel the same way as her grandmother did; happy and excited about life. Working with older adults through the CSA has helped Lindsay become a more patient person that has come to appreciate what she has and enjoy life. “I feel lucky to be able to come in every day and work with [older adults].” When Lindsay is not working at the CSA, she says she is the “shiest person you’ll ever meet” but enjoys outdoor activities such as kayaking and hiking with her father. Their latest great adventure? The Grand Canyon! She finds it very important to expand on her own wellness dimensions, therefore she values spending time with her family, reading before bed, attending yoga, and taking her interns out for breakfast! After graduation, Lindsay hopes to stay involved with the CSA and help expand the program in all dimensions of wellness.
The CSA Staff

**Center Director**
Rose, Ph.D.

**Program Coordinator**
Jeana Miller, M.S.

**Whole Person Wellness Coordinator**
Karen Schlieter, M.B.A., M.S.

**Instructors**
Scott Carver
Lindsay Schroeder
Kristin Purcha
Elizabeth White
Stella Tryon

Questions or comments? E-mail us at csawellness@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.