Our summer classes are in full swing and it is always a highlight of my day to pop into the Center and say “Hello” to the clients who share a portion of their day with us throughout the summer months. For those of you who are not enrolled in classes this Summer I hope you are also enjoying a number of fun-filled activities aimed at nurturing each of your dimensions of wellness. I have just returned from Peru and Ecuador; beautiful parts of the world that are steeped in culture, unique topography, and wildlife. Swimming with the young sea lions in the Galapagos Islands stands out as one of many highlights from the trip.

Did you know that this coming year marks the 20th anniversary of the Center’s existence on the Cal State Fullerton campus; a remarkable accomplishment that began with the opening of the “Lifespan Wellness Clinic” in 1994; a change of name in 1998; and moving into a larger space after the completion of the KHS building expansion in 2004. In celebration of this important benchmark, we will be staging a number of different events throughout the year and inviting you all to participate in various ways. We also look forward to work beginning on phase I of our CSA landscape project once all final approvals have been received. We have secured the services of a wonderful muralist, Kevin Stewart-Magee, who has over 35 years of experience creating beautiful murals that are on display in a number of public spaces throughout California. Kevin is currently a graduate student and instructor in the Fine Arts Department right here on campus and will be engaging a number of students to assist with...
the painting of the mural. We will share the approved illustration with you all once it is available. Our hope is that work will begin on preparing the wall in August and you will be able to watch the mural unfold throughout the fall semester.

On a final note, I read a beautiful essay written by Oliver Sacks, acclaimed author and Professor of Neurology at the NYU School of Medicine, on the “The Joy of Old Age (No Kidding)” that appeared in the Opinion section of the New York Times last week. Dr. Sacks is about to celebrate his 80th birthday and shared his thoughts on reaching this landmark. One quote that was particularly memorable to me and one I would like to share with you all here is below:

“I do not think of old age as an ever grimmer time that one must somehow endure and make the best of, but as a time of leisure and freedom, freed from the factitious urgencies of earlier days, free to explore whatever I wish, and to bind the thoughts and feelings of a lifetime together”.

We look forward to an exciting year of celebrating our 20th anniversary with each and every one of you!

-Debbie Rose

CSA Scene

CSA Director receives National Award for Aging Research.

Dr. Rose received the 2013 Herbert A. deVries Distinguished Award for Aging Research and Writing from the Council on Aging and Adult Development (CAAD) at the American Association of Health, Physical Education, and Recreation (AAHPER) national convention held in Charlotte, North Carolina in April of this year. Herbert A. deVries was regarded as the Father of Aging Research.

New classes offered Fall 2013:

• The Deep Water H2O water class will be offered during the first six weeks of the fall semester.

• An additional Fit4Life class will be scheduled on Tues/Thurs from 10:15-11:45am.
New Aquatic instructor:

- Current graduate student, Elizabeth White, has been hired as an aquatic instructor. Liz is currently instructing the Deep Water H2O class and will be the lead instructor this fall for the FallProof H2O classes that operate in the Swimex aquatic therapy pool located in KHS Room 011-E.

Mural Update:

- President Garcia has approved the CSA mural in concept. The muralist is currently drafting the illustrative content for President Garcia's review and approval. We hope to begin work on the mural during the fall semester.

Upcoming Outreach Events: CSA staff members will share materials on fall prevention and wellness opportunities, both within the CSA and the community at large.

- OLLI Open House, August 10th
- Brea Wellness Festival, September 28th.
With current technological advances, patients have a near limitless amount of information at their fingertips. They have the luxury of self-diagnosing their medical symptoms from the comforts of their own home using a computer, a smartphone or via radio or television. Information about diseases and illnesses can be accessed from almost anywhere with an internet or wireless connection.

Information can be empowering for some; knowing what complications or symptoms are associated with different diseases can be calming and reassuring. For others, however, it can be overwhelming; too much information can impede making the right choice, while information overload can add stress to an already stressful situation.

Our physicians are our best source of accurate information, but with today’s healthcare system, patient-physician time has significantly decreased over the years. So what can we do to make that time more efficient? According to Tara Parker-Pope, in her article “You’re Sick. Now What? Knowledge is Power,” patients should research their own medical care to maximize the efficiency of the time spent with their doctors. With so much information available, patients have more opportunities to be in greater control of their health and prepare for discussions with their doctor. Although the internet is a great information resource, it can be difficult to distinguish between credible sources and non-credible sources when searching for answers. It is important to remember that one should not self-prescribe medications or self-treat symptoms, when the real answer is to seek a medical professional’s help.

Many doctors discourage their patients from doing their own research, but as technology advances, it has become more commonplace for patients to do so. Having additional information may actually assist the doctor to more accurately diagnose the problem. Doctors should now be encouraging their patients to become involved in their own care. Time is a valuable resource that can be better served when both the patient and physician have something to contribute.

From interviews with doctors and patients, Ms. Parker-Pope offers the following steps when searching for medical answers:

1. **Determine your information personality.** How much information do you need, how much is too much? The goal is to find an M.D., not become one. Medical searches will not always give you the answers, but they can lead you to doctors who can provide more information and guidance.

2. **Keep statistics in perspective.** Statistics can provide an overall picture, but they should not be the deciding factor in your care.

3. **Don’t limit yourself to the Web.** Family, friends, other patients, support groups, and the library can be resources.

4. **Tell your doctor about your research.** Ask your doctor how to sort through the information.

*Article submitted by Christopher Lev, graduate student in Gerokinesiology*
Healthy Post-Workout Snacks

According to exercise scientists, if you work out at a moderate to high intensity for 90 minutes or longer, a healthy post-exercise snack may be appropriate for you in order to boost energy and aid in muscle recovery. The American Dietetic Association recommends consuming a moderate amount of easy-to-digest carbohydrates and approximately 10-20 grams of protein.

Here are eight suggestions for healthy post-workout snacks that are moderately low in calories and provide the nutrition you need.

1. Fruit and low-fat plain yogurt (approximately 200 calories)
   Fruit, such as a banana, will provide you with carbohydrates while a half serving of low-fat yogurt will provide you with much-needed protein.

2. Granola with skim milk (approximately 220 calories)
   Alternately, substitute skim milk with low-fat yogurt and add some slices of banana to make this snack a little bit more interesting!

3. Dried fruit and nuts (approximately 120 calories)
   Portable, easy to digest, and great for those times when you have to be on-the-go after working out. Be careful with this one, though – just one ounce of a dried fruit and nut mix packs an amazing 120 calories of energy!

4. A hard-boiled egg and an apple (approximately 200 calories)
   One egg is packed with 73 calories and 6.3 grams of protein. Paired with a high-fiber apple to provide the carbohydrates you need, this is a powerful little post-workout snack.

5. Rice cake with all-natural almond, cashew, or peanut butter (140 calories)
   Get your carbohydrate and protein boost from this low-calorie delight! At just 140 calories for one rice cake and 1 tablespoon of nut butter, this snack packs a healthy, low-calorie punch!

6. Low-fat cottage cheese (90 calories)
   One serving (about a ½ cup) of low-fat cottage cheese packs an amazing 14 grams of protein! Eat this snack alone, or pair with any of your favorite spices, fruits, or vegetables.

7. Tuna on a slice of whole-wheat bread (190 calories)
   Just 4 ounces of water-packed tuna provides an amazing 26 grams of protein for only 120 calories! Eat the tuna alone, or put it on top of your favorite wheat bread for a true treat.

8. Low-fat chocolate milk (180 calories)
   If you’re looking for a low-fat post-workout treat, look no further than chocolate milk! Just 8 ounces of low-fat chocolate milk will provide you with a post-workout boost of 9 grams of protein and 25 grams of carbohydrates.

As always, don’t forget to hydrate by drinking at least 8 ounces of water along with your snack in order to replace fluids lost during your workout!

Sources:
www.acefitness.org
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www.caloriecount.about.com

Article submitted by Erin Blanchard, graduate student in Gerokinesiology
Knowledge of self is paramount to how we relate to the world and each other. Through the process of re-visiting our authenticity, purpose, and the meaning of life we are led to self-actualization. It is a continuous part of life, as we reflect on life experiences in our later years. This journey encourages us to re-assess our purpose, direction, and sense of self as we seek to gain a better grasp on how we fit into the grand scheme of life and society.

This process assumes greater significance in older adulthood due to our societal norms. Older adult hikers, surfers, and base jumpers who choose to take advantage of their newfound freedom to explore the world around them are quickly replacing the stereotype of inactive retirees. The emergence of the active older adult identity promotes a stronger relevance within a society that has perpetuated a contrary image of the aging process. While physical activity has served as a catalyst to achieving self-actualization, there are many other methods that have proven to be effective. Travel is one such way to re-discover one’s self.

Many older adults who travel choose their destinations based on life experiences. Reconciliation of the past, while forging a new identity in the face of change is integral to self-actualization. A natural part of the aging process is to assess one’s life in the hopes of making sense of it all. In fact, the “trip” becomes more like a “pilgrimage” of re-discovery (Knudsen, 1998). The physical destination may be familiar territory, but the spiritual destination is uncharted and unexpected. This does not diminish the traditional joys of travel, but emphasizes the importance of choosing to depart. In essence, exercising our free will is the beginning of the journey.

Hirschorn & Hefferon (2013) identified three main themes associated with personal growth via travel: 1) existential yearning to travel; 2) the courage to “jump off the ledge” and; 3) the discovery of authenticity.

There are new experiences to digest upon returning from the external journey. One of particular importance is the realization that we are not the same person as we were prior to our trip. Aside from the keepsakes and photos collected, the “pilgrim” has brought back a greater sense of purpose and meaning. In turn, the increased sense of self-confidence in accomplishing the journey aids in defining purpose. In his book titled “Living the Wisdom of the Tao”, Wayne Dyer offers the following quote “A journey of a thousand miles begins with one step. A tree grows from a seedling. A tower starts with one brick” (p. 130). Each new experience becomes a brick in completing our spiritual tower and increasing our sense of wellbeing. With a greater sense of wellbeing, our social interactions become richer and we become more relevant to society.

Article submitted by Nickolas Hardy, graduate student in Gerokinesiology
Did You Know?

- Self-affirmation may increase creativity and insight and improve problem solving under stress. In a study supported by the National Science Foundation, researchers found that brief self-affirmation activity can help counter the effects of chronic stress on task performance and improve the ability to problem solve during periods of high stress. (Creswell, Dutcher, Klein, Harris & Levine, 2013)

- A 15-minute walk after each meal may help older adults regulate their blood sugar levels. A new study by researchers at the George Washington University School of Public Health and Health Services (SPHHS) found that three short post-meal walks were as effective at lowering blood sugar over a 24-hour period as a 45-minute walk of the same easy-to-moderate pace. (DiPietro, Dziura, & Yeckel, 2013)

- It’s easier to lose 2-4 pounds than it is to lose 3 pounds. According to a new study in the Journal of Consumer Research, people are more likely to pursue goals when they are ambitious yet flexible. A low-high range goal offers attainability with the lower number and challenge with the higher number. Moreover, a greater sense of accomplishment encourages continuation or re-engagement of goal pursuit. (Scott & Nowlis, 2013)

- The human body handles nutrients differently depending on the time of day. Although diet and exercise are principal factors in weight gain, the timing of meals is also a factor. A study published in the most recent version of the journal Obesity found that the body’s internal clock, the circadian system, increases hunger and cravings for sweet, starchy and salty foods in the evenings. Retiring to bed earlier and choosing lower-calorie foods in the evening are two ways to achieve more efficient energy storage and weight loss. (Scheer, Morris, & Shea, 2013)

- Taking the stairs or raking leaves may provide the same health benefits as a trip to the gym. New research from Oregon State University suggests that small amounts of physical activity that add up to 30 minutes per day can be just as beneficial to improving health outcomes as longer periods of structured exercise. (Loprinzi & Cardinal, 2013)
Deborah Vagts joined the Center for Successful Aging during the 2013 spring semester. Unable to devote much time to exercising while raising her children and working in local government for 35 years, she is now retired and happy to be pursuing a healthier lifestyle. Hoping to improve her balance and flexibility, she joined the Tuesday/Thursday Fit4Life class and is now enjoying the water and sunshine in the Deep Water H2O class. She is a Cal State Fullerton alumnus (’73) with a B.A. in sociology and returned to a much-changed campus to join OLLI.

Born in Memphis, TN to a military family, Deborah lived in Washington D.C., South Carolina, and Pennsylvania before settling in California at age 11. She and her husband Arnold married in 1980 and have a son, Nick (30) who is a machinist at Disneyland, and a daughter, Sarah (28) who is an administrator for the California State Student Association. Bonnie, their terrier mix, completes their family.

Deborah loves basketball, the Lakers, and reading biographies, memoirs, political science and history. On Sunday mornings you will find her relaxing and enjoying the New York Times on her Kindle Fire.

Charlotte Tamura also joined the Center for Successful Aging during the 2013 spring semester. She is a member of the Tuesday/Thursday Fit4Life class and is now enjoying the summer in the Deep Water H2O class.

Born in Kentucky, Charlotte and her family relocated to Illinois when she was six months old. She grew up in the Midwest, surrounded by cornfields! “I am one of eleven children, yes 11. We were 10 girls and 1 boy. Everyone would always say ‘One BOY? and ALL those girls!!’ ” Charlotte came to California in the early 60’s and later worked for the City of Anaheim in Community Development and Housing. Following her retirement, she learned of OLLI and the Center for Successful Aging from friends. “I have enjoyed my classes and plan to take many more, and of course continue fitness and swimming as long as I am able.” Most of all she has made so many wonderful friends and looks forward to meeting many more great people.

The world is round so that friendship may encircle it. 

Pierre Teilhard de Chardin
Chris Lew

Tell us why you chose to pursue a concentration in Gerokinesiology.

We have such a great set of professors in the program that I felt it was an opportunity I could not pass up. I wanted to continue learning as much as I could.

Describe your dream job.

My post-graduate dream job would be something that allows me to do what I love, use my education, and is close to home.

What is your greatest accomplishment?

My greatest accomplishment to date would be earning my undergraduate degree. When I graduated from high school, I did not have a plan and more or less stumbled into Cal State Fullerton. Now, I couldn’t be happier and am thankful I stumbled where I did.

What dimension of wellness would you most like to improve?

I am always looking to improve all aspects of my wellness. However, I am currently focusing on the emotional aspect of wellness. I have not been spending enough time with my family, and that is something I regret tremendously. I’m looking forward to summer and the opportunity to enjoy my family.

What is your favorite exercise or workout?

I love playing basketball with my friends. I enjoy the camaraderie and the competition.

Tell us something about yourself.

I was born in Whittier and raised in Hacienda Heights. My immediate family lives in Southern California, but I have uncles and aunts that live in Northern California. I enjoy reading sci-fi or fantasy novels and playing video games. I tend to become addicted to sports simulators because I find it invigorating to build a team with what I envision to be a successful model.
Nickolas Hardy

Tell us why you chose to pursue a concentration in Gerokinesiology.

I would like to help change our society’s perception of older adults from a picture of sedentary retirement to one of post-retirement active lifestyles. The loss of my maternal grandmother is one reason that I am extremely passionate about altering this perception. Although she was wheelchair bound, I believe she would have enjoyed a more active lifestyle had the proper resources been available to her. By contrast, my dad, who has always been active, is aging very well. I attribute this to his military training and the resources that have been available to him.

Describe your dream job.

My post-graduate school dream job is to teach a "Philosophy of Aging" class as a full-time professor at a 4-year university. Currently, I intend to take my challenges one at a time. I am open to pursuing a PhD in Kinesiology, however I remain flexible and open to other pathways that may present themselves in my life.

What is your greatest accomplishment?

My greatest accomplishment is the maturity I gained from 15 years of service in the U.S. Coast Guard. My first enlistment was 4 years of search and rescue. During this time, I realized that the team must be on the same page regardless of egos – others were depending on us to function flawlessly. The last four years of my career were the toughest, due to illness and surgeries. I found that despite my inner strength and fortitude, I could not handle it all alone. The culmination of those experiences has made me much more conscientious, humble, and caring.

What dimension of wellness would you most like to improve?

I believe the spiritual, intellectual, and physical dimensions are important for keeping me grounded. Without being strong in each of these dimensions, I find it more difficult to confidently focus on the other dimensions of wellness. I rely heavily on these three dimensions in order to complete my degree.

Tell us something about yourself.

I was born in Philadelphia, PA but due to my dad’s Air Force career, I was raised across the globe. The rest of my family is in Philadelphia and my mom always made sure I was sent home to visit as often as possible. Of course Philly is where my heart is!
Tyson Reyes

Tell us why you chose to pursue a concentration in Gerokinesiology.

I believe that as we age, we want to remain active and physical activity helps us to do just that. My goal is to help older adults receive the proper knowledge and guidance for safe and effective exercise as well as provide tools to ensure a continuously happy life free from the restriction of fear or doubt in one’s physical capabilities.

Describe your dream job.

I would find it extremely rewarding to be an instructor of physical fitness for older adults as part of a program much like the Center for Successful Aging. I am also interested in creating wellness programs for a senior center or retirement community.

What is your greatest accomplishment?

In addition to earning my bachelor’s degree in kinesiology, I am also proud of completing the FallProof!™ instructor certification program. It has expanded my knowledge and given me valuable experience.

What dimension of wellness would you most like to improve?

The area of wellness that I am working the hardest to improve is social wellness. I am actually very shy, so outside of church, school and work, I do not interact with others. I have set a goal for myself to attend one social event a week that is devoted to meeting people and establishing social connections.

What is your favorite exercise or workout?

My favorite workout is anything that involves the whole body. I like the low-to-hi chop, and the TRX workouts.

Tell us something about yourself.

I was born and raised in Orange California and have not lived anywhere else except for the two years that I spent in Guadalajara, Jalisco, and nearby cities in Mexico.
Liz White

Tell us why you chose to pursue a concentration in Gerokinesiology.

During my internship at the Center for Successful Aging I realized that I had finally found my passion, a path that is rewarding, both physically and emotionally. I thoroughly enjoy working with older adults and feel that I can help make a positive impact on their overall wellbeing. I have been fortunate to learn from the best professionals in the field of Gerokinesiology and be on the cutting edge of new research in the area of successful aging.

Describe your dream job.

I would love to become a college professor, to share my knowledge with future students and instructors who are interested in helping our society age successfully. As a teacher’s assistant in a special education classroom I learned patience and caring are vital in promoting the wellbeing of others. I believe this experience, combined with that of the CSA, are the building blocks to embark on a great career in the field of teaching.

What is your greatest accomplishment?

Receiving my bachelor’s and master’s degree. I am the second person in my family to graduate from college. My mother, who went back to school at age 45 to receive a bachelor’s and master’s degree in teaching, has been my biggest inspiration. During the nine years spent earning my degrees I sacrificed many things in order to stay on track and achieve the goals I had set for myself. I would not be person I am today without those pivotal years of dedication and hard work.

What dimension of wellness would you most like to improve?

Social wellness. My sister and nephews have lived in Washington State for the last 10 years. It has constantly been a struggle to stay in touch due to my busy school and work schedule. Now that I have completed my coursework I am looking forward to dedicating more time to connecting with them.

What is your favorite exercise or workout?

I love to dance. When I dance I don’t even realize that I am working out. It is so much fun that the time just flies by.

Tell us something about yourself.

I was born and raised in Anaheim. Traveling is one of my favorite pastimes. There is an unexplainable joy that I receive from experiencing new cultures. Traveling gives you the opportunity to open your mind and grow. I have learned that at times we need a culture shock to truly understand how lucky we are.
Managing Chronic and Recurring Pain

Down the Gullet: A Guided Tour of Your Guts

Poring Over the Science of Coffee
http://sciencefriday.com/segment/04/12/2013/poring-over-the-science-of-coffee.html

The Myth of Multitasking
http://sciencefriday.com/segment/05/10/2013/the-myth-of-multitasking.html

16 Unusual Facts About the Human Body

Favorite Health Resources

Don't Fear That Expired Food
http://www.npr.org/blogs/thesalt/2012/12/26/167819082/dont-fear-that-expired-food

Exercising with Health Challenges

Tips for Buying a Smartphone
http://www.youtube.com/watch?v=hh09EpFdV4

Just for Fun

Salt Art!

Natural World Phenomena

Ultimate Dog Tease
http://vimeo.com/33684166

French Water
http://vimeo.com/29431617

Treadmill Dancing
http://vimeo.com/8267567
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http://caloriecount.about.com

**The Road to Self-Actualization and Societal Relevance**


**When Seeking Medical Answers... Knowledge Equals Power**

*Swedish Proverb*

Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more; Love more, and all good things will be yours.
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. The specific goals of the Center are to: (1) conduct interdisciplinary research on issues related to healthy aging; (2) provide professional training of students and healthcare practitioners working with older adults in a variety of settings; (3) offer a variety of health, psychological, and functional assessments; (4) conduct a range of community-accessible programs based on the principles of whole-person wellness; (5) collaborate and partner with community agencies and organizations to provide innovative programming and services aimed at improving the quality of life in later years; and (6) serve as an advocate for affecting public policy relative to healthy aging and fall risk reduction. Our whole-person wellness programming is committed to helping older adults maintain a lifestyle that is of the highest quality attainable. A multidisciplinary team of faculty throughout the University works to implement these goals in collaboration with the Director of the Center, Dr. Debra Rose, Professor of Kinesiology.

The CSA Staff

Center Director
Debra Rose, Ph.D.

Operations Manager
Jeana Miller, M.S.

Program Coordinator
Judy Aprile, M.S.

Aquatics Coordinator
Elizabeth White, M.S. Candidate

Class Instructors

Christopher Lew
Nickolas Hardy
Tyson Reyes
Ann-Margaret Tovar
Stella Tyron
Elizabeth White

Class Assistants

Ryan Barstad
Daisy Gaeta
Alison Maki
Ingrid Tanner
Yi-Hsin Rebecca Ko

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.
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