As another semester comes to a close and the holiday season approaches I find myself reflecting on the multitude of things I am grateful for in my life; a loving family, wonderful friends, good health, outstanding Gerokinesiology students and CSA staff with whom I work, and equally wonderful clients who share a slice of their day with us – Just For The Health of It!

This semester has been a particularly busy one for the CSA leadership team and our students in Gerokinesiology. We continue to incorporate new ideas and content into our various programs that operate in the Center while conducting a number of different research projects that address the health and well-being of older adults. Our “Stay Well At Home” research project, funded by the California Wellness Foundation, is now in its second year of funding and we continue to recruit peer facilitators and recipients to participate in the project. This research project is being coordinated by our talented Judy Aprile and a research team that includes Liz White, Erin Blanchard, and Ingrid Tanner. Both Liz and Erin are completing their thesis projects based on questions emerging from this project. If you would like to get involved in this project as a facilitator or know of anyone that you think would benefit from this innovative in-home fall risk reduction program please contact Judy at csawellness@fullerton.edu.

In November, eight of our Gerokinesiology graduate students attended
and served as room monitors at the 2013 International Council on Active Aging (ICAA) conference in San Diego and were lauded by the conference organizers for their professionalism and efficient management of conference sessions. Meanwhile, on the other side of the country, Yi-Hsin (Rebecca) Ko was presenting the results of her Master’s thesis at the national Gerontological Society of America conference in New Orleans. Rebecca is also retrieving and entering the almost 20 years of fitness assessments we have been conducting in the Center into a master database. We look forward to sharing the results of our longitudinal data collection with our clients and at various conference venues in 2014. Many of you have contributed well over 10 years of valuable assessment data to the Center and we thank you for your willingness to assist us document the effectiveness of our programs.

In closing, I wish everyone associated with the Center for Successful Aging, a joyous and love-filled holiday season!

**CSA Scene**

**CSA Celebrates 20 Years in 2014!**

**Yi-Hsin (Rebecca) Ko** presented the results of her masters thesis titled "A Comparison of Central Sensory Reception and Integration Abilities Between Older Adults With and Without Fibromyalgia" at the Gerontological Society of America (GSA) annual conference held in New Orleans, LA on November 21st, 2013.
To My Dear Friends, Colleagues, and Mentors

The saying "time flies when you're having fun!" perfectly describes my time at the Center for Successful Aging. It’s hard to believe that it has been 10 years since I started at the CSA as a graduate intern. I have loved my job here; working with all of our CSA members has been a wonderful experience for me. As such, resigning from my current position has been one of the most challenging decisions of my life. However, now with a fifteen-month old son, I must put the wellness of my family first. To that end, I have accepted a position with Carmichael Training Systems (www.trainright.com) that will allow me to work from home and have more time to devote to raising my son Ryder. I will be coaching endurance athletes, many of whom are aged 50 and over.

I am forever grateful for the opportunity to work with Drs. Rose and Jones in the CSA for the past ten years. These two women are amazing visionaries, mentors, and have furthered my growth both professionally and personally. I extend my sincere thanks to our CSA members, instructors, interns, and staff – the wisdom, humor, and love that you have shared with me have shaped me into the person that I am today.

Jeana Miller

CSA Featured Exercise – Seated Back Extension

- Sit at the middle of the chair with a soft ball behind your back, just above waistline.
- Place the resistance band under the arches of both feet so that there is an equal amount of resistance band on each side.
- Hold both ends of the resistance band using a handshake grip (palms facing in, thumbs up). The hands should be level with the knees (see left hand photo). If necessary, remove any slack from the band so that a slight tension is placed on the band.
- Inhale. As you exhale, pull your elbows straight back so that the arms lightly brush the sides of the body; gently lean into the ball and squeeze the shoulder blades together as you complete the “effort” phase of the exercise.
- Remember to contract your abdominal muscles during the effort phase of the exercise.
- Repeat the exercise 8 - 10 times using a resistance band that provides sufficient tension. You will know you have chosen the right resistance band if your muscles feel tired on the last repetition performed.

Note:
This exercise can also be performed without the ball.
We’re Always Young Enough to Get Moving

As the adage goes “if you don’t use it, you lose it.” This is especially true for the heart and lungs and our overall cardiorespiratory health. Whether we are 55 or 95, it is important to be active. “We don't have to do a lot to stay healthy, but we have to do something,” states senior investigator Dr. Peter Kokkinos of the VA Medical Center, in Washington, DC.

According to Dr. Kokkinos, researchers are just beginning to understand how the body’s metabolism shuts down when it is no longer active. In a recent review of exercise research, it was determined that all-cause mortality was reduced among older adult patients who maintained high levels of aerobic fitness. Research has shown that for every incremental increase in aerobic exercise effort, the risk of all-cause mortality was reduced by up to 8%. Furthermore, mortality was reduced by 15% in individuals with moderate aerobic fitness levels and up to a remarkable 37% in individuals with high aerobic fitness levels (Kokkinos, 2012). Higher levels of aerobic fitness are particularly beneficial for the heart, with research showing a decrease in the risk of heart failure and hospitalization declining by 20% for every incremental increase in aerobic exercise effort.

To derive benefits from aerobic exercise, it is important to be consistent with your routine. The World Health Organization recommends a minimum of 2 hours and 30 minutes of moderate-intensity aerobic activity (e.g., brisk walking) every week or, for even greater health benefits, 5 hours of moderate-intensity aerobic activity per week with “moderate intensity” being defined as a 5 or a 6 on the zero-to-10 point Borg RPE scale or between 14 and 15 on the 6-to-20 RPE scale we use in our Fit4Life and Balanced Fitness classes at the Center for Successful Aging. So start thinking about how you can supplement the level of aerobic activity that you do in your current exercise classes on other days of the week. The goal is to accumulate the recommended number of hours over the course of a week so whether you walk or do some other type of aerobic activity (e.g., swimming, cycling, gardening) for one hour on 5 days of the week or for 30 minutes every day of the week, it doesn’t matter; the goal can still be achieved. Why not start today – your heart will thank you!

Resources:
http://www.who.int/dietphysicalactivity/factsheet_olderadults/en/

Article submitted by Erin Blanchard, graduate student in Gerokinesiology
Is The Food Industry Manipulating Us?

In his book, *Salt Sugar Fat: How the Food Giants Hooked Us*, New York Times investigative journalist, Michael Moss, discusses how the food industry may be manipulating our taste buds with salt, sugar, and fat. The Pulitzer Prize winning journalist gives us a glimpse into how much effort was, and is, put into developing just the right combination of salt, sugar, and fat, so that the consumer experiences pleasure with every bite of our readily available processed food items.

In interviews with National Public Radio’s “Fresh Air” program (February 26, 2013), and Canadian Television’s “Canada AM” (March 6, 2013) Moss relates many of the facts he has uncovered; most of which come from the major food companies themselves. Moss reports that during a secret summit for CEOs of the major food corporations in 1999, a senior official from Kraft—the largest food company—proposed that the industry start accepting some responsibility for the country’s growing health problems. Furthermore, he argued that they should collectively take steps to reduce the amount of salt, sugar, and fat they put into their products. Unfortunately, the Kraft official received little support from his colleagues who indicated that it was their responsibility to realize profits for shareholders. The food industry’s goal is make food products that are taste- tempting, convenient, and have a long shelf life, and to do so as inexpensively as possible. However, reducing the amount of salt, sugar, and fat would cause their products to taste, look, and feel different, likely for the worse. For years, food companies have employed scientists who are responsible for fabricating the perfect combination of taste, texture, and appearance of various food products. For example, they identify the perfect proportion of sugar to create a “bliss point.” This “bliss point” is where there is the exact amount of sugar in the product that makes it nearly irresistible to the consumer, where just one bite is virtually impossible.

The brain receives signals from 10,000 taste buds in the mouth, most begging for something sweet and savory. When we eat sugar, we crave more. In fact, a study by Edmund T. Rolls (2005) demonstrated that there is a portion of our brain that requires satisfaction via sensory information from certain foods. The food companies know we crave sweetness, and they gladly oblige us by producing foods scientifically formulated to taste irresistible. Sugar, fat, and salt do more than simply make food taste good; these ingredients also affect the shape, texture, and even color of the food we enjoy. A study by C.G. Forde, et al., (2013) demonstrated that the appearance and texture of our food influence our perception of its “tastiness.” Often, according to Moss, when companies reduce one ingredient, like sugar, they increase the amount of another ingredient, like fat or salt. Although consumers are hooked on various products, healthier foods are certainly available. We must understand, however, that by reducing the portions of salt, sugar, and fat in our food products they will taste different; not necessarily bad, simply different.

*Article submitted by Tyson Reyes, graduate student in Gerokinesiology*
Advancing Whole-Person Wellness is an online magazine created by Jan Montague, President of Whole-Person Wellness International. The magazine provides wellness themed articles, research, newsletters, videos, and photos to interested readers. The online magazine is in the early stages of development, so watch for new content on a weekly basis. If you find the magazine’s content valuable, then please share the link with other like-minded people.

Advancing Whole-Person Wellness was created with the Flipboard App and can be viewed by clicking the link below. You will be able to read articles in their entirety as well as create magazines of your own by downloading the app and creating a free account. The magazine is best viewed on an iPAD or a Windows Tablet, but it can also be accessed through your computer. [http://flip.it/BN3kb](http://flip.it/BN3kb)

Flipboard takes stories from around the web and reformats them into little pages of text and images, as a personalized miniature magazine for Internet content.

It’s a way to catch up on the news, discover interesting things from around the world, in your particular fields of interest, or stay connected to the people closest to you by sharing your Flipboard magazines via Facebook or Twitter.

Oral Health & Physical Function

Did you know that a typical human mouth contains billions of bacteria? You might well have more bacteria in your mouth right now than there are people living on planet Earth. The good news is that problems only arise when there is an unhealthy balance between harmless and harmful bacteria in the mouth.

Studies have shown that there is an intimate connection between oral health and overall health. Poor dental hygiene can play a role in general health and organ diseases, such as pneumonia, cardiovascular disease, influenza infection, and diabetes. In addition to oral hygiene, oral function also plays a role. A 2011 study from Japan (Okuyama, et. al.) suggests a relationship between dental occlusion (alignment of the teeth and jaw) and physical function. Researchers found that occlusion instability can lead to a decrease in physical ability. This suggests that the maintenance of oral health is fundamental for maintaining our physical health and avoiding disease. Be sure to protect your teeth and gums by practicing good oral hygiene every day.

Continued on page 8
Oral Health & Physical Function

The Mayo Clinic recommends these brushing basics from the American Dental Association:

- Brush your teeth at least twice a day. Use the proper equipment, practice good technique, keep your brush clean, know when to replace your toothbrush.
- Floss daily. Don’t skimp on the floss, be gentle, take it one tooth at a time.
- Use an antimicrobial mouth rinse.
- Schedule regular dental cleanings and exams.

Nadine Artemis, author of *Holistic Dental Care: The Complete Guide to Healthy Teeth and Gums*, recommends these additional steps:

- Use a salt rinse
- Scrape the tongue
- Brush the gums
- Polish the teeth
- Check the gumline
- Use botanical oils

Test your knowledge about flossing and gum care quiz by visiting the website below.

http://healthletter.mayoclinic.com/quiz/quiz.cfm/i/272/t/A%20quiz%20about%20flossing%20and%20gum%20disease/
Give the gift of health and safety to yourself and others by following these holiday tips from the Centers for Disease Control:

1. **Wash hands often** to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.

2. **Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.

3. **Manage stress.** Don't overcommit yourself and prevent holiday anxiety and pressure. Get enough sleep.

4. **Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger.

5. **Be smoke-free.** Avoid smoking and secondhand smoke. There is NO safe amount of tobacco or secondhand smoke. Breathing even a little secondhand smoke can be dangerous.

6. **Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Use a seat belt on every trip, no matter how short the trip.

7. **Get exams and screenings.** Ask what exams you need and when to get them. Update your personal and family history.

8. **Get your vaccinations,** which help prevent diseases and save lives.

9. **Monitor the children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids’ reach. Dress warmly for outdoor activities. Develop and reinforce rules about acceptable and safe behaviors including electronic media.

10. **Practice fire safety.** Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.

11. **Prepare food safely.** Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.

12. **Eat healthy, and get moving.** Eat fruits and vegetables. Limit your portion sizes and foods high in fat, salt and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

*Source: Centers for Disease Control*  

Listen to The 12 Ways to Health Holiday Song  
[http://www.cdc.gov/family/holiday/12waysSong.htm](http://www.cdc.gov/family/holiday/12waysSong.htm)
Did You Know?

Recent studies in adults suggest chocolate consumption is associated with a lower risk of cardio metabolic disorders and a lower body mass index. Chocolate is rich in flavonoids which have important antioxidant, antithrombotic, anti-inflammatory, and antihypertensive effects.

http://www.stoneheartnewsletters.com/chocolate-lowers-body-fat-new-research/nutrition-food-chocolate/#sthash.A7mUXHIk.dpuf

The perception of taste depends not only on the sensory input of visual, olfactory, and somatosensory cues (how it looks, smells, and feels) but also environmental and contextual factors. A recent study examined the effects of the shape and color of the plate on perception of sweetness, intensity, quality, and liking.

http://www.flavourjournal.com/content/2/1/27#sthash.M09InAre.dpuf

Many older adults who develop shingles will also suffer secondary pain caused by postherpetic neuralgia. This condition presents if nerve fibers are damaged during the shingles outbreak. The CDC recommends the shingles vaccine for adults age 60 and older. The vaccine will reduce the risk of shingles by 50% and the risk of postherpetic neuralgia by almost 70 percent.


Speaking a second language may delay dementia. A recent study found that people who spoke two or more languages experienced a later onset of Alzheimer’s disease, vascular dementia, and frontotemporal dementia.


Denying aging can have psychological repercussions. The perpetuation of the ever-ageless myth denies individuals the opportunity to process aging in healthy ways, and to transition into a phase of life that allows for important self reflection.

http://www.stoneheartnewsletters.com/denying-aging-can-have-psychological-repercussions-for-baby-boomers/aging/#sthash.v3s6YEzC.dpuf

Protecting your bone health is easier than you think. Understand how diet, physical activity and other lifestyle factors can affect your bone mass.

http://www.mayoclinic.com/health/bone-health/MY01399
Hi, I am Joanne. My husband Ron and I are the “new kids” in the Balance & Mobility class. With strong encouragement from our daughter-in-law and granddaughter, both CSUF alumni, we enrolled in class this fall.

On occasion, we both have momentarily lost balance, putting a few bruises on elbows, knees, and hips. Our family felt we would not only enjoy this class, but that it would benefit our general well being. Our granddaughter even used our computer to enroll us on line, since we are “limited” with our computer knowledge. They were taking no excuses for not enrolling!

Attending class as a couple gives us time to improve our physical wellbeing “on the same page.” Ron is an outside walker in a park near our house and I use the treadmill at home. Coming to class we share time together and are encouraged by our fellow class members, our instructors, and the interns.

Ron and I both graduated from Colorado State University, Fort Collins. We moved to Whittier in the fall of 1958, where our three children were born. Our son lives in Whittier, one daughter lives in Colorado, and the other in Rancho Cucamonga. We have one granddaughter and four grandsons, all who live in California. We have a strong tie to CSUF with our son, a graduate in finance; our daughter-in-law and granddaughter, graduates in kinesiology; and our grandson now attending CSUF to pursue a degree in business.

Ron is very active with Woodworkers of Whittier, who make wooden blocks & toys from scrap lumber to be distributed to non-profit agencies in the Whittier area each December. I enjoy volunteer work through our church and am “retired” from patient visiting at the PIH Hospital in Whittier.

We plan to spend our Thanksgiving holiday this year in Colorado with family. My mother is 99 years old; still lives alone in her house; does her own cooking, cleaning and laundry. If I am going to be as spry as she is at 99, Ron and I should continue to keep in shape with our Balance & Mobility class, eat well, and keep happily busy! With our CSA class, we make sure we keep up with regular workouts and get helpful tips on maintaining good health physically, socially & mentally.
Lorra and Gordon Dickinson met at Emmanuel Episcopal Church in Fullerton and recently celebrated their 5th wedding anniversary. Gordon is a combustion engineer who retired in February 2012 from Shultz Steel Company in South Gate. After raising a family of four, two boys and two girls, Lorra worked in marketing and spent a few years working at the Fullerton Arboretum. She retired shortly before she and Gordon married.

They joined the Center for Successful Aging at the urging of Hawley, one of Lorra’s daughters. Hawley is a professor at Loyola Marymount University, Los Angeles where she is involved in developing a similar program. “Hawley thought this program would be good for us,” says Lorra.

Gordon is a home winemaker, growing some grapes in their garden and purchasing more from growers in Temecula. He makes about 50 gallons of wine a year. Lorra is a long time gardener and has often written for publication on garden subjects. When they married they began a garden ministry at their church, and are coordinators of the Emmanuel Community Demonstration Garden; A Place to Grow, located at the Episcopal Church on Valencia Mesa Dr. in Fullerton.

Gordon came to the United States from Yorkshire, England in 1989. Lorra came to California in 1961 from Colorado and New Mexico and has lived in Fullerton for almost 38 years. They have traveled to Spain to visit one of Gordon’s sisters and Australia to visit another sister. They have made several trips to England to visit his third sister, and his son, daughter-in-law and grandson. They love spending time with the grandchildren who live in Yorba Linda (pictured below). “They are a lot of fun!” says Lorra.

Lorra and Gordon spend their time with family, traveling, visiting their home in Mexico, enjoying their hobbies, entertaining, and now exercising.

Halloween with the Grandchildren
Make Way for Ducklings!

From left to right, the triplets, Taryn, Asher, Kathryn, and their older brother, Elias,
Erin Blanchard

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

My resolve to work with older adults was really solidified during my first semester as a service-learning intern here in the Center For Successful Aging. At that point in my life I had never experienced what it was like to enjoy coming to work every day, and that experience really had a profound impact on me and made me realize that pursuing a degree in Gerokinesiology is what I wanted to do. I love working with older adults, and I hope to continue working with older adults in the future when I graduate from Cal State Fullerton.

Describe your dream job.

My dream job would combine my love of working with older adults with my love of the outdoors!

What is your greatest accomplishment?

My greatest accomplishment so far has been earning my Bachelor's Degree in Kinesiology and to have (almost!) finished my Master's. Becoming a FallProof™ Master Instructor is also something I'm pretty proud of!

What dimension of wellness would you most like to improve?

I need to continue to improve my physical wellness. I am planning to hike the full 211 miles of the John Muir Trail next summer, so I need to make sure I dedicate time to improving and maintaining my lower body strength and cardiovascular fitness to get over all of those mountain passes with my heavy backpack on the way up to the top of Mt. Whitney.

What is your favorite exercise or workout?

Hiking is my favorite, but since I can't go on a hike every day I also like to walk and cycle.

Tell us something about yourself.

I was born and raised in Torrance, CA where I currently live. I am obsessed with cats (especially my cats), and I love to go backpacking! I get a lot of joy out of working really hard to sleep on the ground in really beautiful places. When I'm not doing something that's considered crazy by any sane person's standards, I love to play strategy board and card games with my boyfriend Aaron and our friends. I can't stand to leave my house without chapstick and sunscreen, and I hope to, one day, hike from Mexico to Canada along the Pacific Crest Trail.
Sasha Malbrough

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

I originally chose to pursue a concentration in Gerokinesiology because I know that older adults experience age-associated changes in essentially all bodily systems. I felt that I wanted to learn more about these changes and how to delay their onset and/or make for a smoother transition from middle-adulthood to older-adulthood.

Describe your dream job.

My dream job has been the same for the last half decade – I would like to open my own fitness studio for 40+ adults. This way I can market to and reach a broader range of adults who are beginning to experience physical changes as well as those who have been experiencing changes for some time. By owning my own studio, I can ensure that staff receive the appropriate training needed to address each individual members needs and goals.

I will be able to use everything that I have learned here at Cal State Fullerton to impact the lives of many people as well as enjoy my profession fully.

What is your greatest accomplishment?

My greatest accomplishment to date is choosing CSUF for higher education and never losing sight of my dreams.

What dimension of wellness would you most like to improve?

Currently, I would like to improve on the social dimension of wellness. I have a younger brother in his senior year of high school who will be going off to college next fall and I would like to spend as much time with him as possible before that happens.

What is your favorite exercise or workout?

My favorite exercise is doing a “Tabata”. It is 20 seconds of high intensity aerobic exercise, followed by 10 seconds of rest, repeated 8 times to make 4 minutes total. This is a great way to get my heart rate up quickly since I do not enjoy standard aerobic steady-state exercise.

Tell us something about yourself.

I was born and raised in Southern California, Los Angeles to be specific. I absolutely love where I live and do not believe that I could live in too many other places for long. I love my life and make the best of every minute of every day. Basically, I don’t make time for anything but joy and happiness.
Multitasking After 60: Video Game Boosts Focus, Mental Agility
http://www.npr.org/blogs/health/2013/09/10/218892225/multitasking-after-60-video-game-boosts-focus-mental-agility

Cracking & Popping Joints

Even Mild Dehydration Can Alter Mood
http://today.uconn.edu/blog/2012/02/even-mild-dehydration-can-alter-mood/

DIY and gardening can cut heart attack/stroke risk by 30 percent

Promising macular degeneration treatment research
http://www.stonehearthnewsletters.com/promising-macular-degeneration-treatment-research/macular-degeneration/

Quiz: Can You Read People’s Emotions?
http://well.blogs.nytimes.com/2013/10/03/well-quiz-the-mind-behind-the-eyes/?ref=health

National Geographic: Focus Pocus – Brain Games
http://braingames.nationalgeographic.com/

Just for Fun

MozART GROUP
http://www.youtube.com/watch?v=SLYgVbVRoqk

Swan Lake from Great Chinese State Circus
http://www.nzwide.com/swanlake.htm

Anyone Can Dance
http://m.wimp.com/dogbeds/

Stealing the Dog’s Bed
http://m.wimp.com/dogbeds/

15-Yr Old Opera Singer
http://www.youtube.com/watch?v=L1_W0LCHwK4&feature=email

Reverse Pickpocketing
References

Is The Food Industry Manipulating Us?


We’re Always Young Enough to Get Moving


Oral Health & Physical Function


Holiday Health and Safety Tips

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 Managers**
Jeana Miller, M.S.
Elizabeth White, M.S. Candidate

**Program Coordinator**
Judy Aprile, M.S.

**Class Instructors**
Erin Blanchard
Nickolas Hardy
Christopher Lew
Sasha Malbrough
Tyson Reyes
Anne-Margaret Tovar
Stella Tovar
Elizabeth White

**Student Interns**
Victoria Ablir
Jooae An
Daniel Castro
Austria Cho
Kristine Comito
Sarah Larsen
Aaron Lanahan
Sarah Larsen
Amir Mahran
Jacinta Quiroa
Diego Ramiro
Mikael Redmond
Miriam Reyes
Lawrenz Santos
Jenny Spencer
Vinne Villapando
Rebecca Yi-Hsin Ko
Ranim Ziade

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.

© 2013, Center For Successful Aging, California State University, Fullerton.