Another Spring semester is quickly coming to a close and senior fitness assessments are in full swing in all of our CSA classes. I know that many of our clients look forward to the opportunity to see how much progress they have made during the year while others greet this time of the year with a groan! For myself as Director and the staff leading the classes, this is a time for us to review the progress of our clients and evaluate the quality of our program and instruction. Without this data, we cannot make well-informed decisions about program content, and how best to provide each and every one of our clients with a tailored prescription for improving the multiple components of fitness. We have now been collecting senior fitness test data for 20 years on our clients and have recently begun collating it all for presentation at the upcoming 20th Anniversary celebration in August, 2014. Thanks to the remarkable efforts of Yi-Hsin (Rebecca) Ko who has pulled dusty folders from our CSA file cabinets and searched our electronic databases for the last several months, we have created a dataset that has tracked client progress over the many years that the CSA has been in operation. We can’t wait to share our results with you in August and sincerely thank you for your willingness to be assessed every year so we can demonstrate the effectiveness of our programming and the power of well-designed and tailored exercise programs led by trained professionals in promoting better health
and overall well-being as we all age! We will include the results of our Spring, 2014 assessments in the dataset and hope for 100% participation in the coming weeks.

It is also my pleasure to announce that we will welcome a new faculty member with a specialty in Gerokinesiology. Dr. Koren Fisher from the University of Saskatchewan in Canada will join the Kinesiology Department in August, 2014 and also serve a key leadership role in the Center for Successful Aging. I am personally excited to be welcoming Dr. Fisher to Cal State Fullerton and know she will bring with her many new and exciting ideas for advancing the mission of the Center for Successful Aging. Please join me in welcoming her to Cal State Fullerton. Dr. Fisher will be presenting at our 20th Anniversary celebration conference on August 15 and 16, so you will have an opportunity to meet her prior to the start of the Fall semester. I hope you are all planning to attend the conference. The theme of the conference is “Living Well in the Third and Fourth Age.” We are assembling an exciting line up of speakers and “hands-on” workshops during the two-day event and will also be hosting a dinner on Friday evening for our gerokinesiology alumni who will be attending the conference. More information will be provided on the CSA website as it becomes available. We will also share the program with you all as soon as it is finalized.

-Debbie Rose

CSA Scene

Please join us in celebrating the 20th Anniversary of the Center for Successful Aging August 15 & 16, 2014
Mindfulness: The Art of Being Present in the Moment

The Mindfulness Awareness Research Center (MARC) at the University of California, Los Angeles, defines mindful awareness as “paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is.” Mindfulness has taken center stage as a growing body of research has demonstrated the importance of mindfulness as a stress reduction technique, particularly in a world where technology allows us to be in several different places at once. With the technological advances that we have now, it is very easy to be connected to a smartphone, tablet, or computer, instantaneously and perpetually. Multitasking has not only become an expected mode of behavior but for some, a goal toward which to strive. Researchers, however, have found that multitasking actually leads to decreased productivity. Being mindful helps us to escape from multi-tasking; from always being connected, to friends, family, work, and other diversions; and to blend our minds with our bodies in the same place at the same time.

According to the NIH, Americans spend about $4 billion on mindfulness activities and products. These activities or products are designed to help people reduce stress, increase their attention and focus, decrease anxiety and depression, alleviate chronic pain, lower blood pressure, boost the immune system, improve eating and sleeping habits, and improve the brain’s ability to affect decision-making, emotional flexibility, and empathy, and possibly aid in recovery from substance abuse.

Dr. Jon Kabat-Zinn, the developer of the Mindfulness Based Stress Reduction (MBSR) program at the University of Massachusetts Medical Center, thinks of mindfulness as “smart thinking”. He advocates that, as with any muscle, one should exercise it in order to strengthen it. He also supports reinforcing the brain by using mindfulness techniques. A group of researchers at Brigham and Women’s Hospital are currently conducting more research on how mindfulness specifically works, describing it as an extensive infrastructure in the brain. These scientists contend that there are specific cognitive activities that occur in the brain during mindfulness diversions, which aid in maturing self-awareness, self-regulation, and self-transcendence.

Dr. Ellen Langer, a professor of psychology at Harvard University and mindfulness expert, suggests taking five steps to increase one’s “success and zest:”

• Seek out, create, and notice new things;
• Realize how behavior can be understood differently in different contexts;
• Reframe mistakes into successes;
• Be aware that stress, and all emotion, is a result of our views about events;
• Be authentic, be willing to question what works, and what does not.

Mindfulness will not take away our problems, but it can help us reframe how we cope with the stressors in our lives; a goal that can be achieved in several ways, at any age. Although more research is needed to understand exactly how mindfulness works, it has already been shown to positively impact many aspects of a person’s daily life.

Article by Sasha Malbrough, undergraduate student in Gerokinesiology
Sleep and the Impact of Pre-Bedtime Activities

Researchers from The University of Texas Southwestern Medical Center have found that the quality of wakefulness affects how quickly we fall asleep. They contend that it is the nature of the activities in which we engage that impact the ease with which we fall asleep. Dr. Masashi Yanagisawa, principal author of a recent study suggests that subjective sleepiness is influenced by the quality of our experiences before sleep. Studies have shown that using electronics before bedtime can impair your body’s ability to fall asleep. Electronic devices stimulate brain activity because of the artificial light their screens can produce; the artificial light affects the chemicals in the brain that promote sleep. In addition, researchers at the Rensselaer Polytechnic Institute showed that exposure to light from computer tablets significantly lowered levels of the hormone melatonin, which regulates the internal clock and plays a role in the sleep cycle.

In another study published in the journal of Applied Ergonomics, researchers found that two hours of exposure to a bright tablet screen reduced melatonin levels by 22%. Some researchers also argue that melatonin suppression may not only cause sleep disturbances, but also increase the risk of obesity, diabetes, and other disorders. Authors of the latest studies suggest limiting electronic use before bed or at least dimming the screen as much as possible. Lawrence J. Epstein, MD, Instructor in Medicine, Harvard Medical School, and Program Director, of the Sleep Medicine Fellowship Program at Brigham & Women’s Hospital, recommends keeping a consistent sleep/wake schedule and establishing a soothing pre-sleep routine to ease the transition from wake time to sleep time.

Here are some tips from the National Sleep Foundation and WebMD for lifestyle and behavior changes that will promote quality sleep.

• Cease using electronic devices such as laptops or iPads one hour before bedtime. Cover or reposition your digital clock and any other device that gives off a disruptive glow.
• Finish any vigorous exercise 3-4 hours before retiring to bed. Try doing gentle mind/body exercises such as yoga or tai chi, reading something calming, meditating, or listening to relaxing music.
• Avoid caffeine after noon. Even small amounts of caffeine found in chocolate, decaf coffee, and some medications, may impact your sleep.
• Avoid alcohol, cigarettes, and heavy meals in the evening. Finish eating at least 2-3 hours before bedtime.
• Stay hydrated throughout the day, but stop drinking fluids within two hours of bedtime to avoid nighttime trips to the bathroom.
• If you must nap, do it early in the day and limit it to 20 minutes or less.
• Use pillows that allow your neck to maintain a neutral position. If you sleep on your side, place a pillow between the legs for better alignment of the hips and to reduce stress on the low back. If you sleep on your back, tuck a pillow under your knees.
• Keep pets off the bed – A cat or dog’s movements can prevent you from settling into a deep sleep or trigger allergies that will disrupt your sleep.

Find more tips for better sleep at WebMD http://www.webmd.com/sleep-disorders/sleep-benefits-10/slideshow-sleep-tips

Article by Christopher Lew, graduate student in Gerokinesiology
Exercise is an important key to a healthy life; that’s a message we’ve all heard. We hear it from our friends and family, our doctors, health organizations, and from all types of media. Federal health officials recommend that we engage in a minimum of 30 minutes of moderate exercise every day. Although many studies have shown that adhering to a regular exercise regimen leads to multiple health benefits, more recent research findings suggest that even regular daily exercise may not be enough to counteract the effects of too many sedentary hours during the rest of the day.

There is a distinction between too much sitting and too little exercise as researchers are increasingly finding that too much sitting appears to be a health risk in and of itself. Even the recommended 30 minutes of daily exercise doesn't necessarily offset the hours we sit during the day. The more we sit, the less physically active we are, and the more health problems that arise, including premature death.

A recent study conducted by researchers at Northwestern University with a sample of 2,286 adults aged 60 and older, concluded that, regardless of how much exercise is done each day, every additional hour of sitting per day increases the risk of becoming physically disabled by about 50 percent. According to Dr. Dorothy Dunlop, lead author of the study, "When a person sits for an extended period of time, your muscles burn less fat and your blood tends to flow more sluggishly. So if sitting for 12 hours per day gives you a 6 percent risk of having a disability, an extra hour each day may up your likelihood by 3 percent.”

Dr. Steven Blair, epidemiologist and professor of public health at the University of South Carolina, points out that even if we engage in the recommended 30 minutes of walking and get eight hours of sleep, we are still left with 15.5 hours in every day. If we have sedentary jobs, or watch TV, read, play bridge, or engage in other seated activities, we will end up sitting a lot more than we are moving.

Dr. Toni Yancy, a professor in the health services department and co-director of the Kaiser Permanente Center for Health Equity at the University of California, Los Angeles, recommends taking routine breaks during a full day of sitting. "We just aren't really structured to be sitting for such long periods of time, and when we do that, our body just kind of goes into shutdown.” Dr. Yancey recommends a few minutes of movement every hour, standing up, wiggling around or dancing, taking a few steps back and forth, and marching in place. Here are some other ideas to increase your movement throughout the day:

• Park farther away from the places where you work, shop, play, study, and worship.
• Take the stairs instead of the elevator.
• Put printers a short distance away from your work space instead of right next to it.
• Stand up while talking on the telephone.
• Use a standing desk.
• When watching TV, stand up or march in place during commercials.
• Each time you get up (for a drink, to use the restroom, etc.), take a walk around the house or office.
• Wear a fitness tracker.

Article by Judy Aprile, MS, Program Coordinator, CSA
Many new feature stories have been added to the Advancing Whole-Person Wellness online magazine since we introduced you to it in our last newsletter. Compiled by Jan Montague, President of Whole-Person Wellness International, this magazine offers wellness themed articles, research, newsletters, videos, and photos to interested readers. Go to http://flip.it/BN3kb to read some of the following articles:

• What 10 Things Should You Do Every Day To Improve Your Life?
• How The Light In A Room Could Affect Your Emotions
• The Difference Between Stress And Anxiety
• Health and Fitness News, Tips, Recipes, and Exercises at greatest.com
• How To Train Your Brain To See What Others Don't
• The Future of Happiness – Up or Down?

**CSA Featured Exercise – Lateral Leg Lift**

This exercise strengthens the hip abductors, which are on the outside of the thigh and are very important for maintaining and improving balance.

• Stand behind or to the side of a chair or other support surface. Begin by standing tall, with the feet hip-width apart, and chin parallel to the floor.
• Shift your weight over the foot that will remain firmly planted on the floor, keep a slight bend at the knee, and focus your gaze on a vertical target directly in front of you and at eye level.
• Keeping the upper-body as still as possible, slowly lift the non-weight bearing leg to the side (in 3 counts), until you feel a pinch where the outer thigh meets the hip. Be sure to lead with the heel of the foot while keeping the toes pointed forward.
• Lift the leg to a height that allows you to keep your shoulders level and the lifted foot positioned correctly. (If you start to lean in the opposite direction, stop and correct your posture, you may have lifted your leg too high.)

• Hold the leg in a lifted position for 3 slow counts and then lower the leg slowly.
• Keep your weight on the standing leg and repeat the exercise 8 – 10 times before changing to the other leg.
• To increase the challenge (if appropriate), try using ankle weights or a resistance band around the ankles. For maximum efficiency, the band should be taut at all times.
**Did You Know?**

**How you experience illness is being transformed by the Internet**
Studies show that we now turn to the Internet instead of instantly going to the doctor’s office when we are feeling ill. The internet has transformed how people respond to symptoms, decide whether to consult a doctor, make treatment choices, and cope with their illness.


**Eat plants and prosper: for longevity, go easy on the meat**
A research study was conducted in order to find a connection between dietary patterns, death and disease. The results of the study suggest that a high-protein diet seems to be more beneficial for the older-adult age group, 65 and up, than for those in the middle-aged group.


**A strong sex life helps couples cope with the trials of aging**
As we age, health problems can become a barrier and put a burden on a marriage at any age. In this article, studies show that couples aged 40 years and older, can actually offset the stress of illness and aging by becoming more sexually active. Being intimately close to your partner can benefit your relationship throughout the rest of your lifetime.


**For older drivers, study finds, one drink may be one too many**
You may have only had one glass of wine with dinner, but if you’re 55 or older, that single serving may hit you hard enough to make you a dangerous driver.


**5 questions to ask your surgeon before the operation**
The news that you will need surgery can prompt many questions and a lot of anxiety. Beyond details about your medical condition and treatment options, what should you ask your surgeon before the operation?

**Beverly** Falconer Simmons. Exercise has always been an important part of my life. I started aerobic dancing with Jackie Sorenson, remember her? After teaching little ones all day it felt wonderful to stretch, dance and let it all hang out! When I retired, after 28 years, I joined CLE, now OLLI and continued to go to school. When Dr. Rose first started this program, my husband, Bill, was one of her “guinea pigs.” And now, here I am too, benefitting from her research.

I grew up in Berkeley, California and am a complete product of those schools, from kindergarten through graduate school at Cal. I am a 4th generation Californian. I’ve been married and widowed twice, have two great sons, one wonderful daughter, four handsome grandsons, and a brand new great-granddaughter. When I retired, Bill and I traveled the world, camping for 4 ½ months in Europe, taking time out to get married in Rome. We’ve been to China, Indonesia, Eastern Europe, Russia, and many places in the United States, Canada, and Mexico.

I love music and play the recorder, sing in the OLLI Chorale and am learning to play the drums in our band. I love to read and am a member of the oldest book club in Orange County, the Wednesday Book Club. I also play bridge with a couple of different groups.

Recently I returned to Yosemite before the fire wiped out Berkeley Tuolumne Camp where I had spent many summers. It was tops on my “bucket list.” I feel very fortunate to live in our beautiful state. None of my kids live close so I get to visit New York State, Idaho, and Missouri, and I’m always glad to get home.

**Owen** Riley Dean, Jr. Owen is a new member of the Fit 4 Life class and the Balanced Fitness class. He has resided in Fullerton for 43 years, a welcome change after years spent as a “vagabond.” To say he and his family moved a lot is an understatement. His father was an ornamental plasterer, as Owen describes, “he was the greatest, in fact a genius at it.” However, during the depression, it became a dying art. The family moved wherever his father could find work, lived there however long the job lasted, and then Owen and his seven siblings would pile in to the back of the pick-up and go to the next town. He attended 27 different schools during elementary education; four different schools in three states when he was a freshman in high school.

His traveling days continued with his career in sales and marketing. He started in public relations for a banking institution and transitioned into sales and marketing for banking and other industries.

Owen has three wonderful daughters, one is an attorney who resides in Fullerton, one is a guidance counselor at a high school in Fresno and one is a teacher in Maryland. He has nine grandchildren, four girls and five boys.
**Mark** Shier. As a new member of the Balanced Fitness class, Mark is pleased with his progress toward maintaining muscle tone, balance, and stamina. He has lived in Fullerton for over forty-five years – happily, he is glad to say. Mark’s is a three-dog household, two dachshunds and a mutt that appears to be lots of Cavalier King Charles. Since retiring, he has been able to spend lots of time with these affectionate creatures. His husband, Duane, is also adored by the dogs. Mark came to the Los Angeles area after an Army tour of duty in Vietnam. He holds masters degrees from Berkeley, UCLA, and The School Of Theology at Claremont.

Mark is a voracious reader, interested in all sorts of written material. When he is not reading, he is struggling to keep the weeds at bay in his small yards. A project of several years’ duration has been to convert the yards to low-water plantings. This has been a work in progress as he is often distracted by the offerings in the garden section of Home Depot. Another hobby that provides enormous satisfaction is creating free audiobooks by reading almost anything out of copyright (prior to 1923 in the U.S.) for the website librivox.org. The process is simple: read any public domain printed material into a microphone attached to the computer and then produce mp3 files which are then uploaded to the website. Fellow volunteers do cataloging and other housekeeping chores for the site. He especially likes books about the American frontier, the West, English and American literature, and history. He has recorded books by Leo Tolstoy, Willa Cather, Henry James, Owen Wister, Washington Irving and a host of other writers – anything that strikes his fancy. He is particularly proud of recently producing two books about the infamous Confederate Civil War prison at Andersonville, Georgia. The mp3 files of books, magazines, and other printed material are available for free download from the website. The catalogue contains over 8,000 works and counting.

Mark hopes to keep active and healthy for as long as possible, and considers his CSA class to be an important aid toward that goal.
Happiness is the spiritual experience of living every minute
With love, grace, and gratitude.

*Denis Waitley*

Keep your eyes on the stars, and your feet on the ground.

*Theodore Roosevelt*

Every man can, if he so desires, become the sculptor of his own brain.

*Santiago Ramón y Cajal*
Melissa Sharpe

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

I first learned about the field in my Introduction to Kinesiology class. After interning at the CSA a few semesters later, I was hooked! I discovered that I had a passion for working with older adults and truly enjoyed coming to school and to the CSA to learn and experience new things from the best Gerokinesiology faculty. It has been such a great opportunity so far and I am excited to see where this road takes me.

Describe your dream job.

My dream job would be to use my education and passion working at a center like the CSA or an older adult living community where I would promote whole person wellness.

What is your greatest accomplishment?

I’m proud of receiving my undergraduate degree and continuing my education in pursuit of my Master’s degree. I have learned so much about responsibility and hard work these past couple of years and I’m confident it will all pay off once I have earned my Graduate degree. I will be the first in my family to complete a Master’s degree and it will be a huge accomplishment for me.

What dimension of wellness would you most like to improve?

Social wellness. I am a fairly shy and quiet person and I would like to work on this aspect of myself. Working at the CSA has definitely helped build my confidence as a leader and instructor. On the personal side of social wellness, I would like to stay more in touch with my friends, many of whom live out of state. My goal is to work on doing a better job of keeping in touch with them.

What is your favorite exercise or workout?

I played soccer in school for 13 years so now I enjoy playing soccer simply for fun. I also love going for walks with my family and our dog.

Tell us something about yourself.

I was born in La Habra and grew up in Corona. I love reading and going for walks. My husband Shane and I have a wonderful 10-month old son, James. He keeps me very busy and is a true joy.
Ruth (De Los Santos) Scritchfield, Class of 2004

Ruth is the Fitness Coordinator at Vi at La Jolla Village, a retirement community that includes independent living, assisted living, memory support unit, and short- and long-term skilled nursing. She teaches a variety of physical activity classes and provides personal training to all levels of continuum care, and gives presentations on preventing falls and the benefits of exercise. She created a wellness program that is unique from other Vi communities, and it is now being considered as a model to be replicated in other Vi communities.

What is the most rewarding aspect of your job?

Building strong relationships with the residents is by far the most rewarding aspect of my job. Some have been attending my classes and/or have been personal training clients for almost 10 years. Observing firsthand the progress they have made and how it equates to their independence and overall wellbeing is extremely gratifying.

Do you have any suggestions to help our students with their career advancement?

Yes, I would encourage the students to take courses or attend seminars on business and marketing. Strategizing, marketing, goal setting, and having the business mindset to reach a certain quota are all key roles for my position as the Fitness Coordinator.

What other certifications would you recommend our students pursue?

FallProof™. What I learned from the FallProof™ certification, along with my experience working at the CSA, has truly given me the confidence to work with residents of all ability levels.

Many longtime CSA clients will remember you; is there any thing you’d like to share with them?

Yes, I am “sooooo” grateful to ALL of you who were so helpful and encouraging during my time at the CSA. I remember being so shy when I first started out as an intern, but those who know me now would never believe that I started that way. You prepared me to be the best in my profession and for that, I am truly thankful. Through the years of working at Vi, I have earned much respect from the residents and colleagues and I have never failed to mention Drs. Rose and Jones and the CSA participants to whom I give all the credit. I can never thank you all enough!

And on a personal note?

I married my husband Kyle in July 2009 and our son, Liam Jaxon, was born in September 2013. It’s hectic juggling being a wife, a mom, and a working professional, but we’re all managing. It’s been such a blessing and a beautiful experience to be Liam’s mommy… of course, to be Kyle’s wife is pretty good also 😊.
**Just for Fun**

**Think You Could Spray Paint Like This?**

**24 Hours of Happy**
https://www.youtube.com/watch?v=iQIGHF1TzhQ

**What If You Stopped Drinking Water?**
https://www.youtube.com/watch?v=zCheAcpFL8

**Optical Illusion Test: Are You Easily Fooled?**
https://www.youtube.com/watch?v=4vTyEy7Dn70

**Are You Right-Brained Or Left-Brained?**
https://www.youtube.com/watch?v=feAikjPqOq8

**When the Dog Stays at Home Alone**
https://www.youtube.com/watch?v=7D5bPLxU8U8

**Singing Nun**
https://www.youtube.com/watch?v=TpaQYSd75Ak

**Stunning And Amazing: Northern Lights Wow U.K.**

**Space Experiment**
http://apod.nasa.gov/apod/ap130424.html

**2000 Random Interesting Facts**
http://mentalfloss.com/amazingfactgenerator#f1361

**Older Rock Stars Reflect On Aging**
http://www.forbes.com/sites/nextavenue/2014/03/18/older-rock-stars-reflect-on-aging/

**9 Apps That Could Save Your Life**
http://www.iphonelife.com/blog/31936/nine-apps-could-save-your-life

**This is What 100 Calories Looks Like**
https://shine.yahoo.com/photos/100-calories-looks-slideshow/-photo-2779302-154600838.html
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**Sleep and the Impact of Pre-Bedtime Activities**

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**Less Fit The More You Sit**


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**  
Elizabeth White, M.S. Candidate

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

**Class Instructors**

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Sasha Malbrough  
Tyson Reyes  
Melissa Sharpe  
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Stella Tyron

**Class Assistants**

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Sadi Carrete  
Kristine Cavallo  
Kristine Comito  
Gene Diaz  
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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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