Message from the Director

As yet another semester draws to a close and the holiday season quickly approaches, I would like to extend my heartfelt thanks to our CSA clients who continue to share their wisdom with our students and prepare them for successful careers as gerokinesiology professionals.

Without the “hands-on” experiences that our students receive as a function of working with our CSA clients, they would not be as well prepared for their future professions. The upcoming year promises to be an exciting one as we move forward with our landscaping project, give the Movement Enhancement Lab a much needed facelift, and prepare to host our first two-day workshop focused on translating whole-person wellness principles into practice in May, 2012. The goal of this workshop, that will be co-sponsored by Whole-Person Wellness Solutions, a Company based in Cincinnati, OH, is to advance whole-person wellness knowledge and understanding among professionals in the field of aging and shift perceptions and approaches away from an illness model towards one based on the principles of whole-person wellness. The opening keynote presentation will be open to the public and special invitations will be extended to our CSA clients to attend. Stay tuned for more information on this exciting workshop in Spring, 2012!

-Debbie Rose
Participants in Action

Jerry Hershey has been volunteering for an Alcohol Recovery Program for 28 years. The mission of the program is to provide a fellowship for people recovering from alcoholism. The program provides a 12-step method to help people recover successfully from their struggles and challenges with alcohol.

Jerry’s role as a volunteer is to sponsor an individual who is recovering from alcoholism. He works with that person using the 12-step method so he/she can move forward in life and reduce the risk of a relapse. However, Jerry’s role extends beyond sponsorship. He is a friend that makes himself available around the clock to help and support any person that may have the desire to drink again. When asked what he enjoys most about his volunteer assignment Jerry says, “Awe, to see the joy of living come back to a person who has lost all hope and to see them become a part of their family again and a part of society again.” This hits home for Jerry, having struggled with alcoholism himself 28 years ago. He understands the importance and the need for support and friendship and has benefited immensely from this volunteer opportunity. Jerry says that volunteering has helped his overall whole-person wellness by knowing that when he gets depressed or has a problem he can call on his friends in the program to help work through difficult situations. Jerry refers to his friends as a “loving support group.”

Jerry has been a member of the CSA for two years and participates in the Fit 4 Life class. Jerry was asked what he likes most about being a member and he said, “It has helped me physically and mentally and I look forward to every day.” Two years ago Jerry lost
his wife and was struggling emotionally. A friend recommended that he join the Center for Successful Aging. He tells us that prior to joining he was going to a chiropractor for 10 years. After 3 months of participating in the CSA program and building his strength, he felt he no longer needed regular visits to the chiropractor. He does, however, give credit to the chiropractor for helping him during those 10 years.

Jerry has truly made a positive impact in so many people’s lives and continues to do so. He says that seeing families come together to love, respect, and trust each other again has given him the greatest personal satisfaction; and to be able to see people laugh again has made his volunteer experience a great one. Jerry would like to share a tool that is part of the 12-step program that helps him on a continuing basis:

The Serenity Prayer (adapted)

God grant me the strength to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.

Attributed to: Reinhold Neibuhr

Thank you Jerry for the inspiration that you have shared.

Participants in Action

Carlene Maynard and Ann Siebert have been volunteering at their local libraries for five years. Both ladies spend their time working in the used bookstore that is onsite in the library. Their love for knowledge and books has made this volunteer experience a perfect fit for them.

Continued on next page
Carlene’s main focus is to support the group called *Friends of the Library*. Their mission is to raise money at the bookstore by selling used books and having all proceeds reinvested into the library. The money, Carlene says, is used to buy new furniture that the library needs, new books, etc. Carlene’s role as a volunteer is threefold. She acts as the Secretary of the Board by recording the minutes and organizing the agenda for the monthly meetings. She also works one night a week for two hours as a cashier at the bookstore and then on Tuesday mornings she sorts through the donated books and organizes them on the shelves.

Ann works in the library’s used bookstore. Her role is to sort the books and organize them on the shelves. She puts in a lot of effort to keep the library neat and clean. Aside from working in the bookstore, Ann is also in charge of the Library’s internet sales. They sell their books on Amazon.com and Ann continually updates the value of the books and works with the internet sales.

Both of these women really love what they do for the library. When asked what they feel they contribute to their volunteer assignments and what they enjoy the most, each shared different thoughts. Carlene says that besides keeping record of the business meetings, she feels she contributes her exceptional knowledge of books and her ability to make sure good books become available to the public. She says she loves being among books! Ann, derives satisfaction from being helpful and giving back to the community. She enjoys the people she works with and likes to be among people that share similar interests. Both women have shared that their volunteer

*Continued on next page*
Your thoughts, words, and deeds are painting the world around you.

~Jewel Diamond Taylor

© 2010, Jewel Diamond Taylor. All rights reserved. Originally published at www.DoNotGiveUp.net

experience has benefited their whole-person wellness. Ann says it gives her a reason to get up in the morning; it gives her a purpose. Carlene shared that it is relaxing and she enjoys the social aspect.

Carlene and Ann have both been members of the CSA for 12 years! Carlene participates in the Balanced Fitness class and says she used to be a couch potato all her life until she joined the CSA and has become aware of her body and keeping it healthy. Ann participates in the Fit 4 Life class and says it helps to keep her in shape. She says the class helps with her balance and that she enjoys the social aspect of meeting new friends.

Thank you ladies for your continued support of your local communities. We are honored to have you as members of the CSA!

Seeking Volunteer Opportunities?

If you are interested in finding a volunteer opportunity to pursue, following are some resources to help you find the right match:

http://www.seniorcorps.gov/

http://www.theseniorsource.org/pages/volunteer.html

http://www.volunteermatch.org/

http://www.aarp.org/giving-back/volunteering/

http://egov.ocgov.com/ocgov/Read%20OC
Resistance Training (RT) and Vascular Risk

Did You Know?

80% of cardiovascular diseases and mortality are associated with vascular (related to blood vessels) disease. Controllable risk factors for cardiovascular disease include:

- Smoking
- High LDL (bad) cholesterol and low HDL (good) cholesterol
- Uncontrolled high blood pressure
- Physical inactivity
- Obesity
- Uncontrolled diabetes
- Uncontrolled stress and anger
- High C-reactive protein (CRP) - the body produces CRP during the general process of inflammation; therefore, CRP is a "marker" for inflammation, meaning its presence indicates an increased state of inflammation in the body.
  - Inflammation (swelling) of the arteries has been linked to an increased risk of heart disease, heart attack, stroke, and peripheral arterial disease.
  - Doctors can test your blood for CRP.
- Visceral obesity is associated with elevated risk of CRP and cardiovascular disease. Visceral fat is located inside the abdominal cavity and surrounds organs (stomach, liver, kidneys, etc.).

What Can You Do?

Include resistance training (RT) at least two, non-consecutive days per week, targeting all the major muscle groups.

- The objective of resistance training (RT) is to gradually and progressively overload the musculoskeletal system so it gets stronger.
- RT has been shown to reduce visceral fat, even if subcutaneous (just below the skin surface and within muscles) does not change much.
- RT reduces visceral fat independent from dietary restrictions.
- RT has been shown to reduce CRP, thereby reducing the

Continued on next page
inflammatory process often associated with an increased risk of cardiovascular disease.

- RT has been shown to have a very positive impact on all fatty-acid measures, including reducing LDL, triglycerides, and cholesterol, and increasing HDL (the “good” fat).

For More Information Visit:
http://www.webmd.com/heart-disease/risk-factors-heart-disease
http://www.heart.org/HEARTORG/

SOURCE: Written by Karen Schlieter based on information presented at the 2011 Annual Conference of the American College of Sport Medicine.

CSA clients working on resistance training to stay healthy and fit!
Caring for the Caregiver

Caregiving plays a unique and valuable role in our society. Due to the recent increase in the number of caregivers in our communities, caregiving has gained national attention. As the number of older adults continues to increase so will the need for caregivers. Currently, there are 1 in 5 caregivers in each household. The majority of caregivers are family members, neighbors, or friends who receive no money for taking care of relatives. This number is expected to increase drastically in the years ahead. According to the Centers for Disease Control and Prevention (CDC), between 2000 and 2050, the number of family caregivers will increase by 85%. Much of this increase is due to the changes in health care. The Family Caregiver Alliance states that a substantial portion of supportive care services provided today are outside of the formal medical care system, such that families are now serving as the primary caregivers in the home.

Caregiving can place a challenging demand on a caregiver’s body and well-being, and it raises the cost of living for families and society. The CDC reports that family caregiving is associated with increased levels of depression and anxiety, as well as higher use of psychoactive medications, poorer self-reported physical health, compromised immune function, and increased mortality in the caregiver. More than half of caregivers report that they notice a decline in their own health, which, in turn, compromises their ability to continue caring for others. Recent research suggests that providing care for individuals with dementia has profound consequences for family caregivers, who may be called upon to manage behavioral disturbances, attend to physical needs, and provide seemingly constant vigilance (Gold et al., 1995; Vitaliano, Russo, Young, Teri, & Maiuro, 1991; Wright, Clipp, & George, 1993).

It is important to note, however, that while caregiving has its challenges, many people reap great rewards. The Family Caregiver Alliance reports that caregiving is usually undertaken willingly and may bring personal fulfillment to family caregivers. The benefits

Continued on next page
include satisfaction from helping a family member, acquiring new skills and improving relationships with families. Research studies are now documenting the positive aspects associated with caregiving. In a study conducted by Cohen and colleagues (2002), it was reported that 73% of caregivers were able to identify at least one specific positive aspect of caregiving. These positive feelings were associated with lower depression scores, lower perceived burden, and a better self-assessment of health. Naturally, the caregiver often neglects his/her own health as a result of putting all of his/her energy and time into caring for another person. The Family Caregiver Alliance has developed a guide specifically for caregivers on how to take care of themselves. The guide recommends the following:

1. Get Support - an important source of understanding and connection.
2. Be Guilt Free - thinking about yourself and your needs is not selfish.
3. Set Limits - learn to ask for help, do not over commit.
4. Take Care of Your Body - get enough sleep, regular doctor check-ups, and exercise.
5. Be Educated - learn as much as you can, attend a workshop or seminar.
6. Be Emotionally Healthy - take breaks, get rest.

To read “A Guide to Taking Care of Yourself” in more detail visit: http://www.caregiver.org/caregiver

Caregivers can also find valuable information at: http://www.caregiving.org/


Love the moment, and the energy of that moment will spread beyond all boundaries.
~Corita Kent
The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind.

~William James (1842-1910)

Daniel J. Siegel, MD, clinical professor of psychiatry at the University of California, Los Angeles, School of Medicine and founder of the Mindsight Institution, and David Rock founder of the NeuroLeadership Institute, created what is known today as the “Healthy Mind Platter” which consists of seven daily mental activities for achieving optimum mental health. Getting a daily dosage of these “mental nutrients” allows your brain to coordinate and balance its activities, strengthening your brain’s internal connections and interpersonal connections.

**Following are the seven daily essential mental activities recommended to optimize brain function and create well-being.**

**Focus Time:** When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

**Play Time:** When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

**Connection Time:** When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain’s relational circuitry.

*Continued on next page*
**Physical Time:** When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

**Time In:** When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help better integrate the brain.

**Down Time:** When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

**Sleep Time:** When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

**SOURCE:** © 2011 David Rock, M.D., Dan Siegel, M.D.  
([www.neuroleadership.org](http://www.neuroleadership.org); [www.drdansiegel.com](http://www.drdansiegel.com))  
Reprinted with permission
13 Ways to Build a Stronger Spiritual Life

We live in a culture that increasingly leans toward commercialism, materialism, and secularism, which makes it challenging to keep the soul nourished. The challenge these days, when times are not hospitable to spiritual growth, is how to nurture, feed, heal, restore, and renew the soul. Here are 13 practical suggestions for building a stronger spiritual life.

1. Be a river, not a swamp.
The mountain stream that carries fresh, life-giving water because it flows out. In contrast, the swamp is stagnant and life-devouring. A swamp collects and retains water that comes its way. Don’t be the kind of person who seeks to accumulate much before allowing a little to flow through.

We will benefit much if we let blessings flow through us and on to others. When we hoard and dam the blessings in our lives we are in danger of becoming spiritually stagnant, emotionally detached, and intellectually cynical. Resolve to break up the dam and let blessings flow like a river.

2. Identify blessings.
Too often we go through life oblivious to the good that comes flowing into our lives. Try this spiritual exercise for one week: At the end of the first day, identify a blessing that came to you from a family member. At the end of the second day, a blessing from a neighbor. Third day, from a friend. Fourth day, from an acquaintance. Fifth day, from a stranger. Sixth day, from a child. On the seventh day, a blessing that came from an “enemy.”

3. Speak words of blessing.
Speak words that will uplift, encourage, hearten, and bless other people. As you build them up, your own spirit will get stronger.

4. Restore someone’s faith.
Today, make time to heal a wounded heart, to extend kindness to someone who really needs a friend, or to help gather up pieces of...
a broken dream. Today, do whatever you can to radiate unconditional love.

5. **Be a grateful person.**
Start every day with a morning acknowledgement of gratitude for the gift of a new day. Do this even if the day ahead appears ominous. Conclude every day with an evening acknowledgement of gratitude for the gift of the preceding hours. Do this even if you’ve had a very tough day.

6. **Share the journey.**
Connect with another person who is seeking to grow spiritually. Agree to meet once a week (or once a month) for a period of time to study and reflect on ways to grow spiritually.

7. **Serve.**
Look for ways to serve the community, especially tasks that promise no reward, such as picking up litter on the streets, around your neighborhood, or nearby park. Volunteering at a non-profit organization is also a great way to serve the community.

8. **Cultivate a little solitude.**
“Solitude makes us tougher toward ourselves and tenderer toward others; in both ways it improves our character,” noted philosopher Friedrich Wilhelm Nietzsche. Spend some time away from the crowd and the noise of life. Set aside a few minutes to be alone. In quietness we turn our minds away from the problems of life and fix our thoughts on the positive energies of life.

9. **Spread love wherever you go.**
Mother Teresa of Calcutta, advised: “Spread love everywhere you go: First of all in your own house. Let no one ever come to you without leaving better and happier. Be the living expression of kindness: kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.”

10. **Keep your priorities straight.**
Know what is ultimately important and what is not. Consider the words of former President George Bush, “I am blessed with a close and

*Continued on next page*
wonderful family, and I want to spend the rest of my life letting them know how much I love them and appreciate them,” he said. “One of my most important accomplishments, one I am still working on, is to be a huge success in the grandfather business. I would like to be remembered for integrity, service, and family.”

11. Use it or lose it.
We have been generously endowed, each of us, with unique gifts and talents. Make use of them or you will run the risk of losing them. “Use your gifts faithfully, and they shall be enlarged; practice what you know, and you shall attain to higher knowledge,” noted nineteenth-century poet Sir Edwin Arnold.

12. Be reliable.
Do what you say you will do—whether it’s convenient or not. Follow through on all of your commitments, large and small. By your actions, show others you are a person who can be trusted and counted upon.

13. Exercise your power of choice.
No matter what happens to you, you always have the freedom to choose. You can select joy over despair, love over hate, forgiveness over revenge, growth over stagnation. Remember that a crisis can evoke the best in us or the worst in us. The choice is yours!


Pat Smith practicing some quiet, meditative time in yoga class
In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit.  

~Albert Schweitzer

What Can You Learn About Your Social Network?

This exercise is to help you assess the structure and strength of your social network. Once completed, the circles represent the people in your life and the degrees of emotional closeness.

To complete this exercise, draw a diagram with 4 circles as shown below. List your name in the inner circle. In the second circle list the people to whom you feel so close that it would be difficult to imagine life without. In the third circle list the people with whom you have relationships that are less close. In the fourth circle, list people with whom you are even less close. For each person you list, consider the frequency of contact, proximity, emotional support and tangible aid you have with the person. Consider your spouse/partner; immediate family; close friends; extended family; neighbors; co-workers; and acquaintances from clubs, groups, schools, organizations, volunteer activity, physical activity classes, and religious affiliations.

This is our social network or “social convey” …our social support providers.
Couples of the Center For Successful Aging

Research has demonstrated that individuals are more consistent and successful at maintaining an exercise program when working out with a “buddy”. We’re very pleased that this semester we have a record 16 couples participating at the CSA. We congratulate these couples on their commitment to supporting each other in maintaining their health, vitality and well-being!

Not pictured: Daryl & Ofelia Sweet; Wayne & Ruth Zemke
We welcome you to visit the Gordon C. & Dixie M. Shaw Wellness Resource Room in the Center for Successful Aging (KHS-011D) to find the following books and resources, and many more materials related to all dimensions of whole-person wellness.

New Books are added every semester to our wellness library. We extend our appreciation to those CSA members, staff and supporters who have graciously donated books and materials to be enjoyed by all. Come by and check out the books, newsletters, and journals added this semester, some of which are listed below.

**Intellectual Wellness:**
- Train Your Mind Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves - Author, Sharon Begley
- Spend Time With a Poem – Written by CSUF OLLI Members; Published by OLLI
- Age Wise: Fighting the New Ageism in America - Author, Margaret Morganroth Gullette

**Physical Wellness:**
- Walk With Ease: Your Guide to Walking for Better Health, Improved Fitness and Less Pain - Publisher, Arthritis Foundation
- Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis - Author, Miriam E. Nelson and Sara Wenick
- Nutrition Action Newsletter – Publisher, the Center for Science in the Public Interest
**Emotional Wellness:**

- The Art of Calm: Relaxation Through the Five Senses - Author, Brian Luke Seaward
- Learning to Laugh When You Feel Like Crying: Embracing Life After Loss - Author, Allen Klein
- The Five Ways We Grieve: Finding Your Personal Path to Healing after the Loss of a Loved One - Author, Susan A. Berger
- God's Little Instruction Book: Inspirational Wisdom on how to live a happy and fulfilled life - Publisher, Honor Books, Inc.
- The Five Love Languages: How to Express Heartfelt Commitment to Your Mate - Author, Gary Chapman
- How to Stop Worrying and Start Living - Author, Dale Carnegie

**Spiritual Wellness:**

- Honey From Stone: A Naturalist's Search for God - Author, Chet Raymo
- The Dream Giver - Author, Bruce Wilkinson
- Buddha - Author, Deepak Chopra

**Center For Successful Aging Website**

Did you know that the CSA website now has a link to whole-person wellness? It is updated regularly and includes all of the information we have shared with you this semester and MORE! You will find links to all sorts of information relating to our six dimensions of whole-person wellness. We have a link to our programming calendar so that you can stay up-to-date on current events happening at the center. And, don’t forget to check out the whole-grain recipes submitted by our very own CSA members.

You can access this information from the computers in the Wellness Resource Room in the CSA or from any computer by entering the following web address:

http://hhd.fullerton.edu/csa/WholePerson/wellnessresources.htm

Also consider accessing the following internet sites for other valuable information:

- healthfinder.gov: This site has resources on a wide range of health topics selected from over 1,600 government and non-profit organizations.

*Continued on next page*
**Resources & Information**

**nccam.nih.gov:** National Center for Complementary and Alternative Medicine. Complementary and alternative medicine (CAM) is a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.

**http://www.webmd.com/healthy-aging/default.htm:** WebMD provides valuable health information, tools for managing your health, and support to those who seek information.

**www.rxlist.com:** This resource includes information about all the medications you are taking, including common side effects and its chemical description, and which medications you can and cannot mix together.

**http://snap.nal.usda.gov/nal_display/index.php?info_center=15&tax_level=3&tax_subject=275&topic_id=1336&level3_id=5216:** This section of the USDA website offers nutritional information for adults over the age of 50.

---

**Staff Spotlight**

Elizabeth (Liz) White grew up locally in Anaheim, California. She is currently working on her master’s degree in Gerokinesiology. For her thesis, Liz will be working with Dr. Rose to develop and pilot an exercise program that promotes staying well at home for individuals who are unable to get access to a program such as that offered at the CSA. She expects to graduate in Spring 2013, and continue pursuing her love of working with older adults. Liz has a passion to teach and says that she will continue to stay involved with research to learn and find new methods that will improve the aging process.

Liz currently teaches Balance & Mobility I and FallProof H20 for the CSA. She has been working with the Center for over two years and says it has had such a positive impact on her life. Before working at the CSA, Liz worked with children. She says that working at the Center has opened her up to a whole new opportunity and she has really come to enjoy working with

*Continued on next page*
older adults. Liz enjoyed a very close relationship with her grandparents growing up, and she feels this allows her to relate well to older adult clients. She will sometimes burst out in song while teaching and finds clients surprised when she knows a song from their era. Liz says, “I have gained many friends while teaching here and we are like a real family.”

Liz shared that working at the CSA has helped her to develop her whole-person wellness. She keeps a copy of her goals in her folder so they are readily available as a reminder. She strives to recognize at least one aspect of wellness each day. Her biggest accomplishment, she says, is the improvement she has made on her “batwings” - the triceps muscles on the back of the arm. Liz says with a huge smile, “Just ask me and I’ll show you!”

When asked what she is most passionate about in life, Liz says she has adopted a Greek philosophy to be a life-long learner and have a quest for excellence in all areas of life. Liz is an empowering young woman and it is evident in all that she does!
About the Center

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. 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 in Kinesiology.

The CSA Staff

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

**Operations Manager**
Jeana Miller, M.S.

**Programs and Events Coordinator**
Karen Schlieter, M.B.A, M.S.

Class Instructors
Erin Blanchard
Scott Carver
Kristin Purcha
Lindsay Schroeder
Stella Tyron
Liz White

Continued on next page
Student Assistants – Fall 2011

Kristen Batuyong    Thomas Holper
Jonathan Chua      Rebecca Ko
Erika Diaz          April Morris
Phoebe Diaz         David Ostendi
Tyson Reyes         Melissa Sharp
                    Elisabeth Siapin
                    Candace Starr
Eric Torres         Anne-Margaret Tovar
                    Uyen Vu
                    Rosalyn Wilkinson

A special thank you to Elisabeth Siapin for coordination and support in the production and content development of this newsletter.

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.

© 2011, Center For Successful Aging, California State University, Fullerton.

Retraction

In the CSA’s newsletter published in Spring 2011, we published a poem called “The Dash” by Linda Ellis. We have removed this poem from the Spring 2011 newsletter due to a copyright infringement. We apologize to the Author of the poem and our newsletter readers for this unfortunate error. We request that our newsletter readers discard any copies of the CSA Spring 2011 e-newsletter that you may have retained in print or electronic copy. A revised version of the Spring 2011 newsletter, without the poem, has been posted to the CSA website. If you would like information about the inspirational work by Linda Ellis, please visit her website at: http://lindaellis.net/.