Message from the Director

As we celebrate the Center’s 13th year of operation, I have spent time reflecting on the progress that the Center has made during that time and the thousands of lives that have been impacted through our research, professional training, and direct service programs. I have, and continue to derive a great deal of joy and satisfaction from serving, first as the Co-Director with my esteemed colleague Jessie Jones, and now as the sole Director of the Center. It has been particularly pleasing for me to oversee the program’s expansion into one that embraces a more well-rounded whole person wellness philosophy. In the coming years we will test the efficacy of our whole person wellness programming and its impact on the vitality and well-being of our clients as well as its Return on Investment. I will have much more to share with you about this latter goal at the start of the Fall semester program. I wish you all a safe and fun-filled Summer and encourage each of you to continue nurturing all dimensions of your wellness, as I and the staff here at the Center promise to do each and every day!

-Debbie Rose
Participants in Action

Hal and Judy Anderson recently returned from a two week vacation in Ecuador’s Amazon Rainforest and the Galapagos Islands. The Anderson’s love to travel, but when they are home they enjoy volunteering at Charity’s Closet Thrift Shop in Placentia. Judy and Hal started volunteering at Charity’s Closet through their Presbyterian Church to raise funds to maintain “HIS” House (Homeless Intervention Shelter), a temporary homeless shelter that helps individuals and families with the resources needed to regain self-sufficiency.

At Charity’s Closet, Hal and Judy hang and price clothing. They had an awkward experience occur to them while Hal was hanging up clothes on a bar mounted high. The counter collapsed on him and the bar hit his forehead, almost knocking him out. Judy laughed as he was telling the story, saying that because of his height he always gets called upon to put things on high shelves. It was obvious that they enjoy volunteering together, and enjoy the social aspects of getting together with others for the purpose of a common good.

Hal and Judy have been with the CSA for about three years. They continue to come back to the Center because they enjoy all of the elements that the CSA classes have to offer: cardiovascular fitness, strength, balance, and flexibility. They like the way in which the program is structured and say they would not change a thing. Hal and Judy attended a Facebook workshop that was held after one of their classes, and Judy proudly mentioned that she has been signing on and rekindling friendships.

Thank you Hal and Judy, for your civic engagements and for being valued members of our CSA community!
Participants in Action

Sally (Bebe) Pollack has been a participant in the Balance and Mobility class at the Center for the past three years. She is also a member of the Osher Lifelong Learning Institute (OLLI), and has been for the past ten years. Bebe says she “walked in through the doors of OLLI and began to volunteer.” She first heard about the program from friends, and signed-up with her husband, Jerry. At OLLI she has been editor of the “The Chronicle”, chairperson of the computer education committee, VP of communications, and currently serves as a trustee on the Board of Directors. She is involved in many OLLI activities, particularly those which bring OLLI members into the university community – which Bebe says enriches her experiences. Her involvement in this collaboration evolves from her desire to socialize and remain productive. Bebe expressed a sense of pride in her continued OLLI involvement. She enjoys working hard and being around the positive energy and joking atmosphere, making it a good environment for everyone involved. After mentioning this, she chuckled saying, “it sure feels better to joke than to moan.” She says that the staff and interns in the Center understand the look of pain, but give smiles to help one through it.

Thank you Bebe, for your continued contributions to the OLLI program, and for bringing your joyful enthusiasm to our CSA community!

Well-being and Volunteering

Research shows that volunteering one’s time for as little as 10 hours a month or donating money has long-term benefits in the form of a “direct and positive effect on psychological well-being”.

“Your aspirations are your possibilities. You will never find time for anything. If you want time, you must make it.”
-Samuel Johnson, Charles Bixton.

**Living for Yourself**

Did you know?

According to leisure expert, Dr. E. Christine Moll, leisure time is medicinal. “Playing” is as important to a person’s health, as keeping cholesterol levels in check and exercising regularly. This is because it “airs out our brain”, renews our spirit, and fosters clarity of thought and life satisfaction. Also, it directly benefits our blood pressure. To promote each wellness dimension of our lives – emotional, intellectual, physical, social, spiritual, and vocational – leisure time should be considered a necessity, not a luxury.

The motto “living for you” is especially important to Baby Boomers because they tend to be the biggest abusers of the all-work-and-no-play lifestyle. According to Dr. Moll, “this generation really pushes to gain the American Dream and thinks nothing of putting in long hours or forgoing vacations. They often find it hard to put the brakes on, catch their breath and relax.” This is an unfortunate trend that takes a toll on well-being. In fact, research findings show that people who nurture leisure activities throughout their lives have a much healthier outlook in each of the six dimensions of wellness, as well as a stronger sense of self.

Retirees who embrace leisure throughout their lifetime are less likely to lose a sense of self when they are no longer working. For those who remain active throughout their older years, leisure provides structure to what may appear to be an unstructured day. As a result, the leisure-loving individual is more mentally aware, emotionally connected and physically capable.
Leisure time is you living for yourself. For example, it does not include watching a grandchild’s football game – that is considered to be grand-parenting. Instead, it means devoting time only to you or doing something without a worry or obligation.

According to Moll, leisure activities should:

- Be chosen freely
- Provide satisfaction and adventure
- Arouse interest
- Require commitment
- Serve as a sense of separation or escape
- Be pleasurable

What are you doing to make the most of your leisure time?
Living to 100 or Maybe Longer

Following a Blue Zone Way of Life

Did you know that the secret to living a long and healthy life may be found in a city not far from Cal State Fullerton? In the book titled, *The Blue Zones: Lessons for Living Longer From the People Who’ve Lived the Longest*, by author and explorer Dan Buettner, four areas in the world are identified as having a large community of people who are centenarians (100 years or older). The four blue zones are identified as Okinawa, Japan; Sardinia, Italy; the Nicoya, Peninsula of Costa Rica; and surprisingly, Loma Linda, California. The Blue Zone in Loma Linda has a lot to do with its culture, since the largest population of Seventh Day Adventists resides in Loma Linda than in any other city worldwide. This community of people follows a Biblically derived plant-based diet. They also remain committed to their “Sabbath Saturday” by taking the whole day to focus on their God. Buettner found that these characteristics in lifestyle and others are similar in all four Blue Zones. In his book, Buettner describes the lifestyle characteristics followed by the people of the Blue Zones.

**Buettner offers Nine Blue Zone Tips:**

1. **Daily physical activity** – make movement a natural part of your day, find something that you like to do and do it; do more of what it is you already like to do, i.e., gardening, walking, riding your bike.

2. **“Plan de Vida”** – discover a mission or purpose that can give meaning to your life and pursue it; consider taking on different challenges, i.e., learning a new language or volunteering with a charitable organization.

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“The greatest wealth is health”
-Virgil

3. **Slow down** – plan ahead to avoid rushing; take time to rest; try to work less; take vacations.

4. **Eat naturally** – eat vegetables and fruits, and less protein and processed foods; substitute animal protein for plant protein such as beans, tofu, or nuts.

5. **Eat less** – practice the “80% rule” by stopping eating when you are 80% full.

6. **Engage in spiritual or religious activity** – find activities that enrich your spirituality or religious beliefs.

7. **Create a healthy social network** – surround yourself with people who have similar values as you.

8. **Drink red wine (in moderation)** – keep a bottle of red wine at home to enjoy the heart healthy benefits of no more than one (women) or two (men) servings a day.

9. **Family time** – make family a priority; establish regular activities or rituals with family members.

The above tips are relatively simple and easy to follow. Rather than attempting all the tips at once, however, select only a few to try at a time. The longer you practice them, the easier they will become, and more likely to become a part of your everyday life. They are also likely to add greater quality to the remaining years of your life. Who knows, you may even live longer as well! Why not consider incorporating some of these tips into your whole-person wellness goals you develop next semester.

For more information visit: [http://www.bluezones.com](http://www.bluezones.com)

Source: *The Blue Zones: Lessons for Living Longer From the People Who’ve Lived the Longest*, Dan Buettner

Also by Dan Buettner: *Thrive, Finding Happiness the Blue Zones Way*. 
Did you know? Interval style training can lead to greater fat loss than steady-state exercise

High-intensity intermittent exercise (HIIE), otherwise known as interval training where short bursts of high intensity exercise are followed by short recovery periods, has been shown to result in greater fat loss than the traditionally lengthy steady-state exercise (SSE). A study published in the International Journal of Obesity supports the premise that the interval style training of HIIE is not only an effective but is also an efficient method of improving health and fitness. Participants in the study were grouped into an HIIE, SSE, or non-exercise control group. Eating habits of all participants were unchanged during the study. The results showed that 20 minutes of HIIE versus 40 minutes of SSE greatly reduced levels of fasting insulin, total body fat, subcutaneous leg fat, and abdominal fat.

Source:  

Editor’s Note: Interval training is a method of aerobic training we implement in the Fit4Life and Balanced Fitness classes. In addition to the benefits noted in this study, interval training produces greater cardiovascular improvements, increases your capacity to work at higher intensity levels (increases your fitness level), and burns more calories in a shorter period of time. Due to the greater work effort required during interval training, it is recommended to do no more than two days of aerobic interval training per week, allowing at least one day of recovery between sessions. Ask your class instructor if you want to review your current aerobic training to make sure you are getting the most out of aerobic interval training.
Preventing Alzheimer’s Disease Through Lifestyle Choices

Alzheimer’s disease is the most common diagnosed type of dementia, accounting for 50 to 70% of all cases (Alzheimer’s Association, 2011). It is a chronic neurodegenerative disease with a long asymptomatic period of about 10 years. Mohajeri & Leuba (2009) and Barnes (2011) suggest that in order to target Alzheimer’s disease, it would be best to intervene during the pre-symptomatic phase. By the time a person shows symptoms, the disease has already progressed too far to be functionally restored, according to these researchers. Though there is not one specific method of preventing Alzheimer’s disease, there are many strategies that have been shown, through research, to reduce the risk of cognitive decline and dementia.

The most consistent strategy shown to reduce the risk of cognitive decline and dementia is physical activity and diet. Many studies have demonstrated that regular and high levels of physical activity are associated with a decreased risk of dementia and Alzheimer’s disease (Flicker, 2009). Along with physical activity, the Mediterranean diet has been the most promising in reducing the risk for cardiovascular disease, neoplastic disease, and neurodegenerative disease. This diet is characterized by “high consumption of fruits, vegetables, legumes, and complex carbohydrates; moderate consumption of fish; olive oil as the primary source of fat; and low-to-moderate alcohol consumption” (Barnes, 2011). In addition, at the International Conference on Alzheimer’s Disease (2009), following the Dietary Approaches to Stop Hypertension (DASH) diet plan was found to be associated with less cognitive decline. The DASH diet, originally designed to control high blood pressure, is characterized as being “high in fruits, vegetables and grains, while low on meats, saturated fat, sweets, and salt” (International conference on Alzheimer’s disease, 2009).
Extra vitamin B may also help slow the progression of Alzheimer’s disease. In findings reported by Smith and Refsum (2009), individuals taking high doses of B vitamin experienced a slower rate of brain atrophy (0.76% per year), than subjects taking a placebo (1.08% per year). Although a promising finding, Smith and Refsum suggest that a larger trial needs to be conducted before clinical recommendations can be made.

Other lifestyle factors may also play a role, including alcohol consumption, smoking, social engagement, and cognitive stimulation. Wake Forest University researchers showed that after five years, participants who drank one to two alcoholic drinks a day were 37% less likely to develop dementia than participants who abstained from drinking. However, participants who drank more than two drinks daily were twice as likely to develop dementia as those who abstained. Smoking may increase the risk of Alzheimer’s disease in later years also. Participants who smoked more than two packs a day at midlife doubled their risk of developing dementia in later years compared to non-smokers (Smoking increases, 2011 & Flicker, 2009).

**Differences Between Alzheimer's and Typical Age-Related Changes**

<table>
<thead>
<tr>
<th>Signs of Alzheimer's Disease</th>
<th>Typical age-related changes</th>
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<tr>
<td>Poor judgment and decision making</td>
<td>Making a bad decision once in a while</td>
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<tr>
<td>Inability to manage a budget</td>
<td>Missing a monthly payment</td>
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<tr>
<td>Losing track of the date or the season</td>
<td>Forgetting which day it is and remembering later</td>
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<tr>
<td>Difficulty having a conversation</td>
<td>Sometimes forgetting which word to use</td>
</tr>
<tr>
<td>Misplacing things and being unable to retrace steps to find them</td>
<td>Losing things from time to time</td>
</tr>
</tbody>
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Sources:
Smoking increases later risk of dementia: A large study provides one more reason to kick the habit. (2011). Harvard Mental Health Letter, 27(8), 6.

A Profile of the Center For Successful Aging Client Professions

Want to know a bit more about your peers in the Center for Successful Aging?

The following data was gathered from 87 CSA participants who responded to our survey this semester regarding their professions.

Want to get to know your fellow classmates better? Ask about their profession.

Percentage of Clients in Each Professional Area

CSA clients in the “Other” category include: Social Work (1), Manufacturing (1), IT (2), Lawyer (1), Veteran (2), & Civil Servant (1).
### Conversation Starters

Sometimes it may be a challenge to meet new people in a social setting. To help get a conversation started, we offer the following list of questions and conversation starters that may help you get to know others, and draw upon the six dimensions of wellness.

- Who influenced your life as a child the most, and why?
- When you think of your parents or grandparents, what is the first thing that comes to mind?
- What never fails to put you in a good mood?
- On a long plane ride, who would you want sitting next to you?
- If you did not live in the U.S., where would you live?
- What is your favorite place on earth to visit?
- Describe your perfect meal.

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<table>
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<tr>
<th>Social Wellness</th>
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<td><strong>To be social is to be forgiving.</strong></td>
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<td>- Robert Frost</td>
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- What is your favorite type of physical activity?
- What type of hobbies do you enjoy?
- Describe a standout memory from college or high school.
- What newspapers or magazines do you enjoy reading?
- What is the most awe-inspiring place you’ve visited?
- How do you achieve peace and balance in your life?
- What was your first job?
- What is your favorite book?
- Do you have any pets (if so, tell me about them)?
- Do you have grandchildren (if so, tell me about them)?
- Where did you go on your last vacation?
Staff Spotlight

Scott Carver is the instructor of the Balanced Fitness class here at the Center for Successful Aging. He is FallProof™ certified and has his NSCA-CSCS (Certified Strength and Conditioning Specialist) certification. Scott started at the CSA as an intern over two years ago, and because of his noticeable leadership abilities and potential, was asked to assist Karen Schlieter in Balanced Fitness and co-teach Fit4Life with another instructor.

Scott is 24 years old and enjoys playing golf. He started golfing at the age of 5 and plans on opening his own golf academy in the future. Scott has a Bachelor’s of Science in Kinesiology and is in the process of completing his Master’s of Science in Kinesiology with a focus in Gerokinesiology here at CSUF.

Scott says that he has gained a lot of knowledge in how to effectively instruct his classes and has also gained managerial experience from mentoring his interns. Scott says that he is most likely to thrive in positions that will give him the ability to make decisions and guide a team towards a common goal.

Over the last two years that Scott has provided instruction in the CSA, he says he has made close friends and college acquaintances, broadened his network, and has changed his perspective on how to live his life. He says that his ability to bond with the CSA clients sprouts from the closeness he has always shared with his grandparents, who have always been supportive of him and influenced his love of golf.

Thank you Scott for your leadership in the CSA!
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.

**Emotional Wellness:**
- Sound Mind, Sound Body, Kenneth R. Pelletier.

**Intellectual Wellness:**
- Train Your Brain: How to Maximize Memory Ability in Older Adulthood, Robert G. Winningham.
- The Fountain of Age, Betty Friedan.

**Physical Wellness:**
- Real Age: Are You as Young as You Can Be? Michael F. Roizen.
- The Longevity Prescription: The 8 Proven Keys to a Long, Healthy Life, Robert N. Butler, M.D.

**Social Wellness:**
- Quality of Life and Older People, John Bond and Lynne Corner.

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Spiritual Wellness:

- The Purpose of Your Life, Carol Adrienne.
- Chocolate for a Woman’s Soul: 77 Stories to Feed Your Spirit and Warm Your Heart, Kay Allenbaugh.
- Infinite Grace: Where the Worlds of Science and Spiritual Healing Meet, Diane Goldner.
- Achieving the Mind-Body-Spirit Connection, Brian Seaward, Ph.D.

Vocational Wellness:

- Bound for Your Good Health: A Collection of Age Pages, National Institute on Aging.
- Your Life is in Your Hands: The Path to Lasting Health & Happiness, Krishan Chopra, M.D.

Did you know that the Wellness Resource Room (WRR) website includes a recently updated senior services directory, containing information on topics such as alternative and complementary medicine, caregiver resources, financial assistance, legal services, transportation and more?

You can access this information from the computers in the WRR or from any computer by entering the following web address:

http://hhd.fullerton.edu/wellnessresource/

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

- International Council on Active Aging
  http://www.icaa.cc/
- National Council on Aging
  http://www.ncoa.org/
- Fall Prevention Center of Excellence - resources for individuals and families
  http://www.stopfalls.org/individuals_families/index.shtml
- Senior Housing Resources
  http://www.seniorhousing.com/
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.

Program Coordinator
Jeana Miller, M.S.

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

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

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.
Retraction

This edition of the newsletter was originally published including a poem called “The Dash” by Linda Ellis. We have revised this edition of the newsletter to remove this poem 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 (volume 3, issue 1, 2011) e-newsletter that you may have previously received and 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/.