I marvel at how quickly time has passed since the opening of the Lifespan Wellness Clinic (now the Center for Successful Aging) in 1994 and the development of a new academic area of focus called Gerokinesiology within the Department of Kinesiology. Now in its 20th year, the Center continues to advance its mission of promoting health and vitality, and the reduction of frailty and disability in later years. We kicked off our 20th year with a two-day conference addressing the topic of “Living Well in the Third and Fourth Age” that brought a number of experts onto campus to share their knowledge in plenary sessions and “hands-on” workshops. A big Thank You to the conference program planning committee of Judy Aprile, Liz White, and Susan Shoho, who worked tirelessly before and during the conference to make it such a resounding success. If you did not have an opportunity to attend the conference or would just love to hear the plenary speakers again, I invite you to log onto the CSA website and watch the video presentations. A link is provided on page 2 of this newsletter.

Several CSA staff members also recently returned from attending and/or presenting at the annual International Conference on Active Aging in Orlando, Florida where they had the opportunity to network with experts in the field and attend scientific and professional sessions over the course of the three-day conference. Photos of our staff in presentation can be found later in this newsletter. Our ability to provide financial support for our staff to attend these conferences is largely the result of the program fees we generate from our community outreach wellness programs so a big thanks to all of you, our clients, who make these invaluable experiences possible for our staff.

Another big project that CSA faculty and staff have been involved in for the past several months is the development of an Annual Wellness
Visit Toolkit for use by primary care physicians who see older patients on a regular basis. This fruitful collaboration between the OC Public Health Agency, Orange County Aging Services Collaboration, and CSUF culminated in the development and distribution of the toolkit to approximately 65 physicians and other healthcare professionals who attended a recent dinner at the Wilcox Manor in Anaheim to learn more about the AWV toolkit and how to conduct the AWV.

All older adults enrolled in Medicare are eligible to receive a once yearly Annual Wellness Visit that focuses on wellness and prevention as opposed to illness so please take advantage of this wonderful opportunity if you are enrolled in Medicare and share this benefit with your Medicare-eligible friends also. The complete contents of the AWV toolkit have now been uploaded to the Orange County Aging Services Collaborative (OCASC) website at www.OCASC.org so that physicians who did not receive a hard copy of the toolkit can download all the resources needed to conduct an AWV. Next time you are at your physician’s office why not check to see if he/she routinely conducts AWVs and, if not, direct him/her to the OCASC website.

-Debbie Rose

The CSA celebrates its 20th Anniversary

The Center for Successful Aging staged the first of several events in celebration of its 20th anniversary with a two-day conference and expo on the CSUF campus on August 14 and 15, 2014. The Center (formerly called the Lifespan Wellness Clinic) was founded by Drs. Jessie Jones and Roberta Rikli, and now continues to flourish under the direction of Dr. Debra Rose. Cal State Fullerton continues to be regarded as a national leader in the dissemination of cutting edge research related to healthy aging and fall risk reduction as well as high impact academic practices that prepare students to become leaders in the field of Gerokinesiology.

The conference brought together a number of renowned experts to address the topic of “Living Well in the Third and Fourth Age.” Plenary presentations by the speakers listed below may be viewed on the CSA website at http://hhd.fullerton.edu/csa/20thcelebration/index.htm

Kerry Burnight, PhD, Professor, University of California, Irvine, School of Medicine
Helene Calvet, MD, Deputy County Health Officer for the Orange County Health Care Agency
Jessie Jones, PhD, Co-Founder of the Lifespan Wellness Clinic, and Interim Dean, College of Health and Human Development, California State University, Fullerton
Roberta Rikli, PhD, Co-Founder of the Lifespan Wellness Clinic, and Former Dean of the College of Health and Human Development, California State University, Fullerton
Joan Vernikos, PhD, former Director of NASA’s Life Sciences Division, Author of “Sitting Kills, Moving Heals”
Irma Waldo, MD, Medical Director, Twin County Recovery Services of Columbia and Greene Counties in New York.

The CSA will host a series of events on the Cal State Fullerton campus throughout the coming year to celebrate this important milestone. Watch your e-mail for news of our next event, or visit our website.

Center for Successful Aging, California State University Fullerton
CSA 20th Anniversary Celebration

Plenary Sessions

Exhibits

The Melt Method

Making Whole Person Wellness Happen

Walking Poles… An Alternative to Walkers and Canes
Gerokinesiology Graduate Students Present Research Results

Two studies conducted by the Center for Successful Aging were presented at the 2014 International Council on Active Aging Conference held in Orlando, Florida.

Elizabeth White presents *It’s Never Too Late: The Power of Well-Designed Fitness Assessments and Programs*

Erin Blanchard presents *Stay Well At Home: Promoting Wellness by Reducing Falls*

See What’s New in the Advancing Whole-Person Wellness Online Magazine

Compiled by Jan Montague, President of Whole-Person Wellness International, this magazine offers wellness themed articles, research, newsletters, videos, and photos to interested readers. To read the articles below, go to:

http://flip.it/0G1do

- How to Spend the Last 10 Minutes of Your Day
- Mediterranean Diet Keeps People ‘Genetically Young’
- The Power of Sleep
- Study Shows Clear New Evidence for Mind-Body Connection
- One More Reason to Get a Good Night’s Sleep
- How to Take Free Courses from Top Universities
- Brain: Why Exercise Boosts IQ
- Walking Is the Superfood of Fitness, Experts Say
Can Pelvic Floor Muscle Weakness Contribute to Back Pain?

At any given time, back pain impacts 31 million Americans (Jensen et. al., 1994) and is a “leading reason for physician visits, hospitalization, and utilization of other health care services” (Luo, Pietrobon, Sun, Liu, & Hey, 2004, p. 79). It has been often attributed to factors such as overuse, inflexibility, acute injury, stress, or genetics but is it possible it could also be related to imbalanced pelvic floor muscles? The results of a chronic low back pain study conducted by Jiangzia Zhao, MD, at the Department of Medical Services in Shanghai China, suggest a possible connection.

Dr. Zhao and his team (from the Department of Rehabilitation Medicine) investigated the effects of pelvic floor muscle exercise in patients experiencing chronic low back pain. Study participants included adults (aged 18 – 60 years) with chronic, nonspecific, low back pain. The first of two experimental groups was directed by physical therapists to complete routine treatment, consisting of lumbar strengthening exercises and ultrasound, three times a week while the second group, also directed by physical therapists, received the same routine treatment but were also instructed to perform pelvic floor strengthening exercises.

These exercises initially consisted of contracting the pelvic floor muscles for six seconds, followed by rest for six seconds over five-contraction cycles/day (1 minute). These exercises were gradually increased to a maximum of 100 cycles/day (20 minutes). At the end of the study, outcome measures that included back pain intensity, disability, and muscle function were assessed by three independent, and experienced physical therapists. The results showed that while measure of muscle function in both groups was similar, the group that received treatment including pelvic floor exercises demonstrated a decrease in pain intensity and disability (Zhao, et. al., 2013).

Key to spinal stability are the core muscles, which are the deep muscles of the trunk. The core serves as a “muscular corset that works as a unit to stabilize the body and spine,” (Akuthota and Nadler, 2004, pg. S86). The pelvic floor musculature is a primary component of the core muscles, along with diaphragm (which helps in breathing), transversus abdominis (the deepest abdominal muscle), and the multifidus (a deep back muscle. These synergistic muscles, when properly balanced, provide spinal stabilization. So, an imbalance in one may have an impact on another.

In addition to being a contributor to low back pain, pelvic floor muscle weakness is a known precursor to urinary incontinence. This condition affects nearly 20 million adult Americans and is so common that, in 2000, the cost of incontinence supplies was estimated at 19.5 billion dollars (Hu, et al., 2004). Engaging in a program to strengthen the pelvic floor musculature may lead to both diminished low back pain and improved bladder and bowel control.

Article submitted by Kathryn C. Rollins, RN, BSN, PMA-CPT, Plumb Lines

For more information about pelvic floor muscle exercises, visit:


2014 Food Trends: Are they actually good for you?

There has been a rising commitment among the aging population to engage in a lifestyle of healthy eating, according to Kelly Brownell, an obesity expert and dean of Duke University's Sanford School of Public Policy. This has generated considerable interest in previously overlooked foods such as kale, quinoa, coconut oil, and chia seeds as healthy food sources. However, are these foods worthy of the rising popularity they are currently experiencing? Let's consider both the pros and cons of four food items that are being lauded in the popular press.

**Kale**

Pros: It supports strong bones because of its high calcium content. It is packed with antioxidants since it’s in the same family as broccoli and brussel sprouts. It contains high levels of iron, vitamin A, vitamin C, vitamin K, and fiber.

Cons: Overconsumption of raw kale can contribute to hypothyroidism due to its goitrogenic properties (i.e. thyroid enlargement). To avoid this, cook kale to dramatically lessen this effect.

Fun Fact: If kale is harvested right after the first frost, some of the starches turn into sugars and produce a sweeter taste.

**Coconut Oil**

Pros: It contains 50% lauric acid, which lowers high blood pressure. This oil is naturally cholesterol free.

Cons: It is comprised of 92% saturated fat – the highest amount of any fat.

Fun Fact: When applied to the hair, coconut oil reduces hair breakage and can moisturize the scalp.

**Chia Seeds**

Pros: They contain healthy omega-3 fats, fiber, calcium manganese, and phosphorus. These seeds lower insulin resistance to ensure healthy digestion. Helpful for individuals with diabetes.

Cons: Overconsumption may lead to intestinal gas. It may also lead to blood thinning because of the omega-3 fats.

Fun Fact: Seeds germinate quickly and led to the popular Chia Pet products. Ch-Ch-Ch-Chia!

**Quinoa**

Pros: It is naturally gluten-free; and contains iron, B-vitamins, magnesium, phosphorus, potassium, calcium, vitamin E, and fiber.

One of the few plant foods that is considered a complete protein because it includes all the essential amino acids.

Cons: Overconsumption can lead to stomach irritation because of the saponins found in quinoa.

Fun Fact: Quinoa is not a grain; it is a pseudo-cereal.

*Article submitted by Karen Wong, undergraduate student, Department of Kinesiology*
“Live in the moment.” The concept of mindfulness is gaining increased visibility in research and practical applications across multiple disciplines, from cardiac rehabilitation, to improving sports performance, to training military personnel to better handle stress. We now find the practice being used in personal relationships, education, the workplace, the boardroom, even in the judicial system. Researchers are finding more evidence to support the claim that being focused and immersed in each moment does, in fact, enhance our health and lifestyle. Many studies have shown a multitude of mental and physical health benefits from engaging in meditation and mindfulness practices.

Although the concept of mindfulness is rooted in Eastern contemplative traditions, it has taken on a much broader scope. Rather than a strict process with set guidelines, achieving a state of mindfulness can be a simple process for everyone: we can pay attention to our breath; notice each sensation a given moment provokes; or recognize that what we feel in one moment may change in the next. It is a way to form a bridge that connects our physical sensation to our cognitive recognition.

Although more commonly associated with alternative health practices, mindfulness is gaining ground with traditional medicine. The medical community has coined the term “mindfulness meditation” to describe the mental and scientific process of living life moment-by-moment (Alexander & Langer, 1999). Mindfulness meditation is centered on the main principle of simply recognizing our thoughts while avoiding any judgment of our thoughts.

Living in the moment may be a practice to which some are adept, but others may find it elusive as they strive to balance dealing with the past, coping with the present, and imagining the future. Even if the prospect of taking time out of the day to devote to meditation seems remote to us, we can actually achieve mindfulness in how we approach everyday activities, including otherwise mundane tasks. It’s unlikely that many people would consider housekeeping chores as providing an opportunity to be mindful or meditative, but even these activities can be transformed into acts of meditation. Rather than perceiving the particular task as ‘drudgery’, imagine viewing it as a ‘privilege’. Instead of thinking “Oh, I have to clean out the closets today,” think “Today, I have an opportunity to de-clutter my home. I get to enjoy the feeling of freedom as I toss things into the donation bag; things that are useless clutter to me, but may be treasures for someone else.” Take a moment to appreciate how each item served you in the past and will now serve a new purpose for someone else.

When washing the dishes, enjoy the warmth of the water as you wash each dish; appreciating the food that was served on those dishes as you wash the remnants away. When cleaning windows, imagine the glow of the radiant light that will fill the room after you wash each window. When working in the garden, take a moment to appreciate the sun, the fresh air, the feel of the earth, the fragrance of the flowers, the gift of the herbs and vegetables. There are a myriad of opportunities to be mindful, and the power to do so lies within our minds.

Article submitted by Alyssa Bastreri, undergraduate student, Department of Health Science
CSA Featured Exercise: The Bird-Dog

This back strength exercise also strengthens other core muscles and trains the body to stabilize the lumbar spine during upper and lower extremity movement.

Option 1: Floor Exercise

- Come to a hands and knees position on the floor. Position your knees underneath your hips and your wrists directly underneath your shoulders. Your fingers should be pointing forward.

To engage your core muscles, imagine tightening a corset around your waistline. Keep your spine in a neutral position; avoid any excessive sagging or arching.

- Straighten and lengthen the left leg, then lift the leg off the floor until it is at or near parallel to the floor. The leg should not be lifted above hip height.

- Slowly raise and straighten right arm. Attempt to raise the arm until it is at, or near parallel, to the floor. Keep both shoulders parallel to the floor. Your head is an extension of your spine and should remain aligned with the spine throughout the movement.

The leg and arm should only be raised to heights that allow you to maintain the shoulders and pelvis in a level position.

- Gently lower yourself back to your starting position, maintaining balance and stability in the shoulders, pelvis, and torso.

- Repeat with the opposite arm and leg.

Option 2: Standing Exercise

- Stand at a ballet bar or kitchen counter with feet 12” to 18” away from the wall or counter. Place hands on the bar or counter with the arms straight. Imagine tightening a corset around your waistline.

Flex the left foot and slowly lift the leg off the floor to bring the leg behind you. Keep the lifted leg at a height that allows the spine to remain neutral (no arching) and the hips to remain level.

- Slowly raise and straighten right arm. Attempt to raise the arm until it is alongside the head. Your head is an extension of your spine and should remain aligned with the spine throughout the movement.

- Gently lower yourself back to your starting position, maintaining balance and stability in the shoulders, pelvis and torso.

- Repeat with the opposite arm and leg.

Did You Know?

**What if Age Is Nothing but a Mind-Set?**
Unconventional studies about the possibilities of positive psychology using the power of the mind to improve mind and body, and to ease various afflictions.


**Resveratrol in red wine has potential as a treatment for osteoporosis**
Recent research suggests that resveratrol, one of a group of plant compounds known as polyphenols, shows promise as a treatment for osteoporosis, according to a new study published in the Endocrine Society’s Journal of Clinical Endocrinology & Metabolism.

http://www.stonehearthnewsletters.com/resveratrol-red-wine-potential-osteoporosis-treatment/osteoporosis/#sthash.WAZSlo4c.dpuf

**Changing your walking style can change your mood**
Our mood can affect how we walk — slump-shouldered if we’re sad, bouncing along if we’re happy. Now researchers have shown it works the other way too — making people imitate a happy or sad way of walking actually affects their mood.


**How Mindfulness Protects Your Heart**
Recent findings published in the International Journal of Behavioral Medicine suggest that people with “dispositional mindfulness” (self-awareness) have better heart health. Although findings are still preliminary, this study suggests the potential of mindfulness interventions as non-invasive ways to help people adopt healthier behaviors.

http://time.com/3534531/mindfulness-protects-heart-health/

**Reminiscing Can Help Boost Mental Performance**
New research is showing that engaging in mind-wandering and reminiscing activities can actually boost performance on some challenging mental tasks.


**Danger in mixing medications and dietary supplements: FDA update**
Certain dietary supplements can change absorption, metabolism, or excretion of a medication and therefore affect its potency.

**New Members**

**Judy** Hirou (Balanced Fitness) is an OLLI member and joined the CSA to work toward her goals of improving her strength and her balance. She enjoyed a wonderful childhood growing up on a farm but without any brothers, she learned to do the type of work typically associated with “the boys.” She learned to drive a tractor, repair cars, and raise the animals. She now loves to spend time gardening and arranging flowers.

Judy is the proud mother of four children (three sons and one daughter) and an even happier grandmother to three boys and two girls. Included in her family is her dog, Molly, and her tortoise, Max.

Judy works part-time as a realtor and loves working with other older adults. She also enjoys the opportunity to provide counseling in her spare time. She finds delight and reward in volunteer work with hospice care where she tries to make people as comfortable as possible, and does so with her dog Molly.

Favorite food: salad
Favorite sport: American football
Favorite travel destination: northern Italy

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**TED Talk Favorites**

**What is a TED Talk?**
TED Talks are short powerful talks that address a wide range of topics on the research and practice of science and culture. Speakers are given a maximum of 18 minutes to present their ideas in the most innovative and engaging ways they can. Whatever your field of interest, you will likely find a TED Talk to pique your interest.

TED (Technology, Entertainment and Design) is a nonprofit organization devoted to spreading ideas throughout a global community. On TED.com you will find a “clearinghouse” of knowledge from the world's most inspired thinkers who cover a myriad of topics in more than 100 languages.

**Nature. Beauty. Gratitude**
The stunning time-lapse photography of filmmaker Louie Schwartzberg, accompanied by powerful words from Benedictine monk Brother David Steindl-Rast, serves as a meditation for being grateful for ever day.

http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude

**Remember To Say Thank You**
This TED talk speaks to the power of saying "thank you" to deepen a friendship, repair a relationship, and to make sure another person knows what he/she means to you.

http://www.ted.com/talks/laura_trice_suggests_we_all_say_thank_you
Robert “Bernie” Bernstein (Balanced Fitness) admits that curiosity got the better of him after hearing fellow OLLI members talk about the CSA. That curiosity led him to enroll in the Balanced Fitness class and work toward his goal of maintaining a high level of health and fitness for as long as he lives.

Bernie was born in Chicago; spent some of his childhood in upstate New York; and then moved to Ohio where he attended high school. His most memorable moment occurred at the age of 75. Adopted by a family in Ohio, it was not until age 75 that he received his birth certificate and learned that he had a sister, and the two became fast friends. He describes himself as a private man, friendly, but very introspective.

Now that he is retired from managing his own business, Bernie spends much of his time volunteering with the Fullerton Police Department. Some of his many duties include managing the front desk, escorting people through the station, collecting fines, and on occasion, helping to direct traffic.

Favorite author: John Updike
Favorite music: Jazz
Favorite travel destination: Paris

Carol Thurk (Fit 4 Life) discovered the CSA at an OLLI open house and learned more about the program from friends who are members of the CSA. A former runner, Carol’s goal is to recapture her love for exercise. Born and raised in Wisconsin, she remembers her many days playing outside all day long, even on winter days. Carol and her husband were married in the Chapel at Chapman University and spent their honeymoon in Maui. Her two step-daughters are successful professionals, one a forensic scientist who resides in the City of Orange, and the other is a teacher in Lincoln, Nebraska. As a software librarian, Carol loved the challenges of her work and the opportunities to travel outside the U.S. Now that she is retired, Carol enjoys quilting, participating in OLLI activities, especially music and science, and volunteering at CHOC Hospital.

Favorite movie: Gone With the Wind
Favorite actor: Paul Newman
Favorite singer: Neil Diamond
Favorite sports team: Green Bay Packers
Favorite food: Mexican
Favorite travel destinations: London and Vancouver.
Karen Schlieter, Class of 2010

A mid-life career change found Karen returning to school and earning her master’s degree in gerokinesiology in 2010. During the three years while Karen completed her degree, and for two years following graduation, she was actively involved with the CSA and the Kinesiology Department. She earned her Balance and Mobility Master Instructor certification, worked in the CSA as a class instructor and then as the Programs and Events Coordinator, taught the Physical Dimensions of Aging course in the Kinesiology Department, and served as the Assistant Program Director for the Balance and Mobility Specialist Instructor Certificate Program. Karen also holds an M.B.A. from the University of Redlands and is a certified Personal Fitness Trainer and Health Coach with the American Council on Exercise (ACE).

Karen relocated to St. George Utah in early 2012 where she specializes in working with mid-life and older adults to maintain optimal fitness, wellness, and balance and mobility skills. She works at the Intermountain Healthcare LiVe Well Center (LWC) – St. George, Utah, which was modeled, in part, after the CSA. Karen has been able to apply all the education and skills she obtained at CSUF and the CSA in her current role. This has included offering FallProof™ Balance and Mobility classes and playing a significant part in developing the structure and service offerings of the LWC.

She sees expanding opportunities for gerokinesiology graduates in the years ahead. In order to be strong job candidates, she encourages students to get as much hands-on work experience as possible, and develop well-rounded business skills (including strong written and oral communication, proficient use of software programs such as Word, Excel, and PowerPoint), and a professional demeanor. Serving in the CSA helps to develop many of these skills.

Working with the clients in the CSA is one of Karen’s fondest memories of her time at CSUF. Making the mid-life career change from corporate project management to serving older adults, helping them live the healthiest lives possible, is incredibly rewarding for Karen. She loves helping individuals regain or maintain functional abilities, reduce their risk for falls and increase their overall fitness and health.

Moving to St. George Utah was a quality of life decision she and her husband Chris made and they are making the most of their lifestyle change. They enjoy the easier smaller-town pace, the world-class hiking, the nearby National Parks, and the amazing geography and beauty of Southern Utah. This year they purchased a travel trailer and along with their dogs have been having fun RVing throughout Southern Utah.
The Key Factors That Affect Jet Lag
http://www.huffingtonpost.com/map-happy/the-key-factors-that-affe_b_6017478.html

6 Common Prescription Mistakes You Might Be Making
http://time.com/3511283/prescription-mistakes/

5 Habits That Will Actually Change Your Life for the Better
http://time.com/3532622/habits-that-change-life/

A rich vocabulary can protect against cognitive impairment
http://www.stoneheartnewsletters.com/rich-vocabulary-can-protect-cognitive-impairment/cognitive-impairment/#sthash.NF77zjrK.dpuf

Metal allergies may affect joint replacement success
http://www.reuters.com/article/2014/06/20/us-joint-replacements-metals-allergy-idUSKBN0EV1TY20140620?feedType=RSS&feedName=healthNews

Awesome Finger Reader Gadget Lets the Blind Read Printed Text

Just for Fun

Dutch Airline Hires Adorable Dog to Reunite Passengers With Lost Items
https://www.youtube.com/watch?v=NK-T_t166TY

An Entertaining Ode to Proper Grammar
http://time.com/3051761/why-weird-als-word-crimes-is-english-for-dummies/

When To Buy The Cheapest Airline Tickets

Bank Uses Its ‘ATMs’ To Thank Its Customers In The Most Heartwarming Way
http://www.mostwatchedtoday.com/td-canada-thank-you-atm/

Belly Dancing Dog


References

Everyday Mindfulness


Can Pelvic Floor Muscle Weakness Contribute to Back Pain?


2014 Food Trends: Are they actually good for you?


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.

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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