Message from the Director

As another academic year draws to a close I think back on all the wonderful moments that I have enjoyed in the Center for Successful Aging over the past year. I can honestly say that the most enjoyable aspect of my position at CSUF is directing this wonderful Center that is full of vibrant clients and great staff. Our student interns and volunteers also do such an outstanding job. I am blessed to have such committed future professionals working in the Center! Although we bid farewell to some of our graduate students completing their studies here at CSUF, we welcome new graduate students who will continue to teach at the high standard you have grown to expect over the many years that the Center has been operating. The big news this year was the completion of the much needed renovation of the Movement Enhancement Lab. We now have a new floor and color scheme on the walls to greet us each day. A big thanks to Shari McMahan, the Dean of the College of Health and Human Development and Steve Walk, Chair of Kinesiology, who shared the cost with the CSA of renovating this space that first opened its doors as the Lifespan Wellness Clinic in 1994. I do hope you all stop by to see our new space in the near future!

-Debbie Rose
Participants in Action

Dennis and Peggy O’Connor have volunteered for Career Wise, a homeless shelter, and the Fullerton Armory shelter for the past three years. Dennis and Peggy shared that they gain great satisfaction from volunteering at each of the organizations. The shelters in Fullerton provide individuals who are homeless with a place to sleep, eat a meal, obtain clothing, shower, and access the restrooms. Dennis and Peggy became aware of this volunteer opportunity through their church, where they were motivated by other members to participate in community service.

Dennis and Peggy play different roles when volunteering. Peggy is in charge of the clothing section at the shelters, where she collects clothing, folds and stores it, and finally distributes it to individuals and their families who are homeless. Dennis helps men and women with job training and developing resumes at the different facilities. Peggy and Dennis enjoy helping people in their community and they have gained a new sense of appreciation for all types of people. Working at the homeless shelter has given them a different perspective of what it means to be homeless and really get to know who they are as people.

Dennis and Peggy gain great personal satisfaction from their volunteer work. They feel that the most satisfaction comes from helping women and children, being more aware of problems in their community, helping individuals prepare for and seek employment, and developing a different perception of the people who are homeless in their community and the nation as a whole.

Peggy has been a participant in the Center for Successful Aging for one year while this is the first semester for Dennis. They both participate in the Fit 4 Life class (Tuesday/Thursday 10:15). Dennis and Peggy were asked what they like most about being a CSA member and they replied: “The support system from not only the staff but other members in the program, the supervision from the instructors, the variety of exercises, and the mental stimulation.”
Lower Extremity Osteoarthritis (LE-OA)

About:
- All forms of arthritis combined represent the leading cause of disability in the U.S.
- The general term “arthritis” describes over 100 conditions and diseases, categorized as rheumatic disorders, which affect joints, the tissues surrounding the joints, and other connective tissues.
- The most common types of arthritis include osteoarthritis, rheumatoid arthritis, lupus, gout, and fibromyalgia.
- Osteoarthritis (OA), the most common form, affects 33.6% (12.4 million) of adults 65+ years. It is characterized by degeneration of cartilage and the underlying bone within a joint, as well as bony overgrowth.
  - The breakdown of these tissues leads to pain and joint stiffness, and the joints most commonly affected are the knees, hips, hands, and spine.
  - The specific causes of osteoarthritis are unknown, but are believed to be a result of both mechanical and molecular events in the affected joint, and may include a genetic/hereditary influence.
  - About 20–35% of knee OA and ~50% of hip and hand OA may be genetically determined.
  - Disease onset is gradual and usually begins after the age of 40.
  - There is currently no cure for OA, so treatment for OA focuses on relieving symptoms and improving function, and can include a combination of patient education, physical activity, physical therapy, weight control, and medication.
- The CDC’s primary messages about managing arthritis are:
  - Be active and maintain your weight at a healthy level.
  - See your doctor early at the sign of symptoms.
  - Protect your joints.

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Diagnosis of Osteoarthritis:
Osteoarthritis is diagnosed based on the following primary findings:
1. Stiffness that lasts less than 30 minutes in the morning
2. Bony tenderness
3. Bony enlargement
4. No palpable (to touch) warmth of joint, even if swollen

Osteoarthritis and Physical Activity:
- Individuals with OA often have an increased risk for cardiovascular disease, usually resulting from reduced activity levels due to increased pain and/or movement limitations. “A painful knee won’t kill you, but cardiovascular disease will.”
- OA is frequently associated with other chronic conditions, such as obesity, high blood pressure, and high cholesterol. Again, these relationships may be due to decreased physical activity.
- Physical activity is very important for individuals with OA. Individuals with LE-OA (includes OA in the hips, knees, ankles and/or feet) should follow the American College of Sports Medicine (ACSM) physical activity (PA) guidelines for individuals with OA, modifying activities as needed.

How much physical activity do adults with arthritis need?
1. Two hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity per week OR 1 hour 15 minutes (75 minutes) of vigorous-intensity aerobic activity per week OR an equivalent combination* of moderate and vigorous activity.
   - *A general rule is that 1 minute of vigorous intensity activity = 2 minutes of moderate intensity activity.
   - Activity can be divided into small amounts, at least 10 minutes at a time, during the day.

   AND
2. Muscle strengthening exercises on 2 or more days per week.
3. Balance exercises on 3 days per week if at risk of falling.
4. Flexibility activities, multiple times per day, particularly around affected joints.

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Physical Wellness

Tips for staying active while managing OA:

- Any physical activity is better than none.
- Moderate, low-impact physical activity is safe for people with arthritis.
- Activity should be in addition to doing usual daily activities.
- More health benefits are gained with more activity.
- The benefits of physical activity far outweigh the risks.

PA modifications for LE-OA may include:

- Protecting joint stability and alignment;
- Wearing neoprene knee sleeves to assist joint stability for some individuals with knee OA.
- Wearing foot pads or wedges, especially lateral (on the outer section of the foot) to assist joint stability for some individuals with knee OA.
- Altering an activity if joint alignment cannot be achieved;
- Addressing issues with reduced muscle activation and strength.
- Research shows that the quadricep muscles (muscles of the front upper thigh) often do not “activate” normally in individuals with lower extremity OA. Therefore, appropriate guidance by a physical therapist or exercise specialist may be advised.

What should I do if I have pain when I exercise?

Some soreness or aching in joints and surrounding muscles during and after exercise is normal for people with arthritis. This is especially true in the first 4 to 6 weeks of starting an exercise program. However, most people with arthritis find if they keep exercising they will have significant long-term pain relief. Here are some tips to help you manage pain during and after exercise:

- Modify your exercise program by reducing the frequency (days per week) or duration (amount of time each session) until pain improves.
- Change the type of exercise to reduce impact on the joints – for example switch from walking to water aerobics.

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Physical Wellness

- Do a proper warm-up and cool-down before and after exercise.
- Exercise at a comfortable pace – you should be able to carry on a conversation while exercising.
- Make sure you have good-fitting, comfortable shoes.

See your health care provider if:

- Pain is sharp, stabbing, and constant.
- Pain causes you to limp.
- Pain lasts more than 2 hours after exercise or gets worse at night.
- Pain is not relieved by rest, medication, or hot/cold packs.
- Large increases in swelling or your joints feel “hot” or are red.

For more information visit:

- http://www.cdc.gov/arthritis/

Movement is a medicine for creating change in a person's physical, emotional, and mental states. ~Carol Welch
Health Benefits of Random Acts of Kindness

This semester we acknowledged national Random Acts of Kindness Week (February 20th - February 26th) by encouraging our participants to go out and engage in random acts of kindness. Some of the random acts of kindness our clients reported included: opening the door for someone; delivering the morning paper to their significant other; inviting a new church member to lunch after church service; giving a neighbor a ride to work all week until her car was repaired, increased efforts to focus on recycling; helping someone cross the street; picking up dog waste and trash in the park; taking a friend to the doctor’s office; saying hello to someone; and donating a book to the library. Our clients engaged in these random acts of kindness, not knowing that they were receiving many positive health benefits as a result of their kindness.

According to Allan Lukes, author of the book “The Healing Power of Doing Good: The Health and Spiritual Benefit of Helping Others”, helping others contributes to the maintenance of good health, and it can diminish the effects of disease and disorders. There is said to be a rush of euphoria, followed by a longer period of calmness, after

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performing a kind act, which is referred to as a “helper’s high,” involving physical sensations and the release of the body’s natural painkillers, known as endorphins. This initial rush of euphoria is then followed by a longer-lasting period of improved emotional well-being. If you suffer from stress-related health problems, performing kind acts can reduce the feeling of stress and the negative effects it has on the body. Helping others also reverses feelings of depression, provides social contact, and decreases feelings of hostility and isolation that can cause stress, overeating, ulcers, and many other health problems. Helping others can also enhance our feelings of joyfulness, emotional resilience, and vigor!

The regular participation in kind acts toward other people can increase your health and well-being. Giving to others makes you feel better than receiving from them. Participating in random acts of kindness does not take very much effort and it is very beneficial. We encourage everyone to create their own list of random acts of kindness and follow through with them on a daily basis. You will not only make yourself feel better, but you might also make someone else’s day!

“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to enlightenment, and all wisdom and virtue will naturally come to him.

-Buddha

Spiritual Wellness

**Spirit, Science, and Health**

*Spirit, Science, and Health* is a book written by Thomas G. Plante and Carl E. Thoresen that discusses how the spiritual mind helps fuel physical wellness. The book contains chapters on prayer, meditation, measurement, spiritual growth, spiritual interventions, ethics of integrating spirituality into patient care, and special issues related to persons who have Cancer. This is a great book to read, irrespective of your spiritual beliefs. You can find this newly purchased book in the CSA Wellness Resource Room (KHS-011D) in the spiritual dimension section, online, or in an enlightened bookstore.

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**Other recommended readings**

- *Sacred Healing* by Norman Shealy
- *Infinite Grace* by Diane Goldner
- *30 Lessons for Living* by Karl Pillemer

By Norman Shealy  
By Diane Goldner  
By Karl Pillemer
Social Wellness Month:

July is the month to celebrate Social Wellness. Social Wellness Month was created by Words of Wellness and was put in place to assist people in their efforts to live a healthier life. Social Wellness Month provides us with an excellent opportunity to help others feel good about themselves and build stronger social ties to the ones they love. You can increase your social wellness by calling a family member once a week, joining a support group, or taking a friend out to lunch!

"The better part of one's life consists of his friendships."
-Abraham Lincoln

CSA participants model social wellness within their classes!
Kristin Purcha is an instructor in the Balance and Mobility I and II classes here at the Center for Successful Aging (CSA). She is a FallProof™ certified, a certified life guard and also has her CPR certification. Kristin started as a volunteer in 2009, officially started assisting with classes in 2010, and became an instructor in 2011.

Kristin plans on graduating in May, 2013 and her career goals are to get a full time job with benefits and to use the information that she gained from the CSA to be successful in her career choices. Her master’s thesis is focused on how the multidimensional balance and mobility program developed here at the CSA influences cognitive function.

Kristin has learned a great deal while working at the CSA. She has learned how to conduct balance classes, organize classes, and how to communicate with interns, take risks, and build confidence. She has also learned how to ask for help. Kristin states that the CSA has had a huge impact on her life. It has had a personal impact because she has gained so many skills and she has built a platform for the rest of her career. She has also developed personal relationships with her clients and feels emotionally connected to them. Kristin also stated that all the hard work is worth it because she is contributing to a better quality of life.

Similar to the CSA participants, Kristin is constantly working on her whole-person wellness. She reads and learns new information constantly while in school to develop her intellectual wellness. She runs or walks at least three times a week to maintain her physical wellness. To monitor her emotional and spiritual wellness, Kristen writes in a journal every day. She enjoys going to church and hanging out with her friends to keep up her social wellness. And lastly, she supports a little girl from Ghana to fulfill her vocational wellness. Kristin states that her whole-person wellness is well rounded and that she is continuously growing as an individual.

Kristin was asked if she could be a superhero, what would she want her superpowers to be and she answered, “infinite amounts of wisdom, because you can never get enough of it.” And when asked what she was most passionate about in life, she responded, “I love experiencing the diversity of culture through traveling.” Kristin has been to China, Europe, Ireland, and Thailand.

Thank you Kristin for all your contributions to the CSA!
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.
Whole-Person Wellness Coordinator: Judy Aprile, M.S.G

Class Instructors:
Erin Blanchard
Scott Carver
Erica Diaz
Kristin Purcha
Stella Tyron
Liz White

Student Assistants: Nereida Arteaga, Jasmin Barnes, Meaghan Clark, Jackie Cole, Stephanie D’Alessandro, Jacqueline Dawson, Lisa Finney, Karly Horne, Jung Kim, Destiny King, Michelle Krummes, Mary Krygier, Brandon Leigh, Vincent Mac, Danielle Noriega, Lauren Ostrosky, Klint Penamante, Elise Powell, Max Tormohlen, Jeff Towning, Paul Van Sant, and Uyen Vu.

Questions or comments? E-mail us at successaging@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.