You’ll find this 6th issue of our Gerontology Program Newsletter filled with evidence of the growth and accomplishments of our Program, our certificate and master’s students, honor society, faculty, alums, and community supporters. We’ve accomplished much this year and anticipate opportunities for further development over the next year.

This year we completed our 5-year program review process. Our external reviewers included Drs. Brian DeVries of the San Francisco State Gerontology Program and John Walsh of USC’s Andrus Gerontology Center. Our internal reviewers were Drs. Jo Brocato from Social Work and Tina Arora from the College of Education. The Review provides a fresh look at our Program and ideas and recommendations to strengthen it. We are grateful for this opportunity. Our next goal is to become an Association for Gerontology in Higher Education Program of Merit. Until accreditation becomes a reality for Gerontology Programs, this is the highest validation of a program’s quality.

Other exciting indications of our growth:

- All undergraduate nursing students will take GERN 400, Perspectives on Gerontology as a required course in their programs. This will give them a broad view of the aging process to inform their practice.
- We are now on Facebook. Please “like us” at www.facebook.com/CSULBGerontology. This will be a forum for students, faculty, alumni, and friends of the program to stay connected, ask questions, and post internship and job opportunities.
- This year we were able to support several students’ travel to the California Council on Gerontology and Geriatrics annual meeting in Sacramento. This was made possible through a generous grant from the Long Beach Agencies and Programs on Aging (APA) organization and other funds from a supporter. Please consider donating to the Program so that we can continue to support student learning and scholarships.
The 2013-2014 academic year has been a busy one for the Gerontology Program. Perhaps our greatest achievement has been fostering continued connections with our greater CSULB, Long Beach and international communities. The Program has received instructionally-related activity grants totaling $1000 from the Center for Community Engagement to support service learning activities with our wonderful community partners. Gerontology Program faculty and students presented their work at several conferences hosted by state and national professional organizations including the California Council on Gerontology and Geriatrics, the American Society on Aging, the Association for Gerontology in Higher Education and the Gerontology Society of America. We participated in an OLLI-hosted panel presentation about Blue Zones, which discussed lessons about healthy aging from around the world. Lastly, we connected with global partners from Taiwan, Japan and Canada through our Global Aging course.

Strengthening connections will continue to be a focus for the next academic year, including the types of collaborations we accomplished during this academic year, but also a strengthening of connections within our own university as well as with our alumni. The Gerontology Program has fantastic colleagues from around campus that teach a variety of courses taken by our students. Our alumni contribute greatly to our program by serving as guest lecturers, supervising interns, and providing opportunities for service learning. We look forward to inviting these groups of our supporters to play an even greater role in our Program, which will most importantly benefit our students.

The Blue zones are coming, the Blue Zones are coming!

As ominous as this sounds, it would be absolutely one the best events that could happen to any community. The College of Health and Human Services recently held their annual “Wellness Week” activities, and a presentation and panel discussion related to the Blue Zones played a pivotal role. The presentation was part of the Donald P. Lauda Wellness Lecture series, and Amy Tomczyk, the Director of Outreach and Education for the Blue Zones Project was the featured speaker. In her presentation, Ms. Tomczyk provided a clear explanation of what constitutes the Blue Zones – five areas of the world were people live measurably longer lives than the average - and went on to discuss how any community can set up their lifestyles and surroundings to promote a healthier and happier environment in which to thrive.

The day before, a panel discussion was held at the Osher Lifelong Learning Institute (OLLI) regarding the Blue Zones. Our panel consisted of five distinguished OLLI members who weighed in on the various Power 9 behaviors that have emerged from the Blue Zones book and project. The discussions were lively, insightful, and rarely followed the script, which only added richness to the spontaneous nature of the event. This event was coordinated by the faculty of the gerontology program here at CSULB.
The gerontology program is pleased to announce that this year, 9 students graduated from our master’s program:

**Summer 2013**
- **Christine Thayer**: Alternative Transportation and Older Adults in Long Beach: Awareness Planning, and Use
- **Vanessa Camarena**: Perceptions of Older Adults with Diverse Visual Impairments About Safety, Independence, Mobility, and Social Connection
- **Caitlin Nguyen**: The Effects of High Contrast Colors in Tableware on the Level of Food Intake of Women with Dementia

**Fall 2014**
- **Alma Madrid**: Knowledge and Attitudes about Advance health Care Directives Among Community Dwelling Hispanic Older Adults

**Jonghwa Chung**: Attitudes About Aging: A Comparison of American and South Korean University Students.

**Christine Weber**: Exercises for Older Adults with Dementia: A Meta-Analysis

**Winter 2014**
- **Jessica Brenner**: An Educational Curriculum on Death and Dying for Caregivers in California Assisted Living

**Spring 2014**
- **Joy Dias**: Factors Associated with Poor Oral Health Among Older Adults
- **Melissa Dillon**: Active Aging Program for Older Adults with Early Stage Dementia

**Summer 2014** (anticipated)
- **John Fay**: California Employer perspectives On Older Working Adults Specific To The Affordable Care Act Health Insurance Mandate
- **Elena Ionescu**: Sexual In Older Adults Diagnosed With Dementia: Curriculum for Caregivers In Dementia Communities
- **Donna M. Griggs**: Older Adult Volunteer Value In The Workplace: Voices Of Experiences With The Long Beach Fire Ambassador Program

**Gerontology Certificate Students**
- Cynthia Brayboy
- Maria Enciso
- Jennifer Funez
- Rachel Keefer
- Maricela Munguia
- Cynthia Nguyen
- Rudy Sanchez
- Katie Watson
- Maria Zavala

**SCHOLARSHIP**
Congratulations to the following students who have received Scholarships in Gerontology:
- APA CCGG annual meeting registration scholarships: Jade Dudley, Elizabeth Nadeau, Christine Weber, Maria Zavala
- American Society on Aging (ASA) annual conference registration scholarship: Parisa Shams
- Long Beach Cares: Laura Escobar (Social Work)
- Gerontology Program: TBD

**The California Wellness Foundation CCGG annual meeting registration and membership scholarships**: John Fay, Donna M. Griggs, Elena Ionescu.

**Awards and Recognition**
- **California Council on Gerontology and Geriatrics**
  - **Casey Goeller**: Betty and James E. Birren Emerging Leadership Award
  - **Christine Weber**: David A. Peterson Student Achievement Award

**California State University, Long Beach**
- **Christine Weber**: Graduate Student Honor Award, College of Health and Human Services.
- **Christine Thayer**: Graduate Dean’s List of University Scholars and Artists, Department of Family and Consumer Sciences.
- **Sigma Phi Omega (GAHPS)**: Outstanding Campus Involvement Award, 2013-2014, Student Life and Development.
Gerontology Faculty’s Recent Scholarly Activity…

**White, B.** (April 2014). Leisure World: Volunteerism and Health in Later Life. Presentation as part of *Golden Age Foundation* Event, Seal Beach, CA.


Dalton, S., Wyte, T., **Claver, M.** & Dobalian, A. (April 2014). Disaster Planning for Home Health Patients and Providers: Literature Review and Evidence-Based Recommendations for Best Practices. Poster accepted for the 2014 *Preparedness Summit*, Atlanta, Georgia.

**Claver, M., Wyte, T. & Dalton, S.** (March 2014). Disaster Preparedness in Home-Based Primary Care: Phase II. Presentation at *American Society on Aging Conference*, San Diego, CA.

**Claver, M. & Goeller, C.** (February 2014). Flipping the Blended-Learning Classroom. Poster accepted for *Association for Gerontology in Higher Education's 40th Annual Meeting and Educational Leadership Conference*, Denver, CO.

**Claver, M. & Kuo, T.** (November 2013). Gerontology Education through Global Partnership. Session at post-conference workshop at *the 66th Annual Scientific Meeting of the Gerontological Society of America*, New Orleans, LA.

**Claver, M. & Wyte, T.** (November 2013). Disaster Preparedness in Home-Based Primary Care. Presentation as part of Emergency Preparedness and Response in the Aging Population *Symposium at the 66th Annual Scientific Meeting of the Gerontological Society of America*, New Orleans, LA.

From our Gerontology Academic Honor and Professional Society, Sigma Phi Omega ΣΦΩ - Delta Eta Chapter a.k.a. G.A.H.P.S.
by Elena Ionescu, Vice President  G.A.H.P.S.

The scholastic year of 2013-2014 was an exciting one for us. Back in Fall 2013 we were able to connect with different gerontologists at a Coastline College Gerontology Networking Event; we talked about elder abuse prevention at the “Health and Safety Fair @ The Beach”; we walked to End Alzheimer’s in Huntington Beach and Anaheim; we collected canned food for our Long Beach seniors, and became Santa’s friends during the holiday season for the 2nd time (Senior Santa & Friends Campaign aimed to collect items Orange County’s seniors had on their lists).

For Spring 2014, we coordinated a new canned food drive event for our Long Beach seniors. This event gave us the opportunity to network with different departments on our campus. Students, faculty, and staff from Family and Consumer Sciences, Kinesiology, and Psychology departments were happy to donate food for the “feed Long Beach Seniors in Need” cause. All canned food donations went to the Long Beach Senior Center (LBSC) and according to the event coordinator of LBSC, Barbara, L., “this canned food drive was by far the most amount of food LBSC received from CSULB”.

In April, 2014 a few of our GAHPS members received different scholarships ( Long Beach Agencies and Programs on Aging, Bettie Suttie Scholarship Fund, The California Wellness Foundation) that helped them attend the 34th Annual Meeting of the California Council on Gerontology and Geriatrics in Sacramento.

In May 2014, GAHPS was recognized and awarded by Student Life & Development, CSULB for being the student organization with an Outstanding Campus Involvement during the 2013-2014 academic year.

We are looking forward to the next academic year to continue meaningful and engaging activities for students and seniors in our communities.

Read about our chapter in SPO National Newsletter, Spring 2014.

POSTER PRESENTATIONS

California Council on Gerontology and Geriatrics Annual Meeting

University Achievement Awards

Graduate Student Research Colloquium
 • John Fay.  Screening Methods for Dementia.
 • Elena Ionescu.  Sexual Perceptions of Older Romanians.
 • Parisa Shams.  The Connection Between the Classroom and Community Service Learning.
Morning rain did not dampen the spirit of collaboration at the 34th Annual California Council on Gerontology and Geriatrics (CCGG) Meeting held on April 4 in Sacramento. The Embassy Suites meeting room was full, and the audience, filled largely with students from CSU Sacramento, was the largest ever.

CSU Long Beach was well represented with public thanks given by CCGG President Maria Henke, MA, to “those who drove all the way up from Long Beach” (I flew, thanks to CCGG and a scholarship from The California Wellness Foundation). Special thanks to Casey Goeller, MSG, MA; Christine Weber, MSG; Elena Ionescu, MSGc; Jade Dudley, MSGc; and Sigma Phi Omega President John Fay, MSGc; for making the extra effort to be there.

Additionally, two of the fourteen posters presented were from CSULB, “Flipping the Blended-Learning Classroom” by Maria Claver, PhD, MSW, CPG; and Casey Goeller, MSG, MA; and “Spirituality: A Coping Method for Elders,” by Elena Ionescu, MSGc. A number of speakers gave dynamic presentations and networking was strong.

CCGG presented five top honors, with two awarded to members of our gerontology tribe here at CSULB. Christine Weber, MSG, graciously received the David A. Peterson Student Award in recognition for her outstanding achievements during her education in gerontology. She lovingly referred to missing “her people” at Sunrise and the joy she had in providing hands-on experience to students in Dr. Claver’s classes, “There’s nothing like hearing a resident tell you how really good a banana tastes on a taco.” Further conversation revealed that she would be working in research at USC, having been among those selected to join her UC Irvine research boss when they leave in July.

Casey Goeller, MSG, MA, humbly received the Betty and James Birren Emerging Leadership Award for his accomplishments in promoting the advancement of gerontology and/or geriatrics as fields of study in California. The room busted out with laughter as he told them of his wife Jane’s similar reaction when he told her he was going to be recognized as an ‘emerging leader,’ “. . . an award that took me decades to earn.” Congratulations, award-winning gerontologists. Go Beach!
"Coming together is a beginning. Keeping together is progress. Working together is success." – Henry Ford

I believe that as Gerontologists or future Gerontologists we are always part of a team. We work with family members, doctors, social workers, and other gerontologists in order to be the best advocates we can be. I do not think I was born a leader but I have strengthened my leadership skills through the Gerontology Program here at CSULB.

I met Patty Mouton, the Vice President, Outreach & Advocacy, Alzheimer’s Association, Orange County Chapter, as a guest speaker in one of Dr. Claver’s classes back in 2012. It was her presentation that inspired me to participate in the Walk to End Alzheimer’s. Since then, I have now participated twice for this cause. In 2012, I created my own team to participate in the Long Beach walk where we were able to raise $1,200. In 2013 I started again to form a team, but I was asked by Patty’s team if I would like to join forces; and I did!

With the help of the amazing faculty and staff of the Behavioral & Social Sciences Division at El Camino Community College in Torrance, CA, I was able to raise $1,840 which helped the team I was part of, to raise over $11,000 for the Alzheimer’s Association. Going beyond my fundraising, it was not only because of the Walk to End Alzheimer’s team’s efforts, but it was also because of the team with which I am lucky to work every day here at El Camino Community College!

In my “fundraising recipe” the ingredients are, obviously, based on action! I sent out emails, thanked my donors with small goody bags that were provided by Patty, and I’ve made it a tradition (by now) to always bake my donors cupcakes to give them an extra thank you for their contribution.

Being an advocate for Alzheimer’s has been- and I know will continue to be- an amazing experience.

As a Gerontology student I have had the privilege to volunteer, meet fellow advocates, and meet individuals in the aging population which has enhanced my learning experience at CSULB; as well as inspired me to further my education not only in Gerontology, but also in fields related to the aging population.

The support that I have received from my fellow Gerontology classmates, faculty members, co-workers and amazing inspirational people I have met along the way have made it possible for me to be the leader I have become today.

“Outreach for the Stars" team- Anaheim, 2013
Having a lifelong love for older adults, I decided a year ago to pursue a Masters in Gerontology at CSULB - a decision that truly changed my life not only from an academic perspective but also in developing my skills. While academia has progressively expanded my knowledge of aging principles, my volunteer involvements, symposiums and conference attendance have extended my network reach and resources; providing me with an informative forum to learn more about current issues that face our aging population.

In the summer of 2013, I started to volunteer for the proposed University Affiliated Village in Long Beach - a project focused on developing a culturally diverse older adult “Hub & Spoke” organization to promote aging in place. I joined a group of CSULB student volunteers from various fields of study to help develop a comprehensive questionnaire, perform assessments through participation in several focus groups, and conduct in-depth interviews with older adult communities to lay the foundation for the future implementation of a vibrant “Culturally Diverse Long Beach Village.” The project will combine the knowledge and wisdom of community members with the expertise of CSULB health and social services, experiential education, and lifelong learning. The goal of the project is to enhance the quality of life for older adults to live safely and comfortably in their homes; identifying services, activities, and needed support for a successful aging-in-place.

Volunteering around many older adults is a wonderful experience! One noteworthy organization is the Volunteer Action for Aging (VAA), a division of SCAN Health Plan located in Long Beach. VAA is a volunteer service program designed to assist frail seniors and disabled adults maintain their independence in their homes and communities. Being able to be a part of VAA I learned to embrace the idea that growing old can be a great and wonderful thing.

I also, joined our student organization: Gerontology Academic Honor and Professional Society (GAHPS) where they provided me with opportunities for personal and professional interaction.

But, as I wrap up my second semester in the MS Gerontology program, I am amazed at how much this field of study has helped cultivate my interests, but more importantly, it has given me a precious gift - the fulfillment of my personal journey - guiding me closer towards the person that I aspire to become.

One of the many highlights of my year as an MS Gerontology student at CSULB was the opportunity to meet, interview, and develop a friendship with one of Long Beach’s living legends. Elinor Otto, who at 94 years old continues to work a full time job at Boeing aircraft, manufacturing the C-17 military planes. She is one of the many women they call “Rosie the Riveter,” a term coined during World War II when men were sent out to fight the war and an unprecedented number of American women entered the labor workforce. Elinor (who insists that I call her Grandma) has been featured on the cover of several national newspapers, appeared on several television talk shows and continues to receive recognition and awards. Despite all the attention, she still does not understand what all the fuss is about - “I’m just being me, living and working like I always have. I never realized that I can make such an impact just by being old and enthusiastic about life.” The opportunity to meet Grandma Elinor for one of my Gerontology class assignments has inspired me in so many ways, but most importantly, it has fostered an endearing friendship that has touched both of our lives - a priceless relationship which I will forever treasure.

Grandma Elinor & Joy
It has been about 17 years since Ms. Pamela Mokler graduated from our Gerontology Program obtaining the Master of Science Degree in Gerontology. In 2003, California State University, Long Beach- Alumni Association honored her with the Distinguished Alumna Award from the College of Health and Human Services.

Immediately after graduation, Ms. Mokler consulted with SCAN Health Plan, and founded a senior housing business that provided Service Coordination for low-income elders and created service-enriched senior affordable housing facilities. Moving from the private to the public sector, she served as Executive Director of the County of Orange Office on Aging (2000-2003); and then spent over 10 years consulting with managed health plans building bridges between health care and the aging, senior housing and faith-based industries – always working toward integrating the silos in the senior care continuum.

Since 2009, Pamela has worked for Care1st Health Plan, facilitating innovative partnerships, including Care1st Health Pan an Integrated Care Management Pilot with the Area Agency on Aging in Phoenix (launched in 2010), that demonstrated significant cost savings of home and community-based services (HCBS) on medical costs.

Last year, she facilitated a Pilot with the Independent Living Center in San Diego, to assist homeless disabled adults with housing and services. In her current role as Vice President of Long Term Services and Supports (LTSS), Pam is responsible for integrating LTSS (institutional long term care and HCBS) into the health plan in both Los Angeles and San Diego counties as part of the California Coordinated Care Initiative (CCI) which includes integrating medical, behavioral health and long term services and supports (LTSS).

Ms. Mokler currently lives in Long Beach and holds the position of Vice President of Long Term Services & Supports, Care1st Health Plan.

I have my M.S.G.!!!! I applied in 1972, delayed enrollment to earn my MRS., and now earn S.S. (Social Security)! An authentic Forty-niner (by birth year) I certainly am not the usual graduate.

I quit my business career for the Gerontology Program after an enthusiastic meeting with Dr. Claver. And I did not take for granted the education or career preparation. I multiplied the value of each course by taking advantage of opportunities. That meant that I followed up with class speakers, corresponded with authors, attended and introduced myself at healthcare and network events, City and County public meetings, professional forums and conferences. Usually at no cost, they were an invaluable connection to people, employers and professional organizations.

I chose my internship carefully with the Long Beach Older Adult Transportation Taskforce. Recently, I rose to the position of Facilitator of the Taskforce. It is a place that provides networking opportunities that would be difficult to locate on my own. I found my passion grew in this environment and among these professionals.
Thank You!

Upper row-left to right: Dihlary Abeyrante, Dr. Barbara White, Kiara Banks, Shawna Henry, Anna Gamboa, Cynthia Brayboy, Steven Grande;
Lower row-left to right: Dr. Maria Claver, Jordan De Lachica, Elena Ionescu, Gina Semenza, Wendy Lozano, Joy Fay, Donna Griggs.