As you will see in this annual newsletter, this has been an extraordinary year for the Gerontology Program at CSULB. Looking forward to the coming year, we are anticipating our 5 year program review by the University, and we will also apply for Program of Merit status from the Association for Gerontology in Higher Education (AGHE). This is the closest thing to accreditation for a Gerontology Program. We hope that current students and alumni will be active in this process. If you have not seen our website, please take a look. It is at www.csulb.edu/colleges/chhs/departments/fcs/programs/graduate/Gerontology_MS.htm and our Gerontology Certificate website can be found at www.csulb.edu/colleges/chhs/departments/fcs/programs/graduate/csulbgerontologycertificate.htm

There is also good news from our Center for Successful Aging. We are engaged in an interdisciplinary, Archstone Foundation funded planning grant for a “Beacon Hill-like Village” in downtown Long Beach. This membership organization will assist adults to age in.

One of the most exciting events of the 2012-2013 academic year was an interdisciplinary colloquium co-hosted by the CSULB Center for Successful Aging, the Department of Criminal Justice and the Ukjeja Center for Ethical Leadership regarding aging prisoners. In November 2012, we brought three professionals working with aging prisoners to the CSULB campus to discuss issues facing a system charged with meeting the needs of this vulnerable population.

A report by the Human Rights Watch that was shared with the audience described several considerations that must be made for geriatric inmates, including safe housing apart from younger and more aggressive inmates, extra blankets during cold weather, age-appropriate rehabilitation activities, and accommodation for mobility limitations, such as the assignment of a lower bunk. Concluding remarks by the panelists as well as Dr. Hank Fradella, chair of the Department of Criminal Justice, called for careful consideration of the best approach for balancing public safety with the sentencing, parole, and release policies keeping frail, elderly inmates in prison until death. The presentation was thought provoking, informative, and we are very grateful for the time and effort of everyone involved to make this a well attended-, high quality program. The Center of Successful Aging plans to host a follow-up workshop in the Fall of 2013, including the presentation of a documentary about the aging prison population followed by a Q&A with Dr. Karen Dalton, Director of Inmate Services, LA County Sheriff’s Department.
Program Announcements

**Program Statistics**

- Active Masters (34)
- Fall New Admits (12)
- Certificate (45)

**Graduation Announcements**

The gerontology program is pleased to announce that this year, seven students graduated from our masters program:

- Donna Lien, MS Fall 2012
  - Thesis: Perspectives on Aging From a Former Male Latino Gang Member

- Jonathan Nguyen, MS Fall 2012
  - Thesis: Adherence to Medications Among Vietnamese Americans 65 Years of Age and Older

- Leslie Vu, MS Fall 2012
  - Thesis: The Effect of Computer Use on Life Satisfaction, Hope, and Happiness for Older Adults

- Preeti Jagadale, Fall 2012
  - Project: Course for Training Physical Therapy Students in India to Work with Older Clients in senior Care Posting

- Brian Risleley, MS Summer 2012
  - Thesis: The Effectiveness of Cane Fu as an Intervention for Reducing Fall Risk and Fear of Falling Among Elderly

- Megan Shaw, MS Summer 2012
  - Thesis: The Impact of Media on Older Women: Ageist Attitudes Towards Biological, Psychosocial, and Social Aging

In the certificate program, 6 students graduated.

**Program Scholarship Announcements**

Congratulations to the following students who have received Scholarships in Gerontology this Spring to support their education in the 2013-2014 school year:

- Lisa Medrano, MS Summer 2012
  - A Family Caregiver Assessment and Intervention tool for Social Service Providers

- Elizabeth Dobson, MS
  - Directed Project: Elizabeth C. Dobson Consulting and Design: A Business Plan for Aging-In Place Resources

- Christine Weber
  - was awarded the Long Beach Cares Scholarship

- Amber Julian,
  - Nathalie Sevilla, and Christine Weber were awarded the Peninsula Senior Center Scholarship

- Arleatha Brooks,
  - Donna Griggs, Parisa Shams were awarded Gerontology Scholarships

- Dr. Maria Claver
  - received the CHHS and University Community Service Award

**Gerontology Faculty’s Recent Scholarly Activities**


**Update from the Gerontology Academic Honor and Professional Societies**

This semester we were able to provide a multitude of activities for members to be engaged in as well as off campus volunteer opportunities. We had an array of scholarships to apply too, we raised $112. for the Alzheimer’s Association Walk, and hosted annual canned food drive for the Long Beach Senior Center. GHAPS looks forward to providing meaningful and engaging activities for students and the senior community.
At the 6 1/2 hour mark, I had already had two meals, dozed off a bit, watched two movies, and was still only halfway there! Actually, the flight was not very full and service was great. After a short-night’s sleep, I met with one of our former students, Mayuko, and had a nice time catching up on her life after CSULB. We then went to J.F. Oberlin University on a series of subways, trains, and buses. This is the only university in Japan that offers graduate degrees in gerontology. I was there at their invitation to participate in a symposium they had organized to contrast and compare aging in Japan and the United States. Just prior to my presentation, a welcoming video featuring Dr. White and Dr. Claver was shown to the audience. This symposium had 4 other presenters who offered interesting perspectives of aging in Japan. The session was followed by a reception at a nearby restaurant. During this visit, I had the opportunity of visiting with the founder of the school, Hiroshi Shibata and many other members of the administration, faculty, and students. I came away from this day with a very positive feeling that we had begun a long and fruitful collaboration with this group of dedicated educators. Despite the long hours in the air, it was a magical day for me, and would go again tomorrow in a heartbeat.

California Council on Gerontology and Geriatrics Annual Meeting
Poster Presentations

- **Erika Duarte** (Certificate): Returning Autonomy to an Aging Population
- **John Fay**: Screening Methods for Dementia
- **Shawna N. Henry** (with B. Orton, P. Mouton): “Making the Moments Count”
- **Elena Ionescu**: Sexual Perceptions of Older Romanians
- **Edie Harbour & Dulce Vargas** (Certificate): Inanimate Scraps of Fabric Tap into Memories
- **Lisa Lares**, MSG (with M. Claver & M. Mallers): Perceived Control in the Lives of Older Adults: The Influence of Langer and Rodin’s Work on Gerontological Theory, Policy, and Practice
- **Parisa Shams**: The Connection Between the Classroom and Community Service Learning
A few months before April 12, 2013 when the California Council on Gerontology & Geriatrics (CCGG) was announcing its 33rd Annual Meeting, one of the most pro-active professors from FCS- CSULB (Dr. Claver) encouraged me to submit an abstract about a research pilot I conducted in Europe. Following her advice I was surprised when CCGG emailed me and announce my submitted abstract was accepted. I was invited by the CCGG to join the professional team and present a poster regarding the abstract. The amalgam of emotions I lived knowing that I was going to participate to a state-wide conference started and ended with similar symptoms you might hear as catalepsy and catalepsy episodes.

The big day arrived and at University of Southern California, Davidson Conference Center, CCGG opened its doors at 7am with registration and breakfast. The meeting was called “Leading Change: Aligning Workforce Development with Behavioral Health Care Needs of Older Californians” . At 7.30am the presenters of the first poster session were ready to explain their studies. That was the time I was to discuss about the Romanian seniors’ sexual perception. Beside my study, other colleagues discussed about the loss of hope in elderly patients due to disclosure of terminal illness, the empowerment of seniors through awareness, the importance of physical activity in cognitive abilities, the alcohol consumption in elderly population, global aging, the possibilities of service learning, and the caregivers’ education about Alzheimer’s disease.

Although I felt nervous at the beginning of the poster session, the presence of the most significant people from the Gerontology Program at CSULB (professors and classmates) really calmed my nerves and before I knew the poster session had ended. When I left the conference I was retrospectively thinking about the provided information that challenge the health policies for our older adults and how much hope our seniors must see in the new generation of gerontologists. Meetings like this make you think beyond the present; make you think about the importance and the contribution you want to and must bring to the field. April 12, 3013 was the date in which I attended for first time a CCGG annual meeting, but for sure not the last time; it was the day in which I felt important!
Advocacy in Action!

SHAWNA N. HENRY

On Tuesday, March 6th, I attended the Alzheimer’s Association Advocacy Day. The advocacy day event was located at the West steps of the California State Capitol in Sacramento, California. I was able to attend this event by completing a scholarship with the association.

We took a flight out of Long Beach airport around 8:00AM in the morning. We arrived in Sacramento around 9:00AM and proceeded in a shuttle to the state capitol. The event was already in process upon our arrival. We were registered, given a sash, a packet overview with an itinerary schedule for the day, and assigned to a group based on geographical residence.

My group consisted of a group leader, a caregiver, and thirteen year volunteer of the Alzheimer’s Association. Our objective was to gain the bill support of the assembly members. I had what is called the “ask” for bill AB-394. I asked the different legislators to allow this bill to remain active on our taxes until 2020, with their provided support in committee, on the floor, and their support as co-authors on the bill. I was also a constituent providing my response on how I have been affected by Alzheimer’s disease.

The morning was welcomed by Assembly Member Anthony Rendon, followed by presentations from other assembly members, Alzheimer’s staff, and a research professor from UC Davis. I represented the Alzheimer’s Association as an advocate and student intern, from California State University, Long Beach. These different roles enabled me to gain a valuable understanding of academics and advocacy as it relates to the health and educational support needed for funding research geared towards finding a cure for Alzheimer’s disease.

Agencies and Programs on Aging

JOHN FAY

Attending the California Council on Gerontology and Geriatrics Annual Meeting 2013 and receiving the Dr. Jeanne Bader scholarship to attend the conference was certainly an honor. Receiving the scholarship which was awarded by the Agencies and Programs on Aging (APA) of Long Beach provided the opportunity to represent the Long Beach community and then give back to APA with a synopsis of the main findings from the conference. As a graduate student in the Gerontology Program, the Dr. Jeanne Bader scholarship is an invaluable gesture by APA to continuing professional and educational development for students in the field of aging in memory of the second Director of the CSULB Gerontology Program.

Scholarship Recipients:
John Fay, Shawna Henry, Wendy Lozano, Gina Semenza
ALUMNI UPDATE

Rosemary Lewallen, MSG, 2011
Coordinator
Long Beach Elder Abuse Prevention Team

The mission of the L.B. Elder Abuse Prevention Team (LB EAPT) is to prevent elder abuse and neglect (including hoarding) in the greater Long Beach Area. My primary focus involves education and increasing public awareness of this growing problem through various means. The LB EAPT is a multi-disciplinary team that includes law enforcement, senior volunteers, service providers, professionals in the aging field, and in Gerontology. I coordinate and facilitate meetings which include L.B. police detectives who provide detailed examples of current scams, including how gypsies work to defraud older adults, and representatives from the U.S. Postal Inspector’s Office, who provide examples of mail fraud that targets seniors.

Other speakers I have included are representatives from the L.A. County Resource Center who spoke about caregiver stress and how that can lead to elder abuse or neglect, a bank executive who spoke about what banks can do to prevent financial abuse of seniors, and the Director of the L.A. Gay and Lesbian Center who spoke about the issues of the LGBT community and how we can provide a safe space for this community to age well.

The purpose of the LB EAPT is to provide capacity building to more than 50 agencies and organizations that have an interest in addressing issues of elder abuse and neglect. We want to build, connect, and strengthen interagency and inter-jurisdictional relationships among local agencies. The LB EAPT has been established with a professional network, including members from the Los Angeles District Attorney’s Office, Long Beach Police Department (LBPD) and Adult Protective Services (APS).

We also work with agencies to address the need for training and communications between agencies on elder abuse issues and gaps in the availability of data. We navigate information about services and providers, and identify which agencies and jurisdictions will handle cases of elder abuse, neglect, and self neglect in the Long Beach area. As part of my job, I answer calls from those who suspect abuse or someone is being neglected. I find out the facts of the case and often refer them to various agencies, such as Senior Links. I make out reports, encourage family members to report, or if they seem reluctant, I make the report myself.

ALUMNI UPDATE

Saemyi Chung, MSG 2010
Seoul’s Women’s University

I currently work as a part-time instructor at the Seoul Women’s University, I really enjoy teaching and building a friendly relationship with students. I would like to thank Dr. White for her special help and generosity towards me.

I was accepted as a PhD student to University of Otago which is a very reputable school (the oldest and first university in New Zealand). The entire tuition fees during my PhD program have been waived plus I have received a scholarship for three years which will support and cover my living expenses. I will be leaving for New Zealand at the end of June. I am so glad to inform you about this information as I am an alumna graduate of California State University, Long Beach.

Everything has been possible for me through your teaching and support at CSULB. One of my supervisor’s is from the U.S.A and the other is from Canada. I think I am so lucky. I appreciate your reference and good memories about me.