Message from the Director

At this time of year I often reflect on how blessed I am to have a job that I love and the opportunity to spend time with so many wonderful staff, students, and clients on a weekly basis. The time that I spend in the Center contributes immeasurably to my overall wellness as I hope it does for each of you.

In August, I assumed a new role as the Director of the Institute of Gerontology. While it brings a new set of challenges for me, I look forward to elevating the status of the Institute and working with faculty to enhance its reputation in the areas of research and professional education. Although many of my job responsibilities have changed, I will continue to serve as the Director of the Center for Successful Aging and continue to be actively involved in the Center’s operation.

In August we also welcomed a new addition to the CSA family with the birth of Jeana’s son Ryder. While we have missed Jeana’s leadership in the Center over the past several months, Liz White and Erin Blanchard, two of our experienced graduate students, stepped into Jeana’s very large shoes and completed the many tasks that keep our Center running smoothly. I am sure you will agree that they both did an outstanding job during Jeana’s absence, while gaining invaluable professional experience.

Thank you Liz and Erin! The Center is blessed to have you both and I, as Director, so greatly appreciate everything that you have done over the past six months to keep the Center running so smoothly.

This past semester we also welcomed a new member to our CSA staff. Judy Aprile, an alumnus of Cal State Fullerton, assumed Karen Schlieter’s position following Karen’s move to St. George, Utah. Judy brings many years of experience to this position, and has been a wonderful addition to the Center also. Thank you Judy for all that you have done this semester to advance the Center’s mission and bring fresh ideas and new activities to compliment our existing programs.

Finally, a big thank you to all the students, both undergraduates and graduates, who have completed internships, practicums, service learning experiences, and/or simply volunteered their time to assist with our on-campus programs and numerous community events we have participated in this past semester. You all bring so much wonderful energy to the Center, which is greatly appreciated.

HAPPY HOLIDAY SEASON TO EVERYONE IN THE CSA FAMILY!
Center for Successful Aging Launches New Study

The Center for Successful Aging has received funding from The California Wellness Foundation to develop and evaluate the efficacy of “Stay Well at Home,” (SWAH) a multifactorial fall risk reduction program. The goal of this program is to address the needs of underserved older adults, 75 years and older, who have limited access to community-based services and/or programs. The study will include older adults currently residing in Orange and San Diego Counties, located in Southern California.

This project will expand the Center’s community outreach efforts through the development of a multifactorial home-based fall risk reduction program that brings the expert into the home via multimedia and trains adult volunteers to facilitate the four components that will comprise the Stay Well at Home program:

1. Fall risk screening and assessment
2. Individually tailored and progressive exercise program
3. Home assessment and modification
4. In-home and telephone counseling focused on changing the recipient’s fall prevention knowledge, attitudes, and behaviors

The long-term goal of this project is to provide an evidence-based fall risk reduction program that can be disseminated with a high degree of fidelity and at low cost by healthcare agencies and other direct service organizations in the United States.

Interested in participating as a program recipient, or as a program facilitator?

Contact: Judy Aprile, Program Coordinator
E-mail: csawellness@fullerton.edu
Phone: 657-278-4202
Creativity as a Predictor of Long Life

Creativity can be described as a person’s ability to generate novel, varied ideas, alternatives, or possibilities that may be useful for resolving problems, communicating, and entertaining (Franken, 2007). In a study, published in the Journal of Aging and Health, researchers found that creative thinking reduces stress, promotes brain health, and decreases mortality risk. The element of stress reduction is important because stress impacts overall health, affecting the cardiovascular, immune, and cognitive systems. Creativity engages a variety of neural networks and consequently serves as a protector of health. “Individuals high in creativity maintain the integrity of their neural networks even into old age,” (Turiano, Spiro, and Mroczek, 2012).

Not only does creativity strengthen our intellectual wellness, creativity can also be a contributor to multiple dimensions of wellness. There are many ways we can find joy and fulfillment by using creative activities to connect with those around us; and they can be as simple as telling a story to your grandchildren or rearranging your furniture.

Creativity and Color

Physiological and psychological reactions to different colors have been studied for decades. The associations of color can vary from culture to culture, from circumstance to circumstance, and connection of colors and emotion has also been shown to change with age (Terwog and Hoeksma, 1995). We connect with color on many different levels, and use color in myriad ways. Even our English language includes many expressions that tie color to emotion: “purple with rage,” “having a yellow streak” “green with envy,” “feeling blue,” “life through rose-tinted glasses.”

Whether we create a work of art, search for the perfect pair of shoes, or buy a new car, we have a color palette. Take a moment to consider the colors you choose and the connections you have with them. What does your color palette say about you?

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Do we all see the same colors?

Researchers have found that the way in which the visual center of the brain works is different between men and women. Men have greater sensitivity to fine detail and rapidly moving stimuli, but women are better at discriminating between colors. (Source: Stonehearth News)
Betty Jura joined the Center for Successful Aging this semester and currently participates in the Fallproof I class. She learned of the CSA from a friend who told her “about this great class” while they were stuffing envelopes for OLLI (Osher Lifelong Learning Institute).

After undergoing spinal surgery, Betty found that her balance had been affected and hoped that the class would help. She is happy to report, “This class has certainly done that and more!”

Betty was born and raised in San Francisco and has one son. She retired from her career in market research, having worked for a wide variety of companies such as Del Monte Foods, ARCO, Hilton Hotels, and Disneyland Resort. The challenge of translating what consumers said they wanted into products they would buy was one of the dimensions of her work that she found immensely rewarding.

Now, she is enjoying her wonderful retirement life, devoting time to many crafts, including her passion for quilting. Betty also contributes to her community by serving on the board of charitable organizations, including Cookie Moms (affiliated with Crittenton Services) and the Needlework Guild of America (celebrating its 60th year in Fullerton), providing clothing to children.

Helen Homer is a new member of the Mon/Wed Fit4Life class. Born in Budapest, she immigrated to Northern California with her parents and two brothers when she was 10 years of age. Following the Hungarian Revolution in 1956, Helen and her family escaped in January of 1957, spent eight months in refugee camps, and arrived in the United States in August of the same year.

Helen moved to southern California to attend the University of California, Irvine where she earned her Master’s Degree in Business. She and her husband of 37 years met on a blind date and were later married in Laguna Beach. Helen’s field is property management, and her husband, a retired physician, is currently working on a computer-based business. Both their children now live in California. Their son works in stem cell research, and their daughter has recently returned to manage the Hollywood branch of a New York-based fitness company.

Helen appreciates the variety of activities in her Fit4Life class, the combination of the warm-up and cool-down, the well tailored, individualized workout program for each client, and the willing assistance from the CSA interns. She most enjoys the free-weight portion of class, and applies what she learns in the CSA to her workouts in her home mini-gym.
**CSA Welcomes Newest Members**

**Donnette** Guiltinan is a new member in the Tue/Thurs Fit4Life class, where she thoroughly enjoys her workouts with great friends and great music. “I’m inspired by those who are 10 or 15 years ahead of me; they’re such wonderful role models. I hope to follow in their footsteps, staying fit into my 80’s and 90’s, and be an inspiration to younger members in the future.”

Donnette’s husband, a physician, who believes that exercise is the key to longevity, is thrilled that she has enrolled in the CSA classes. Before joining the CSA, Donnette’s exercise was walking, including twice-weekly five-mile walks along the sand in Newport Beach, from Newport Pier to Balboa Pier. Now, she loves the weight training, balance activities, and cool-down in the classes. “After the cool-down, I feel relaxed and happy, and ready for the rest of the day.”

The Guiltinans have three sons, all married and living in Southern California. “We had two weddings just this year!” She is twice retired, first as a registered nurse, and then as an administrator at the Unitarian Universalist Congregation in Fullerton, where she has been a church member for 12 years.

With the time that retirement affords her, Donnette is beginning a new quilting project, reading, and working in their garden of vegetables and drought tolerant plants. The next thing on her to-do list is to join OLLI and audit classes at CSUF. “When you were in college, you could only focus on the exams, scores, and getting your degree. Now it’s time to think of doing something that is fun and interesting.”

Donnette and her husband recently returned from traveling to New Mexico where they attended the Balloon festival, hiked in the mountains, and explored the Carlsbad Caverns. They are now planning a trip to Africa next year after her husband retires from his medical practice. “This is the sweet spot,” she says. “I’m healthy, my family is well; I have time to enjoy and embrace life.”
# Healthy Choices for the Holidays

According to Men’s Health Magazine, “the average person consumes an extra 600 calories a day between Thanksgiving and New Year's eve.” For many, this increased consumption adds an extra six pounds of belly fat heading into the New Year.

The holidays are a time to enjoy and we all like to indulge a bit but there is a cost to indulgence. As we walk the fine line between festive and fattening, we should try to avoid the worst of the season's gastronomic choices, and opt instead for satisfying alternatives. The following examples compare total calories as well as sugar and/or fat content.

<table>
<thead>
<tr>
<th>The Worse Choice</th>
<th>The Better Choice</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Egg Nog</strong></td>
<td><strong>Hot Chocolate</strong></td>
</tr>
<tr>
<td>Calories: 350</td>
<td>Calories: 120</td>
</tr>
<tr>
<td>Fat: 19 g</td>
<td>Fat: 4 g</td>
</tr>
<tr>
<td>Sugars: 22 g</td>
<td>Sugars: 15g</td>
</tr>
<tr>
<td><strong>Crab Cakes</strong></td>
<td><strong>Shrimp Cocktail</strong></td>
</tr>
<tr>
<td>Calories: 400</td>
<td>Calories: 165</td>
</tr>
<tr>
<td>Fat: 19 g</td>
<td>Fat: 1 g</td>
</tr>
<tr>
<td><strong>Spinach and Artichoke Dip</strong></td>
<td><strong>Salsa</strong></td>
</tr>
<tr>
<td>Calories: 300</td>
<td>Calories: 10</td>
</tr>
<tr>
<td>Fat: 19 g</td>
<td>Fat: 0</td>
</tr>
<tr>
<td><strong>Baked Potato with Sour Cream and Butter</strong></td>
<td><strong>Roasted Red Potatoes</strong></td>
</tr>
<tr>
<td>Calories: 400</td>
<td>Calories: 100</td>
</tr>
<tr>
<td>Fat: 14 g (6 g saturated)</td>
<td>Fat: 5 g (1 g saturated)</td>
</tr>
<tr>
<td><strong>Pecan Pie à la Mode</strong></td>
<td><strong>Chocolate Fondue</strong></td>
</tr>
<tr>
<td>Calories: 800</td>
<td>Calories: 340</td>
</tr>
<tr>
<td>Fat: 65 g</td>
<td>Fat: 10 g</td>
</tr>
<tr>
<td>Sugars: 55 g</td>
<td>Sugars: 28 g</td>
</tr>
<tr>
<td><strong>White Chocolate Mocha</strong></td>
<td><strong>Café au lait with peppermint syrup</strong></td>
</tr>
<tr>
<td>Calories: 660</td>
<td>Calories: 150</td>
</tr>
<tr>
<td>Fat: 22 g (15 g saturated)</td>
<td>Fat: 5 g (3.5 g saturated)</td>
</tr>
<tr>
<td>Sugars: 95 g</td>
<td>Sugars: 17 g</td>
</tr>
</tbody>
</table>

Used with permission, from Men's Health's Eat This Not That! by David Zincenko and Matt Goulding, copyright 2012 Rodale Inc. http://eatthis.menshealth.com/slideshow/best-and-worst-holiday-foods#sharetagsfocus
Partridge in a Pear Tree or 12 Days of Sneezing?

As we make our way through the busy days of December, with crowded shopping malls, holiday parties, and mistletoe kisses, give the gift of health by taking these everyday steps to protect yourself and those around you.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze, or use an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth, thereby spreading germs.
- Try to avoid close contact with people who are ill.
- Stay home if you are ill until at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®).
- While ill, limit contact with others as much as possible to keep from infecting them.
- Get plenty of sleep, stay physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Vaccination is the best protection against contracting the flu. For older adults, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

Getting vaccinated means not only protecting yourself, but also not spreading the flu to your family or friends. The CDC recommends getting the vaccine as soon as it becomes available in your community because it takes the body about two weeks to build up immunity. The immunity will last throughout the entire flu season. Check with your healthcare provider if you have not yet had your vaccination.

Use this link to find where flu vaccines are available: [http://www.flu.gov/index.html](http://www.flu.gov/index.html)

Source: [www.flu.gov](http://www.flu.gov)
Holiday Safety Tips for Our Furry Friends

Good food and sweet treats abound as we celebrate the holidays. We bounce between the good intentions of moderation with wise choices, and the desire to throw caution to the wind. While we are very conscious of the temptations around us, we may be forgetting the temptations to our beloved pets. As your pets gaze longingly at the buffet table, remember that many of the things we love can be dangerously toxic and hazardous to dogs and cats.

Dogs

Chocolate
Affects the central nervous system. Symptoms include rapid heart rate, difficulty walking, muscle tremors, and convulsions. The amount of fat and sugar in chocolate can cause vomiting and diarrhea.

Grapes and Raisins
Affects the kidneys and can cause acute kidney failure.

Poinsettia, Holly and Mistletoe (Berries)
Can cause stomach and intestinal upset with vomiting and diarrhea.

Macadamia Nuts
Toxins can cause weakness, depression, vomiting, difficulty walking, tremors, and fever.

Cats

Ribbons, Strings, Tinsel
Gift-wrappings are favorite toys for our feline friends. If swallowed, it can result in intestinal obstruction, with vomiting and loss of appetite.

Christmas Tree Ornaments
Glass ornaments on lower branches are tempting toys for cats. If broken, they can cause paw lacerations.

Electric Cords
Cats, and dogs, sometimes chew on electrical cords. This will cause serious burns in the mouth and can result in swelling of the lungs which can be fatal.

Source: Western Carolina Regional Animal Hospital and Veterinary Emergency Hospital, Ted H. Owen, DVM
http://www.wcrah.com/blog/health-tips/christmas-season-tips.html
After receiving his Masters degree in 2009, Alex relocated to Texas to be closer to his family. Given the economic climate at that time, he struggled to find opportunities in Dallas. After months of job searching, Alex moved to Washington D.C. in May of 2010, to accept a position with Corporate Fitness Works, a fitness consulting and management services company.

In February 2011, Alex returned to Texas to join MediFit Corporate Services Inc. Now located in Houston, Alex manages the company’s fitness consulting contract. Alex places a strong emphasis on assessment-guided wellness interventions and the reduction of fall risk factors in his middle-aged and older adult clients (65-74 years of age).

Using his Cal State Fullerton education, and the training and skills Alex developed under the guidance of Dr. Debra Rose, he has opened the eyes of many of the wellness center members to the importance of balance training and performance. Alex explains, “One doesn’t just wake up one day and decide to fall in the parking lot; the factors that led to the fall have presented over time, but they can be minimized through balance retraining.”

Alex believes that the corporate wellness environment is of great benefit to its members, due to the much needed, free or low cost, one-to-one balance retraining provided by Alex and his staff.

“Struggle makes us appreciate what we have achieved and the people with whom we share joy.”
Did You Know?

Your exercise performance may be better after receiving a compliment. A Japanese study found scientific proof that a person performs better when they receive a social reward after completing an exercise. (Sugawara, Tanaka, Okazaki, Watanabe, & Sadato, 2012)

Two to three cups of coffee, 30 minutes before a task can improve recognition of positive words, but has no effect on the processing of emotionally neutral or negative words. (Kuchinke & Lux, 2012)

A new Canadian study has found that waist circumference may be a better predictor of mortality than body mass index (BMI). (Staiano et al., 2012)

Moving 6,000 or more steps a day adds up to a healthier life for women in midlife. A study published online in Menopause, the Journal of the North American Menopause Society, found that habitual physical activity—whether it comes from exercising or just activities of daily living—has the power to improve women’s health. (Colpani, Oppermann, & Spritzer, 2012)

Music therapy can be beneficial to patients before, during, and after a surgical procedure and may reduce pain and recovery time. (Gooding, 2012)

We unconsciously mirror the eating habits of people around us. (Robinson & Higgs, 2012)

Living in areas of high air pollution poses an environmental risk to older adults’ brain health. A study from USC Davis School of Gerontology showed a link between exposure to air pollutants and diminished brain function in older adults. (Ailshire, 2012)

Source: Retrieved from www.stonehearthnewsletters.com
References


Wellness Resources

Aging
http://www.icaa.cc
http://www.ncoa.org/

Caregiving
http://www.caregiving.org/
http://www.helpguide.org/elder/caring_for_caregivers.htm

Driving Skills
http://www.dmv.ca.gov/pubs/dl625/dl625senior.pdf
www.AAAseniors.com
http://www.nhtsa.gov/Senior-Drivers

Elder Law
http://www.clelaw.lib.oh.us/public/misc/FAQs/Elder_Law.HTML
http://www.aplaceformom.com/blog/elder-law-demystified/

Fall Prevention
http://www.stopfalls.org/individuals_families/index.shtml

Health
http://nccam.nih.gov/
http://www.webmd.com/healthy-aging/default.htm
http://www.rxlist.com

Senior Housing Resources
http://www.assisted-living-directory.com/
http://www.seniorresource.com/index.html

Volunteer Opportunities
http://www.seniorcorps.gov/
http://www.theseniorsource.org/pages/volunteer.html
http://www.volunteermatch.org/
http://www.aarp.org/giving-back/volunteering/

For more links to useful information, visit the Wellness Resource Room section of the CSA website at:
http://hhd.fullerton.edu/csa/WholePerson/wellnessresources.htm
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.

**The CSA Staff**

**Center Director**
Debra Rose, Ph.D.

**Operations Manager**
Jeana Miller, M.S.

**Program Coordinator**
Judy Aprile, M.S.

**Class Instructors**

- Erin Blanchard
- Erika Diaz
- Tyson Reyes
- Stella Tyron
- Elizabeth White

**Class Assistants**

- Sarah Alai
- Napoleon Amancio
- Andrea Ayala
- Jackie Cole
- Amanda Fielding
- Lisa Finney
- Nickolas Hardy
- Destiny King
- Christopher Lew
- Sasha Malbrough
- James Verhague
- Genesis Sandoval
- Skyler Winston
- Max Tormohlen
- Yi-Hsin Rebecca Ko

**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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