

OCTOBER 2018 VOL 1 ISSUE 1

AGING STUDIES

NEWSLETTER

AGING IS POPULAR, EVERYONE'S DOING IT.

HAVE YOU HEARD THE NEWS? GERONTOLOGY IS NOW AGING STUDIES

It is with great excitement that we announce our program's name change from Gerontology to Aging Studies. This is an effort to increase the visibility and recognition of our program both on and off campus. Changing our program name will help emphasize that the field is about promoting wellness and advocating for older adults by employing a multidisciplinary approach, thereby de-medicalizing the stigma of gerontology as the study of "geriatrics."

This change does not affect the Master of Science in Gerontology degree, though the minor will eventually change to a Minor in Aging Studies.

The program office will still be located in H-424. Please do not hesitate to stop by with questions. This is an exciting time for our program as we continue to recruit students from a variety of backgrounds and disciplines. Stay tuned for more opportunities to learn how you can be apart of the growing field of aging studies.

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Dr. Arnold Miller



It is with great sadness that we report the passing of Dr. Arnold Miller, beloved patron and champion of CSUF Gerontology, passed away on October 19. Dr. Miller and his wife Beverly established an endowment, the Beverly and Arnold Miller University Scholarship in Gerontology, in 1996. Since then, 104 scholarships have been awarded in their name. With their endowment, our program will be able to award these scholarships in perpetuity, allowing us to remember and honor Dr. and Mrs. Miller for years to come.

We encourage those of you who knew Dr. Miller or received one of his scholarships to join us in celebrating his life at an upcoming Memorial Service, to be held on Sunday, November 4 at 2:30 pm at Temple Beth Tikvah, 1600 N. Acacia Ave., Fullerton, CA, with a reception at a friend's home to follow.

Sigma Phi Omega

Join SPO on Tuesday, October 30

Axianta Financial Partners South Bay will be sharing their expertise on financial wellness and teaching students how to prepare for financial security after retirement. They will provide useful information on which retirement programs to look into, reliable companies, and how much you should be investing **NOW** for a better future.

[See flyer below for more details.](#)

Spring 2019 Courses

GERO 133:

Introduction to Gerontology*

*Fulfills G.E. D.1 Requirement

*Offered online or in –class!

GERO 425:

Successful Aging and Gerotechnology

The study of technology and aging. Students will learn about the impact of computers and internet, devices for sensory impairments, tele-health, smart home, automobile and transportation innovation on older adults, caregivers and society.

Deadlines

Spring 2019 MSG Program

December 1st

Application Deadline

Fall 2018

Nov 20 Thesis Submission

Dec 14 (Last day of classes) 597 & 598 Proposal

Dec 21 (Last day of finals Week) Project Defense

Spring 2019

Jan 18 Last day to register for classes without \$25 late fee

Feb 11 Grad Check Online



SIGMA PHI
OMEGA

Gerontology Honor Society



Financial Security in Later Life



AXIANTA
FINANCIAL PARTNERS

South Bay

COME JOIN US

TUESDAY, OCTOBER 30TH

4:00 PM - 5:00 PM



CALIFORNIA STATE UNIVERSITY
FULLERTON

H-511

*Refreshments
will be
Provided!*

events.



Eat. Meet. Mingle. Repeat.

AGING STUDIES MINOR WEEK

Stop by the Aging Studies office for **DIY Hot Cocoa Bar** and learn more about how a minor in Aging Studies can complement any major. Bring your friends!

Novemeber 5 - 9 | 1:00 - 3:00 PM
H-424

ARTICLE OF THE WEEK



This week's interesting article is brought to us by *The New York Times Magazine*, "The Island Where People Forgot to Die." As part of an ongoing study, the author, Dan Buettner looks at places where people live the longest. He was able to verify claims (through vital records) of populations with measurably longer lives including in Loma Linda, Calif., where a population of Seventh-day Adventists has a life expectancy that exceeds the American average by about a decade.

The article starts with an anecdote about a Greek war veteran from Ikaria named Stamatis Moraitis, who immigrated to the States, raised a family, and in his mid-60s was diagnosed with lung cancer and told he had nine months to live. Instead of choosing to undergo treatment^{*}, Moraitis and his wife moved back to Ikaria, an island of 99

square miles and home to almost 10,000 Greek nationals, where he could live out the remainder of his days. As of 2012, three and a half decades later, Moraitis' health has dramatically improved, living well into his late 90s.

The article goes on to discuss Ikaria's cultural attitudes of relaxed and hospitable as a contributing factor to its large population of centenarians. Academics that have studied the island have noted the medicinal properties of teas made from dried herbs endemic to the island and traditional Greek remedies, wild mint to fight gingivitis and gastrointestinal disorders, for instance.

Buettner found that when comparing this study on Ikaria to other places with high numbers of older people, there was support that the "Ikarians' dietary tendencies had been linked to increased lifespan." This includes, a low intake of saturated fats associated with lower risk of heart disease, plenty of olive oil (uncooked) to reduce bad cholesterol, goat's milk containing serotonin-boosting tryptophan, wild greens, and red wine in moderation. Also, very little refined sugar, white flour, and processed foods. The article further discusses a possible correlation between Ikarians' sleep habits. Occasional napping was found to be associated with a 12% reduction in the risk of coronary heart disease.

This article is full of fascinating information, accompanied by insightful statistics, light-hearted anecdotes, and comparative analysis of the value of aging in different cultures. To find out more and read the full article (I highly recommend you do) click [here](#).

^{*}Disclaimer: This article is not meant to suggest any type of treatment for any disease. Always consult your doctor to decide the best course of action for handling a medical diagnosis.
