

Aging Studies Program

CSU Fullerton

AgingStudies@Fullerton.edu

(657) 278-7057



*Discoverfest was a
success for SPO!*

September 2022
Newsletter



In this issue:

- Fall '22 Office Hours
- SPO Announcements
- Fall '22 Internships
 - Teepa Snow
 - Get involved

Fall 2022 Office Hours

Karen Wong, kwong@fullerton.edu

T/Th 9-11am, F 8:30-11am, H-424
& by appointment

Karen Fazio, kfazio@fullerton.edu

AGNG 507 - M 4:45-5:45pm, H-735B
AGNG 313 - Th 1:15 - 2:15pm, H735B
& by appointment

**Dr. Melanie Horn-Mallers,
mhornmallers@fullerton.edu**

M/W 10:15-11:15am, EC-456

Dr. Barbara Cherry, bcherry@fullerton.edu

F 12:45-1:45pm, H-735H

**Dr. Laura Zettel-Watson,
lzettel-watson@fullerton.edu**

M 12-1pm, H-810A
& by appointment

**Alex Lewandowski,
Graduate Assistant, H-424
alewandowski@fullerton.edu
Monday - Thursday, 9am - 2pm**

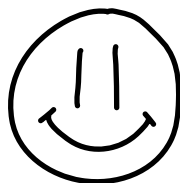
**Aging Studies Office, H-424
Monday - Friday, 7am - 4pm
Wednesday, 9am - 2pm**

Kim Bette, ASC works from home on
Wednesdays. You may reach her at
kbette@fullerton.edu

- **Professor Karen Wong** provides academic and career advisement in **H-424**. Office hours are:
 - **Tuesdays and Thursdays, 9 - 11am, & Fridays 8:30 - 11am.**
- Also available by appointment.
- To make an appointment, please contact **kwong@fullerton.edu**

Please don't forget to visit her this semester to check in about your study plan!

On **Thursday, September 22**, she will have **free coffee** available in the office. Please stop by, even if only to say hello.





First meeting will be next week on Zoom!

Date and time will be sent out via email.

Please reach out to be put on the list.

The first event of the semester will occur at **Crestvilla in Laguna Niguel**, an assisted living facility. The event will be **Tuesday, October 11, from 2:00 pm - 4:00 pm**. It will be a great experience to speak to residents and tour the facility. Additionally, this experience will give our members insight into assisting living and memory care operations.

There will also be a recruiter from Corp Kisco for anyone interested in being a part of the Kisco team who specializes in assisted living and memory care. This would be an excellent opportunity to add to someone's resume.

Where are Aging Studies students interning this semester?

Ombudsman Program

Since 1976, Long-Term Care Ombudsman advocacy has been one of the founding initiatives of the Council on Aging – Southern California.

The mission of the Long-Term Care (LTC) Ombudsman Program is to seek resolution of problems and advocate for the rights of residents of LTC facilities with the goal of ensuring their dignity, quality of life, and quality of care. Learn more:

www.coasc.org/programs/ombudsman/



Adult Protective Services

Each California County has an Adult Protective Services (APS) agency to help elder adults (60 years and older) and dependent adults (18-59 who are disabled). APS agencies investigate reports of abuse of elders and dependent adults, and provides information, referrals to other agencies, and education for the public about reporting requirements and responsibilities under the Elder and Dependent Adult Abuse Reporting laws. Learn more:

www.cdss.ca.gov/adult-protective-services



Where are Aging Studies students interning this semester?

Project Life

By becoming a volunteer for this program, you can help make a senior's quality of life better by offering them



something invaluable that can often be hard to come by: companionship. Project Life is about building genuine intergenerational bonds that revitalize both younger and older adults. Learn more: www.projectlifeca.org

Vitas

VITAS® Healthcare, a pioneer in the hospice movement since 1978, is the nation's leading provider of end-of-life care. VITAS Healthcare provided \$12 million in genuine charity care to hospice patients nationwide in 2021. This



represents an average of 1% of our gross revenues—a ratio that few, if any, hospice providers can match. Learn more: www.vitas.com



We had a very interesting organization shared with us recently regarding dementia care and awareness.

Teepa Snow and the PAC Team share about dementia so that everyone can understand why this is happening and how to support those living with brain change in a more positive and respectful way.

Teepa believes that “Rewiring our own perceptions, attitudes, communication strategies, actions, and responses, provides the shift that promotes change for the others around us.”

Check her out on YouTube here: www.youtube.com/watch?v=Yhr64dZoGsQ&t=0s

Visit www.teepasnow.com to learn more.



Join SPO today!

Purchase student membership (\$30) at: sigmaphiomega.org/become-a-member-2/

Then email AgingStudies@Fullerton.edu to be added to the membership list!

Follow us on
Instagram!
[@CSUFAgingStudies](https://www.instagram.com/CSUFAgingStudies)

Also, join on TitanLink!
fullerton.campuslabs.com/engage/organization/sigmaphiomega

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Aging Studies Program at CSUF

Welcome to Aging Studies! Catch latest information as well as highlights from life as a student in the Aging Studies program at CSU, Fullerton.

linktr.ee/CSUFAgingStudies



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Aging Studies Program CSU Fullerton · 1st
MSG Program & Aging Studies Minor Program
Fullerton, California, United States

Students at CSUF and beyond are experiencing mental health challenges in record numbers. Please familiarize yourself with campus resources in case you find yourself struggling in any way. More information can be found at: fullerton.edu/caps

- **You@Fullerton** is a virtual wellness platform designed to help students threefold: 1) to succeed, 2) to thrive, and 3) to matter. Through articles, videos, and CSUF resources, students will enhance their personal health, physical wellness and mental health. Explore more at: you.fullerton.edu/
- **CSUF Counseling & Psychological Services** is hosting drop-in-hours and wellness workshops throughout the semester. Follow on Instagram [@CSUFCAPS](https://www.instagram.com/CSUFCAPS) and [@YOU.AT.FULLERTON](https://www.instagram.com/YOU.AT.FULLERTON) for the most updated information about when these are.

Questions? Comments?

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HSS.Fullerton.edu/AgingStudies

Humanities 424