



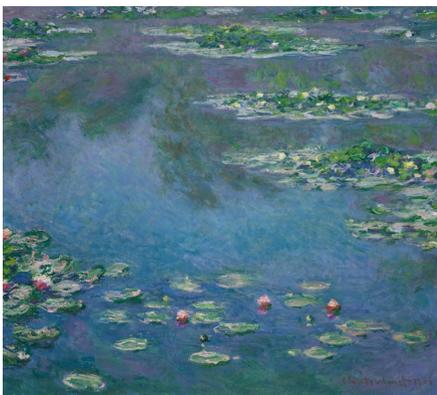
CALIFORNIA STATE UNIVERSITY, FULLERTON
AGING STUDIES

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by Monet

From the age of 60 and on, Claude Monet focused his art on painting his famous sequence of Waterlilies. This sequence consisted of over 250 paintings of Waterlilies. He devoted 20 years to painting these waterlilies to push past the limits of Impressionism. "One instant, one aspect of nature contains it all," said Monet. If interested in looking at a few Monet paintings in person, The J. Paul Getty Museum has a few on display.

Get Involved!

Dance/Music/Theatre Events!

Almost Maine

Description: Told with equal doses of wit and heart, *Almost, Maine* is a series of nine charming vignettes about love set in the fictional, magical town of *Almost in Northern Maine*. This whimsical look at relationships offers funny and poignant moments where the snowy setting becomes a character unto itself.

Dates/Location: November 3 - 6, 2021 @ Arena Theatre. Click this [link](#) for more information.

Mamma Mia!

Description: Get swept away by the infectious music, funny story, and dazzling dance numbers that have made *Mamma Mia!* a worldwide phenomenon. On the eve of her wedding on an idyllic Greek island, a daughter's quest to discover the identity of her father brings back 3 men from her mother's past. Featuring over 20 ABBA songs, including the hits "Dancing Queen" and "Take a Chance on Me," this high-spirited, feel-good sensation will have you singing and dancing in the aisles!

Dates/Location: October 29 - November 21, 2021 at La Mirada Theatre

Times: Thursdays at 7:30pm; Fridays at 8pm; Saturdays at 2pm & 8pm; Sundays at 1:30pm & 6:30pm. Click this [link](#) for more information.

Fall Dance Theatre

Description: Choreographers and dancers explore the complexity of dance as it captures our humanity and brings joy through movement

Dates/Location: November 16-20, 2021 at the Little Theatre

Times: 8pm: November 16, 17, 18, 19 and 2pm: November 20. Click this [link](#) for more information.

Opera Scenes: Opera meets The Seven Deadly Sins

Description: Lust, greed, pride, wrath, gluttony, envy, and sloth take center stage as *Opera meets The Seven Deadly Sins*. Enjoy an eclectic mix of scenes from favorite operas like *Dido and Aeneas* and *The Rake's Progress* and quality outliers such as *Regina* and *The Merry Wives of Windsor*, as well as new settings of two of literature's greatest works, *The Scarlet Letter* and *The Grapes of Wrath*. Rounding out the program is a title that all Schools of Music and choirs throughout the world can identify with: *Too Many Sopranos*. Be sure to attend to find out if there is any peace or redemption for the wicked when *Opera meets The Seven Deadly Sins*.

Date/Location: November 4 - 6 at 8pm, November 7 at 3pm @ Recital Hall. Click this [link](#) for more information.

Kaleidoscope Chat: Painting and Self-care with CAPS

Description: The TDRC invites you to join Kaleidoscope Chat: Painting and Self-care with CAPS from 12pm to 1pm

Date/Location: November 10, 2021 from 12pm to 1pm at TDRC-PLS180. Click this [link](#) for more information on Titanlink.

Aging Related Events!

Live to 100 and Love It with Dr. Trinh

Description: Learn the latest strategies for aging well with Chief Medical Officer at Irvine Clinical Research and dementia research expert Dr. Trinh. Learn how to reduce pain and improve quality of life through diet, exercise, cognitive stimulation, and support systems.

Date/Location: November 4, 2021 at Town & Country Senior Living (Santa Ana). Click this [link](#) for more information.

Maximizing Well Being in Loved Ones with Memory Loss

Description: Join us as we discuss strategies to maximize well-being in our loved ones with cognitive changes. We'll touch on the areas of identity, connectedness, autonomy, security, meaning, growth, and joy. This presentation is based on the insightful book of geriatrician Dr. Al Power, *Dementia Beyond Disease*.

Date/Time: November 30, 2021 at 10am (Webinar). Click this [link](#) for more information.

Faculty Spotlight



Department of Psychology

Barbara Cherry, PhD

Dr. Cherry first received her Bachelors in experimental psychology at UCLA, where she chose to study experimental psychology due to her fascination with the ability to assess people's behavior. She then ran her own business for about 13 years which consisted of buying and selling semiconductors. After this, Dr. Cherry then went back to school. She obtained a Master's in experimental psychology at CSUF and her Ph.D. at USC in experimental psychology. When at USC, she focused on laterality (cerebral hemispheric asymmetry) differences between the left and right side of the brain between younger and older adults for her dissertation. Later, she worked as a fellow for an adult development and aging grant under John Horn. This fellowship led her to investigate aging studies, which only makes sense as to why she eventually became coordinator/co-coordinator of the Aging Studies program.

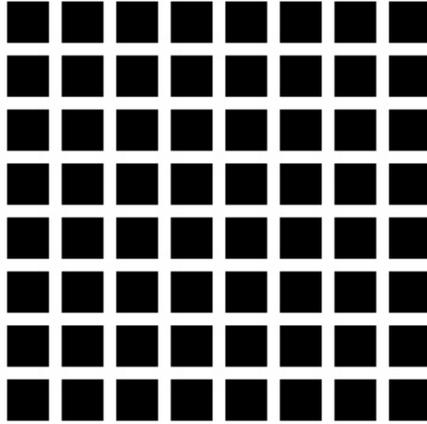
As you can see, this was not Dr. Cherry's first career; before pursuing research and teaching, she gained invaluable skills and intuition from running her own business beforehand, which helped her during her journey in higher education. She taught part-time before obtaining her track faculty position here at CSUF, where she has been teaching for about 18 years, with the last two years focusing on research and part-time teaching. Dr. Cherry researches neuropsychological assessment; In 2008, she was invited to a multi-disciplinary study with the fibromyalgia and chronic pain center. Now Dr. Cherry is focusing on her writing of publications and research.

Fun Facts

1. The average weight of the adult human brain is three pounds which is about how much a cantaloupe weighs. [National Geographic]
2. Sixty percent of the human brain is made of fat. Not only does that make it the fattiest organ in the human body, but these fatty acids are crucial for your brain's performance. [Northwestern Medicine]
3. The brain generates between 12 and 25 watts of electricity—that's enough to power a low wattage light bulb! [National Geographic]
4. Neurons travel 150 mph in the brain. Different types of neurons move at different speeds - for example, pain signals move much slower than other ones. [National Geographic]
5. It's a myth that you only use 10 percent of your brain. You actually use all of it. (Yes, even when you are sleeping.) Neurologists confirm that your brain is always active [Northwestern Medicine]
6. A piece of brain tissue the size of a grain of sand contains 100,000 neurons and 1 billion synapses. [Northwestern Medicine]
7. Your brain's storage capacity is considered virtually unlimited. Research suggests the human brain consists of about 86 billion neurons. Each neuron forms connections to other neurons, which could add up to 1 quadrillion (1,000 trillion) connections. Over time, these neurons can combine, increasing storage capacity. [Northwestern Medicine]

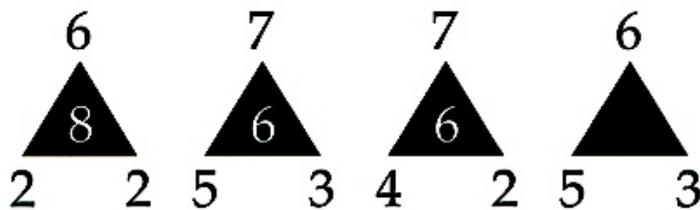
Brain Teasers!

Visual Illusion: The Hermann Grid Visual Illusion



How many colors do you see in this image? You should be seeing three colors (black, white, and gray) but in reality there are only two colors in this grid, the high contrast black and white areas fool the eyes into perceiving a gray circle at each intersection. To read more about why this happens or simply to check out more illusions/brain teasers follow this link <https://sharpbrains.com/blog/2006/12/24/the-hermann-grid-visual-illusion/>

Pattern Recognition: The Empty Triangle



What number should be placed in the empty triangle? This puzzle works your executive functions in your frontal lobes by using your pattern recognition, hypothesis testing, and logic. The answer here will be 3. You take the top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

Sigma Phi Omega (SPO)

How to become a Member!

Purchase Student Membership (\$25), then email agingstudies@fullerton.edu to be added to the weekly mailing list! Also, make sure to join on TitanLink! Visit <https://fullerton.campuslabs.com/engage/organizations>, sign in using your campus portal Information, search "SPO" or "Sigma Phi Omega" in the search organizations bar on the left, and click "Join". Please allow 2-5 days to verify your membership request.

*If you choose to get a membership, all materials must be sent to your home, rather than the academic advisor.