



CALIFORNIA STATE UNIVERSITY, FULLERTON
AGING STUDIES

IN THIS ISSUE

Resources

Student Spotlight/Facts

SPO/Events



by Rembrandt

This self-portrait is one of many done by Rembrandt. Why is this important you may be asking? Well, Rembrandt unlike other painters of his time, choose to show the beauty of age and all that comes with it. He painted old age with a realism and beauty that had never been done before.

STUDENT RESOURCES

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Due to COVID-19, CAPS is primarily providing telehealth services. Regardless of this there are still many resources in order to help you such as:

1. **CAPS:**
 - Provides individual and group counseling sessions via Zoom. To make an appointment, call CAPS at 657-278-3040 Monday through Friday between 9am to 4pm
2. **CAPS Crisis Support:**
 - CAPS Crisis Line is open 24/7 for support services at 657-278-3040 or text home at 741741.
3. **YOU@Fullerton:**
 - Visit you.fullerton.edu for a free and confidential wellness portal that connects YOU with personalized academic, physical wellness, and mental health resources.
4. **Safety Services:**
 - Visit this link to get more information on the resources offered such as Campus Safety Escort, Emergency Blue Phones, Report a Crime or Behavior Concern, and etc.
5. **OC Human Relations:**
 - A local resource where you can report a hate crime.
6. **Community Resources:**
 - List of resources organized by Student Life & Leadership.

CAMPUS RESOURCES

1. The University Learning Center:
 - Provides tutoring for undergraduate 100-200 level general education courses. You can make an appointment on TitanNet (Go to fullerton.edu/ulc and click on 'Make Appointment' at the top left.) Students can schedule one 30-minute appointment per day, per subject, up to three times a week for a total of one and a half hours of tutoring. Appointments for which a student does not 'show' are part of the weekly count for all tutees.
2. The Writing Center:
 - The Writing Center offers 30-minute, one-on-one peer tutoring sessions and workshops, aimed at providing assistance for all written assignments and student writing concerns. The Writing Center is now Virtual and you can register and make appointment schedules at fullerton.mywconline.com
3. Supplemental Instruction:
 - SI provides weekly, peer-led group study sessions for students taking all sorts of courses. These sessions are taught by fellow students who have already mastered this course before, so make sure to check out their virtual sessions [here](#).
4. Research Services:
 - Pollack Library offers many services as well as guides to anything that you might need such as: Research Assistance, Course Reserves, Printing, Computing, and much more. Click the following [link](#) to check out these great resources.
5. Graduate Student Success Center
 - The GSSC host both academic and professional development workshops on topics relevant to student needs. There are several graduate workshops throughout the semester. You can find out more about this by clicking this [link](#).

CAREER RESOURCES

- The Career Center will be having a limited amount of in person appointments but will be having virtual appointments. Not just this but they will be offering virtual drive- thru through Titan Connection where you can meet with a career coach for about 10-15 minutes or meet with a career specialist during the Student Success Center drop-in hours.
- Throughout the Fall 2021 Semester, the career will be hosting 4 different Virtual Career Fairs with the first one starting in September 23, 2021 and the last one on October 28, 2021. Please click the following [link](#) to see more information regarding this.
- This Spring, the Job Shadow Program will be Virtual where a student is allowed to observe "what a day in the life of..." would like in addition to receiving information and advice from career professionals. The application period opens up in January until February. Click the following [link](#) to get more information about what this entails and which companies participate.

STUDENT SPOTLIGHT



Miriam Gamboa, MSG

2021 Alumna

Miriam is an exceptional student and professional who began her journey at Orange Coast College. She then found her home at CSUF, where she decided to major in Psychology and minor in Gerontology and eventually earn her MS in Gerontology. At the beginning of her academic journey at CSUF, she was unsure if her passion was working with older adults or adolescents until Dr. Zettel-Watson explored this further with her. At that moment, Miriam knew her path was to study and learn about older adults. She then began working at the Fibromyalgia and Chronic Pain Center through Dr. Zettel-Watson after transferring from OCC, and while working there, she gained experience in cognitive assessments. Through this center and her one-to-one interactions with older adults, Miriam solidified her interest in aging due to hearing stories from older adults and learning something from them even when that was not the story's intention. Throughout her studies at CSUF, she felt the support of the faculty very much; they have been her number one support system throughout her studies and have always been available outside of academics. Faculty has always been willing to talk to her about anything, and she felt that they saw her grow. Not only this, but they gave her the opportunity to do research and even go to a conference in Oregon. They always supplied her with motivation and support. They kept pushing her to continue with her thesis (implementation of green spaces for older adults) when people viewed it as an untraditional topic.

She currently works for Meals on Wheels in Orange County as a case manager. She works with individuals over the age of sixty that have a disability and do not have access to meals regularly. Some of the individuals she works with are socially isolated due to disability or the current pandemic, so Meals on Wheels provides them with food. Miriam has achieved all of these great things due to her hard work, commitment and passion to improve the lives of older adults. She is truly a leader in the aging world!

Facts

The *National Council on Aging* states that, "Approximately 49 million Americans are 65 and older, with projections estimating that the population of older adults will grow to 98 million in 2060. On average, a 65-year old can expect to live another 19 years. For most older adults, good health ensures independence, security, and productivity as they age. Unfortunately, millions struggle every day with challenges such as chronic diseases, falls, physical inactivity, oral health concerns, and behavioral health issues—all of which can severely impact quality of life."

According to *Grantmakers In Aging*:

- Older adults are increasingly serving as unpaid caregivers for family members.
- Older Americans are more educated than ever. Almost 83 percent of older adults have completed high school or higher education

According to the *American Psychological Association*:

- One out of every four 65-year-olds today will live past age 90. This demographic shift has moved the focus of researchers, health care providers and policymakers from how to extend the lifespan to ways to improve the quality of our later years.



Sigma Phi Omega (SPO)

Here is a quick introduction into SPO in case you haven't checked out what SPO is all about. Sigma Phi Omega Honor Society was established in 1980 to recognize excellence in individuals involved in gerontology and aging. SPO connects students, alumni, and working professionals in order to increase on-campus exposure to gerontology.

Who Can Join SPO?

1. Undergraduates & Graduate students who are majoring or minoring in gerontology/aging studies, related fields, or an interest in our aging population!
2. Students must be in at least their second term of enrollment.
3. UNDERGRADUATES: Must have an average GPA at least 3.3
4. GRADUATE STUDENTS: Must have an average GPA of at least 3.5

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.

EVENTS

September 30, 2021

Event: International Day of Older Persons

Info: SPO will be hosting a virtual event where they want to come together and celebrate life-long experiences of our aging friends. This event is to get to know each other as well as being able to learn. This event will start at 2:00pm and the Zoom ID is 876 5935 4206

October 12, 2021

Event: An Evening of Comedy

Info: From 5-8:30 PM at the Renaissance Newport Beach Hotel. Comedy Hour Live streamed from 7:30-8:30 PM . Click the [link](#) for more information.

October 12, 2021

Event: The Art of Aging Gracefully

Info: Learn about food options and lifestyle tips to support healthy aging. This is a cost-free virtual event from 1-2pm. Click the [link](#) for more information.