IN THIS ISSUE

DATES AND DEADLINES

AGING TIP OF THE WEEK:
Topic 2: Find Meaning and Joy

ARTICLE OF THE WEEK:
More Evidence That Socializing Helps Protect Against the Aging Brain

SUMMER READING:
“NOAH’S COMPASS” -ANNE TAYLOR

ANNOUNCEMENTS

WORDSEARCH

SUMMER TUTORING
Summer tutoring hours:
Fridays
10:00 AM – 3:00 PM

Please send any material you would like to discuss during your tutoring session in advance to agingstudies@fullerton.edu
A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. Later life can be a time of exciting new adventures if you let it.

Everyone has different ways of experiencing meaning and joy, and the activities you enjoy may change over time. If your career slows down or you retire, or if your children leave home, you may find you have more time to enjoy activities outside of work and immediate family. Either way, taking time to nourish your spirit is never wasted.

If you’re not sure where to get started, try some of the following suggestions:

- **Pick up a long-neglected hobby** or try a new hobby. Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the same time.

- **Learn something new**, such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline.

- **Get involved in your community**. Try attending a local event or volunteering for a cause that’s important to you. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of utilizing and passing on the skills you honed in your career—without the commitment or stress of regular employment.

- **Travel somewhere new** or go on a weekend trip to a place you’ve never visited

- **Spend time in nature**. Take a scenic hike, go fishing or camping, enjoy a ski trip, or walk a dog in the park.

- **Enjoy the arts**. Visit a museum, go to a concert or a play, join a book group, or take an art appreciation class.

- **Write your memoirs** or a play about your life experiences

The possibilities are endless. The important thing is to find activities that are both meaningful and enjoyable for you.

[Read more here.](#)
Join a book club, take a cruise or just visit friends -- new research supports the notion that social activities help stave off mental decline as you age. The study found that seniors with high levels of an Alzheimer's-linked protein in their brains were able to slow any mental decline if they got out and socialized regularly.

So, "social engagement may be an important marker of resilience" in older adults at risk of dementia, said senior author Dr. Nancy Donovan. She's chief of geriatric psychiatry at Brigham and Women's Hospital in Boston.

In the study, researchers tracked data on 217 men and women aged 63 to 89. These seniors were all taking part in the Harvard Aging Brain Study, a trial aimed at identifying early signs of Alzheimer's disease. Participants started the study with no evidence of mental decline, but some had high levels of amyloid beta protein, a hallmark of Alzheimer's that can be detected in brain scans.

The researchers assessed seniors' levels of social engagement (such as spending time with friends and family, and doing volunteer work) and their mental (cognitive) function at the start of the study and again three years later. Among seniors with high levels of amyloid beta, those with lower levels of social engagement at the start had greater mental decline after three years than those who were socially active, the findings showed. This association was not seen among people with low levels of amyloid beta, according to the study, which was recently published in the *American Journal of Geriatric Psychiatry*.

"Social engagement and cognitive function are related to one another and appear to decline together," Donovan said in a hospital news release. Her team believes longer studies might add more insight into mental decline over time as well as Alzheimer's progression.

"We want to understand the breadth of this issue in older people and how to intervene to protect high-risk individuals and preserve their health and well-being," Donovan explained. This study relied on a standard measure of social engagement that didn't assess all the subtle effects of digital communication or all the impacts of relationships, the researchers noted. A more comprehensive assessment could be valuable in future clinical trials of Alzheimer's disease, the authors added.

*Source*
In this novel by Anne Tyler, Liam Pennywell set out to be a philosopher, but ended up teaching fifth grade. He never much liked the job at that run-down private school, so early retirement doesn't bother him, but he is troubled by his inability to remember anything about the first night that he moved into his new, spare, and efficient condominium on the outskirts of Baltimore.

All he knows when he wakes up the next day in the hospital is that his head is sore and bandaged. His effort to recover the moments of his life that have been stolen from him and leads him on an unexpected detour. What he needs is someone who can do the remembering for him. What he gets is well, something quite different. Check it out for a good summer read!

**Myths About Aging**

**Myth: Elderly people are less adventurous.**
Truth: There are many elderly people who have waited their entire lives for the opportunity to be in retirement so they can travel the world and see new things.

**Myth: People become less productive as they age.**
Truth: Retirement doesn’t mean elderly people just want to sit around all day! While at a certain age and depending on health concerns, some elderly people may need to rest more throughout the day, many people of retirement age enjoy active lives, help with care for their grandchildren and volunteer. A report by the Bureau of Labor Statistics reports that 24% of senior citizens volunteer throughout their retirement years.

**Myth: People are less creative as they age.**
Truth: Many people take up hobbies or crafts in their senior years that actually lead to a second career and/or income. Whether its woodworking, art or knitting, creative activities keep seniors’ brains and dexterity sharp.

Source
ANNOUNCEMENTS

Don’t Miss This Volunteer Opportunity

*GIVE THE GIFT OF TIME.* **Project L.I.F.E.** is in search for volunteers eager to work with Aging Adults in their homes. Help alleviate risks of isolation by providing visits 1 hour a week for 10 weeks. Earn 26 service hours by the end of the summer. Older Adults benefit socially, mentally and emotionally through the friendly interaction by sharing their life journey with caring and compassionate listeners. Meet new friends and share a few moments to be present and give the gift of time to someone in need.

Project L.I.F.E.

You can help bring joy to Aging Adults in Orange County

Project L.I.F.E. Check out our video on our website [www.projectlifeca.org](http://www.projectlifeca.org)

**FOR MORE INFO AND TO GET STARTED:**

CALL Assistant Director: Elena Ravena at (909) 801-0342

Send Resume/ or Cover Letter to Director: Phil Calhoun at phil@projectlifeca.org
Helping Students Translate Their Skills into a Lucrative, Fulfilling Career

Today's competitive workspace requires a combination of skills and connections to provide a head start in the pursuit of rewarding work. As you equip your students with the proper knowledge and skills, we are here to introduce them to rewarding career options and connect them to high-level executives and recruiters looking to hire individuals with their abilities.

By 2025, a workforce of 136,000 strong will be needed to serve older adults and their families in California. And, you’d be surprised as to how many skills are transferrable into the Senior Living profession. Combine that with a potential for growth and advancement that outpaces many other professions, and the possibilities are endless for those with an interest or passion for serving seniors.

The California Assisted Living Association (CALA) serves as the liaison between students and prospective employers by:

- Offering scholarships to attend CALA conferences
- Facilitating on-campus panel discussions with senior living professionals
- Attending career fairs and other events offered by your school

To learn more about how we can best work together to support your students' success, I invite you to take a look at this page for Students and Graduates and feel free to call or email me if you have any questions.

Sincerely,

Jan Trifiro
Vice President of Workforce & Professional Development
California Assisted Living Association
455 Capitol Mall, Suite 222
Sacramento, CA 95814
916-448-1900 * 916-448-1659 (fax)

www.CAassistedliving.org
2019 RESEARCH UPDATE
NEWEST DISCOVERIES IN ALZHEIMER’S & DEMENTIA RESEARCH

TUESDAY, AUGUST 20, 2019
Please RSVP to kjschuppe@alz.org or call 800.272.3900

DAY SESSION | MISSION VIEJO
1:00–2:30 pm
1:00–1:15 pm Welcome Reception
1:15–2:30 pm Research Update | Q&A
Mount of Olives Church
24772 Chrisanta Dr.
Mission Viejo, CA 92691

EVENING SESSION | HUNTINGTON BEACH
6:00–8:00 pm
6:00–6:15 pm Welcome Reception
6:15–8:00 pm Research Update | Q&A
Huntington Beach Senior Center
18041 Goldenwest St.
Huntington Beach, CA 92648

SPEAKER
Maria Carrillo, Ph.D, Chief Science Officer, Alzheimer’s Association
Dr. Carrillo oversees the implementation of the Association’s growing portfolio of research initiatives, including the Alzheimer’s Association International Conference® (AAIC), the world’s largest and most influential dementia science meeting. Dr. Carrillo has published extensively on early diagnosis and biomarker standardization efforts, as well as on the global challenges to progress for research in Alzheimer’s and dementia. She is a co-author of the “Appropriate Use Criteria for Amyloid Imaging,” published by the Society of Nuclear and Molecular Imaging and the Alzheimer’s Association.

alzheimer’s association®
THE BRAINS BEHIND SAVING YOURS:
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AGNG 420: Aging and Dementia

In this Service Learning course, students will learn the physiological, psychological, social, and economic aspects of dementia and its impact on the individual, family and society, with an emphasis on Alzheimer’s disease (AD). The course covers current research for AD and describes relevant approaches for caregivers to assist persons with dementia and improve their quality of life.

Gain hands-on experience working with older adults!

This course includes a service learning component -- students will work directly with patients, families, caregivers, and staff to learn and apply interventions and identify dementia-related behaviors.

You will get hands on training during Weeks 6-10 at the Alzheimer’s Family Services Center in Huntington Beach! You will be required to fulfill 40 hours at the facility.

In order to begin service learning, students will need to:

- Provide their own transportation to and from Alzheimer's Family Services Center during Weeks 6-10.
- Undergo a Tuberculin (TB) Skin Test (can be done at CSUF Student Health Center)* If you underwent a (TB) Skin Test after or on 12/18/2018, you will not need to do it again.
- Complete a LiveScan background check (will be done on site)*

Prerequisites: Junior/Senior or graduate standing. You will need approval from the department.

Date & Time: Wednesday, 4:00pm-6:45pm, Class Number: 21311

ENROLLMENT IS LIMITED

If you are interested in taking AGNG 420, please reserve your space and request a permit as soon as possible.

CONTACT: agingstudies@fullerton.edu

* The CSUF Aging Studies Program will cover these costs.