



C E N T E R F O R  
S U C C E S S F U L  
A G I N G

**Director:** Dr. Debra J. Rose, PhD, FNAK

**Associate Director:** Dr. Koren Fisher, PhD

**College:** Health and Human Development

**Locations:** KHS 011 and RGC 17

**Phone:** (657) 278-5846

**Website:** <http://hhd.fullerton.edu/csa>

**Year Established:** 1994 (Lifespan Wellness Clinic);  
Name changed to Center for Successful Aging in 1998

**Year of Last Review:** 2015

**Review Submission Date:** March 13, 2018

## 2. Mission and Goals

The Center for Successful Aging, through its educational, research and service activities, has as its mission the promotion of health and vitality across the life span. The specific goals of the center are to: (1) conduct interdisciplinary research on issues related to infant development, physical activity promotion in youth and adults with and without disability, the development of healthy lifestyle behaviors, and the reduction of falls in the later years; (2) provide professional training of students and health care practitioners working with infants, children and adults of all ages in a variety of settings; (3) offer a variety of health, cognitive, psychological, physiological and functional assessments; (4) implement a range of community-accessible programs based on the principles of whole person wellness, and family-centered and inter-generational interventions; (5) collaborate and partner with community agencies and organizations to provide innovative programming and services aimed at promoting physical activity and reducing sedentary behavior; and (6) serve as an advocate for affecting public policy relative to developing physical literacy and healthy behaviors across the life span. Our whole person wellness programming is committed to helping individuals of all ages and abilities maintain a lifestyle that is of the highest quality attainable. Multidisciplinary teams of University faculty and students work with community partners to implement these goals.

**CSUF Mission and Goals statements that best align with the mission and goals of the CSA are as follows:**

- I. To ensure the preeminence of learning,
- II. To provide high quality programs that meet the evolving needs of our students, community and region,
- III. To enhance scholarly and creative activity,
- IV. To make collaboration integral to our activities,
- VI. To increase external support for the University's programs and priorities,
- VII. To expand connections and partnerships with our region,

**College of HHD mission and goals that CSA strives to attain are as follows:**

1. Offer high quality programs that prepare students for professional careers, advanced study, and personal growth in areas related to health, development, and community service,
2. Foster the development and success of a diverse student body,
3. Advance knowledge and improve professional practice through research and scholarly activity,
4. Increase community engagement and revenue streams.

## 3. Activities

The Center for Successful Aging was formally established in 1998 but has operated on the CSUF campus since 1994 (Lifespan Wellness Clinic). Center programs advance the goals of the College and University by providing an exemplary learning environment for students, conducting cutting-edge research that has contributed to the scientific knowledge base related to the aging process, and creating a strong bridge between the University and surrounding community through its direct service programming and multitude of outreach activities. Through its whole person wellness philosophy and associated programs and services, the Center provides a learning laboratory for students that affords them the opportunity to engage in high impact pre-professional practice that better prepares them for related careers and/or advanced education. The Center also creates an atmosphere of inquiry and collaboration through its research program. A diverse group of faculty, staff, and students are engaged in the conduct of intra- and interdisciplinary research that continues to advance our understanding of aging across the lifespan, at many levels of inquiry. Basic and applied research projects are conducted in the Center and Departmental laboratory facilities as well as the surrounding community. Finally, the Center serves an important outreach function through its wellness resource center, numerous community outreach programs, continuing education programs, and solution-based consulting and evaluation services provided by faculty, staff, and students associated with the Center.

During the most recent three-year period of operation, Center faculty, staff, and students have been engaged in research, educational, and service activities that are summarized below:

***Research and Scholarly Activity (University Goals: III; VI; V; VII. College Goals: 4)***

1. Dr. Daniela Rubin continued administration of Grant W81XWH11-1-076 titled "Physical Activity Interventions in Individuals with Prader-Willi Syndrome" funded by Congressionally Directed Medical Research Program US Army Medical Research and Materiel Command in the amount of \$1,411,718, Performance period: 09/30/11 – 9/29/18. The grant supports/ed three faculty (Rose, Rubin, Wilson), a research associate (Lam), two administrative personnel (Amaya, Castner), two staff (Hyde, Tovar) and student research assistants (Patiño, McLaren, Hyde, Kicuchi, Adams, Bras, Pallante), consultants and one subcontract with the University of Florida.
2. Dr. Koren Fisher served as Principal Investigator on a Junior Intramural Grant received in 2016-2017 (\$5,000) titled "Sit less vs.

- Move more: Shifting focus to examine sedentary behavior in older adults. She also received a Research, Scholarly, and Creative Activities (RSCA) Incentive Grant in 2016-2017 (\$7,500.00) titled “*Let’s Give Sitting a Break: Partnering with Older Adults to Develop an Intervention to Reduce Sedentary Behaviors*”. In 2017 Dr. Fisher received a Research Support program grant from the College of HHD to continue work on this project (\$1,500.00; 09-2017-04/2018).
3. Dr. Debbie Rose received a subcontract from Irvine Sensors Corporation, Irvine CA to conduct psychometric testing on the Balance Augmentation Tracking System (BATS). US Army Medical Research and Materiel Command (USAMRMC) Award # W81XWH-14-C-0023, (Virgilio Villacorta, PI). 2016-2018. Amount funded: \$53,000.00.
  4. Dr. Debbie Rose served as a Grant Reviewer, Administration on Aging/Administration for Community Living (ACL) Falls Prevention Program, U.S. Department of Health and Human Services in 2017.
  5. Dr. Kathleen Wilson served (or is currently serving) as the Principal Investigator on two intramural research grants awarded during the period of review. The first grant is titled “Examining parental influence for physical activity: A diary study with parent-child dyads.” and was a California State University, Fullerton Junior/Senior Intramural Research Award. (\$5000; 09/2017-05/31/2018). The second grant is titled “Examining parental influence for physical activity: A diary study with parent-child dyads.” And was awarded by the College of Health and Human Development – Research Support Program (\$1500; 09/2017-04/2018).
  6. Center research faculty published a high volume of peer-reviewed research articles (N=21), peer-reviewed published abstracts (N=11), books (N=1), and book chapters (N=5) during the past three-year period.
  7. Center faculty, staff and students also presented their research at International, national, and regional conferences (N = 49) during the period of review. (See Appendix B for listing of all scholarly and creative activities completed by Center faculty, staff, & students).

#### ***Center Programs and Events (University Goals: I; II; IV. College Goals: 1, 5)***

1. Internship and practicum experiences continue to be provided through the Departments of Kinesiology and Health Science and the Gerontology program. Undergraduate and graduate students are provided with the opportunity to engage in professional practice in one of our two on-campus facilities or at one of more of our established community outreach sites. The Center also provides opportunities for students from other Universities to engage in “hands-on” learning experiences within the Center. In addition to KNES 495 Internship opportunities, students enrolled in KNES 353 (Physical Activity and Lifelong Well-Being), KNES 454 (Physical Dimensions of Aging), KNES 455 (Functional Performance Assessment and Programming for Older Adults), KNES 432 (Applied Exercise Psychology), KNES 550 (Graduate Internship) have the option of completing service learning experiences in the Center or at community-based sites (e.g., community centers, senior living communities, adult day healthcare settings, local recreational facilities and parks, afterschool programs). A total of 35 students completed internships, 51 students completed service-learning experiences, and 19 students volunteered their services in the CSA during the current period of review. Students in KNES 454 and 455 (N ≈ 425) also completed class observations in one of the Center’s two on-campus locations during the same period. In Spring of 2017, Dr. Wilson also introduced a service learning experience for students enrolled in KNES 432 with the goal of promoting physical activity among community residents and providing students with an opportunity to practice behavior change skills and motivational interviewing skills with users of 4 North Orange County parks. During the 2017 Spring semester, 111 separate coaching sessions were held by 26 students talking with a total of 205 residents while during the 2017 Fall semester 24 students conducted 140 service learning sessions and talked with 482 residents.
2. The Balance and Mobility Specialist Instructor Certificate Program established in 2003 with initial funding from the Archstone Foundation continues to be sustained by the Center and provides invaluable training for exercise specialists, physical and occupational therapists, and nursing professionals in the assessment and treatment of balance and mobility disorders. During this review period, 27 professionals enrolled in the online component of the program and 32 enrolled in both the online and practical workshop component of the program. Eligible CSUF students can complete the certificate program by enrolling in 03 units of Independent Study (KNES 499) while eligible professionals not enrolled at CSUF may register for the online component of the course for a fee of \$400 and the practical workshop component for a fee of \$500.
3. The CSA Community Outreach Wellness Program has operated within the Center for the past 20 years (previously operated as the Lifespan Wellness Clinic; 1994-1998), providing opportunities for students to participate in high quality instructional experiences that prepare them for professional careers working with older adults in physical activity and rehabilitation settings. Graduate students in the Gerokinesiology concentration within the Department of Kinesiology lead the majority of the Center’s wellness programs and, in turn, train undergraduate students completing internships or service learning experiences to assist them in the classes. The Center currently operates morning classes Monday through Thursday for 10-weeks during each academic semester with shorter duration classes offered during the Winter intersession and Summer. During this period of review, 13 different graduate students served as lead instructors in one or more wellness classes, collectively accruing approximately 2,835 hours of service to the Center. In addition to providing “hands-on” teaching experiences for our students, the wellness programs provide opportunities for community members (50+ years) to receive a comprehensive evaluation of their fitness, set physical activity goals and participate in individualized and group-based physical activity and whole person wellness classes throughout the year. On average, program attendee numbers ranged between 75 and 115 during the academic semesters and between 51 and 82 during the shorter intersession and Summer programs during this period of review. This is an impressive number of consistent attendees given the difficulties associated with parking on the CSUF campus.

#### ***4. Organizational Structure and Governance (see Organizational FlowChart in Appendix A)***

Director: Debra Rose, Professor, Department of Kinesiology

Associate Director: Koren Fisher, Assistant Professor, Department of Kinesiology

Research Faculty: Koren Fisher; Daniela Rubin; Kathleen Wilson

Operations Manager: Elizabeth White, M.S.

Events and Programs Coordinator: Judy Aprile, M.S. This position is funded by the Center for Successful Aging. The Coordinator is employed in this position for 10 hours per week over the course of the academic year).

Graduate Student Teaching Assistants (2015-2017): Erin Blanchard; Brent Brayshaw; Christopher Lew; Matthew Martinez; Sasha Malbrough; Regina Parckys; Melissa Sharpe; Gabriel Reynolds, Kayla Rubio, Tyson Reyes; Ann-Margaret Tovar; Melissa Sharpe; Eric Torres.

Graduate and Undergraduate Research Assistants (2015-2017): Naedine Bacierto; Jaelyn Cooper; Derrick Escano; Charee Greenberg; Adam Hyde; Aimee Ira; Chris Lew; Kelsey McAlister; Eric MacDonald; Paloma Pallante; Regina Parckys; Lee Piazza; Kayla Rubio; Karen Wong

Center Advisory Board members (2015-2017): Lora Bronson, Rita Pierce (North Orange County Community College District); Kari Buist-Baker (Senior Life Management); Eloisa Espinoza (Fullerton Parks and Recreation –Community Center Supervisor); Arnold Miller\*, Kirt Spradlin, Dixie Shaw\* (Osher Lifelong Learning Institute); Kristin Tierney\* (Director, Valencia Terrace, Senior Living Community); Debbie Secord (Coastline Community College); Erin Ulibarri/Steve Hernandez (Orange County Office on Aging); Peggy Weatherspoon (CSUF- Gerontology Academic program). (\*Unable to complete full term).

The Center's Community Advisory Board meets twice a year. The primary role of the advisory board is to provide feedback on CSA activities and identify important needs in the community and the role that the CSA might play in addressing these needs. Collaborative partnerships have been established with a number of community-based organizations based on advisory board recommendations as well as CSA participation in a number of important community events (e.g., Brea Wellness Event; Senior Summits in North and South Orange County; La Habra Senior Center Community Health Fair). The 2015-2017 goals of the Center were developed in collaboration with Center faculty, staff, and community advisory board members and address current trends emerging in the literature as well as the changing needs of community- and senior-living organizations. The expansion of existing programs and services to embrace a whole person wellness philosophy, as well as the development of new programs and areas of scientific inquiry, has been in direct response to the collective input received from the various groups identified here.

## 5. Resources and Sustainability

Revenue received by the Center during the period of 2015 through 2017 was directly or indirectly derived from three primary sources: Intramural/Extramural Grant Funding Awarded to Center Faculty: supported faculty release time; student research assistants; grant-related equipment purchases: \$225,674.00

Community Outreach Wellness Program and Balance and Mobility Specialist Instructor Certificate Program: \$164,867.60

Donations: \$10,767.00

The total **direct** revenue for 2015 through 2017 from all sources was **\$175,634.60**.

Additional sources of support provided to the Center from KHS are in the form of (a) partial support for the Operations Manager position (5 units per semester) (b) Between 20 and 30 hours of paid graduate teaching assistants (15-25 hours per semester) (c) unpaid student internships, graduate internships, independent studies, and student volunteer hours; (d) Support for maintenance of facilities and shared equipment in Lifespan Wellness Center (KHS 001). College support is in the form of (a) allocation of space on College of HHD server and (b) provision of technical support related to maintenance of Center website. The number of faculty and staff associated with the Center is provided in #4 of this report. The approximate time base of each faculty member currently affiliated with the Center varies from .15 to .2 based on responsibilities. The Director, Associate Director or any research faculty, do not currently receive any dedicated release time from the Department/College to serve in their current roles. A percentage of faculty release time awarded for research (.25) is currently used to sustain and expand Center activities. The Center currently occupies dedicated program and office space in the Kinesiology and Health Science Building (KHS 011a-d) and the Ruby Gerontology Center (Movement Enhancement Lab – Rm 17a-c). The Center also shares space with other programs and classes offered through the Department of Kinesiology (Lifespan Wellness Center, KHS 001) and the Osher Lifelong Learning Institute (RGC 17). The Center is entering its 20<sup>th</sup> year of operation (renamed in 1998 from Lifespan Wellness Clinic founded in 1994) and continues to expand its program offerings and services. The Center's sustainability can be directly attributed to the ability of Center faculty to continuously attract large external grants and contracts, the high quality programming, training, and consultation provided by Center faculty, and staff, and the availability of state-of-the art program and laboratory facilities, and the sustained support (both financial and professional) from the Kinesiology department and the College of Health and Human Development.

## 6. Highlights and Accomplishments

Center faculty members have engaged in a number of noteworthy activities during the previous period of review that have resulted in the development of important reports and products.

- Establishment of the Orange County Healthy Aging Initiative (OCHAI) – a joint initiative between the Center for Successful Aging (Debbie Rose – Co-Chair) and the Orange County Public Health Agency (Helene Calvet, M.D. – Co-Chair). The initiative currently has 25 members who attend regular bimonthly meetings. Since it was established in 2015, OCHAI has completed two major activities:

- (a) Publication of the Orange County Older Adult Health Profile, 2016 and creation of the Older Adult Health Dashboard. Copies of this report are available online at: <http://ohealthiertogether.org>. (Rose, D.J., & Calvet, H., Co-Chairs).
- (b) Development and distribution of the Annual Wellness Visit Toolkit. Copies of the 2<sup>nd</sup> edition of this toolkit are available online at [www.ocasc.org](http://www.ocasc.org). (Rose, D.J. & Calvet, H., Co-Chairs).
- (c) OCHAI members, including D. Rose representing the Center for Successful Aging, serve on multiple sub-committees formed to guide the development of the Orange County Strategic Plan for Aging (OCSPA). Information about this important initiative can be accessed at: [www.ocagingplan.org](http://www.ocagingplan.org)

- Development of an Annual Conference and Expo hosted by the CSA that addresses important aging issues. The inaugural conference was held in 2015. The Center will host its 4<sup>th</sup> annual conference on September 29 and 30, 2018. The conference features plenary sessions delivered by invited speakers, practical workshops, and an expo showcasing senior service organizations within Orange County. The conference provides students with the opportunity to broaden their knowledge base and participate in professional workshops, and elevates the regional visibility of the Center.
- Development of an annual speaker series (Fisher, Wilson) featuring University faculty and invited international speakers on aging related topics. The speaker series affords students and faculty an opportunity to learn more about the research being conducted by faculty colleagues and exposes the students to the research process and opportunities to become involved in faculty research.
- Dr. Fisher was selected to participate in the Health Promotion Research Institute Biomedical/Behavioral Mentorship Program in 2016-17 (funded course release in F2016), and was a cohort member of the CSUF Funding My Research program in 2015-2016 (\$1,500.00). She was also selected as a CSUF Scholarship of Teaching and Learning Institute Scholar, Faculty Development Center, in 2015 (\$500).
- Dr. Rose received the CSUF Outstanding Faculty Recognition Award for Service to the Community in 2015.
- Center faculty hosted 5 visiting scholars between 2015 and 2017.

## 7. Planning and Strategic Outlook

With the addition of new faculty with research interests focused on infant, youth, and adult development, Center faculty have begun to discuss how best to restructure the community advisory board to better reflect the broader mission of the Center and its goals in the next three years. In preparation for this restructuring Board members were contacted in 2017 to determine their continued interest in serving on the Board. Six members elected to complete their terms on the Board as a result of ill health, work commitments or a change in employment. We are currently inviting new members to join the Board and will convene the first meeting of this newly structured board in Fall of 2018. All goals developed for the next three-year period continue to be aligned with established University and College goals. As a result of our 2017 faculty and staff retreat, the following goals have been developed for the next three years:

1. Continue to disseminate research findings through peer-reviewed articles, books, book chapters, technical reports, and other related products.
2. Submit a minimum of five extramural grant proposals to support the ongoing research of Center faculty;
3. Develop an interdisciplinary research focus group to study infant development under the leadership of Dr. Do Kyeong Lee. (New faculty member as of 2018).
4. Develop a comprehensive, interdisciplinary physical activity and sedentary behavior research program that will complement current research in the area of multi-component exercise, balance & mobility, and falls prevention
5. Develop a sustainable data management strategy. This will include: construction of the longitudinal database and data dictionary for research purposes, ongoing reviews of current questionnaires and tests to ensure the data remains valid, reliable, and comprehensive, development of protocol sheets/manuals for all measures, as needed, conducting ongoing training with instructors and assistants throughout each semester and maintaining a database of research projects, theses, publications, and presentations.
6. Hold an annual student event in the Spring Semester to promote Center activities and opportunities for student engagement in research and professional development.
7. Identify new sources of revenue to better support Center faculty and staff and fund Center activities.
8. Increase Center donations and sponsorship by working with Liz Easton (HHD Development) to identify and cultivate new donors and sponsors.
9. Revise and expand the CSA website to better reflect the new mission of the Center and accurately describe Center activities while continuing to elevate the national recognition of the Center and its faculty.
10. Develop and implement the Physical Activity Instruction of Older Adults Certificate program under the leadership of Dr. Koren Fisher.

The Center for Successful Aging is nationally and internationally recognized for the research conducted by its faculty, staff, and students. The CSA also provides an exemplary learning environment for students majoring in Kinesiology, Health Science and Gerontology at California State University, Fullerton. The Center continues to be responsive to directly addressing important health and developmental issues across the lifespan at both a theoretical and practical level and provides ongoing support to the community agencies and organizations with which it partners (Fullerton Collaborative, Prader-Willi Foundation, SeniorServ, Orange County Aging Services Collaborative, Orange County Healthy Aging Initiative, Orange County Strategic Plan for Aging). The Center is now entering its 20<sup>th</sup> year of operation and continues to develop new learning experiences aimed at better preparing students for professional practice or advanced academic study, establish new partnerships at local, state, national, and international levels, and serve as a model for other Universities and organizations who wish to establish a similar Center. The leadership of the Center does not believe that any of the activities and operations of the Center need to be substantially modified, refocused, or discontinued at this time.