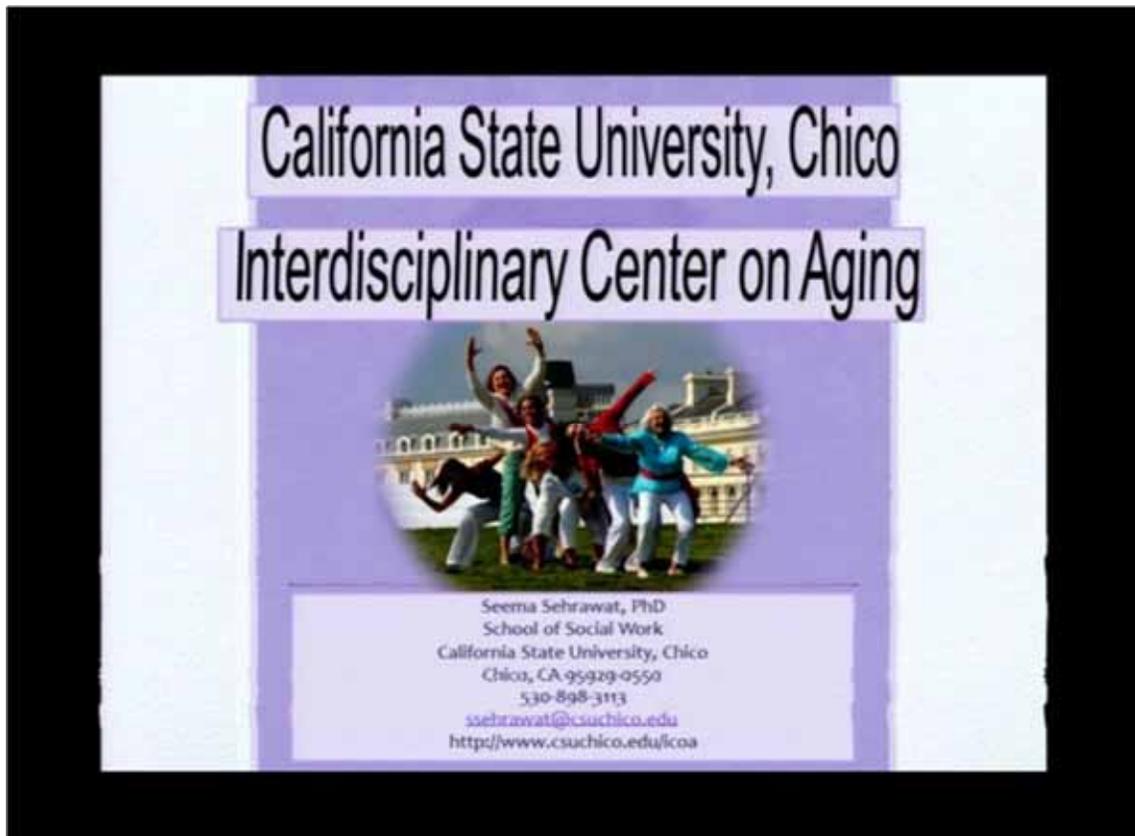


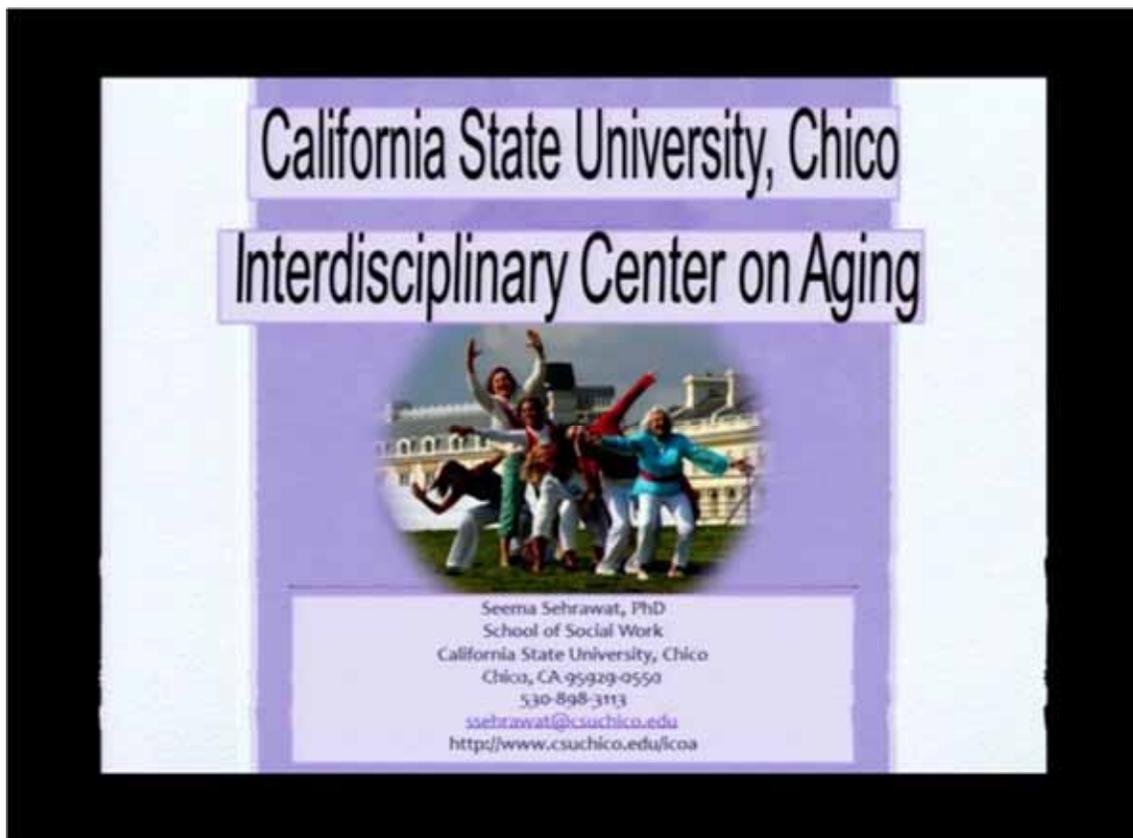
Good morning. And welcome to the first lecture that we are doing here today on behalf of the Interdisciplinary Center on Aging at Chico State. I'm really glad to see some faces here. I didn't know how many will show up because, you know, we didn't request RSVP. So that was the big mistake we did when we started sending out the flyers that we didn't ask participants to preregister or let us know how many will be there. So I'm glad that I'm not presenting to an empty room. [Laughter] And our main presenter will be here at 10:30. She's coming from Redding, Katie Bullock and she will be talking about assisted technology and devices. But I thought why not I take the opportunity in the beginning and just introduce the Center on Aging to the audience and also present some statistics on Northern California. And I thought, you know, that would be a great start into the presentation then later on. And I do have handouts if you would for this presentation. So you don't have to take notes, you know, furiously and just take these. Thank you. There is food. We always, you know, try to have some refreshments and we call it coffee connections. So we thought how can do it without some coffee? [Laughter] So there is a nice crew coffee and there are those little cups. You can put one in and you know, hot coffee will be ready. There's some tea so if you would like some tea, orange juice, bananas and bagels and I forget the spread. So I do apologize. I didn't have my student help today. She usually comes on Friday and we do this on Wednesday when she was not here.

So without further ado, let's go into our presentation. How many of you know about the Interdisciplinary Center on Aging? Sort of? Yeah. Hardly any. I think it's great then that, you know, I can present the Interdisciplinary Center on Aging and what we do



here on campus. The Interdisciplinary Center on Aging started in December 2009 here at Chico State. And let me just give you a brief history about the Center. In social work we provide student scholarship to focus on gerontology. To work with older adults and to study various issues related to aging and maybe become specialist in gerontology who can then go in the field and work with older adults and provide them with services.

So we have been doing that for I think since 2001 and then in 2007 New York Academy of Medicine came and Harvard partnership programs from Boston they came and they were holding focus groups trying to see what are we doing on campus. What our efforts are and one of the community members when we were doing those focus groups said, you know, now we are doing these small lectures and trying to prep the community, the students to go in the field of gerontology. What we now need is a center on aging. So people will not work in silos and different departments because, you know, when we become faculty we tend to get comfortable in our offices and we just do our own little research and you know teach and be done with it. So we really wanted to enhance interdisciplinary collaboration among faculty, among students so different disciplines, different departments will come together will do some aging research on Northern California and also, you know, make the community aware, make the students aware about what they need to do to become specialists or at least know the different issues in aging and can work with this population. So that's how in 2007 the work started.



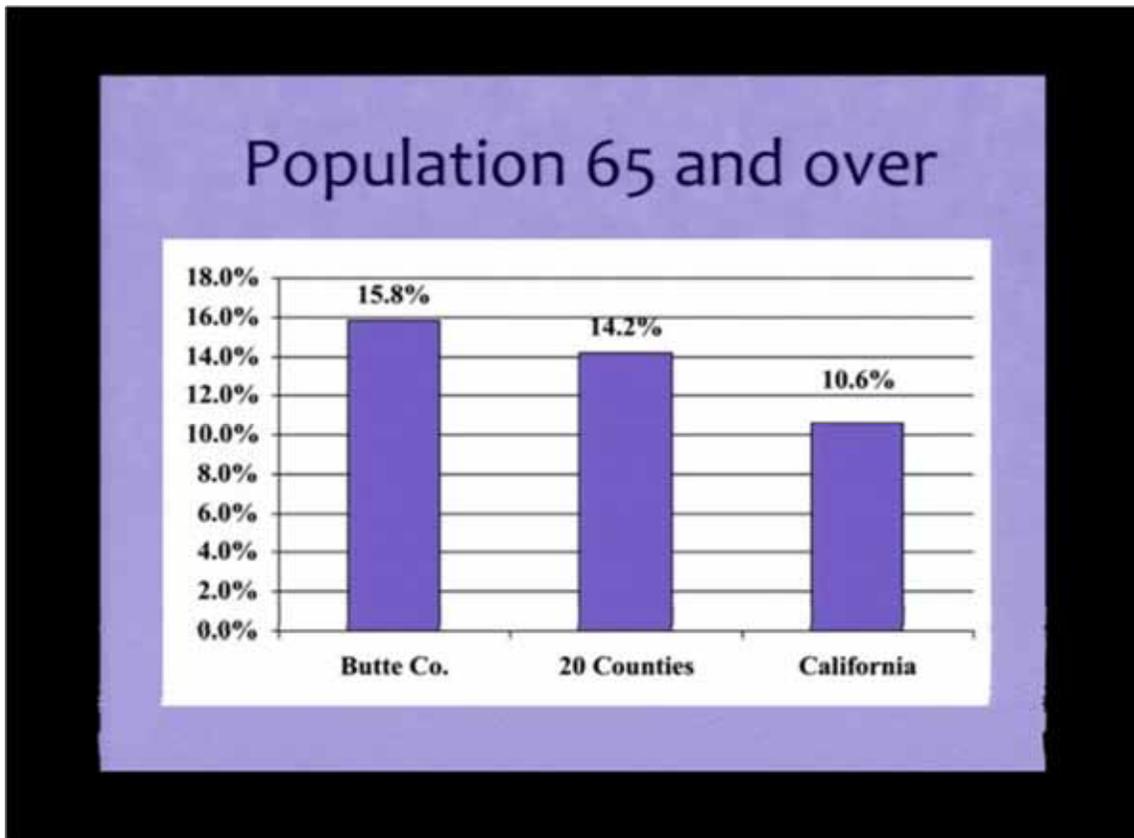
Finally, you know, we're jumping all the hoops. We were able to get these center institutionalized in 2009. So finally, you know, that was a big aha moment for us that finally, you know, the president gave okay to us. But since then what's been happening is we don't have any funding. So we don't have a full-time staff person who's, you know, particularly focusing on all the activities that we want to do, so we still try and carry on some of the efforts on campus and in the community in collaboration with passages, adult services coordinating council. So we partnered with community agencies because we have limited resources and right now in this economy, you know, everybody have hardly any resources. So partnership is always good and that's what the main theme of the center that we wanted to enhance in interdisciplinary partnerships. Interdepartmental with the community too, so bringing everybody together. So, you know, in these tough times it's really testing us and I think we are still able to put these workshops. So, you know, we are still sustaining our efforts, which is really good. The day we'll have funding I think we can do a lot more on campus and in Northern California and not just Chico.



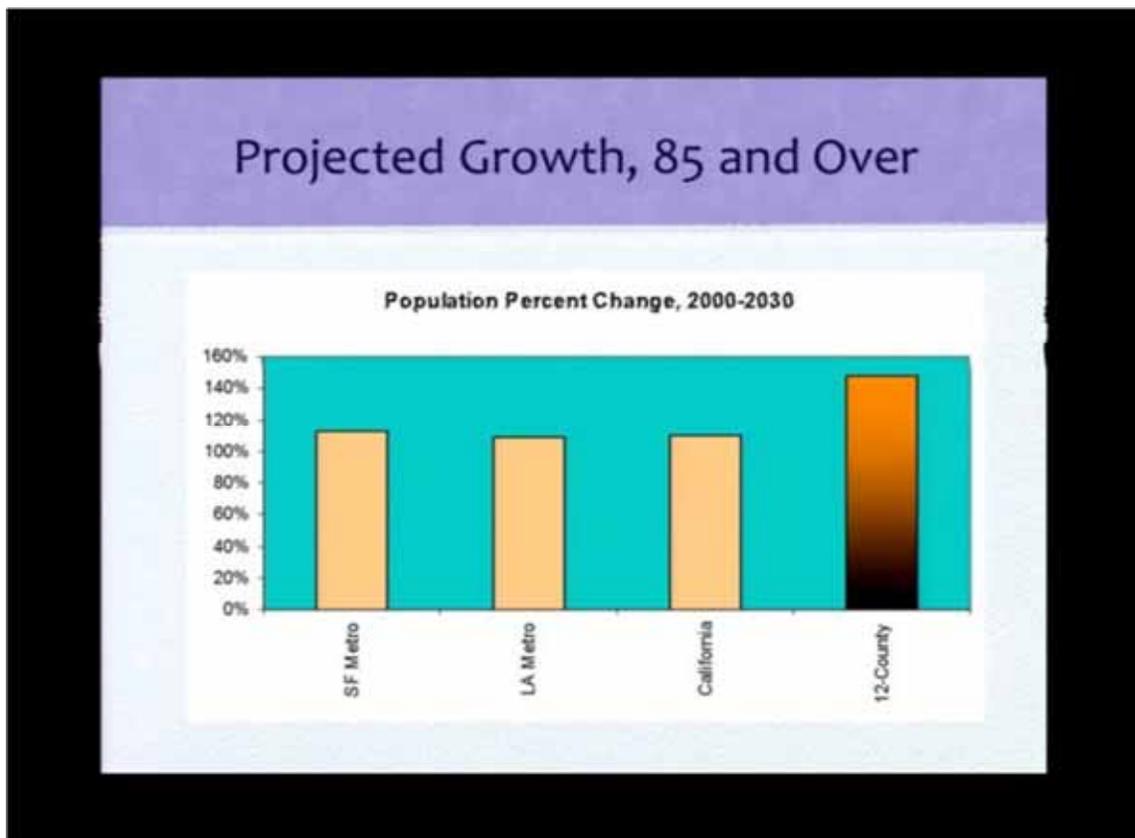
**Did You Know?**

- By 2020 almost 1 million Californians will be 85 years old or older
  - U.S.Census Bureau 2005
- Beginning in 2010, 1 in 5 Californians will be 60 years of age or older.
  - Aging in California - Projected Population Age 60 and Over
- Only about 5% (1 in 20) of people over age 65 are in nursing homes or other institutions
  - What do you know about Aging? Facts and Fallacies, PNW 453, 1996

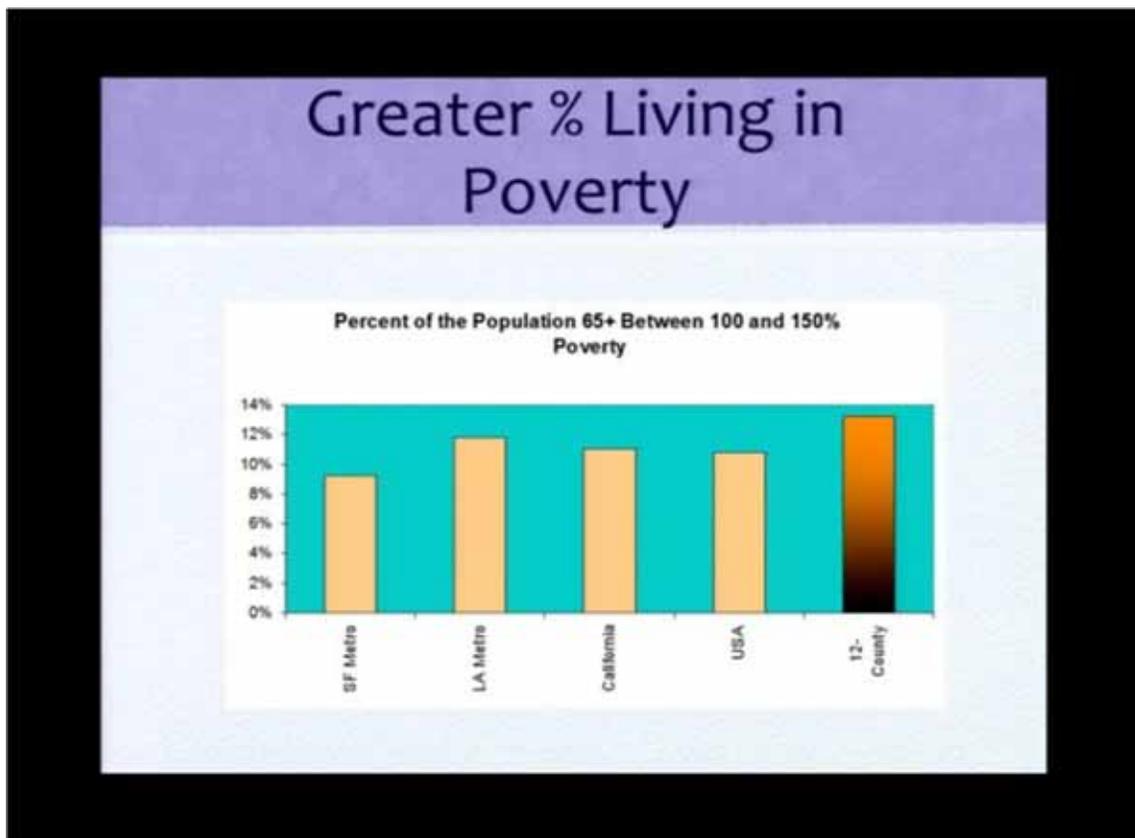
So let's just go to some of the facts and I don't know if you'll be surprised or not, but by 2020 almost one million Californians will be 85 years and older, which is, you know, if you compared it to other states, we have a huge big population that needs our attention. And that's why, you know, we are all here for. If you look at people who are 60 years and older, by 2010, which is already gone, one in five Californians will be in, you know, 60 years or older. So and then we think, oh, you know, older means they are going to be in nursing homes. They that, you know, they would stay in assisted living facilities, or nursing homes and that is it. But the truth is only five percent of the entire older adult population lives in nursing homes and other institutions, which means the 95% of the population is still living in their own homes so we as professionals, we as community members need to do something so that we can help them stay in their own homes for longer. And that's why our presentation today is very, very relevant because we'll be presenting some assisted technology that is really helpful to help older adults live in their own homes for longer. So that's really important.



If you look at Butte County and compare it to the other counties and to the rest of California, population which is 65 and over we have the -- we have more population of older adults than any other counties or in California. So especially in our county we really need to do a lot of effort, a lot of awareness, a lot of training so that professionals who are working in other areas, or with other population are also comfortable working with older adults. So that's pertinent.



And if you look at population person they change from 2000 to 2030. If you look at the 12 counties of Northern California and I don't remember the names on top of my head, but I think we have a slide which will list all those counties. That we have the highest population percentage change. That we would be having more number of older adults who are 85 years and older.



And that brings us to, you know, another question, then how many of these individuals are living in poverty. And if you compare the poverty rate, it's really high in, again, Northern California, you know, the employment, the resources, the services we have are really limited in Northern California and our poverty rates are really high in the 65 plus population.



And, you know, we always see that children are, you know, always are a big chunk of our total population, but if you look at the entire United States by 2040 oldest old in U.S. will outnumber preschool children. So we are going to -- we are not going -- we are not going to an era where we'll have very few older adults that we need to be prepared for. We'll have a huge chunk, which will -- which is even going to outnumber children. So, you know, right now we put a lot of resources and CPS and other agencies and try and protect our children. But if you look at the future we really need to invest a lot more for this particular population.

## What Attracts Retirees to North State

- High Quality of Life
- Low Cost of Housing
- Lack of Congestion
- Scenic Beauty
- Cultural Arts
- Health Care Options  
(Redding/Chico)



And, you know, we heard that there are a lot of older adults in Northern California and why is that? There are a few things that really attracts retirees to the north state. One being, you know, high quality of life. It's peaceful. It's nice. You know, the weather is nice, so as individuals retire they tend to move to our area. So we have a higher number of population 65 and older. If you compare it to L.A. County and other counties the cost of housing is really low, so that's another factor. It's less congested so, you know, that's one more factor that retirees look into. The scenic beauty, the cultural art we have in our area. And also the healthcare options, especially here in Chico and Redding, we do have hospitals. We have other facilities that they can easily avail. So that helps, you know, them move to these areas and in return we have a huge, big population to serve.



And if you look at what really worries retirees, is being able to go back to work. You know, yeah, they come here, they want to live in Northern California, but we have very limited resources even for part-time employment. So that's one of their number one worries that, you know, they're not able to go back to work if they need to. Staying healthy and, you know, taking care of their health is another issue that worries retirees. Maintaining relationship because, you know, it's really widespread and transportation and commuting, so that's another factor in maintaining relationships. Being productive, you know, when you retire all of a sudden you think, oh I'm not being productive because I'm not contributing to the society in monetary terms. So often times retirees think that only, you know, employment is the only source of being productive. So we have a lot of myths and misconceptions around that area. There was a typo in the beginning. It was staying healthy and then maintaining health. So staying healthy and maintaining health they are related, but it does worry and the -- I think the biggest factor that worries retirees is having enough money. And this was a study conducted by the Center on Economic Development. That's how we got all these figures in Northern California. So Dan Rifke, he did a huge study I think in 2006 and we surveyed all the work in Northern California and got these numbers.

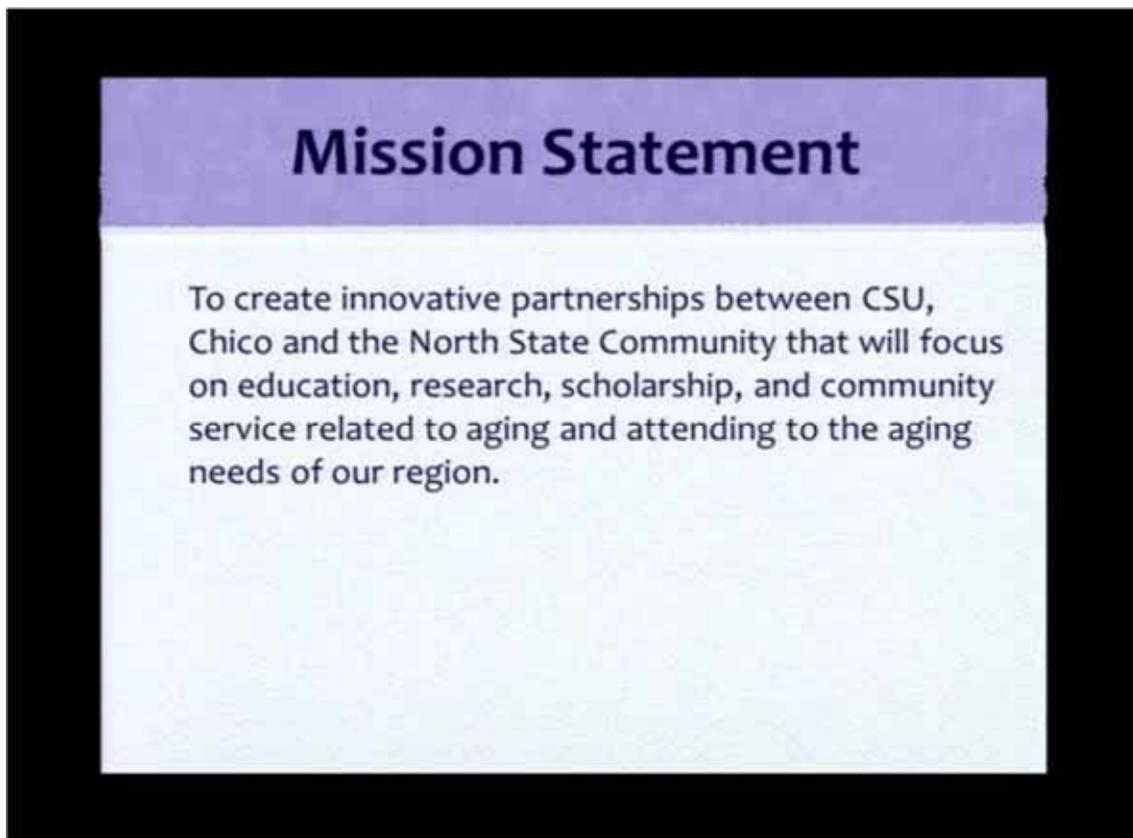
## Did You Know?

**Gerontology** is the study of the *biological, psychological and social* aspects of aging, whereas **geriatrics** is a medical subspecialty that studies *disease among the elderly*

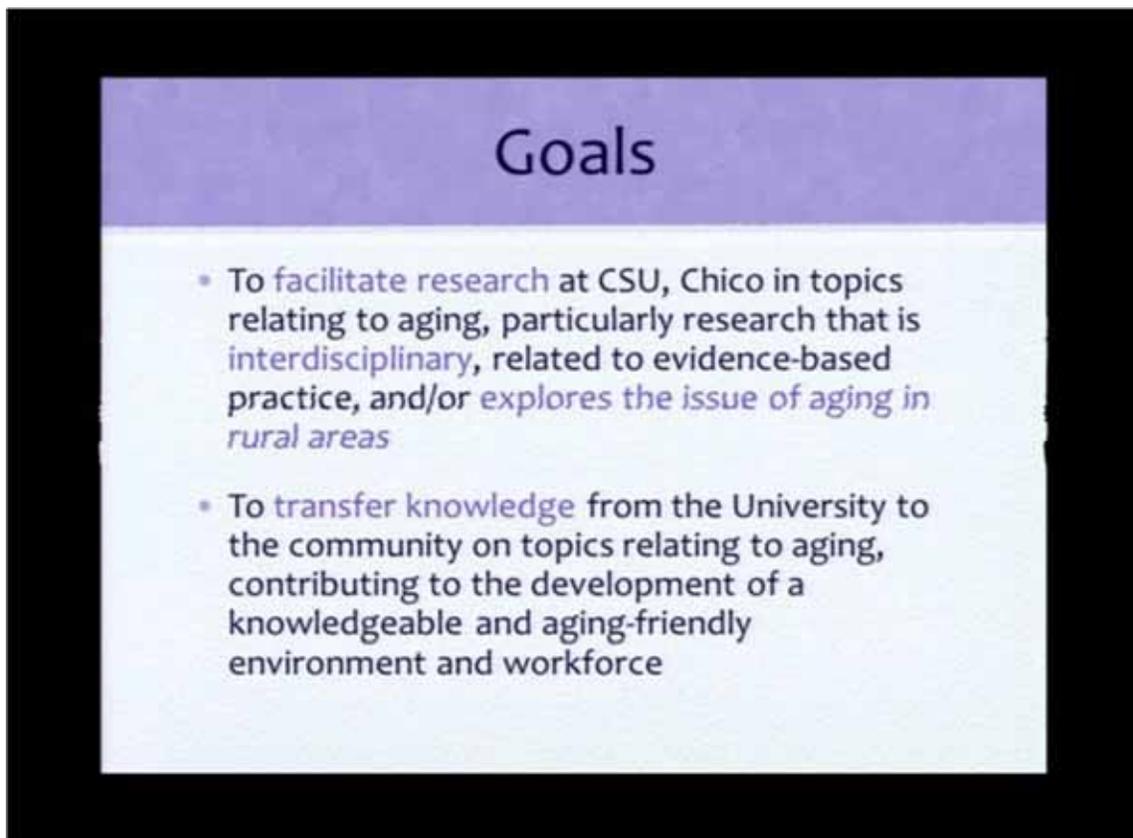


And, you know, what is the intent of presenting all these statistics and making you aware about the poverty and what concerns retiree, is that we really want professionals and students to focus on gerontology and when you are in school, or when you have students in school that you are supervising at your agency, we really hope that you encourage them to take part in lectures and also take classes so that they can study gerontology and many students confuse gerontology with geriatrics. They think, oh, you know, oh my God, I can't deal with it. It's science and, you know, it's hard core and I won't be able to do it, but the fact is that it's a study of biological, physiological and social aspects of aging. It's not just the medical or thing that students need to be aware about, it's the overall, you know, what do we need to keep our older adults safe and healthy in our part of the state. And so having students study gerontology would really help us in the future when we will have more number of older adults to serve.

So I really wish that you -- if you are student can consider maybe taking a certificate or a minor in gerontology here at Chico State, or if you are field instructor have students that you're supervising that you encourage them that they, you know, do take a certificate or a minor in gerontology or take some classes in gerontology, if not a minor or a certificate. And there is a minor in certificate program available at Chico State and, you know, the another benefit of it is that it makes students more employable. They have their bachelors, they have their masters and with that they have a minor or a certificate. So, you know, that again opens more avenues for them. So I hope you encourage the students to do that.

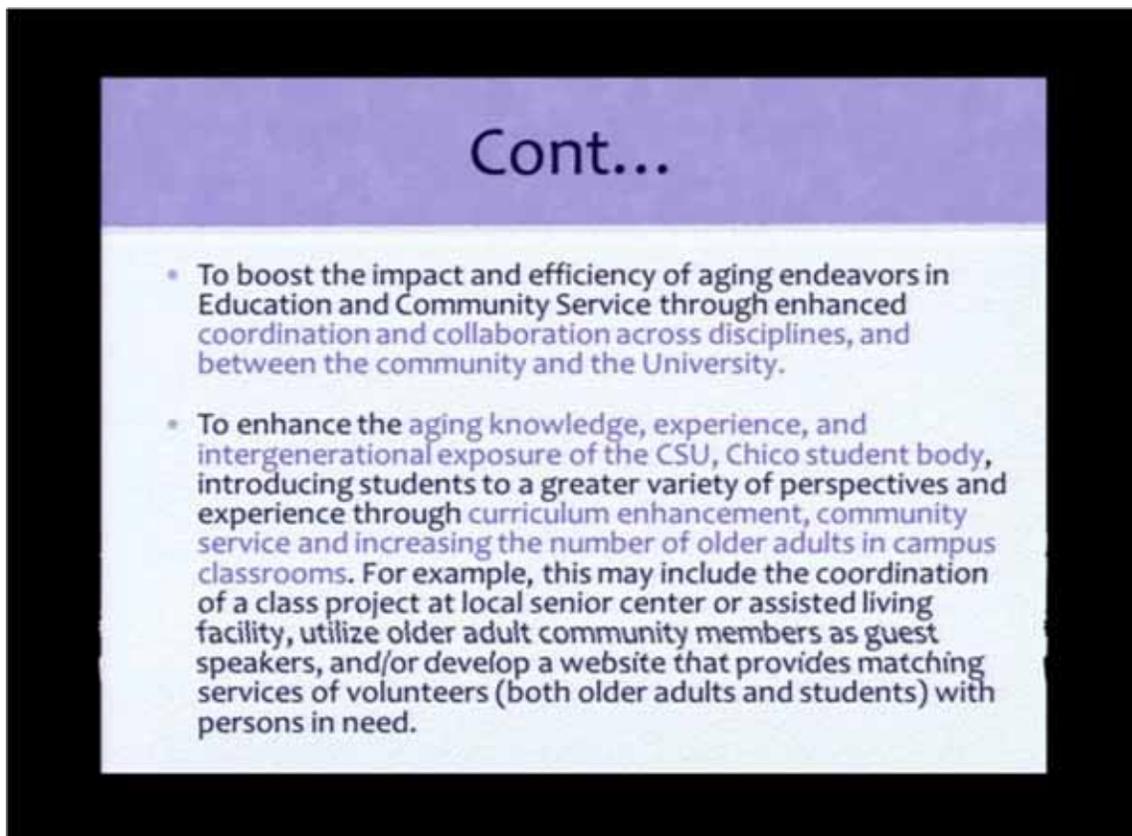


I think that's all the fun facts. I just thought I will just talk about our mission statement really briefly. I did talk about the history of the Center and the beginning. We are really here for creative partnerships with the community, with the faculty, with students on campus. And we really want to focus on education of community members, of students, of faculty, research scholarship, these are the three main areas that we, on campus and in our community, focus. So that's our efforts to try and educate our community and students about the aging issues and needs of older adults in our area.



Again, you know, those mission statements transfer in the goals. So we do facilitate research, actually we conducted research last year where we surveyed Chico State students about their interest in careers in gerontology. And we were just shocked because none -- we almost had 283 participants and not even 5% wanted to think about careers in gerontology. So there was maybe misconceptions, lack of awareness, all those factors there so we were trying to see okay where do we have to start from. What do we have to do to increase students saying yes I do want to focus on careers related to aging or in gerontology. So they most of them preferred business, business administration, so that was their highest choice. For -- we did a comparison between males and females. Females tend to prefer kinesiology and physical therapy and males they tended to prefer business, business administration. So it was really entrusting, but none of them thought, you know, gerontology should be focused in their education.

Also if you want to transfer knowledge and I don't know if you have been to other sessions that we have been doing, but we were very fortunate to bring Patrick Arbore here in town and we do lot of sessions with Dr. Abhor. He's again coming on October 13 from 9:00 to 3:00 p.m. It's a whole day on hoarding. And he's an excellent speaker, amazing. He's not boring at all. So, you know, you can imagine staying the whole day and not feeling sleepy because he's just, you know, awesome. So we try to do that. We bring speakers on different topics and want to educate the community and students about it.



We also want to collaborate and with other disciplines. So that's what right now our hope is. I'm going to different deans and different directors of different programs here on campus and educating them about the Center on Aging. We have been doing some work, but, you know, not that we are really visible. So that's a part of our efforts too that we do. We also want to enhance the aging knowledge experience that intergenerational exposure of the CSU Chico student body. So we keep on doing some campaigns on campus. We do an aging career fair on campus. We also did a student video contest last year, but it was sad. We did not get any submissions. There were lot of inquiries saying, yeah, you know, I want to know more and we put a lot of effort, but we hoping we'll get a really neat video out of that video contest, but we didn't. So we are hoping to run it again and maybe, you know, some students will jump onto the opportunity and do it.

We also want to have curriculum enhancement on campus that, you know, different instructors, different departments are talking about aging issues in their curriculum when they teach. Whether it's social work, psychology, even construction management. You know, when I say construction management, students go how you can focus on older adults in construction management? We are all about building and, you know, concrete and construction and all that and engineering and we don't, you know -- we are not catering to older adults. And I always tell them, what about universal design? You know, when you are making homes, or whenever you are making buildings don't you have to make them accessible so that people who have disability, or who cannot, you know, can't access those buildings, what about making

## Cont...

- To boost the impact and efficiency of aging endeavors in Education and Community Service through enhanced coordination and collaboration across disciplines, and between the community and the University.
- To enhance the aging knowledge, experience, and intergenerational exposure of the CSU, Chico student body, introducing students to a greater variety of perspectives and experience through curriculum enhancement, community service and increasing the number of older adults in campus classrooms. For example, this may include the coordination of a class project at local senior center or assisted living facility, utilize older adult community members as guest speakers, and/or develop a website that provides matching services of volunteers (both older adults and students) with persons in need.

homes that are one level. So you can age in the same home, because, you know, our home is really a possession for us and we are emotionally attached to it. So if I have a house I want to stay in it until I get older and especially when I'm in 60s or in 80s I want to stay in that same place, because I have so many memories of that place. So why do older adults have to move just because the home is not suitable to them? Why don't we make homes that have wider doors that if they are on wheelchair they can still maneuver and go to places and the toilets are comfortable and all that. And that's what construction management students do. So that's what we mean by curriculum enhancement that we really want to focus on different disciplines, which are not even thinking how, you know, they can serve older adults. So that's what we do. We also have a scholarship for students here. Very few students know about the scholarship, but we do have a scholarship for students that help them with their books. If the student is focusing on gerontology or taking some classes in gerontology they can, you know, apply for that scholarship which will help them pay for some their tuition and books. So we are slowly getting there.



And this is sociology student and they do intergenerational exposure with older adults and a couple of times a year so this is just a great program in sociology they do.



And did a lot of ways for you to get involved in the center. The first one is we have a listserv that we send out emails about the events that are happening. We really put lot of efforts in making our newsletter, which is an electronic newsletter, so we send it out to all the members who are on our listserv. So if you're not, I would really encourage you to give me your email so that I can put you on the listserv and you can get all the information. The e-newsletter is an excellent resource and it just don't even -- it talks about various subjects; psychological, sociology, biological, physical therapy, technology. It's just, you know, we try and cover all the areas related to aging. So it would be a great resource for you.

You know, you can attend these lectures like you are doing today. We also have a film series. So we really show good films on Wednesday afternoons -- the fourth Wednesday of each month. And we show the film and then we talk about that film and do discussions. So there are great -- some controversial films because we really want, you know, the audience to start thinking. So you can take part in that.

You can also help us, you know, with these lectures as I said, we don't have any funding base. So if you can contribute in some way we would really appreciate that because it helps us sustain our efforts. You can also buy this book, [laughter] I'm right now doing my I think sales pitch. This is a great book which Chico State students put stories together. I am one of the editors. What we did is students in the health and community services gerontology course they went out and interviewed older adults who have a pet. So the title of the book is, *Growing Old Together: Older Adults and*



Their Pets. And, you know, Chico is a great community. We welcome pets and we love our pets. We thought why not, you know, try and put those stories together. So it's a great book and I'm sure you'll enjoy reading it. So all the -- it's only \$15.95. All the profits that we make through this book will go to the Center on Aging and will support our efforts. You can also volunteer your time and talent and help us with the Center. We also have internships, our service learning experience for students. So you can do that too with us.

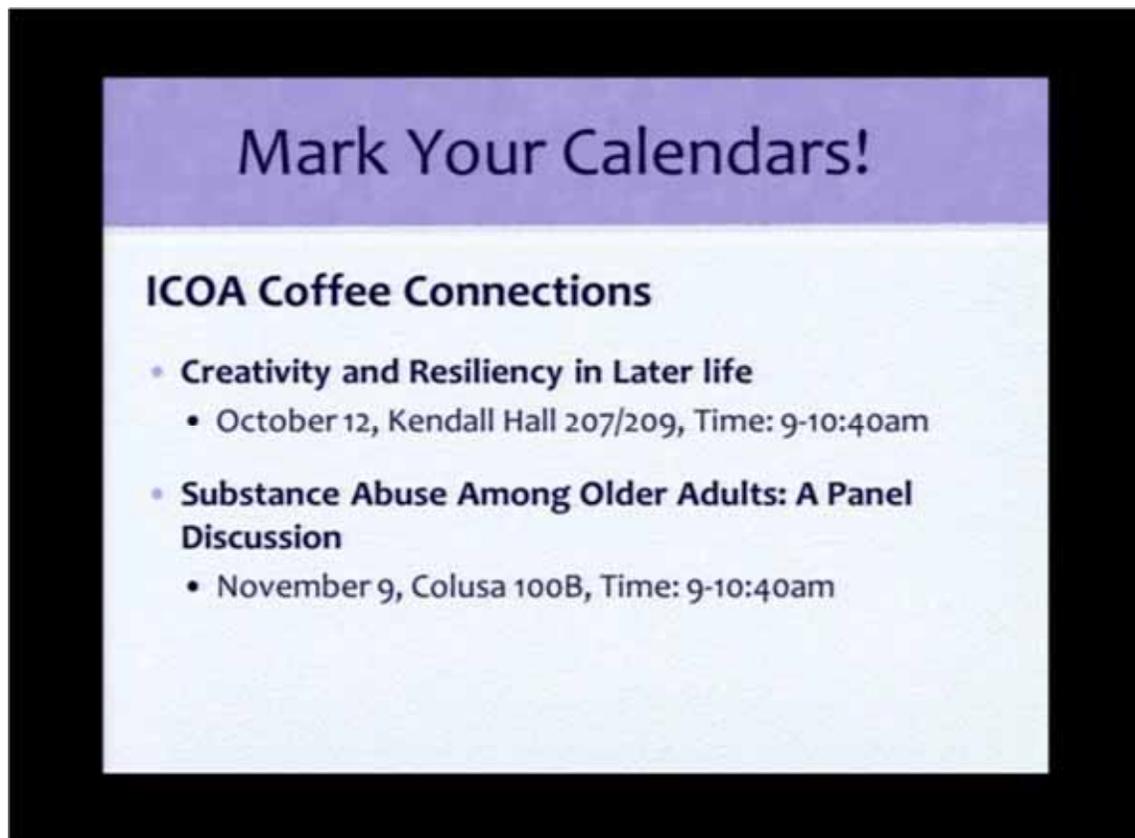
## Coalition Building



Service Region	
Butte	Shasta
Siskiyou	Sutter
Tehama	Trinity
Yuba	Glenn
Lake	Lassen
Modoc	Plumas

- Establishing partnerships among people and organizations in 16-county service region
- Reduce duplication of efforts
- Bringing various stakeholders together to engage in aging advocacy, knowledge sharing and will act as the clearing house
- Maintaining a community calendar for all events

And right now what we are doing is we are trying to build a collision of organizations in Northern California. So we want to focus on all the counties in Northern California and bring them together and maybe start talking about, you know, what resources they have, what we can share and come together and maybe do these lectures for remote counties that folks can't come here, or at least videotape them so that they can see it wherever they are. So we are trying to make that available for other counties. We maintain an extensive community calendar on our website. Any event we know which is related to aging or older adults we put it. We also send out an email monthly about all the events happening during that month. So that's some of the things we are starting to do. We have created a survey right now to send out to all community professionals in Northern California to help us. What services are out there? What services are not? What trainings will they like to see so that we can bring guest speakers and we can organize those trainings and help train professionals in the field?

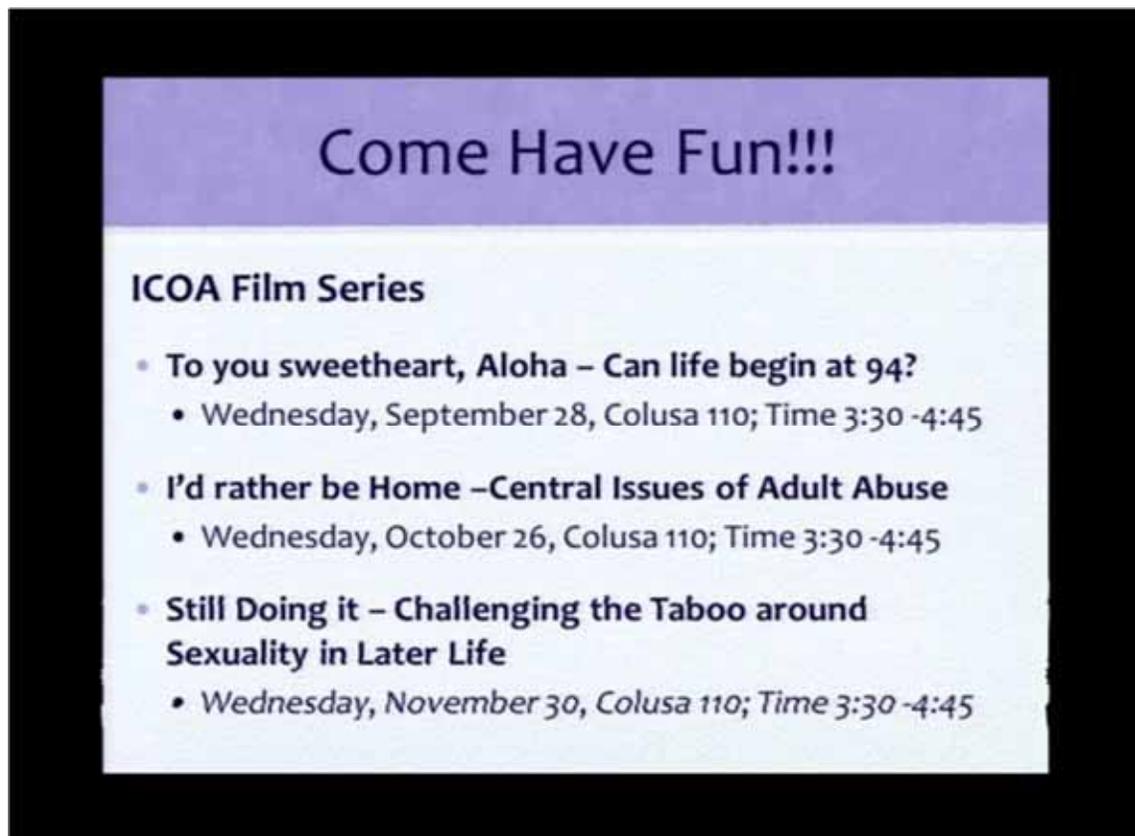


**Mark Your Calendars!**

**ICOA Coffee Connections**

- **Creativity and Resiliency in Later life**
  - October 12, Kendall Hall 207/209, Time: 9-10:40am
- **Substance Abuse Among Older Adults: A Panel Discussion**
  - November 9, Colusa 100B, Time: 9-10:40am

I think you might be aware about the other dates that we do. There is a very interesting training coming up on creativity and resiliency in later life on October 12th. Donna Jensen will be talking and it's going to be really interesting. It's from 9:00 to 10:40. So the time is little different. Today we started little later because our presenter couldn't be here till 10:30 so we had to start it late, but it would -- it's going to be from 9:00 to 10:40 and will be hopefully, you know, we won't run late that day. The other one we are doing in November substance abuse among older adults, a panel discussion. So we are bringing three panelists and we'll be talking about substance abuse among older adults, which is I think is going to be a really interesting too. I would present on the research that is out there. Cathy Wind, who is an instructor in social work. She has lot of experience working with older adults and substance abuse. So she'll present on her experiences and we have Shirley and I'm blanking on her last name from Skyway House. They recently started a group for older adults who have issues with substance abuse. So it's a support group that they have started. So she will come and present on their work with older adults.

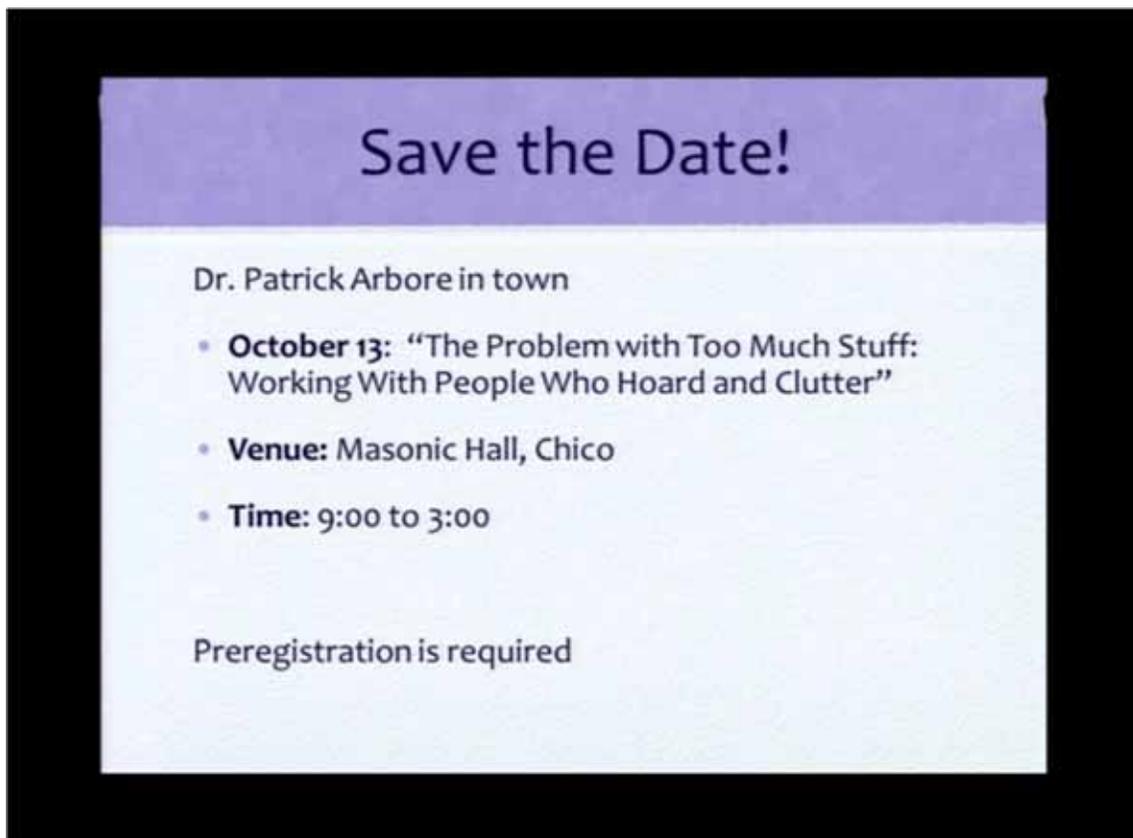
A handout for the ICOA Film Series. It features a purple header with the text "Come Have Fun!!!". Below the header, the text "ICOA Film Series" is followed by a bulleted list of three film titles and their respective dates and times. The list items are: "To you sweetheart, Aloha – Can life begin at 94?" (Wednesday, September 28, Colusa 110; Time 3:30 -4:45), "I'd rather be Home –Central Issues of Adult Abuse" (Wednesday, October 26, Colusa 110; Time 3:30 -4:45), and "Still Doing it – Challenging the Taboo around Sexuality in Later Life" (Wednesday, November 30, Colusa 110; Time 3:30 -4:45).

**Come Have Fun!!!**

**ICOA Film Series**

- **To you sweetheart, Aloha – Can life begin at 94?**
  - Wednesday, September 28, Colusa 110; Time 3:30 -4:45
- **I'd rather be Home –Central Issues of Adult Abuse**
  - Wednesday, October 26, Colusa 110; Time 3:30 -4:45
- **Still Doing it – Challenging the Taboo around Sexuality in Later Life**
  - Wednesday, November 30, Colusa 110; Time 3:30 -4:45

We have film series as I said. I don't think I have to go in detail. You guys have the handout that you can see, but there are really interesting movies. You know, the topics that we often don't think about and/or we try to avoid. So I think it would be really good if you come and take advantage of these movies. It's a nice way to spend Wednesday afternoons. We'll have some popcorn and then we'll talk about it too later.



Again, you know, Dr. Patrick Arbore is coming on October 13th. Preregistration is required for this one. I really encourage you to be at this training. And if you are a professional who wants CEUs, we'll give you six continuing ed credits too. Yeah.

**Audience member:** [Inaudible]

**Seema Sehrawat:** We send out emails, but if you're not on our email list here is the form you can fill out and give me the bottom part and we'll register you. Is it on Thursday?

**Audience member:** Yes.

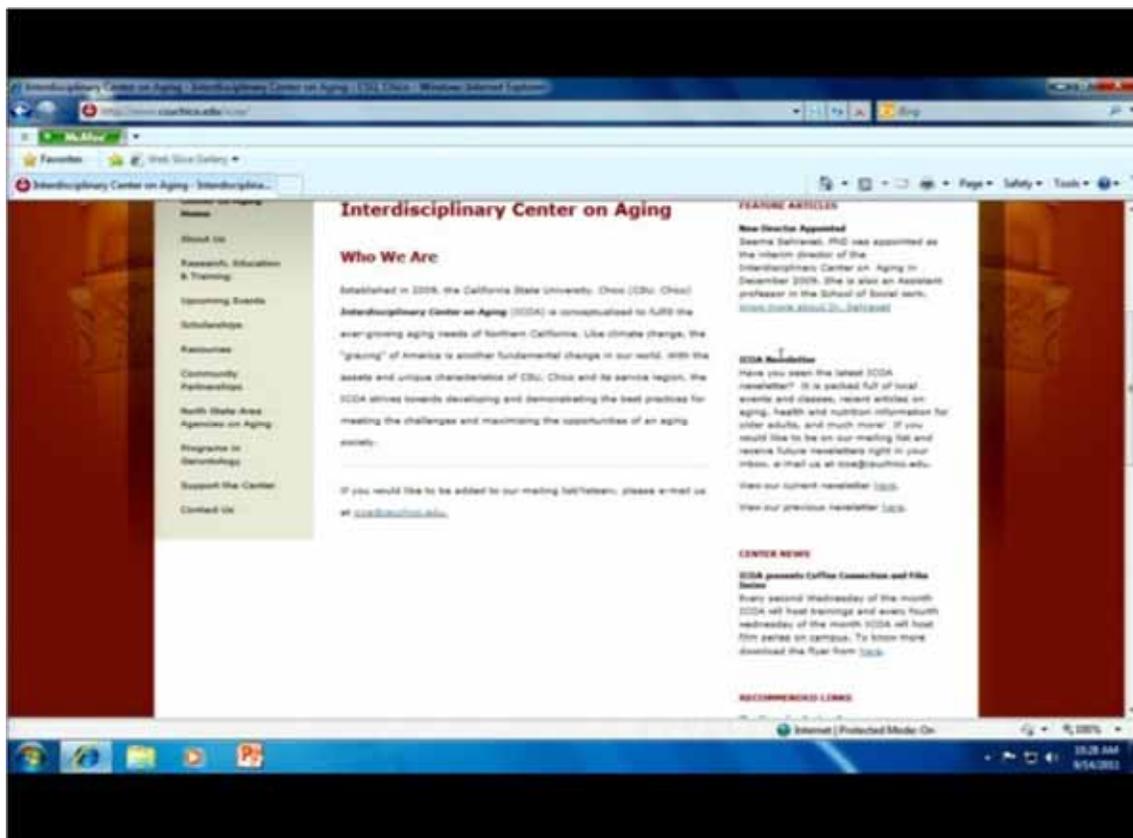
**Seema Sehrawat:** It is? Oh, my God. Oh, why did they do it on a Thursday? I didn't realize. Maybe we'll go and listen to him. We'll see.



And here is our contact information. I'm right now the interim director for the Center on Aging. So all your questions, if you have any thoughts, if you would like to contribute in some way to the Center on Aging and help us sustain this -- I call it a movement, so we'll really appreciate that in any way possible, not just monetarily, you know, volunteer your time. If you have a great resource that you can pass on to me, you know, anything. If you know about a community event that we don't have on our calendar, let me know. So any way, you know, if you can get connected to us we would really appreciate that. I don't know why our speaker is not here. She is coming from Redding and she told me that she doesn't Chico State really well, so I might have to check my cell phone to see if she has been calling me or not.



But I just want to have this page open while I check my cell phone. If you go on CSUchico.edu/icoa that's our website. And upcoming events is a tab where we'll have all the events that are happening in the community.



And if you go on the main page we have our newsletter here so you can download our e-newsletter. It's just interesting and I have heard lot of good comments about it. So I would really encourage you go and read and there are just lot of helpful links in there and other information too. So just feel free to go our website and, you know, see what we have to offer to you and if you have any suggestions please do let me know.