



Cardiovascular Wellness
Program Newsletter
Issue 12 – Student Edition
May 2022

Comments from Linda

I know you are aware our regular production of the CWP newsletter is now on a quarterly schedule, meaning the next edition will come out in June. In the meantime, I thought it would be very worthwhile to have our awesome student interns share some things. Many fun and worthwhile projects are going on this semester because of their efforts and we look forward to many future such endeavors. This issue is entirely student-written and does have some good information.

And please know that the interest, time and efforts of our clients with the students are greatly appreciated. We are making a good case with the higher-ups to establish that we serve students, and it is largely due to everyone’s participation. Yes, I can set up connections but it is you, the clients, that make them successful. I admit to being the captain, but we do have an awesome team and I really am very grateful for have such a wonderful community to work with.

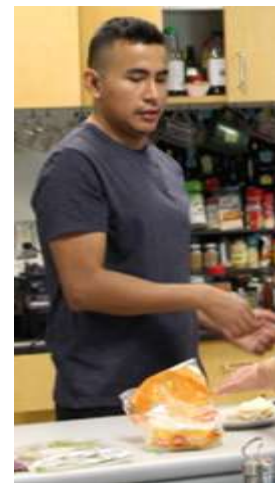
Spring 2022 Student Intern Roster
Gerontology Interns (Gero 131/130)
1st semester – Alex, Ashley, Dixie
2nd semester – Amy
Community Nutrition Interns (NuFD 117)
Britney, Hailey, Stephen
Community Psychology Interns (Psy143)
Judith, Tim T
Research Interns (ID201)
Ashley M, Fatima, Megan, Paola



Included in this issue:
Program Coordinator Notes, Linda Paumer, MA
Gerontology Interns
Community Nutrition Interns
Community Psychology Interns
ID201 Interns
Elder Justice -from Marcia Harris-Brim

Gerontology Students

From Alex. This is my first semester being an intern at the CWP and there are a few things that I love about the place. The first one being the friendly environment that you feel as soon as you walk in into the exercise room. They have everything ranging from fellow interns like myself to amazing staff members and not to mention the wonderful older adults that attend the exercise and nutrition classes. The second thing that I love is the weekly nutrition classes and cooking demonstrations that are held at the CWP. They emphasize the use of a vegan diet and have wonderful and delicious recipes that I have implemented in my own weekly menu. While you get to enjoy the delicious food they serve, you also get a nutrition class on many different topics. It's an unbelievable experience I recommend anyone to check out!



From Dixie. As I've come to the CWP facility over the last few months, I've learned that CWP isn't just a place to learn and exercise, but to build friendships and a community for all ages. The facility is filled with a good mix of clients, volunteers, and students; and because of this attendance, I'm able to hear perspectives and stories of people from different stages of their lives. Clients that have been going to the CWP for years have grown relationships outside of the program, and I think it makes a huge impact in the way CWP works. I love seeing people bring themselves back in time and reminisce on some of the good moments in their life when I have a conversation with them, or even when new music is playing in the facility. I also appreciate the activities CWP provides, and its flexibility for people coming to the facility and people attending sessions online. I learn something new every week, from the health lectures to the food demos. I've been able to learn about new skills and health tips, while also hearing about people's comments and concerns when it comes to the future, health, music, politics, etc. The community that the CWP has built is an inclusive community that I hope goes on for many more years.



Ashley B. Volunteering my time at the Cardiovascular Wellness Program has been a calm journey of discovering what I am looking for in a career outside of Sacramento State University. I started the gerontology program not knowing what I want to do with my future upon graduation and the Cardiovascular Wellness Program staff, interns, and older adults made me realize that after graduation it is important to follow my heart and has allowed me to realize that small steps, conversations, and risks can go a long way. I used to think making an impact in my community was hard and had to be extravagant, but the older adults at the Cardiovascular Wellness Program made me realize that just a simple conversation can make a large impact on someone. Although I only have 8 more months until I graduate and I do not know my next steps, the Cardiovascular Wellness Program has some of the kindest wholehearted people I have ever met, who have allowed me to experience college in-person, as well as working with older adults face to face in the real world.

From Amy. Stress is an important factor to an individual's mind and health. Stress is a common concern for everyone, however there are some myths about stress that many have been told or misunderstood. Two myths that I found to be interesting are “Stress is the same for everyone” and “Stress is always bad”. Many people mistake stress as the same for everyone when stress comes from a combination of work, family issues, and day to day responsibilities. Everyone has different experiences in family matters, work, and responsibilities which is why stress within an individual is different. Nonetheless, how an individual handles problems varies from person to person. Not everyone handles problems the same, as we all have our own capabilities and coping mechanisms.



As stress varies from one person to another, it is also misunderstood that stress is always bad. According to research from University of California Berkeley by Robert Sanders, it is demonstrated that stress is not always a bad thing. Having some sort of stress in an individual's life can be a benefit as it can help with behavior and cognitive health. Encountering a certain level of stress can challenge the brain in critical thinking and problem solving. Having this kind of stress can be beneficial towards cognitive health as we all want to keep our brains strong and healthy to be capable of handling all our life challenges. Something new that I have found out is that having too little stress can cause depression as many start to become bored and uninterested in daily encounters. Having this said, as a student and parent, I can start to appreciate a little stress in my life.

I am a mother of 3 children, a 1 years old boy and 2 month old twin girls. Having not only one newborn, but two can be a bit stressful as it is double the work and patience to care for. Caring for two newborn is challenging, but it is also rewarding in a way. Having to bond with each one is rewarding as babies tend to grow up quick. Besides being a mom, I am also a student who is looking to graduate this Spring of 2022. Always having the goal to finish college in 4 years has motivated me to keep on pushing. It can be stressful at time with the work load, however it has also helped me push my limit and capabilities. Persevering to do more has led me to recognize my hidden abilities. It revealed that I am more capable of achieving and overcoming any obstacle in life, more than I can even imagine. Stress can be worrisome at first, but it can be a benefit as it expands our proficiency.



My name is Hailey Hutton, I am a 4th year senior majoring in Nutrition and Food. My time here at CWP has been one of my favorite memories I will take with me leaving college. Everyone I have met here-- the participants, staff, and other student interns, have been nothing but nice. This was a fun way to end the last semester of my senior year. Fun takeaways of the semester for me was cooking with other student interns, painting the pots to plant the herbs, cooking with Debbie Lucas and her presentations, and generally every time I came in to help

It has been super fun getting back into the kitchen and we have had some great cooking demonstrations this semester. The cohort of community nutrition interns (3 of them this semester) did a fun project collecting cultural recipes. Early in May they showed us some recipe modifications to make two of these favorite recipes plant-based and heart-healthy. Their efforts were definitely appreciated and quickly gobbled up. Our other students also stepped and certainly are better cooks for the experience. We had home-made tortillas and oil-free tamales, and Armenian greens “hats” just to name some exciting new things. And super exciting to know that Alex will be back next semester, and we certainly hope to have him in the kitchen some more.



Psych Students



Hi everyone! I am Timothy T, and I am currently majoring in Psychology while minoring in Counseling. This is my first semester interning for the Cardiovascular Wellness Program. Being at this program has been one of the most inspiring programs I have had the chance to be a part of. Whether it is joining exercise classes and informative presentations in-person or via zoom, or even just being able to interact with the individuals at the program, I can say that I have learned so much about the individuals here.

I have had the chance to learn about the lives of the individuals, their backstories, their purpose in being here at the program, or even just why they continue to come. To know that the individuals at this program continue to come in for exercise classes, presentations, and or to work out have the motive to fight for another day. The individuals are the ones that made my experience ten times better; being a part of this program has benefited me not only mentally, but also physically. I am grateful for the chance to be a part of a program that continues to inspire and support the individuals in multiple ways.

My name is Judith and I have enjoyed being at the Cardiovascular Wellness Program throughout this semester. It has been inspiring to see the sense of community everyone has at the program whether it's staff, participants, or interns. Knowing that everyone in the program has been friends for years has been amazing to see. I have looked forward to learning new things on the days we had lectures and presentations from health care professionals from our Sacramento community. I can sense the friendliness and respect everyone has for every healthcare professional that has volunteered their time to inform everyone about a various amount of health topics. The cooking demos throughout the semester have been tasty as well. So many people in the program are committed and dedicated to a plant-based diet with reduced salt and oil usage which is motivating for me since I have been trying to be more plant based as well. Trying out all the plant-based recipes has opened my eyes to a whole new way of cooking. Getting to know people's life stories has been wonderful and I thank everyone who has been kind enough to share. I am grateful to have been part of such a community focused program and I hope to visit after I graduate!



ID201 Students



Paola has been with us two semesters. She has been focusing on a project focusing on breathing, and many of you had a fun balloon experience helping her. Rose for one has good evidence of how it helps.





Hello, my name is Ashley M. Currently I am a Freshman majoring in Health Science. My goal is to get accepted into the nursing program and one day become a registered nurse, which this internship is helping me do. Specifically, the Cardiovascular Wellness program has helped me gain knowledge on things I can use as a registered nurse. I've learned how to manually take blood pressure, heart rate, and how to socialize with older adults. It has been nice getting to know everyone and make new friends with the other interns. Additionally, I learned more about plant based cooking and ended up cooking breakfast style potatoes. I am so thankful that I have had this experience. I hope to be able to come back in the future semesters.

Hi, my name is Fatima, and I have been here for the whole spring semester. I'm currently a freshman majoring in health science going towards the nursing route. In the Cardiovascular Wellness Program, I learned how to take blood pressure and take someone's pulse manually if the pulse oximetry isn't working. I had fun making different foods such as tofu scrambled, healthy tacos, and Rose's smoothie for everyone. It has been nice getting to know and talk to various different people here including the staff and other fellow interns. My time in the internship is coming to an end, but I'm grateful for this opportunity and experience.



My name is Megan and I am working toward getting into the nursing program. Interning at the Cardiovascular Wellness Program has taught me more than I could've imagined. Learning how to take blood pressure was fun. I'm thankful everyone was patient with me as I was getting this skill down in the beginning. Getting to know everyone was very interesting from the staff, clients, and other interns. I love how everyone is very friendly and kind. Talking and learning something new almost every time a conversation



sparked up. I love seeing people's eyes light up as they recall old memories and tell me something cool about their past experiences. I thought the food demos each week were fun to watch, help out with, and nice tasting new healthier options. The Cardiovascular Wellness Program is one of the most friendliest and welcoming places I've been to. I'm thankful to have this opportunity to intern here!



Elder Justice

From Marcia Harris-Brim, Gerontology

As you know, last fall, I was able to meet and learn from many of your members at the Cardiovascular Wellness Center because of your collaboration with Dr. Abah and the students in her Gerontology Continuum of Care class. I learned tremendously through that class. This semester I have been learning about Meditation and Restorative Justice through a Social Work class taught by Dr. Nylund. I have been assigned to take to take one social action to help stop violence. Crazy as this may sound, I immediately thought of you and the members I met at your center. Obviously, your place of Wellness is the furthest thing from a place of violence. Yours is a place that fosters growth, self-care and education for older adults. It is because of your self-care and educational aims that I wanted to invest the work for this assignment in you and yours.



From an educational standpoint, Restorative Justice is a topic to which many people have not had exposure. It's an approach to resolving crime and interpersonal conflicts that is currently being used in many settings including schools, divorce and custody situations, and elder abuse to name a few. Restorative Justice is an alternative approach to seeking justice for wrongdoing outside of the court system. For all the places where Restorative Justice is employed, I believe using it within situations of elder abuse could be one of its most important applications, as it helps heal families when wrongs have been done. And let's face it, families are a place where a lot of wrong can be done.

Elder abuse, whether physical, sexual, psychological, or financial happens most often in families with caregiving situations. For many reasons, most victimized older adults do not file charges even when they have experienced serious harm. Reasons include the fear that their loved one will go to jail, and/or the older adult will lose their primary source of caregiving and end up in a nursing home. Restorative Justice is an alternation that supports families to find a path of reconciliation that addresses the harm done while protecting the older adult from future harm. This goal includes enabling the relative responsible for the harm to take responsibility and make amends within the family rather than going to jail. It also includes broadening the base of support for both the caregiver and the older adult. Caregiver stress is a significant aspect underneath many of these crimes. This approach views the problem of elder harm from a larger family system and community frame, which, in the end, can strengthen families. This contrasts with permanently tearing families apart, which is the all-too-common outcome of the criminal justice system when it is employed to try family members.

Like so many of the difficult topics that I am interested in, as I seek to educate and equip myself to help older adults plan for end-of-life, elder abuse is certainly one of the most challenging. Of course, we all assume that this problem could never happen to us. Hopefully, it won't. But as a community of older adults, I believe when we press into hard topics even those that aren't or won't become part of our experience, our learning may help someone we care about now or in the future, someone who suffers harm at the hand of their caregiver. And as there is always a tiny

chance that that someone could actually be one of us, I believe learning about Restorative Justice is an act of self-care on behalf of our future selves and the family we love.

I recommend watching a recording from a recent webinar from the California Elder Justice Coalition. It showcased a video that contains a reenactment actual elder abuse case for a community educational event in Canada. In this case, a son, who as was the primary caregiver for his 89-year-old mother, stole \$40,000 from her bank account. He justified his actions as essentially a loan to keep the family business afloat and his plan to pay the money back. She was very distraught when she discovered the missing money and believed her son took it; however, she depended upon him to remain in her home and did not want him to go to jail. This video portrays two alternatives for the mother who is a victim of elder abuse. In the first, the son is tied in court and found guilty of the theft of the money. He is sentenced to a year in jail and one year probation with no contact with his mother. This traditional justice approach results in the mother experiencing her worst fears. The second reenactment demonstrates how a peace and restoration process, specifically called a Peace-Building Circle was used with herself and her son, and their entire family and community to help the members find solutions for dealing with the same crime. In this Peace-Building Circle, the emphasis is on keeping the family together so that the older adult could remain in her home through community and family support and accountability for her son.

This [hour-long video](#) contains both the court room scenario and the Restorative Justice (RJ) alternative. The RJ alternative begins at minute 28. Whether you watch the entire program or just the circle reenactment, I believe your time will be well spent. If you would like more information, I would direct you to the [California Elder Justice Coalition](#). I learned about the video series from Sac States Gerontology department. This video was the focus of the second in a series of four webinars on elder abuse produced by the CEJC. Recordings of these webinars can be listened to on their site, and free registration for their last webinar on April 19 is available [here](#).

This learning has so impacted me that after I complete my special masters in Gerontology, Social Work and Family Studies this summer, I plan to take certification courses in Restorative Justice. In the future, I hope to become one the people who enable families to hold onto themselves together as they navigate significant life difficulties. Thank you to each of you at the Cardiovascular Wellness Program for your contributions to my learning. I hope this recommendation is a small reflection of my desire to give back to you.

With sincerest appreciation,

Marcia Harris Brim
