

Cardiovascular Wellness Program Newsletter Issue 21 – Student Edition November 2023

Comments from Linda

The next regular edition for this quarterly newsletter will come out in December. I like to get the students to put together a newsletter each semester as well and this is the student edition for the fall 2023 semester. Many fun things have been going on with a variety of students this semester and it's always good to share some of them. This issue is entirely student-written and does have some good information. As always, the interest, time and efforts of our clients with the students are greatly appreciated. We have done a good job establishing that we are serving students, and obviously, it is important that we continue this practice. 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 continue to be very grateful to be part of such a wonderful community. Keep up the good work and thanks to all of you!

Linda

(NOTE: Comments from me throughout this newsletter are in italics.)

3rd year physical therapy students have been coming up Fridays at 2:30 pm to lead weekly balance activities. This is now an important permanent addition to our exercise session schedule.



Fall 2023 Student Intern Roster

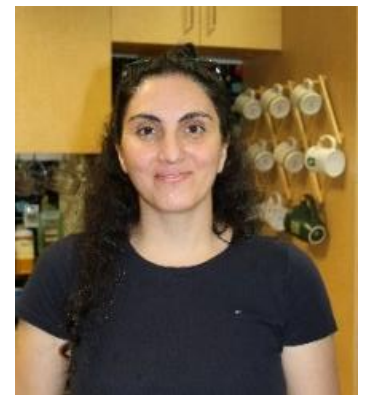
- Gerontology Interns (Gero 130/131)
Angel, Billal, Naaz, Noah, Wendy
- Community Nutrition Interns (NuFD 117)
Stefanie, Lusine
- Community Psychology Interns (Psy143)
Anna, Diana, Jordyn, Morgan
- Research Interns (ID201)
Dominic, Kiara, Pham, Stephanie



We had 3 community out-reach events this semester where students, mostly from Gero 101, went over to a senior living complex in West Sacramento and led wellness-related activities. Another of our win-win situations.



*Lusine
Martirosyan*



On Fridays this semester there has always been something going on in the kitchen. Lusine, a nutrition intern, wows us weekly with wonderful Armenian things. These were nut-stuffed baked apples—yum! Stuffed pumpkins are on the menu for the first Friday in December and Lusine will be helping Shushanik with this one. How lucky are we to have two Armenians in our midst!. Come in and check them out!



From Diana Vargas Zaragoza, Psych 143 Intern



Learn about the benefits of Gratitude

With thanksgiving approaching, a time in which we show gratitude and give thanks, it is the perfect time to learn about how the simple act of gratitude can increase your happiness. Gratitude is a powerful catalyst for happiness.

Benefits of Gratitude

Did you know practicing gratitude can increase your happiness and provide health benefits? Research shows that people who wrote and delivered a letter of gratitude reported increases in happiness and maintained that improvement for up to 3 months. In addition, people who regularly practice gratitude display lower levels of depression, anxiety and stress and increased happiness. Gratitude also has health benefits. For example, gratitude can help strengthen your heart and reduce heart disease. It can also help improve your quality of sleep! Research has shown that gratitude can provide physical benefits such as improvements in blood pressure, glycemic control, and asthma control.

Practicing Gratitude

How can you practice gratitude?

- Write and hand-deliver a letter of gratitude to someone you care for.
- Keep a gratitude jar and fill it up with things you are grateful for. Read the notes at the end of the year or whenever you need a reminder.
- List three good things that have occurred to you in the past 2 days and write how each thing made you feel.
- Leave subtle reminders around your home in places you will see that can remind you to be thankful.
- Keep a gratitude journal and three things you are grateful for every day for a week.



Don't Forget to tell us what you're grateful for; stop by the Gratitude Poster!

From Stef Studen, Nutrition 117 Intern

Hi everyone! My name is Stefanie, but I usually go by Stef. I am one of the two nutrition interns at the Cardiovascular Wellness Program this semester. I have been a student at Sac State for about 3 semesters now and I will be completing my Didactic Program in Dietetics Verification Statement next semester. I graduated college in 2017 with 2 BA's and after a few years of working in the health and wellness world, I decided to come back to school to pursue a degree in dietetics. I am currently applying to masters programs and hope to begin my graduate studies next fall. This has been my first semester at the Cardiovascular Wellness Program and I am so thankful for the opportunity to work with Linda and all the incredibly motivated participants of the CWP. It has been so fun to be able to connect with program participants and provide fun new heart healthy recipes with my fellow interns. I have always been interested in clinical nutrition and that is part of the reason the CWP appealed to me so much. I love the nexus between community and clinical nutrition that happens here as well as all the interdepartmental influences the CWP receives. I have never worked with such an optimistic and motivated group of individuals and to see all the work that Linda and others from UC Davis's cardiac rehab program have done is really inspiring. I hope to continue coming to the program next semester and I am so thankful for the time I have spent here. I also would be delighted to chat with any program participants about their current diet and run it through some nutrition analysis software, if anyone is interested.



From Morgan Flojo, Psych 143 Intern

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel" — Maya Angelou. My desire to help others feel truly heard, supported, and loved has motivated me to major in psychology. After I graduate in December, I hope to pursue a Master's in Counseling with a concentration in Marriage and Family Therapy. Becoming an eating disorder specialist and guiding adolescents through the process of developing healthy eating behaviors and challenging distorted thoughts will allow me to help people struggling with their mental health. I think it is incredibly important to remember that we can all do things to help others feel special. Whether you hold the door open for someone or call a friend you have not spoken to in a while, an act of kindness never goes unnoticed. More importantly, how these acts of kindness make people feel will never be forgotten. Your presence, questions, and other contributions to the Cardiovascular Wellness Program foster a sense of community that helps students, staff members, and your peers feel like they belong.

THE CAVITY COMPASS

ORAL HEALTH: WHAT WE'RE DOING WRONG

BILLAL ANWARY

LETTER 1 - 09/30/2023



HOW COULD THAT BE?

We do it twice a day as recommended, yet the Dentist still tells us we have cavities and cracks in our teeth. Is it a trick to get us to fork over hundred of dollars for treatment? Are they just using our teeth as practice? Well, the answer is not actually malicious by any means. Most of us are taught how to brush as children and then left to take on the responsibility of maintaining our oral health with minimal guidance. Every individual has a different set of factors to consider and challenges to address when brushing. Factors we have to look out for are mouth size, gum sensitivity, diet, and even commitment to making the effort.

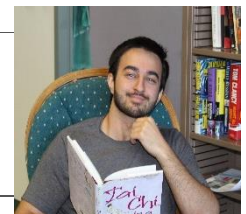
BRUSHING

- Dentists recommend a toothbrush with soft bristles that can bend and reach under the gum. The size and flexibility of the brush are important, and the American Dental Association seal ensures quality.
- Scrubbing too hard isn't necessary. Instead, think of brushing as massaging the teeth and gums. Plaque is soft and can be removed with gentle, circular motions.
- Brushing should last for at least 2 minutes, twice a day. Setting a timer or syncing with a favorite song's duration can help maintain the proper brushing time.
- Change your toothbrush every 3 to 4 months or when the bristles become frayed. Avoid sharing brushes and store them in an open area to prevent mold growth.
- Brush using small circular, up-and-down motions rather than back-and-forth. Pay attention to the gum line and use a 45-degree angle against the gumline for effective cleaning.
- Brush all tooth surfaces, including the inside (tongue-side) of teeth. Many people overlook this area, leading to inflammation and calculus buildup.
- Wait 15 to 20 minutes after eating before brushing to allow saliva to neutralize acid. Alternatively, rinse your mouth with water to minimize acid damage before brushing.
- Brush at least twice a day for 2 minutes and maintain a high-quality cleaning routine at least once a day. Thorough brushing, flossing, and rinsing help control bacteria effectively.

RESOURCES

- [HTTPS://WWW.WEBMD.COM/ORAL-HEALTH/FEATURES/BRUSHING-TEETH-MISTAKES](https://www.webmd.com/oral-health/features/brushing-teeth-mistakes)
- [HTTPS://JOURNAL.FORMOSAPUBLISHER.ORG/INDEX.PHP/FJAS/ARTICLE/VIEW/4838/5891](https://journal.formosapublisher.org/index.php/fjas/article/view/4838/5891)

Billal Anwary is a gero student with a career goal of becoming a dental surgeon, specializing in older adult care. Kudos! He is sharing many insightful things about oral care. Thanks!



From Pham Tong, ID201 Intern



I actually know about the Cardiovascular Wellness Program through the GERO 101 course, which is part of the health science major. What keeps me going to the CWP is the friendly, supportive environment and the sense of community any time I am here at the program. There are many activities at the CWP that are not only good for the older clients but also for the students and volunteers.

(We are very excited for Pham – He is clearly a hard-working soul and we were delighted to hear that he just got his acceptance into the Sac State nursing program, which he will start this coming January, Spring 2024 semester)

Student Notes From Linda

Every semester we have a variety of students receiving academic credit for participating with us in various courses (Gerontology, Community Psych, Community Nutrition, ID201). Others visit more sporadically, to complete interactive assignments (nursing students learning to take vitals, PT students learning assessments). It all adds to the mix and cements our viability as truly a “living laboratory”. It is a wonderful, intergenerational completely win-win, where the students get experience and exposure as do us older adults. Our community is thriving and fun and I am so very appreciative of everyone getting involved with one another. Every semester is something new and I look forward to seeing where it all goes.

Calendar Notes

Of course we have a short break for Thanksgiving. Next week we will have our usual Monday Zoom sessions and a usual Tuesday schedule, and then be closed the rest of the week.

We have a 10-year celebration event scheduled for Friday, December 1st, 5-7 pm. Hopefully we will see many of you there! Thank you thank you thank you!

We will also take one week off over the December holidays – starting Friday, Dec 22nd to Jan 1st. Last day will be Thursday the 21st, returning Tues Jan 3rd Happy Holidays!

