

Cardiovascular Wellness Program Newsletter

Issue 27– Student Edition

November 2024

Comments from Linda

Yes, the gym has been hopping this semester and it is great to see all the students involved really enjoying their experiences. The end of the fall semester is looming, but we'll still get some good work out of them before the holidays.

Each semester I like to put out a student edition for the newsletter. I asked all our research students (ID201) to share something. It is wonderful to hear their reasons for being with us. Also, be on the lookout for other materials they will be presenting as they wrap up projects in the next few weeks.

Our clients' involvement with the students is always greatly appreciated and I am proud of the good job we are doing serving students. I know you are aware how important this is. Thank you so much, program clients, for the continued success of our inter-generational offerings.

Linda



"Dad, how come you're mad when I don't act my age but you're glad when granddad doesn't?"

Student Projects/Participation this Semester

Community Nutrition: Help with cooking demonstrations, recipe modification presentation (Riley, Alex, Andrew, Melinda)

Community Psychology: Advice collecting project (Analilia), stress coping (Sami), and Intergenerational activities (Mia)

Physical Therapy: Balance activity session Fridays 2:30 pm – Javier & Jasmine, thank you!

ID201:

Hip flexibility assessments (Angie, Angela, Saloni)

Mindfulness practices (Mikelle, Destinee)

Sleep Habits (Lilliana, Danna)

Several of these included paper and/or Qualtrics surveys – thanks for help with those!

Fall 2024 Student Intern Roster

Gerontology (Gero 130) Lizbeth, Leanne

Community Nutrition (NuFD117) Riley

Community Nutrition (NuFD222) Alex, Andrew, Melinda

Community Psychology (Psy143) AnaLilia, Mia, Sami

ID201 Angela A, Angie S, Danna, Destinee, Lilliana, Mikelle, Saloni,

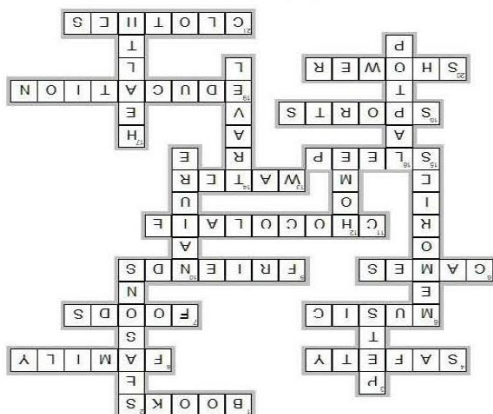


I wanted to share some more comments about student projects this semester. (from Linda)

- ♥ *We have had several nursing student visitors this semester and they are slowly learning our program is a wonderful opportunity for observing/participating in intergenerational interactions. With 80 new nursing students every semester, we are happy they discover us somewhat by accident and their attendance is merely occasional.*
- ♥ *New this semester are community nutrition grad students. They did a presentation last week on recipe modification that was very helpful—thanks to those of you who participated with that. A follow-up survey is posted for their feedback.*
- ♥ *Several of our program clients participated in PT assessments with Daniel and Henry, under the guidance of Dr. Dias, starting last semester and going into the summer. We do expect them to share their findings sometime in the coming months,*
- ♥ *A couple of you were able to participate with Dr. Lazaro from PT in his falls prevention clinic. Hopefully you can let me know how that went—that became a very back-burner project this semester for us.*
- ♥ *This semester our 2:30 pm balance class blossomed with the steady assistance of Javier O, a 3rd year PT student. He is dedicated and fun and we are very grateful for his involvement. He has recruited Jasmine to take his place next semester; we are very grateful for that too. You might have noticed we are spending more & more time with fall prevention tactics (Matter of Balance classes are the most recent offering) and this continued opportunity for balance activities is an important part of our program.*
- ♥ *This semester several Gero 101 students have completed service hours with us. They are helping with BP's, assisting in the kitchen, and getting involved in the Friday MahJongg. Next semester Gero 101 will be an online class (that wasn't my choice, but what I'm doing). Students will still have a service learning component for that class and I hope some of them are able to come in-person, as students have done this semester. I will also be setting up some Zoom interaction; please be on the look-out for invitations to those. We did this during the pandemic and it worked okay, and I am hoping for some good discussions here.*

Again, client involvement with the students is appreciated and I know you are aware how important this is. Thank you so much, program clients, for the continued success of our inter-generational offerings.

Answers to Puzzle on Back Page





My name is Angela Solis, although everyone calls me Angie. I am a third-year student at Sac State as well as a member of the dance team. My future career goals range from becoming a medical assistant to a sonographer/technician to nursing. I joined the Cardiovascular Wellness Center ID201 course to gain hands-on experience I have never gotten to experience before. I have been able to practice taking blood pressures, socialize with the patients, and start my own research project.

My research project focuses on gathering the data on hip flexibility and strength in older adults. The data was gathered through a survey about the participants personal information and experience, along with the physical participation of learning and doing ballet positions to measure how many degrees their hips can turn out. Ballet positions were used for this test because the ability to hold a turned-out position not only challenges balance but also helps improve hip strength and flexibility if practiced continuously. Once the original data was collected, stretches and exercises were recommended to the participants. After about four weeks, the same participants will be measured once again to compare and contrast the data findings.

I have immensely enjoyed my time here at the Cardiovascular Wellness Center. I have gained so much hands-on experience and more. Learning about the staff and patients on a personal level helped give more insight and understanding of what healthcare workers need that I will definitely take into the future.

Hello! My name is Saloni Panchal, and I am currently working toward my dream of becoming a pediatric cardiac nurse. This path has been both tough and extremely gratifying, and I am pleased to share some information about personally how it started, professional goals and how the nursing program in which I will be enrolled is assisting me in achieving them. My congenital heart abnormality was there from birth. I had several open heart surgeries and heart catheterizations over the first part of my life. In 2021, I underwent two cardiac catheterizations and a last open heart surgery. I was ordered to stay for one week, but as a pediatric patient, I discovered how this affected me both mentally and physically. I've always been passionate about working with children and making a difference in their lives. My interest in pediatric cardiac nursing was piqued by a volunteer period at a children's cardiologist clinic when I saw the tenacity and bravery of young patients with heart issues. This encounter strengthened my desire to specialize. A cardiovascular wellness program, also known as cardiac rehabilitation, plays an important role in nursing by improving patient care and professional growth. Cardiac rehab programs support patients recovering from heart attacks, surgeries, and other cardiac problems.



Nurses play an important role in assisting patients with exercise routines, dietary adjustments, and lifestyle improvements. Nurses create and implement individualized care plans based on each patient's unique needs, guaranteeing optimal recovery and health by continuously evaluating patients' progress, nurses can change care plans as needed while also providing ongoing support and encouragement.



Hello, my name is Lilliana Jarvis, and I'm a sophomore at Sacramento State University. I was raised primarily in the South Sac area, and my interest in the medical field started close to home. My mother works in healthcare, and seeing how she could support our family's health sparked my desire to help people in a similar way. I attended Health Professions High School, a medical-focused school in Sacramento, where I built my medical knowledge and even gained experience through internships. I always knew I wanted to be a nurse, but I wasn't sure of the specific type until I met a Research Nurse during one of my internships. Learning about research trials opened my eyes to an exciting career path, and I knew that becoming a Research Nurse was my goal.

Currently, I'm part of the Cardiovascular Wellness Program (CWP) at Sac State. CWP is an exercise and education program focused on helping older adults in our community manage or prevent cardiovascular disease. Being part of this program has allowed me to develop new skills, including conducting research. Right now, I'm working on a Sleep Habits Study—an opportunity I wouldn't have had without this program. I think it's incredible how research can advance healthcare, and I hope to contribute to that progress one day. Additionally, being in CWP has connected me with amazing people, and I feel grateful to be part of such a meaningful program here at Sac State.

Hi, my name is Mikelle Fernandez and I am a second year Health Science major with an expressed interest in Nursing. This is my first semester as an intern here at CWP, and let me say I have had the greatest pleasure meeting all of you! I have learned many, many things from you all, from learning about new foods and recipes, advice, and even life hacks! My favorite thing that I've learned was how to peel a pomegranate the right way without creating a sticky mess! You cut out a small square at the top and slice down the corners. This may be common knowledge, but I used to just peel them. Haha! Overall, being at the CWP brings me lots of joy seeing many familiar and new faces! It's a very welcoming atmosphere where folks can participate in the classes and presentations while being able to work out and chat amongst the staff and other participants! I've realized how strong of a bond that people have with one another here despite generational gaps and other differences. Without the help of my psychology Professor, Kim Roberts, I wouldn't have been able to experience this program and all the things it has to offer. A great appreciation towards Linda and the other staff for allowing me this opportunity, to learn how to take blood pressure and be able to form connections with others; I will definitely be coming back here for the semesters to come!





Hello, my name is Danna Ramirez-Aleman. I'm currently a second year in Sacramento State University majoring in Gerontology. Throughout this semester, I've learned there's a variety of careers I could pursue with my major; for instance, there's hospice care, caregiving at home as a CNA, or a social worker. While taking my GERO 101 course, I was introduced to our school's program, CSUS Cardiovascular Wellness Program. This program educates older adults that have faced or are at risk of any sort of cardiovascular disease through exercises. Not just physical exercises, but mental exercises as well, which I believe is something that should be focused on more often. When I began volunteering at the program, I learned how to manually take blood pressure, which I know not many do nowadays. I even created many new connections with our participants and there's never a dull moment with them. This has helped me improve my social skills and have more of an experience with older adults. I even take note of the recipes we use to make for our participants for a later use. Especially since, if I were to become a caregiver, I would need to know specific recipes based on one's health conditions. Although I've only been part of this program, I look forward to learning and improving new skills.

My name is Destinee Reyes and some fun facts about me is that I just got engaged 4 months ago, I absolutely love binge-watching Grey's Anatomy, and I have 3 lovely cats. I am a senior at Sacramento State University. I am currently studying Health Science and expect to receive my degree Spring of 2025. After receiving my Bachelor's degree, I am hoping to attend nursing school and receive either a second Bachelor's degree or a Master's degree in Nursing. I am applying to Nursing schools as far as New York with the hope of getting accepted into a school with a Neonatal Program. The ultimate goal is to become a Neonatal Nurse Practitioner but I am still extremely open to other specialties within this field. Since joining this program, I have found out that I also have an interest in the Gerontology and Cardiac field. This program has allowed me to gain more communication and interaction experience to help prepare me when I start to work in the healthcare field. Not only have I met and talked to amazing people but I also formed relationships from this program that I cherish. Although I may do a small amount of work compared to the nurses and faculty members in this program, I always leave with a smile on my face. Seeing the hard work and dedication everyone has motivates me because that is the kind of nurse I want to be. I really enjoy joining different exercise classes, meeting new people, trying different recipes, and just being part of this amazing program.



What is personal change? How can I better achieve my goals?

From Sami Fox

Many people struggle with initiating personal change and goal setting to achieve that change. I will discuss what personal change is, why we find it so hard and ways we can improve the experience. These excellent tips provided by *Stress: From Surviving to Thriving* by Hales & Hales can help anyone set & meet goals.



What does personal change really mean and why can it seem so stressful?

Change is an essential part of life and personal change is defined as a change in a person through redirection of their thoughts, feeling and behaviors. Change can involve a whole host of circumstances but it's important to remember that personal change requires no prerequisites. It only involves thinking about what you do now and thinking of where you would like to be. Another thing to remember is that personal change occurs in steps and can be a lengthy process. By taking small, well-thought-out steps you can acquire new competencies that teach you how to make the change. With persistence you can change behaviors and build positive new skills. Taking a long-range perspective on personal change instead of a quick-fix orientation will result in longer lasting and more positive outcomes.

Most people like to lay low in their comfort zones. Personal changes ask us to step outside of this zone. It can feel uncomfortable and strange, however, every time you build a new skill you expand the possibilities and build better coping skills. Hales reports that one of the biggest obstacles to overcome with personal change is the idea that personal change means changing who you are. This couldn't be further from the truth. It's not dealing with who you are but what you do. People often rely on past experiences to determine the outcomes of their goal striving, but there is more to us than just our habits. Often, we think that we can't do things because we have failed in the past or have never done it before. However, by repeating new actions it helps to build new connections in the brain and strengthens new skills.

How do goals relate to personal change?

When a person decides to make a personal change in their lives, setting goals can be the best way to achieve that. Without goals one can be lost and remain stuck in a limbo of wanting the change but not knowing how to make it happen. Goals give us direction and remove the ambiguity of change. Some suggestions for setting goals:

- See it, say it, write it. Imagine your goal in detail, describe and define your goal in your mind. Put it in words and commit it to paper. Writing it down takes it from a wish to a directed goal.
- Identify your resources. Do you have what you need—knowledge, skills, time—to succeed?
- Systematically analyze barriers. Think through, in very concrete and specific terms, what is likely to get in your way. For each obstacle, list solutions.
- Set goals that focus on changing behavior and make them as specific as possible.

It is also important to differentiate between short-term goals and long-term goals.

For short-term goals. Many people use the SMART method (specific, measurable, attainable, relevant, time-bound) some helpful tips for using this method include:

- Decide on specific tasks you want to accomplish within a time and write them down.
- Schedule time to accomplish your goal. Mark in your calendar when you are going to complete a task.
- Announce your goals to one other person. Check in with them at a specific time every week and update them on your progress. You can also discuss setting new goals to reach by next week.
- Schedule time to look at your list of short-term goals every day and take the actions necessary to reach them.
- Whenever you achieve a goal, check it off, tell a friend, or celebrate. This builds your sense of “I can do it. I am doing it. Look how far I’ve come!”

For long-term goals. This process takes more time, dedication and persistence. Long-term goals are the overarching result of short-term goals and those should focus on how to achieve long-term goals. Remember that these goals are a marathon and not a race, so it is important to go at your own pace and not feel pressured to achieve long-term goals in a short time. Some tips for forming long-term goals:

- Review your descriptions of your dreams and visions and translate them into one overarching dream and a handful of specific, long-term goals.
- Write no more than five or six long-term goals in this fashion.
- Do not set a time limit for these goals. If you set a deadline for a long-term goal, you may slow your progress by eliminating opportunities for your unconscious mind to find truly creative and efficient solutions that could come more quickly.
- To ensure that your unconscious mind pays attention to your goals, repeat each goal five times in the morning and five times at night until you reach it. This exercise makes your long-term goal function as a command directing you to make efforts toward meeting it.

Visualization of our goals can also affect our ability to achieve our goals. For instance, many people have heard about Olympic athletes using visualization to help manifest their goals. However, Olympians aren't simply imagining their self-winning a race (future orientation) instead they focus on what is happening now and the actions that will lead them to that goal (present orientation). Olympic runners will visualize themselves jumping over hurdles and completing the race lap by lap to get into the goal achievement mindset.

Finally, language can have an effect on how we perceive goal striving. Avoiding loophole language such as “try”, “if only”, and non-self-direct language can inhibit goal achievement. By saying we are going to try and get something done we allow the possibility of not achieving the goal to creep into our minds. by saying you are going to do something and setting a schedule to do the task we are setting ourselves up for achievement.

By embracing personal change and improving our goal setting procedures we can replace old habits with new skills and see the change we want to see. Change at first can be uncomfortable and awkward but remember that these feelings will pass and with each attempt we become more comfortable and competent in our abilities.

Thanksgiving Crossword Puzzle

Scrambled Gratitude

This Thanksgiving Crossword Puzzle lists 22 things for which many of us are grateful, but we scrambled the letters! Your job is to unscramble the letters for each clue, then write the word in the correct place in the diagram. Did some of your most-appreciated items make our list?

Across

1. SOKOB
4. TEAFYS
5. MAYLIF
6. SCUIM
7. OSODF
8. SMAEG
9. DRNISEF
11. THOOLACCE
13. TREAW
15. EPLES
18. PRTOSS
19. OCDENITAU
20. WHEROS
21. STOLECH

Down

2. ANSESOS
3. TESP
6. REEMISOM
10. RUNETA
12. MEOH
14. VARLET
16. TAPPOL
17. LAHHET

