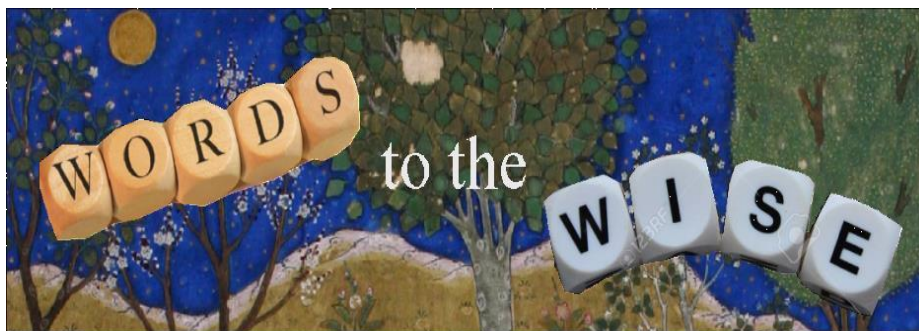




Cardiovascular Wellness Program Newsletter

Issue 33– Student Edition

November 2025

Comments from Linda

The end of the fall semester is looming, but we'll still get some good work out of our students before the holidays.

Evolution of this Newsletter. *We started this newsletter during the pandemic, when we were seeking ways to stay connected while physically separated. Initially I put it together bimonthly; once we got busier I switched to a quarterly edition (March-June-September-December). The past few semesters I have encouraged students to create a newsletter as well, and now we have May & November editions that are created solely by students.*

This semester, I asked all of the students with us that are enrolled in our internship course (ID201, six of them this semester) to write something that represented a specific interaction with one of our participants. Reading their stories you will get a nice introduction to some of our participants and also a wonderful perspective of how the students are learning from us. I deliberately changed the names, for Hipaa, anonymity reasons, but mostly because I decided that would increase the fun factor. Do you know who the students are talking about?

I am also including brief mentions of the many things that are going on that are student-related. I know you are aware how important serving students is to our program viability, and I am proud of the good job we are doing with this... Thank you so much, program clients, for the continued success of our inter-generational offerings.

Linda

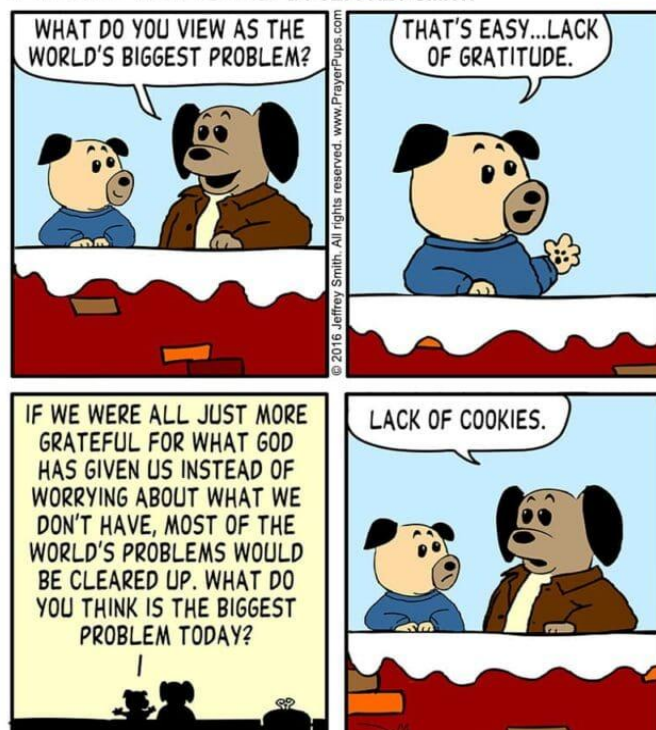
Fall 2025 Student Intern Roster

Gerontology (Gero 131) Monica, Pheonix
Community Nutrition (NuFD117) Dushyant, Nadia
Community Nutrition (NuFD222) Ana, Sarah, Silvana
Community Psychology (Psy143) Andrew
ID201 Awo, Dulce, Eesha, Emily S, Famy, Vanessa V

Student Volunteers (with us for no academic credit):
Ananyaa A, Emily G, Shaina (3rd semester nursing student), Mikelle, Vanessa M

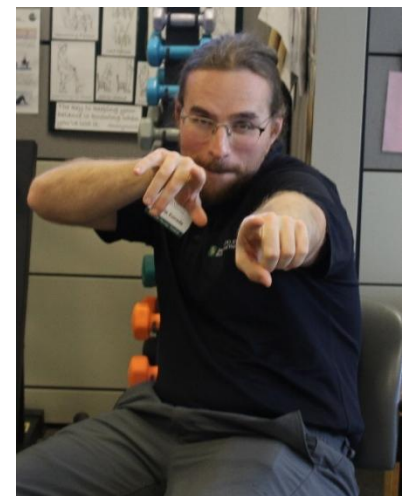


PRAYER PUPS BY JEFFREY SMITH



Comments about student projects this semester. (from Linda)

- ♥ *We have had several nursing student visitors this semester and they are slowly learning our program. It 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. We do have 4 cohorts from a 4th semester community health nursing course coming in on Tuesday, Nov 25th to lead activities in what we are calling a “Gratitude Fair”. This will be mini-open house and a great time to invite your friends & neighbors in to check us out.*
- ♥ *We, again this semester, have some community nutrition grad students—Ana, Sarah, & Silvana. They collected data on CWP participant program eating habits and just last week shared a presentation on “Navigating Heart Health through Social Gatherings” It was very well done and helpful—thanks to those of you who participated with that. I have included one of their slides as a graphic in this newsletter.*
- ♥ *We have two community nutrition undergraduates (Nadia & Dushyant) – they are helping with cooking demos and generally soaking up knowledge about older adults and eating issues. Nadia made a wonderful Berber dish last Friday – pumpkin soup with couscous. Dushyant is working on a cultural food concept for early December.*
- ♥ *We have one community psychology student this semester (Andrew) – his attendance has been on the limited side but he has been helpful with our timeline project.*
- ♥ *A few 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—this has become a back-burner project for us, but it is a great opportunity for those who can attend (it’s usually on Mondays in the fall) and want specific help with fall-related physical issues.*
- ♥ *Our 2:30 pm Friday balance activities class has blossomed and has steady assistance from several dedicated PT students—Jasmine and Justin are the most regular, and they do a great job recruiting classmates to help them open. Thanks so much for helping here!*
- ♥ *We have only two gero students this semester: Monica and Pheonix. They are always coming up with fun things to share – Pheonix mostly focusing on fraud awareness and Monica has several fun, group interactions she will be sharing. Currently a craft table is set up and for our Gratitude Fair and she will be sharing some “Minute It To Win It” activities. Can’t wait to see those!*
- ♥ *Time Line Project: This is a great group project, initiated by our Social Worker, Linda Goode, and put together by many of our students. Please check it out – along the wall behind the BP checking tables is a big poster—a 100-year timeline where you are asked to share your notable events; we have a nearly 100-year history between us!*
- ♥ *Also inspired by Linda Goode is a “Gratitude Board”. Stop at the front and share something for which you’re grateful!*
- ♥ *One last ongoing/upcoming project is cognitive function & games played, with Kim Roberts.*



Please join the CSUS Cardiovascular Wellness Program

Tuesday November 25, 2025

10 am - 1 pm

Gratitude Fair

A mini-open house showcasing the four pillars the Wellness Program models daily in program operations

- ♥ Physical Activity
- ♥ Healthful Eating
- ♥ Mindfulness
- ♥ Social Connections

Activities will be lead by nursing students, other interns, and special guests



7667 Folsom Blvd, Suite 3030 (3rd floor)

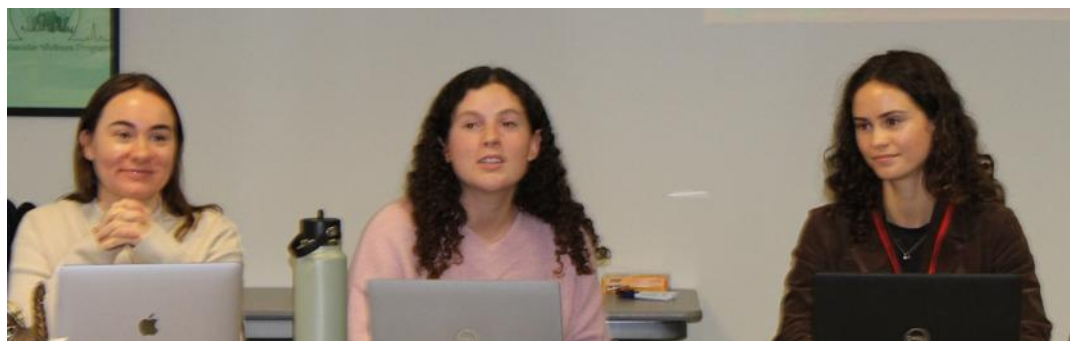
♥ I have some great guests lined up for this Fair -- a librarian from the state library's "talking book" program and a coordinator for the AARP "Wish of a Lifetime" program, as well as hopefully speech pathology, audiology, and physical therapy students I am aware it's an odd week and many will be away because of Thanksgiving travel plans, and all I can say about that is we'll have fun without you, and do travel safely please..



Side Note: Do you have something fun you'd like to share? Think about bringing in a game, craft, or group activity to share with others!

Potential Strategies for Holiday Eating

- Bring dish to share with healthier options that may not be as common
- Roasted veggies, fruit platter, hearty vegetable soup
- Flexible, but mindful of portions and foods
- Aim to fill half your plate with vegetable-dishes
- Stick to leaner meats, without skin, lighter> darker
- Avoid unnecessary toppings/additives for dishes
- Break up sugary/alcoholic beverages with water/sparkling water
- Incorporate movement - before or after



AND NOW OUR ID201 STUDENT ARTICLES!

from Awo

This client has been an active participant in the Cardiovascular Wellness Program for over two years. Her initial motivation for joining was to improve her health, but what continues to inspire her participation is the sense of community and the meaningful social interactions she experiences through the program. She especially enjoys using the physio step recumbent bike and occasionally attends the cooking demonstrations. Although she does not strictly follow the program's plant-based dietary recommendations, she appreciates learning about healthy cooking alternatives and continues to practice low-sodium cooking at home.



Family remains a central part of this client's life. She is a proud and energetic grandmother, and keeps in close contact with her children and grandchildren through frequent phone calls with them. Her family traditions are filled with warmth and humor, as one of her favorite Thanksgiving traditions includes singing "Over the River and Through the Woods" during Thanksgiving dinner. Every year she prepares her signature cranberry torte, which she flambés with Grand Marnier for an extra festive touch. *(we want to see this recipe!)*

Her background is marked by a deep appreciation for culture and travel. As a college student, she studied abroad in Rome through a University of Loyola Chicago scholarship, an experience that allowed her to explore numerous European destinations, including Florence, Naples, Paris, London, Dublin, and the Scandinavian countries. She fondly recalls memories such as visiting the Neuschwanstein Castle and participating in a "Sound of Music" tour in Austria.

In her free time, she enjoys watching "Dancing with the Stars," solving puzzles, and maintaining her personal care routines, such as regular nail appointments. She takes great pride in staying active, both physically and socially, and values moderation, faith, gratitude, and optimism as guiding principles in her life.

This client's comfort with technology allows her to stay connected with family and friends. She regularly uses phone apps such as Weather and Calendar and prefers voice messages and phone calls over texting. Through her ongoing participation in the Cardiovascular Wellness Program, she continues to strengthen both her physical health and social well-being. Her positive attitude, combined with her lifelong curiosity and compassion, reflects the true spirit of the program's mission to support active, engaged, and purposeful living.

from Dulce

One of the best parts of the Cardiovascular Wellness Program is the opportunity to hear older adults share their life experiences and learn from their insights. I had the pleasure of interviewing one of the program's members, one of the afternoon clients. Our conversation was very interesting. I learned about his experiences, goals, and interests, as well as parts of the program he uses.

He actively participates and mainly focuses on weight training,



though he also uses the treadmills occasionally. His main goal for joining the program is to maintain a healthy heart and overall well-being. Beyond his workouts, he enjoys staying active in his daily life. He mentioned that the program helps him stay fit for hiking trips, flying, and taking long walks. He shared that he wants to stay active so he can continue traveling, spending time with his grandchildren, and attending various events with them.

We discovered that we share several hobbies, which made our conversations enjoyable. We both like writing, researching, hiking, and swimming. We also love traveling and exploring new places. In addition, we talked about the many places we've lived and visited, including Mexico, Texas, Nevada, Sacramento, the Bay Area, and Los Angeles.

We talked about some of the values and goals we share, such as recognizing people for their good deeds and encouraging others to grow and become better versions of themselves. We both believe in helping people through tough times and finding ways to make a positive impact in their lives. We also love writing and the sense of accomplishment that comes from seeing our ideas come to life on paper. (He actually even showed me a book he is currently writing!)

When I asked him about his biggest achievement, he said that after retirement, what he's most proud of is making it through life's challenges while keeping a successful career and a positive outlook. Overall, interviewing this client was a rewarding experience. It gave me valuable insight into his life and experiences, and I appreciated the opportunity to listen and learn from his perspective.

From Eesha

Speaking with this client as we worked collectively on clearing the new 2,000 piece puzzle laid out for the week brought out conversation which was both inviting and intriguing. She spoke extremely fondly of her childhood memories, life in New York, and the changes which brought her move to Sacramento. I found myself asking questions under the impression of wanting to learn more about her fascinating life that was beautifully decorated with many years of experience, love, and warmth.



At first, I learned that she has been attending the Sacramento State Cardiovascular Wellness Program for only six months and has already found herself comfortable and familiar with the participants and practices. Personally, creating new friendships for myself is a task of difficulty—yet seeing how she described being able to bond over common connections which resulted in meaningful friendships was inspiring and refreshing to hear. She shared she was able to connect with another participant, Mary, as they both were twins. She referred to the program and its participants as “my peeps”, which I found so warming. The diverse and large combination of people this program provides to the community it serves is incredibly supportive in fostering a habitat of blooming both new and old relationships.

Upon further conversation, I felt that on many levels I could find myself relating to the childhood stories and anecdotes this client shared. She talked about being a twin and the close relationship they shared. We laughed and related over the pains of being the sibling who was

never allowed to participate in the same stuff openly available to the other sibling.

During this process, I found out so much about someone I had not only recently met, but also someone who had so many wonderful life experiences which were, in a way, relatable and fascinating to learn about.

Amidst our conversation, this client shared her experiences of living through the World War II era- the differences in life at that time, the relationships she formed, and the places she's lived. I found so much to laugh, listen, and share with her. We discovered that she once lived in West Sacramento as I do now and I was incredibly happy to share and introduce her to the amazing food-heaven that the Nugget Market at Town Center is. When she told me she met her husband at a movie ticket booth, I fell in love with their meet-cute. So very wholesome and moving, incredibly different from the dating apps so popular and widely used among my generation.

Speaking with this client taught me to live my life to the fullest, to enjoy every experience no matter how little or big. Listening to how she described her life's events with such content and pride made me want to live in the present more- taking in wholly all the people and places I am involved in.

From Famy

The Cardiovascular Wellness Program is an interdisciplinary health and wellness program that uses education, movement, and nutrition to promote a heart-healthy lifestyle.

Multiple volunteers and interns, often students at Sacramento State University, are engaged in this program, whether it be to participate in group resistance exercises or to help prepare meals for the monthly potluck. The Cardiovascular Wellness Program helps to foster not only physical wellness, but also a strong sense of community and an intergenerational connection between the students and the participants, allowing them to learn from one another.



An active participant in the Cardiovascular Wellness Program is this client, who has been with the program since well before 2020. Similarly to me, she has lived in California for quite some time and has enjoyed her place as a Californian. She has worked in healthcare throughout her life and was committed to serving her community, which is a fact that remains true today as she continues to serve her community in other ways. She is heavily involved in her local church, singing in their choir and helping to facilitate weekly bingo games.

It was through a neighbor's recommendation that she first joined the Cardiovascular Wellness Program. Folsom Hall's proximity to her home was enough to draw her attention, and what first began as potential interest quickly grew into a weekly routine. Every week, this client participates in structured exercise sessions, which she has attributed to strengthening her stride outside of the program. She has also thoroughly enjoyed the nutritional and educational aspects of the Cardiovascular Wellness Program. The guest lectures and cooking demonstrations influenced her to transition to a plant-based diet, to which she proudly shares that she is "about 80% there." According to this client, to be successful in this program, one

needs to be consistent and show effort towards making a change. It is difficult to put aside time in your schedule, but if that time is dedicated towards improving your health, then it is worth putting in the time and effort.

My interaction with this client illustrates the positive effects intergenerational connections can have. I learned so much about her that also rings true about myself—we both have lived in California for most of our lives, we are both Sopranos who find difficulty in being in the Alto section, and while she has already fulfilled her duty in healthcare, I am interested in beginning a career in that very field. During our conversation, I saw pieces of myself that served as reminders that we are all part of one larger community connected by a number of similarities.

From Vanessa V

Volunteering at the cardiovascular wellness program has been fun. When asked to interview one participant only, it was a hard decision for me. However, I ended up picking this client. I see her often, but I feel like I don't talk with her enough. I decided that I would get to know her better. She typically participates in morning Tai Chi with David and utilizes as much of the nutritional aspects of the program as possible. Debbie Lucus comes in every month and gives helpful tips to help improve participants' health. Leanne makes plant-based food throughout the week for the participants too. This client gets advice on how to cook from them. She collects recipes into a binder for her own personalized cookbook. One of her main goals was to be able to row again; she has reached that goal and is now rowing 2 to 3 times a week. She is now striving to work on stairs, especially while trying to regulate her shortness of breath. She is working on other supporting peripheral systems to help support her circulatory system.



She would like to travel, so keeping her health well enough to travel is important. We both love food and traveling. We first started bonding over food before I found out about traveling. A place that we both visited was France. She went to see Notre Dame before it burned down. When I went it was still in the process of getting restored. Both of us really love traveling but would like to start out small before going international. Our common goal is to visit the national parks and then start to travel out of the country. She mentions maybe visiting Machu Picchu, but we both would like to explore and visit northern Europe one day.



One technological skill I would like to help her with is to help prevent phone scams. She currently has two working phones. I would like to help alleviate her fears so she can utilize them better. I would like to help her as much as I can as well as anyone else at the Cardiovascular Wellness Program. It has been a privilege getting to know more about this client and I hope to continue volunteering here at the center after I graduate too.

From Emily

During our fun and lighthearted interview, the client I spoke with described the CWP as one of Sacramento's best kept secrets. She has been a part of the program for almost 3 years and offers a positive outlook on life that anyone could learn from. From her time at the program, she has been able to utilize many different aspects such as the lectures, learning new plant-based recipes, exercise classes, and co-starting a weekly, social game of Mahjong. She began the program with the goal of improving her balance, but quickly learned how it could improve other aspects of her life. She mentioned that after retirement, it can be difficult to figure out what to do in your day to day.



Since joining the program, she says it has given her a sense of continuity and unlocked a whole new lifestyle by allowing her to continue routine exercises and activities. She specifically enjoys the circuits class as it has helped her work on her balance and build confidence at a comfortable pace. Aside from the physical aspects of the program, she says she is getting an education at the CWP since there is always something new to learn. From learning about how the body works, finding meatless protein alternatives, utilizing exercise equipment that is safer for her injury, and mindfulness practices, she has been thoroughly impressed with how much she has learned. Like most of us, she has been looking for techniques to reduce stress in everyday life and has found the mindfulness classes at CWP to be very helpful in reducing stress. A memorable lesson I learned from this client was the importance of taking breaks and moving at your own pace. She said, "It's okay to pace yourself and take those breaks and do what we can, but not stop. Stopping is not acceptable." I think this is a good reminder for us all to be patient with ourselves and that we continue to learn and grow more every day.

Overall, the CWP has shown this client how to have a more positive outlook and has given her the opportunity to share that positivity with others. When you like something, you want to share it with others, and she wanted to share something fun. About 10 years ago, this client was a part of a Mahjong group with friends from her old community. After moving and joining the CWP, she wanted to continue playing the game. So, with the help of another member, she began teaching other members how to play and it has turned into a weekly activity. Since then, many of the students have taken up her Mahjong lessons and that is how I have gotten to know her.

Mahjong takes a lot of commitment to learn and is very stimulating. The challenging nature of Mahjong was appealing to this client, but she says that once you learn the game it allows for social interaction and having a fun time. I personally have found this game to be fun and it is fostering an environment for intergenerational discussions. This client enjoys teaching the younger students how to play Mahjong and said that being around them has been so much fun. Something as simple as a game can bring so much joy and I think we should follow in her footsteps in sharing the things we love.



Feeling Grateful

Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

ANIMALS

BED

BIRTHDAY

BOOKS

CARS

CHALLENGES

DAD

EARTH

FAMILY

FLOWERS

GRANDPARENTS

HEALTH

HEARING

HEART

HOME

ICE CREAM

JOKES

LAUGHTER

LUNGS

MOM

MOON

MUSIC

NATURE

OXYGEN

POPCORN

RAIN

READING

SCHOOL

SHOES

SIGHT

SMELL

STARS

SUNSHINE

TASTE

TEACHER

TOUCH

VACATION

L	E	R	D	I	D	N	V	I	K	B	S	T	E	A	C	H	E	R
X	Q	I	A	C	C	D	V	G	P	S	R	E	W	O	L	F	V	S
T	Q	Q	D	E	S	J	Q	E	S	L	A	O	R	G	U	Q	T	Z
A	R	Y	G	C	R	B	G	T	Z	T	C	O	J	U	Z	C	E	C
S	T	N	E	R	A	P	D	N	A	R	G	X	N	H	T	S	F	M
T	W	M	A	E	T	J	N	N	E	I	S	Y	P	Z	R	A	K	S
E	O	A	R	A	S	M	I	O	A	D	I	G	W	G	Y	A	N	E
H	B	S	T	M	X	M	C	T	O	I	V	E	A	N	Q	O	I	G
C	S	I	H	Z	A	B	Z	V	R	M	K	N	N	I	V	B	L	N
U	B	Z	Z	L	Z	N	O	I	T	A	C	A	V	D	Q	O	H	E
O	H	P	S	U	N	S	H	I	N	E	E	Y	N	A	L	Q	H	L
T	G	O	F	B	I	R	T	H	D	A	Y	H	X	E	K	T	U	L
D	E	P	Q	C	P	X	P	T	Y	K	H	E	A	R	I	N	G	A
X	X	C	T	H	G	I	S	L	F	A	M	I	L	Y	G	B	F	H
S	K	O	O	B	W	C	M	A	E	H	Z	U	G	S	V	B	E	C
X	F	R	Q	V	H	U	V	E	I	G	H	J	R	D	M	Q	U	D
D	G	N	S	O	S	I	N	H	V	T	M	S	F	S	E	O	H	S
S	Z	E	O	I	L	L	E	M	S	E	K	O	J	F	I	J	M	B
Z	Z	L	C	L	A	U	G	H	T	E	R	H	Z	P	H	L	A	A



THANKSGIVING Cryptograms



DIRECTIONS: Can you solve these Thanksgiving ciphers? Each of the three different cryptograms has a different solution key.

1. UR XMFG UZCJWD MJ DRQMUABG MD GJRAXZ. UZCJWDXMFMJX
ZCD HMJXD CJB XRGD HZGNG MU TADU XR. IRAN ENCIGN WJRHD
TAYZ TRNG CKRAU MU UZCJ IRA BR.

~FMYURN ZAXR

2. OJHDZNSUAUDS PUDDCXN OHZC CUSJOCCD JVWXN OV
YXCYHXC. OJCT HXC FVDNWLCP UD ORCMAC LUDWOCN. JHMI-
OULCN OHZC ORCMAC LUDWOCN. OJUN UN DVO FVUDFUPCDFC.

~CXLH KVLKCFZ

3. JTO GRXK PGB CTOPUPZ BUNK UNE AUZKN, JTO OGEN RPF
EKGANGO TJ NKG PUZKN, JTO KGRANK RPF JTTF, JTO ATDG
RPF JOUGPFE, JTO GDGOLNKUPZ NKL ZTTFPGEE EGPFE.

~ORAQK BRAFT GCGOETP

Puzzle Solutions

1. TO GIVE THANKS IN SOLITUDE IS ENOUGH. THANKSGIVING
1. UR XMFU UZCJWD MJ DRQWUABG MD GJRAZX. UZCJWDXMFUJX
HAS WINGS AND GOES WHERE IT MUST GO. YOUR PRAYER KNOWS
ZCD HMJXD CJB XRGD HZNG MU TADU XR. IRAN ENCIEN WJRH
MUCH MORE ABOUT IT THAN YOU DO.
TAYZ TRNG CKRAU MU UZCJ IRA BR.
~VICTOR HUGO
~FMYURN ZAXR

2. THANKSGIVING DINNERS TAKE EIGHTEEN HOURS TO
2. OJHDZNSUAVDS PUDDCXN OHZC CUSJOCDD JVWYN OV
PREPARE. THEY ARE CONSUMED IN TWELVE MINUTES. HALF-
YXCYHXC. OJCT HXC FVDNWLCP UD ORCMAC LUDWOCN. JHMI-
TIMES TAKE TWELVE MINUTES. THIS IS NOT COINCIDENCE.
OULCN OHZC ORCMAC LUDWOCN. OJUN UN DVO FVUDFUPCDDFC.
~ERMA BOMBECK
~CXLH KVLKCFZ

3. FOR EACH NEW MORNING WITH ITS LIGHT, FOR REST AND
3. JTO GRXX PGB CTOPUPZ BUNK UNE AUZKN, JTO OGEN RPF
SHELTER OF THE NIGHT, FOR HEALTH AND FOOD, FOR LOVE
EKANGO TJ MKG PUZKN, JTO KGRANK RPF JTTF, JTO ATDG
AND FRIENDS, FOR EVERYTHING THY GOODNESS SENDS.
RPF JOUGPFE, JTO GDGOLNKUPZ NKL ZTTFGEE EGPFE.
~RALPH WALDO EMERSON
~ORAGK BRAFT GCGOETP

