



# Staying Healthy in Retirement

A primer on healthy aging and  
promoting well-being

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**UCI**  
School of  
Medicine

# Objectives

01

Identify why it is important to develop an understanding of healthy aging

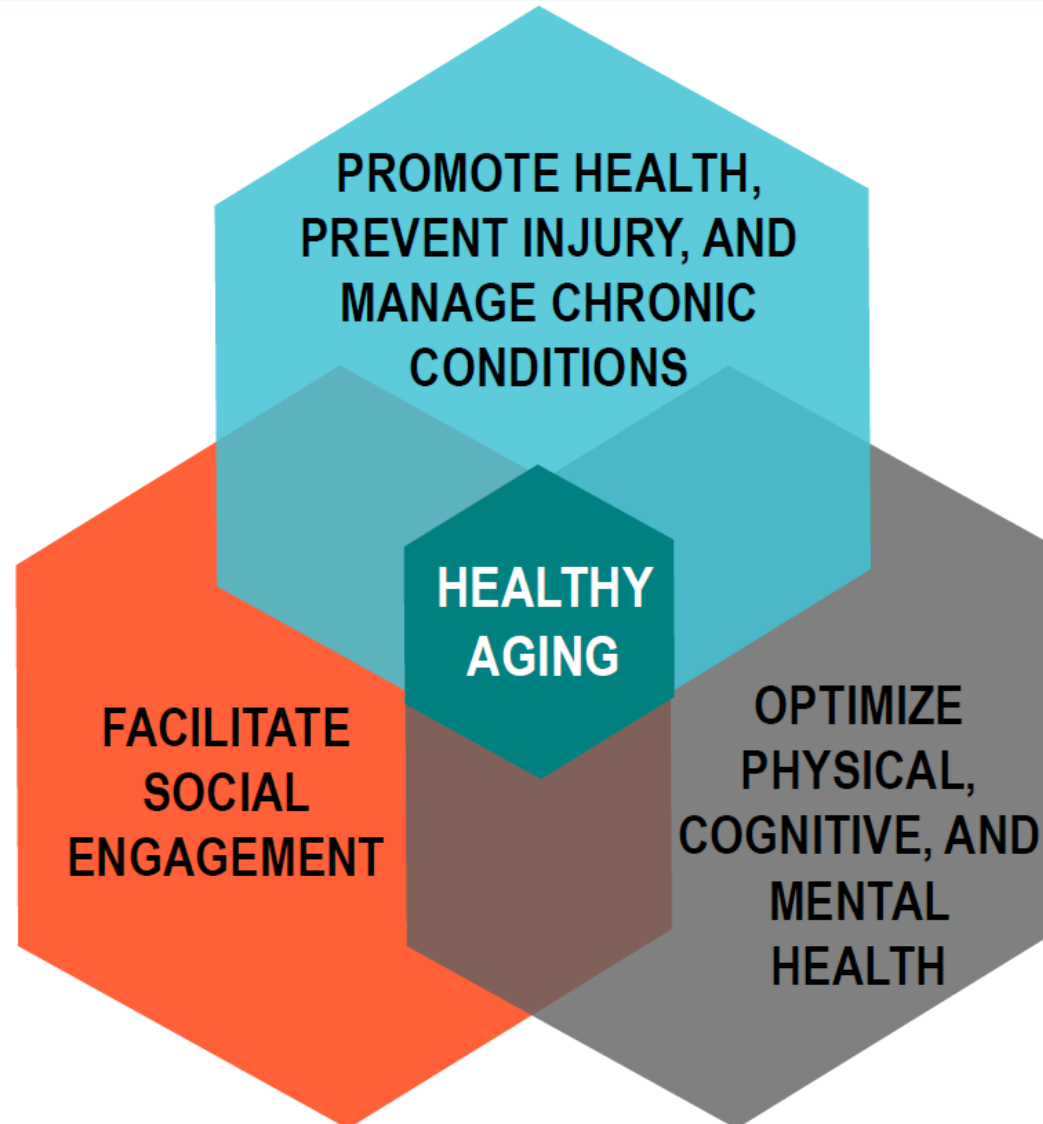
02

Describe key concepts and models related to healthy aging

03

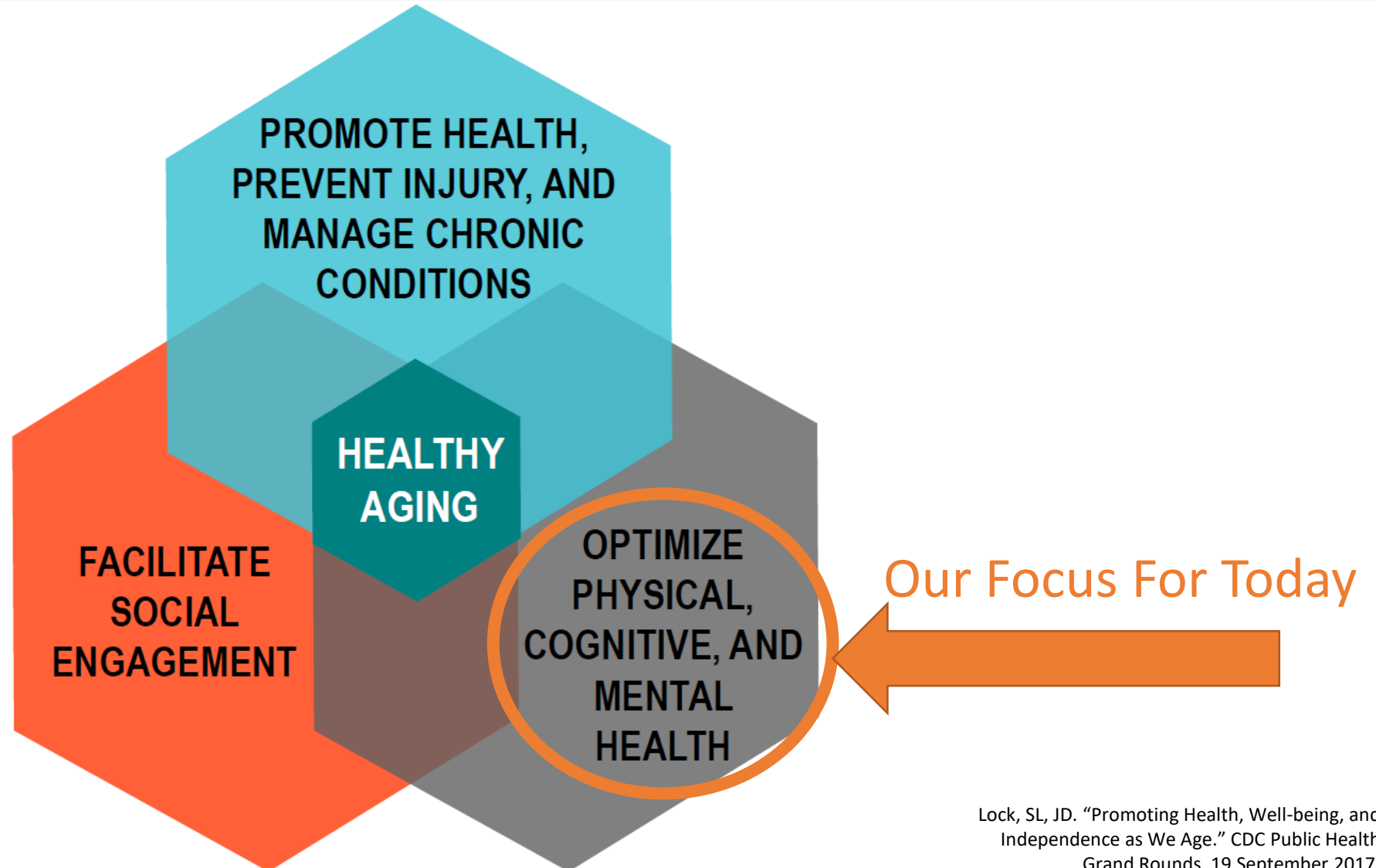
Recognize fundamental guidelines to staying healthy physically and mentally during aging, including in regards to nutrition, exercise, cancer screenings and preventative health, immunizations, and brain and mental health

# Guiding Model for Healthy Aging



Lock, SL, JD. "Promoting Health, Well-being, and Independence as We Age." CDC Public Health Grand Rounds. 19 September 2017.

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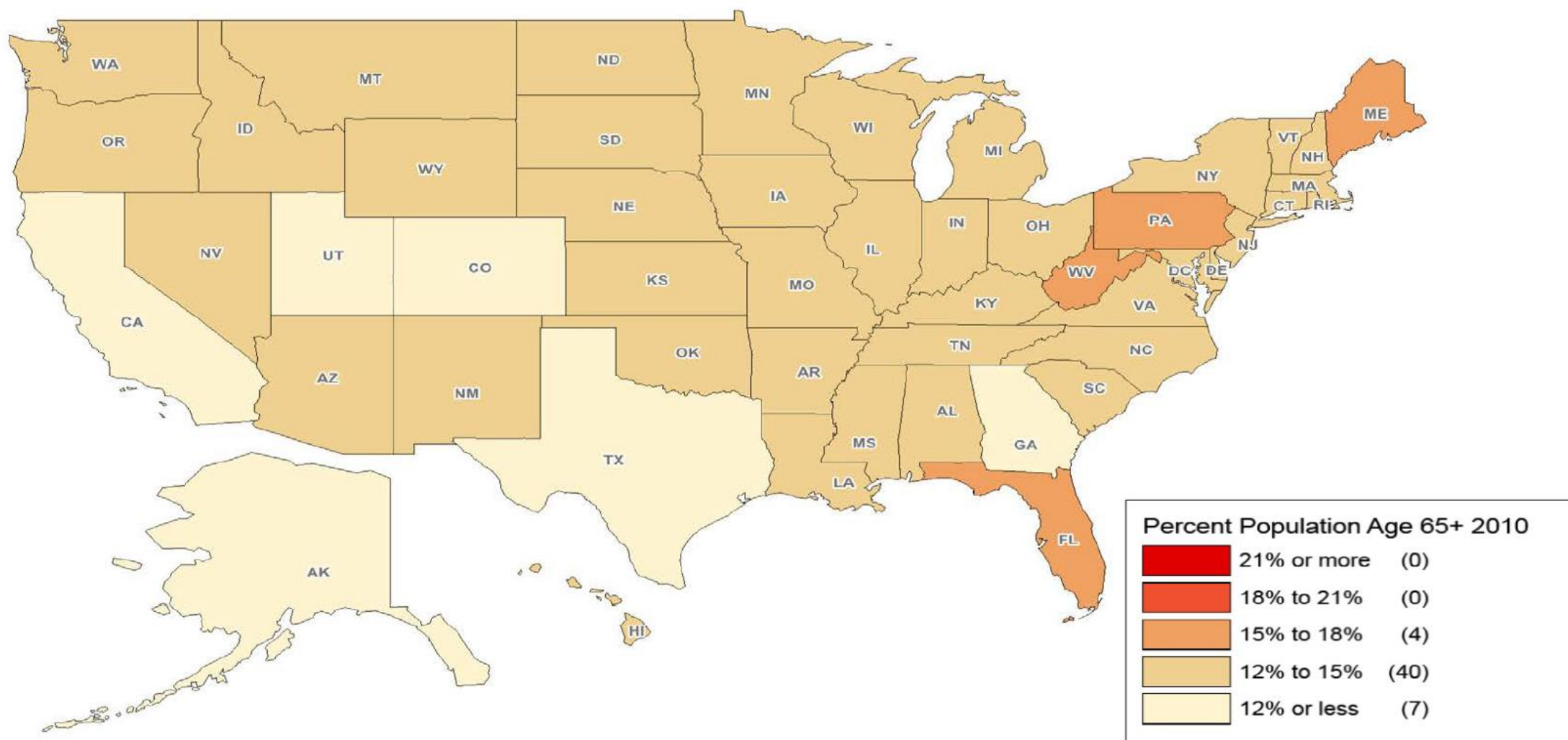


# Americans Are Living Longer than Ever

- **10,000 people a day** are turning 65
  - Trend will continue through 2030
- **Between 2012 and 2050, the number of adults age 65 and older will nearly double in the US, reaching 84 million**
  - By 2030, 1 in 5 Americans will be age 65 or older
- **In 2033, the number of adults age 65 and older will outnumber people younger than 18 for the first time in the US**

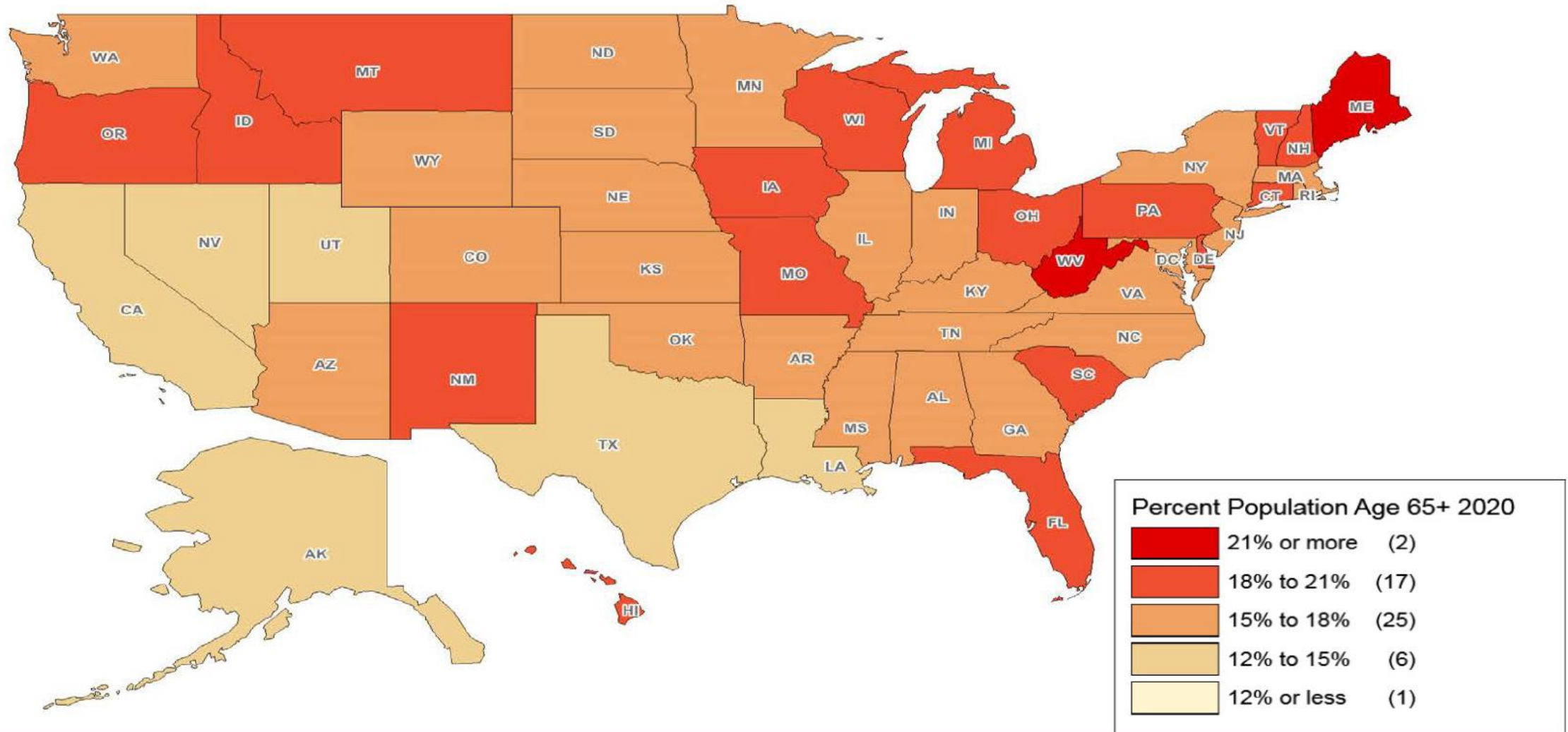


# Percent of U.S. Population Age 65 and Older, 2010





# Percent of U.S. Population Age 65 and Older, 2020



# Longevity Bonus

## Older People Are a Resource for Our Nation

- **Older workers contribute to the nation's wealth**
- **The proportion of people age 65 and older who work has grown significantly**
  - 80% of people age 50 and older plan to work past 65
  - Almost half of all entrepreneurs are above age 45; one-quarter are above age 55
- **Older workers are experienced, motivated, and highly engaged**



# Challenges We Face as Society Ages

- Some people are **not living the dream** of a longer and better life
- Life expectancy has increased but **not equally** for all racial and ethnic groups
- Some are **living longer but not living better**—increased disability
  - 80% of older adults, aged 60 and older, have at least one chronic condition
- Many have **inadequate incomes to match** their increased lifespans



# How We Can Promote Healthy Aging in our Communities

- **Facilitate cross-sector collaboration and create incentives**
- **Expand evidence base for strategies**
  - Include older adults in public health surveillance and research
- **Make resources that address barriers more widely available**
- **Promote prevention across lifecourse**
  - Vaccines and education are not just for children!
- **Embrace a multidimensional view of healthy aging**





# Definitions

## Life Span

- total number of years of life

## Health Span

- years of life that are healthy and free from disease

## Well-Being

- overall life satisfaction; reflective of the cumulative contributions of health and non-health factors

# Physical Activity/Exercise



# Diet/Nutrition



Health  
Span &  
Well-  
Being

# Social



# Spiritual





How it  
can feel  
to make  
steps  
towards  
change



Reframe  
those  
steps





# Role of Nutrition in Aging

- What we eat may be one of the *most important* lifestyle modifications any one of us can make to significantly increase our health span
- *Older adults* generally have lower calorie needs but similar or even increased nutrient needs compared to younger adults



# NUTRITION QUIZ

Protein is important for older adults (ages 60 and older) because:

- A) It helps maintain muscle mass and keep bodies strong.
- B) It supports the immune system.
- C) It helps blood carry oxygen around the body.
- D) All of the above.



# NUTRITION QUIZ

Protein is important for older adults (ages 60 and older) because:

- A) It helps maintain muscle mass and keep bodies strong.
- B) It supports the immune system.
- C) It helps blood carry oxygen around the body.
- D) All of the above.

**D!** Eating enough protein can help prevent the loss of muscle mass that occurs naturally with age. Protein also supports the immune system and helps blood carry oxygen around the body.

# NUTRITION QUIZ

True or False? Fruits and vegetables can help older adults (ages 60 and older) stay hydrated.

A) True

B) False

# NUTRITION QUIZ

True or False? Fruits and vegetables can help older adults (ages 60 and older) stay hydrated.

A) True

B) False

A! The water in foods, such as fruits, vegetables, and soups, can help older adults stay hydrated. In addition to water, choosing unsweetened beverages such as 100% fruit or vegetable juice and low-fat or fat-free milk, including lactose-free or lactose-reduced milk, and fortified soy beverages, can help prevent dehydration while also helping older adults meet food group recommendations.

# Nutrition Needs

---



VARIETY OF  
FOOD  
GROUPS



LITTLE TO NO  
ADDED  
SUGAR,  
SATURATED  
FATS, SODIUM



ADEQUATE  
PROTEIN



NECESSARY  
NUTRIENTS  
INCLUDING  
ELECTROLYTES,  
VITAMINS D AND  
B12, FIBER



PLENTY OF  
WATER



# Nutrition Tips



Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.



Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties



Use fresh and dried herbs and spices, such as basil, oregano, and parsley, to add flavor without salt



Make eating a social event



Resources for eating well on budgets and other support programs are available



Not sure where to start? Try cooking a healthy dinner just once per week



# Nutrition Resources

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- MyPlate (USDA)
  - <https://www.myplate.gov/life-stages/older-adults>
- Dietary Guidelines for Americans
  - <https://www.dietaryguidelines.gov/>
- Food Assistance
  - <https://www.usa.gov/Food-Help>
- Nutrition and Aging Resource Center
  - <https://acl.gov/senior-nutrition/information-older-adults>

# Role of Physical Activity in Aging

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- Regular physical activity is one of the most important things you can do for your health and supports improved cognition, balance, and bone strength
  - Makes it easier to perform activities of daily living, preserves function and mobility, and lowers the risk of falls and injuries from falls



# PHYSICAL ACTIVITY QUIZ

Am I currently exercising on a regular basis?

A) Yes

B) No



# PHYSICAL ACTIVITY QUIZ

What motivated or would motivate me to start exercising?

- A) To become more physically fit
- B) To help prevent future health problems
- C) To reduce stress
- D) To manage a chronic condition, like heart disease or diabetes
- E) To spend time with friends and family or make new friends

# Activity Tips



Move more and sit less throughout the day



Some physical activity is better than none



Ideal is 150 to 300 minutes of moderate-intensity aerobic activity per week.



Muscle-strengthening activity at least 2 days each week



Activities to improve balance such as standing on one foot about 3 days a week

# Physical Activity Resources

- Physical Activity Guidelines for Americans, 2nd edition
  - [https://health.gov/paguidelines/second-edition/pdf/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf#page=70](https://health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf#page=70)
- Growing Stronger: Strength Training for Older Adults
  - [https://www.cdc.gov/physicalactivity/downloads/growing\\_stronger.pdf](https://www.cdc.gov/physicalactivity/downloads/growing_stronger.pdf)
- CDC Podcast on “The Importance of Physical Activity for Older Adults,” part of the Aging and Health Matters podcast
  - <https://tools.cdc.gov/medialibrary/index.aspx#/podcastseries/id/302101>
- Exercise and Physical Activity Tracking Tools
  - <https://www.nia.nih.gov/health/exercise-and-physical-activity-tracking-tools>

# Your turn!

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**Set one nutritional goal  
and one physical activity  
goal!**

What one change will you make  
over the next 1-2 weeks that will  
improve your nutrition?

What will you do over the next  
1-2 weeks to make physical  
activity a regular part of your life  
or to make an improvement in  
your current level of physical  
activity?



**Remember to  
start small**



**Anyone want to  
share?**



# Preventative Health

## Disease Prevention



- Cancer screening
- Immunizations
- Other health screening

# Cancer screening

- Breast cancer screening
- Colon cancer screening
- Cervical cancer screening
- Lung cancer screening
- Prostate cancer screening



# Breast cancer screening



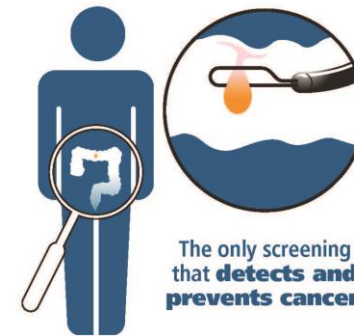
- Biennial screening with mammogram from 50-74
- Start the discussion with your doctor at age 40
- This guideline is currently being reviewed and updated

# Colon cancer screening

- Start screening at age 45-50 to age 75
- Many modalities
  - Colonoscopy
  - Fecal Immunochemical test (FIT)
  - Stool DNA-FIT test



## Colonoscopy: The gold standard



**The only test for those with risk factors** such as personal history of polyps, cancer, or family history of cancer<sup>1</sup>



**Reduces the incidence of cancer by**  
**89%**



# Cervical cancer screening

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- Stop routine screening at age 65 if several normal paps and no history of cancerous lesions
- This guideline is currently being reviewed/updated

## Cervical Cancer

### Screening Guidelines



**21 to 29**  
Years Old

Start getting Pap tests at age 21, repeat every 3 years (unless otherwise indicated by your doctor).



**30 to 65**  
Years Old

Begin co-testing (Pap test combined with an HPV test) every 5 years, or get a Pap test every 3 years. Discuss your options with your doctor.



**65+**  
Years Old

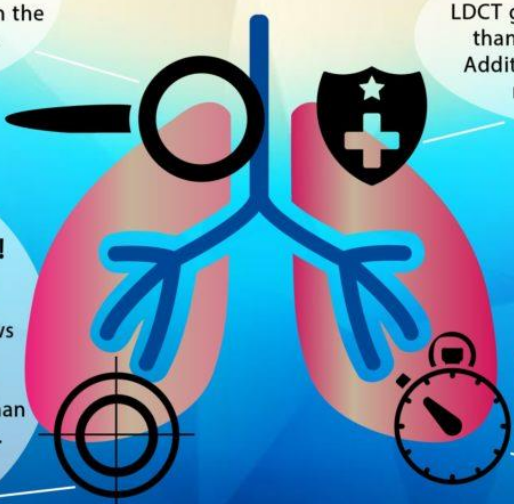
Stop screening if you have had normal results for several years.

Women who are at **higher risk for cervical cancer** may need to screen more frequently. Ask your health care provider about what's right for you. Women who have been vaccinated against HPV must still follow these guidelines.

# Lung cancer screening

- Screen adults between 50-80 years old who have a 20 pack-year smoking history (or quit within the last 15 years)

## 4 Advantages of Low-Dose CT

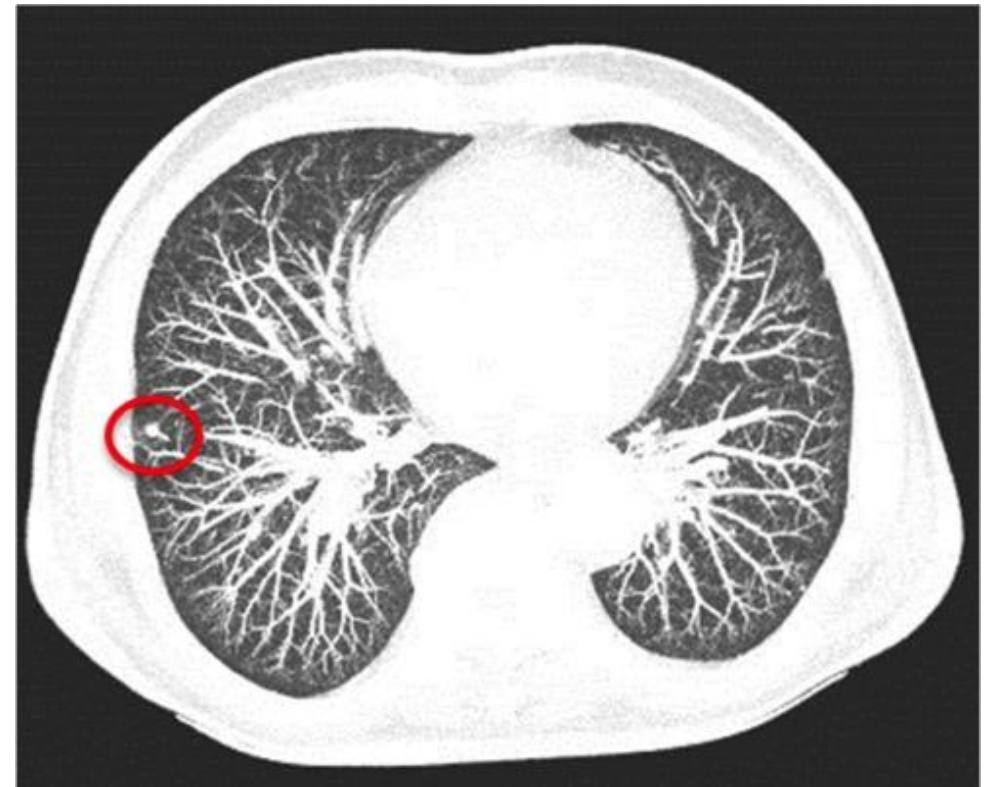


**1. DETAIL IS KEY!**  
LDCT provides more detailed imaging than traditional chest x-rays, detecting even the smallest abnormalities.

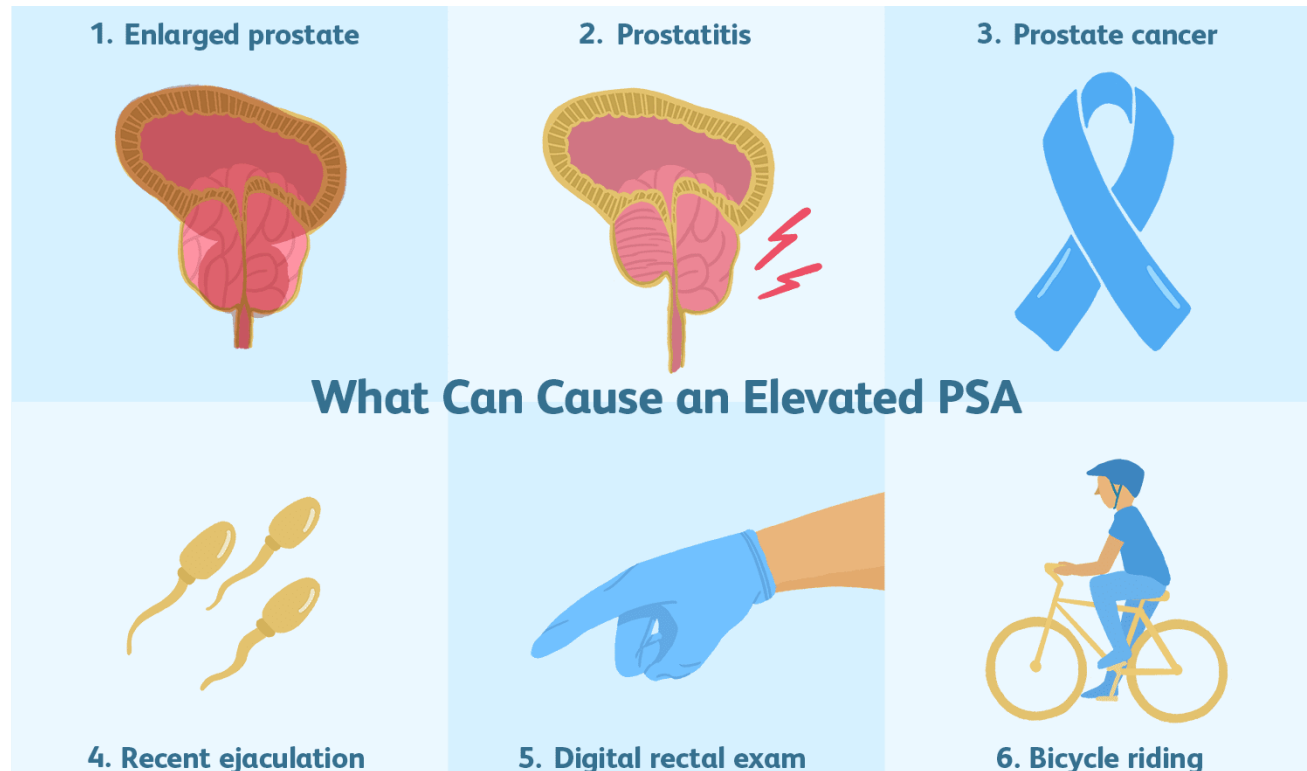
**2. SAFETY FIRST!**  
LDCT gives off 90% less radiation than a conventional CT scan. Additionally, the exam requires no imaging contrast.

**3. SPEED!**  
LDCT usually takes less than 10 minutes. Images are taken during a single breath hold.

**4. MORE ACCURATE!**  
More detailed images means more accurate diagnoses. Research shows that LDCT scans save more lives of those at high risk of lung cancer than traditional chest x-rays.



# Prostate cancer screening



- Individualized decision to screen or not between age 55 to 69
- Do not screen past age 70
  - Family history
  - Race/ethnicity
  - Comorbid medical conditions
  - Balancing benefits from potential harms



...SO REMEMBER: THE VACCINE  
WILL NOT TAKE EFFECT UNLESS YOU  
POST A SELFIE OF YOU GETTING IT.



# Vaccines

# Recommended Immunizations

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV4) or Influenza recombinant (RIV4) or Influenza live, attenuated (LAIV4)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes) 1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Varicella (VAR)	2 doses (if born in 1980 or later)	2 doses		
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (see notes)		2 doses	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal (PCV15, PCV20, PPSV23)	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)			1 dose PCV15 followed by PPSV23 OR 1 dose PCV20
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations 19 through 23 years			

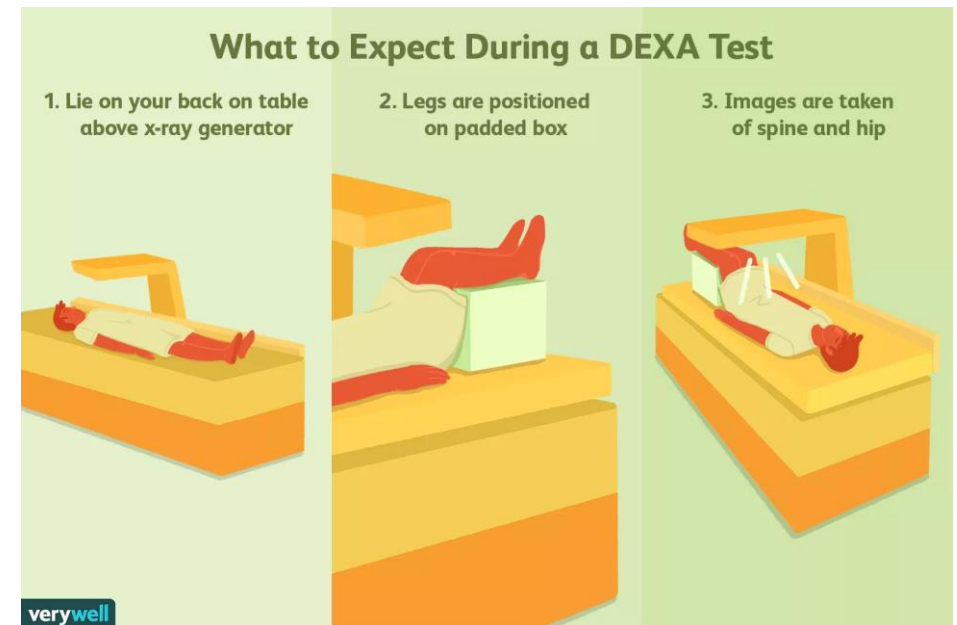


# Important Immunizations

- Flu shot: annually at fall.
  - High dose for ages 65 or older
- Shingles vaccine (Shingrix): 2 dose series at age 50
- Pneumonia vaccine: 1 dose PCV-20 at age 65
- Tetanus (Tdap or Td): once every 10 years
- Covid vaccine: primary series + updated bivalent booster (at least 2 months apart)

# Other Health Screenings:

- Cardiovascular health
  - Blood pressure
  - Blood sugar
  - Cholesterol
- Osteoporosis screening
  - Bone density test (DEXA scan)





# True or False?

Baby aspirin is recommended for all older adults to prevent strokes and heart attacks.

# FALSE!

- New USPFTS guidelines says to not start aspirin after age 60 for primary prevention.
- After age 75 regular aspirin use likely not very beneficial.



True or False?

Depression is a normal  
consequence of aging.



# FALSE!

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## Alzheimer's Disease and Healthy Aging

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[Alzheimer's Disease and Healthy Aging Program Home](#)

### About Us

[At A Glance: Alzheimer's Disease](#)

### Alzheimer's Disease and Related Dementias

[What Is Dementia?](#)

[The Truth About Aging and Dementia](#)

[10 Warning Signs of Alzheimer's](#)

[Minorities and Women at Greater Risk for Alzheimer's Disease](#)

[Depression is Not a Normal Part of Growing Older](#)

## Depression is Not a Normal Part of Growing Older

Depression is a true and treatable medical condition, not a normal part of aging. However older adults are at an increased risk for experiencing depression. If you are concerned about a loved one, offer to go with him or her to see a health care provider to be diagnosed and treated.

Depression is not just having "the blues" or the emotions we feel when grieving the loss of a loved one. It is a true medical condition that is treatable, like diabetes or hypertension.



## How Do I Know if it's Depression

Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience—

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies once pleasurable
- Fatigue and decreased energy

# A Brief Word on Mental Health

## Depression

- Many life changes after retirement

## Anxiety

- 25% of adults over 65 report symptoms of anxiety or excessive worrying

## Insomnia

- More difficult to achieve restorative sleep as we get older
- Cognitive behavior therapy is the treatment of choice

# Symptoms of depression/anxiety may manifest differently as we get older!

- Agitation
- Memory loss
- Poor sleep
- Loss of interest
- Lack of energy
- Lack of motivation
- Difficulty concentrating



# Staying healthy mentally goes hand in hand with staying healthy physically

## Physical Activity/Exercise



## Diet/Nutrition



## Social



## Spiritual



Health  
Span &  
Well-  
Being

# Local Resources:

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- **Local Area Agency on Aging (AAA)**

- Our Local Area Agency on Aging (AAA) is the Orange County Office on Aging which provides local services to older adults, adults with disabilities, family caregivers, and residents in LTC facilities. Community members can dial the number or visit the website for more information on their specific interests.
- Orange County Office on Aging  
Phone: 1-800-510-2020  
[www.officeonaging.ocgov.com](http://www.officeonaging.ocgov.com)



# Local Resources (cont):

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- **Council on Aging of Southern California**

- The Council on Aging of Southern California offers a variety of programs to promote the independence, health, and dignity of older adults through compassion, education, and advocacy.
- Programs include: Answers Resource Guide, Concierge Care Navigators, Friendly Visitor Program, Health Insurance Counseling & Advocacy Program (HICAP), LTC Ombudsman, ReConnect EISOA, Senior Protection Program & FAST, and SmileMakers.
- Phone: (714) 479-0107  
<https://www.coasc.org/>

# Local Resources (cont):

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- **California Healthier Living – Orange**

- The State of California has a Healthier Living program in Orange that hosts workshops on rotating topics to improve the health and well-being of older adults. Currently, they offer three workshops pertaining to Chronic Disease Self-Management, A Matter of Balance, and Diabetes Self-Management.

- Frank Hernandez

Health Educator

Phone: (714) 480-6451 or (800) 510-2020




Program Phone: (818) 408-5219

[www.cahealthierliving.org/cstcounty/orange-2](http://www.cahealthierliving.org/cstcounty/orange-2)

# Senior Centers:

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- Orange County Senior Centers
  - PROGRAM SERVICES: arts and humanities activities, educational opportunities, counseling and support groups, volunteer opportunities, leisure travel programs, and health and wellness programs. Some Senior/Community Centers also offer meals, help with financial and medical paperwork, case management, legal support, transportation, shopping trips, outings, friendship and other services specifically for seniors.
- Fullerton Senior Multiservice Center 340 West Commonwealth Fullerton 92832
  - <http://fullertoncommunitycenter.com>

Monday	Tuesday	Wednesday	Thursday	Friday
	 <i>*Sponsored by the Senior Club</i>		1 8:00 Table Tennis 9:00 NOCE- Crocheting & Knitting 9:00 NOCE- Staying Mentally Sharp 9:15 Senior Reading Club* 10:30 Mind & Body Fitness 11:00 Office Hours with Karla 12:00 Festive Fitness 12:30 Creative Coloring* 2:00 It's Your Money: Overview & Tax Changes 3:00 Grocery Program	2 8:00 Walking Group* 9:00 NOCE - Health & Wellness with Eunice 12:30 NOCE - Fit & Healthy with Kenny  <i>No Movie Today.</i>
	6 8:00 Table Tennis & Pickleball 9:00 Hawaiian Dance Lessons 9:00 Tai Chi Chuan* 9:00 Hawaiian Dance Lessons 9:00 NOCE - Staying Mentally Sharp 10:00 NOCE - Robin's Health & Exercise 10:30 Middle Eastern/Belly Dance Lessons 10:30 Mind & Body Fitness 2:00 Insurance Basic Class: Home & Earthquake Insurance 6:00 Tuesday Evening Dance*	7 8:00 Walking Group * 8:30 Farmers' Market 8:30 Tai Chi Chuan 9:00 Line Dance Lessons* 10:30 Lunch with Reservation 12:30 NOCE - Fit & Healthy with Kenny 4:00 Karaoke!*	8 8:00 Table Tennis 9:00 NOCE - Crocheting & Knitting 9:00 NOCE - Staying Mentally Sharp 9:15 Senior Reading Club* 10:30 Mind & Body Fitness 11:00 Office Hours with Karla 12:00 Festive Fitness 12:30 Creative Coloring* 2:00 It's Your Money: Financial Planning Basics	9 8:00 Walking Group* 9:00 NOCE - Health & Wellness with Eunice 10:00 Korean Parkinson Support Group 10:00 Alzheimer's Caregiver Support Group (Korean Speaking) 12:30 NOCE - Fit & Healthy with Kenny 12:30 Movie - "Five Came Back"
12 8:00 Walking Group * 9:00 Longevity Stick Balance * 9:00 NOCE - Fun & Fitness with Janine 9:00 Needlecraft Service Group * 10:30 Chair Yoga 11:00 Healthy Heart & Stroke Presentation 11:00 Lunch with Reservation 12:30 Bingo * 1:00 Caring Companions	13 8:00 Table Tennis 9:00 Trip # 11 Fantasy Springs Casino 9:00 NOCE- Staying Mentally Sharp 9:00 Hawaiian Dance Lessons 9:00 Tai Chi Chuan* 9:00 NOCE - Staying Mentally Sharp 9:00 Legal Aid Appointments 10:00 NOCE- Robin's Health & Exercise 10:30 Middle Eastern/Belly Dance Lessons 10:30 Mind & Body Fitness 11:00 Lunch with Reservation 11:15 Tech Assistance Workshop 2:00 Insurance Basic Class: Auto Insurance 2:30 Art at Home Distributions 6:00 Tuesday Evening Dance	14 8:00 Walking Group* 8:30 Farmers' Market 8:30 Tai Chi Chuan 9:00 Line Dance Lessons 10:30 Chair Yoga 11:00 Lunch with Reservation 11:00 Asistencia de Tecnologia 11:00 Lunch with Reservation 12:30 NOCE- Fit & Healthy with Kenny 4:00 Karaoke! *	15 8:00 Table Tennis 9:00 NOCE- Crocheting & Knitting 9:00 NOCE- Staying Mentally Sharp 9:15 Senior Reading Club* 10:30 Mind & Body Fitness 11:00 Office Hours with Karla 11:00 Lunch with Reservation 12:30 Creative Coloring* 1:00 Senior Club Board Meeting 2:00 Its Your Money: Medical Care Planning 3:00 Grocery Distributions  <b>No Festive Fitness</b>	16 8:00 Walking Group * 9:00 NOCE - Health & Wellness with Eunice 12:30 NOCE- Fit & Healthy with Kenny 2:30 Crafternoon - Paul Klee Inspired Art  <i>No Movie Today.</i>
19 8:00 Walking Group * 9:00 Longevity Stick Balance * 9:00 NOCE - Fun & Fitness with Janine 9:00 Needlecraft Service Group * 10:30 Chair Yoga 11:00 Lunch with Reservation 12:30 Bingo *	20 8:00 Table Tennis 9:00 NOCE- Staying Mentally Sharp 9:00 Hawaiian Dance Lessons 9:00 Tai Chi Chuan* 10:00 NOCE- Robin's Health & Exercise 10:30 Middle Eastern/Belly Dance Lessons 10:30 Mind & Body Fitness 11:00 Lunch with Reservation 1:00 Alzheimer's Caregiver Support Group 2:00 Insurance Basic Class: Umbrella Insurance 6:00 Tuesday Evening Dance*	21 8:00 Walking Group 8:30 Tai Chi Chuan * 9:00 Line Dance Lessons 10:30 Lunch with Reservation 10:30 Chair Yoga 12:30 NOCE- Fit & Healthy with Kenny 1:00 Navigating your Medical Care 4:00 Karaoke!*	22 8:00 Table Tennis 9:00 NOCE- Crocheting & Knitting 9:00 NOCE- Staying Mentally Sharp 9:15 Senior Reading Club* 10:30 Mind & Body Fitness 11:00 Office Hours with Karla 12:30 Creative Coloring* 2:00 Its Your Money: The Investment World  <b>No Festive Fitness</b>	23 8:00 Walking Group * 8:00 Bulletin Collation 9:00 NOCE - Health & Wellness with Eunice 12:30 NOCE- Fit & Healthy with Kenny 12:30 Movie - "Persuasion"
26 Same as September 19th 10:00 Preparedness Kit Distribution 11:00 Understanding Medicare Basics Seminar	27 Same as September 20th 2:00 Insurance Basics Class: Life Insurance & Review 6:00 Tuesday Evening Dance: Grand Ole Opry *	28 Same as September 21st	29 Same as September 22nd 2:00 Its Your Money Equity & Fixed Income	30 Same as September 23rd



# Kaiser Health Classes & Programs

healthy.kaiserpermanente.org/southern-california/health-wellness/classes-programs

As a Kaiser Permanente member, you can sign up for in-person, over-the-phone, and online wellness programs and classes designed to help you achieve your health goals. These classes are taught by our team of experts and will walk you through how to make actionable lifestyle changes.

Classes near:

Use my location

DISTANCE

Within 10 miles

I want help with:

TOPIC

- ✓ Select topic
- Diabetes
- Fitness and exercise
- Healthy eating
- Heart health
- High Blood Pressure
- Life care planning
- Lungs and airways
- Making health decisions
- Parenting
- Pregnancy
- Quit smoking
- Senior health
- Sleep problems
- Weight

Search

## Classes and community support

Find health education classes to local resources and group support, these classes help you thrive in mind, body, and spirit.

Classes

Health education classes, seminars, and programs offer face-to-face sessions that will empower you to take small steps toward better health.

Support groups

## Online classes

These classes are available by appointment through your doctor or health coach.

+ Online classes

+ Over-the-phone

## Phone

These classes can be scheduled as group sessions or available by referral, so talk to your doctor or health coach.

Website Feedback

- <https://healthy.kaiserpermanente.org/southern-california/health-wellness/classes-programs>



# Senior Exercise Classes



- **YMCA:**
  - <https://ymcaoc.org/active-older-adults/>
- **Silver Sneakers**
  - <https://tools.silversneakers.com/>
- **Tai Chi classes**
  - UC-Irvine Health
    - <https://ssihi.uci.edu/classes/tai-chi/>
  - Cal State Fullerton Tai Chi classes

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Osher Lifelong Learning Institute  SITE  CSUF

ABOUT OLLI-CSUF CLASSES/ACTIVITIES CALENDARS DONATE VOLUNTEER CONTACT US JOIN/RENEW

### Courses and Events

- Alphabetical List
- Arts
- Course Updates
- Committee Meetings
- Distance Learning
- Econ and Humanities
- Events
- Free Open to the Public Courses
- Healthy Living
- Languages
- Science and Tech

## Tai Chi

**Every Monday • 9 a.m.-10 a.m. • Room 18**

September 12, 19, (26 cancelled) • October 3, 10, 17, 24, 31 • November 7, 14, (21 no class), 28 • December 5  
Intersession: December 12, (19 & 26 no class) • January (2 no class), 9



Tai Chi has a long and distinguished tradition in exercise programs, and it continues at OLLI-CSUF. Come and exercise under the guidance of instructor Diane Globerman. Start the week with Tai Chi for health and serenity.

**Textbook (optional):** A suggested reference text on Tai Chi may be useful once you have learned the basic movements: "Beginning Tai Chi" by Tri Thong Dang, (ISBN-13: 978-0-804-82001-1)

**Instructor:** Diane Globerman **Coordinator:** Fran Doble

# UCI Health Assessment Program for Seniors (HAPS)

- 
- Unique two-part assessment.
  - Ultimate goal is to help older adults live more productive, healthy lives and to help families navigate the task of providing for care.
  - <https://www.ucihealth.org/medical-services/senior-health/health-assessment-program-for-seniors/about-haps>

Thank you!



- **Dr. Yun-San (Amy) Huang, Associate Clinical Professor (Irvine Campus)**
- **Dr. Erin Gregg Newman, Assistant Clinical Professor (Orange Campus)**
- Internal Medicine & Pediatrics, Department of General Internal Medicine, University of California, Irvine
- Office phone number: 714-456-7002