



## First EOA Fulltime Professor

Professor Shelby White-Tremazi was introduced on September 11, 2019 to the Mt. San Antonio College Board of Trustees as the very first fulltime tenure track professor assigned to Education for Older Adults. Shelby began her career in 2002 here at Mt. SAC in the EOA. During her time here she also served in the Adult Basic Education Department for 4 years. Previously Shelby was a fulltime tenure track professor at North Orange County School Of Continuing, Older Adult Program. Professor White-Tremazi holds a Master of Science, Gerontology and a Bachelor of Arts, Kinesiology. Shelby's professional committee service includes Academic Senator from 2015 to 2018 and Faculty Association Representative from 2013 to 2018. Her service also includes active membership in California Community College Educators of Older Adults (CCCEOA) and Association of California Continuing Education (ACCE). In 2013 Shelby received the ACCE award for Best Practices and in 2016 received the adjunct faculty of the year award for her department.

EOA began in 1982 with just a few classes. In nearly four decades the program has grown to serve over 4,800 students at over 35 off-campus locations throughout the Mt. SAC service area. There are 50 plus faculty members in the program. To ensure the best quality of education, all instructors are highly qualified and meet the minimum qualifications required by Title 5 of California Education Code. Due to their academic specialization, many faculty have backgrounds in gerontology.

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## **Winter 2020 Computer Registration Dates and Locations**

(All computer classes including Mobile Information Technology, Digital Photography, and Internet) Each person must register for himself/herself. Students may not register for anyone else. Students may register for only one computer class. Registration for new computer students is first come first served. Note: the student is permitted to take the computer class only two (2) times consecutively.

**Walnut Senior Center** – 11/4/19 from 10:00-11:00 a.m. (Monday)

**La Verne Community Center** – 11/19/19 from 10:00-10:30 a.m. (Tuesday)

**San Dimas Com. Ctr** – 11/6/19 from 10:00-10:30a.m.(Wed)

**West Covina Senior Center** – 11/7/19 from 10:00-10:30 a.m.(Thursday)

**Shadow Oak Park** – First day of class

**Palomares Senior Center** – First day of class

**Steinmetz Senior Center** – First day of class

**Pathfinder Park** – First day of class

**Hacienda Heights** – First day of class

**Diamond Bar Library**– First Day of Class

## **Winter 2020 Diamond Bar Center Registration**

**Healthy Aging** – 11/13/19 at 9:00 am. (Wednesday)

Registration cards will be handed out. 30 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Class.

**Healthy Aging Principles of Slow Movement** – 11/14/19 at 10:00 am. (Thursday)

Registration cards will be handed out. 30 completed registration cards will be randomly drawn. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Principles of Slow Movement class.

## **Fall 2019 San Dimas Senior/Community Center Registration**

**Jewelry** – 11/15/19 at 9:00 am. (Friday)

Registration cards will be handed out. 30 completed registration cards will be randomly drawn for class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student.

## Winter 2020 Walnut Senior Center Registration

General Registration Date for the Following Classes: 11/4/19 from 10:00-11:00 a.m. (Monday)  
 Note this is for classes held at Walnut Senior Center only. Oil Painting, Home Gardening, Beginning Decorative Art Production for Retail Sales, Healthy Aging Principles of Slow Movement, and all Computer Classes. Each person must register for himself/herself. Students may not register for anyone else.

**Healthy Aging** – 11/8/19 at 8:45 a.m. (Friday)

Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Class.

**Fall Prevention Balance and Mobility** – 11/18/19 at 10:15 a.m. (Monday)

Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Class.

**Healthy Aging Principles of Posture and Flexibility** – 11/19/19 at 8:30 am. (Tuesday)

Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time. Students may register for only one Healthy Aging Class.

**Jewelry** – 11/15/19 at 1:00 pm. (Friday)

Registration cards will be handed out. 30 completed registration cards will be randomly drawn for class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.

## Winter2020 Pathfinder Park Community Center Registration

**Healthy Aging – Principles of Posture and Flexibility** – 11/18/19 at 9:00 am. (Monday)

Registration cards will be handed out. 70 completed registration cards will be randomly drawn for class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.

**Healthy Aging**– 11/14/19 at 11:00 am. (Thursday)

Registration cards will be handed out. 70 completed registration cards will be randomly drawn for each class. Each person must be present during the registration process and may only register for him or herself. Students may not register for another student at this time.

**SCAM  
ALERT**

# CELEBRITY PHONE SCAM

Would you give your money to a cause if a favorite celebrity asked? Well, be careful. Celebrity imposters are using the allure of fame to scam fans. A Canadian man was billed out of \$500.00 when he thought he was donating to the cause of his favorite singer Garth Brooks, Jimmy Buffett and Shania Twain, all of whom he believed contacted him. Other celebrities from billionaires to country stars have warned fans that they have been impersonated. The Federal Trade Commission says if you unexpectedly hear from a big name:

- ⇒ Slow down. Before you send money talk to someone you trust.
- ⇒ Do some research. Search on line for the celebrity's name plus "SCAM". Never send money, gift cards or prepaid debit cards to anyone you haven't met—including famous people.
- ⇒ Report your experience to the FTC. And finally ask yourself , why is this star I've never met calling me?

Whether it's a telephone call from a government impostor or a promise of free medical equipment, scam artists continue to target older adults in an attempt to get rich quick. The U.S. Senate Special Committee on Aging notes that current estimates suggest **older Americans lose \$2.9 billion each year** to financial scams.



## New Class Idea


If you have any new class ideas, we would love to hear from you. Please contact Education for Older Adults at [EOA@mtsac.edu](mailto:EOA@mtsac.edu) and share your ideas for new classes that could be offered.

# REBUS FOR YOU

Can you solve these visual word puzzles? Answers on page 6

1. **NOT = CENT**

2. **H  
I  
L  
L**

3. **G  
N  
I  
K  
A  
M** Lost Lost Lost Lost 

4. **Funny Words  
Funny Words  
Words  
Words**

5. **yourballcourt**

6. **Weather  
Bit**

## EOA/AWD FACULTY OF THE YEAR



Alexi Cena has been teaching a variety of classes in the Education for Older Adults and Adults with Disabilities department for the past 4 years. In addition to her teaching assignment, she has been tirelessly researching and producing evidence-based healthy aging modules. These modules serve as a valuable tool for instructors to provide their students with current evidence-based healthy aging information. Her topics are informed by current research and

educational materials available through leading aging and medical organizations such as the American Society of Aging, the National Council on Aging, and the Center for Disease Control. All modules include an outline to assist faculty in facilitating lectures and discussions which includes a handout for distribution to students. Each weekly module covers new material. With topics including bone health, fall prevention, homeopathy, stroke, diabetes, and arthritis. Other non-medical, but equally important modules have educated students on identity theft, senior scams, and predatory marketing. Alexi develops new modules each semester and they are shared statewide through the California Community College Educators of Older Adults organization. We would like to recognize Alexi for her outstanding performance; superior dedication and positive attitude helping her colleagues prepare students to learn how to age healthfully.

## Brain Health Classes

Brain health courses have been restructured and will be offered once a week for two and a half hours. Students can sign up for both Brain Health 1 & Brain Health 2 or pick one course. This change has been made to better fit students' needs. Please see below for times and locations. Classes begin the week of January 6, 2020. Registration will be on the first day of class in the new semester. For more information call 909-274-4192.

**Brain Health 1** Critical thinking and cognitive skills through understanding key structures and functions of the brain. Particular focus on auditory processing.

**Location: Walnut Senior Center**

21215 La Puente Road

Walnut, CA 91789

**Days:** Monday, **Time:** 12:30 –2:45

**Location: Pathfinder Park Community Center**

18150 Pathfinder Road

Rowland Heights, CA 91748

**Days:** Monday, **Time:** 10:00 -12:15

**Location: San Dimas Senior/  
Community Center**

201 E. Bonita Avenue

San Dimas, CA 91773

**Days:** Monday, **Time:** 12:30-2:45

**Location: Palomares Senior Center**

499 East Arrow Hwy

Pomona, CA 91767

Phone: (909) 620-2324

**Days:** Monday, **Time:** 12:30-2:45

**Brain Health 2:** Designed to improve age-related cognitive decline through preventative measures in order to strengthen and improve brain function. Particular focus on visual processing.

**Location: Walnut Senior Center**

21215 La Puente Road

Walnut, CA 91789

**Days:** Wednesday, **Time:** 12:30 –2:45

**Location: Pathfinder Park Community Center**

18150 Pathfinder Road

Rowland Heights, CA 91748

**Days:** Wednesday, **Time:** 10:00 -12:15

**Location: San Dimas Senior/  
Community Center**

201 E. Bonita Avenue

San Dimas, CA 91773

**Days:** Wednesday, **Time:** 12:30-2:45

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499 East Arrow Hwy

Pomona, CA 91767

Phone: (909) 620-2324

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## Walnut Senior Center Celebrates 20th Anniversary

The Walnut Senior Center opened its doors two decades ago with the mission to provide activities and programs to senior citizens. On Friday, October 18 from 5:30pm to 9:30pm live entertainment music, fine foods, raffles, and festive decorations all added to the wonderful celebration of the Center's 20th anniversary formal gala event. The event began with hors d'oeuvres and drinks in the main lobby, where guests had the opportunity to mingle. Gabriela Encinas and staff welcomed guests to the main room for dinner. Once guests were seated Deputy Community Services Director, Alicia Jensen greeted guests with a toast to the fabulous 20 years of success. Guests spent the rest of the evening dancing the night away and participating in fun activities.





### Education for Older Adults

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### Faculty Association Representatives:

Representatives at Large: Steve Williams and  
Danielle Bloom

EOA Representatives: Briseida Ramirez,  
Margaret Valarde and Ray Tucker

### Faculty Senate:

EOA Senator: Briseida Ramirez

EOA strives to be a leading educational resource for  
older adults transitioning into life's second half.

### EOA Advisory Group

Adolph Bergler, Carol Jones, Ed Jones, Esther Villegas, Gary  
Paterson, John Chin, June Wentworth, Lee Coleman,  
Nanette Peterson, Phyllis Friar and Steve Sherman



## Answers for Rebus Puzzles

- |                            |                            |
|----------------------------|----------------------------|
| 1. Not worth a red cent    | 4. Too funny for words     |
| 2. Down hill               | 5. Balls in your court     |
| 3. Making up for lost time | 6. A bit under the weather |



# Semester Dates



### Fall Semester Begins August 26, 2019

No class on the following dates:

**Labor Day, September 2, 2019**

**Veterans Day, November 11, 2019**

**Thanksgiving, November 28-29, 2019**

**Fall Semester Ends December 15, 2019**

### Winter Semester Begins January 6, 2020

No class on the following dates:

**Martin Luther King Jr. Day, January 20, 2020**

**Lincoln's Birthday, February 14, 2020**

**Winter Semester Ends February 16, 2020**