

CONNECTIONS

NEWSLETTER #9

SPRING 2016

Provost Featured Speaker at Luncheon

The spring luncheon is scheduled for **Wednesday, May 25**. It will be at the Smittcamp Alumni House on Matoian Drive of the Fresno State campus – west of the SaveMart Center complex. The “meet and greet” period starts at 11:00 a.m.; and we sit down for lunch (provided by University Catering) at 11:30 a.m. The meal is free to ERA members; prospective joiners are welcome as non-paying guests. ERA President David Quadro will welcome attendees with brief remarks regarding organizational matters. Then, after the luncheon main course is finished, the guest speaker will be introduced. Following the subsequent Q&A session, the President and/or members of the Executive Committee will update members on current issues being tracked by the statewide ERFA and our local affiliate ERA. The luncheon ends by 1:30 p.m. The **guest speaker** is Dr. Lynnette Zelezny, Provost and Vice-President for Academic Affairs at California State University, Fresno since June 2014. The **general topic** is: Strategic Planning & Academic Priorities. [NOTE: An Academic Strategic Plan is nearing completion. It is being formulated by Deans and Associate Deans in conjunction with the Provost.]

Dr. Lynnette Zelezny joined the Fresno State faculty in 1988. She has served as professor of Psychology, chair of the Department of Psychology, associate dean for the Craig School of Business, and dean and associate vice president for Continuing & Global Education. Her numerous teaching, research, and mentoring awards include a Fulbright scholarship in Germany and recognition as a Carnegie U.S. Professor-of-the-Year nominee. She earned her Ph.D. in applied social psychology from the Claremont Graduate University and her M.B.A. from the Craig School of Business at Fresno State. In addition, she has professional certificates from the Management Program of Harvard University and from the Executive Leadership Program at the Wharton School of Business of the University of Pennsylvania.

New 5 Year University Strategic Plan

The 2016-2020 Strategic Plan for Fresno State was revealed by President Joseph Castro early in Spring Semester. It contains a laser-focused Mission to “boldly educate and empower students for success” and a supporting Strategy Statement that builds on the existing campus Values of Discovery, Diversity, and Distinction. The plan is composed of four major Priorities, each with its own set of Metrics and Themes. Priority One: Enhance teaching and learning through best practices, innovative programs, and high impact experiences that attract talented and diverse students and contribute to retention, extraordinary learning, the development of the whole student, and lifelong success. Priority Two: Invest in a dynamic environment to attract, develop, and retain talented and diverse faculty and staff. Priority Three: Align our physical and technological infrastructure to support a sustainable and welcoming campus environment. Priority Four: Grow and develop collaborative and engaged community partnerships to increase support for students and the university. [Visit www.fresnostate.edu/strategicplan/ for details.]

TRANSITIONS: Prevention of Falls

*This is **Part II** of a two part series on “Causes & Prevention of Falls.” **Part I** (Issue #8, Fall 2015 of ERA newsletter Connections) focused on “Causes”, covering three major categories of risk: (1) a person’s Mental State; (2) occurrence of Accidental Events; and (3) an individual’s Medical Condition. **Part II** concentrates on: (A) evaluating a person’s balance, gait, and mobility (i.e., internal being) plus assessing an individual’s capability to function in the environment (i.e., external conditions); and (B) training the mind to be conscious of one’s movement and surroundings as well as demonstrating exercises to build strength and flexibility.*

[Editor’s Note: Besides reading numerous medical and scientific articles on “falls prevention” in consumer oriented publications, the author contacted two private physical therapy service providers and one public university physical therapy program in Fresno for an orientation.]

To begin, a guide to **terminology** is helpful. First, there are “intrinsic risks” and “extrinsic risks.” The former refers those elements of balance, gait, and mobility that stem from ‘within’ the person -- in other words, ‘natural’. Examples are: muscle weakness, inner ear problems, deteriorated vision, peripheral sensory loss, slowed central processing in the brain, and cognitive impairments --- often due to medications and disease as well as normal aging. The latter refers to environmental dangers to one’s safety with respect to causing falls. Examples are: physical hazards in one’s own house, unexpected obstacles and sudden change of surfaces in one’s path outside the home, and busy/distracting surroundings --- often related to being in strange locations or unfamiliar social situations. 55% of falls are due to intrinsic factors; and 40% of falls are attributed to extrinsic factors. Physical therapists who work with aged populations (65+) are well versed in both types of risks and their remedies.

Next, there are **Internal Balancing Systems** that are sensory based: (1) vision (eyes) system; (2) vestibular (inner ear) system; and (3) the somatosensory (feeling within) system involving skin, muscles, tendons, bones, and nerves. Simultaneous coordination of all these systems keeps one balanced. Body balance involves stability (standing still) and gait (walking, stepping). Then, there is physical capability, assessed in terms of muscle strength and body flexibility required for steady balance and movement. Physical therapists have developed numerous standing, sitting, and walking exercises appropriate for the needs of patients, based on the evaluation of how well their internal balancing systems are functioning. In making recommendations for therapy, they rely on observation and measurement as the patient performs various tasks.

The **laboratory setting** for evaluating the functional ability of patients to remain balanced in all kinds of positions and while moving steadily (i.e., walking straight, turning smoothly, pivoting safely) involves the use of numerous devices and props: force plate balance machines, soft cushion floor pads, wooden rocker boards, chair backs, cardboard step-over blocks, stair case, varied floor surfaces, different ground terrain, foam rolls, balance beams, visual cue cards on hallway walls,

full length mirrors, stretch bands, Swiss balls, etc. --- all for facilitating and measuring your abilities and impairments, for teaching exercises to strengthen muscles and develop flexibility, and for instilling coordination of the aforementioned three balance systems in order to maintain balance and movement control.

A variety of balance and movement **control tests** are used to evaluate a patient's performance. Herein, a few examples of fundamental diagnostics are described. [Note: Some of these tests are first done with eyes open, and then with eyes closed.] The Ankle Sway test, whereby one leans from side to side and then forwards and backwards with the feet firmly planted and aligned with shoulders to indicate ankle and foot muscle strength and balance control. The Reach Forward test, whereby one tries to maintain a stationary position while fully extending an arm to grasp something. The Core Stacking test, whereby the hips, spine, shoulders, and head are held straight to demonstrate stability. The Triangle Target test, whereby the head swivels clockwise and then counter-clockwise between three points --- left peripheral, center, right peripheral --- to determine head and eye coordination while maintaining balance. The Standing-On-One-Foot test, whereby the patient attempts to maintain balance for 20-30 seconds to observe body alignment and right versus left leg strength. The Walk-the-Line test, whereby one treads a line down the hallway looking straight ahead, looking side to side, looking up and down to show fluidness of stride and ability to hold the line within a normal 12 inch wide span. The Step-Over-Blocks test, whereby the ability to sufficiently raise one's feet over obstacles while in stride shows whether trips are likely. The Navigation-of-Hazards test, whereby walking over different textured surfaces, undulating terrain, and urban hazards (e.g., curbs, ramps) reveals a patient's ability to assess and manage risk. Recovery-Step-Strategies test, whereby the effort to regain one's balance when falling sideways, forward, or backward (due to stumbles, trips, slips, collisions) exhibits the adequacy of appropriate reaction and technique to right oneself.

{Note: Typically, to gain **access to comprehensive services** offered by physical therapy programs, one must obtain a doctor's referral and evidence of insurance coverage. The patient must also fill out a medical history and medications form and answer questions about life style, physical activity, fear of falling, etc. However, enrollment in a one-hour basic balance diagnostic session may only require a Physician's Clearance Form, with follow-up classes in balance and strengthening possibly available free or for a nominal donation (non-profit group).}

The **CSU,Fresno Physical Therapy Department's** "Balance Screenings for Older Adults" and related "Home Exercise Program" is especially worthy of mention. A "Group FallProof Class" and "On-campus Gait, Balance, Mobility" program are also offered as part of the Senior Awareness & Fall Education Central Valley Coalition of 30+ community organizations [on-line at www.safecvc.org.] Contact **Ashley Hart**: phone (559) 278-7539; email ahart@csufresno.edu.

[Note: For those residing outside the central San Joaquin Valley region who seek a quality Balance & Gait program, CSU,Fresno endorses the award-winning "Group FallProof Class" designed by Dr. Debra Rose of the Center for Successful Aging at CSU, Fullerton.]

CalPERS Health Plan Notice: A Reminder

In March CalPERS mailed a flyer to participants enrolled in its sponsored health care plans that said an individual's *Health Plan Statement* and *Open Enrollment Information* can be accessed **on-line** effective August 22, 2016. However, if a participant wishes to continue receiving the above **by mail**, your preference must be registered by July 1, 2016. The easiest way is to return the perforated postage-paid post card incorporated into the CalPERS notice. Be sure to check the box that states: "I elect to receive a paper copy of my customized health plan statement by mail." Alternatively, contact CalPERS by phone (888) 225-7377 or via on-line at < my.calpers.ca.gov >.

Community Service Leadership

One current and two former members of the CSU, Fresno Emeriti & Retirees Association Executive Committee (and its pre-constitutional forerunner) have been serving on advisory panels for major regional non-profit organizations. It is a pleasure, herein, to recognize these individuals for their leadership and consultative contributions to our collective well-being.

Dr. Judith Kuipers (2015-16) Chair of the Board of Directors, Fresno Philharmonic.
Dr. Al Evans (2015-16) Member of the Board of Directors, Fresno Town Hall lecture series.
Dr. Frank Powell (-- 2015) Immediate past Chair of the Board of Directors,
Educational Employees Credit Union (EECU).

CSU Faculty Strike Averted: Pay Raise Deal

The threatened strike of 26,000 faculty planned for mid-April was avoided with a last minute salary settlement that totals 10.5% over 3 budget years. The faculty union had demanded 5% for the current 2015-16 academic year, but the CSU administration proposed only 2%. An impasse lasted over a year, until a neutral fact-finder's report recently found that faculty members were entitled to a larger salary increase than 2%. The pact between the CSU Chancellor's Office and the California Faculty Association (i.e. union) must be ratified by a vote of the CFA members and approved by the CSU Board of Trustees. The Collective Bargaining Agreement calls for a 5% general raise on June 30 (the last day of the current budget year) and then a 2% raise on July 1, 2016 (the first day of the new budget year). The remaining 3.5% will occur in July 2017. Faculty who qualify for service credit will receive an additional 2.6%. Also, tenure-track faculty will get a higher pay bump with a promotion in rank from the current minimum of 7.5% to 9%.

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RECENT CAMPUS BUILDING PROJECTS



Physical Therapy & Intercollegiate Athletics (2016)
LOCATION: West of North Gym Annex



Armenian Genocide Monument (2015)
[100 year anniversary memorial]
LOCATION: West of Satellite Union



Jordan Agricultural Research Center (2016)
LOCATION: S.E. of O'Neill Park on Barstow Ave.



Aquatics Center (2012)
LOCATION: North of North Gym



Rue & Gwen Gibson Farm Market (2013)
LOCATION: No. of Square Complex on Chestnut



The Square @ Campus Pointe (2015)
[Maya Theater, eateries, shops]
LOCATION: N.E. of Savemart Center