



TEXAS SOUTHERN UNIVERSITY

Division of Student Services  
& Enrollment Management



CENTER ON THE FAMILY  
**AGING AND INTERGENERATIONAL  
RESOURCES**

*“Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.”*

*- Virginia Satir*





## **ABOUT US:**

The Center On The Family Aging and Intergenerational Resources' objective is to improve the quality of life for older adults through providing comprehensive education and training, information and referral services. The goal is to mobilize the efforts of the campus and the community in identifying and linking existing resources to form a comprehensive, intergenerational community-based delivery system for an aging society, with a special focus on

empowering family caregivers and older adults through education, relevant and current information services.

The Center On The Family Aging and Intergenerational Resources is positioned as a training ground for students aspiring to pursue careers in any aspect of gerontology. Throughout the past decade, the dramatic increase in the number of older adults has introduced significant challenges to a broad range of community resources. This condition is exacerbated by the increasingly complex needs of aging minority populations.

Our services allow us to continue to mobilize the efforts of the campus and the community while identifying and linking existing resources to form a comprehensive, intergenerational community-based delivery system for an aging society and the family caregivers.



## **PROGRAMS & SERVICES:**

All program and services are supported in part by the following:

- Houston-Galveston Area Council Area Agency on Aging
- Harris County Area Agency on Aging
- Houston Department of Health and Human Services

## **SERVICE DESCRIPTIONS:**

### **The Caregiver Information Services**

Provides an array of information and training events, seminars, focus groups, support groups, workshops, community health and information fairs within the Houston - Harris County and the HGAC-AAA 12 county service areas. The service will disseminate accurate, timely and relevant information for family caregivers caring for older adults 60 years and over.

The Caregiver Information Services project provided information focused on enhancing the quality of life for both the caregiver and the older adult.

### **Chronic Disease Self Management**

The Stanford University's Chronic Disease Self Management Workshops are approximately 2 hours long and held once a week for six weeks.

The Diabetes Self-Management workshop is given 2 hours once a week for six weeks, in community settings such as senior centers, churches, community centers, libraries and hospitals. People with type 2 diabetes attend the program in groups of 12-16.

Workshops are facilitated from a highly detailed manual by trained Leaders.

## **ARTHRITIS FOUNDATION EXERCISE PROGRAM**

The Center On The Family Aging and Intergenerational Resources and Recreation Center's objective is to improve the quality of life for older adults through providing comprehensive group exercise program designed to help older adults improve their quality of life through structured resistance training.

The goal is to mobilize the efforts of the campus and the community in identifying and linking existing resources to form a comprehensive evidence-based wellness program, practices, community-based fitness program for older adults, with a special focus



on aging well through physical activity, establishing healthy eating habits and being exposed to educational opportunities relating to the enhancement of healthy mind, body and spirit.

With the collaboration of efforts, the TSU Recreation Center expert staff of personal trainers the Aging In Motion (A.I.M) wellness program is a success. The A.I.M evidence based initiative facilitates the Arthritis Foundation Exercise program. The Arthritis Foundation Exercise program is a low-impact physical activity program proven to reduce pain and decreases stiffness. The routines include gentle range-of motion exercises that are suitable for every fitness level. The benefits of the program include:

- Keep joints flexible and muscles strong
- Sleep better
- Increase energy

## Arthritis Foundation Aquatic Exercise Program

### Aquatic Exercise

Exercising in the water may be the perfect answer to your fitness needs or goals. With pain-free, low impact movements, exercise in water can help improve your overall health and speed recovery from a recent injury or illness. Water exercise can often help you heal after undergoing surgery. Participants can take advantage of group exercise classes as well as informal recreational activities such as pick-up basketball, lap swimming, group walking and use of the weight room.



### LOCATION:

Texas Southern University  
3100 Cleburne Street CB 1255  
Houston, Texas 77004  
713-313-7635

### HOURS OF OPERATION:

Monday through Friday from  
8:00 a.m. to 5:00 p.m.

### PROGRAM STAFF

Lena R. Bean, M.Ed.  
*Director*

Terica Jemerson, MS  
*Education and Training Specialist*

Luegena G. Carter, MS  
*Education and Training Specialist*

Deborah A. Allen  
*Administrative Assistant*

## A Matter of Balance

A Matter of Balance includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University.

During the class, participants will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

## Tai Chi

The movements of tai chi keep the body fresh and allow the person to find a freer range of motion in the joints, greater flexibility, and better balance. Tai chi is often called “moving meditation,” because it is relaxing, because the focus is on breathing and creating inner

stillness quieting the mind, relaxing the body.

When people focus on breathing and on the movements, they aren’t focused on their worldly worries.

Outcomes:

The Tai Chi for Arthritis has been shown to:

- Improve balance
- Increase muscular strength
- Improve mobility
- Increase flexibility
- Improve psychological health
- Decrease pain
- Prevent falls

The Tai Chi for Arthritis will be taught by certified instructors. They will complete update certification every two years. The one hour classes will be schedule twice a week for 6–8 weeks with a group size of approximately 12–20 participants 60 years of age and older.

## RESOURCES

**Texas Department of Family and Protective Services**

[www.dars.state.tx.us](http://www.dars.state.tx.us)

**Texas Health and Human Services**

[www.hhsc.state.tx.us](http://www.hhsc.state.tx.us)

**Social Security Administration**

[www.ssa.gov](http://www.ssa.gov)

1-800-772-1213

**United Way of Greater Houston**

[unitedwayhouston.org](http://unitedwayhouston.org)

**Harris County Area Agency on Aging**

832-393-4301

**Houston-Galveston Area Agency**

713-627-3200

**AARP**

[www.aarp.org](http://www.aarp.org)

**Alzheimer’s Association**

[www.alz.org](http://www.alz.org)

1-800-272-3900

**Administration on Aging**

[www.aoa.gov](http://www.aoa.gov)

**Department of Veterans Affairs**

[www.va.gov](http://www.va.gov)

1-800-827-1000

## AFFILIATIONS:

**American Society on Aging**

**Generations United**

**National Association of Area Agencies on Aging**

**Arthritis Foundation**