

SENIOR

SUMMER 2019

FOCUS

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BEAT THE HEAT WITH
SUMMER WELLNESS AT SAN JAC





INVEST IN YOURSELF WITH **LIFELONG LEARNING**

San Jacinto College offers a variety of leisure learning courses to help you expand your horizons and have fun! Our short courses are held year-round and offer flexible schedules and easy registration.

SUMMER 2019

- ARTS & CRAFTS
- CAKE DECORATING
- PAINTING/DRAWING
- SPORTS & RECREATION
- WELLNESS

FALL 2019*

- ARTS & CRAFTS
- CAKE DECORATING
- FINANCIAL MANAGEMENT
- PAINTING/DRAWING
- PHOTOGRAPHY TECHNICIAN
- SPORTS & RECREATION
- WELLNESS

**Courses subject to change*

For more information and a complete list of courses, visit sanjac.edu/cpd or call **281-542-2020**.

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**SAN JACINTO
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Your Goals. Your College.

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Questions about San Jacinto College programs and services described in this publication should be directed to the Contact Center at 281-998-6150. Comments or questions about the publication can be directed to the San Jacinto College Marketing, Public Relations and Government Affairs Department at 281-998-6152.

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Visit San Jacinto College online at sanjac.edu. Call us at 281-998-6150



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About San Jacinto College

Surrounded by monuments of history, industries, and maritime enterprises of today and the space age of tomorrow, San Jacinto College has served the citizens of East Harris County, Texas, since 1961. The College is fiscally sound, holding bond ratings of AA and Aa2 by Standard & Poor's and Moody's. San Jacinto College is a 2019 Aspen Prize for Community College Excellence Top 10 institution, a 2017 Aspen Prize Rising Star Award recipient, and an Achieving the Dream Leader College. The College serves approximately 45,000 credit and non-credit students annually and offers eight areas of study that put students on a path to transfer to four-year institutions or enter the workforce. San Jacinto College's impact on the region totals \$1.3 billion in added income, which supports 13,044 jobs.

For more information about San Jacinto College, call 281-998-6150, visit sanjac.edu or join the conversation on Facebook and Twitter.

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WELCOME FROM THE CHANCELLOR

At San Jacinto College, we take pride in helping members of our community achieve their goals, in whatever form of success they choose, whether it's earning a degree, receiving a certification, exploring new fields, or even discovering a new hobby.

Our new SeniorFocus magazine is dedicated to our more mature students who know that learning can be even greater later in life. Within each new issue, you'll find everything from fun classes like painting and ceramics to adventurous new hobbies that San Jac can help you explore like motorcycle riding and tai chi. Need advice on planning for retirement? We have a course for that, too. Want to learn how to decorate cakes that will rival those on the Food Network? We've got you covered.

With resourceful ways to focus on your health, exercise tips, and even courses to help you sharpen your computer skills, you'll have a guide to living your best life beyond the classroom as well—all right at your fingertips.

Not sure you're ready to sign up for a part-time course or try pilates yet? SeniorFocus will also keep you up to date on the latest news from San Jacinto College and will provide a list of events happening across our campuses that you can check out for free.

So kick back, relax, and enjoy this inaugural issue of our exciting new publication. And as always, you can find information on any of our courses, non-credit classes, and fun lifelong learning opportunities at sanjac.edu/cpd.

Cheers to the golden years,
Dr. Brenda Hellyer
Chancellor

NEWS & NOTES

San Jacinto College named Top 10 in the nation

San Jacinto College has once again been named one of the top 10 community colleges in the nation by The Aspen Institute, which designated the College as a finalist for the prestigious Aspen Prize for Community College Excellence.



Accepting the award in Washington D.C., San Jacinto College Chancellor Dr. Brenda Hellyer said, "This award reflects the achievements and commitment of our faculty, staff, and administration who are focused on helping our diverse student population pursue and accomplish its goals. As a College, we hold ourselves to the ultimate measure of student success, and being recognized as one of the top 10 community colleges in the nation is proof that our mission to provide innovative, accessible education is being accomplished."

Launched in 2011, the \$1 million Aspen Prize is awarded every two years to a community college achieving high marks in student learning, certificate and degree completion, employment and earnings for graduates, and access and success for minority and low-income students. From the more than 1,100 community colleges nationwide, San Jacinto College was first selected among the top 150 last spring. A selection committee then narrowed down those institutions to the top 10 and named two Aspen Prize winners and three Rising Star recipients. San Jacinto College was also a Rising Star Award recipient in 2017, placing the College among the nation's top five community colleges.

San Jac breaks ground on new campus

San Jacinto College has officially broken ground on its new Generation Park Campus, expanding its accessibility to residents of North Houston. The groundbreaking ceremony took place on April 23, with the College's senior leadership in attendance to celebrate the milestone event.

College Chancellor Dr. Brenda Hellyer said, "We know that growth is occurring more rapidly in that part of Houston, and we are committed to responding to the higher education needs of the residential and business populations."

Several of the fastest growing ZIP codes in the Houston area are adjacent to the new 55-acre Generation Park Campus, and the population around Generation Park is growing at approximately twice the rate of the rest of the College district.

To better serve these residents, the College is constructing a 50,000-square-foot facility that will house general education and academic classes and will be designed to fit the workforce needs of the businesses in the area.

The Generation Park Campus is set to open for classes in fall 2020.





BEAT THE HEAT WITH SUMMER WELLNESS AT SAN JAC

By Andrea Vasquez

Summer is a great time to get back on track with individual wellness and mindfulness. Practicing self-care can be difficult with all of the everyday tasks and stresses that occur, so taking time to breathe and pause everything for just an hour will do wonders for a healthy physical and mental mindset.

A couple of options to consider are the tai chi and gentle yoga courses at San Jacinto College. Tai chi focuses on relaxed movements. The postures are constantly evolving, and there are no pauses as the body moves from one posture to the next. Yoga focuses on stillness. Each posture is held for several seconds or minutes depending on which style you practice, allowing the body to fill with positive energy between movements. Both tai chi and yoga use controlled breathing and meditation to enhance the practice. Beginners and all levels of fitness and capabilities are welcome.

“We are committed to improving and supporting the health and well-being of seniors in our community,” said

Dr. Janice Sullivan, San Jacinto College Continuing and Professional Development division dean of community education. “We offer a variety of courses such as Qi Gong, tai chi, yoga, and other fitness classes that are tailored to our participants. For instance, the gentle, rhythmic movements of Qi Gong and tai chi help to reduce stress, build stamina, increase vitality, and enhance the immune system. Our students have commented about the improvement they have experienced, including better balance and relaxation. We collaborate with institutions such as MD Anderson Cancer Center, Healthy Living Matters - Harris County Public Health, and



the City of Pasadena to bring quality courses to our community. There are classes for everyone regardless of fitness level, and we offer flexible day and evening schedules.”

A recent article from Livestrong.com took a closer look at the benefits of tai chi and yoga. Both have been cited as effective treatment for relieving pain associated with certain medical conditions. A study from Harvard Health Publishing also claimed that tai chi could benefit or improve symptoms of arthritis, high blood pressure, and Parkinson's disease. Tai chi is also known to help improve the balance of seniors, which can help to prevent falling. The same study also found that regular yoga practice can reduce heart rate, lower blood pressure, relieve physical pain across the body, and alleviate the symptoms of depression.

Tai chi and gentle yoga classes are available through the San Jacinto College Continuing and Professional Development (CPD) division at the Central and South Campuses. Tai chi classes begin June 3 and have a number of sessions through Aug. 26. Gentle yoga classes begin June 4 with one session running through Aug. 28.

For more information, visit sanjac.edu or contact the Central or South Campus CPD office at 281-542-2020.

BASIC RIDER COURSE

RIDE INTO THE SUNSET WITH LIFELONG LEARNING

By Melissa Trevizo

If you are looking for adventure and ready to head out on the highway, look no further than San Jacinto College.

As part of a national curriculum from the Motorcycle Safety Foundation, the San Jacinto College South Campus is offering a basic rider course. Students are certified over the course of a weekend.

“In the last few years, the laws on motorcycle licensure have changed,” said Woody McPike, motorcycle instructor. “Many of the motorcycle riders you saw out on the road even 10 years ago were probably not licensed, but now it is required by the state. To get your license you have to complete the basic rider course and receive a completion card.”

The basic rider course is just as it sounds. It was designed to educate riders who might not have ever touched a motorcycle before, including students from every age and economic spectrum.



“It’s really cool to see the range of students in the class,” McPike said. “We get young eager riders and some who have been riding for years but need to be licensed.”

Students enrolled in the basic rider course are provided with a motorcycle to ride and protective gear, including helmet and gloves, and are required to wear pants, long sleeves, and shoes that cover the ankle as a precaution.

“Riding motorcycles is one of the most exhilarating and fun activities I can think of,” McPike said. “But we also have to be aware of the safety precautions and that when you get on the bike, you take on an extra responsibility for your own safety.”

McPike has seen a lot since becoming a motorcycle instructor 8 years ago. Now at 69, he has taken up adventure riding.

“I found myself retired, and my children were grown,” McPike said. “I’ve been a licensed rider since I was 17, and I’ve always loved it. Now, I go on road trips to all over the country and camp out. Being



able to pull up to a national park and pitch a tent under the stars is indescribable.”

Mounting a motorcycle might be intimidating to some, but McPike thinks it comes down to attitude.

“I’m proud to represent San Jacinto College and of how the motorcycle program has been allowed to develop,” McPike said. “If you approach riding with the right attitude, you can experience more joy and passion than you ever have before.”

For more information, visit www.sanjac.edu/continuing-professional-development/community/life-long-learning.





GET CREATIVE WITH CERAMICS

By Andrea Vasquez

If creating art is high on your list, check out one of the ceramics classes at San Jacinto College. As part of the Continuing and Professional Development (CPD) division's lifelong learning courses, students will learn an introduction to basic ceramic processes and an exploration of clay as an artistic medium through mechanical (wheel-thrown) and hand-built techniques along with glazing and firing processes. For more information on ceramics courses, visit sanjac.edu or contact the San Jacinto College Central Campus CPD office at 281-542-2020.

Summer 2019



Retirement Plan

ARE YOU RETIREMENT READY?

By Andrea Vasquez

For most, retirement conjures up thoughts of free time, vacations, a return to old hobbies, and relaxation. For others, it can be daunting—not having a set routine, not seeing people you’ve seen every day for more than 30 years, and most importantly facing financial unknowns. But retirement doesn’t have to be scary. With some planning, it will be one of the most rewarding, exciting milestones you can look forward to.

“We’d really like to show people that planning for your retirement doesn’t have to be a difficult process,” said Dennis Charleton, San Jacinto College Continuing and Professional Development (CPD) instructor for the Retirement Planning Today course and financial advisor. “The retirement planning course is geared for adults ages 50 – 70, but we encourage anyone who wants to start planning early to register. This course will help you break down all the technical, financial information so you can start your retirement planning now.”

Charleton has been involved in community financial education for more

than 20 years and is the franchise owner of IFP Financial, a financial advisory practice of Ameriprise Financial Services, with offices in Lake Jackson and Pasadena.

The Retirement Planning Today course at San Jacinto College takes participants through eight key areas: Life Planning for Retirement, Retirement Needs and Expenses, Retirement Roadblocks and Mistakes, Retirement Income Sources, Retirement Plan Distributions, Investments, Risk Management and Asset Protection, and Estate Planning. Participants will learn how to determine the amount of money they need to retire, create goals for a “successful retirement” with a comfortable standard of living, eliminate debt and improve cash flow, properly convert an IRA to a Roth IRA, select a retirement distribution plan, and reduce or eliminate taxes, expenses, delays, and legal challenges with estate planning.

“You can find trendy financial news almost anywhere, but it is difficult to use that information to make informed decisions and create a plan for your retirement,” said Charleton. “This course is designed to save you time by delivering comprehensive, objective knowledge you can easily apply to your situation.”



Those interested in the Retirement Planning Today course can register for the fall 2019 session. Registration can be completed online at sanjac.edu or in-person at the San Jacinto College South Campus CPD office at 13735 Beamer Road in Houston, Building 8, Room S8.1052. Tuition is \$80 per individual, and class sizes are limited. Advanced registration is required.

For more information visit sanjac.edu/community-business/continuing-and-professional-development or call 281-542-2020.

HEALTHY HABITS ARE AS EASY AS 1-2-3!

By Torrie Hardcastle



In honor of National Senior Health Fitness Day on May 29, we're taking a look at ways you can up your fitness game, along with a few easy steps you can take to live a more health-conscious lifestyle. It's never too early for preventive measures, and you can never be too proactive or too aware when it comes to maintaining your health as you age. May and June offer several national awareness months dedicated to informing you about potential health risks, so take a look at what some of our San Jacinto College faculty suggest when it comes to keeping in tune with your body.

National Senior Health Fitness Day (5/29)

It's time to get active!

Often, seniors' primary health focus is on biomedical markers like blood pressure or glucose levels, but seniors should also be aware of their movement as they approach their overall health and live an active, healthy lifestyle.

1. Have a trainer administer a movement screen. This series of physical tests provide data related to joint range of motion, stability, and muscular imbalances. Afterward, the trainer can design a program that includes corrective or functional exercises.
2. Working out doesn't have to mean hitting the gym. Activities like biking, gentle yoga, swimming, and even walking around your neighborhood park can increase your overall health without feeling like a chore.
3. Finding a few friends for activities or joining a fitness group can help turn physical activity into a social outing and increase accountability. The more, the merrier!

▶ Trenton Denton, *Professor, Physical Education*

American Stroke Awareness Month

Spot a stroke F.A.S.T.

Stroke is the second most common cause of death worldwide according to the American Stroke Association, but the good news is that it's preventable, treatable, and beatable. By taking a proactive approach to your overall health, you can drastically reduce your risk of stroke.

1. Seek immediate medical help if you or someone you know is experiencing the F.A.S.T. symptoms: Face drooping, Arm weakness, Speech difficulty, Time to call 911.

2. Don't forget to take your medications! If you have high blood pressure, high cholesterol, high blood sugar, or diabetes, you are at greater risk of a stroke, so managing these conditions will help mitigate the risk.
3. Living tobacco-free can also reduce your risk of stroke and other serious health issues. Try to avoid secondhand smoke as well if you aren't a smoker yourself.

▶ Sylvia Gallegos, *Program Director, Emergency Medical Technology*

Arthritis Awareness Month

Healthy muscles mean healthy joints

More than 100 types of arthritis exist, and while the condition is quite common, each case can be complex. Although the condition is more prominent in women and those with a genetic risk factor, arthritis can happen to anyone at any age, even children.

1. Be particularly aware if you've had old athletic injuries or accidents, as these can predispose you to arthritis later in life.
2. Keep the muscles around your joints strong with light exercise to optimize joint alignment and reduce pain.
3. Maintaining a healthy weight with smart eating habits and an active lifestyle will help reduce the stress on your joints and reduce your risk of developing arthritis.

▶ Dr. Susan Hinson, *Program Director, Physical Therapist Assistant*

Skin Cancer Detection and Prevention Month

Keep your SPF handy

Caused by exposure to ultraviolet light from the sun or tanning beds, skin cancer is the most common and most preventable type of cancer in the country. Luckily, there are steps you can take to prevent, detect, and treat the condition.

1. Always remember your sunscreen. Whether you're spending a day at the beach or just going for a stroll through the park, never forget to protect your skin with SPF, hats, and clothing.
2. Perform regular checks over your entire body for early detection. Your dermatologist can also help with regular body checks.
3. Alert your physician if you have suspicious spots, sores that don't heal, or changes in moles or freckles. Taking a "better safe than sorry" approach to suspicious spots can make all the difference if it leads to early detection.

▶ Carla Ruffins, *Program Director, Cancer Data Management*

Alzheimer's & Brain Awareness Month

Mental health is a top priority

Alzheimer's disease is the sixth leading cause of death in the United States, affecting 1 in 3 seniors. There is no cure for Alzheimer's or dementia, but early detection can allow for treatment options to help slow the disease's progression.

1. Early detection is key, but only 16 percent of seniors are regularly screened for Alzheimer's. Make sure you are being proactive about your mental health.
2. Studies have shown that simple mental exercises like crossword puzzles, games, and new hobbies can sharpen mental acuity and reduce the risk of cognitive regression later in life.
3. Heed the advice and concerns of friends and family who may notice symptoms you might otherwise brush off, like consistently misplacing things, getting lost, trouble with writing, inability to learn new tasks, mood swings, social withdrawal, or poor judgment.

▶ Carol Pool, *Professor, Associate Degree Nursing Program*

UNDERSTANDING TODAY'S TECHNOLOGY

San Jacinto College's Digital Literacy Program

By Melissa Trevizo

Technology is everywhere today, from the self-checkout at the grocery store to the phones we carry in our pockets. It can be intimidating, but the San Jacinto College Digital Literacy Program is here to help.

"One of the things we tell our students in the first class is to not be afraid to make a mistake," said Rosalyn Blakely, adjunct instructor for computer and IT training. "There's nothing you can do that we can't fix, and the instructors are always there to help."

Blakely, a former NASA flight rule implementer and network administrator, has been teaching computer courses since 1999.

"We keep the class size small—anywhere from 8 to 12 students at a time," Blakely said. "I enjoy seeing lightbulbs go off when students understand the concepts."

The program is taught in three modules: computing fundamentals, key applications, and living online. Each module delves into facets of the technology used in today's business world.

"These courses are geared towards individuals who have little to no computer knowledge," Blakely said. "We are here for those who are unemployed, underemployed, or re-entering the workforce after a long hiatus. We start with the basic skills and work our way up."

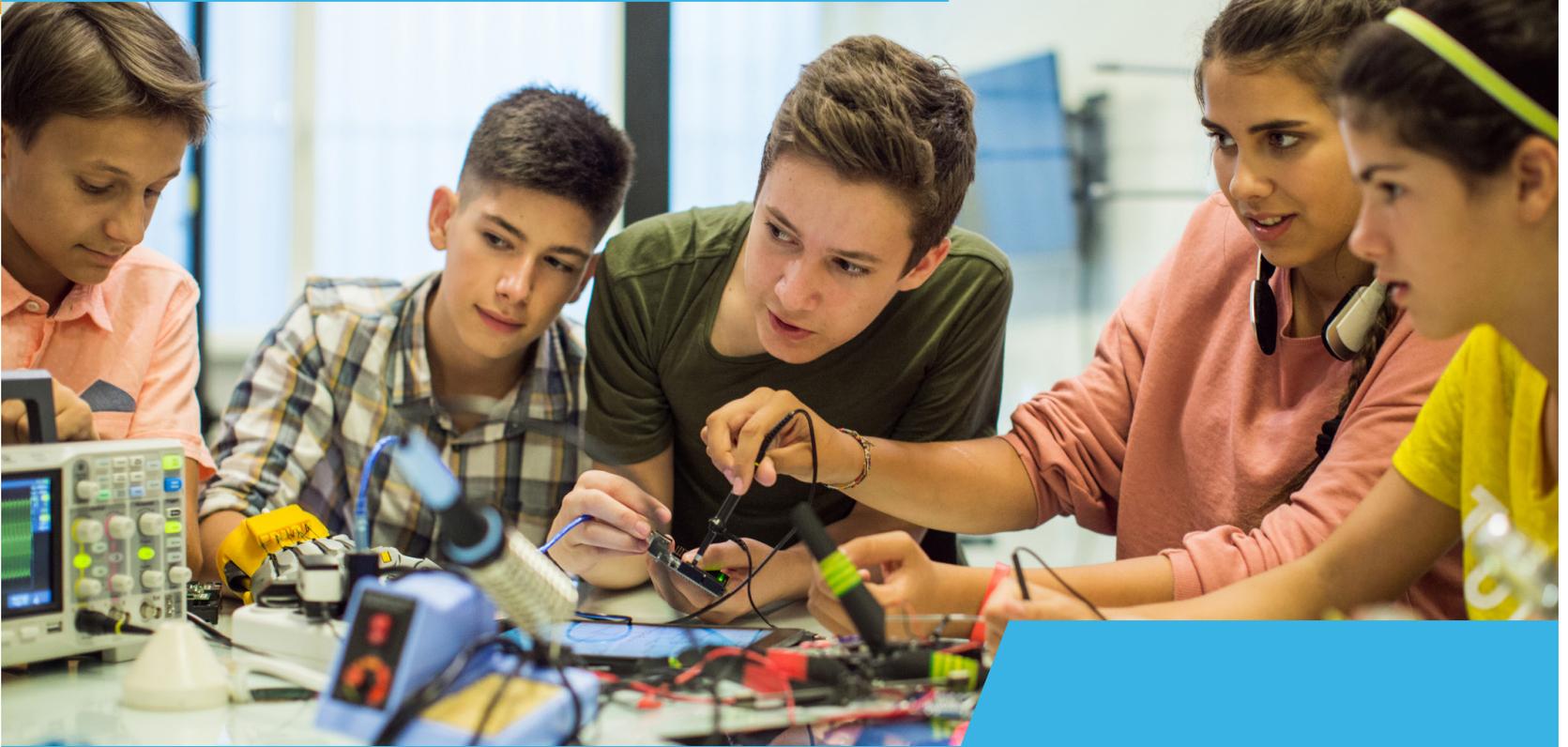
Digital literacy courses cover parts of a computer and hardware vs. software, business applications like Microsoft Word and Excel, the importance and use of mobile devices, and fundamentals of the internet and how to navigate online.

"We even cover social media and how to use it properly," said Blakely. "We are looking to equip individuals for the modern world."

To learn more about the Digital Literacy Program, visit www.sanjac.edu/continuing-professional-development/corporate-and-workforce/computersit-training/digital-literacy.



COMMUNITY EDUCATION CENTER



Information about the summer camps offered from San Jacinto College can be found at www.sanjac.edu/summer-camps.

Date	Event	Time	Site
June 10-14	Middle School Band Camp	9 a.m. – 1 p.m.	North Campus, Grant Fine Arts Center, Entrance A, N-1.122
June 10-13	Maritime Venture Camp	9 a.m. – 4 p.m.	Maritime Technology and Technical Training Center
June 10-14	KidSpot Summer Musical Theatre Camp	9 a.m. – 5 p.m.	Central Campus, Powell Arena Theatre, Building 13
June 14	San Jac Softball Camp	10 a.m. – 2 p.m.	South Campus Softball Field
June 24-27	Robot Ruckus	8 a.m. – 4:30 p.m.	Central Campus, Building 18, C-18.116
July 15-19	Woodwind and Brass Camp	9 a.m. – 1 p.m.	North Campus, Grant Fine Arts Center, Entrance A, N-1.122
July 15-18	STEM Survivor Camp	8:30 a.m. – 4 p.m.	Central Campus

Continuing Education summer courses

Registration is open for noncredit summer courses in the San Jacinto College Continuing and Professional Development division. Courses available include the areas of applied technologies and trades, business and professions, computer and advanced manufacturing, health occupations, maritime, and lifelong learning. To register, visit www.sanjac.edu/our-programs/continuing-professional-development/cpd-registration.

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