

SENIOR FOCUS

WINTER 2020

SAN JACINTO COLLEGE



**LEARNING,
LIVING,
AND
STAYING
ACTIVE
TOGETHER**





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.

Spring 2020

- Motorcycle Riders
- Kickboxing
- Martial Arts
- Tai Chi
- Yoga
- Financial Management
- Crochet
- Home Centerpieces
- Bow Making
- Corsages and Boutonnieres
- Cake Decorating

Join our free Silver Scholars group with the Life Long Learning Interchange and enjoy member benefits like monthly events, special learning opportunities, and a 10 percent discount on all Life Long Learning classes for ages 55+!

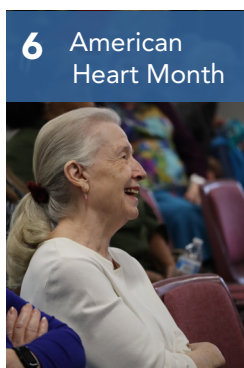
For more information and a complete list of courses, visit sanjac.edu/cpd or call **281-542-2020**.

281-998-6150

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**SAN JACINTO
COLLEGE**
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



Follow us on Facebook at facebook.com/SanJacintoCollege and Twitter and Instagram @SanJacCollege

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.

SeniorFocus is published three times a year by San Jacinto Community College District, 4624 Fairmont Parkway, Suite 210, Pasadena, Texas, 77504, in partnership with Academic Marketing Services.

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NEWS & NOTES

New Generation Park Campus now hiring



Come join the San Jacinto College team at our newest campus in northeast Houston's booming Generation Park! Applications are now open through the end of January for a variety of positions at the College's fifth campus.

Set to open in fall 2020, San Jac's Generation Park Campus will initially offer general studies courses for students transferring to four-year universities.

To learn more and apply for open positions, visit sanjac.edu.

San Jacinto College launches The EDGE Center at Houston Spaceport

Students at San Jacinto College have the EDGE

The San Jacinto College EDGE Center offers aerospace training and a pathway to careers in the aerospace industry under instructors who work are at the top of their fields.

"We are partnering with companies like Intuitive Machines to offer our students the very best, up-to-date knowledge about the aerospace industry," said Janis Fowler, director of the College's aerospace education and workforce department. "Students will have the opportunity to work on projects side-by-side with professionals who are working on NASA level projects including the lunar lander."

Steve Altemus, president of Intuitive Machines is looking forward to the possibility of making space available to the next generation.

"We're creating training programs to develop the workforce we need right here in Houston," Altemus said. "We want to make sure there is a workforce to choose from that is trained and skilled."



The certificate-based programs are open to anyone who is interested, whether they are recent high school graduates or have spent decades in the workforce, said Fowler.

Located at the Houston Spaceport at Ellington Airport, the 10th commercial spaceport license in the United States awarded by the FAA, the EDGE center offers programs in composites manufacturing and repair technician, aerospace electrical assembly technician, aerospace structures technician, mechatronics and industrial automation technician students at the EDGE Center will join a massive workforce in the Houston area.

To learn more about the EDGE Center, visit www.sanjac.edu/edge-center.

Annual golf tournament helps fund scholarships

The San Jacinto College Foundation raised more than \$130,000 at its 24th annual golf tournament at Golf Club of Houston on Tuesday, Oct. 1, 2019.

A total of 29 teams took to the green after the shotgun start. Merrill Private Wealth Management finished as the tournament winners, with the HTS, Inc. Consultants winning second place, and J. Harding & Co. taking third place.

Proceeds from the tournament and the event's silent auction, facilitated by Diamonds in the Rough Sports Memorabilia Charity Auctions, will help fund scholarships, academic and technical programs, and student success initiatives.

The Foundation honored the Niday family as its 2019 Lifetime Legacy Award recipient. Joy Niday, local business owner and San Jacinto College Foundation board member, along with Patricia Niday, accepted the

award at the tournament luncheon. The Niday family has endowed two scholarships to the Foundation in honor of their parents—the Joy Ruth Niday Scholarship for nursing students and the Capt. John B. "Jack" Niday Jr. Maritime Scholarship.

"When mother passed away in 2003, I decided to set up a scholarship for nursing students in her name," said Joy Niday. "My mom had the desire to become a nurse, but couldn't afford to achieve it. Every time her scholarship helps a student fulfill their dream, I know we are helping someone else make that journey in her honor."

Upon her father's passing last year, she decided to endow a second scholarship in his honor for San Jac maritime students. "The Captain John B. 'Jack' Niday scholarship is dedicated to supporting maritime students at San Jacinto College, in honor of four generations of Niday men who have served



on Houston's Ship Channel," Niday added. Since two of her children attended San Jacinto College, and her business is located a short distance from the South Campus, she felt that the College was the logical place for her to make a legacy gift to honor her parents.

To date, the Niday family has funded 48 student scholarships totaling nearly \$25,000.

For more information about the San Jacinto College Foundation, visit sanjac.edu/foundation.

ONE-DAY

COMPUTER COURSES

SAN JACINTO COLLEGE HELPS COMMUNITY SHARPEN MICROSOFT SKILLS

By Melissa Trevizo

Whether you are looking to brush up your skills in Microsoft Word or looking to advance your Excel spreadsheet knowledge, the San Jacinto College Continuing Professional Development (CPD) one-day classes could be the right fit.

The seven-hour, one-day courses are offered for Microsoft Access, Excel, Outlook, Power Point, Project, and Word at the basic and intermediate levels.

“We see a lot of companies and organizations send their employees to us for training in the one-day classes,” said Jerelyn Hughes-Glenn, CPD director. “Industries all over our service area utilize our courses to help improve their employees’ computer literacy.”

The classes are paced to help students master each application in one day through instructor-led projects.

“The instructors in this program will illustrate how to perform certain tasks, then immediately have the students repeat the task on their own using step-by-step instructions in their textbooks,” said Glenn.

When the program began in 2009, the average student age skewed to a younger audience.

“Most of our one-day students are 45 and older now,” said Glenn. “These students are looking to improve their computing skills and become more digitally literate.”

In addition to the one-day classes, CPD also offers a slower-paced digital literacy program. This program teaches the very basics in three modules: computing fundamentals, key applications, and living online. Each module delves into facets of technology used in today’s business world.

“Digital literacy is geared toward individuals who have little to no computer knowledge,” said Rosalyn Blakely, adjunct instructor for computer and IT training. “We start with the basic skills and work our way up.”

TO LEARN MORE ABOUT THE ONE DAY CLASSES AND DIGITAL LITERACY PROGRAM, VISIT SANJAC.EDU/CPD OR CALL 281-542-2020.





LEARNING, LIVING, AND STAYING ACTIVE



TOGETHER

By Andrea Vasquez

Chances are at the next San Jacinto College Community Education Center’s wellness event you’ll run into Juana and Bill Schliemann. The Schliemanns proudly consider themselves “regulars” at the free Continuing and Professional Development (CPD) Division’s events and workshops, enjoying the various topics and activities from healthy eating to gardening and mind-body wellness. As advocates for seniors staying active, the Schliemanns educate other community members—no matter their age group—on the benefits of living a healthy lifestyle.

Being active community members is also a high priority on the Schliemanns’ list. That’s how they learned about the College’s CPD workshops and events.

“Bill and I were at the Lotería (also known as the popular “Mexican Bingo” game) event at the East Harris County Activity Center, and that’s where we met Laura Martinez, CPD skills training coordinator,” said Juana. “She was playing at our table and started talking to all of us about the great healthy living and wellness workshops the College’s CPD division offers, and we were in!”

Soon after, the Schliemanns were hooked. The first class they attended was a four-week healthy eating awareness workshop that discussed how to make healthier choices, read and understand food packaging labels, and control portions. “We made a group trip to HEB so we could apply what we had learned with a \$25 gift card given to each class participant,” said Bill. “We were pretty

familiar with most of the information, but we still learned a few new things. This series of classes brought us back on track with healthy eating.”

The Schliemanns noted that the variety of free activities CPD’s Community Education Center offers is probably the most appealing thing to senior citizens in the community.

“We have very diverse interests and curiosities, and we have enjoyed and learned from every class we have attended from health-related nutrition, diabetes information, and other mental and physical health workshops. We really enjoyed the

Scrambled Legs chair exercise class, Tri Kang Tai Chi classes, financial workshops, and the gardening series,” said Juana.

Both Juana and Bill agree that staying active physically and mentally is the key to longevity.

“Staying active will enable us to enjoy the life God has given to us on this Earth—a life that has less illnesses and better quality. We feel that more of us need to take advantage of all the opportunities available in our communities, and San Jac CPD is a major provider of those opportunities.”

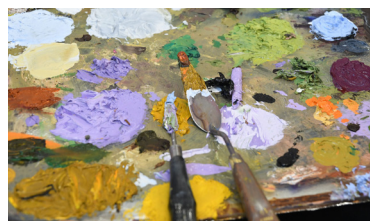
**FOR MORE INFORMATION ON SAN JACINTO COLLEGE
CPD COMMUNITY EDUCATION CENTER EVENTS,
CALL 281-478-3665 OR EMAIL
COMMUNITY.ENGAGEMENT@SJCD.EDU.**



BRUSH UP ON PAINTING WITH SAN JACINTO COLLEGE

By Melissa Trevizo

If you enjoy painting or would like to learn more about the art form, check out painting courses at San Jacinto College. As part of Continuing and Professional Development (CPD) and lifelong learning, students will explore painting media with emphasis on color and composition and learn to develop individual expression. For more information about painting courses at San Jacinto College, visit sanjac.edu/cpd or call 281-542-2020.



AMERICAN HEART MONTH

YOUR CENTRAL ORGAN NEEDS SOME LOVING

By Courtney Morris

Show your heart some love this February.

During American Heart Month, make small changes to improve your heart's health and prevent heart disease.

The Centers for Disease Control and Prevention estimate approximately 1 in 3 U.S. adults has high blood cholesterol. This can lead to heart disease and stroke. Other risk factors include genetics, gender, age, high blood pressure, diabetes, obesity, and smoking.

According to San Jacinto College's Trenton Denton, the heart — a muscular organ — needs exercise.

"A heart-healthy lifestyle involves a healthy diet, healthy weight, and physical activity," said Denton, professor of physical education in the personal trainer program.

He encourages starting with small changes. Take the stairs rather than elevator, park farther from your destination, walk the dog, ride a bicycle, or work in the garden.

Then add on: "Try aerobic exercise five days per week for 30 minutes or more. Monitor your exercise intensity and have a trainer help you establish proper training zones for your ability level," Denton said.

If you already use a fitness center, ask the manager or director to recommend a personal trainer. Or consult online reviews for fitness centers and trainers.

A bonus of exercise is stress relief and even socialization if you invite a friend or join a fitness class.

Exercise and a healthy diet go hand in hand. Denton recommends eating a variety of foods, focusing on...

- Vegetables
- Fruits
- Whole grains
- Lean protein (limit red meat to two days per week)



EAT HEALTHY

Need healthy inspiration for your plate? the College's culinary arts program provides a heart-healthy recipe to get you started.

Meatless Tacos

Courtesy of Chef Michael Schuster, North Campus

Ingredients:

- 1 cup chopped walnuts
- 1 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 2 ounces extra-virgin olive oil
- 2 tablespoons soy sauce

Instructions:

1. In a food processor, combine walnuts, cumin, onion powder, and black pepper. Pulse, chopping finely, for about one minute.
2. Add olive oil and soy sauce. Pulse again for another minute.
3. Use a rubber spatula to scrape into an airtight container. Reserve at room temperature while finishing the sour cream recipe.

Vegan Sour Cream

Start the night before making the tacos

Ingredients:

- 1 cup raw cashews
- 4 ounces water (for soaking)
- 2 ounces lime juice (for soaking)
- 2 tablespoons cilantro
- 1/4 teaspoon salt
- 2 ounces lime juice (for blending)
- 4 ounces water (for blending)

Instructions:

1. Soak cashews in water and lime juice overnight.
2. The next day, drain and rinse cashews and place in a food processor. Pulse for a minute to chop fine.
3. Add cilantro, salt, and lime juice. Puree in food processor, adding water slowly until the mixture turns into a sour cream consistency.
4. Place your meatless filling and sour cream inside a Boston lettuce wrap. Add pico de gallo and your favorite salsa!

GET FIT

The San Jacinto College Continuing and Professional Development Community Engagement Division will offer the free Matter of Balance program at the Central Campus this spring (in partnership with Harris County Public Health's Healthy Aging Program).

To register, attend an info session from 12-1 p.m., Wednesday, Feb. 5, at the Central Campus, 8060 Spencer Hwy., Building 1, Room C1.108.

This interactive fitness program targets ages 55+ and includes food and prizes:

Dates: Thursdays, 12-1:30 p.m., Feb. 20 - April 16

Objectives: Set physical activity goals, reduce fall risk, and exercise to increase strength and balance.

Learn more by calling 281-476-1893 or emailing community.engagement@sjcd.edu.

SAN JACINTO COLLEGE HIGHLIGHTS FINE ARTS WITH CELEBRATE THE AMERICAS

By Melissa Trevizo

San Jacinto College showcased fine arts week with its Celebrate the Americas event, made possible by a \$19,000 Foundation Student Success Initiative grant. The event spanned over three days in November featuring special speakers, concerts, and art exhibits as well as interactive workshops and makers' stations.

"The Fine Arts council wanted to create a series of events that were cohesive, but could also be tailored to each campus, allowing the unique campus cultures to shine," said Jeffrey McGee, department chair, fine arts at San Jacinto College South. "Our first goal was to draw attention to spectrum of the arts and bring people together, but we also wanted to be able to promote it under one idea and one banner."

The campus festivities began Tuesday, Nov. 5 at the San Jacinto College North Campus with a speaker series on North American funeral traditions called Food for the Soul. Genevieve Keeney, president of the National Museum of Funeral History along with Jorge Navarro, ESL/LOTE specialist for Humble ISD, and Lula Hall, formerly of the Duke Ellington Orchestra shared customs and personal experiences about Dia de los Muertos and New Orleans jazz funerals.

The festivities continued with food and music as students were treated to traditional pan de muertos, or dead bread, and Guatemalan fiambre, a salad made by mixing a loved one's favorite dishes and presented to them through the ofrenda, or altar on the day of the dead. In the foyer of the Fine Arts building, a four-piece Dixieland Quartet took turns serenading students with local Mariachi Oro de Mi Tierra.

"I loved the Celebrate the Americas: Food for the Soul presentation," said Patrizio Amezcua, North Campus government instructor. "It was the perfect blend of culture, cuisine, and history told with the soundtrack of jazz and mariachi music. The speakers were informative, and their passion was evident to all us in the room. These are exactly the type of events we should be hosting as an institution of higher learning, because they are incredibly relevant to our students."

The Central Campus kept the celebration going with their events Wednesday, Nov. 6 including a printmaking workshop, interactive swing dance lesson and performance with the Houston Hepcats in the Central Gallery featuring the "We are Here, Here We Are" exhibit, and culminating with a live steel drum concert with Liam Teague.

Teague, Professor of Music and head of Steelpan studies at Northern Illinois University, performed with local students from Park View Intermediate, Sam Rayburn High School, Dobie High School, and League City Intermediate.

The finale of the Celebrate the Americas event took place on the San Jacinto College South Campus, Thursday, Nov. 8. The South Campus had a full day of events lined up including a special artist talk with John Bavaro, a leather cuff making workshop, an Argentinian design lunch and learn presentation, an interactive hula lesson, and live performances by the theatre practicum class and Great Promise for American Indians.

"Celebrate the Americas is an occasion to experience through the arts how peoples across all the Americas, and especially our diverse San Jac student population, deep down we are more alike than languages, art, foods, dance, music, and other customs reveal," said Randy Snyder, co-chair of the Fine Arts council and department chair at the North Campus. "On the surface artistic practices vary but at our core, the intentions and expressions actually run parallel. I hope that all in attendance were able to glean an awareness of equality, equity and feel empowered to explore new opportunities."



MIND-BODY-BALANCE

By Andrea Vasquez

Practicing wellness and mindfulness is important to maintaining a healthy lifestyle physically and mentally. Staying physically active on any level can help relieve pain, increase energy, improve mood, and help with balance to prevent detrimental falls.

San Jacinto College's Continuing and Professional Development (CPD) division hosts a number of free workshops, classes, and information sessions for senior citizens and other community members to learn and participate in beginning to advanced level wellness activities.

"We are committed to improving and supporting the health and well-being of seniors in our community," said Dr. Janice Sullivan, CPD division dean of community education. "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."

This fall, CPD offered MD Anderson and the Kelsey Research Foundation's Active Living After Cancer (ALAC) program

to local seniors. Funded by the Cancer Prevention and Research Institute of Texas, the eight-week program offered support and resources for cancer survivors and their caregivers.

"When seniors increase their physical activity and are encouraged to walk and exercise every day, they enjoy the benefits of better health," said Luz Yadira Pena, Kelsey Research health educator and wellness instructor. "Many participating senior caregivers and survivors have reported that their cholesterol, sugar levels, and blood pressure have improved. Other ALAC participants have commented on how their sleep patterns have improved when they walk or use their resistance bands during the week."

Jhaniz Gabbard, CPD therapeutic yoga instructor, says yoga, especially therapeutic yoga, is an optimal system of self-care for senior citizens (or anyone) who desire to stay active with a more adaptable and accessible approach to physical activity.

"Therapeutic yoga has been scientifically proven effective for all people with a broad range of individual needs," said Gabbard. "As the physical and mental bodies begin to degenerate with age, therapeutic yoga aims to promote, maintain, and restore joint range of motion while strengthening the musculoskeletal system. It also promotes and stimulates deep awareness of balance, coordination, flexibility, and proper breathing."

Strengthening the body while stimulating the mind is perhaps the most beneficial aspect to yoga.

"Therapeutic yoga offers numerous tools to stimulate cognitive and motor skills, which lead to alertness, creativity, better mood, better memory, and self-motivation," added Gabbard.



YOGA CLASSES ARE AVAILABLE THROUGH THE SAN JACINTO COLLEGE CPD DIVISION AT THE CENTRAL CAMPUS. CLASSES BEGIN JAN. 14 AND HAVE A NUMBER OF SESSIONS THROUGH APRIL 14. FOR MORE INFORMATION, VISIT SANJAC.EDU OR CONTACT THE CENTRAL OR SOUTH CAMPUS CPD OFFICE AT 281-542-2020.

COMMUNITY EDUCATION CENTER EVENTS

Date	Event	Time	Site
Jan. 3	Community Fitness	12-1 p.m.	Central Campus, CPD Community Education Center, C1.108
Jan. 9	Information Session: How to Apply for Free Job Training	1-3 p.m.	Central Campus, CPD Community Education Center, C1.108
Jan. 13	Spring 2020 classes begin		All campuses and sanjac.edu
Jan. 20	Martin Luther King Jr. Holiday	No classes held	All campuses and sanjac.edu
Jan. 24	Bass Extremes Concert	8-10 p.m.	Central Campus, Slocomb Auditorium C12
Jan. 28	Pesticides Management	12-1 p.m.	Central Campus, CPD Community Education Center, C1.108
Jan. 31	Community Fitness	12-1 p.m.	Central Campus, CPD Community Education Center C1.108
Feb. 5	Master of Balance Fitness for Adults 55+	12-1 p.m.	Central Campus, CPD Community Education Center, C1.108
Feb. 6	Information Session: How to Apply for Free Job Training	1-3 p.m.	Central Campus, CPD Community Education Center, C1.108
Feb. 12	Softball vs. McClennan	2 p.m.	South Campus, Softball Field, S25
Feb. 13	College Community Day; No classes held		All campuses and sanjac.edu
Feb. 14	Softball vs. Angeline	1 p.m.	South Campus, Softball Field, S25
Feb. 15	SJC Foundation fall 2020 scholarship application opens		All campuses and sanjac.edu
Feb. 19	Softball vs. Temple	2 p.m.	South Campus, Softball Field, S25
Feb. 20-Apr. 16	A Matter of Balance Workshop	12-1:30 p.m.	Central Campus, CPD Community Education Center, C1.108
Feb. 26	Active Living After Cancer Information Session	12-1 p.m.	Central Campus, CPD Community Education Center, C1.108
Feb. 27	Master of Balance Fitness for Adults 55+	12-1 p.m.	Central Campus, CPD Community Education Center, C1.108
Feb. 29	Softball vs. Frank Phillips College	12 p.m.	South Campus, Softball Field, S25
March 5	Master of Balance Fitness for Adults 55+	12-1:30 p.m.	Central Campus, CPD Community Education Center, C1.108
March 6	Community Fitness	12-1 p.m.	Central Campus, CPD Community Education Center, C1.108
March 9-15	Spring break—College closed		All campuses and sanjac.edu
March 17	Active Living After Cancer Session #1	11:30 a.m.-1 p.m.	Central Campus, CPD Community Education Center, C1.108
March 19	Master of Balance Fitness for Adults 55+	12-1:30 p.m.	Central Campus, CPD Community Education Center, C1.108
March 20	Softball vs. Laredo College	2 p.m.	South Campus, Softball Field, S25
March 21	Softball vs. Costal Blend College	2 p.m.	South Campus, Softball Field, S25
March 24	Active Living After Cancer Session #2	11:30 a.m.-1 p.m.	Central Campus, CPD Community Education Center, C1.108
March 26	Master of Balance Fitness for Adults 55+	12-1:30 p.m.	Central Campus, CPD Community Education Center, C1.108
March 31	Active Living After Cancer Session #3	11:30 a.m.-1 p.m.	Central Campus, CPD Community Education Center, C1.108

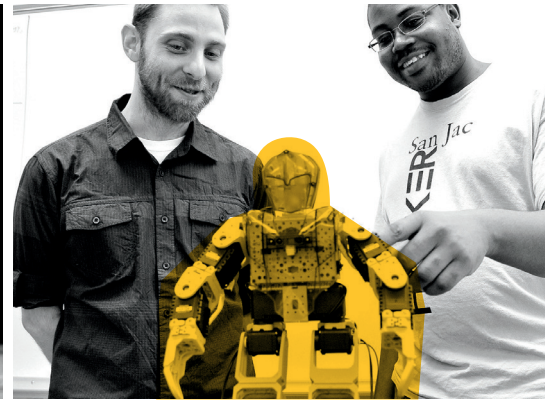
All Community Education Center events are held at the San Jacinto College Central Campus Community Education Center at 8060 Spencer Highway, Pasadena, Texas 77505, in Building C1, Room C1.108. All events are free. Times and event schedules listed are subject to change. For more information or to register for an event, call 281-478-3665, email community.education@sjcd.edu, or visit sanjac.edu.

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