



October 26, 2018

Dr. José L. Tristán Rodríguez
Director of the Facultad de Organización Deportiva
Universidad Autónoma de Nuevo León

Dear Dr. Tristán:

I am pleased to report to you that Dr. Rosa María Cruz Castruita has successfully completed her second research stay with me at Western New Mexico University.

During her research stay from October 8 to 26, Dr. Cruz Castruita and I have worked on several scholarly activities. We reviewed a dissertation of the doctoral student, Ms. Silvia Carolina Medrano Mena. Another collaboration was to work on a poster presentation about “Actividad física y su relación con depresión y autoestima en adultas mayores” for REDECCA Colloquium. Dr. Cruz Castruita has also been part of the research project about a six-week exercise program for senior citizens conducted at WNMU. We are going to submit an abstract regarding this research project for Aging in America Conference held on April 15-18, 2019 in New Orleans, LA. We plan to continue this collaboration such as publishing manuscripts in peer-reviewed journals (e.g., Journal of Aging and Physical Activity) and doing presentations at conferences in the United States and/or Europe. Furthermore, Dr. Cruz Castruita and I are going to submit a manuscript entitled “Effect of an aerobic physical exercise program on health behavior and biopsychosocial factors in elderly adults” to a peer-reviewed journal.

Apart from her scholarly accomplishments during the stay, faculty and staff members in our program has enjoyed with Dr. Cruz Castruita. Her politeness and delightfulness easily enabled her to create a bond with us. We shared numerous conversations with each other about work, family, friends, and culture.

I deeply appreciate all the opportunities mentioned above shared with Dr. Cruz Castruita and sufficient support for these collaborations provided by your program. I look forward to having Dr. Cruz Castruita again for her third research stay for further collaborations.

Sincerely,

Taka Sato

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