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Gerontology Newsletter

Program in Gerontology

2005

Fall 2005 Gerontology Times

St. Cloud State University

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St. Cloud State University, "Fall 2005 Gerontology Times" (2005). *Gerontology Newsletter*. 1.
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Gerontology Times

Notes from the Director



Fall, 2005 is off to a great start! This year is shaping up to be a busy one for the Gerontology Program -- and we appreciate all of your input and assistance in helping us to put together our self study report for our external program review this year (done once every 5 to 6 years). The reviewers will be visiting campus February 21-23. More details to come!

There are a lot of new happenings this year. We started our satellite program with Anoka Ramsey Community College, and now some SCSU Gerontology courses will be available on the Anoka Ramsey campus. More information on this program is available in this issue. Also, we are very proud of our new Gerontology Program website. Check it out at www.stcloudstate.edu/gerontology. We also have some new faces in the department this year. Dr. Chuks Ugochukwu and Dr. Kristof Van Assche joined the Community Studies team – focusing mainly in the area of Community Development. Finally, we would like to welcome all our new Gerontology graduate students and undergraduate minors! Welcome also to our two new Gerontology graduate assistants: Abby Smith and Sarah Jones. Stop by to say “hi” in Stewart Hall 342.

Also, I invite you to consider joining *Sigma Phi Omega (the National Honors and Professional Society in Gerontology)*. Sigma Phi Omega “seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/aging studies and related fields.” Students, faculty, and community professionals are welcome to join. See Dr. Greenberg or myself for more details. Note: SPO has a new t-shirt out (navy with white lettering) “Aging: Journey of a Lifetime”. Look for more details in this issue!

Our local Sigma Phi Omega Chapter has also started the process to recreate the *Gerontology Club*, which will be run as a sister organization to SPO. All are welcome to join! Our first joint meeting (and pizza feast) was held October 6th. More activities to come, including a pot-luck November 3rd!

Finally, even though fall has just begun, it is already time to start thinking about registration for Spring Semester (see page 3 for a “sneak preview” of the Spring offerings). Don’t forget to check with your advisor (Dr. Phyllis Greenberg – Masters and Certificate Students; Dr. Rona Karasik – undergraduate minors) to make sure your program is on track. We look forward to seeing you!

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Rona J. Karasik, Ph.D.
Director, Gerontology Program
Professor, Community Studies



Dr. Rona Karasik (GERO/CMTY)

Dr. Karasik continues her research on housing for older adults and her work on service-learning. Additionally, she is working with Dr. Debra L. Berke at Messiah College (Grantham, PA) on a research project regarding the interplay of work and family throughout the life course. Dr. Karasik also continues to serve as co-advisor to the local (Beta Zeta) chapter of Sigma Phi Omega (National Honors and Professional Society in Gerontology) and was recently elected to the National SPO board as Treasurer. She will also be chairing SPO's National Resource Development Committee (and is always looking for additional SPO members interested in participating on the committee).

Dr. Karasik's recent/ upcoming publications and presentations:

Karasik, R. (September, 2005). Aging: Everybody's doing it! *Family Focus (NCFR Report)*, National Council on Family Relations.

Karasik, R. (September 29, 2005). *Aging Parents, Aging Selves*. Invited Speaker – Health and Wellness Committee, St. Cloud State University, St. Cloud, MN.

Karasik, R. (November 20, 2005). *Parenting and Tenure*. Invited Panelist – SRPP Career Development, The 58th Annual Gerontological Society of America Meetings, Orlando, FL.

Karasik, R. (November 21, 2005). *Give me Shelter: Challenges in Housing Older Adults Across the United States*. Poster accepted for presentation at the 58th Annual Gerontological Society of America Meetings, Orlando, FL.

Karasik, R. and Greenberg, P. A. (September 1, 2005). *Service and Civic Engagement Across the Curriculum: The American Democracy Project*. Invited Panelists, SCSU Fall Convocation Faculty Workshops, St. Cloud, MN.

Dr. Phyllis Greenberg (GERO/CMTY)

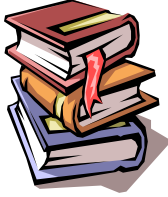
The sun is out and the air is crisp and the semester is in full swing. Welcome back to those of you who are returning and hello to those who are new. So what did I do over my summer "vacation"? I was able to do some traveling – California and Las Vegas (and since I am back and not sporting jewels I guess you can figure out how successful I was), see my family and friends out on the west coast. But primarily I worked – people think that when you teach you have summers off to frolic but I think most of us use a great deal of the summer to catch up and work on what we couldn't do during the school year.

I worked on the research with Recovery Plus/Senior Helping Hands at St. Cloud Hospital. We started out with a three year study but the State asked us to continue and so we will now have a five year study. The focus of the study is chemical dependency and dual diagnosis among older adults. I will be presenting data from the study in a poster session at the Gerontological Society of America's annual conference in November. I also had an article published in *Family Focus* on the data.

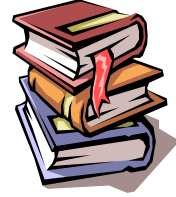
In addition to the above article I had another one published in *Family Focus: The Older American's Act: An overview of Age-Based Policy*. This article focused on the much overlooked yet essential policy that provides a myriad of services primarily to adults 60 years of age and older.

In August Dr. Karasik and I attended the Age and Disabilities Odyssey in Duluth. This is an annual conference primarily attended by providers and consumers. This is the first year the conference has included issues, concerns and practice on populations with varying abilities. We had a booth where we could share information about the Gerontology Programs at SCSU and of course sell T-Shirts.

We also have two new graduate assistants: Sarah Jones and Abby Smith – they are also new to the Masters program. Both will be assisting with research, classes, SPO, the newsletter, open house and of course the proverbial "other duties as assigned". I wish them and everyone a productive and fun semester.



Spring 2006 Class Schedule



Undergraduate Courses in Aging:

Gerontology

GERO 208-01 INTRO TO GERONTOLOGY 9:30-10:45TTR
 GERO 208-02 INTRO TO GERONTOLOGY 5:00-7:45W
 GERO 208-53 INTRO TO GERONTOLOGY* 6:00-8:55M

*Taught at Anoka Ramsey

GERO 415-01 WOMEN AND AGING 5:00-7:45T
 GERO 435-01 AGING AND HOUSING OPTIONS 2:00-3:15TTR
 GERO 444-01 INERNSHIP
 GERO 465-01 HEALTH AND AGING 5:00-8:05M

Community Studies

CMTY 333-01 STUDYING COMMUNITIES 12:30-1:45TTR

Psychology

PSY 345-54 PSYCHOLOGY OF DEATH AND DYING
 *Online course
 PSY 443-01 PSYCHOLOGY OF ADULT DEV/AGING 1:00-1:50MWF
 PSY 443-54 PSYCHOLOGY OF ADULT DEV/AGING
 *Online Course

Sociology

SOC 350-54 SOCIOLOGY OF AGE/AGING
 *Online course

Social Work

SW 430-01 SOCIAL WORK PRACTICE AND AGING 4:00-6:45T

**NEW THIS
 SPRING!!!
 TAKE SCSU
 GERO courses
 at Anoka-
 Ramsey!!!**

Intro to Gerontology
 GERO 208-53
 Monday 6:00-8:55PM

*See Continuing Stud-
 ies for more Informa-
 tion: (320) 308-4721

Graduate Courses in Aging:

Gerontology

GERO 515-01 WOMEN AND AGING 5:00-7:45T
 GERO 535-01 AGING AND HOUSING OPTIONS 2:00-3:15TTR
 GERO 565-01 HEALTH AND AGING 5:00-8:05M
 GERO 620-01 ADV POLICY/ISSUES GERO 5:00-7:45W
 GERO 644-01 INTERNSHIP
 GERO 699-01 THESIS

Counselor Education and Educational Psychology

CEEP 678-01 INTRO TO GRADUATE STATISTICS 5:00-7:45M
 CEEP 678-02 INTRO TO GRADUATE STATISTICS 2:00-4:45TR
 CEEP 678-54 INTRO TO GRADUATE STATISTICS
 *Online course

Sociology

SOC 679 ADVANCED RESEARCH 5:00-7:45M

Psychology

PSY 543-01 PSYCHOLOGY OF ADULT DEV/AGING 1:00-1:50MWF

Social Work

SW 530-01 SOCIAL WORK PRACTICE AND AGING 4:00-6:45T

**Remember to check the
 on-line schedule for any
 last minute changes!**



**For Registration
 Information:**
www.stcloudstate.edu/registrar

SCSU

Admissions:
 (320) 308-2243 or
 1-800-369-4260

Volunteer Opportunities



Volunteer Opportunities

- Country Manor --- Darla Dittus 258-8936
- Country Manor Apartments --- Gail Rucks 253-8450
- Good Shepherd Community --- Beth Chapin 252-6525
- Heartland Hospice --- Jackie Cvancara 654-1136
- Ridgeview Place --- Karen Wager 251- 5228
- St. Benedict's Center --- Jo Ellen Johnson 252-0010 ext. 580
- Sterling Park Senior Community --- Amy Fidler 252-7224 ext. 125
- Talahi Care Center --- Tony Nathe 251-9120
- United Way of Central MN --- 252-0227

The SCSU Gerontology Program strongly encourages participation in volunteer activities. Volunteering is for every one of all ages. In addition to building character and resumes, volunteering is a way to show your community you care!



Sigma Phi Omega

SPO

Sigma Phi Omega is the National Honor and Professional in Gerontology Society formed in 1980 to recognize the excellence of those who study aging. Sigma Phi Omega seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in aging studies and related fields.

The St. Cloud State Beta Zeta chapter is currently welcoming new members. If you are interested in joining Sigma Phi Omega or want to be informed about our upcoming events, contact Rona Karasik or Phyllis Greenberg.

Gerontology Club

We are very excited to announce a new club offered at St. Cloud State for those interested in gerontology. The Gerontology Club is open to all SCSU students who may have an interest in learning about the study of aging. Meetings are held once a month in Stewart Hall room 365. The next meeting will be on Thursday, November 3rd at 5pm. It is never too late to join so anyone interested is welcome to attend! If you need more information, just contact Rona Karasik at (320) 308-5224 or Phyllis Greenberg at (320) 308-3156.

The SPO T-shirts are available -- get yours today! It is a great way to say we're all on a journey together, because isn't "Aging Journey of a Lifetime" \$16.00 each, sizes S-XXL.

Affiliated Faculty Notes

Marge Twiname-Dungan
Professor, Social Work

I am happy to report that the SW dept will offer SW 430/530 - Social Work practice with the Aging during summer 2006 on Tues and Thursdays afternoons- I believe 12:30-4:30. I will be the teacher. This course is designed for Social Work majors, Gerontology students and others who have an interest in the aging population.

A combination of lecture, class discussion, speakers and field trips will be used. Assignments will focus on applying course information and reading to the aging population and to the individual needs of the students. Active participation is encouraged and welcomed.

I would be glad to discuss this class with prospective students as they are planning their summer schedule. They can feel free to e-mail me at matwiname@stcloudstate.edu.

Linda Havar
Professor, Sociology and Anthropology

My Sociology graduate research methods students collaborated with Whitney Senior Center to assist in planning for the aging of the baby boomers. We surveyed over 700 people in their 40s and 50s about their retirement plans and ideas about senior centers. In an attempt to meet the needs of diverse elders in the St Cloud area we conducted focus groups with Somali, Latino/a, and Southeast Asian elders. Students presented findings and recommendations to the Minnesota Association of Senior Services annual conference, the Whitney advisory board and St Cloud area officials, and the SCSU Student Research Colloquium.

Linda was a panelist for the Learning in Retirement Network (LIRN), funded by the Minnesota Humanities Commission, speaking on cross generational values and preferences. Graduate students Nikki Knisley and Monica Segura conducted and presented a program analysis for the LIRN conference.

Come Join the gerontology Potluck! Everyone is invited. Bring one of Grandma's Best Loved Dishes to Share. It will be held in Stewart Hall, Thursday November 3rd in room #365.



St. Cloud State University

**Gerontology Program
Department of Community
Studies
365 SH 720 Fourth Avenue
South**

Gerontology Times

***Check out the new
Gerontology Website!***

www.stcloudstate.edu/gerontology

***Information for prospective and current students
Includes links to:***

***Gerontology Minor
Student Resources
Kaleidoscope
Community Resources***

***Graduate Programs
Sigma Phi Omega
Volunteer Opportunities
Career in Aging***

***Internships
Faculty/Staff
Service-Learning***

***The Website provides links to outside sources, research resources,
tips on writing papers and much more interesting material. Visit the website today!***

***Contact Us:
Gerontology Program
Department of Community Studies
365 Stewart Hall 720 4th Avenue South
St. Cloud University***