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Gerontology Newsletter

Program in Gerontology

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Spring 2007

### Gerontology Times [Spring 2007]

St. Cloud State University

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#### Recommended Citation

St. Cloud State University, "Gerontology Times [Spring 2007]" (2007). *Gerontology Newsletter*. 4.  
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# GERONTOLOGY TIMES

St. Cloud State University Gerontology Program Newsletter

## NOTES FROM THE DIRECTOR

The Gerontology Program has many exciting events this spring, including our **Spring Potluck** for faculty, students and staff on **Thursday, March 29<sup>th</sup> from 5-6pm in SH 365**, and our annual **Open House** on **Wednesday, April 11, from 3 to 5pm in Stewart Hall 330**. These are great opportunities to meet others interested in the field of aging. This year we are continuing our tradition of joining with The Gerontological Society of America and the Association for Gerontology in Higher Education to celebrate the 6th Annual Careers in Aging Week (April 8<sup>th</sup> – 14<sup>th</sup>). In addition to the ever-fabulous door prizes, our open house will feature information on “Careers in Aging” and a presentation from 5-6pm on Aging in Minnesota by Lori Vrolson (Director of the Central MN Council on Aging). The open house and presentation are co-sponsored by the gerontology program, our local Beta Zeta Chapter of Sigma Phi Omega, the Gerontology Club, and the Department of Community Studies. I look forward to seeing you all there!

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 encouraged to join! All are also welcome to join “The Gerontology Club” which was formed in conjunction with our local Sigma Phi Omega chapter.

Now is also a good time to start thinking about registering for summer and fall classes (see page 6 for a “sneak preview” of the Summer and Fall offerings). Be sure to check in with your advisor (Dr. Phyllis Greenberg – Master’s and Certificate Students; Dr. Rona Karasik – undergraduate minors) to make sure your program is on track!

I wish you all a happy, healthy, and productive Spring semester!

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

**Spring 2007, Volume 23, Issue 2**



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## NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

Welcome to winter and welcome to Spring semester - it wasn't until I moved to Minnesota that I started to question the naming of the second semester - it seems odd that by the time we actually experience spring here the semester is generally over - seems more like Winter Semester to me but oh well. Despite the name this semester be ripe with events and developments.

I received a grant last year to develop a service learning component for Gero 411/511 Aging Programs and Policies. I am very excited about the changes to this course as it will connect students more with service providers and give them an enhanced experience on policies and their impacts on programs - meaning their impact on older adults and their families. The newly developed component will be ready for the Fall.

The grant project that I have been working on with Recovery Plus was extended for an additional year by the State. The staff are doing some amazing work and the treatment protocol has evolved over the years to be one of the few programs not just in Minnesota but in the United States to provide dual diagnosis treatment to older persons. In fact this semester (along with graduate students) a survey is being developed to find out what the state of treatment services is for older adults in the United States. I am looking forward to implementation and the resulting data. More to follow in the next newsletter.

In March I presented at the Association for Gerontology in Higher Education's annual conference in Portland, Oregon. My presentation focused on the relationship between the University, St. Cloud Hospital (Recovery Plus) and the State of Minnesota.

This semester there will be opportunities for fun and to meet with other gerontology students, faculty, staff, providers and community. There will be our annual Gerontology Open House on April 11th during Careers in Aging Week. Also consider joining Sigma Phi Omega and/or the Gerontology Club - fun, service and community. Take care and have a great semester!

Dr. Phyllis Greenberg  
Associate Professor

## UPCOMING EVENTS

### Potluck

On Thursday  
March 29th come  
to the Gerontology  
potluck! All are  
welcome, bring a  
dish if you can and  
if you can't, come  
any way! It is a fun  
way to get to know  
others.

From 5-6 in the  
Community Studies  
main office, Stewart  
Hall 365.

### Open House

On April 11th we  
are having the an-  
nual Gerontology  
Open House!!  
There will be ex-  
tremely awesome  
door prizes and  
great food  
from 3-5.

At 5 guest speaker  
Lori Vrolson from  
the Central Minne-  
sota Council on  
Aging will speak.  
This event is part  
of careers in aging  
week, you won't  
want to miss this  
one!

# Faculty Notes

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We are deeply saddened to announce the passing of our dear colleague, teacher and friend Dr. Kent Robertson. Kent joined St. Cloud State University in 1983 as a member of the Local & Urban Affairs Program, now known as Community Development in the Department of Community Studies. He has been a dedicated teacher, a productive scholar nationally known for his expertise in Downtown Development, and a valued colleague. Kent will be greatly missed.

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Gary Whitford, Social Work, is working with Project P.I.E. (Prevention-Intervention-Education), in Montreal, Quebec. This is an initiative of the Mental Health Program at the Centre de Sante et de Services Sociaux, Cavendish. The Project is working on (1) Prevention: getting the community involved to help a vulnerable or isolated older person before there is a major loss of autonomy; (2) Intervention: offering information and assistance before it is sought; (3) Education: countering long-standing prejudices against society's most vulnerable members. Gary will be one of the trainers of Community Liaisons. The trainers will be going out into the community speaking with service providers, landlords, postal carriers, bus drivers, bank tellers, etc., who through their occupation or day-to-day activities, come into regular contact with vulnerable or isolated adults. After being trained, these Community Liaisons can more easily identify the behaviours that indicate that a vulnerable or isolated older adult is at risk and quickly refer that person to the appropriate services.

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**VISIT THE GERONTOLOGY WEBSITE!**  
[www.stcloudstate.edu/gerontology](http://www.stcloudstate.edu/gerontology)



# Focus on Gerontology Minors



Students choose a minor in Gerontology for a variety of reasons. We decided to ask students why they chose the gerontology minor and how they integrate it with their major and their career plans. The diversity of the responses attests to the creative and yet practical nature of the field of aging, and the flexibility that a minor in Gerontology provides for students. Below are just some of the ways that a Gerontology minor can be incorporated with different academic majors.

Junior **Marion Gartei** is a Public Administration major who chose a Gerontology minor because she plans to attend law school and has an interest in older people. She wants to pursue a Master’s degree in Gerontology and then go to law school and specialize in Elder Law. Apart from policy issues related to aging, Marion has an interest in the health of older adults.

When asked about why she chose a Gerontology minor, Senior **Jane Mund** said “I love people!” She loves helping people and making a difference and she particularly likes working with the older population. One of her favorite topics in Gerontology is learning about a woman’s “unique experience” while in the process of aging. Jane is a self-select major and plans to work on a Master’s degree in Gerontology upon graduating with her Bachelor’s. When she is finished she wants to work in a career with a “hands on role,” perhaps in housing for the older population.

Senior **Kiel Swanson** is a Social Sciences major who chose a minor in Gerontology because he enjoys working with older individuals. It appealed to him because “it is a multi-disciplinary field providing a myriad of different employment opportunities.” He thinks that with the “aging population on the rise, more and more people will be needed to work in the field.” He thinks that the Gerontology minor fits with his major because when studying people, society, and social interactions one cannot ignore the older population because they comprise a “large and important part of society.” Kiel is undecided about his future plans, but he enjoys studying “the many factors of aging and the aging process.”

Senior **Mandi Walters** is a Biology major who chose the Gerontology minor because she was a volunteer at a nursing home starting at age 10. At age 16 she began working in a nursing home and thinks that “we could all learn a great deal if we get to know our older population.” She is incorporating her Gerontology minor with biology because she wants to study how hormones vary as men and women age. She wants to help find a way to keep hormones at the same rate. After graduation she plans on pursuing graduate school for a master’s degree in biology and perhaps a doctorate after that.

**Ashley Herget** is a Junior Social Work major who is minoring in Gerontology because she wants to work with the older population. She said “Social work is about helping people” and Ashley intends to work with the elder population when she is finished. She thinks it is a promising field because the older population is growing so quickly. She has a strong interest in memory loss and dementia related issues.

**Dana Lodermeier** is a Senior Community Health Major who really enjoys working with older adults. She plans to pursue a job that integrates her health and aging interests, perhaps in health promotion or another aging and community related position.

# SPO & GERO CLUB UPDATES



Stephanie Liesch & Lesa Riedel

Sigma Phi Omega (National Honors and Professional Society in Gerontology) & the Gerontology Club had their first meeting of 2007 on March 8<sup>th</sup>. Six new members, Stephanie Liesch, Lesa Riedel, Naomi Eden, Jennifer Habben, Jolene Denn, and Caitlin Voss were inducted into SPO this year. Furthermore, with SPO President, Abby Smith in D.C. for an internship, Naomi Eden & Steph Liesch will be the acting presidents of the semester.

## SPRING INTERNS

### Undergraduate Interns (GERO 444)

Michelle Hartmann

Senior Helping Hands

Caitlin Voss

Carefree Living

### Graduate Interns (GERO 644)

Nicole Backman

SCSU GERO Program (Chemical Dependency/Dual Diagnosis Research)

Lisa Nolan

SCSU Program

Lesla Riedel

Central MN Senior Federation



# SUMMER/FALL 2007 COURSE SCHEDULE



## SUMMER SESSION 2007:

### Social Work (5/19-5/26)

SW 420-60	SOCIAL WELFARE IN CANADA: SERVICES FOR CHILDREN & ELDERLY	*STUDY ABROAD
SW 420-69	SOCIAL WELFARE IN CANADA: SERVICES FOR CHILDREN & ELDERLY	*STUDY ABROAD

### Psychology (FULL TERM)

PSY 345-54	PSYCHOLOGY OF DEATH & DYING	*ONLINE
PSY 345-55	PSYCHOLOGY OF DEATH & DYING	*ONLINE

### Counselor Education and Educational Psychology (FULL TERM)

CEEP 678-54	INTRODUCTION TO GRADUATE STATISTICS	*ONLINE
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### Counselor Education and Educational Psychology (FIRST TERM)

CEEP 678-01	INTRODUCTION TO GRADUATE STATISTICS	10:00-11:55	M/T/W/R
CEEP 678-02	INTRODUCTION TO GRADUATE STATISTICS	12:30-2:25	M/T/W/R

### Counselor Education and Educational Psychology (SECOND TERM)

CEEP 675-01	RESEARCH METHODS	12:30-2:25	M/T/W/R
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### Sociology (FIRST TERM)

SOC 350-01	SOCIOLOGY OF AGE & AGING	*ONLINE
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### Undergraduate Courses in Aging:

#### Gerontology

GERO 208-01	INTRO TO GERONTOLOGY	10:00-10:50	M/W/F
GERO 208-02	INTRO TO GERONTOLOGY	9:30-10:45	T/R
GERO 405-01	AGING & DIVERSITY	5:00-7:45	T
GERO 411-01	AGING POLICY & PROGRAMS	3:30-4:45	T/R
GERO 425-01	DEMENTIA & AGING	3:00-4:15	M/W
GERO 440-01	LATER LIFE RELATIONSHIPS	5:00-7:45	W
GERO 444-01	INTERNSHIP		

#### Community Studies

CMTY 455-01	GRANT DEVELOPMENT	6:00-8:45	W
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#### Communication Studies

CMST 431-01	COMMUNICATION & AGING	5:00-7:55	W
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#### Finance, Insurance & Real Estate

FIRE	SOCIAL INSURANCE	1:00-1:55	M/W/F
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#### Psychology

PSY 345	PSYCHOLOGY OF DEATH & DYING	*ONLINE
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### Graduate Courses in Aging:

#### Gerontology

GERO 505-01	AGING & DIVERSITY	5:00-7:45	T
GERO 511-01	AGING POLICY & PROGRAMS	3:30-4:45	T/R
GERO 525-01	DEMENTIA & AGING	3:00-4:15	M/W
GERO 540-01	LATER LIFE RELATIONSHIPS	5:00-7:45	W
GERO 630-01	COMMUNITY & AGING	5:00-7:45	M
GERO 644-01	GERONTOLOGY INTERNSHIP		
GERO 696-01	PRACTICUM		
GERO 697-01	STARRED PAPER		
GERO 699-01	THESIS		

#### Community Studies

CMTY 555-01	GRANT DEVELOPMENT	6:00-8:45	W
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#### Communication Studies

CMST 531-01	COMMUNICATION & AGING	5:00-7:55	W
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#### Sociology

SOC 562	SOCIOLOGY OF THE FAMILY	5:00-7:55	R
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For Registration information visit:  
www.stcloudstate.edu/register

SCSU Admissions:  
(320) 308-2244 or  
1-800-369-4260

\*Contact Continuing Studies for more information:  
(320) 308-4721

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



## Faculty Notes Continued

### Recent Publications

**Karasik, R. J., & Hamon, R. R. (2007).** Cultural diversity and aging families. In B. Sherif Trask & R.R. Hamon (Eds.) *Cultural diversity and families: Expanding perspectives* (pp. 136-153). Thousand Oaks, CA: Sage Publications.

**Karasik, R. J. (2007).** What Works: Service-learning FAQ. *AGHE Exchange: Newsletter of the Association for Gerontology in Higher Education*, 30(3), 8-9. (Available from the Association for Gerontology in Higher Education, 1030 15<sup>th</sup> St. NW, Suite 240, Washington, DC, 20005).

### Recent Presentations

**Karasik, R.J. (2007).** Intergenerational Service-Learning in Graduate Gerontology and Geriatrics Education: Benefits and Challenges. Poster presented at the 33<sup>rd</sup> Annual Meeting of the Association for Gerontology in Higher Education, Portland, OR.

### Congratulations to Abby Smith!!!

Abby joined the staff at the Association for Gerontology in Higher Education (AGHE) in Washington, D.C. as the Spring 2007 intern. AGHE is a membership organization of colleges and universities that offer education, training, and research programs in the field of aging. Abby will be graduating this spring with her Masters in Gerontology from St. Cloud State University in St. Cloud, MN. She plans to pursue a Ph. D. in Clinical Psychology in the fall. Pictured to the right is Abby at the GSA conference this fall in Dallas, TX where she presented the following poster:

Smith, A., Forbregd, W., Jones, S., Kuhlmann, M., Snyder, S., & Karasik, R. (2006). Developing a dementia training manual: Outcomes of an intergenerational service-learning project. TX.



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"AGING: Journey of a Lifetime"  
T-Shirts for only \$16!  
Proceeds go towards SPO  
activities.

Buy yours soon, quantities are running out!

Gerontology Program  
Department of Community Studies  
St. Cloud State University  
720 4th Avenue South  
St. Cloud, MN 56301

## Graduate Assistants

**Naomi Eden** is in her first year of the Gerontology Masters program and is new this semester as a Graduate Assistant. She graduated from Evangel University with a Bachelors degree in Psychology. Her research interests include retirement policies and caregiver stress. She plans to go on to do doctoral work in Family Studies.

**Jen Habben** is a returning Graduate Assistant in her first year of the Gerontology Masters program. She graduated in Spring, 2006 from St. Scholastica in Duluth, MN where she studied Psychology and Gerontology. Her research interests are in transportation issues and governmental policies.

