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Gerontology Newsletter

Program in Gerontology

Fall 2007

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St. Cloud State University

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SPECIAL POINTS OF INTEREST:

- Find out about what Sigma Phi Omega is up to.
- Faculty research at Whitney Senior Center.
- SCSU Gerontology master's graduate becomes a lawyer.

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Notes from the Director

Fall, 2007 is off to a great start with many new and returning students – welcome!

If you are new to SCSU or the Gerontology Program, you may not yet have heard all the things we have to offer. In addition to our **undergraduate minor** in Gerontology and our **Master's degree program**, we also offer a **Graduate Certificate in Gerontology** for those of you who already have a graduate degree or are working on one in another field.

We also have many exciting opportunities to develop friendships, network, and gain research and practical experience in the field of aging.

- Stop by to see our faculty and staff or visit our website (www.stcloudstate.edu/gerontology) to find out

about the many volunteer and service-learning opportunities available in the local community.

- Also stop by to let us know if you are interested in getting involved in one of our ongoing research projects (which currently include housing for older adults, intergenerational service-learning, work and family life in academia, dementia care models, and chemical dependency in older adults). Student researchers at all levels are welcome!

- Join us on Monday, Nov. 12th for our **Fall Gerontology Potluck**.

- Consider joining our local chapter of **SPO** or the **SCSU Gerontology Club**. **Sigma Phi Omega (the National Academic Honors**

and Professional Society in Gerontology) 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 apply. See Dr. Greenberg or myself for details. Note that our local Sigma Phi Omega Chapter has also re-started the **Gerontology Club** as a sister organization to our local chapter of SPO. All are welcome to join the Gerontology Club!

Finally, even though fall has just begun, it is time to start thinking about registration for Spring Semester (see page 6 for a sneak preview of the Spring offerings). Remember to check with your advisor (Dr. Phyllis Greenberg, Master's and Certificate Students; Dr. Rona Karasik, undergraduate minors) to make sure your program is on track. We look forward to seeing you!

Rona J. Karasik

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



SPO/GERO Club's 1st annual meeting

Letter from the Gerontology Graduate Coordinator

First for those who may be reading this newsletter for the first time let me introduce myself – I am the coordinator for the graduate programs (Masters and Certificate) in Gerontology. This new year (academically speaking) we are very excited about our course offerings and want to welcome all of our students both new and returning. Our graduate programs (Masters and Certificate) are growing by leaps and bounds. We have a number of activities planned for this semester and I hope you will participate.

With the leaves changing color and the temperature dropping it's hard to think back to summer but as always activity seldom stops. During the summer I worked on development of Gerontology 411/511 – Aging Policies and Programs and incorporated a service-learning com-

ponent into the course. Students are working on projects for Whitney Senior Center and Senior Helping Hands during the fall. This will provide students with the opportunity to not only have hands-on-experience but also examine the scope and complexities of policy and programming from a “real world” experience. They will be able to apply what they learn in class to their projects and the experience with the projects will assist with their understanding of course materials. In addition to this class I worked at developing a topics course Gero 440/540 Later Life Relationships. This topic course was offered by Dr. Rona Karasik in the past.

During the spring semester I was reelected to represent the College of Social Sciences on the Graduate Committee and in October I was reelected as chair of the

Graduate Committee. I also represent the Graduate committee on the University Curriculum Committee. Whew – one of the things they forget to tell you about in graduate school is the joys of committee work.

We have an excellent group of graduate assistants – Naomi Eden, Jen Habben, Michelle Huddleston, Ai Takamatsu and Steph Liesch – who is assisting with our many service-learning courses. Without their support it would be difficult for us to accomplish what we do. They are actively involved in SPO – Sigma Phi Omega – the National Honor and Professional Society in Gerontology and the Gerontology Club. They are an amazing asset to the program.

So again, welcome and please come by, email or call if you have any questions about the program or just need some candy - Phyllis

Dr. Phyllis Greenberg is the Coordinator of the Graduate Program in Gerontology.

Fall 2007 Potluck

You are cordially invited to the Gerontology Program's annual Potluck on Monday November 12th from 5:00-6:00 p.m. in the Community Studies main office Stewart Hall 365. Meet new people and bring a dish to share if you would like. Please join us!

Mark Your
Calendars
for November
12th!



Faculty Notes

Recent publications:

Berke, D.L., Scheer, S.D., **Karasik, R.J.** (2007). Married with... Tenure! Three Family Scientists' Perspectives on Balancing Work and Family in Academia. *Family Focus – NCFR Report 52(3), F14-F15*. (Available from the National Council on Family Relations, 3989 Central Ave., N.E., Suite 550, Minneapolis, MN, 55421).

Karasik, R.J. & Wallingford, M. (2007). Finding Community: Developing and Maintaining Effective Inter-generational Service-Learning Partnerships. *Educational Gerontology, 33* (9), 775-793.

Karasik, R.J. (2007). Pedagogy Meets Practice: Service-Learning in Gerontology and Geriatrics. *JAMDA: Journal of the American Medical Directors Association, 8(5)*, 284-289.

Karasik, R.J. (2007). [Review of the book *Caring for the Caregiver: 8 Truths to Prolong your Career*]. *Educational Gerontology, 33(7)*, 609-610.

Faculty Notes Continued on Page 7

Dr. Linda Havir Guides Research Process

St. Cloud State Professor Dr. Linda Havir has been busy with guiding student research on aging and retirement. She helped her class through the research process and supervised them in developing a survey about the diverse needs of the aging baby boomer population. They surveyed over 700 seniors and conducted 6 focus groups.

The research project is informally titled "Rock-n-Rollers in Retirement" and has been especially valuable to the local senior center. In fact, the study was very helpful in identifying the needs of a diverse population of elders.

Dr. Havir's group presented their findings at several venues across the state including a statewide aging meeting, the SCSU student research colloquium and to various community leaders and officials.

As co-chair of the Sociology and Anthropology department Dr. Havir has a full plate, but she remains active in aging research. In fact, this summer she supervised and conducted interviews with the caregivers of people who have Alzheimer's disease. Some of the interviews were done in Spanish.

In the past, Dr. Havir has

had an interest in studying older people and gambling and describes the "paternalistic" stereotypes that exist regarding gambling and older adults. She has tried to dispel the myth that older people gamble more than other age groups and that they need to be protected from such a habit.

Recently, Dr. Havir spoke about "Normal and Healthy Aging" at the 2007 Senior Expo held at the Whitney Senior Center. This event drew over 1,000 seniors and their children who wanted to learn more about health and aging. 🍀

Story by:

Naomi Eden

Sigma Phi Omega Chapter News

Sigma Phi Omega (National Academic Honors and Professional Society in Gerontology) inducted two new members at their first meeting, Jennifer Habben and Naomi Eden.

The SPO/GERO club participated in the annual Alzheimer's walk on October 6th. Many attended and had fun

walking despite the thunder and rain.

The club is also sponsoring a student to attend the annual GSA conference held in San Francisco in November. Stephanie Liesch, Jennifer Habben and Naomi Eden worked with Dr. Rona Karasik and a local agency to perform research to be presented at the

conference.

The next SPO/GERO club meeting is Dec. 6th at 5:00 in SH 332. All are welcome! 🍁



Jennifer Habben & Naomi Eden inducted into SPO

"Internships are a great way to get valuable experience in the field of aging.— Jen Habben"



Fall Interns

St. Cloud State's Gerontology Program offers their students the opportunity to complete professional internships that give them the hands on employment experience that helps make them competitive upon graduation. The following individuals are involved interning this semester:

Undergraduate Interns (GERO 444)

Dana Lodermeier— Whitney Without Walls
Jane Mund— Grandview Christian Ministry

Graduate Interns (GERO 644)

Naomi Eden— St. Cloud State University/ Gerontology Program
Jennifer Habben— Home Instead Senior Care
Stephanie Liesch— Senior Helping Hands
Pamela Radunz— Burns Manner Nursing Home

Past graduate becomes lawyer.

Story by
Jennifer
Haben

Erin Jensen is a Gerontology Master's Program graduate who went on to get a J. D. in Law and pass the Bar exam. She also teaches a course in Elder Law for the Gerontology Program. Jennifer Haben caught up with her one day to discuss Erin's success.

Gerontology Times: Can you explain your educational background?

Erin: I completed my B.A in Psychology from SCSU after transferring from the University of Texas at Arlington (I moved back to MN to take care of my grandfather after my grandmother died unexpectedly). I then went on to get my Master's degree in Gerontology from SCSU. I was still working on my thesis when I started law school at Hamline University School of Law. I officially completed my Master's degree during my second year of law school (not recommended!!). I graduated

from Hamline in 1999 and was admitted to the State Bar of Minnesota that same year. I will be starting an MBA program this fall through the Oklahoma State University Distance Learning program.

Gerontology Times: Why did you decide to become an attorney?

Erin: There isn't any one thing that pushed me into becoming an attorney. When I was completing my Master's degree, I thought I would go on for a Doctorate in Counseling Psychology, but I realized that I was more interested in the law than I was in psychology. What I love about the law is the challenge of finding the answer. I also love not having to go to court which is why I work in a non-traditional role where I help other's find the answer and then they have to do all the work like writing the court documents and taking the case to trial. I especially love

the challenges where you are faced with a question and you think you will never find an answer – but with a little hard work and the right research skills you find it!

Gerontology Times: What are the key issues/concerns in Elder Law?

Erin: I think that the key concerns for Elder law are a lot of the same issues that are addressed in many of the Gerontology courses, especially housing and health care concerns. 🍷

“What I love about the law is the challenge of finding the answer” -Erin Jensen



Erin Jensen and her son at the SPO/GERO club meeting.

Spring Semester Aging Course Schedule 2008

Undergraduate Courses in Aging

Gerontology

GERO 208 01	Introduction to Gerontology	11:00-12:15pm	T/R
GERO 208 02	Introduction to Gerontology	6:00-8:55pm	T
GERO 415 01	Women and Aging	5:00-7:55pm	W
GERO 435 01	Aging and Housing Options	2:00-3:15pm	T/R
GERO 444 01	Internship	Hours Arranged	
GERO 465 01	Health and Aging	5:00-8:05pm	M

Psychology

PSY 345 01	Psychology of Death and Dying	3:30-4:45pm	T/R
PSY 345 54	Psychology of Death and Dying	Online	
PSY 435 55	Psychology of Death and Dying	Online	
PSY 443 01	Psychology of Adult Development and Aging	11:00-11:50am	M/W/F
PSY 443 54	Psychology of Adult Development and Aging	Online	

Community Studies

CMTY 333 01	Studying Communities		
CMTY 455 01	Grant Development	6:00-8:55pm	W

Communication Studies

CMST 431 01	Communication and Aging	5:00-7:55pm	W
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Sociology

SOC 350 01	Sociology of Age and Aging	Online	
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Graduate Courses in Aging

Gerontology

GERO 515 01	Women and Aging	5:00-7:55pm	W
GERO 535 01	Aging and Housing Options	2:00- 3:15pm	T/R
GERO 565 01	Health and Aging	5:00-8:05pm	M
GERO 620 01	Advanced Policy issues in Gerontology	5:00-7:55pm	T
GERO 644 01	Gerontology Internship	Hours Arranged	
GERO 696 01	Practicum (Plan C Option)		
GERO 697 01	Stared Paper (Plan B) Preparation		
GERO 699 01	Thesis		

Sociology

SOC 679 01	Advanced Research Methods	6:00- 9:05 pm	M
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Communication Studies

CMST 531 01	Communication and Aging	5:00- 7:55 pm	W
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Psychology

PSY 543 01	Psychology of Adult Development and Aging	11:00 -1150 am	M/W/F
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Counselor Education and Educational Psychology

CEEP 678 01-04	Introduction to Graduate Statistics		*Multiple sections and times
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Faculty Notes Cont...



Recent and upcoming presentations:

Berke, D., **Karasik, R.**, Scheer, S. (2007). *Work-Family Intersections over the Life Course: How*

Family Friendly are Academic Institutions? Paper to be presented at the National Conference on Family Relations Annual Conference, Nov. 6-10, Pittsburgh, PA.

Berry, J., **Eden, N.**, **Habben, J.**, **Liesch, S.** & **Karasik, R.** (2007). Lakeview Ranch: A New

Model of Dementia Care. Poster to be presented at the 60th Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA. November 19, 2007.

Karasik, R.J. (2007). Service-Learning in Higher Education: Basic Building Blocks. Keynote address. University of Houston, Clear Lake Spring Faculty Workshop Day, Houston, TX.

Karasik, R.J. (2007). Practical Approaches to Service-Learning: Sorting out the Nuts and Bolts. Invited Presentation. University of Houston, Clear Lake Spring Faculty Workshop Day, Houston, TX.

Delger, G; **Greenberg, P.A.** & Manderfeld, S. (2007). Hook, line and sinker: Co-occurring addiction and mental health issues in older adults. Annual Age & Disability Odyssey Conference, Duluth, MN.

Greenberg, P.A. (2007). The perfect match: Case of the university, hospital and the state. Association for Gerontology in Higher Education Annual Conference, Portland, OR.

Greenberg, P.A. (2007). Healthy aging. Whitney Senior Center, St. Cloud ,MN

New T-shirt Design!

"Aging Every Body's Doing It."

Buy yours soon for \$16

and help support SPO!



GERO Alumni

John Tasto at Age Odyssey in Duluth, MN.

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



From Left to Right: Top Row: Jennifer Habben, Michelle Huddleston & Stephanie Liesch. Bottom Row Ai Takamatsu & Naomi Eden

Graduate Assistants

Naomi Eden is a second year graduate student in Gerontology. She plans on going on for doctoral level work in aging.

Jennifer Habben graduated from St. Scholastica in Duluth with a Psychology major and a Gerontology minor. She is in her second year at SCSU.

Michelle Huddleston graduated from Western Illinois University with a degree in Psychology and a minor in Sociology. She is a first year graduate student.

Stephanie Liesch is in her second year in the Gerontology Program. She graduated from University of Minnesota, Morris with a degree in Biology.

Ai Takamatsu is a first year masters student from Japan. She graduated from SCSU's Community Psychology Program.