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Gerontology Newsletter

Program in Gerontology

Spring 2009

Spring 2009 Gerontology Times

St. Cloud State University

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SPECIAL POINTS OF INTEREST:

- Fall Class schedule
- Open House
- Why Gerontology— A note from a gerontology student
- Kaleidoscope playground
- T-Shirt Sales/ SPO Gero Club news

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SPRING 2009, VOLUME 24 ISSUE 4

Notes from the Director

Spring is the time to think about so many things – here are a few more to consider:

Gerontology Program's Annual Open House:

- Tuesday, April 21, 3:30 -5pm SH 112 – Everyone is welcome!
- This is a great opportunity to meet others interested in the field of aging.
- In addition to the ever-fabulous door prizes, our open house will feature information on “Careers in Aging” and “Elder Abuse”.

Graduation:

- Congratulations to all those who are graduating this semester!
- Members of Sigma Phi Omega (National Academic Honors & Professional Society in Gerontology): Have you ordered your honor cords and medallions yet for graduation?

Summer Break

- Summer Courses: See page 4
- Summer Jobs: Do you have information on sum-

mer jobs to share? Are you looking for a summer job in the field of aging? Let us know and we will post the information!

Fall Classes:

- See page 4 for a “sneak preview” of the Fall offerings.
- Check in with your advisor to make sure your program is on track!

Internships:

- Community members – do you have a gerontology internship opportunity available? Send me the details so we can post it for our students!
- Fall interns – now is the time to start thinking about your internship placements. See me for more information about getting started!

Getting Involved:

- Consider joining Sigma Phi Omega (the National Academic Honors and Professional Society in Gerontology) and/or the SCSU Ger-

ontology Club. See me for details!

- If you have ideas for service-learners, volunteer opportunities and the like – send them to me so we can post them!
- Check out our website: www.stcloudstate.edu/gerontology for the latest information.

Have a great Spring!

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

Faculty Notes

Gary Whitford, Department of Social Work

This July, Lake Dziengel from the SCSU Social Work faculty and I, as well as two faculty from the University of Minnesota are presenting a workshop at the 34th Annual National Institute on Social Work and Human Services in Rural Areas in Duluth, MN. We will present information about older rural gays and lesbians living in rural USA.

Recent and Upcoming Presentations and Publications by Faculty and Students:

Karasik, R.J. (2009). Assessing Student Learning Outcomes in a Gerontology Undergraduate Minor, Masters, and Graduate Certificate Program. Resource exchange presented at the 35th Annual Meeting of the Association for Gerontology in Higher Education, San Antonio, TX.

Karasik, R.J. (2009). The Community Partner as Educator. Presentation at the Sigma Phi Omega Presidential Symposium: Educating 'Next Gen' Gerontologists at the 35th Annual Meeting of the Association for Gerontology in Higher Education, San Antonio, TX.

Greenberg, P.A. (2008). Health and demographic trends in aging. Fountain Center Hospital, Albert Lea, MN.

Greenberg, P.A., Huddleston, M. and Takamatsu, A. (2008). The road to recovery: Significance of family and support groups. Poster Presentation, Gerontological Society of America 61st Annual Conference, National Harbor Maryland.

Honors

Dr. Rona Karasik was named national President Elect of Sigma Phi Omega, the National Academic Honors and Professional Society in Gerontology. Dr. Karasik will serve as president elect from February 2009-2010 and then is slated to serve as President from February 2010 to 2012.

Save the Date...

Coming in Spring of 2009 Classes in Aging

Introduction To Gerontology	TR	11:00- 12:15 pm
Introduction To Gerontology	TR	9:30- 10:45 am
Aging and Housing Options	TR	2:00- 3:15 pm
Elder Law	R	6:00- 8:45 pm
Health and Aging	M	5:00- 7:45 pm
CMST Aging Seminar	W	5:00- 7:45 pm

Notes from the Gerontology Graduate Coordinator

The good news is that most of the snow is gone and the bad news is that with the melted snow comes rain, rain and more rain. Of course there is still the possibility of additional snow. Regardless of the weather we are looking forward to a successful semester.

A couple of years ago we added a Plan C – Portfolio/Practicum to our culminating options for the Master's program. Ai Takamatsu is the first grad student to enroll in this option and is on her way to completing it. We have three options at this time – Plan A – Thesis; Plan B – Starred Paper and Plan C. For more information please come by and see me.

Last semester Michelle Huddleston, Ai Takamatsu and I compiled five years worth of data for the Dual Diagnosis and Substance Abuse project. I have been working with Recovery Plus/Senior Helping Hands in St. Cloud (part of the St. Cloud Hospital) and Fountain Center in Albert Lea. We presented a poster at the Gerontological Society of America's Annual Conference and it generated a great deal of interest. Although the grant from the State with Recovery Plus has ended the one with Fountain Center has continued. The State has formed a special populations consortium for grantees working with populations (older adults being one) that may be underserved and/or misunderstood when it comes to addictions. And although the grant with Recovery Plus/Senior Helping Hands has ended our relationship continues. They do amazing work. Not only do they provide one of the few age specific treatment programs in the United States but several of our students have taken advantage of their Reminiscence Training, workshops and a number of students have completed internships with Sandy Manderfeld. Again thank you for all that you do. I will be using the summer for further analysis and writing. Some areas of interest that have been noted are the changing nature of substance abuse and aging, the significance of mental health issues and family as a source of support.

Students and faculty will be attending/presenting at this year's MGS (Minnesota Gerontological Society) Conference. We will have a booth to recruit for the Gerontology Programs (undergrad minor and Master's and grad certificate) as well as selling t-shirts.

During Careers in Aging week members of SPO and the Gero club will have a booth in Atwood (4/13 - 4/14) to disseminate information on Elder Abuse. Please stop by. Also this semester we will have our "famous" Open House. Once again we will have fabulous door prizes and delicious food. Mark April 21st on your calendar – Stewart Hall 112 from 3:30-5.

Registration will soon begin for Fall Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me. If you would like more info on our graduate programs or would just like to take a grad course please stop by as well. Have a wonderful semester.

Phyllis A. Greenberg, Ph.D

Gerontology Graduate Coordinator

Associate Professor, Dept. of Community Studies

Gerontology Program Open House

Come and Join the Fun

Date: Tuesday April 21st, 2009

Location: Stewart Hall Room 112

Time: 3:30–5:00 pm

- There will be a Chocolate Fountain!!!
- Network with professionals and students in the field of aging
- Everyone Welcome!

There will be Fabulous Door Prizes

Fall Courses in Aging 2009

Undergraduate Courses in Aging

Gerontology

GERO 208 01 Introduction to Gerontology	MWF	10:00- 10:50 am
GERO 208 02 Introduction to Gerontology	TH	11:00 am- 12:15 pm
GERO 405 01 Aging and Diversity	T	5:00- 7:40 pm
GERO 411 01 Aging Policy and Programs	TR	3:30- 4:45 pm
GERO 425 01 Dementia and Aging	MW	3:00- 4:15 pm
GERO 444 01 Internship	Hours Arranged	

Psychology

PSY 345 54 Psychology of Death & Dying	Online	
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Sociology

SOC 350 54 Sociology of Age & Aging	Online	
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Graduate Courses in Aging

Gerontology

GERO 505 01 Aging and Diversity	T	5:00- 7:40 pm
GERO 511 01 Aging Policy and Programs	TR	3:30- 4:45 pm
GERO 525 01 Dementia and Aging	MW	3:00- 4:15 pm
GERO 600 01 Advanced Research Methods in Gerontology	W	5:00- 7:40 pm
GERO 630 01 Aging and Community	M	5:00- 7:40 pm
GERO 644 01 Internship	Hours Arranged	
GERO 696 01 Practicum (Plan C)	Hours Arranged	
GERO 697 01 Starred Paper (Plan B)	Hours Arranged	
GERO 699 01 Thesis (Plan A)	Hours Arranged	

Counselor Education and Education Psychology

CEEP 678 01 Introduction to Graduate Statistics	M	5:00- 7:45 pm
CEEP 678 02 Introduction to Graduate Statistics	T	5:00- 7:45 pm
CEEP 678 03 Introduction to Graduate Statistics	R	2:00- 4:45 pm
CEEP 678 54 Introduction to Graduate Statistics	Online	

Summer Semester: Aging Course Schedule 2009

Undergraduate Courses in Aging

Sociology

SOC 350 54 Sociology of Age & Aging	Online	
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Graduate Courses in Aging

Counselor Education and Education Psychology

CEEP 678 01 Introduction to Graduate Statistics	MTWR	10:00- 11:55 am
CEEP 678 02 Introduction to Graduate Statistics	MTWR	12:30- 2:25 pm
CEEP 678 54 Introduction to Graduate Statistics	Online	

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

For Registration information
 Web: <http://www.stcloudstate.edu/registrar/>
 Phone; (320)308-224 or 1-800-369-4260
 Contact continuing Studies for more Information
 (320)308-4721

Why Gerontology?

By: Valerie Westman, St. Cloud State University senior and Gerontology minor

While it is not required to pursue a minor while completing a program of study in college, it is highly recommended. A minor emphasis can make you more marketable to future employers because they will take notice that you expanded your knowledge on a particular subject. A Gerontology minor is excellent when paired with such majors as Social Work, Nursing, and Community Health. A business or marketing major can also benefit from a background in Gerontology, as the baby boomers are aging and require new marketing strategies that need to be geared towards their desires.

If you want to work with older adults as a career, then taking on a Gerontology minor will give you the background and preparation that you need to succeed. There are so many avenues that a person could take when working with older adults, including therapeutic recreation, senior housing, community planning, senior center events, becoming the Director of Nursing or even an Administrator of a nursing home. The job opportunities are truly endless.

If you are not sure if gerontology is for you, just consider taking Introduction to Gerontology, GERO 208. For those of you who are following General Education requirements, GERO 208 counts as an Area C elective. You have nothing to lose by trying the course, and if you decide that gerontology is not for you, then at least you can walk away with more knowledge and perhaps a different perspective of aging.

Probably the biggest question asked by any college student... "So what are the professors like?" Well, let me just say that the gerontology professors are awesome, always have open office hours, and are really here for their students and want us to succeed. But, most importantly, they have candy and they like to share!!

Gerontology Spring Interns 2009

Intern

Marion Gartei
Kelsey Johnston
Andrea Mader
Emmalyne Peterson
Lobsang Sherpa
Amanda Spaeth
Valerie Westman
Komla Ocloo
Ijeoma Ugochukwu

Internship Site

St. Cloud Hospital Elder Network
Opportunity Manor—"Golden Opportunity"
St. Benedict's Senior Community
St. Benedict's Senior Community
St. Benedict's Senior Community
Talahi Care Center
Talahi Senior Campus
Hands Across the World
Whitney Senior Center

Anyone that is interested in being an intern for Fall Semester 2009 should contact Rona Karasik at rjkarasik@stcloudstate.edu or at **320-308-5224**.

Kaleidoscope Playground



A regional accessible playground in Wilson Park designed for people of all abilities
A place where children and adults of all abilities can play and grow together
A place where all children can build their strength, self-esteem, and social skills
A way to break down the barriers that can develop between people from different backgrounds and abilities

Join us for these Upcoming Fundraising Events!

This Spring's CMTY 195 Community and Democratic Citizenship class with Rona Karasik is challenging community businesses, organizations and individuals to help us complete the Kaleidoscope Playground, a playground for all abilities at Wilson Park. Last Spring CMTY 195 students got a \$50,000 matching grant from the Otto Bremer Foundation and we have until June 4th, 2009 to raise \$50,000 to get the match. All we have left is the specialized surfacing, Help us complete the dream! For more information contact Rona Karasik at 320-308-5224 or at rjkarasik@stcloudstate.edu

Please help us finish the job!

The playground opened in June 2007 in Wilson Park (with a temporary surfacing). We are still working to raise money for the permanent, specialized poured-rubber surface for maximum accessibility and safety. Please help us finish this wonderful community playground!

The Kaleidoscope project was created through a unique partnership with the St. Cloud State University Department of Community Studies, the St. Cloud East Side Boosters, the city of St. Cloud through its Park Department, and the Central Minnesota Community Foundation. In addition, the SCSU Gerontology Club and SPO have helped to support the Kaleidoscope project.

Please send donations to:

"The Kaleidoscope Fund"
Central MN Community Foundation
101 7th Avenue South, Suite 100
St. Cloud, MN 56301

Contributions are tax deductible—the Central MN Community Foundation is a 501 (c)(3) non-profit organization.

For more information, contact:

Rona J. Karasik, Ph.D.
St. Cloud State University
320-308-5224

rjkarasik@stcloudstate.edu

or visit our website at: www.stcloudstate.edu/gerontology/kaleidoscope

Phyllis A. Greenberg
St. Cloud State University
320-308-3156

pagreenberg@stcloudstate.edu

SPO/ Gero Club News

SPO is the National Academic Honors and Professional Society in Gerontology

Get your “AGING: Every Body’s Doing It” T-shirt!



Size: S, M, L, XL, XXL
 Price: \$16.00
 Color: Blue

Be sure to get your “Aging: Every Body’s Doing it” T-Shirt. All proceeds benefit SPO and Gero club activities. You can purchase shirts from the Gerontology Graduate Assistants’ office in Stewert Hall 342 or you can call the office at (320)308-4183. You can also contact Rona Karasik by email at:

karasik@stcloudstate.edu

Or Phyllis Greenberg by email at:

pagreenberg@stcloudstate.edu

Community Awareness!

Due to the recent unfortunate events in MN relating to elder abuse, the St. Cloud State Gerontology Club and Sigma Phi Omega have decided to do what we can in our local community to raise awareness. During Careers in Aging Week, we have proposed an Elder Abuse Awareness Week.

This project is a local start to raising national awareness in the fight against Elder Abuse. We hope to spread the message that the community needs to come together to prevent and protect our vulnerable adults against elder abuse. We believe that educating the community is a good first step towards making changes so that one day no elder has suffer abuse, and neglect, no elder will die alone, dirty and neglected with no one to advocate for them.

SPO and Gero Club Board Members

Sigma Phi Omega

President: Missy Reichl
 Vice President: Amanda Spaeth
 Member at Large: Erin Jensen

Gerontology Club

Co-President: Robbie Flaherty
 Co-President: Emma Peterson
 Co-President: Brittany Drontle
 Vice President: Ashley Herget
 Member at Large: Valerie Westman
 Member at Large: John Tasto

Joint Positions (assist both Gerontology Club & SPO)

Secretary: Eric Hilsgen
 Treasurer: Ai Takamatsu

Club Advisor: Rona Karasik
 Club Advisor: Phyllis Greenberg.

St. Cloud State University
Gerontology Program
Department of
Community Studies
365 Stewart Hall
720, Fourth Avenue South
St. Cloud MN, 56301-4498

Gerontology Open House

Tuesday, April 21st, 2009
Stewart Hall Room 112
From 3:30 - 5:00 pm

Come and enjoy the great food and awesome networking opportunity.

Everyone Welcome!

Fabulous Prizes