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Gerontology Newsletter

Program in Gerontology

Fall 2011

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St. Cloud State University

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SPECIAL POINTS OF INTEREST:

- **Fall Potluck**
Nov 8th 5-6pm
- **Join us for the
Colloquium on
Alzheimer's Nov**
15th 1-2pm
- **Course offerings
for Spring 2012**
- **Webinar on Sex
and Aging—Nov**
16th 12-1pm
- **Gero Club/ SPO
Meetings Nov**
16th and 17th

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Gerontology Times



VOLUME 27 ISSUE 1

FALL 2011

Notes from the Director

A new school year is upon us – full of promise and opportunity. Congratulations to team SCSU/GERO who raised over \$380 dollars for the Alzheimer's Association this September! I am so proud of all our students and faculty who continue to be active in our community through service-learning, internships, volunteering, and community-based research. I challenge all of you to think about ways you too can make a difference in the field of aging, in your community, and in the lives of older adults.

Fall semester is turning out to be a busy one in so many ways – with our new GERO colloquium series,



our annual Gerontology Potluck, and many other special events. For more details, see inside this issue. As always, just a few reminders:

Spring Classes in Aging: Students, now is a good time to start thinking about registering for Spring classes (see page 6 for a “sneak preview” of the spring 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!

Continued on page 2

Notes from the Gerontology Graduate Coordinator

As usual I start out with the weather – longer summer than last year, let's hope that is not followed by a longer winter than usual. Growing up in Southern California who knew that weather was such a legitimate topic of conversation!

This semester Paula Woischke and Hannah Nordell and I will be

presenting a webinar: Let's Talk About Sex: Aging and Sexuality through the Minnesota Gerontological Society (MGS). The webinar will be on Wednesday November 16th 12-1 (MGS@mngero.org). Also thanks to Missy Reichl for her help with information and the title.

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Director's Notes Continued from Page 1

Sigma Phi Omega (the National Academic Honors and Professional Society in Gerontology) and the **SCSU Gerontology Club**. 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! Also, all are welcome to join “The Gerontology Club” which was formed in conjunction with our local Sigma Phi Omega chapter. Now is a great time to get involved!

Alumni Survey: GERO Program Alumni, we want to hear from you! If you haven't already done so, please take a minute to fill out our on-line survey. You can take it at <http://www.surveymonkey.com/s/J2TZJRK> or you can also find it on our webpage www.stcloudstate.edu/gerontology.

Gerontology Program Website: Opportunities and information abound on our website: <http://www.stcloudstate.edu/gerontology/>. Be sure to check out sections on careers in aging, internships, volunteer opportunities and more! If you would like to have information about an upcoming event or opportunity posted on the site – contact me at karasik@stcloudstate.edu.

Have a wonderful Fall!

Rona

Rona J. Karasik, Ph.D.
Professor & Director, Gerontology

**Attention Alumni-
Please Fill Out the
Online Survey at Survey Monkey!**

at <http://www.surveymonkey.com/s/J2TZJRK>

Internships

Summer 2011 Interns

Undergraduates

Callie DeVine. Lakes Regional Health Care (Hospital), Spirit Lake, IA

Molly McConville. Lakeview Ranch & the Dementia Care Foundation, Dassel, MN

Lindsey Schmidt, Legends at Heritage Place, Sartell

Carrie Schulze, Park Terrace Assisted Living and Memory Care, Buffalo, MN

Laura Steinhoff, St. Benedict's Senior Community

Cindy Thao, Sunlight Senior Living, St. Paul

Grad

Jessica Harstad, St. Cloud Eye Clinic

Anand Moddu Reddy, St. Benedict's Senior Community

Katie Nordberg, Cokato Manor, Cokato MN

Jenny Writz, Guardian Angels by the Lake, Elk River, MN

Fall 2011 Interns:

Undergrad

Kaitlin Kelly. Whitney Senior Center

Lindsey Sather. The Keystone of Eagan Senior Community, Eagan, MN

Grad

Aparna Kaja, Spot Rehabilitation Center, St. Cloud, MN

Thank you to all our community internship preceptors! Students interested in being an intern for Spring or Summer Semester 2011 should contact Rona Karasik at rjkarasik@stcloudstate.edu as soon as possible!

Sigma Phi Omega and Gerontology Club News

Congratulations to our New Board Members

SPO President Emily Muellenbach
SPO Vice President Laura Steinhoff
SPO Member at Large Jennifer Bungert,
Katie Nordberg, and Erin Jensen

Gero Club President Luke Krueger
Gero Club Vice President Marissa Maiers
Gero Club Members at Large
Patrice Melom and Cindy Thao

SPO/ Gero Club Secretary Brittany Lechner

Upcoming SPO/ Gero Club Meetings In SH 330

Wednesday, November 16th Noon
Thursday, November 17th 5pm

Wednesday, December 7th Noon
Thursday, December 8th, 5pm

Look for Announcements of
Community Outreach activities
coming soon!

Check out our
**Gerontology
Program at St. Cloud State**
Facebook page!



The Minnesota Gerontological Society and the Center on Aging is pleased to announce :

MGS Webinar *Let's Talk about Sex: Sex and Aging* Wednesday, November 16, Noon to 1 PM

This webinar is related to the need to be informed about sex and aging, and to be sure others are informed. Included topics will be need for intimate contact, safe sex, physiological changes, medications, and why it is important to talk.

Presenters: Phyllis A. Greenberg, PhD, Associate Professor Gerontology at St. Cloud State University; Hannah Nordell (Masters Student, Gerontology, St. Cloud State University; and Paula Woischke (Masters Student, Gerontology, St. Cloud State University)

This webinar is free, but registration is required by Monday, Nov. 14 - visit www.mngero.org to register.

*****BOOK RETURNS/ THESIS/ STARRED PAPERS*****

Do you have a book of Dr. Greenberg's or Dr. Karasik's that you forgot to return? How about a Thesis or Starred Paper? We seem to be missing quite a few! If you do,

Please Return it ASAP! No questions asked!

Notes from the Gerontology Graduate Coordinator continued from Page 1

This Spring offers an array of classes for Graduate Students (see page 6). If you have not already taken it be sure to register for GERO 620 Advanced Issues in Policy. It is a required course, interesting whether you are a policy nerd or not and often holds some surprises (good, fun ones)!

The annual MGS conference is coming up in April – hope you plan to attend. Rona and I take great pride in our students and we also enjoy the bragging rights in that we usually have the most students that attend.

This semester GERO 411/511 is gathering information on potential policy and program issues for older adults by researching changes and proposed changes and developing non-partisan packets of information on issues relevant to older adults and the larger community. They will then make these available at Whitney Senior Center and other locations. The graduate research methods course GERO 650 is examining knowledge that health care students have about aging and sexuality. We are looking at the potential of these being posters at MGS. In addition we will display what we know/have found out at the Community Engagement Celebration November 15th.

Registration will soon begin for Spring Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me. Have a wonderful semester.

Phyllis

Phyllis A. Greenberg, PhD
Associate Professor & Coordinator Graduate Studies, Gerontology



John Sipe and Lisa Braun, our presenters for our first Gerontology Colloquium on Fall Prevention

Gerontology Colloquium

Alzheimer's Disease Care, Support and Research

Date: Tuesday, Nov 15th

Time: 1-2pm

Location: Atwood Center – Voyageur's South

Presenter
Carol Thelen

Regional Director, Alzheimer's Association

Sponsored by the SCSU Gerontology Program,
Gerontology Club, and Sigma Phi Omega

alz.org | **alzheimer's association**

Meet the Graduate Assistants...



Aparna

I have my major in Physical Therapy from India. I have chosen the field of Gerontology as my Masters because I am interested in a health related career which, I believe, will give me an opportunity to participate in the well-being of society and also provide a career of continuous learning and people interaction. I have aspired to choose a career that would mean work that really stimulates me and holds a natural appeal for me. Today as I stand at the threshold of new pathways of learning, I have without hesitation chosen to pursue my Masters in the field of Gerontology, the field that interests me the most and draws the best of my abilities. I am aware that interest alone does not suffice but it should be backed up by strong skillful background which I feel has been provided to me.



Anand

Having an immense interest in doing the Masters degree and to gain more knowledge about my passionate research area Aging in older people, I am now here at SCSU after graduating in Physical Therapy major in India. My all time favorite research concentration is on older people and the diversity surrounding it. In my free time I enjoy relaxing by listening to classical music, hanging out with friends and skypeing with my sister's kids. I'm looking forward to trying out skydiving and enjoying the experience. Last but not the least, hoping to see myself as a Gerontologist in the coming future.



Jennifer

-Hi everyone! I'm very happy to be a part of the Gerontology Program here at St. Cloud State University. I moved here last year from Wisconsin after getting my bachelors in Sociology and a minor in Gerontology. I am currently a Gerontology Graduate student and plan on graduating in May 2012. My interests are in Senior Housing and Dementia.



Paula

As a busy mother of two, I chose to go back to college at the age of 40 and finish my Bachelor's of Elective Study with a Gerontology Minor. After enjoying the Gerontology Program and classes I decided it was a good fit for me to work on my Master's Degree. The Gerontology program has given me the opportunity to expand my knowledge in working with older adults through classes and Service Learning along with the opportunity to network with other professionals in the field. I have an interest and passion in working with seniors focusing on Senior Fitness. I love seeing the difference that I am able to make in someone's life by keeping them active and independent!



Hannah

Originally from the Twin Cities suburb of Champlin, I graduated from Gustavus Adolphus College with a degree in Communication Studies and Spanish. After gaining some experience working in the nonprofit sector, I then decided to pursue a Masters in Gerontology. Still unsure where this latest endeavor will take me, I enjoy learning about the nuances of the aging population and look forward to continue gaining more knowledge about older people. In my free time I enjoy relaxing with my two cats, spending time outside, and doing things with friends and family.

Spring 2012 Classes begin January 9th

Undergraduate Courses

Gerontology

GERO 208 01 Introduction to Gerontology *	MWF	10:00 – 10:50 am
GERO 208 02 Introduction to Gerontology *	TH	11:00 – 12:15pm
GERO 415 01 Women and Aging*	T	5:00 – 7:45 pm
GERO 435 01 Aging and Housing Options	MW	3:00- 4:15 pm
GERO 444 01 Internship		Hours Arranged
GERO 465 01 Health and Aging	M	5:00- 7:45pm

Psychology

PSY 345 54 Psychology of Death and Dying	TR	2:00- 3:15pm
PSY 443 01 Psychology of Adult Development and Aging	TR	11:00- 12:15pm

Sociology

SOC 475 Sociology of Health and Illness	Online	
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Community Studies

CMTY 455 Grant Writing	W	6:00-8:40pm
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**can be used to meet General Education requirements!*

Graduate Courses

Gerontology

GERO 515 01 Women and Aging	T	5:00 – 7:45pm
GERO 535 01 Aging and Housing Options	TR	2:00 – 3:15pm
GERO 565 01 Health and Aging	M	5:00- 7:45pm
GERO 620 01 Advanced Policy	W	5:00-7:40pm
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

Psychology

PSY 543 01 Psychology of Adult Development and Aging	TR	11:00-12:15pm
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Sociology

SOC 575 Sociology of Health and Illness	Online	
SOC 679 01 Advanced Research Methods	TR	3:30-4:45pm

Community Studies

CMTY 555 Grant Writing	W	6:00-8:40pm
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Counselor Education and Education Psychology

CEEP 678 01 Introduction to Graduate Statistics	R	2:00 pm - 4:45pm
CEEP 678 02 Introduction to Graduate Statistics	W	2:00pm – 4:45pm
CEEP 678 Introduction to Graduate Statistics	Online	

The Gerontology Program offers an Undergraduate Minor, Masters and Graduate Certificate

For more information visit the program website at www.stcloudstate.edu/gerontology or

Contact Dr. Rona Karasik at karasik@stcloudstate.edu (Undergraduate) or

Dr. Phyllis Greenberg at pagreenberg@stcloudstate.edu (Graduate students)

Spring, 2012 Liberal Education and Diversity Courses:

GERO 208 01 Introduction to Gerontology* M, W, F 10:00am- 10:50am

GERO 208 02 Introduction to Gerontology* T, Th 11:00am- 12:15pm

GERO 415 01 Women and Aging* T 5:15pm- 8:00pm

*** Meets Liberal Education Goal Area #5 and Diversity Requirements**

Featured Courses for Spring, 2012!

Introduction to Gerontology (GERO 208) Introduces the interdisciplinary study of human aging and provides a view of the world's rapidly aging population. The processes of aging affect each of us on a number of different levels and in a variety of ways – including biologically, psychologically and socially. **** Meets Liberal Education Goal Area 5 & Diversity Requirements ****

Women & Aging (GERO 415/515) Explores the social and personal dynamics of aging as experienced by women in United States culture and globally. The course draws on a variety of sources including fiction, popular media, personal narratives and both qualitative and quantitative research. Areas addressed include issues of health, work/retirement, sexuality, kinship, media representation and identity. **** Meets Liberal Education Goal Area 5 & Diversity Requirements ****

Aging & Housing Options (GERO 435/535) Examines issues of housing in later life with regard to the housing needs of older persons and the variety of housing options available to them. Attention is placed on issues of aging in place, physical design, and innovative housing options, as well as on working with older persons in a variety of housing settings. Provides great background for a career in the field!

Health & Aging (GERO 465/565) Examines the physiological and cognitive processes of human aging, with a consideration of environmental, societal, and lifestyle factors which promote healthy aging. Topics include theories of aging; diet & nutrition; exercise; physiological & cognitive processes of aging; health enhancement; & sexuality in later life. Great for getting an in-depth understand of how and why our bodies age!

Advanced Policy Issues in Gerontology (GERO 620) This graduate course provides students with an opportunity to obtain an analytical perspective on historical and emergent trends in the United States and globally with regard to policy related to older adults, aging, and community.

Presentations and Book Reviews

Greenberg, P.A. (March 2011). Ethical decision making in challenging times: What would you do? Aging Network Association Quarterly Meeting. Whitney Senior Center, St. Cloud, MN.

Greenberg, P. A. (July 2011). Mental Health and Aging. Quarterly Meeting for Social Workers in Residential Settings, Whitney Senior Center, St. Cloud, MN.

Karasik, R.J. & Berry, J. (2011). Back at the Ranch: Practical Applications of Animal Assisted Interventions (AAI) in Dementia Care. Symposium paper to be presented at the 64th Annual Scientific Meeting of the Gerontological Society of America, Boston.

Karasik, R.J. & Greenberg, P.A. (2011). Swinging Into Action: Democratic Citizenship & the Kaleidoscope Playground Project. Paper presented at the Creating Engaged Communities: The Role of Service-Learning, St. Cloud, MN

Karasik, R.J. (2011). [Review of the book *Inside Assisted Living: The Search for Home*] *Educational Gerontology*, 37 (8): 732–733

St. Cloud State University
Gerontology Program
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720, Fourth Avenue South
St. Cloud MN, 56301-4498

The St. Cloud State University
Gerontology Program
Invites you to attend our
Potluck

November 8
5-6 pm
Stewart Hall 365

Bring a Dish to Share if you
like or just bring yourself!

