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Gerontology Newsletter

Program in Gerontology

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Fall 1989

### Gerontology Times [Fall 1989]

St. Cloud State University

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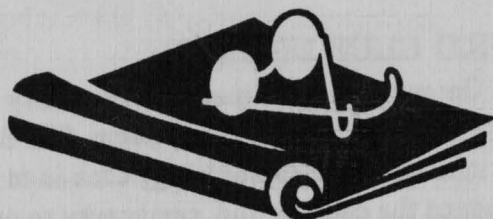
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# GERONTOLOGY NEWSLETTER

## ST.CLOUD STATE UNIVERSITY



FALL 1989

VOLUME 5, NUMBER 1

### From the Director's Desk

*-Dena Shenk*

Another academic year has begun and we have hit the floor running! We are very excited about several developments in the Gerontology Program. First, I would like to introduce our new faculty member in gerontology, Dr. Eleanore Stokes and offer a sincere welcome to her. Elly comes to us from Connecticut where she was the Assistant Director of the Travelers Center on Aging at the University of Connecticut-Storrs. Previously she was a planner at the Area Agency on Aging in Hartford. We are very pleased to have Elly join our growing program. We will be hosting an Open House on Oct. 26 which will provide a perfect opportunity to meet her.

I am sorry to announce that Michelle Stone has resigned as Undergraduate Gerontology Coordinator for this year, but pleased to announce that Elly Stokes has agreed to take on that role. Anyone interested in the undergraduate gerontology program or in exploring career options in gerontology should see Elly. I would like to take this opportunity to thank Michelle for all of the creativity and dedication which she brought to that role. We wish her a very productive year.

We are offering several exciting new educational opportunities this year. Look for the announcement of two special course offerings this winter quarter. Michelle Stone will be

teaching "Strategies for Aging Health Care" and Elly Stokes will be teaching "Aging in Culture and Society" which we have been unable to teach for the past several years. I will be leading a Gerontology Study Tour in Denmark in the Spring. Please look for the announcement about this program on page 2 and contact me if you would like further information.

The students in the Gerontology Club are generating ambitious plans for the year. You are all welcome to join them. As Director of the program, I am the faculty advisor for the Gerontology Club. The Club is composed of undergrad & grad students. It provides an ideal setting to develop those networking skills that are so important in professional life.

It's good to be back in the classroom and settled into our permanent space in Stewart Hall. We are looking forward to another exciting year and hope to see many of you at our Open House.

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## **NEW COURSE OFFERINGS WINTER QUARTER 1990**

**GERO 440/540**

### **STRATEGIES FOR AGING HEALTH CARE**

**MONDAYS 5:15-8:45 PM**

**INST. MICHELLE D. STONE 255-3156**

Diseases, both acute and chronic, are chief barriers to extended health and longevity in older persons. Additionally, the current orientation of modern medicine and the prevailing attitudes of many older people contribute to the "breakdown" of health care services facing our nation. This course examines the current status of the health care industry, investigates continuum of care models, and considers structural, professional and personal barriers which impede medicine and the maintenance of health in later life.

**GERO 420/520**

### **AGING IN CULTURE AND SOCIETY**

**MW 2-3:50 PM**

**INST. DR. ELEANORE STOKES 255-4183**

This course is a comparative study of the lives of older adults in simple and complex societies. This exploration of the life ways and circumstances of elderly in diverse societies leads to an enhanced understanding of the varieties of aging experience among the diverse populations of the United States. The course will examine the impact of culture on elderly women, on age status, on relations between generations, on living environments, etc. The lives of older people will be studied in the context of kinship and family organization, political, religious and economic institutions.

## **GERO CLUB UPDATE**

The Gerontology Club meets Wednesday at noon in the Gerontology Resource Room (SH 330). The mission of the Gerontology Club is to introduce the campus and community to our aging population and their value in society. The club is a great place to share our knowledge with each other on classes, job openings, form networks with professional people in gerontology, and have fun. The president this year is Dennis Enser (253-6843) and the vice president is Tammy Veith (255-2792). Everyone is welcome.

## **DENMARK PROGRAM**

The Gerontology Program at SCSU in cooperation with the program at Mankato State is pleased to announce a unique and exciting new educational opportunity.

We will be leading a 2-week study tour of services and programs for the elderly in Denmark from Thursday, May 24 through Friday, June 8, 1990. Total cost is \$1,100 per student. This includes room, board, round-trip transportation, instruction, site visits, and program administration. The number of participants is limited. Anyone interested in further information should contact Dena Shenk at the Gerontology Program address or call: (612) 255-3014.

## **GERONTOLOGICAL SOCIETY OF AMERICA Annual Meeting**

**"Aging Differently"**

**MINNEAPOLIS**

**November 17-21, 1989.**

This is an excellent opportunity to participate in this major national professional meeting.



## GRADUATE PAGE

### **Update on Graduate Program**

The Master's Program in Gerontology is beginning its 2nd year of operation. We presently have 15 active graduate students, including 2 who are working on the early stages of their theses. Several other students are presently completing applications and the Master's Program is alive and well.

Two students completed their graduate internships this summer. Rebekah Wilson worked with the Minnesota Board of Vocational Education. She completed a workbook for Gerontological Nursing Assistants based on the new 75 hour curriculum. Jennifer Crotteau worked at Wright County Human Services. Her primary responsibility was developing a volunteer transportation program. Both of them were very successful and are now working on the data collection for their theses.

We would also like to congratulate Rebekah and Jennifer. Both have recently accepted new positions and we wish them well as they embark on new careers in the field of aging.

We are pleased to have Dr. Eleanore Stokes available as a new resource for our graduate students. Elly brings expertise in program planning and evaluation. Her research interests include aging in culturally distinct groups and the integration of older people who have a developmental disability or mental retardation into aging services.

To assist you in your planning, a list of winter course offerings in gerontology follows. Gero 650 won't be offered this spring because Linda Havir will be on sabbatical.

Remember that you do not have to be admitted to the MS program to take courses. Anyone interested in taking a graduate class should contact Dena Shenk.



### **GRADUATE COURSE OFFERINGS WINTER 1990**

(Advanced Registration is Oct. 24, 25, 26)

#### **CORE:**

**\*APsy 678**-Graduate Statistics-R-18:00

**\*Gero 542**-Field Experience

Seminar-T-16:00-18:00-Stone

**\*Psy 647**-Psychology of Aging, Theory & Research-T-18:00-21:30-Dwyer

**\*Biol 512**-Biology of Human Aging-R-18:00-21:00-McCue

#### **ELECTIVES:**

**\*Educ 615**-Introduction to Research-M-18:00-Schmidt

**\*Gero 520**-Aging in Culture & Society-MW-14:00-15:50-Stokes

**\*Gero 540**-Strategies for Aging Health Care-M-17:15-20:45-Stone

### **GRAD SPOTLIGHT**

**Catherine Norman** is a first year graduate student and graduate assistant in the Gerontology Program. She has a Bachelor of Science degree in Park and Recreation Resources from Michigan State University. Previous work experience includes positions in resort management, recreation programming for the elderly and accounting in the reinsurance industry. Current research interests include travel needs of the elderly and insurance issues confronted by seniors. She lives in St. Paul, Minnesota with her husband Bill.

## UNDERGRADUATE PAGE

### **From the Undergraduate Coordinator's Desk**

There's a new occupant of the desk for 1989-90. My name is Eleanore Stokes, most recently from the Travelers Center on Aging at the University of Connecticut. It's exciting to be part of SCSU's dynamic environment. Faculty and staff in the Department of Interdisciplinary Studies have made the transition to a new community of scholars very pleasant, indeed. If the students I've met so far are even a fair sample of the student body, I feel very fortunate that I had the good judgment to choose SCSU.

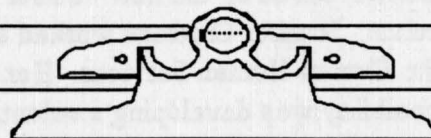
I hope to meet each of the gerontology students individually over the next quarter or two. For a while I'll be sitting in with Dr. Dena Shenk, Gerontology Program Director and consulting with Prof. Michelle Stone, past Undergraduate Coordinator, in the advisement process. I have a great deal to learn about SCSU and Minnesota so I'll be counting on all of you to assist in the "education of Elly" (to paraphrase a movie title).

I have several research interests involving older adults: social relations of retirement settlements and the larger community, integration of older adults with developmental disabilities into generic community programs, and the delivery of dental services to older persons in long term care facilities. I hope to continue research on retirement communities in Costa Rica through the resources of SCSU's International Studies Program. Currently I'm exploring options for collaborative research here in St. Cloud. I'm particularly excited about prospects for involvement by interested students in these projects. Look for more information about these efforts in this column.

I hope many of you will be attending the Gerontological Society Meeting that will be held

in our own back yard this year. It's a great opportunity to see and hear people who -to date- have been just names on a book binding. A number of our students, graduate and undergraduate, will be staff volunteers for one or more sessions or activities. They will be a great resource for you as you make your way through the maze of the sessions. Your faculty will be there, too, and will be ready to assist.

Finally, I extend a sincere invitation to each of you to stop by and get acquainted. You'll find me in Room 331 Stewart Hall, 255-4183.



### **UG COURSE OFFERINGS WINTER, 1990**

(Advanced Registration is Oct. 24, 25, 26)

#### **CORE:**

- \***Biol 412**-Biology of Human Aging-R-18-21:00-McCue
- \***Psy 345**-Psychology of Aging, Dying & Death-MTWF-13:00-13:50 Anderson

#### **ELECTIVES:**

- \***SSCI 204**-Death & Dying-MW-13:00-14:50-Stensland
- \***Biol 307**-Medical Terminology-TR-14:00-Peterson
- \***Gero 420**-Aging in Culture & Society-MW14:00-15:50-Stokes
- \***Gero 440**-Strategies for Aging Health Care-M-17:15-20:45-Stone
- \***Gero 442**-Field Experience Seminar-T-16:00-18:00-Stone
- \***Gero 443**-Field Experience-Hours Arranged-Stone
- \***Gero 444**-Internship-Stone



## Undergrad Spotlight: Part II

In the last issue of the newsletter, several students were highlighted to celebrate their contributions to the St. Cloud community. Space constraints limited the inclusion of all the terrific contributions made by UG Gerontology minors fulfilling their field experiences. Here now is the conclusion of our salute to these remarkable people. The Gerontology Program gives special recognition to:

**Kimberly Hoganson's** skills at motivation were instrumental in organizing several activities and outings for St. Benedict's Center's Adult Day Care Program. Kim's infectious enthusiasm helped to engage ADC participants in an ice fishing expedition, cooking sessions, and numerous exercise events. Kim participated in home visits and intake interviews with supervisor Betty Moffit. Kim's warmth, sensitivity, and insightfulness contributed to the goals of ADC and to the professionalism she gained as a result of this field experience.

**Joyce Olson** is a self-motivated woman, who knows what she wants, and wastes no time in getting it. Serving a dual internship with St. Otto's Adult Day Care Program, under the supervision of Betty Heinz and with Alverna Apartments (senior living apts.) working with Bob Davis, Joyce completed her internship in grand style. Both supervisors highly regarded the quality of Joyce's work and her dedication to her professional objectives. During this internship in Little Falls, Joyce engaged in a short research project; participated in a variety of services for the elder participants; and attended conferences. Joyce received the highest praise from the elders themselves; all of whom came to respect Joyce's warmth and sensitivity.

**Lisa Femrite** - "an eager, motivated learner, Lisa has been an asset to the UCLA Multicampus Division of Geriatric Medicine." Such accolades were reported by Elsy Salend MSW and Ann Rahman MSU, co-supervisors for this self-designed internship with the Long Term Care National Resource Center at UCLA/USC in Los Angeles, California. Lisa not only flew to L.A. to secure her own internship placement within three weeks, but performed wonderfully displaying all the confidence and creativity of a burgeoning young professional. We are all very proud of Lisa's initiative and she can be very proud of herself.

**Melanie Knutson** graduated with renewed confidence as a result of her internship with Whitney Senior Center and Director Steven Hennes. Melanie worked with St. Cloud community pastors to develop an inter-faith caregiver's volunteer program through Whitney. In addition, Melanie was instrumental in coordinating an interactive gardening project between participants of Whitney and residents of the St. Cloud VAMC. Melanie combined her commitment to aging with her strong faith, to enhance the programs and services for the Senior Center. Special thanks are awarded to Melanie for her dedication and contributions.

**Debra Kieke** completed her internship with Central Minnesota Council on Aging receiving rave reviews from supervisor Jeannette Bingham. Debra's enthusiasm, professionalism, and dedication afforded her a great many opportunities with CMCoA including: arrangement and organization of various activities during Senior Expo 1989; participant in CMCoA's Speaker's Bureau; and activities of public relations with services and businesses in the St. Cloud community. Members of the CMCoA staff and from other organizations have given Debra the highest praise possible and their respect for a job well done.

**Linda Will** worked with Linda Schreiber, Volunteer Services Coordinator with Stearns County Social Services Senior Companion Program. As a social work major, Linda was a most valuable contributor for Schreiber's program. Learning a great deal about county agencies, senior service networks in the area, and the role of a social worker in professional practice Linda's meticulous work enhanced the senior companion program by recruiting and training volunteers, serving on a speaker's bureau, and working closely with a "pro" in the field. Linda gets a pat on the back from her placement supervisor and the gerontology program for getting "tough when the going got rough."

## 1990 FIELD PLACEMENTS & INTERNSHIPS

All Gerontology minors interested in fulfilling either a field experience or an internship (Gero 443 or 444) for the current academic year should contact Michelle Stone (255-3156), Tuesday through Thursday, for an appointment.

## **FACULTY NOTES**

**Mary Dwyer** spent 2 weeks in June as a guest of members of the Portuguese Psychological Association working with individuals and groups to set up special areas of therapy suitable for reluctant clients, mentally ill persons, and geriatric groups. Portugal is very family oriented and has reservations about using mental health services. Backed by a small grant from St. Cloud State University, Mary found the experience very challenging and most worthwhile. The Portugal National Association has promised to send her a letter detailing the follow-up procedures which they have initiated at this time.

**Dena Shenk** led a roundtable session on "New Directions in Rural Aging Research" and presented a paper on "The Use of Visuals as a Dimension of Aging Research" at the International Congress of Gerontology in Acapulco in June. While there she continued her comparative visual aging research with **Ron Schmid** (Learning Resources Services) working with Little Brothers of the Elderly in Acapulco. The Association for Anthropology and Gerontology (AAGE) hosted a showing of their photographic exhibit: Yugoslavia and the U.S. She presents the keynote address at the Minnesota Adult Daycare Association's fall conference on "Informal Support Systems and Aging: Implications for Adult Daycare", on October 14.

**Michelle D. Stone** presented a paper to the World Congress of Gerontology, The XIV Meeting of the International Association of Gerontology entitled 1) Geriatric Nurse Practitioners as Chronic Care Providers: An Evaluation; and 2) The Role of Higher

Education in Advancing an Understanding of Alzheimer's Disease. In addition, Steve Hennes, Donna Domino Walberg and Michelle have organized a site visit on Rural Senior Centers for the 42nd Annual Scientific Meeting of the Gerontological Society of America Meetings in Minneapolis, November 17-21. The Rural Senior Centers site visit highlights Whitney Senior Center and the Monticello Senior Center in the tour.

**Linda Havir** is completing the report on her Gerontological Society of America Fellowship Project on Rural Senior Centers. The project involved doing case studies of three senior centers in central Minnesota. The goal was to develop strategies to assist rural senior centers to become more active as community institutions and as part of the network of services.

**Congratulations to the Social Work Department on its recent reaccreditation by the Council on Social Work for a period of 7 years.**

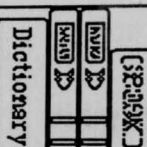
**GERONTOLOGY  
PROGRAM  
OPEN HOUSE  
THURSDAY, OCTOBER 26TH  
2-4:30 P.M.**

**Gerontology Resource Center  
330 Stewart Hall**

**\*\*\*REFRESHMENTS\*\*\***

**Meet Dr. Eleanore Stokes, new  
Gerontology faculty member and see  
our new facilities!**





## For Your Information

### MEETINGS & CONFERENCES

**"SUCCESSFUL AGING: OVERCOMING BARRIERS TO NUTRITION AND HEALTH."** Nov. 1. St. Cloud Technical College. Teleconference.

**THE GERONTOLOGICAL SOCIETY OF AMERICA: "AGING DIFFERENTLY"**. Nov. 17-21, 1989, Hyatt Regency Minneapolis and Holiday Inn, Minneapolis, MN. Information: 1275 K St. N.W., Suite 35, Washington, D.C. 20005-4006.

**"RETIREMENT PLANNING - A LIFETIME BENEFIT"**, Oct. 25-27. International Society of Pre-Retirement Planners, Drake Hotel, Chicago, IL. Contact Malcolm Rodran at 1-800-327-ISPP or (301)881-4113.

**"STRESS AND HEALTH AMONG THE ELDERLY"**, Oct. 26-27, University Center on Aging and Health, Case Western Reserve University, Cleveland, OH 44106. Contact May L. Wylke, University Center on Aging and Health Care, (216)368-2692.

**"PRACTICAL ASPECTS OF CAREGIVING OF ALZHEIMER'S DISEASE VICTIMS"**, Oct. 28-29. Administration on Aging, National Institute on Aging Conference, Scottsdale, Az. Contact: Phyllis Lessin, University of California at San Diego (619)543-5306.

**NATIONAL COUNCIL ON AGING'S 40TH ANNUAL CONFERENCE**, April 25-28, 1990, Sheraton Washington Hotel, Washington, D.C. NCOA Conference Department (202)479-1200.

**"AGING IN THE '90S: Alcohol and Other Drug Abuse"**, April 5-6, 1990, Novi Hilton, Novi, Michigan. Contact: Western Michigan University, Kalamazoo, MI. 49008-5174 (616)387-3341.

**CARE PROVIDERS OF MINNESOTA 1989 CONVENTION & EXPOSITION "Focus on the Future"** Nov. 7-9 1989 Hyatt Regency - Mpls. Contact (612)854-2844 or 1-800- 462-0024.  
**"ALCOHOLISM AND SUBSTANCE ABUSE IN OLDER ADULTS."** February 14, 1990: Video Conference, Virginia Commonwealth University. Contact Robin H. McMahon (804)225-4101.

**GRANT MacEWAN COMMUNITY COLLEGE-SENIOR STUDIES INSTITUTE. "Life Long Learning into the 21st Century"** October 23-25, 1989 Information: 7319 29th Avenue Edmonton, Alberta, Canada T6K 2P1 (403)462-5550.

**AMERICAN SOCIETY ON AGING 36TH ANNUAL MEETING. "The 1990's-Bridge to the 21st Century."** Apr. 5-8, 1990. San Francisco (415)543-2617 ASA 833 Market St. Suite 512, San Francisco, CA. 94103.

**"ALZHEIMER'S DISEASE: New Approaches to the Challenge of Care"**, Nov. 2, 1989. Hilton Plaza Inn, Kansas City, Mo. Contact: Alzheimer's Association Office at (913)649-5520.

**"ADVENTURES IN AGING: MINISTRY AND ADVOCACY" National Conference of the Interfaith Coalition on Aging.** Nov 9-12, 1989 University Inn, Birmingham, AL. Contact: Sandra Wilkinson, P.O. Box 1924, Athens, GA, (404)353-1331.

**"ALZHEIMER'S AND DEMENTIA: Professionals and Families Working Together"**, Nov. 17-19, Kirkwood Motor Inn, Bismarck, N D. Contact: Evelyn Rammich, (701)224-2577.

**"THE OLDER WORKER: Retiring to Business", Fifth Annual Aging Conference**, January 30-31, 1990, Tallahassee, Fl. Contact: Marie E. Cowart, Institute of Aging, Florida State University, Tallahassee, Fl. 32306, (904)644-8830.

**"ALZHEIMER'S UPDATE V."** Alzheimer's Association. November 9, 8:30 am 4:00 pm, Bloomington, MN 55420.



## **GERO RESOURCE CENTER**

Come one come all--to the newest Resource Center in the hall.

It features areas of concentration and areas for conversation.

Need population statistics-we got 'em. Need to get inside the thinking of the elderly-we got it.

Studying health issues of the aging?- We have the sources!

Financial aspects of Social Security and Retirement are on our shelves,

You just need to come in and look for yourselves.

Too many distractions till you want to yell ouch-come in and get away on our comfortable couch.

Got an idea and you want to share it--come in and discuss its ethical merit.

From Gerontology Newsletters to government studies-come and update yourself with your Gero buddies.

### **Gerontology Resource Center**

**Room 330, Stewart Hall**

**Open 9-11 M-F. 1-4 M-Th**

## **GERONTOLOGY PROGRAM OPEN HOUSE**

**THURSDAY, OCTOBER 26TH**

**2-4:30 P.M.**

**Gerontology Resource Center  
330 Stewart Hall**

**\*\*\*REFRESHMENTS\*\*\***

**Meet Dr. Eleanore Stokes, new  
Gerontology faculty member and see  
our new facilities!**

### **GERO OFFICES -- STEWART HALL**

Dena Shenk, Director & Graduate

Coordinator--Room 365A, 255-3014

Eleanore Stokes, UG Coordinator--

Room 336, 255-4183

Michelle Stone, Internship Supervisor--

Room 335, 255-3156

Mike Burzette, Graduate Assistant--

Room 358, 255-3899

Catherine Norman, Graduate Assistant--

Room 358, 255-3899

Marilyn Nelson, Program Secretary--

Room 365, 255-3899

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