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Gerontology Newsletter

Program in Gerontology

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Spring 1989

### Gerontology Times [Spring 1989]

St. Cloud State University

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# GERONTOLOGY NEWSLETTER

ST.CLOUD STATE UNIVERSITY



SPRING 1989

VOLUME 4 NUMBER 3

## From the Director's Desk:

We are quickly coming to the end of the 1988-89 academic year. This has been an exciting year for us in the Gerontology Program at SCSU and I would like to recount some of the highlights. We are planning a series of activities in celebration of Older Americans Month during the first two weeks in May. Older Americans Month is a national and statewide celebration in recognition of the contributions of older people in our society and we are pleased to be able to support these efforts on our campus. See page 4 for highlights of SCSU and local plans.

We are in the final phase of hiring a new gerontologist in the Department of Interdisciplinary Studies. This is a new position, designated by the administration, which will allow us to offer new courses next year in the new faculty member's specialties. We are pleased to be able to add to our already expanded course offerings.

The first year of the new Master's Program in Gerontology has been a very successful one. Fifteen students have been admitted to the program and several others are in the process of completing their applications. We have received over 250 requests for information about the graduate program from around the country.

This has also been a very active year for the Gerontology Club. I would like to congratulate the members of the club for jobs well done and thank all for their energy & creativity.

All of this suggests that the Gerontology Program is alive and well. We have a dynamic

and growing program of which you can all be proud. Thanks to all of you and wishing you a good summer.

Grateful thanks to Jennifer Crotteau whose graduate assistantship will end this spring. Her energy and hard work have provided valuable support to our evolving program. We'll miss her patience and sparkle. Thank you, Jennifer!

--Dena Shenk

## Update on the GERO Club

This quarter the Gerontology Club has many exciting activities planned. We helped with a dance at Whitney Senior Center which was held on April 16.

As part of Older Americans Month, we have set up a display in the library and have activities planned in Atwood Center during May. One of these activities will be to raffle off a quilt. These activities promise to be loads of fun, so don't miss out on them.

During Spring quarter, we have been meeting the 1st and 3rd Thursday of each month at 12:00 noon in room 366 Stewart Hall. Everyone interested in Gerontology is welcome.

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## CONGRATULATIONS, LINDA!

Linda Havir has been awarded a Gerontological Society of America Postdoctoral Fellowship in Applied Gerontology for the summer of 1989. The fellowship is with the Central Minnesota Council on Aging and involves studying three senior centers in Central Minnesota. The goal of the project is to develop a model which would facilitate the development of senior centers suited to meet specific community members' needs.

## AOA TO ESTABLISH NEW RESOURCE CENTERS ON AGING AND A NATIONAL LEADERSHIP INSTITUTE ON AGING.

These resource centers will provide technical information and expertise to states, communities and professionals, and the general public to assist in the development of service systems throughout the country. The centers will be located in Washington DC, San Diego, CA, Kansas City, MO, Waltham, MA, South Bend, IN, Los Angeles, CA, Mpls, MN and Tampa, FL.

**ELDERHOSTEL** class schedules are available through the Mullikin Resource Center, 80 Boylston Street, Suite 400, Boston, MA 02116.

## ALUMNI SPOTLIGHT

**Judy Stene** graduated from St. Cloud State with a Major in Social Work and a Minor in Gerontology. She has been the director of the WINGS Displaced Homemakers Program for five years (Women Investigating New Goals and Solutions). This program operates in Stearns, Benton, Sherburne and Wright Counties. Judy also works with a jobs program and sees an emphasis on case work as a major opportunity for jobs in the future. While in school, advises Judy, don't concentrate only on the human service classes, but stress the grant writing and business classes as well, because in the work force you must wear many hats.

## COURSE OFFERINGS

### SUMMER SESSION I:

(Advance Registration: May 5)

- \* **Biol 412/512**-Biology of Aging  
MTWR-9:35-11:30-McCue
- \* **Psy 345**-Psychology of Aging, Dying and Death-MR-11:40-1:35-Boltuck
- \* **Psy 678**-Graduate Statistics  
MTWR-9:35-10:55-Murphy
- \* **Ed 615**-Intro to Research  
WR-11:40-2:20-Schmidt

### SUMMER SESSION II:

- \* **SSCI 204**-Death and Dying  
MTWR-9:35-11:30-Stensland
- \* **HURL 409/509**-Ageism Seminar  
MTWR-11:40-1:35-Staff
- \* **Psy 678**-Graduate Statistics  
MTWR-7:30am-8:55am-Nunes
- \* **CDis 515**-Communication Deficits in Alzheimer's Disease-5 days  
July 17-21-Roth

### GRADUATE COURSES- FALL 89

(Advanced Registration: May 17 & 18)

#### CORE:

- \* **Gero 620**-Advanced Policy Issues in Gero  
T-6-9:20-Shenk
- \* **APsy 678**-Grad Statistics-W-6-8:30-Murphy

#### ELECTIVES:

- \* **Gero 511**-Aging Policy & Programs  
MW-1-2:50-Shenk
- \* **Gero 540-1**-Dementia & Aging Seminar  
W-5-8:20-Stone
- \* **Gero 540-2**-Health Care for the Aged  
Seminar-TR-1-2:50-New Staff
- \* **Soc 573**-Elderly Family-M-6-9:20-Murphy



## GRADUATE PAGE

### GRAD SPOTLIGHT:

**JENNIFER CROTTEAU** started out with an undergraduate degree in Psychology and Health, then found that working with the elderly was what she really wanted to do while interning at Whitney Senior Center. She is at present very busy working as a grad assistant for the Gerontology Program and says that it's a very challenging and worthwhile experience. After finishing her course work this summer she will be interning for Wright County Human Services working on a transportation grant. This grant will try to solve some of the transportation problems of the elderly in that county.

### DID YOU KNOW?

A twenty-two page article in the Occupational Outlook Quarterly, Fall, 1988, is entitled, "Careers in the Field of Aging" by Anne Kahl of the Bureau of Labor Statistics, U.S. Dept. of Labor. It describes a range of job possibilities and includes a profile of ten different persons working in the field of aging. Information on training and education are also included. Copies available from Supt. of Documents, US Government Printing Office, Washington, DC 20402, for \$2.00.

**SPECIAL INTEREST JOURNALS** published by Haworth Press include: Activities, Adaption and Aging, the Home Health Care Services Quarterly, the Hospice Journal, the Journal of Aging and Social Policy, the Journal of Elder Abuse and Neglect, the Journal of Geriatric Drug Therapy, the Journal of Housing for the Elderly,

### CONGRATULATIONS REBEKAH!

Rebekah Wilson has been awarded the "Excellence in Leadership Award". This award was given by St. Cloud State University to 24 people with special leadership qualities.

the Journal of Nutrition for the Elderly, the Journal of Religion and Aging, the Journal of Women and Aging, and Physical and Occupational Therapy in Geriatrics. For information, write Haworth Press, 12 West 32 Street, New York, New York 10001.

**INTERNSHIPS AVAILABLE** for Fall for graduate students in the Washington office of the Association for Gerontology in Higher Education. The internship offers a stipend of \$800 per month (for a 30-hour week). Application deadline is July 15 for the fall.



### TWO GRADUATE ASSISTANTSHIPS

in the Gerontology Department will be available for the 1989-90 academic year. Applications will be accepted until May 1 or thereafter until filled. Write or call Dr. Dena Shenk, Director Gerontology Program, Department of Interdisciplinary Studies, (612)255-3014.

**GRADUATE SCHOLARSHIP AWARD** is being offered at St. Cloud State University for the 1989-1990 academic year. These awards are made available through the Bookstore Scholarship Fund. The criteria for these awards are: graduate status, scholarship, recommendations, and financial need. Application forms available upon request in the Office of Graduate Studies. Deadline for submission of applications is September 25, 1989.

**INFORMATION SERVICE** is now being offered by the Gerontological Society of America. For information call (202)393-1411.

## UNDERGRADUATE PAGE

### From The Undergraduate

#### Coordinator's Desk:

*Micki Blakenship*

The undergraduate Gerontology program is off to a fast start this Spring Quarter. We began by returning to Stewart Hall on the third floor, so many of the staff have seen much packing and unpacking. The Gero Club has also been busy organizing a spring dance, working on plans for the celebration of Older Americans Month, selling raffle tickets for a quilt, and working on other fund raising efforts. In addition, the members of the Gerontology club (led by Micki Blakenship) have combined efforts with the members of the Student Advertising Association (led by Ann Warling) to raise the level of awareness on SCSU's campus about aging and to promote the activities and events scheduled for this May's celebration. And finally, the members of the Gerontology Program blended their creative heads and dug into their collections of artifacts to produce an exhibit in celebration of Aging. The exhibit will be on display in the entry of the LRC for the remainder of the academic year. So, while spring may have trouble breaking into stride, the Gerontology Program is far out in front and running full speed into summer. We hope to see you at the many events scheduled for the month of May.

### OLDER AMERICANS MONTH

Rudy Perpich, Governor of Minnesota has proclaimed the month of May, 1989 as Older Americans Month. This is to recognize the many and varied contributions to our state by our 700,000 older citizens.

The Gerontology Program at St. Cloud State has planned a variety of activities from May 2-9 to show our appreciation of these contributions. To obtain a copy of the full schedule, call the office (255-3899 or 2248). Highlights include:

Wed., May 3, 11-12:30 Civic Penney Room  
**Panel Discussion: "Uncapping" Retirement, Tenure & Related Issues**

Mon., May 8, 3-4:30 Civic Penney Room  
**Panel Discussion: Career Options in Gerontology** & lots of special entertainment. Remember to stop by the SCSU booth at the **SENIOR EXPO '89**. May 10-11, Crossroads Shopping Ctr, St. Cloud. Contact the Central MN Council on Aging (612)253 9349 for more info.



### UNDERGRAD COURSES-FALL, 89 (Advanced registration is May 17 & 18)

#### CORE:

- \* **SSCI 208**-Introduction to Gerontology  
T-5-8:20 - Stone
- \* **Psy 345**-Psychology of Aging, Dying & Death-TR-1-2:50 - Boltuck
- \* **Soc 350**-Sociology of Age & Aging  
MTRF-12-12:50 - Havir
- \* **Gero 411**-Aging Policy & Programs  
MW-1-2:50 - Shenk

#### ELECTIVES:

- \* **Gero 440-1**-Dementia & Aging Seminar  
W-5-8:20 - Stone
- \* **Gero 440-2**-Health Care for the Aged Seminar - TR-1-2:50 - New Staff
- \* **SSCI 204**-Death & Dying  
MW-1-2:50 - Stensland
- \* **Biol 307**-Medical Terminology  
TR-9-9:50 - Peterson
- \* **Soc 473**-Elderly Family  
M-6 pm-9:20 - Murphy
- \* **Rec 339**-Therapeutic Recreation  
MWF-10-10:50 - Sheehan



## Undergrad Spotlight: Part I

Many of the undergraduate students completing their field experiences this past year have contributed so much to the community agencies they served, that they all deserve to be spotlighted in this issue. However, space constraints require this special attention be recognized as a two-part spotlight. And so, for this issue, the Gerontology program gives special recognition to:

**Sharon Kosbab's** work at Whitney Senior Center resulted in a feature article in the St. Cloud Times for her work in "oral histories" and story telling she initiated at the center. In addition, Sharon has organized several events during her internship, been interviewed on the radio, and has earned the respect from her supervisor: Steve Hennes. Sharon's work was so exceptional, Steve has hired her to remain as a part-time employee of Whitney Senior Center.

**Bonnie Stachowski** has been working with the Alzheimer's Family support group and has amazed her supervisor, Betty Moffit, in her development of professional materials for area health care providers. In addition, Bonnie has helped to set the yearly agenda for the support group meetings, and has facilitated the group for the past five months.

**Mary Davis Lakefield** has received special recognition from the State's Ombudsman program for her outstanding work as an advocate for the regional ombudsman program. Mary utilized her knowledge of nursing and gerontology to be a most relentless advocate for the frail elders she served. As an intern, Mary closed more cases, secured more outcomes, and effected more changes than any intern to date involved with the program. Mary has earned the respect of her supervisor, Jane Brink, and has gained gratitude and affection.

**Wendy Schill** is truly a professional waiting to blossom. And blossom she did in her work with Silvia Romanish and RSVP. Wendy's ability to creatively and sensitively complete each task assigned, organize and co-opt elders, train volunteers, and help with a cable access television program have earned her the acclaim of the RSVP staff. The reluctance of the members of RSVP to see Wendy go was a testament to her tremendous success of the past few months.

To all of the UG gerontology minors spotlighted here and to those appearing in the next issue:

**Applause! Job Well Done!**

## FOUNDATIONS IN GERONTOLOGY

Once again, the Regent College Examinations on the Foundations of Gerontology will be given to SCSU undergraduate gerontology minors on May 11th and 12th. The exam is designed to test the students basic knowledge about aging so interested students need only to have completed an introductory course in Gerontology. The test is given to beginning students studying gerontology around the nation. Results are, therefore, compared to all of the students who complete the test. All students who wish to take this test, can call the Gerontology Program at 255-2248 to register. For more information call Michelle Stone at 255-3156 or ask one of your classmates.

## UNDERGRADUATE FIELD EXPERIENCES

The Gerontology minors completing their course of study by participating in a structured field experience for the Spring Quarter are:

**Deb Kieke**, working with Donna Domino Walberg and the Central Minnesota Council on Aging and **Melanie Knutson**, working with Steve Hennes at the Whitney Senior Center.

## FACULTY NOTES

**Mary Boltuck** (Psychology) will be talking to the Dementia Support Group at Whitney Senior Center about Alzheimer's and related dementias on July 11th at 5:30 p.m. In June she will be teaching a class for District 742 Community Education. This class will deal with depression.

**Al Stensland** (IDS) is helping to set up four free workshops through the Minnesota Funeral and Memorial Society in cooperation with the Gerontology Program here at St. Cloud State University. The workshops will answer questions about estate planning and wills, the new Living Will Law, What to do when death occurs and the Economics of Funerals. The workshops are scheduled for May 6, 1989, 1:00-3:40 at the Unitarian Society, 900 Mt. Curve Avenue, Minneapolis, Minnesota. For more information contact Al in Room 363, Stewart Hall or phone 255-2096.

**Linda Havir** (Soc. & Anthro.) will present a theoretical framework for integrating research on the rural elderly which is based on her dissertation research on the rural elderly in East Central Minnesota. This will be presented at a roundtable session, organized by Dena Shenk, "New Directions in Rural Aging Research" for the International Congress of Gerontology which will be held in Acapulco, Mexico in June. Participants in this session will discuss their research on the elderly in rural areas of Mexico, Appalachia, Wales, New York State and Minn.

**Michelle Stone** (IDS) has received a Mayoral appointment to the (RSVP) Retired Senior Volunteer Program's advisory council. Michelle began her 3-year appointment in April 1989, replacing Marge Twaine-Duncan, who has recently completed a very successful term on the

advisory council. In addition, Michelle has become an invited member of the Aging Coordinator's Group, a group of professionals working to improve the quality of service provisions for St. Cloud's citizens. Finally, Michelle participated as a facilitator in the Academic Strategic Planning Forum on Aging Education sponsored by the MN Board on Aging, and has joined others on a planning committee to consider a MN State-wide Consortium of Educators.

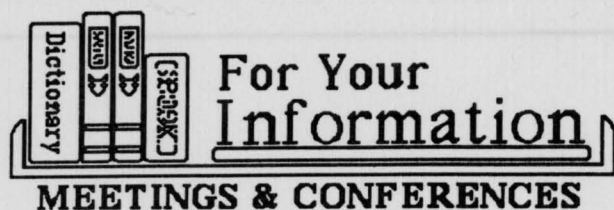
**Dena Shenk** (IDS) presented a workshop on "Applications of the Rural Older Women's Project" in Mankato on April 4. The event was co-sponsored by MGS, the Region Nine Area Agency on Aging, the Gerontology Program and Women's Studies Department at Mankato State. She was the guest speaker for the Phi Kappa Phi annual Banquet in St. Cloud on April 28. She spoke on "Images of Rural Older Women." She will be panel moderator and participant at the International Conference of Little Brothers of the Elderly, "Partners in Passage - Aging Together Around the World" on June 6 in St. Paul. Two photographic exhibits created with Ron Schmid will be on display at the College of St. Catherine in conjunction with that event. This will be the premier showing of "Reflections on Aging: A Study from Yugoslavia and the U.S." Dena was also on the planning committee for the Academic Strategic Planning Forum on Aging Education and is working with a committee on development of a statewide Gerontology Education Clearinghouse.

A GET WELL WISH TO  
FLORENCE LONGWELL,  
DIRECTOR OF OASIS:



"Hoping you are up dancing again soon!"





**AGING IN THE NORTHLAND. Managing and Continuum of Care: Contrasting Yesterday's and Tomorrow's Elders.** April 28, 1989, Radisson Duluth Hotel. To register (218)726-6142.

**HILLHAVEN FOUNDATION NATIONAL CONFERENCE. The Alzheimer's Patient and Nursing Home Care,** May 3-6, 1989, Stouffer Orlando Resort, Orlando, Florida. Contact (206)572-4901.

**IDENTIFYING CHEMICAL ABUSE IN SPECIAL POPULATIONS: A Workshop for Service Providers.** May 15, 1989 at College of St. Catherine, St. Paul, MN. May 17, 1989, Hosted by the Mankato Technical Institute, Mankato, MN. May 19, 1989, Sawmill Inn, Grand Rapids, MN. For more information call 462-7700, ext. 2519 (Toll Free Metro Twin Cities) or (612)257-4010, ext. 2519 (Minnesota).

**PARTNERS IN PASSAGE: AGING TOGETHER AROUND THE WORLD.** June 6, 1989, College of St. Catherine, St. Paul, MN. Sponsored by Mpls/St. Paul Little Brothers--Friends of the Elderly. For information: Little Brothers, 1845 E. Lake St., Mpls, MN 55407.

**EXEMPLARY RESPITE CARE FOR ALZHEIMER'S PATIENTS AND FAMILIES: A National Conference.** June 6-7, 1989, Cambridge, Massachusetts. Contact Alzheimer's Association, One Kendall Square, Building 600, Cambridge, MA 02139.

**THE 31ST ANNUAL INSTITUTE OF THE MINNESOTA BOARD ON AGING.**

**Inter-Age: A Harmony of All Seasons.** June 7-8, 1989, St. Cloud State University. Contact Renee Fredericksen, (612)296-3867.

## **INTERNATIONAL ASSN OF GERONTOLOGY WORLD CONGRESS.**

**The Old In A New World.** June 18-23, 1989. Acapulco. Information: Congress Secretariat, Jujutla 91, Tlalpan, Mexico, D.F. 14090

**CAMBRIDGE SEMINARS-GERIATRICS: A Multidiscipline Conference.** August 20-25, 1989, St. John's College, Cambridge University, Cambridge, England. For information, call: (301)243-5943.

**SIXTH NATIONAL FORUM ON RESEARCH IN AGING: HEALTH, WELLNESS, AND INDEPENDENCE.** September 20-21, 1989, Nebraska Center for Continuing Education, Lincoln, Nebraska. Call for papers by April 24, 1989. Contact Department of Conferences and Institutes (402)472-2844.

**THE GERONTOLOGICAL SOCIETY OF AMERICA: "Aging Differently".** November 17-21, 1989, Hyatt Regency Minneapolis and Holiday Inn, Minneapolis, MN. Information: 1275 K Street N.W., Suite 350, Washington, D.C. 20005-4006.

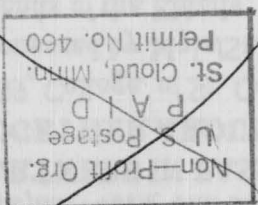
**AMERICAN ASSOCIATION OF HOMES FOR THE AGING 28TH ANNUAL MEETING AND EXPOSITION.** November 6-9, 1989, Baltimore, Maryland. Contact person, Deborah Beitler, Director, Suite 400, 1129 20th Street NW, Washington, DC 20036-3489.

**OHIO VALLEY APPALACHIA REGIONAL GERIATRIC EDUCATION CENTER.**

**Summer Institute- Developing Leadership in Geriatric Education.** July 24-27, 1989. More info: Ohio Valley Appalachia Geriatric Education Center, 20 Chandler Medical Center Annex 1, Univ of Kentucky, Lexington, KY 40536-0079.

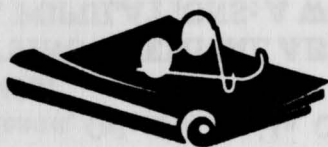
**AMERICAN SOCIETY ON AGING SEMINAR: The Real World of Case Management.** June 1, 1989--Kansas City, MO. June 2, 1989--Minneapolis, MN. More Info: ASA, 833 Market Street, Suite 512, San Francisco, CA 94103





To:

Gerontology Program  
Dept of Interdisciplinary Studies  
Stewart Hall  
St. Cloud State University  
St. Cloud, Minnesota 56301



## **OLDER AMERICAN'S MONTH MAY 1989**

**See Page 4 for details and  
highlights of SCSU plans.**

## **GERO PROGRAM MOVES!**

The Gerontology Program has moved from Colbert House to the 3rd floor of Stewart Hall. Correct locations and phone numbers follow:

Dena Shenk, Director--Room 365A  
255-3014

Michelle Stone, Undergraduate Coordinator--Room 335, 255-3156

Jennifer Crotteau, Graduate Assistant  
Room 358, 255-3899

Marilyn Nelson, Program Secretary  
Room 365, 255-3899