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Gerontology Newsletter

Program in Gerontology

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Fall 1990

### Gerontology Times [Fall 1990]

St. Cloud State University

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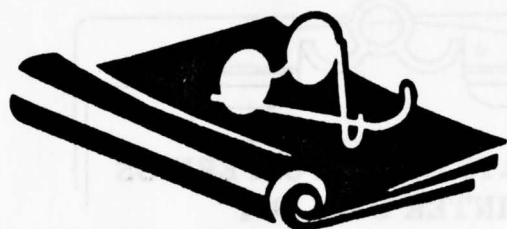
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# GERONTOLOGY NEWSLETTER

ST.CLOUD STATE UNIVERSITY



FALL 1990

VOLUME 6, NUMBER 1

## FROM THE DIRECTOR'S DESK

As usual, the summer has passed very quickly. I hope that all of you have had a productive and refreshing summer and are now ready to return to your academic endeavors.

The first Gerontology Study Tour to Denmark was an overwhelming success. Both my account of this exciting 2-week session & a report from one of the student participants appear on page 3.

Michelle Stone is on leave this fall quarter completing work on her doctoral dissertation at Western Michigan University, Kalamazoo. We wish her the best of luck in the final stages of completing her doctorate.

Congratulations to Eleanore Stokes and Linda Havr who have been selected as fellows of the MAGEC Program (Minnesota Area Geriatric Education Center). Look for further information on this on page 6.

The projected gerontology course offerings for the year demonstrate our diversity and growth. Look for Aging in Culture and Society and Dementia and Aging winter quarter, and Women and Aging in the spring. There will be a new 440/540 offering this winter on Grantwriting.

President McDonald has targeted the 1990-91 academic year as the year of the student. We in the gerontology program will be concerned as usual with meeting the needs of our students. Let

us hear from you. I wish you all a challenging and satisfying fall quarter.

--Dena Shenk

## GERONTOLOGY CLUB

The Gero Club is a very active, fun club! The main goal of the club is to create an awareness of our aging population in our society, community and here at SCSU.

Activities of the club last year include: movies on aging, a speaker on the aging population of Mexico, distribution of balloons to the elderly, and letters to The Chronicle on the aging population. In addition, through fundraising efforts, the Gero Club donated over \$300 to charities. The Gero Club meets on Wednesdays at noon in the Gerontology Resource Room, SH 330. If you would like to try our club, contact Tammy Veith Kwiatkowski at 682-4900, or leave your name with a secretary in the Gerontology office.

If you are looking for a club where you can network, learn, and have fun, come join us!

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## GRADUATE PAGE

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

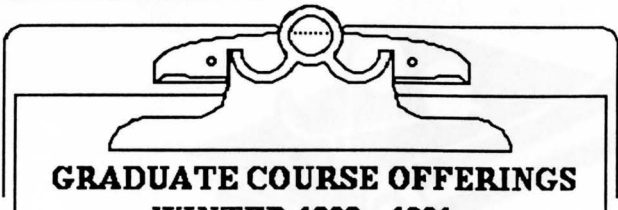
-- *Jena Shenk*

Four new graduate students have been admitted since last May Barb Kuhlman is one of the Grad Assistants in Gerontology and is highlighted on page 3 Michelle Blenkush, Bonita Kallestad and Linda Shelles were admitted this summer. Micki Blenkush is a recent graduate of the undergrad minor program and a social work major at SCSU We are pleased to have her continuing her education with us. Bonnie Kallestad works with legal aide to seniors in Willmar and Linda Shelles is particularly interested in family aging issues. We are pleased to welcome them into the Master's Program.

All of them are enrolled in GERO 620: Advanced Policy Issues in Gerontology The process of exploring key issues in the field using an ethical framework is a sure way of getting a group to know each other well. I look forward to continuing that process with them throughout the quarter.

Our graduate students have been completing interesting and rewarding internships Laurie Axtman interned this summer at St. Benedict's Center working primarily with Adult Day Care and the Alzheimer's unit. Mike Burzette is interning at the Central Minnesota Council on Aging working on the Senior Ctr Leadership/Service Development Project. Jane Moen is interning at RSVP She is focusing on publicity and learning the process of producing the "Lifespan" television show Internships provide an important forum for trying out new skills in a relevant setting.

We are looking forward to an exciting year and welcome interested individuals to call for information about our graduate courses and the master's program.



### **GRADUATE COURSE OFFERINGS WINTER 1990 - 1991**

(Advanced Registration is Oct. 22, 23, 24)

#### **CORE:**

- \*BIOL 512 Biology of Aging (3 cr ) R  
18:00-21 20 McCue
- \*GERO 542 Professional Seminar (2 cr )  
Arranged, Stone

#### **ELECTIVES:**

- \*SOC 575 Sociology of Health & Illness  
(4 cr.) T 18:00-21.20 Havir
- \*SSCI 560, Sec. 2 Adult Journey (4 cr ) MW  
15:00 - 16:50 Stokes
- \*APSY 678 Graduate Statistics (3 cr ) M  
18:00-20:30 Redding
- \*ED 615 Introduction to Research (3 cr ) M  
18:00-21.20 Schmidt
- \*GERO 520 Aging in Culture & Society (3 cr.)  
MW 13:00-14.50 Stokes
- \*GERO 525 Dementia & Aging (3 cr ) W  
17:15-20:45 Stone
- \*GERO 540 Grantwriting (4 cr ) T  
18:00-21 20 Shenk

A sheet of tentative projected course offerings for Gerontology students is available from the Gerontology program in 365 Stewart Hall.

Psychology 647  
will not be offered  
this year.

## DENMARK STUDY TOUR REPORT

The first Gerontology Study Tour was a great success. Nine students from SCSU and Mankato State were in Denmark from May 28 through June 8 for an intensive look at approaches to meeting the needs of older adults in Denmark. The group, led by Dena Shenk, arrived in Copenhagen on the morning of May 29. We spent a day and a half exploring the capital and beginning our study with an excellent lecture by Steen Christiansen on the national system. That afternoon we took the train to Aalborg to what became the groups' home for the remainder of the trip. We lived in the SCSU Study Center in Aalborg.

Our time in Aalborg was devoted to lectures and site visits which gave us a firm understanding of the regional and local aging system. We toured a range of programs including, day centers, segregated housing, a family center and nursing homes. The last day was devoted to individual field placements which allowed students to explore their particular interests more deeply.

The scheduling was finalized by Kristin Berg, an Assistant Director at the SCSU Study Center.

We lived and worked together, developing a strong group identity. We ate together at the SCSU Study Center and met again after dinner most evenings for discussion. Our final activity was a graduation ceremony and party on Friday night which was attended by many of those in the aging network in Aalborg.

We will be gathering soon to exchange photographs and reminisce about the incredible experience which was shared. We hope to establish the Denmark corner in the Gerontology Resource Room to prolong and share the memories.

The participants of the study tour from SCSU were: Laurie Axtman, Dennis Enser, Kim Flom, Bonita Kallestad, Hyun Song, and Margaret White.

## DENMARK REFLECTIONS

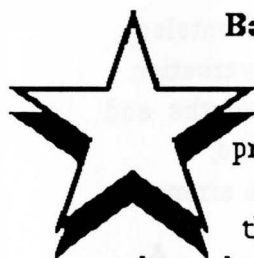
I went to Denmark as a member of the SCSU study tour in May of 1990. It was our intent to tour facilities in Denmark and compare them to what exists in the U.S. My research in Denmark dealt with the system of nursing homes and other related facilities for the elderly.

It is generally accepted that Denmark's nursing home system is one of the most advanced in the world. I found that nursing homes in Denmark have quality facilities which provide physical treatment to the residents. In addition, the nursing homes are connected to facilities which provide many social activities.

The trip was an eye opening experience and was very useful. Thanks to Dena for providing us with the opportunity to study other cultures, and for being a terrific leader.

--Hyun Song, Graduate Student

## GRADUATE SPOTLIGHT



**Barbara Kuhlman** is a first year graduate student and graduate assistant in the Gerontology program. She received her Bachelor of Arts degree last spring from the University of MN, Morris. Her undergraduate majors are: Human Services and Sociology with a minor in Women's Studies.

Barb's past work experience at an Intermediate Care Facility which serves mentally retarded/developmentally disabled adults along with her participation in local government has led her to pursue a Masters degree in Gerontology. Barb's area of special emphasis is in aging persons with developmental disabilities. Barb lives in Alexandria with her two children and trusty dog, Bandit.



## UNDERGRADUATE PAGE

### FROM THE UNDERGRADUATE COORDINATOR'S DESK

*Eleanor Stokes*  
Welcome back to the Gerontology Program at SCSU!

It's particularly great for me because in this, my second academic year at St. Cloud, I'm returning to familiar settings - and to students whose efforts and commitment to study and careers in the field of aging are impressive. If the first few weeks are any indication, this fall quarter is going to be the best yet!

A reminder about advisement for the Gerontology minor: keep in touch, at least once a year, preferably twice yearly. As you proceed through the program, as your interests and plans become clearer or are redefined, you may want to adjust your electives. These sessions are also opportunities to plan ahead with new course offerings, schedule changes, etc.

If you are considering a minor in Gerontology, take time for some one-on-one conversation about career interests, academic strengths and course choices. Office hours are posted, or appointments at another time can be arranged.

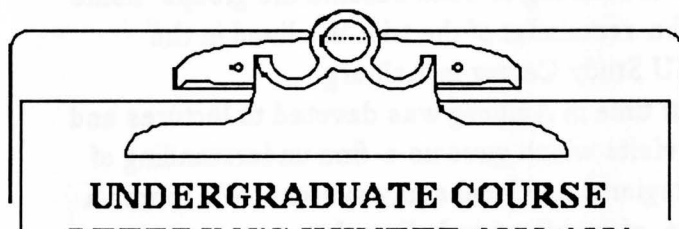


**Judy Loehrer** lives in St. Cloud and began taking classes at SCSU "way back when." In the summer of 1989 she decided it was time to finish her degree as quickly as possible and hence became a full-time student. Judy has chosen a minor in Gerontology to complement her major in Sociology. She hopes to graduate this fall or winter.

Judy's immediate goal is to find employment that will allow her to use the academic knowledge she has gained here at SCSU, her personal talent and

previous work skills to work in research and programming for the elderly. Her long range goal is to return to SCSU in the future to pursue a Masters Degree.

Judy currently works part-time at the Alumni and Foundation Center, is involved in the Gero Club, and is the mother of two children.



### UNDERGRADUATE COURSE OFFERINGS WINTER 1990-1991

(Advanced Registration Oct. 22, 23, 24)

#### CORE:

\*BIOL 412 Biology of Aging (4 cr) R 18:00-21:20  
McCue

\*PSY 345 Psy Aging, Dying & Death (4 cr)  
MTWF 13:00-13:50 Staff

\*GERO 444 Internship (4-16 cr) Arranged Stone

#### ELECTIVES:

\*SSCI 204, Death & Dying, Sec. 2 (4 cr)  
MW-13:00-14:50 Stensland

\*SSCI 460, Sec. 2 Adult Journey (4 cr) MW  
15:00-16:50 Stokes

\*SOC 475 Sociology of Health & Illness (4 cr) T  
18:00-21:20 Havir

\*GERO 420 Aging in Culture & Society (4 cr)  
MW 13:00-14:50 Stokes

\*GERO 425 Dementia & Aging (4 cr) W  
17:15-20:45 Stone

\*GERO 440 Grantwriting (4 cr) T 18:00-21:20  
Shenk

\*GERO 442 Professional Seminar (2 cr) Arranged  
Stone

## INTERNSHIPS

Have you made plans for your internship (GERO 444) yet? If you are still looking, perhaps you want to ask those who have completed their internship about their experience.

**Karen Hedin** finished her experience at St. Cloud Manor, working with the social worker there.

**Jane Arens** is currently working at the Central Minnesota Council on Aging (CMCOA).

**Lisa Pletch** spent her internship working with Donna Walberg at Central Minnesota Council on Aging. Lisa writes concerning her position.

"My internship with the Central MN Council on Aging afforded me the opportunity to learn through a wide variety of experiences. Through my work with Community Forums, Project Assessments, and Senior Center Development, I gained invaluable administrative skills. I was also able to learn about the grant process through my many activities. The networking opportunities were wonderful and I could not have asked for a better staff to work with! I believe that my experiences with CMCOA were essential additions to my career development."

**Those of you planning to do your internship spring quarter, will need to contact Michelle Stone to make arrangements the first week of winter quarter when she returns from her leave.**

## ALUMNI NOTES

Alumni notes is a new column dependent on you! It's always a pleasure to hear from former students willing to share their post college career adventures. Please keep this column full.

**Steve Oehrick** recently accepted the Governor's Award on behalf of the Adult Day Care Program

at the Foley Nursing Home where he is the Administrator

The Adult Day Care Program is one of four projects in Central MN to be recognized by Governor Perpich for their outstanding efforts to provide innovative services to people in need. Congratulations to Steve!

**Kathryn Whitney** is a Social Worker for the Hospice Home Care program at St. Joseph's Medical Center in Brainerd, Minnesota.

**Linda Gratz**, 1987 graduate, started working at the Brainerd State Hospital in 1988 in the same building where she did her internship. Due to health reasons she was on medical leave and has since begun working with the developmentally disabled. "It's far different than anything I had planned, but it suits me well and I do enjoy it."

## Congratulations!

Congratulations to the following students who have graduated in the past year with a Gerontology minor:

Lisa Marie Femrite, Kimberly Kay Hoganson, Rhonda Elizabeth Korpi, Jill Marie McMahon, Timothy Scott Huben, Shawn Florentine Kosbab, Colleen Kristin Rooney, Laura Lee Iverson, Cynthia Lynn Peterson, Teresa Kay Frost, Michelle Lee Blenkush, Michelle Lee Ferguson, Linda Louise Will, Barbara Ann McPhail, Kimberly Ann Flom, Bonita Louise Stachowski

Faculty, staff and newsletter readers hope you will stay in contact by sharing updates on your career adventures

## FACULTY NOTES

**Dena Shenk** was invited to participate in the European Behavioral and Social Sciences Research Section of the International Association of Gerontology in Gdansk, Poland, August 27-31. She presented a paper entitled, "Older Women as Recipients and Providers of Social Support" Dena will be presenting an address to a gerontology study group of delegates from Japan on October 8. Her address will focus on major issues in Aging in the U.S and Japan and the concept of a continuum of care.

**Linda Havir** and **Eleanore Stokes** were among 20 faculty members who spent 6 weeks in Costa Rica this past summer as part of a Fulbright Group of Projects Abroad grant awarded to SCSU.

Linda studied the health care system and programs and services for elderly people. She gathered data about age norms in Costa Rica.

Eleanore focused on community based services for older adults & collected individual biographies with photographs working with Ron Schmid (LRS) to add to the data collection on aging women in different cultures

They both had a great time in Costa Rica and would like to return!

In October each will be giving a paper at the North Central Council of Latin Americanists annual meeting to be held in St. Cloud. Linda will discuss methods for including information about Costa Rica in her course work, Eleanore will comment on the experience of aging in Costa Rica.

In September Havir and Donna Walberg made presentations about the rural senior centers study at the MBA Senior Center Conference and the delegate meeting for the National Institute of Senior Centers

**Michelle Stone** is on leave of absence to complete her doctoral dissertation.

**Mary Dwyer** is at home recuperating from a broken hip. She would appreciate cheerful phone calls!

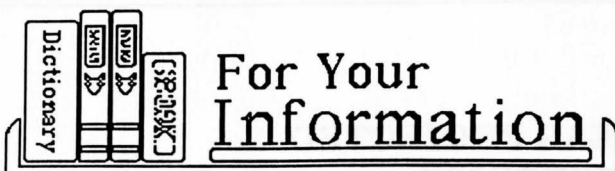
**Mary Boltuck** has a new phone extension 5232. She will be retiring at the end of the fall quarter

### **MINNESOTA AREA GERIATRIC EDUCATION CENTER**

The Minnesota Area Geriatric Education Center (MAGEC), established in 1988, is based in the University of Minnesota's Health Sciences Center in Minneapolis. The goals of MAGEC are (1) to improve geriatric instruction and research within each participating discipline and (2) to improve the knowledge and skills of health and allied health professionals working with the elderly. Targeted are schools of dentistry, family practice, nursing, pharmacy, public health, and social work. MAGEC activities emphasize service to underserved populations including minority, rural, low income and frail individuals.

Each year MAGEC selects faculty fellows to work with UofM mentors and on their home campuses to upgrade their geriatric expertise and productivity. Among other responsibilities, each faculty fellow completes an individual project which may take the form of curriculum development, curriculum development, program development, or research.

St. Cloud State is proud to announce that **Linda Havir** and **Eleanore Stokes** have both been accepted as Faculty Fellows for 1990-91



## **MEETINGS AND CONFERENCES**

**NAVIGATING THE NINETIES**, Care Providers of Minnesota, Hyatt Regency, Minneapolis, MN, November 13-15, (612) 854-2844, 1-800-462-0024.

**MINNESOTA GERONTOLOGICAL SOCIETY (MGS) FALL CONFERENCE**, November 14, 1990, (612) 222-8233.

**RESOURCEFUL AGING: TODAY AND TOMORROW**. Washington, D.C. Oct. 9-10, 1990.

**"1990 NATIONAL CONFERENCE ON RURAL ELDERLY" CHALLENGES & SOLUTIONS: AGING IN RURAL AMERICA**. Kansas City, Missouri. 800-548-4782. Oct. 21-24, 1990.

**FAMILY CAREGIVING ACROSS THE LIFESPAN**. Contact May L. Wykle, 216-368-2692. Cleveland, Ohio Oct. 22-23, 1990.

**"FITTING IT ALL TOGETHER: ELEMENTS OF SELF-DETERMINATION" 16TH ANNUAL SENIOR WORKERS' FALL CONFERENCE**. St. Paul, MN. 612-698-0751. Oct. 25, 1990.

**43rd ANNUAL SCIENTIFIC MEETING OF THE GERONTOLOGICAL SOCIETY OF AMERICA**. Boston, MA. (202) 842-1275. Nov. 16-20, 1990.

**AGEING: NUTRITION AND THE QUALITY OF LIFE**. International Conference Marbella,

Spain. Telefax 52-77-03-00 Ext. 1034. Nov. 12-14, 1990.

**LAUNCH '90**. Sponsored by The National Retiree Volunteer Center. Minneapolis, MN. 1-800-833-NRVC. Nov. 14-16, 1990.

**TRANSLATING CAREGIVER RESEARCH INTO POLICY AND PRACTICE**. Portland, Oregon. Contact Sharon Newman, 503-229-7348. Feb. 28-Mar. 2, 1991.

**"DIMENSIONS OF INTERGENERATIONAL RELATIONSHIPS," 17th ANNUAL MEETING OF THE ASSOCIATION FOR GERONTOLOGY IN HIGHER EDUCATION**. Pittsburgh, PA. 202-484-7505. Feb. 28-Mar. 3, 1991.

**"A GOOD OLD AGE: HOW & FOR WHOM" 37TH ANNUAL MEETING OF THE AMERICAN SOCIETY ON AGING**. New Orleans, LA. Contact ASA San Francisco, CA 415-442-0434. Mar. 16-19, 1991.

**"SECURITY FOR OUR FUTURE--THE ROLE OF LIFE CARE IN HOUSING, HOSPITALITY, AND HEALTH CARE."** Boston, MA. 617-638-4605. April 11-12, 1991.

**"SOMETHING NEW UNDER THE SUN" NCOA's 41ST ANNUAL CONFERENCE**. Miami Beach, Florida. 202-479-6991/6994. May 19-22, 1991.

**II EUROPEAN CONGRESS OF GERONTOLOGY**. Madrid, Spain. Sept. 11-14, 1991.

**XVTH INTERNATIONAL CONGRESS OF GERONTOLOGY**. Sponsored by the WORLD CONGRESS OF GERONTOLOGY. Budapest, Hungary. July 4-9, 1993.



## 1990 ACADEMIC YEAR PROJECTED COURSE OFFERINGS

A sheet of tentative, projected course offerings for  
Gerontology students is available from the  
Gerontology office in  
365 Stewart Hall.



### NEW COURSE FOR WINTER QUARTER

Gerontology 440/540: GRANTWRITING

4 Credits Tuesday evening 6:00 p.m. - 9:20 p.m.

Dr. Dena Shenk, Instructor

This course will develop students' grantwriting skills through exercises and practice of proposal development and writing. Class meetings will include small-group work on proposal components and discussion with experts on the essentials of good proposal development. For graduate students implications for developing thesis proposals will also be explored.

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