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Gerontology Newsletter

Program in Gerontology

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Fall 1992

### Gerontology Times [Fall 1992]

St. Cloud State University

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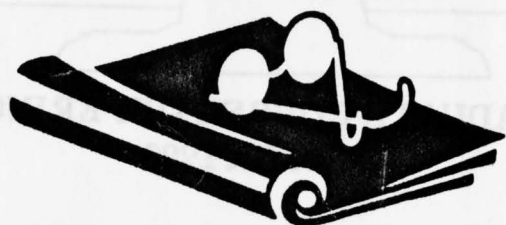
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# GERONTOLOGY NEWSLETTER

## ST.CLOUD STATE UNIVERSITY



FALL 1992

VOLUME 8, NUMBER 1

### FROM THE DIRECTOR'S DESK

*Brenda Hauser*

Welcome back. I hope you all had a fine and refreshing summer and are ready for another challenging year. Our program is healthy and growing with an increasing number of new minors and new graduate students. I want to welcome Dr. Marlene DeVoe, who has joined the Psychology Department, and will be a new member of the Gerontology Steering Committee. We look forward to tapping her expertise in the psychology of aging.

We anticipate an exciting year with some new Gerontology courses taught by adjunct faculty. As many of you know, Gary Kelsey from the Metro Council, is teaching a course on grantwriting and fundraising for us. I expect that this will be a rewarding course. For winter quarter we will have Kay Schaffer, who is in the doctoral program in Sociology at the University of Minnesota, teach Gero 208 for us. Kay will be able to bring some new dimensions to the course, as she will infuse multicultural and minority content into her class discussions.

Jim Tift, who has worked with the Minnesota Board on Aging and taught for years at Metro

State, will teach a course on mental health and aging. Jim will not only focus on dementia and depression but also discuss wellness and maintaining health. We are pleased that Jim is willing to drive up from the Twin Cities this winter to meet with us on Wednesday nights.

I am pleased to announce that four students completed their graduate programs last year. I expect many graduates in the coming year and look forward to seeing their creative thesis projects. I also want to welcome seven new graduate students to the program.

Keep in touch. Be sure to let us know about your news and happenings so we can report your interest, successes, etc. in the newsletter.

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## GRADUATE PAGE

### FROM THE GRADUATE COORDINATOR'S DESK

*Eleanor Stokes*

The beginning of a new academic year is always exciting! We celebrate the achievements of the year just ended and look with delight toward the experiences yet to come.

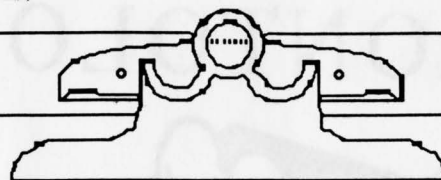
Congratulations to Michael Burzette, Rebecca Wilson, Hyun Song and Micki Blenkush who were awarded the Masters in Gerontology during 91-92--and a warm welcome to those admitted to the program this quarter: Betty Bush, Jeffrey Ehlenz, Debra Eisenstadt, Connie Feig, Julie Grunter, Ann McWilliams, and Sylvia Mertens.

Both experienced and new students need to remember that there are program elements that require planning and your on-going attention: your program plan, your internship, and your course schedule. I will assist you with each of these but it is important that you anticipate your needs by at least two quarters. Make an appointment by calling me at 255-4183 or stopping by my office, SH 336. I recommend a twice yearly advisement consultation with me.

Remember that I will be teaching in SCSU's program in Alnwick, England during the upcoming winter quarter. Be sure to see me early in this quarter if you are planning a spring internship. There will be no winter internships except in hardship situations.

If you have questions or concerns be sure to stop by or phone. Meeting with you and helping you toward a successful experience is one of the nicest aspects of my work.

Have a great quarter!!



### GRADUATE COURSE OFFERINGS WINTER 1993

#### CORE:

- \***PSY 647 Psy. of Aging** (3cr ) T 18:00-20:30  
DeVoe
- \***BIOL 512 Biol. of Aging** (3cr ) R 18:00-21.20  
McCue
- \***ED 615 Intro. to Research** (3cr ) M  
18:00-21:00 Schmidt
- \***IM 608 Research Methods in Media** (3cr ) W  
18:00-20:30 Hites
- \***APSY 678 Graduate Statistics** (3cr ) W  
18:00-20:30 Murphy

#### ELECTIVES:

- \***SOC 575 Soc. of Health & Illness** (4cr ) TR  
13:00-14.50 Havir
- \***MGMF 579 Social Insurance** (4cr ) MW  
12:00-13:50 Young
- \***GERO 540 Mental Health & Aging** (4cr ) W  
18:00-21.20 Tift

### REMINDER FROM DR. STOKES

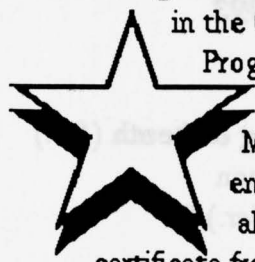
When you have completed nine graduate credits you are encouraged to identify a member of the graduate faculty who will serve as chairperson of your thesis committee. The chair is your mentor through the thesis process. It is never too soon to get to know about the interests of our graduate faculty. As Graduate Advisor, one of my functions is to help you make this step. Stop by my office (SH 336) or make an appointment and let's begin the process.

## GRADUATE SPOTLIGHTS

**Julie Grunter** is a first year graduate student in the Gerontology Program, having received her undergraduate degree in psychology from the College of St. Catherine this past year. She is a volunteer Local Coordinator for the Catholic Charities Respite Program in Ramsey County and lives in St. Paul. Besides her busy schedule of attending classes, working and volunteering, Julie is also planning her wedding which will take place in June 1993.



**Sue Wegner** is a first year graduate student in the Gerontology Masters Program. Sue graduated last spring from the University of Minnesota-Duluth with an emphasis in psychology. She also received a gerontology certificate from the College of St. Scholastica. During a six month internship at the Arrowhead Area Agency on Aging in Duluth, Sue discovered an interest in program planning for older adults. She has been nominated to be the student representative from greater Minnesota for the Minnesota Gerontological Society.



## PUBLICATION REVIEWS

The US Senate Special Committee on Aging and the AARP have published the 1991 edition of, "Aging America. Trends and Projections." The 273-page report focuses on social and economic characteristics of the aging population. For a copy write: Senate Special Committee on Aging, Rm G-31, Dirksen Senate Office Building, Washington, DC 20510-6400, Attn. Publications

The AARP has published the 1991 edition of its "Profile of Older Americans." This brochure, which provides demographic information about the older population and data about the socioeconomic status of elders, is available free from: A Profile of Older Americans 1991, AARP Fulfillment, 601 E Street, NW, Washington, DC 20049.

A cross-cultural analysis of long-term care systems in nine countries has been released by the Center on Elderly People Living Alone. The report, titled "International Perspectives on Long-Term Care Reform in the US", is available from the Center, AARP, 601 E Street, NW, Washington, DC 20049. Request Publication No 9108.

The Kansas Department on Aging has produced a publication titled "How to Select a Special Care Unit: A Consumer's Guide to Special Care Units for Persons With Dementia." A free copy can be requested from KDOA, Docking State Office Bldg, 122-s, 915 SW Harrison, Topeka, KS 66612-1500.



## FROM THE UNDERGRADUATE COORDINATOR'S DESK

*Marcia Haver*

We are looking forward to an exciting year as we have many new students, new courses and faculty. I have been pleased to see many new students ready to declare minors in Gerontology. We truly will have an impact through our expertise and work.

I encourage students to think about joining the Gero Club. Leadership positions are available. Contact Marcia at 654-5224 about working with the Gero Club. A number of students have already expressed an interest in the club. Try it, you might like it!

We did end the year last May with a very successful Open House sponsored by the Club. A "standing room only crowd" meant that we had to order many more pitchers of lemonade!

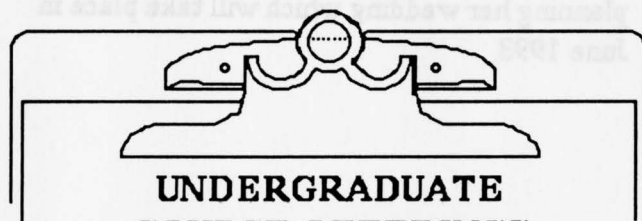
Be sure to keep in touch so that we can keep you informed about new courses, new faculty and internship possibilities.

### CONGRATULATIONS!

Faculty, staff and newsletter readers would like to congratulate the following students who graduated spring quarter: **Gina Eng**, psychology major and gerontology minor; **Tamara Lund**, psychology major and gerontology minor; **Nathan Oie**, psychology major and gerontology minor; **Mary Sorenson**, psychology major and gerontology minor; **Dana Drake**, minor in gerontology; **Karla Nelson-Wolf**, social science major and gerontology minor; **Amy Florin**, community health major and gerontology minor; **Steven Manderfeld**, applied psychology major and gerontology minor; **Lynette Shelstad**, community health major and gerontology minor; **Laura Sterling**, social work major,

gerontology and human relations minor; and **Rebekah Wilson**, who received her master of science degree in gerontology.

Congratulations are also extended to **Julie Winter Altenhofer** and **Michael Burzette** who both graduated this summer. Julie graduated with a major in social work and a minor in gerontology. Mike completed his Master of Science degree in gerontology. We hope you will stay in contact with us by sharing updates on your career experiences.



## UNDERGRADUATE COURSE OFFERINGS WINTER 1993

### CORE:

- \***PSY 345 Psy. Aging, Dying & Death** (4cr)  
MTWF 13:00-13:50 Anderson
- \***BIOL 412 Biol. of Aging** (4cr) R  
18:00-21:20 McCue
- \***GERO 208** (Formerly SSCI 208) **Intro. to Gero** (4cr) MW 13:00-14:40 Schaffer

### ELECTIVES:

- \***PSY 241 Intro. to Developmental Psy**  
(4cr.) MTWR 14:00-14:50 DeVoe
- \***MGMF 479 Social Insurance** (4cr) MW  
12:00-13:50 Young
- \***GERO 440 Mental Health & Aging** (4cr)  
W 18:00-21:20 Tift
- \***SOC 475 Soc. of Health & Illness** (4cr)  
TR 13:00-14:50 Haver

## INTERNSHIP NEWS

Have you made plans for your internship yet? If you're still deciding you might want to contact students who have completed their internship experience.

Undergraduate **Carla Schloegl** will intern with the Retired Senior Volunteer Program (RSVP) in St. Paul.

**Margaret White's** graduate internship experience will be spent at Central Minnesota Group Health Plan.

**Linda Shelles'** graduate internship this quarter is at the Central Minnesota Council on Aging.

Graduate student **Lori Janus** will be interning under Kathy Zenzen at Carter Place retirement living complex.

**Rachel Howe** will be doing her undergraduate internship at St. Benedict's Center.

Undergraduate student **Lynn Marquette** will be interning at the Crystal Lake Health Care Center, Robbinsville.

**Dr. Stokes will be teaching in England winter quarter. Winter internships and Gero 542 will not be available. If this is a hardship for anyone, they should contact Dr. Stokes immediately. Any student planning on doing an internship and/or Gero 542 spring quarter should make arrangements with Dr. Stokes fall quarter.**

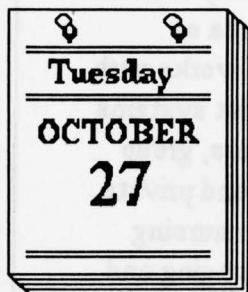
## ALUMNI NOTES

**Jane Arens** graduated from SCSU with a major in social work and a minor in gerontology in the fall of 1990. Since then, she has been working for Sibley County Human Services (Gaylord, MN) in the area of developmental disabilities. She works with all ages and in quite a few different systems such as regional treatment centers, group homes, family homes, corporate and private foster homes, as well as various nursing homes. She finds her work challenging and exciting. One of the main things that she has learned from her work is to respect the differences in people. She wishes everyone in the Gerontology Program the best of luck.

**Micki Blenkush** has been working in Willmar since this past spring with the program "Living at Home/Block Nurse Program", which is affiliated with SAIL and part of the Alternative Long-Term Care Grant Program through the MN Dept. of Human Services. One of the many responsibilities Micki had was to complete a major needs assessment. She also has been working closely with community organizations such as community education, elderly day care services and information and referral. Emphasis is placed on the utilization of existing services.

**Mike Burzette** completed his thesis entitled, "Retirement Planning Patterns of Women Working in a Health Care Setting". Women who work in health care settings were the subjects of his thesis. He received his diploma Summer Session II. Mike continues to work as a Mental Health Specialist at St. Cloud Hospital.

## FALL GET- TOGETHER



**WHO:** Gerontology students and faculty  
**DATE:** Tuesday, October 27, 1992  
**TIME:** 4:30- 5:30 p.m.  
**PLACE:** Happy hour in the Ciatti's Lounge in the Herberger's Mall Complex

### VOLUNTEER: WHY SHOULD YOU VOLUNTEER AND HOW BEING A VOLUNTEER CAN BENEFIT YOU

There are many benefits in being a volunteer. For many students, it is a chance to put their academic knowledge into hands-on practical experience. It also serves as a networking opportunity in which students can be introduced to and work with professionals in the field of aging. The benefits from volunteering are unlimited. You can make an impact!

Saint Benedict's Center has many volunteer openings and could use your time and talents. Listed below are some of the current needs. Interested persons should contact Jan Phillips at 252-0010, ext. 286.

- **Benedict Village:** An activity assistant is needed on Thursdays a couple of times each month for 2 hours to help with picnics, cook outs and special events

- **Special Care Unit Activities:** this unit cares for persons with Alzheimer's Disease and related disorders; the staff needs help with visiting, games and one-on-one events

- **Pianists**

- **Bus Rides:** persons needed to act as tour guides/companions on the 2-3 bus rides a month which take the residents to see the countryside.

The Interfaith Caregiver Program is coordinating **Project CARE: Community Action to Reach the Elderly** to address some of the needs older adults are facing. Presently, they are seeking volunteers to help with day-to-day needs older adults have in maintaining their homes, such as yard work, housekeeping, and home repairs. Interested persons may contact Wendy Pikus at 252-3473.



### DEADLINES

#### Graduation Application Deadlines:

**Fall--** October 5 at Noon  
**Winter --** January 6 at Noon  
**Spring--** April 2 at Noon

#### Last date for arranging preliminary or final thesis conference with graduate office:

**Fall--** October 30  
**Winter--** February 10  
**Spring--** May 5

Four copies of either the preliminary paper or final thesis are due on this day



## MGS FALL CONFERENCE

### "Minnesota Reports: Modeling the Future"

Minnesota Gerontological Society will be holding its fall conference Oct. 23, 1992 at the Sheraton Park Place Hotel. The goal of the conference is to update professionals and individuals about aging programs, public policy and research in Minnesota. The keynote address, "Trends and Innovations in Programs for Older People" will be presented by Rosalie Kane, DSW. Concurrent sessions will be held in the morning on the National Eldercare Campaign, The Living at Home/Block Nursing Program, and the Seniors Agenda for Independent Living Program. The afternoon will be divided into two sets of concurrent sessions. The first sessions are: The Lazarus Project: A Politics Empowerment, Ethical Issues in Working with Older Volunteers, A Therapeutic Group Program for Early Stage Alzheimer's Disease, and Managing Care for the Elderly. The second sessions are: Twin Cities Black Elderly Access Project, Social HMO Demonstration, Minnesota's Experience, and Medicare Alzheimer's Demonstration Project.

Student registration fee is \$25.00 in advance or \$35.00 on-site. For a copy of the brochure, or further information, call Margaret Berg at 612 291 8434. Registration forms will be available through the Gerontology Program (SH 334). Individuals interested in carpooling may contact the gerontology graduate assistant's office at 654-5224.



## GERO RESOURCE ROOM

Do you need topic ideas and research materials for a project? Then check this place out: the Gerontology Resource Room (SH 330) has a wide variety of periodicals, newsletters, magazines, papers, and texts available for your use. This is a great timesaver. Students may receive assistance in locating materials in the Resource Room from the graduate assistants in SH 334.

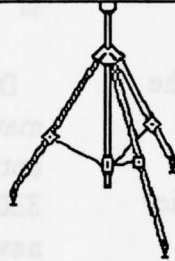
There are several new publications in the Resource Room that have been acquired over the summer and are available for student use. These include "Eighty-Five Plus--The Oldest Old", by Boul, Sanborn and Reif, and four 1992 "Abstracts in Social Gerontology-Current Literature in Aging".

Students are encouraged to use the Resource Room. It is open Monday thru Friday from 9-5. If you need the Resource Room open during other time periods, contact Brenda in Room SH 365. Many students enjoy the comfortable chairs and couch in the room and use it as a quiet and relaxing place to study between classes. This room may also be reserved for your small group meetings.

If you have books and materials which would be useful to students, consider donating them to the Gerontology Resource Room. Contact one of the graduate assistants SH 334 or leave a message with Marilyn at 255-3899 to make a donation.



## FACULTY NOTES



**Pat Bodelson** announces that the Health Administration Program has been approved throughout the entire University system and will await final approval from the Minnesota Board of Examiners for Nursing Homes.

**Eleanore Stokes** and **Julie Broyles** will present "Making the Invisible Visible. The Use of Film and Short Fiction in the Social Sciences" to the fifth annual system-wide undergraduate teaching conference at the Northland Inn in Brooklyn Park, on November 5th and 6th. The conference is funded by the Minnesota State University System, in cooperation with the Bush Foundation.

Eleanore Stokes conducted a workshop entitled "Elders Today and Tomorrow: Implications for Planned Giving Opportunities and Concerns" at the 16th Annual Minnesota Planned Giving Conference on September 18, 1992 in Bloomington.

**Linda Havir** was selected to participate in the National Institute on Aging's Summer Institute in Research on Minority Elderly held at the Airlie Conference center in Virginia from August 16-22. Linda and 23 other gerontologists from across the county studied problems in conducting research on minority elders and are encouraged to develop grant proposals to NIA.

The National Institute on Aging (NIA), created in 1974, is one of 13 Institutes of Health (NIH). NIA funds much of the biomedical, social and behavioral research on aging.

Linda also spoke to the Progressive Club at the St. Cloud National Bank on Sept. 10th on caregiving issues

Linda Havir, along with Oliver Williams, will conduct a workshop, "Exploring Diversity: The Impact of Ethno-Cultural and Professional Perspectives on Assessment and Decision-Making" at the Mid-America Congress on Aging, in Chicago on November 5.

## WELCOME NEW FACULTY



**Dr. Marlene DeVoe**, the newest member of the Psych. Dept. will be teaching Psy 345, Psy of Aging, Dying and Death and Psy 647, Psy. of Aging: Theory and Research winter quarter, playing an important role for many students in Gerontology

Dr. DeVoe moved to St. Cloud from Philadelphia where she recently completed a post doctoral fellowship at the Philadelphia Geriatric Center in affiliation with the Medical College of Pennsylvania. Her research was focused on emotional development from adolescence through older age.

Dr. DeVoe has taught at Drexel University and Temple University in Philadelphia. She received her Ph.D in Life Span Development Psychology from Wayne State University and has worked with Labouvie-Vief and M P Lawton. She has published in the Psychology of Aging, Human Development and has a chapter in the Annual Review of Gerontology and Geriatrics

She has spent most of her life in Michigan, has two grown daughters and enjoys ballroom and country dancing, photography, and the out-of-doors. She is enjoying becoming acquainted with Minnesota. Dr. DeVoe is looking forward to meeting people and sharing her interests with them.

Gero 208, formally known as Social Science 208, will be taught by **Kay Schaffer** winter quarter 1993. She brings a wide variety of experience to the classroom. Ms. Schaffer is a research associate for the Wilder Foundation and

co-authored Time and Talent: Working With Older Volunteers. She has also co-authored "Donative Behavior of Twin Cities Elite" while employed as a research assistant for the Minnesota Non-Profit Study

Presently Ms. Schaffer is working on her doctoral degree at the University of Minnesota in Sociology, and has taught for the U of MN and for the College of St. Catherine's

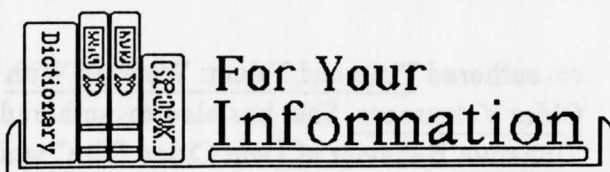
She has presented many papers for a variety of different aging conferences and was awarded the position of Predoctoral Associate, Midwest Council for Social Research on Aging.

**Jim Tift** will teach Gero 440/540, Mental Health and Aging this winter. Currently he teaches and advises at Metro State in the Social Gerontology Program, as well as doing consultation and training for organizations such as the Ebenezer Society, the Metro Council Programs on Aging, the Minnesota Adult Protection Coalition and the Minnesota Association of Homes for the Aging.

Mr. Tift has started working on his Ph.D in Higher Education at the U of MN. He received his M.A. in gerontology from the University of South Florida, and his B.A. from St. John's



**The Gerontology Club is interested in subscribing to the "Journal of Gerontology" for the Resource Room. An annual subscription is \$35.00. Because of limited funds, the club is unable to afford the total purchase of the journal and is seeking donations. Anyone interested in making a donation toward the purchasing of this journal can contact the Gerontology Program at 255-3899.**



## MEETINGS AND CONFERENCES

**"The Quest for Excellence."** Oct. 18-21, 1992. National Guardianship Assoc. Annual meeting. Held at the St. Paul Hotel, 1920 SE Franklin Ave., Minneapolis, MN. Contact Beverly Meral at 612/378-2715.

**"Job Success Fair- Exploring Your Options."** Oct. 19, 1992. Held at the Marriott Hotel-Bloomington, 2020 East 79th Street. Contact Nancy Schuett at 612/881-5811.

**"Life Satisfaction of Elderly African-Americans."** Oct. 21, 1992. Sponsored by SCSU College of Social Sciences and Chamber of Commerce. Stewart Hall 209, 2 pm. Contact 255-4790 for more information.

**"Home Health Care and Elders: International Perspectives."** Oct. 22-23, 1992. Cleveland Sheraton City Center Hotel, Cleveland, Ohio. Further information call 216/368-2692.

**"Care of Patients with Long-Term Illness."** Oct. 23, 1992. Sunwood Inn, St. Cloud. For more information contact SCSU Continuing Studies 255-3081.

**"MGS Fall Conference."** Oct. 23, 1992. See page 7 for details.

**"Caregiving Across the Lifespan: Assessment and Intervention Strategies."** Oct. 23, 1992. Sponsored by Educational Conferences SCSU. This workshop will be held at the Sunwood Inn, St. Cloud. Contact Karen Schafer or Katie Unzen at 255-3082.

**"Process to Progress: Mapping Change Through Empowerment."** Oct. 30, 1992. 18th Annual Minneapolis-St. Paul Senior Workers' Fall Conference. Held at the International Airport Holiday Inn- Bloomington, MN. Contact Michelle Lefebvre at 612/870-3660.

**"The Benefits of Aging: A Multi-Disciplinary Approach."** Nov. 4-7, 1992. The 19th Annual Mid-America Congress on Aging meeting. Hyatt Regency Hotel- Chicago, Illinois. Call 1-800-252-8966.

**"Reducing Restraints: Individualized Approaches to Behavior."** Nov 6, 1992. Sponsored by the University of Pennsylvania, School of Nursing. Contact: Janet Tomcavage, 215/898-4522.

**"45th Annual Scientific Meeting of the Gerontological Society of America."** Nov 18-22, 1992. Washington Hilton, Washington, DC. Contact GSA, 202/842- 1275.

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