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Program in Gerontology

Winter 1993

Gerontology Times [Winter 1993]

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GERONTOLOGY NEWSLETTER

ST.CLOUD STATE UNIVERSITY



WINTER 1993

VOLUME 8, NUMBER 2

FROM THE DIRECTOR'S DESK

Sinda Hauer

Happy New Year to one and all. The year 1992 was a very good year for the program and 1993 will be even better. It has been exciting to develop new courses and the Plan B option in the Master's program. We have been fortunate to work with adjunct faculty who are adding new dimensions to the program.

We plan to start a chapter of the national honor society, Sigma Phi Omega, this spring. I think this is an excellent way to recognize the achievements of practitioners, as well as program graduates and students. We will be contacting you soon with more on Sigma Phi Omega.

Interest on the part of undergraduate and graduate students in the program continues to grow which means I am kept busy answering questions and solving problems. Although it is often obvious that I am really busy, please stop in with questions and feedback. I really do like to chat with you.

I look forward to another great year and more exciting developments for the program.

SENIOR EXPO 1993

"**Riverboat Rendezvous**" is the theme of the fifth annual **Senior Expo** to be held at the Crossroads Shopping Center in St. Cloud on May 5 & 6, 1993. Highlights of the conference include Bud Kraehling of WCCO-TV on Wednesday, May 5 and Dr. Dale Anderson, author of "Laughter is the Best Medicine" fame. There will be many booths and exhibits, including the booth the Gerontology Program shares with the Minnesota Gerontological Society. Volunteers will be needed to staff the Gerontology Booth and are encouraged to contact either Kim Ajala at 253-1619 or Marcia Goossen at 654-5224.

THANKS!!!

Thanks to **Peg Benzfield**, Special Ed. Teacher, and to **Stephanie, Jason, and Al**, students in the Adaptive Living Program at Tech High, St. Cloud, MN, for the assistance they provided with folding and stapling the Fall Quarter Newsletter. Without their help, the newsletter would not have reached our readers with such speed.

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GRADUATE PAGE

PLAN B OPTION APPROVED!!!!

Plan B for an M.S. in Gerontology has now been fully approved! Plan B involves taking more elective courses than Plan A, writing a starred paper as opposed to a thesis, and a final oral examination. Plan B consists of 54 required credits vs Plan A's 51 credits.

For those interested in the Plan B option, contact Linda Havir (255-3013) or Eleanore Stokes (255-4183) for further information.

GRADUATION APPLICATION DEADLINES:

Spring--April 2 at noon

SS I--June 17 at noon

SS II--July 22 at noon

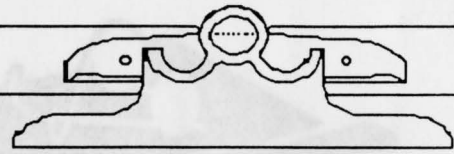
Last date for arranging preliminary or final thesis conference with graduate office.

Spring--May 5

SS I--June 30

SS II--August 4

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



GRADUATE COURSE OFFERINGS Spring 1993

CORE:

APSY 678 Graduate Statistics (3cr) W

18:00-20:20 Staff

ED 615 Intro. to Research (3cr) M 18:00-20:50

Schmidt

SOC 650 Sociology of Aging: Theory &

Research (4cr) T 18:00-21 20 Havr

ELECTIVES:

GERO 520 Aging in Culture & Society (3cr) TR

15:00-16:50 Stokes

***GERO 540 Retirement Planning** (3cr) W

18:00-21 20 Burzette

HETS 512 Advanced Nutrition (4cr) W

18:00-21 30 Malum

MGMF 575 Life & Health Insurance (4cr) MW

13:00-15:00 Christopherson

PSY 543 Psy. of Adulthood (3cr) MW

9:00-10:50 DeVoe

SSCI 560 Adult Journey (4cr) T 18:00-21 20

Stokes

***Gero 540 - Retirement Planning: Creating**

Your Destiny will be offered spring quarter,

Wednesday evenings from 6:00 p.m. - 9:20 p.m.

Mike Burzette, M S Gerontology, SCSU, will be

the instructor. The class will focus on health,

Social Security, employee benefits, personal

finances, the law, leisure, employment and how

individuals may impact these areas for a

"successful" retirement.

Mike has spent much time researching these

areas while completing his thesis, "Retirement

Planning Patterns of Women Working in a

Health Care Setting."

FROM THE GRADUATE COORDINATOR'S DESK

Eleanore Stokes is teaching in England this winter and will return for Spring Quarter 1993. Anyone planning to intern Fall Quarter should contact Elly in the spring to make arrangements.

We look forward to her return and finding out about her experience in international teaching.

GRAD STUDENT SPOTLIGHTS

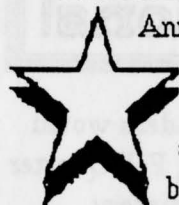
Betty Bush is a graduate student in the Gerontology Program interested in advocating for the elderly. Working full-time for the MN Dept. of Finance while going to school keeps Betty busy. She lives in St. Paul and has two children in college.



Ann McWilliams is a first year graduate student in the Gerontology Masters Program.

Ann received her B.A. in Sociology from Brandeis University in 1990. Upon receiving her M.S., Ann plans to be an industrial gerontologist, aiding businesses in areas such as

management of older workers and diversity awareness workshops. Currently she is enjoying her first quarter as a graduate assistant in the Gerontology Department. She is also a member of the Minnesota Gerontological Society and St. Cloud State University Bel Canto Choir.



Congratulations!

Elizabeth "Betty" Nolan McGowan, 72, received her M.S. in gerontology during SCSU's Nov. 25, 1992 graduation ceremony. Betty received her master's 50 years after receiving her teaching degree from SCSU.

Her thesis focused on the health care system and its need for reform. She chose this topic after she became aware that many senior citizens had inadequate or no health coverage. Her research concentrated on the work for better health coverage in process by the Minnesota Senior Federation and Citizens Organizations Acting Together.

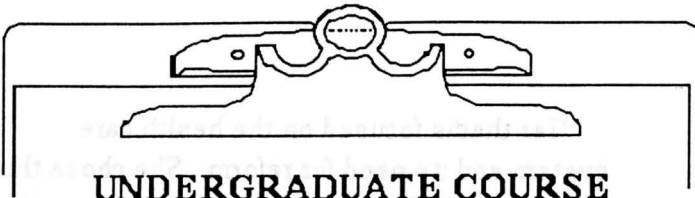
She learned how difficult changing the health care system will be. "There are too many people profiting from it who don't want to change it," said Betty.

She would now like to work with the MN Senior Federation in their efforts to help low-income people obtain better health care.

Betty gave credit to her husband, Martin, and her advisor, Dr. Eleanore Stokes, for their support and encouragement during her pursuit of her master's. Of her overall experience at returning to school after a 50-year absence, Betty said, "Returning to school does broaden your life. It also raises your awareness of the things going on around you."

Congratulations to **Rebekah Wilson**, who graduated with a Master of Science degree in Gerontology in the Spring of 1992. Rebekah's thesis is entitled "Portrait of the Gerontological Nursing Assistant" and involved the study of nursing assistants' demographics and job satisfaction in three East Central Minnesota nursing homes. She has presented the results of her thesis twice, to a group of nurses in Central Minnesota and to the East Central Regional Commission. Currently Rebekah is employed as a nurse at Cambridge Regional Treatment Center working with developmentally disabled adults.

UNDERGRADUATE PAGE



UNDERGRADUATE COURSE OFFERINGS Spring 1993

CORE:

PSY 345 Psy. of Aging, Dying & Death (4cr)
TR 9:00-10:50 DeVoe

ELECTIVES:

***GERO 208 Introduction to Gerontology**
(4cr) M 18:00-21 20 Schaffer (See note, next column)

GERO 420 Aging in Culture & Society (4cr)
TR 15:00-16:50 Stokes

GERO 440 Retirement Planning (4cr) W
18:00-21 20 Burzette

HETS 412 Advanced Nutrition (4cr) W
18:00-21 30 Malum

MGMF 475 Life & Health Insurance (4cr)
MW 13:00-15:00 Christopherson

PSY 241 Developmental Psychology (4cr)
Section 1 M 17:00-20:30 DeVoe

Section 2 MTWF 13:00-14:00 Anderson

PSY 443 Psy. of Adulthood (4cr) MW
9:00-10:50 DeVoe

SSCI 204 Death & Dying (4cr) MW
13:00-14:40 Stensland

SSCI 460 Adult Journey (4cr) T 18:00-21 20
Stokes

Tune in to:
GERO 208

INTRODUCTION TO GERONTOLOGY

***GERO 208 - Introduction to Gerontology** will be offered Spring Quarter 1993 on Mondays from 6:00 p.m. to 9:20 through **Interactive Television-Continuing Education**. Although the course will be taught at SCSU, it will be broadcast to Pine City and Brainerd. Kay Schaffer, who is teaching Gerontology 208 this quarter, will also teach the interactive course. For further information, please contact 255-3899

Congratulations!

Faculty, Staff and newsletter readers would like to congratulate the following Fall Quarter graduates **Judith Decarvalho**, history gerontology and sociology; and **Carla Schloegel**, developmental psychology

Undergraduate student **Tracy McVary** is spending her internship at St. Benedict's Center in the Leisure Services area.

Rachel Howe, undergraduate student, is interning at the Central Minnesota Council on Aging working on the Senior Expo

Congratulations to undergraduate **Lynn Marquette**, who completed her fall internship with the Crystal Lake Health Care Center and now is employed at the Center

INDUSTRIAL GERONTOLOGISTS

Gerontologists They're not just found in nursing homes any more! Specialists in gerontology are increasingly employed in non-traditional areas, such as private, for-profit businesses. As the large number of baby boomers in the workplace age, industrial gerontologists meet businesses' needs for specialists in the aging process.

Specifically, an industrial gerontologist is someone who is employed in a business setting in areas such as personnel, retirement planning, older worker management or retiree hiring. The gerontologist might monitor older workers, conduct eldercare or diversity workshops, or develop marketing plans aimed at older consumers.

Industrial gerontologists are appreciated for their knowledge of business and aging processes. A degree in gerontology is often considered adequate for obtaining a position, for the business savvy comes with the job experience. However, a dual degree in gerontology and business is being offered at more and more universities. Industrial gerontology continues to be one of the fastest growing areas of gerontology.

MGS SPRING CONFERENCE

Monsignor Fahey, of the Third World Age Center at Fordham University, a well-known expert in the area of ethics, will be the keynote speaker for the Minnesota Gerontological Society (MGS) Spring Conference. The conference will be held Friday, April 30, 1993. Look for details of conference location and theme in the spring newsletter.

POPPELE PAPERS

Nancy June Johnston, former graduate student in the SCSU gero program and director of the Poppele Center for Health & Welfare Ministries at the Saint Paul School of Theology, has notified us of a publication produced by them which may be of interest to those professionals working with the aged in religious settings.

The "Poppele Papers", a biannual publication for professional and personal enrichment, focusing on religion and aging within the Health and Welfare Ministry of the church, may be received (a small fee may be involved) by contacting: Poppele Center for Health & Welfare Ministries, Saint Paul School of Theology, 5123 Truman Road, Kansas City, Missouri 64127-2499. Telephone: (816)483-9600.

THE GERO RESOURCE ROOM WANTS YOU!

The Gerontology Resource Room (SH 330) is an excellent place to find a wide variety of newsletters, magazines, journals, and books to use for your research projects. However, information in the field of gerontology is rapidly changing and increasing and the Resource Room needs your donations to acquire current journal subscriptions. Please send your tax deductible contribution to St. Cloud State University, Gerontology Program, 365 Stewart Hall, 720 4th Avenue S., St. Cloud, MN 56301.



SIGMA PHI OMEGA

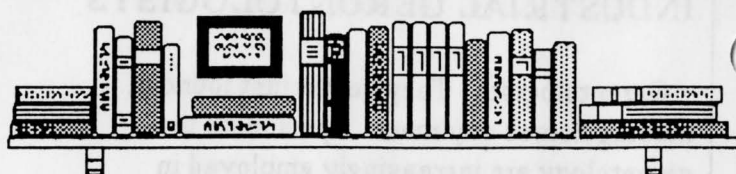
Did you know there is an honor society for gerontology students and professionals? **Sigma Phi Omega** is the national honor and professional society in gerontology, recently headquartered at the Association for Gerontology in Higher Education (AGHE) in Washington, DC. The society has been in existence since 1980 and "seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/aging studies and related fields." There are many chapters throughout the United States and we would like to establish a chapter here at SCSU.

To be eligible to join, an individual must either be a professional working in the field of gerontology or a graduate of a gerontology program (undergraduates must have a 3.3 GPA, graduate students must have a 3.5 GPA). Anyone interested in becoming a member should contact either Ann McWilliams or Marcia Goossen at (612) 654-5224.



Announcing:

The Special Interest Group on Aging of the American Association on Mental Retardation and Special Interest Group on Mental Retardation of the Gerontological Society of America announces a **call for papers** for the Third Lexington Conference on Aging and Developmental Disabilities to be held on September 29 - October 01, 1993. The deadline for submission of proposals is June 15, 1993. For more information, please contact Jim Stone, Conference Coordinator, at (606) 257-5244.



The Central Minnesota Geriatrics Education Center (CMAGEC), affiliated with the Minnesota Geriatrics Education Center (MAGEC), has compiled a geriatrics resource education directory for professionals and specialists in the geriatrics field. This directory lists over 90 speakers from the central Minnesota area willing to speak to special groups or be part of a workshop, and includes 150 different topics in the aging healthcare professions. A listing of audio and visual tools available through different sources in the area is also included. The directory is available through Liz Steil, Coordinator of the Central Minnesota Regional Education Center, Central Minnesota Council on Aging for \$10.00 including shipping. For further information, please contact (612) 253-9349.



This is the time of year when we take the time to think of old friends and reflect on our lives. I want to send my wishes for a happy, healthy and productive new year to all my friends and colleagues back in St. Cloud. Thanks to all of you who have kept in touch and those who sent cards and notes over the holidays. Things are going very well for us in Charlotte. Our new lives here are busy and challenging.

Keep in Touch. **Dena Shenk**

FACULTY NOTES

Linda Havir along with **Oliver Williams**, University of Minnesota, conducted 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, 1992.

Roseanna Ross presented "Winning Team Spirit: Who's on the Adult Foster Care Team" as part of a workshop for the Minnesota Foster Care Association Conference held October 9, 1992.

"Developing Positive Customer Relations Strategies for Effectiveness" was presented by **Roseanna Ross** for the National Executive Housekeeping Association as part of a workshop on October 23, 1992.

Roseanna Ross co-facilitated a town meeting sponsored by the United Way of the St. Cloud Area, where key issues affecting the elderly were discussed.

"Outcome Measurements The Most Important Aspect of Quality Assurance" was presented by **Therese Sheehan** to the Wisconsin Therapeutic Recreation Society. She also published two articles regarding outcome measurements in Expanding Horizons, a journal for therapeutic recreation professionals.

David Christopherson, Associate Professor and Director of Insurance Issues Research at SCSU has published an article in the Journal of the American Society of CLU & ChFC, March 1992 entitled "New IDEAS for Insuring Long-Term Care."

Anyone interested in the area of long-term care insurance will find this article very informative. Research for this article was based on secondary analysis of the Aging in Manitoba Study, a longitudinal study conducted between 1971 and 1983. The key premise is that functional impairments tend to be life shortening and Activities of Daily Living (ADLs) are powerful predictors of survival time for older people. Older people can be grouped according to their ability to perform ADLs and IADLs and insurance rates and benefits would be based on these determinants. For more information, please refer to the article or contact Dr Christopherson at 654-5150.

Dr Christopherson will be teaching MGMF 475/575 - Life and Health Insurance Spring quarter 1993 which focuses on individual life and health contracts, financial and estate planning, annuities and equity funding, and the life and health insurance industry operations and regulation.

VOLUNTEER OPPORTUNITIES

A variety of volunteer experiences continue to be available in the St. Cloud area. Volunteering provides opportunities to not only help someone else, but also to gain knowledge about yourself and your interests. Three different area long-term care facilities, all located on city buslines, have contacted the Gero staff with these current needs:



THE GOOD SHEPHERD COMMUNITY

Contact Person: Sally Grabuski 252-6525

Opportunities:

Adopt a Resident: friendly visitors are needed to visit residents on a regular basis

Games Leader: organizer of recreational games for apartment residents **Computer Data Entry Clerk:** for typing and computer data entry once or twice a month.

ST. BENEDICT'S CENTER

Contact Person: Jan Phillips 252-0010, ext. 286

Opportunities:

Alternative Services: drivers, volunteers to assist on busrides and serve as companions

Leisure Services: children visits, musicians and Polish/German group leaders

Nursing Services: assist with mealtimes, mail delivery and accompanying residents to doctor's appointments

Clerical Assistance: reception desk, volunteer services, library, human resources and business office.

Nutrition Services, Occupational Therapy and the Beauty Shop also need volunteers.

WAITE PARK NURSING HOME

Contact Person: Linda DeMars 252-9595

Opportunities:

Escorts: accompany residents to doctor's appointments

Mealtime Volunteer: assist with bringing residents to and from dining room and helping to set-up a meal tray

Companion: read a newspaper, play cards, etc.

Group Activities Volunteer: evenings and weekends

For Your Information

MEETINGS AND CONFERENCES

State

"Learning to Work." Jan. 25-26, 1993. MN Vocational Association of Special Needs Personnel. Northland Conference Center Brooklyn Park, MN Contact: Mike Donohue (612)483-4427

"Quarterly Long Term Care Conference." Feb 12, 1993(repeated Feb 18). Nursing Home Services Program, Dept. of Internal Medicine, St. Paul. Ramsey Medical Center Contact: (612)221- 2050.

"Geriatric Drug Therapy Symposium." Feb 24, 1993. Dept. of Family Practice and Community Health, U of MN Contact: (612)626-7600 or 1-800-776-8636.

"Debilitating Disease in Older Adults." Feb 27, 1993. Midway YMCA, St. Paul. Contact: Myra Spijer (612)426-1339

National

"Advances in Clinical Geriatrics & Psychopharmacology: From Research to Practice - A Multidisciplinary Conference." February 4-6, 1993. Miami Area Geriatric Education Center(MAGEC). Contact: Pamela Elfenbein (305)547-6270.

"Lifelong Learning: Improved Academic Quality During A Retrenchment Era." Feb 10-12, 1993. National University Research Institute, San Diego, CA. Contact: 1-800-237-5029

"The Way We Care: A Nation at the Crossroads." March 27-30, 1993. American Society on Aging 39th Annual Meeting, Chicago, IL. Contact: (415)882-2910.

"The Enduring Spirit: Women as They Age." April 1-3, 1993. Univ of Nebraska at Omaha, NE Contact: Shirley Waskel(402)554-2292.

"Third Annual Northeast Conference on Wellness." April 14-16, 1993. National Wellness Institute. Boston, MA. Contact: (715)346-2172.

"Sharing Solutions Through Partnerships in Aging & Developmental Disabilities." April 14-16, 1993. Cincinnati, OH Contact: Essie Pederson(513)559-4958.

43rd Annual Conference - "Remembering Our Past, Creating Our Future." April 17-21, 1993. National Council on Aging. Anaheim, CA. Contact: (202)479-6991

"1993 Summer Series on Aging." July 12-16, 1993 in Chicago, IL., July 19-22, 1993 in San Francisco, CA., and July 26-29, 1993 in Los Angeles, CA. Contact: (415)882-2910.

"Developing Leadership in Geriatric Education." July 13-16, 1993. OVAR/GEC. Lexington, KY Contact: (606)258-4761

"1993 National Conference on Rural Aging." August 23-23, 1993. Kansas Dept. on Aging and Central States Coalition on Aging, Wichita, KS Contact: Paul Showalter, Kansas Dept. on Aging, Docking State Office Building, 122-S, 915 S W. Harrison, Topeka, KS 66612-1500.

International

"Sharing Solutions Through Partnerships in Aging and Developmental Disabilities." April 14-16, 1993. Cincinnati, OH Contact: (216)972-7956.

"Fourth Annual International Roundtable on Aging and Mental Handicap and International Conference on Cultural Approaches to Disability and Old Age." May 12-14, 1993. Lyon, France. Contact: Nancy Breitenbach FAX 33-1-44-21-31-01

SCSU GERO GRADUATES (minors and masters)

We are updating our database of Gero graduates and would like to include your current occupation and place of employment. Please help us by completing and returning this form to the Gero Program or call Ann or Marcia at (612)654-5224.

NAME:

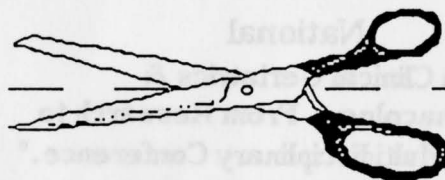
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DEGREE(S) and DATE(S) RECEIVED:

OCCUPATION HISTORY SINCE GRADUATION

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