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Gerontology Newsletter

Program in Gerontology

Winter 1995

Gerontology Times [Winter 1995]

St. Cloud State University

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Recommended Citation

St. Cloud State University, "Gerontology Times [Winter 1995]" (1995). *Gerontology Newsletter*. 53.
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GERONTOLOGY NEWSLETTER

ST. CLOUD STATE UNIVERSITY



Winter 1994-95

Volume 10, Number 2

FROM THE DIRECTOR'S DESK

Greetings,

Linda Havir
The academic year 1993-1994 was a very good year for us. We continued to grow in size, reputation, and excellence. This past year: we had a great start for the Beta Zeta Chapter of Sigma Phi Omega; graduate student, Ann McWilliams won an AARP Andrus Foundation Fellowship; Connie Feig won the MGS graduate student paper award; a new course in economics and aging was developed; four graduate students graduated; Rona Karasik joined the Gerontology Program staff; Shelley Brundage joined the SCSU Communication Disorders Department; Linda Havir and the CMCOA won the NCOA award for senior center research; Rona Karasik and Eleanore Stokes won Q-7 grants; and the spring Annual Open House was bigger and better.

Even though the Fahrenheit temperature and political climate may have turned chilly, we plan to dress warmly, maintain our steam and look forward to new adventures. As we enter a new year we will continue to expand our horizons as well as continue our traditions.

Please note that Dr. James Jackson will be on campus on April 25th. If you have some ideas about how Dr. Jackson can help us address issues concerning minority elders, please let us know.

We are pleased to announce that Gary Kelsey will again offer his Grant Writing course. His last Grant Writing course at SCSU received rave reviews.

We resolve to have a very good year and wish that 1995 is the best of years for all of you.

ATTENTION GRADUATE STUDENTS

All students are encouraged to take **Sociology 650**, Theory and Research in Aging this spring quarter. Students who are just starting the graduate program, want a refresher course, or who are in need of graduate credits may take this class. Sociology 650 will be offered through Continuing Studies Monday evenings, 6:00 pm-9:20 pm at an off campus location. For registration information contact Continuing Studies at (612) 255-3081.

SPECIAL GRAD ADVISEMENT NOTE

Graduate students who have not yet taken Soc. 650 should take it this Spring since it may not be offered again until Spring 1997. Please let Dr. Stokes know when you plan on taking this course. You can call her at 255-4183.

ΣΦΩ

A number of new members, both students and professionals, joined the Beta Zeta Chapter of Sigma Phi Omega at our fall meeting in November. The fall meeting offered the opportunity for members to network as well as discuss ideas for future projects. This spring we hope to offer a panel presentation from a group of member professionals. The purpose is to address job opportunities, self-marketing strategies and other employment tips.

ΣΦΩ sweatshirts for sale.

Contact Rona Karasik to order. Payment (\$30) due when ordering.

more ΣΦΩ news on page 2

* EXTRA SPECIAL * Course Offerings:

Students waiting for the **Counseling Older Adults, APSY 523**, class will be pleased to know it will be offered Spring Quarter. Students are encouraged to take advantage of this opportunity as this course cannot be offered every year.

Students interested in grant writing are encouraged to take **SSCI 460/560: Grant Writing Spring Quarter**. This class will teach students the basics of grant writing for the social science and human services. Gary Kelsey, consultant and formerly with the Metro Area Agency on Aging, will be teaching this course on Interactive Television. Kelsey last offered this course in 1992.

Undergraduate students are encouraged to check into **SPC 339, Communication and the Aging Process**. This course will explore topics such as: development of communication across the life span, relationship implications of attitudes and ageism, and how individuals can adapt successfully to aging from a communication perspective. This class will be offered by Dr. Judith Litterst on Thursday nights, Spring Quarter.

Sociology 650, Theory & Research in Aging, is being offered through Continuing Education. See article on page 1.

ΣΦΩ (con't from page 1)

Membership in Sigma Phi Omega provides you with the golden opportunity to network with looking for work and those currently working in the field of gerontology. Do not miss out--join now!!

Sigma Phi Omega is co-sponsoring a workshop "Retiring the Myth: Behavioral Concerns of the Elderly" on Tuesday, Feb.

GRAD STUDENT REMINDER

Please remember to visit Eleanore Stokes for your semi-annual advising. It is painless but important!

If you are planning on interning Spring Quarter, it is essential that you start planning with Elly NOW! If you are waiting until Fall Quarter to intern, don't put off your planning; see Elly soon.

GRADUATE COURSE OFFERINGS

Required:

- ☛ **APSY 678 Graduate Statistics (3 cr.)**
R 18:00-20:30 Johnson
- ☛ **ED 615 Intro. to Research (3 cr.)** M
18:00-20:50 Schmidt
- ☛ **GERO 542 Professional Seminar (2 cr.)** T 16:00-17:50 Stokes
- ☛ **GERO 644 Internship** Arranged
Stokes
- ☛ **SOC 650 Sociology of Aging:
Theory and Research (4 cr.)** M
18:00-21:20 (Register through
Continuing Studies) 255-3081

Electives:

- ☛ **APSY 523 Counseling Older
Persons (3 cr.)** W 18:00-20:30
Preble
- ☛ **GERO 511 Aging Policy & Programs
(3 cr.)** TR 13:00-14:50 Stokes
- ☛ **GERO 540 Aging & Housing (3 cr.)**
MW 15:00-16:50 Karasik
- ☛ **SSCI 560 Grant Writing (4 cr.)** T
18:00-21:50 (Interactive Television
Locations: Osakis (Alexandria Area),
Roseville) Kelsey

14th from 8:30 am-12:30 pm at the St. Cloud Hospital Hoppe Auditorium. The purpose of the workshop is to address suicide, mismedication, and misuse of alcohol and coping with client behavior. The cost is \$15. Student scholarships may be available. For scholarship information contact Marilyn at 612-255-3899.

☆GRADUATE SPOTLIGHT☆

Graduate student, **Barbara Kuhlman**, was recently hired as the Resident Services Director at Walker Place, a senior independent living apartment complex in downtown Minneapolis. Walker Place is part of the Walker Methodist Corporation which owns and/or manages senior housing complexes.

Barb's position is a combination of social work and activities director. She helps residents with the logistics of meeting health care needs requiring clinic or hospital services. She also coordinates community services for her clients. She is also the liaison person for the resident committee that plans trips, movies, and special programs.

In addition to Barb's position Walker Place has a full-time manager, marketing director, and a networking person as well as housekeeping and maintenance staff.

Barb urges Gerontology graduates to look at the housing industry as an employment market.

GRADUATE INTERNSHIPS

Wendy Pikus
St. Benedict's Center
Alternative Services

NEW GRADUATE STUDENTS

Pamela Holt

PRELIMINARY OR FINAL THESIS DEADLINES

The last day that copies of the preliminary or final thesis can be turned into the graduate office is February 8th, 1995.

MINNESOTA GERONTOLOGICAL SOCIETY (MGS) PAPER COMPETITION WINNER

Congratulations to **Connie Feig**, this year's winner of the MGS graduate student paper competition. The paper, "Faith Development and Life Satisfaction in the Elderly", was developed under the guidance of Dr. Marlene DeVoe. She received a \$250 award as well as membership in MGS. This achievement was recognized at the Oct. 21 MGS conference.

STUDENT NEWS

Annette Greely was elected as the Minnesota Gerontological Society out-state student representative. Her term is for the 1994-1995 year. Congratulations!!

Doris Deml, Waite Park Nursing Home, finished her Master's in Health Administration at St. Mary's Graduate School. Linda Havar advised her thesis project titled, "A Retention Program for Registered Nursing Assistants."

Paige Pietersen is one of the new graduate assistants for the Gerontology Program at Mankato State University.

MID AMERICA CONGRESS ON AGING (MACA) PAPER COMPETITION

MACA is holding a student paper competition. The winning paper receives \$150. Deadline is February 15th, 1995. For more information contact Linda Havar at 612-255-3013.

**DR. JAMES JACKSON
TO VISIT SCSU**

Dr. James Jackson, Professor of Health Behavior and Health Education, and Director of the African American Mental Health Research Center at the University of Michigan, Ann Arbor, will be visiting St. Cloud State on the 25th of April. His publications include: *Aging in Black America* (1993) and *The Black American Elderly: Research on Physical and Psychosocial Health* (1988). For further information on Dr. Jackson's Spring quarter visit, call 255-3899.

RECENT MINOR GRADUATES:

Jane Barrett Hill, Daniel James Scheller

NEW MINOR STUDENTS: Heidi

Allyce Wacholz, Gwendolyn F. Carlson-Johnson, Robert Scott Flaherty

MINOR INTERNSHIPS: Allison

Fontaine - St. Benedict's Center Leisure Services Alzheimer's Unit; Kristine McNally - MN Senior Federation-Seven County Region, Mora; Darlene Poissant - MN Senior Federation-Seven County Region, Mora

WORKSHOPS

The following workshops are being offered through the University of Wisconsin-Superior:

Feb. 10, 1995 - The Stress of Working with Traumatized People

Feb. 21, 1995 - In the Aging Services: Unlocking the Mystery

Feb. 24, 1995 - Social Issues and Aging
April 4, 1995 - Grief as an Active Positive Process: Factors and Interventions

April 26, 1995 - Legal Aspects of Health Care: Wisconsin and Minnesota
For more information contact the UW-Superior at (715) 394-8529.

American Society on Aging 41st Annual Meeting in Atlanta, March 11-14. For more information call (415) 974-9600.

**AGING AND HOUSING OPTIONS
(GERO 440/540)
MW 3-4:40 pm**

This seminar course examines issues of housing in later life from two perspectives. The first view focuses on the housing needs of older persons and the variety of housing options available to them. Specific attention will be placed on issues of aging in place, physical design, and innovative housing options. The second view focuses on working with older persons in a variety of housing settings. Specific attention will be placed on the changing role of senior housing managers, working with special populations, and the creation of physical and social housing environments. The course features guest speakers and site visits!

**UNDERGRADUATE COURSE
OFFERINGS**

Required:

- GERO 208 Intro to Gero (4 cr.) MWRF 9:00-9:50 Karasik
- GERO 411 Aging Policy & Programs (4 cr.) TR 13:00-14:50 Stokes
- GERO 444 Internship Arranged Stokes

Electives:

- GERO 440 Aging & Housing (4 cr.) MW 15:00- 16:50 Karasik
- PSY 345 Psychology of Aging, Death, & Dying (4 cr.) M 16:00- 19:50 DeVoe
- APSY 423 Counseling Older Persons (4 cr.) W 18:00-20:30 Preble (permission)
- SPC 339 Communication & the Aging Process (4 cr.) R 18:00-21:30 Litterst
- SSCI 204 (Sec. 3) Death & Dying (4 cr.) MW 14:00-15:50 Stensland
- SSCI 460 Grant Writing (4 cr.) T 18:00- 21:50 Kelsey (Interactive Television Locations: Osakis (Alexandria Area), Roseville)

THE DAYS OF OUR LIVES

Rona Karasik and Pamela Mittlefehldt's paper Beyond Menopause: An Interdisciplinary Team Teaching Approach to Women and Aging has been accepted for presentation at the 1995 AGHE Annual Meeting to be held in Fort Worth, Texas, February 23-26, 1995.

Rona Karasik will be speaking at the February 14, 1995 seminar "Retiring the Myth: Behavioral Concerns of the Elderly." This seminar is being co-sponsored by St. Cloud Hospital, Senior Helping Hands, Central MN Geriatric Education Center and Sigma Phi Omega. For more information on this seminar, contact the Education and Professional Development Department at St. Cloud Hospital (612)-255-5642.

Eleanore Stokes attended the Gerontological Society of America meeting in November and presented a paper titled "Family, Community, and Nation: Formal and Informal Caregiving in Costa Rica". She also co-organized and co-chaired the symposium "Models of Social and Cultural Support in Later Life: Formal and Informal Responses" at the 93rd Annual Meeting of the American Anthropological Association.

Elly also brings greetings from Dr. Dena Shenk, the former director of the SCSU Gerontology Program. Dr. Shenk is pleased to hear about the success of our students and the continued growth of the program.

Linda Havir, Erin Jorgensen and Stacy Roberts were selected as delegates to the Minnesota White House Conference on Aging held on October 30-November 1 in Minneapolis.

Sigma Phi Omega and the SCSU Gerontology Program extend joyous congratulations to Laura Hood and her husband on the birth of their son, **Dasan Joseph Hood Beckman!**

Thank You

The Gerontology program would like to thank **Dr. Elly Stokes and Margaret White** for the donation of *Journals of Gerontology* for the resource room. Thanks, also to Margaret for donating a subscription of "Generations".

☆FACULTY SPOTLIGHT☆

Shelley Brundage is a faculty member with the Communication Disorders Program. She received her undergraduate degree at the University of Wisconsin-Madison in Communication Disorders and her Masters and Ph.D. in Communication Disorders from the University of Minnesota. Her main interest is in older adults dealing with aphasia, dementia, traumatic brain injury and right hemisphere disorders.

She offers CDIS 440/540, Communication Disorders of the Aged, which is offered every other fall. The next offering is fall of 1996. This class looks at normal speech, language, hearing, and swallowing in older adults along with issues of how dementia, aphasia and other disorders affect speech and language.

Dr. Brundage would also like everyone to know about the Speech, Language, and Hearing Clinic. This clinic provides free diagnostic evaluation and therapy for students, faculty and staff of St. Cloud State. For more information or to set up a diagnostic evaluation call the Communication Disorders Office at 612-255-2092.

☞ OFFICE HOURS

Rona Karasik, SH 334 654-5224	M 1-3; W 10-Noon; F 10-10:30 and by appointment
Eleanore Stokes, SH 336 255-4183	M 10:30-11:30, 3-4; T 1-3; W 11-Noon, 3-4; F 10-Noon
Linda Havir, SH 262A 255-3013	usually 9-3 and by appointment
Pamela Mittlefehldt, SH 340, 255-3912	T 10-Noon; W 10-11:30; R 10-Noon

AN URGENT NOTE
from
THE NEWSLETTER STAFF

Dear Readers,

• **This will be your last newsletter** unless you let us know that you wish to continue to receive the newsletter.

• If you would like to continue receiving the *Gerontology Newsletter* (and have not already notified us), please drop us a note (return address below, attn: Marilyn) or give us a call (612-255-3899) by April 1, 1995.

• If we have not received your response by April 1, 1995, we will remove your name from our mailing list.

• **Thank you to all who responded to our initial notice.** Your name has been flagged to remain on the mailing list and there is **no need to notify us again.**

* * * * *

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