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Gerontology Newsletter

Program in Gerontology

Spring 1997

Gerontology Times [Spring 1997]

St. Cloud State University

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GERONTOLOGY NEWSLETTER

ST CLOUD STATE UNIVERSITY

SPRING 1997

VOLUME 12 , NUMBER 3

Conference to be Held at SCSU

The Center for Community Studies at SCSU will present "A River Runs Through Us," a regional conference on sustainable communities at Atwood Memorial Center, 8 a.m. to 4:20 p.m. Of particular interest to professionals and students in the aging field is the workshop described below. For more information on the conference, call 255-3082.

The Elderly and the Community: Innovative Approaches to Addressing the Role and Needs of Our Communities' Aging Population

A key component to sustainability for a community of any size is recognizing the value and function of all its human resources. A community's elderly population offers unique insight toward the understanding of issues related to fostering strong, healthy communities. The elderly in this area are actively engaged in promoting a strong sense of community by their work through agencies like the Retired and Senior Volunteer Program (RSVP) and the Central Minnesota Council on Aging (CMCOA).

With the recognition of the importance of a vibrant, active elderly population in the community, comes the reality of addressing the particular needs this community resource requires in order to remain actively involved. One session will bring together Silvia Ferraretto, director of the St. Cloud RSVP program and Donna Walberg, director of the CMCOA, along with Dr. Eleanore Stokes,

professor in the Gerontology program in SCSU's Center for Community Studies, to discuss current approaches and future options for addressing issues related to the elderly in our communities. Innovative approaches to issues like housing, medical needs and a variety of social services will be discussed and audience participation is encouraged.

Older Americans Month

May is Older Americans Month, designed to honor America's 34 million older adults and their continued contributions to our nation. The Administration on Aging has chosen Caregiving: Compassion in Action as this year's theme, in recognition of the important and noble work that caregivers perform informally on a daily basis on behalf of older persons and their families. AOA estimates that some 12 million Americans currently help approximately five million older family members, friends and neighbors in need.

Congratulations Graduating Master's Students!

John Aspholm
Betty Bush
Michele Carroll
Debra Eisenstadt
Catherine Norman
Candy Grimsley (Gero Certificate)

Faculty Notes

David Christopherson (FIRE)

In March, Dr. Christopherson addressed a Long-Term Care Insurance Forum of insurers in Washington D.C. Discussed at the forum were issues relating to compliance with the many complex provisions of the 1996 Health Insurance Portability and Accountability Act.

Linda Havir (SOC)

Dr. Havir will be visiting the National Indian Council on Aging in Albuquerque, New Mexico in April.

Rona Karasik (Gero)

In March, Dr. Karasik attended the "Healthy Aging in Our Community" conference put on by the local chapter of Sigma Phi Omega (National Honors and Professional Society in Gerontology).

In June, Dr. Karasik is planning to attend the Fourth International Conference on Aging and Disabilities in Minot, North Dakota, where she is slated to present, "Sister Can You Spare Some Time? Caring for Siblings with Developmental Disabilities in Later Life."

Dr. Karasik also co-authored "The Impact of Work Status on Adult Daughters' Early and Future Caregiving with Dr. Kate Conway-Turner (University of Delaware). The paper was recently accepted for publication in the Journal of Community Psychology.

Eleanore Stokes (Gero)

Dr. Stokes has been invited to address the conference, "Retirement Relocation: Boon or Burden?" September 19 - 20 at the University of North Carolina - Asheville and sponsored by the N.C. Center for Creative Retirement. The focus of her presentation will be the impact of retirees on the cultural and political life of a host community.

Dr. Stokes has also been elected chair of the advisory council of the St. Cloud RSVP program.

Gerontology Newsletter Staff

Editors: Rona Karasik & Eleanore Stokes

Editorial Staff: Mary Bauer, Jim Dostal and Amy Galloway

Director of Program: Eleanore Stokes

John McCue Retiring

Dr. John McCue, professor of Biology, is retiring from teaching at the end of the 1996-97 academic year. He was instrumental in the development of the Biology of Human Aging course which he taught for nearly 10 years. The course began as a scientifically oriented course on living organism aging, but was then modified to focus on human aging and offered to non-biology majors.

McCue joined the faculty at SCSU in 1967. He received his undergraduate degree from St. John's University. Both his Master's and Doctorate degrees were earned at Notre Dame with a major in biology and a minor in parasitology. In 1987, McCue became chair of the Biology department.

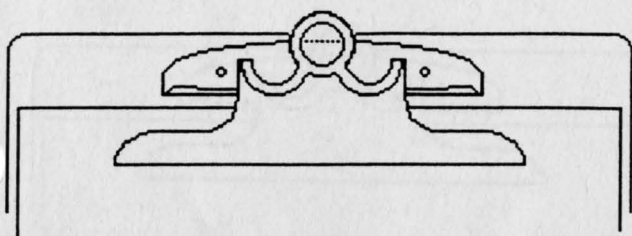
Retirement will allow McCue to spend more time "out in the field" enjoying his favorite hobbies of hunting and fishing. He looks forward to building a cabin in the woods, training dogs and singing in barbershop harmonies. Retirement will provide more flexibility and time to spend with his family.

Thank you, Professor McCue for your contributions to the Gerontology program at SCSU and best wishes for a relaxing retirement!

SPO Conference Successful

Approximately 100 students and professionals attended the conference "Healthy Aging in Our Community" at the American Heritage Bank in St. Cloud on March 19. The conference sponsored by Sigma Phi Omega National Honor and Professional Society in Gerontology.

Doctors George Schoepfoerster and Mary Klinker spoke on the role medical evaluation and testing can have on healthy living and the role of the primary care physician. Dietician and College of St. Benedict professor Jayne Byrne discussed maintaining good nutrition as one ages. Marge Kalinowski, a parish nurse for St. Anthony's Parish examined the ways parish nurses address the health and spiritual needs of the elderly. Taunja Meers, a social worker in the mental health unit at the St. Cloud Hospital gave an overview of mental health and the elderly handling life events and family roles. Karla Heeter ended the day by discussing the benefits of laughter and having fun.



SUMMER 1997 GRADUATE COURSE OFFERINGS

FIRST SESSION

HURL 509 Ageism (4 cr) 18:00 - 21:20 MT,
Rudnitski

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

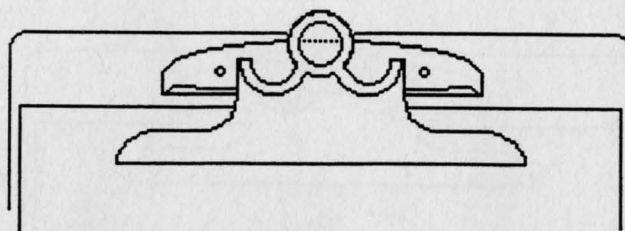
SECOND SESSION

APSY 678 Intro to Graduate
Statistics (3 cr.) 09:35 - 10:55
MTWR, Hoover

Thinking About an Internship in Gerontology?

**Informational Meeting: Thursday, May 1,
3 - 4 PM, Stewart Hall, Room 330**

Meet with Dr. Rona Karasik to discuss the internship process. If you are thinking of doing an internship next year, come to the meeting and/or contact Dr. Karasik. It's never too early to start planning!



SUMMER 1997 UNDERGRADUATE COURSE OFFERINGS

FIRST SESSION

HURL 409 Ageism (4 cr.) 18:00 - 21:20 MT,
Rudnitski

PSY 345 Psychology of Aging, Death, &
Dying (4 cr.) 11:40 - 13:35 MW,
DeVoe

PSY 241 Developmental Psychology (4 cr.)
07:30 - 09:25 MTWR, DeVoe

SECOND SESSION

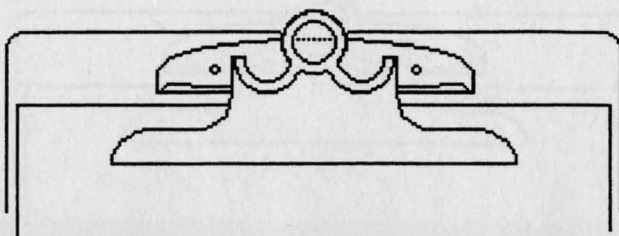
SSCI Death and Dying (4 cr.) 09:35 - 11:30
MTWR, Stensland

1997 Mid-America Congress on Aging Graduate Student Paper Awards

How to earn \$200 from a paper you have already
written!

Graduate students attending colleges and universities in the Midwest are eligible to submit papers that have been completed as part of a course or seminar between January and December 1996. The paper must relate to some aspect of aging.

Submit your paper to a faculty sponsor who will then forward the paper to MACA. Papers must be postmarked by April 30, 1997.



FALL 1997 GRADUATE COURSE OFFERINGS

REQUIRED

GERO 620 Advanced Policy Issues (4 cr)
18:00 - 21:20 W, Stokes

APSY 678 Intro to Graduate
Statistics (3 cr) 18:00-20:30 T,
Hoover

ED 615 Research Methods

ELECTIVES

GERO 511 Aging Policy and Programs
(3 cr) 13:00-14:50 MW, Stokes

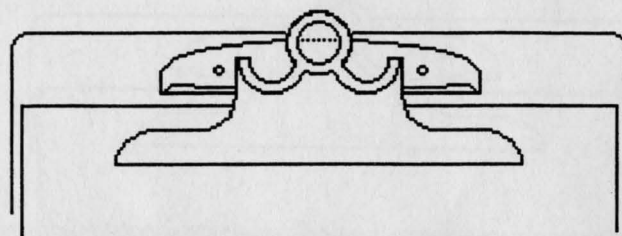
GERO 525 Dementia and Aging (3 cr)
16:00 - 17:50 MW, Karasik

Attention Students

Would you like to ...

- * Network with professionals in the field?
- * Submit one of your papers for competitive review?
- * Attend an annual professional conference at a student discount rate?
- * Learn about employment opportunities in the field of gerontology?
- * Receive a discount on publications?

Mid-America Congress on Aging (MACA) is a group of Midwestern area professionals who network and share information and ideas to help each other do a better job in serving the needs of older adults. Student membership fee is \$20.



FALL 1997 UNDERGRADUATE COURSE OFFERINGS

REQUIRED

PSY 345 Psychology of Aging, Death, &
Dying (4 cr.) 13:00-14:50 MW,
DeVoe

GERO 208 Introduction to Gerontology
(4 cr) 10:00-10:50 MWRF, Karasik

GERO 411 Aging Policies and Programs
(4 cr) 13:00-14:50 MW, Stokes

ELECTIVES

GERO 425 Dementia and Aging (3 cr)
16:00 - 17:50 MW, Karasik

PSY 241 Introduction to Developmental
Psychology (3 cr) 10:00 - 11:50 MW,
DeVoe

SOC 350 Sociology of Age and Aging (4 cr)
13:00 - 14:50 TR, Havir

Upcoming Conference

“Gateway to Aging in the New Millennium” is the theme of a conference at St. Louis University Health Sciences Center, June 15 - 18. The conference will feature topics including managed care, spirituality and aging, volunteering, telecommunities, aging policy in the states, nurse practitioners and more.

For more information or to pre-register, contact St. Louis University, Division of Geriatric Medicine at (800) 268-5880.

Spotlight on Gero Grads

As Special Projects Coordinator at the Central Minnesota Council on Aging (CMCOA), **Lori (Janus) Vrolson** find the variety of work interesting, challenging and rewarding. Variety certainly seems to be a theme that runs through Lori's workday as she coordinates the Senior Linkage Line, develops SAIL resources for Stearns County, administers grants from the Older American's Act and looks at affordable housing services for older adults. In addition, Lori coordinates the marketing efforts for all the Council's programs. But, despite differing work schedules, the agency maintains a real "team environment."

Prior to her arrival at CMCOA, Lori worked in the private sector. She notes that strengths and weaknesses exist in both the public and private arenas and encourages people to explore both. Lori's work on her thesis, Banking Needs of Older Customers, led to her interest in marketing after she received her Master's degree in Gerontology from St. Cloud State in 1993.

If anyone is looking for a possible thesis topic, contact Lori at 253-9349. She is involved with the development of an elder-care assistance program and will need a survey conducted that assesses caregiver needs in the community.

Sigma Phi Omega

National Honors and Professional Society -
Beta Zeta chapter

Spring Meeting

"Future Trends in Long Term Care"

Thursday May 15
Atwood - St. Croix Room
4-6 pm

Speakers Anthony Fensted
 Doris Deml

Spring Interns

Undergraduate:

Nicole Hall, Senior Helping Hands
Nicole Harder, St. Benedict's Center
Patricia Landsberger, St. Benedict's Center

Graduate:

Debra Eisenstadt, St. Benedict College/St.
Cloud Hospital
Jennifer Mason, Minneapolis Legal Aid

Student Spotlight

Undergraduate Minor

Megumi Akazawa is an international student from Kanagawa, Japan, a suburb of Tokyo. She is a social work major with minors in gerontology and human relations. She became interested in gerontology while visiting her grandmother in a nursing home in Japan. She feels her education in the United States has helped her to become more open to diversity which will, in turn, help her practice social work in Japan.

Master's Students

Jim Dostal received his undergraduate degree from St. Cloud State in Social Science and Mathematics. He is presently working at Good Shepherd Apartments as a Resident Services Assistant and plans to pursue a career in housing after graduating.

Mary Bauer received her undergraduate degree from the U of M in Sociology and Aging. She will soon be interning at the Veteran's Administration Medical Center in the Geriatric Research, Education and Clinical Center.

Congratulations Undergraduate Gerontology Graduates!

(Winter, 1997)

Jeffrey Tholen, Sociology Major
Carole Mersinger, Social Work Major

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(Winter 1997)

Jeffrey Tholen, Sociology Major
Carol Messenger, Social Work Major

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Beta Beta chapter

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"Future Trends in Long Term Care"

Thursday May 15

Alwood - St. Clair Room
4-6 pm

Speakers: Anthony Fennell
Dore Deal