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Gerontology Newsletter

Program in Gerontology

Spring 2000

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Gerontology Newsletter

Volume 15, Issue 2

St. Cloud State University

Spring 2000

SIGMA PHI OMEGA'S ANNUAL CONFERENCE:

"Healthy Aging in the Community: Helping Aging Families Plan for the Future"

To be held on Wednesday, April 26, 2000 at Whitney Senior Center in St. Cloud, this year's conference promises to be educational and exciting. This conference is for the general public, professionals who work with older adults, and members of Sigma Phi Omega National Honors and Professional Society in Gerontology. Registration begins at 12:45 and the conference will begin at 1:00 and run until 4:30. Check your mailbox for flyers in the near future for more information and registration slips or call (320) 255-3899. Registration costs are \$10 for SPO members and \$15 for non-members. Social Work CEUs have been applied for.

This year's conference will focus on helping families, elders, and professionals who work with the elderly population to plan for the future. Speakers will address topics of advanced directives, reminiscence and ethical wills, dementia screening, and the role of technology in communities.

NOTES FROM THE DIRECTOR

It's beginning to look a lot like Spring out there—the nicest February/early March I can recall in my seven years here at SCSU! Despite some severe *spring fever*, Spring semester is well under way. The GERO program has a number of upcoming events that I would like to invite you to, including the GERO Open House on Monday, April 3 (From 3-5 pm in Stewart Hall 330), followed by Sigma Phi Omega's Spring meeting (5-6:30 pm in the same room). Last year's Open House was quite the event with record attendance and *fabulous* door prizes. This year's Open House promises to be just as exciting! Hope to see you there!

Also coming up on April 26 at Whitney Senior Center is Sigma Phi Omega (SPO)'s 4th annual "Healthy Aging in the Community" conference. This year's theme "Helping Aging Families Plan for the Future" promises to be timely and thought provoking. I highly recommend it!

If you have been thinking about joining Sigma Phi Omega (National Honors and Professional Society in Gerontology) or would like to learn more about it, now is the time. Come see me (or graduate assistants Cari, Sandy, Tara or Amber) for an application and more information.

Finally, the time for Summer and Fall registration is fast approaching. Don't forget to check with your advisor (Dr. Phyllis Greenberg—Master's and Certificate students; Dr. Rona Karasik—undergraduate minors) to make sure your program is on track. We look forward to seeing you! Have a great Spring!

Rona Karasik, Ph.D.,



Director, Gerontology Program

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← Gerontology Graduate and Certificate Student Potluck on March 7, 2000

FALL SCHEDULE

*Check Official Course Bulletin for Possible Changes

Graduate Courses

- APSY 678 Introduction to Graduate Statistics
SummerI M-Th 12.30-2:25
SummerII M-Th 12.30-2:25
Fall To Be Announced
- CDIS 540 Communication Disorders of the Aged
Fall, W 11-12.50
- ED 615 Introduction to Research - SummerII
MW 7.30-11:20
- FIRE 579 Social Insurance - Fall,
MWF 2-2.50
- GERO 511 Aging Policy and Programs - Fall,
TTH 3.30-4:45
- GERO 525 Dementia and Aging -
MW 3-4.15
- GERO 540 Diversity & Aging - Fall,
T 5-7:45
- GERO 630 Aging and Community - Fall,
M 5-7:45
- GERO 644 Internship
- GERO 699 Thesis
- SOC 679 Advanced Research Methods - Fall,
MW 3-4:45 or W 5-7:45
- SPC 531 Communication & Aging - Fall, W 5-7:45

Undergraduate Courses

- CS 333 Studying Communities - Fall,
TTH 3.30-4:45
- CDIS 440 Communication Disorders of the Aged
Fall, W 11-12.50
- FIRE 479 Social Insurance - Fall,
MWF 2-2:50
- GERO 208 Introduction to Gerontology - Fall
MWF 10-10:50
- GERO 411 Aging Policy and Programs - Fall
TTH 3.30-4:45
- GERO 425 Dementia and Aging - Fall,
MW 3-4.15
- GERO 440 Diversity & Aging - Fall,
T 5-7:45
- GERO 444 Internship
- PSY 345 Psychology of Aging, Dying and Death
SummerI, M-Th 12.30-2:25
OR Fall, TTH 11-12.15
- SPC 431 Communication & Aging - Fall,
W 5-7:45

AGHE Conference 2000

The 26th annual meeting and educational leadership conference for the Association for Gerontology in Higher Education (AGHE) was held in unseasonably warm, sunny Myrtle Beach, South Carolina February 24-27. The theme was "Where Have We Been and Where Are We Going: Gerontological Education in the 21st Century."

Our Saint Cloud State Gerontology Program was well represented at the conference. Dr. Rona Karasik and Dr. Phyllis Greenberg joined forces to present both "The Freshman Factor: Adapting Service Learning for Introductory Gerontology Courses" and "Diversity Within and Outside the Classroom: Learning About Others and Ourselves." Dr. Phyllis Greenberg also presented "Innovative and Interactive Approaches for Teaching Public Policy and Aging: Not-So-Traditional and Distance Environments."

Graduate Assistants Tara Tollefson, Cari Terrio and Amber Carlsgaard presented "Maximizing the Graduate Assistantship Experience: Student Perspectives" through Sigma Phi Omega. The graduate assistants each earned a Student Paper Award. Many thanks to Sigma Phi Omega for helping sponsor the graduate assistants on their trip!



INTERESTED IN A GRADUATE ASSISTANTSHIP???

Contact Dr. Phyllis Greenberg at 255-3156 by April 21

FACULTY NOTES

Shelly Brundage (CDIS):

Dr. Brundage has recently published an article with Jan LaFavor which is due to appear in the journal *Aphasiology*. She is also one of 17 MAGEC Educational Fellows for 2000. Currently, Dr. Brundage is recruiting students for research on a stuttering measurement. If you are interested in participating (for a time commitment of only 2-1/2 hours), call Dr. Brundage at 255-2092

Linda Havir (SOC)

Dr. Havir will present a paper on older people and gambling at the Mid-America Congress on Aging in April. She is also the facilitator for a series of National Issues Forums supported by a grant from the Minnesota Humanities Commission and the Kettering Foundation and locally sponsored by the Whitney Senior Center. Dr. Havir's article "Grandparents Raising Grandchildren" was published in *Aging Net Works* in November 1999. Dr. Havir will be on sabbatical next fall semester.

Rona Karasik (GERO)

Dr. Karasik will be presenting "At Home in the Community: Home Sharing Options for Elders" on March 22 at the Geriatric Research, Education & Clinical Center VA Medical Center Seminar Series on Aging. Dr. Karasik attended the Association for Gerontology in Higher Education (AGHE)'s recent meeting in Myrtle Beach, SC. She co-presented two resource exchanges with Dr. Phyllis Greenberg: "Diversity Within and Outside the Classroom" and "The Freshman Factor: Adapting Service Learning for Intro Gerontology Courses."

Phyllis Greenberg (GERO)

Dr. Greenberg was elected to serve as a Professional Representative for the Feminism and Family Studies section of the National Council on Family Relations (NCFR). She also presided over sessions on Family Violence for the National Council on Family Relations (NCFR) Conference last autumn. Dr. Greenberg attended the Association for Gerontology in Higher Education (AGHE)'s recent meeting in Myrtle Beach, SC. She co-presented two resource exchanges with Dr. Rona Karasik: "Diversity Within and Outside the Classroom" and "The Freshman Factor: Adapting Service Learning for Intro Gerontology Courses." She also presented "Innovative and Interactive Approaches for Teaching Public Policy and Aging: Not-So-Traditional and Distance Environments."

VALUABLE RESOURCES

Senior Linkage Line (hard to find in phone book)
1-800-333-2433

MAHA Monday Mailings (job listings and more) will soon be available in a binder in the Resource Room. (SH 330)

First Call for Help (referral service for all age groups in the St. Cloud area) 252-3474 or 1-800-543-7709

GERONTOLOGY OPEN HOUSE & SPO SPRING MEETING

Mark your Calendar for April 3, 2000!! You won't want to miss this exciting opportunity to meet new people, enjoy good food and possibly win a fabulous door prize! Get to know others in the Gerontology program. Know someone interested in Gerontology? Bring them along!!

FOOD, FOLKS & FUN!

Monday, April 3, 2000

3:00-5:00 pm

Stewart Hall 330

SPO meeting will follow in the same room 5-6:30 p.m.
Hope to see you all there!!!

ADVOCATING QUALITY OF LIFE

In Gerontology, the term Quality of Life is a buzz-term we use often. The term can mean different things to different people, but it is important to set a standard—especially for those older adults who are in vulnerable settings. The Office of Ombudsmen for Older Minnesotans advocates Health Care Consumer rights and simultaneously advocate for vulnerable elders to have the highest possible Quality of Life.

I began training with the regional Ombudsman, Laura Hood, last semester to become a Volunteer Advocate. In January I began the advocacy position and I cannot believe how much I am learning about Quality of Life and how important it is that vulnerable elders be given a voice. I am also learning how to become an effective advocate and how to mediate between administration in a long term care facility and the residents. So far, it has been an incredible learning experience and opportunity.

The commitment is at least one year and the training is free. You learn wonderful and marketable skills and build relationships with elders and the institutions they reside in. If you are interested in becoming a volunteer advocate, call 253-4456 or your regional Ombudsman.

~Tara Tollefson

Did you know . . . ?

*Benjamin Franklin helped write the US Constitution at age 81

*Grandma Moses illustrated 'Twas The Night Before Christmas at age 100.

*Jessica Tandy won an Oscar for Best Actress for "Driving Miss Daisy" at age 80.

*Golda Meir worked up to 20 hours a day in her late 70s.

*Helena Rubinstein actively led her company until the age of 94.

SPOTLIGHT ON: Certificate Students

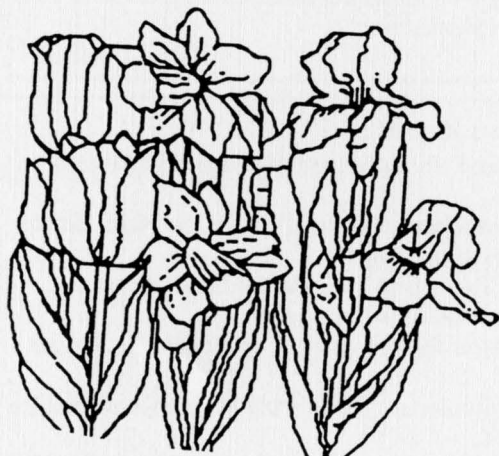
Ramona Scarpace, a 1st year certificate student, works as the Director of Program Assessment and Integrity Division at the MN Department of Human Services. She already has a Masters of Public Administration Degree from Hamline University. Ramona thinks the certificate program is great and is interested in bringing communities, academia, and public and private sectors together to work on the many challenges of aging.

Amy Hosier is a graduate of Augustana College in Sioux Falls, South Dakota with a B.S. in Religion and Psychology and a minor in Gerontology. She is currently working on her Master's Degree in Counseling with an emphasis on Rehab Counseling and her Gerontology certificate. One of Amy's interests is the Eden Alternative Project and is working with at the Good Shepherd Community in Sauk Rapids. She is also training her Weimaraner, Parker, for certification in pet therapy.

Simi Surendranath is a Medical Doctor from India. After practicing medicine in India for three years, she decided to come to SCSU to pursue a Graduate Certificate in Gerontology. Simi plans to further her medical studies in the future.

St. Cloud State University
Gerontology Program
Center For Community Studies
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St. Cloud, Mn 56301-4498

ADDRESS CORRECTION REQUESTED



SPRING 2000 INTERNSHIPS

Cari Terrio	Shepherd Court Apts., Sauk Rapids
Sandy Bogart	Annandale Care Center, Annandale
Simi Surendranath	St. Benedict's Care Center, St. Cloud
John Smith	Office of Ombudsman for Older Minnesotans, Bloomington
Katie Regnier	Arlington Place, St. Joseph

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