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Gerontology Newsletter

Program in Gerontology

Spring 2004

Gerontology Times [Spring 2004]

St. Cloud State University

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Gerontology Newsletter

Volume 19, Number 2

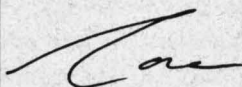
Spring 2004

Notes from the Director

Spring is coming!!! (Really, even though it is snowing as I type this – I KNOW spring is coming!). We have some great events coming up this spring, including our annual **Gerontology Program's Open House on Tuesday March 30th from 4 to 5pm in Stewart Hall 330**. This is always a good chance to meet others interested in the field of aging -- and of course, to win "fabulous" door prizes. This year we are again joining with The Gerontological Society of America and the Association for Gerontology in Higher Education to celebrate the 3rd Annual Careers in Aging Week (April 5th - 9th). **The March 30th open house will be followed at 5 pm in Stewart Hall 307 by a "Careers in Aging" panel presentation** co-sponsored by the gerontology program, our local Beta Zeta Chapter of Sigma Phi Omega, and the Department of Community Studies. I look forward to seeing you there!

Also, I invite you to consider joining Sigma Phi Omega (the National Honors and Professional Society in Gerontology). Sigma Phi Omega "seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/aging studies and related fields." Students and community professionals are welcome to join! See current SPO president Kenndy Lewis (SH 342) or myself for more information or an application. Don't forget to purchase one of the fabulous new "Aging: Every Body's Doing it" lapel pins or t-shirts!

Now is also a good time to start thinking about registration for Fall (see newsletter insert for a "sneak preview" of the Summer and Fall offerings). Also, be sure to check in with your advisor (Dr. Phyllis Greenberg – Master's and Certificate Students; Dr. Rona Karasik – undergraduate minors) to make sure your program is on track. As always, we look forward to seeing



Rona J. Karasik, Ph.D.

Director, Gerontology Program

Professor, Community Studies

Thoughts on Aging.....

And in the end, it's not the years in your life that count. It's the life in your years.

- Abraham Lincoln

We don't stop playing because we grow old; we grow old because we stop playing.

- George Bernard Shaw

To me, old age is always fifteen years older than I am.

- Bernard M. Baruch

Age is no barrier. It's a limitation you put on your mind.

- Anonymous

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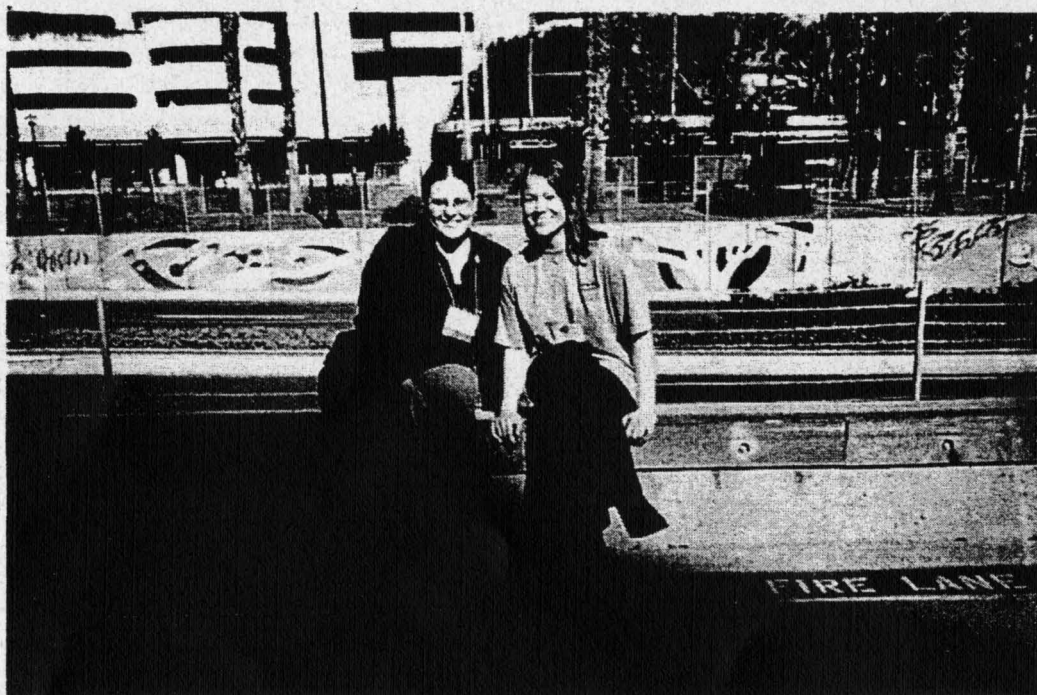
Sigma Phi Omega News

The Sigma Phi Omega Beta Zeta Chapter has had an exciting year! Our chapter has been busy selling "Aging, Every Body's Doing it," lapel pins. We are going to be getting in some new T-shirt styles that display our unique logo. We are selling the lapel pins and the T-shirts to raise funds to send SPO members to conferences around the nation.

This fall, SPO members Kate Horner and Kenndy Lewis were able to attend the Gerontological Society of America Conference in San Diego, CA with Dr. Phyllis Greenberg and Dr. Rona Karasik as a result of Sigma Phi Omega members' successful fundraising efforts.

Sigma Phi Omega has also been active with the Kaleidoscope Project at Wilson Park in St. Cloud, MN. The vision of Kaleidoscope is to provide the opportunity for children of all abilities to play, learn, and grow together in a healthy community. Their mission is to create a regional playground that will be accessible for persons of all abilities. The poured-rubber surface made from recycled materials offers maximum safety and accessibility. If you have any questions or you are interested in getting involved, please contact Dr. Karasik at (320) 308-5224 or karasik@stcloudstate.edu.

SPO Lapel Pins are on Sale for \$6.00. "Aging, Every Body's Doing it," T-shirts will be on sale again this year! Details about styles and prices will be available by April, 2004. For more information, please contact Kate or Kenndy by calling (320) 308-4183 or emailing sigmaphiomega@stcloudstate.edu



2003 SPO Officers:

President: Kenndy Lewis

Secretary/Treasurer: Kate Horner

Advisors: Phyllis Greenberg and Rona Karasik

FACULTY NOTES....

Dr. Rona Karasik (GERO/CMTY)

Dr. Karasik has returned from her Fall sabbatical and is continuing her research on housing for older adults and her work on service-learning. Dr. Karasik recently had two papers accepted for publication:

Karasik, R. (in press). Whispers and Sighs: The Unwritten Challenges of Service-Learning. In S. Chadwick Blosssey & D. Robertson, (Ed.) *To improve the academy: Vol. 23. Resources for faculty, instructional, and organizational development.*

Karasik, R.J. (in press). Breaking the Time Barrier: Helping Students "Find the Time" to do Intergenerational Service-Learning. *Gerontology & Geriatrics Education.*

and presented the following resource exchange at the Association for Gerontology in Higher Education's 30th Annual Meeting and Educational Leadership Conference, Richmond, VA:

Karasik, R. & Wallingford, M. (2004). Finding Community: Developing Effective Intergenerational Service-Learning Partnerships. Resource Exchange presented at the Association for Gerontology in Higher Education's 30th Annual Meeting and Educational Leadership Conference, Richmond, VA.

Dr. Phyllis Greenberg (GERO/CMTY)

The snow is falling again – but we cannot complain too much because the temperature has a plus beside it rather than a minus. In the last newsletter, I talked about the project I was work in on at Recovery Plus at St. Cloud Hospital. We now have a year's worth of solid data and are in the process of submitting an abstract to present at GSA as well as working on articles to submit to journals. This is particularly exciting as there has been a dearth of data related to older adults and chemical dependency, and in particular relating to dual diagnosis – chemical dependency and mental health. I have had the pleasure of working on this project with Sandy Manderfeld, Nancy Fandlen, and Nancy Anson at Senior Helping Hands / Recovery Plus. In addition to this, I am also on the planning committee for Age Odyssey which will happen this summer. If you would like further information on either of these projects, the graduate programs, or any other questions, please feel free to contact me. Have a great spring!

Dr. Gary Whitford (SW)

Gary Whitford, social work, and Jean Quam, University of Minnesota, are in the beginning phase of a study of long-term gay and lesbian couples. Current research about healthy opposite gender unions will be compared with data to be collected about same gender couples in relationships lasting from 20 to 50 years. One goal is to determine whether instruments designed for opposite gender couples can also be utilized with same gender couples. In addition, understanding the dynamics of these under researched relationships will contribute to the current marriage debates occurring in our society.

Your help is needed!

The department of Community Studies is working with the City of St. Cloud, the East Side Boosters, and the Central MN Community Foundation to create **KALEIDOSCOPE: A Playground for all Abilities** in Wilson Regional Park.

Our Vision:

To provide the opportunity for children of all abilities to play, learn, and grow together in a healthy community.

Our Mission:

To create a regional playground that will be accessible for persons of *all* abilities.

Please send donations to:

"The Kaleidoscope Fund"

Central MN Community Foundation

101 7th Avenue South, Suite 200

St. Cloud, MN 56301

Contributions are **tax deductible** -- the Central MN Community Foundation is a 501(c)(3) non-profit organization.

Major contributors will be recognized on a "Donors Board" that will be on permanent display at the park.

For more information contact:

Rona Karasik

320-308-5224

karasik@stcloudstate.edu

Volunteer Opportunities

*Country Manor Health Care Center -Darla Dittus
253-1920

* Ridgeview Place – Karen Wager 251-5228

* St. Cloud Faith in Action – Cherise Robb 251-9002

*St. Benedict's Senior – Jo Ellen Johnson
252-0010 Ext. 580

* Sterling Park Senior Community- Patti Campbell
252-7224 Ext. 125

* Talahi Care Center- Tony Nathe 251-9120

* The Good Shepherd Community –252-6525

* Whitney Senior Center / Third Age University -
Reena Shetty 255-7245

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ADDRESS CORRECTION REQUESTED

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