

St. Cloud State University

## The Repository at St. Cloud State

---

Gerontology Newsletter

Program in Gerontology

---

Spring 2023

### Gerontology Times [Spring 2023]

St. Cloud State University

Follow this and additional works at: [https://repository.stcloudstate.edu/gero\\_newsletter](https://repository.stcloudstate.edu/gero_newsletter)

---

# GERONTOLOGY TIMES



Age-friendly  
University  
Global Network



ST. CLOUD STATE UNIVERSITY

## NOTES FROM THE DIRECTOR

### NEWSLETTER

#### Inside This Issue:

- Director's Notes...1
- Presentations and Publications...2
- GERO Graduate Coordinator Notes...3
- Fall 2023 Course Offerings...4
- Featured Fall 2023 Courses (Online & Hybrid)...5
- Gerontology News...6
- Gerontology Events...7
- Meet our Graduate Assistant ...8

Its spring – which means Careers in Aging Week is coming soon! Gerontology is such a broad and exciting field – there is room for everyone! In fact, there is almost too much room right now as we are seeing an increasing shortage of people to work with and on behalf of older adults. Professionals are needed in all areas ranging from health and human services to technology, business, travel, leisure and everything in between! In other words, there is a job for you! If you are not sure where **you** fit, we encourage you to come to the Gerontology Program's Careers in Aging Events (see page 6 for details).

To make gerontology education more accessible to all, our program now offers face to face, hybrid, and fully on-line options on a wide range of up to the minute topics! We are also launching the all new Executive Health Care Administration program this fall. Check out page 4 for the Fall 23 course line-up!

**Not a student? Not a problem!** Learning is a lifelong process and the SCSU Gerontology Program is tailored to the needs of students, staff, faculty, and community members alike. In addition to the Minor, Graduate Certificate and MS in Gerontology, there are options for non-degree seeking students as well. Pick a topic, pick a course - we are here for you!

**Age-Friendly University fact:** Did you know that Minnesota residents age 62 or older can audit our courses for a special, much reduced tuition rate? We hope you will joins us! For more information: <https://www.stcloudstate.edu/srfs/finances/cost-of->

In addition to classes and events, the SCSU Gerontology program also has two active student/professional organizations on campus:

**Gerontology Club:** All are welcome to join “The Gerontology Club” which meets in conjunction with its sister organization, Sigma Phi Omega!

#### Sigma Phi Omega, International Honor & 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, faculty, and community professionals are encouraged to join! <https://www.sigmaphiomega.org/>

Come see what Gerontology is all about! Hoping you are well and to see you soon!

-rjk

Rona J. Karasik, Ph.D.

Professor & Director, Gerontology

Editor, *Gerontology & Geriatrics Education*



# Recent Presentations & Publications

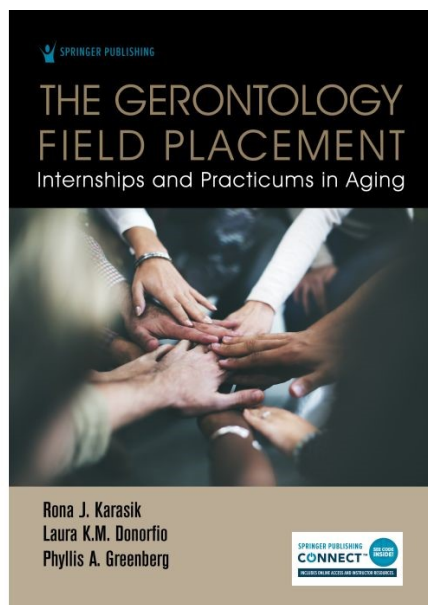
## **Presentations**

- Greenberg, P.A., Eaton, C., Moone, R., Ellis, J. Rand, T, and Coleman, M. (March 2023). Current State and Future of Gerontology & Aging Studies in Minnesota. Panel Discussion at the Minnesota Gerontological Society 47th Annual Conference, St. Paul, MN
- Greenberg, P.A., Karasik, R.J., VanderWerf, J.A., Burgos Zuniga, C. & Kroeber, M.M. (2022/2023). Creating an Age-Friendly University: The Case of St. Cloud State University (SCSU). Poster. 74<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN; Minnesota Gerontological Society 47th Annual Conference, St. Paul, MN
- Karasik, R.J. (2022). Full Circle: Mentoring in Gerontology and Geriatrics Education. Hiram J. Friedsam Mentorship Award Lecture. 74<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN
- Karasik, R.J. & Kishimoto, (2022). Strategies for Integrating Antiracist Pedagogy into Gerontological Education. Paper in the Presidential Symposium: Embracing Our Diversity in Gerontology Education: Perspectives on Strategies and Learners. 74<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN
- Karasik, R.J., Greenberg, P.A., Kroeber, M.M., VanderWerf, J.A., & Burgos Zuniga, C. (2022/2023). Aging Agencies' and Providers' Reasons for Hosting or Not Hosting Gerontology Interns. Poster. 74<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Indianapolis, IN; Minnesota Gerontological Society 47th Annual Conference, St. Paul, MN

## **Publications**

- Karasik, R.J., Donorfio, L.K.M., & Greenberg, P.A. (2023). *The Gerontology Field Placement: Internships and Practicum in Aging*. NY: Springer
- Karasik, R.J. (2022). Editorial: From there to here. *Gerontology & Geriatrics Education*. doi: 10.1080/02701960.2022.2030925

## It's Here !



## **From Springer:**

"...guides gerontology students step-by-step through the process of searching for, securing, and completing an aging-based internship, practicum, or field placement."

"...underscores the value of hands-on, community-based learning..."

"...draws attention to ageism's presence and inappropriateness [and] discusses ways to detect, avoid, and actively dismantle ageist beliefs and actions."

"...addresses important nuances in working with older adults including the development of effective communication skills, awareness of diversity, and the development of cultural competencies."

<https://www.springerpub.com/the-gerontology-field-placement-9780826150448.html>

# NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

Happy Spring? Looking out my window with around 4 feet of snow on the ground hard to imagine it is spring but I guess we'll call it meteorological spring. We have a lot of exciting news – Rona and myself along with students presented at the Minnesota Gerontological Society's Annual Conference in March. It will be great to meet in person and the University of St. Thomas has generously offered their Campus for conference space. Speaking of MGS a big Congratulations to Chinyin Oleson and Babita KC!! Chinyin is the 2023 recipient of the Spillane Scholarship and Babita is a recipient of the Bloedow Scholarship – well done and well deserved!!

Dr. Karasik, our colleague from University of Connecticut Dr. Laura Donrfio had our book *The Gerontology Field Placement: Internships and Practicums in Aging* published by Springer Publishing!! We continue to work on our Age-Friendly University and Preceptor research and look forward to submitting papers for publication.

In other big news be sure to join us for Careers in Aging Week (CIAW). We are excited that we received a Careers in Aging Week grant from the Gerontological Society of America (GSA)! Here are some of the highlights for CIAW:

- **March 23<sup>rd</sup> and March 27<sup>th</sup> from 12-3** - Come visit our table at Atwood main floor for information and prizes!
- **March 28<sup>th</sup> from 2-4** – Atwood Main Floor –Hands on Experience with the ADA
- **April 4<sup>th</sup> from 1-2:30** – Come join us for a Careers in Aging Panel in the Alumni Room in Atwood and we will also be celebrating our alumni!! Treats will be available
- **March 27<sup>th</sup> – April 4<sup>th</sup>**– Library display

If you are a current graduate student please contact me about Summer/Fall registration and if you have not completed your program of study please contact me as well. If you are not a student and thinking about taking graduate courses or seeking a graduate degree please contact me—we can meet in person, by phone and/or via zoom. Looking forward to the rest of spring semester and moving in to the summer. I think I am ready for the snow and ice to be gone (in my mind ice only belongs in drinks and rinks!).

## Phyllis

Phyllis A. Greenberg, PhD M.P.A.

Coordinator Graduate Studies Gerontology

**To Learn More about Gerontology at SCSU:** [www.stcloudstate.edu/gerontology](http://www.stcloudstate.edu/gerontology)

Dr. Phyllis Greenberg: [pagreenberg@stcloudstate.edu](mailto:pagreenberg@stcloudstate.edu) (320) 308-3156

Dr. Rona Karasik: [karasik@stcloudstate.edu](mailto:karasik@stcloudstate.edu) (320) 308-5224

**Gerontology: Brown Hall 312, 720 4<sup>th</sup> Avenue South, St. Cloud State University, St. Cloud, MN 56301** [gerontology@stcloudstate.edu](mailto:gerontology@stcloudstate.edu)

# Fall 2023 Course Offerings

## Undergraduate Classes

- GERO 208- 01 Introduction to Gerontology (Diversity, Goal Area 5)** 9:30– 10:45 T/Th
- GERO 208- 54 Introduction to Gerontology (Diversity, Goal Area 5)** Online asynchronous
- GERO 405 Diversity & Aging (Diversity, Goal Area 5)** Hybrid: Asynchronous + 4 synchronous sessions  
5:30– 8:20 T (8/22; 9/12; 10/10; 11/14)
- GERO 411 Aging Policy & Programs** 3:30– 4:45 T/Th
- GERO 420 Ethics in Gerontology & Geriatrics (Diversity, Goal Area 9)** Online Asynchronous
- GERO 425 Dementia & Aging** Hybrid: Asynchronous + 4 synchronous sessions 5:30– 8:20 M (8/21; 9/11; 10/9; 11/6)
- GERO 475 Regulatory Management** Hybrid: Asynchronous + 4 synchronous sessions 5:30– 8:20 M (8/28; 9/18; 10/16; 11/13)
- GERO 444-01 Gerontology Internship**– By permission only

## Graduate Classes

- GERO 505 Diversity & Aging** Hybrid: Asynchronous + 4 synchronous sessions 5:30– 8:20 T (8/22; 9/12; 10/10; 11/14)
- GERO 511 Aging Policy & Programs** 3:30– 4:45 T/Th
- GERO 520 Ethics in Gerontology & Geriatrics** Online asynchronous
- GERO 525 Dementia & Aging** Hybrid: Asynchronous + 4 synchronous sessions 5:30– 8:20 M (8/21; 9/11; 10/9; 11/6)
- GERO 650 Research Methods & Design in Gerontology Methods** Hybrid: Asynchronous + 4 synchronous sessions 5:30– 8:20 T (8/29; 9/19; 10/17; 11/28)
- GERO 644– 01 Gerontology Internship**– By permission only
- GERO 699– 01 Comprehensive Exam**- By permission only
- GERO 699– 01 Starred Paper**- By permission only
- GERO 699– 01 Thesis**- By permission only

**The Gerontology Program Currently offers an Undergraduate Minor, Masters Degree & Graduate Certificate! And will soon be offering a certificate in Executive Health Care Administration!**

For more information visit our website at [www.stcloudstate.edu/gerontology](http://www.stcloudstate.edu/gerontology) or contact us:

Dr. Rona Karasik at [karasik@stcloudstate.edu](mailto:karasik@stcloudstate.edu) (undergraduate students)

Dr. Phyllis Greenberg at [pagreenberg@stcloudstate.edu](mailto:pagreenberg@stcloudstate.edu) (graduate students)

Gerontology: Brown Hall 312 [gerontology@stcloudstate.edu](mailto:gerontology@stcloudstate.edu)

# Featured Fall 2023 Courses

## Introduction to Gerontology

**GERO 208-54– Face to face and Online**

What does aging mean to you? The processes of aging affect each of us in different ways, including biologically, psychologically, and socially. This class introduces the interdisciplinary study of human aging and provides a view of the world's rapidly aging population.

**\*Meets Liberal Education Goal Area 5 & Diversity Requirements**

## Aging and Diversity

**GERO 405/505**

Explore the intersection of factors such as gender, race, ethnicity, culture, class, sexual orientation, geographic location, physical ability (and more) with aging. All of these "factors" are components of who we are, who we will be, and the experiences we will have as aging adults.

**\*Meets Liberal Education Goal Area 5 & Diversity Requirements**

## Dementia and Aging

**GERO 425/525– Hybrid (M 5:30-8:20 pm),  
Remaining- Online Asynchronous**

What is the difference between Alzheimer's and dementia? What should you know about working with or caring for a person with dementia? Learn about the nature, causes and symptoms of dementia, as well as the impact it can have on individuals, families and caregivers.

## Aging Policies and Programs

**GERO 411/511**

Examine the range and variety of services and programs for the older population, especially those supported and/or funded under the policy, administrative, fiscal, or legislative control of federal, state, and local governments.

## Research Methods and Design in Gerontology

**GERO 650- Hybrid (T 5:30-8:20 pm),  
Remaining- Online Asynchronous**

This course focuses on the fundamentals of research methods and design (qualitative, quantitative and mixed) for gerontology. Students explore a variety of methods and discover which method/design works best for their research interests.

## Ethics in Gerontology and Geriatrics

**GERO 420/520- Online Asynchronous**

Driving with dementia? Self-neglect? Right to refuse treatment? What do I do if...? Using case studies, current literature and real-life scenarios, we will explore a wide range of ethical dilemmas in aging practice and policy from individual, professional, and societal levels.

**\*\*Meets Liberal Education Goal Area 9 & Diversity Requirements\*\***

## Regulatory Management

**GERO 475- Hybrid (M 5:30-8:20 pm),  
Remaining- Online Asynchronous**

This course covers the essentials of regulatory management for nursing homes and assisted living facilities including: state and federal regulations required to operate long-term care facilities, compliance, standards, human resources and business strategies. In addition students will learn about licensure requirements, as well as Medicare and Medicaid and other governmental and quality measures. Quality assurance and performance improvements and regulatory inspections processes as well as facility assessments including disaster and emergency planning will be covered.

*Scheduling concerns? Not sure which course to pick? Let us help!*

*Dr. Phyllis Greenberg [pagreenberg@stcloudstate.edu](mailto:pagreenberg@stcloudstate.edu) Dr. Rona Karasik [karasik@stcloudstate.edu](mailto:karasik@stcloudstate.edu)*

# Gerontology News

## Careers in Aging Week

**Careers in Aging week (CIAW)** is from March 26– April 1, 2023. We are excited to receive a grant from Gerontological Society of America (GSA) for Careers In Aging Week.



Join us to learn about the possible career paths to provide care and services for older population.

Here are the upcoming events for CIAW:

**Careers Information Tabling:** March 23<sup>rd</sup> & 27<sup>th</sup>, 12-3 PM, Atwood Main Floor

**Careers In Aging Display:** March 27<sup>th</sup>– April 4<sup>th</sup>, SCSU Library

**Accessibility Awareness Experience:** March 28<sup>th</sup>, 2-4 PM, Atwood Lounge (Hands on experience with the ADA)

**CIAW Panel/Alumni Celebration:** April 4<sup>th</sup>, 1– 2:30 PM, Alumni Room, Atwood (Join us in-person or via [zoom](#))

## Congratulations

A big congratulations to **Babita KC** and **Chinyin Oleson** !!

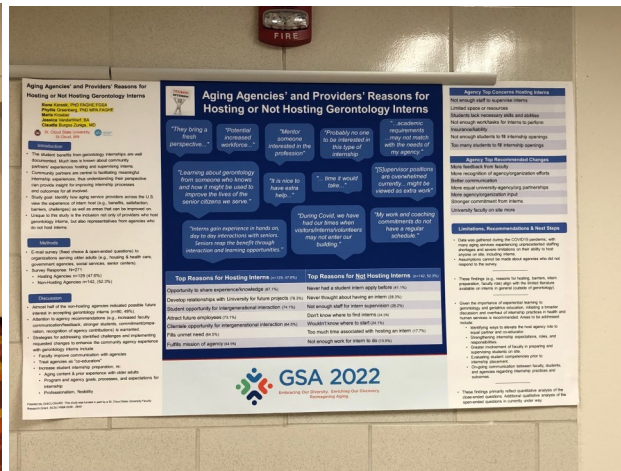
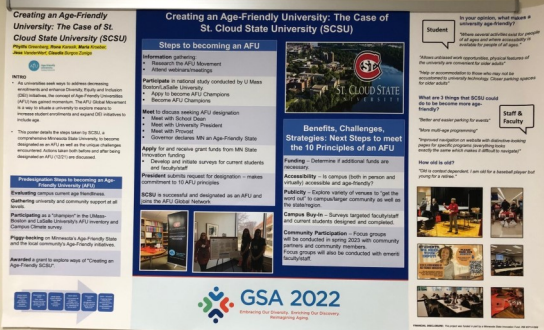
Babita KC is a recipient of the 2023 Bloedow Scholarship and Chinyin Oleson is a recipient of 2023 Spillane Scholarship.

## Now is a great time to get involved!

The SCSU Gerontology Program hosts two student/professional organizations:

- **Sigma Phi Omega (the International Academic 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, faculty, and community professionals are encouraged to join! <https://www.sigmaphiomega.org/>
- **SCSU Gerontology Club:** Everyone is welcome and encouraged to join “The Gerontology Club” which meets with our local chapter of the honors society. The groups participate in community projects, offer tutoring and mentorship, and of course, hold fabulous social events! Leadership opportunities are also available. Please join us!

# Gerontology Events



## 74th Annual Scientific Meeting of the Gerontological Society of America (GSA), Indianapolis, IN



Side Street Event



## MGS 47th Annual Conference, University of St. Thomas, St. Paul, MN

Thank you to all of our community partners for your ongoing support and hosting student interns and service-learners!



## Meet Our Graduate Assistant

Hello, my name is Sushmita Shrestha. I am from Nepal. This is my final semester as a Graduate student of Gerontology and as a graduate assistant.

I completed my undergraduate degree in nursing from India and have worked as a nurse in Nepal for more than 2 year. While working there, I had to communicate and give care to the older adults. Because of this, I was encouraged and motivated to know and understand more about them and their conditions.

Joining this gerontology program has given me a chance to learn and experience new things related to older adults. I have learned a lot about aging, perceptions of other people in community, images, and many other things. I believe all of this things that I learned will help me in my career. I hope I can utilize all the experiences and knowledge I gained to improve the overall situation of the older adults in the community.

Sushmita joins returning Graduate Assistants **Jess VanderWerf** and **Tina Lakhemaru!**



## Have you joined yet?

The **Gerontology Club** and **Honor Society** are having a great semester! So far this year, we volunteered at the Walk to End Alzheimer's and the Walk to Defeat ALS. We had a great time tabling at Main Street and Side Street and made a lot of amazing student connections. Join us to see what this semester holds!

**INTERNSHIPS!:** If you are interested in pursuing a Summer or Fall internship, please contact Dr. Rona Karasik ([karasik@stcloudstate.edu](mailto:karasik@stcloudstate.edu)) as soon as possible to begin the planning process!

### KEEP IN TOUCH WITH US ON SOCIAL MEDIA!



[@Gerontology\\_SCSU](https://www.instagram.com/Gerontology_SCSU)



[Gerontologyprogram@SCSU](https://www.facebook.com/Gerontologyprogram@SCSU)



[@SCSUGerontology](https://twitter.com/SCSUGerontology)

### GERO Program Alumni

#### We want to hear from you!

Let us know how you are doing. Send us an email and, even if you have done so before, take a minute or two to fill out our online GERO Alumni survey:

[SCSU Gerontology Program Alumni Survey](#)

We look forward to hearing from you!