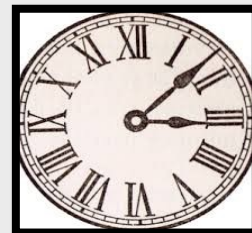


# GERONTOLOGY TIMES



## NOTES FROM THE DIRECTOR

After two rather strange years, I think I am beginning to understand what it means to have a “new normal”. While in-person gatherings are again possible and it is good to see so many faces (masked and otherwise) on campus, the convenience of meeting via Zoom and other media platforms remains with us as an alternate way to bridge both geographical distances and ongoing health concerns. The same might be said for the gerontology program’s course offerings – which include face to face, hybrid, and fully on-line options. Check out page 4 for the Spring 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 join us! For more information: [Cost of Attendance, Tuition and Fees | St. Cloud State University \(stcloudstate.edu\)](#)

In addition to our usual mix of classes, research, writing, and community engagement, our work on the “Creating an Age Friendly SCSU” is in full swing. We are grateful for all your support and guidance with this exciting undertaking. Currently, our student and faculty research team is developing a series of surveys and focus groups to get your thoughts on what you want to see in an Age Friendly SCSU! We also encourage you to send your ideas directly to us: [gerontology@stcloudstate.edu](mailto:gerontology@stcloudstate.edu).

In other news, the Gerontology Program is pleased to welcome (former alum and adjunct) Assistant Professor Annette Greely who is taking the lead on updating the Health Administration Certificate program. **See page 3 for more information on this exciting and timely undertaking!**

Thank you to all of our students, staff, and community members for supporting the program’s education for life mission! We look forward to continuing our partnerships with you. Please do not hesitate to reach out with your ideas! Thank you also to our three talented graduate assistants, Claudia Burgos Zuniga, Jess VanderWerf, and Tina Lakhemaru for their excellent work!

Hoping you are well! Happy Fall!

**Rona**

Rona J. Karasik, PhD., FGSA, FAGHE  
Professor & Director, Gerontology  
Editor, *Gerontology & Geriatrics Education*  
[karasik@stcloudstate.edu](mailto:karasik@stcloudstate.edu)



### INSIDE THIS ISSUE

- Director’s Notes... 1
- GERO Grad Coordinator Notes.... 2
- New Faculty Spotlight... 3
- Gerontology Course Offerings.... 4
- Featured Online & Hybrid Courses... 5
- Publications and Presentations... 6
- Gerontology News and Events... 7- 9
- SPO & GERO Club News... 3 & 9
- Student Spotlight... 9
- Meet our Graduate Assistants... 10



## NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

Fall is a beautiful time of the year – sunny crisp mornings and changing color of leaves. Much has been going on in graduate education in Gerontology. First welcome to our new Graduate Assistant Tina Lakhemaru and returning GAs Claudia Burgos Zuniga and Jess VanderWerf! Also welcome to Annette Greely our newest faculty in the Gerontology program. Not only is Annette an alum of our M.S. in Gerontology program but she brings a wealth of experience and expertise that is ideal for this new position. Annette will be assisting with revamping the Health Administration and Assisted Living Certificate programs which will now be housed in Gerontology. We are excited about the prospect of helping to train future administrators to advance quality care and service. **For more information see page 3.**

A big shout out to all the Gerontology, Social Work and other students that are working hard to make Project Homeless Connect a Success. We worked hard to collect items for a silent auction to raise funds to put together our Basic Necessities Bags. Our goal is to have enough items for 400 bags – for more information contact me at [pagreenberg@stcloudstate.edu](mailto:pagreenberg@stcloudstate.edu) or Dr. Sheila Moriarty at [smmoriarty@stcloudstate.edu](mailto:smmoriarty@stcloudstate.edu). We are also looking for items such as new/gently used coats, gloves, hats and scarves. The Silent Auction was on October 11, 2022 and was a big success. Project Homeless Connect is October 27<sup>th</sup> at Rivers Edge Convention Center from 9 a.m. – 3:00 p.m. Kudos to my awesome partner in Project Homeless Connect Dr. Sheila Moriarty!!

In addition to Project Homeless Connect students in my two policy courses GERO 411/511 (Aging Policies/Programs) and GERO 620 (Advance Issues in Aging Policy) worked with the League of Women Voters in assisting with hosting a candidate forum. SCSU Gerontology students assisted with the forum on October 6<sup>th</sup> at Whitney Senior Center where candidates for House and Senate Districts 14 A and B responded to questions from the community. Students will also help in registering people to vote at Whitney Senior Center.

I love service learning and the connection between our community partners, students and the larger community. My section of GERO 208 (Introduction to Gerontology) is partnering with Whitney Senior Center for a Skills Exchange project. Not only will students teach participants a skill but participants will have the opportunity to teach students a skill – looking forward to this!

Graduate Students be sure to see me about courses/graduation. Have a great fall semester and be sure to stop by and see us in Brown Hall 312 – come by for information about classes and programs or for a snack – we always have snacks!!

### Phyllis

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

Coordinator Graduate Studies Gerontology

[pagreenberg@stcloudstate.edu](mailto:pagreenberg@stcloudstate.edu)

## New Faculty Spotlight

We are very pleased to announce that we have a new hire in the Gerontology Program. While she is a new hire she is an old friend and an alum!! Annette Greely will be joining the program in a half-time faculty position to help reenergize the Health Administration Certificate which will now be housed in Gerontology, as well as teach a course per semester. Annette received her M.S. in Gerontology in 1993 and since then has held several positions as a nursing home/assisted living administrator. Annette has also worked closely and been a member of Leading Age Minnesota. In addition she has worked with the Minnesota Board on Aging and is considered a leader in the area of policies related to nursing homes and assisted living facilities. Annette is in the process of completing her EDD in Leadership from St. Mary's.



**“I am excited to be helping teach again! As a graduate of the SCSU Gerontology graduate program, I can tell you first-hand how it has helped me and my career. It opened doors to helping care and advocate for seniors in my job as a senior housing director and managing senior services. I am looking forward to helping restart the Health Administrator Certificate program!”**

**- Annette Greely.**

You will be hearing more from Annette about the program soon!

Welcome aboard Annette Greely!!

## 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 together 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 Program Spring 2023 Course Offerings

## Undergraduate Classes

- **GERO 208- 54 Introduction to Gerontology (Diversity, Goal Area 5)** Online asynchronous
- **GERO 415- 54 Gender and Aging (Diversity, Goal Area 5)** Blended/Hybrid (Online asynchronous + 4 synchronous: 1/10, 2/21, 3/14, 4/18 at 5:30-8:20pm)
- **GERO 430- 54 Elder Law** Online asynchronous
- **GERO 435- 54 Housing, Transportation, and Aging** Blended/Hybrid (Online asynchronous + 4 synchronous: 1/23, 2/20, 3/13, 4/24 at 5:30-8:20pm)
- **GERO 444- 01 Gerontology Internship** – By permission only
- **GERO 465- 54 Health and Aging** Online asynchronous
- **GERO 470- 54 Global Aging (Diversity Goal Area 5 & 8)** Blended/Hybrid (Online asynchronous + 4 synchronous: 1/17, 2/28,

## Graduate Classes

- **GERO 515- 54 Gender and Aging** Blended/Hybrid (Online asynchronous + 4 synchronous: 1/10, 2/21, 3/14, 4/18 at 5:30-8:20pm)
- **GERO 530- 54 Elder Law** Online asynchronous
- **GERO 535- 54 Housing, Transportation, and Aging** Blended/Hybrid (Online asynchronous + 4 synchronous: 1/23, 2/20, 3/13, 4/24 at 5:30-8:20pm)
- **GERO 565- 54 Health and Aging** Online asynchronous
- **GERO 570- 54 Global Aging** Blended/Hybrid (Online asynchronous + 4 synchronous: 1/17, 2/28, 3/21, 4/25 at 5:30-8:20pm)
- **GERO 630- 54 Aging and Community** Blended/Hybrid (Online asynchronous+ 4 synchronous: 1/9, 2/6, 03/20, 4/17 at 5:30-8:20pm)
- **GERO 644- 01 Gerontology Internship** By permission only
- **GERO 695- 01 Comprehensive Exam** By permission only
- **GERO 697- 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 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 Spring 2023 Courses

### Introduction to Gerontology

#### GERO 208-54 — Online Asynchronous

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**

### Gender and Aging

#### GERO 415/515-54

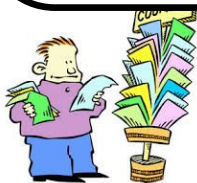
This course draws on a variety of sources including fiction, popular media, personal narratives and both qualitative and quantitative research. Areas addressed include gender inclusion and diversity, issues of health, work/retirement, sexuality, kinship, media representation and identity.

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

### Housing, Transportation, and Aging

#### GERO 435/535-54

Investigate issues of housing and transportation in later life in regard to the needs of older persons. Attention is placed on issues of aging in place, physical design, and innovative housing and transportation options, as well as working with older persons in a variety of housing settings.



### Elder Law

#### GERO 430/530-54

This course offers an introduction and overview of the issues in Elder Law. Elder rights, public policy, criminal justice and the role of society will be examined.

### Health and Aging

#### GERO 465/565-54

Study the physiological and cognitive processes of human aging, with a consideration of environmental, societal, and lifestyle factors which promote healthy aging. Topics include theories of aging; diet & nutrition; exercise; physical & cognitive processes of aging; health enhancement; & sexuality later in life.

### Global Aging

#### GERO 470/570-54

Aging is a global phenomenon (e.g. demographic trends, historical influences and the lived experience). The intersection of factors such as gender, ethnicity, geography, and class are explored.

**\*Meets Liberal Education Goal Area 5,8 & Diversity Requirements**

### Aging & Community

#### GERO 630-54

This course explores the diverse experience of human aging in the U.S. and globally, with a primary focus on the interpersonal and instrumental concerns related to aging within different communities.

**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)**



## Presentation & Publications

### Recent/Upcoming Presentations:

- Greenberg, P.A., Karasik, R.J., VanderWerf, J.A., Burgos Zuniga, C. & Kroeber, M.M. (Nov. 2022). 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.
- Greenberg, P.A. Ageism in Health Care: 75 is not a Diagnosis (September 2022). Retired Teachers Association. St. Cloud, MN.
- Greenberg, P.A. (September 2022). Gerontology and Social Work. NASW Presentation.
- Karasik, R.J. (Nov. 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., Greenberg, P.A., Kroeber, M.M., VanderWerf, J.A., & Burgos Zuniga, C. (Nov. 2022). 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.
- Karasik, R.J. & Kishimoto, (Nov. 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. (June 27, 2022). *Where are my Keys? Senior Moments vs. Dementia*. Douglas County Library, Alexandria, MN.

### Recent/Upcoming Publications:

- Karasik, R.J., Donorfio, L.K.M., & Greenberg, P.A. (in press). *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.
- Karasik, R.J. & Kishimoto, K. (2022). Applying Anti-Racist Pedagogy to Teaching about Work and Retirement in the U.S. *Gerontology & Geriatrics Education*. 43 (3), 295-314. doi.org/ 10.1080/02701960.2020.1856831 [Print Edition].

# Gerontology News

## Congratulations

Dr. Phyllis A. Greenberg has earned "**Fellow status**" (FAGHE) in the Academy for Gerontology in Higher Education (AGHE) and will be honored at the **Gerontological Society of America's** Annual Meeting in early November.

Dr. Rona J. Karasik is this year's recipient of the Academy for Gerontology in Higher Education AGHE **Hiram J. Friedsam Mentorship Award**. This award recognizes individuals who have contributed to gerontological and/or geriatric education through excellence in mentorship to students, faculty, and administrators. Dr. Karasik will be presenting "Full Circle: Mentoring in Gerontology & Geriatric Education" for her award lecture at the Gerontological Society of America's annual meeting in November.

## Age Friendly University

We are happy to announce that St. Cloud State University is now an official member of Age Friendly University (AFU) Global Network!



### **What is Age Friendly University?**

- The Gerontological Society of America has defined Age Friendly Universities as "institutions of higher education around the globe who have endorsed 10 AFU principles and committed themselves to become more age friendly in their programs and policies."

## Links for More Information

<https://today.stcloudstate.edu/2022/06/27/gerontology-professor-honored-by-gerontological-society-of-america/> (6/27/2022)

<https://today.stcloudstate.edu/2022/03/23/st-cloud-state-joins-age-friendly-university-global-network/> (3/23/2022)

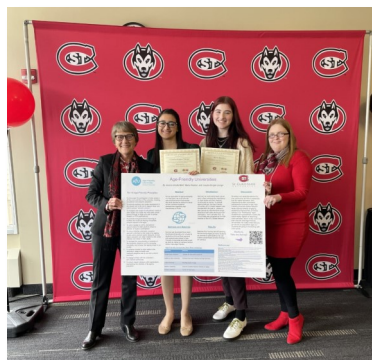
# Gerontology News & Events



**Scrubs Camp**



**Main Street**



**Huskies Showcase**



**Careers in Aging & Age-Friendly Celebration**



**Whitney Sampler Open House and Fundraiser**



**Walk to End Alzheimer's**



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



# Student Spotlight

## Maria Kroeber

Major: Communication Sciences and Disorders; Minor: Gerontology

Hometown: Grand Forks, ND

Hobbies: nature exploration, reading, tending to my aquarium.

How do I think Gerontology has helped me –

As the youngest member of my entire extended family, I have always felt a great connection to older adults. Their history intrigues me - with stories, experiences, and wisdom beyond what we know today. Studying gerontology has allowed me to dive into this interest head-on, exploring the diverse process of aging and the population that comes from it. As a student of a health-focused career field, I am of course drawn to caring for others. Studying gerontology has broadened my perspective on health-related research and given me entry into the field of geriatrics. In my current work as a caregiver at an assisted living, I learn more about older adults each day through my experiences, and the knowledge I gain in the classroom continues to be of use in every-day application. In the near future, my experiences studying and working within gerontology will be an essential component for pursuing my focus of helping older adults who have speech, hearing, swallowing, and language impairments.



### Have you joined yet?

### Now is a great time to get involved!

**The Gerontology Club and Honors Society** are having a great semester! So far, 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 made a lot of amazing student connections. Join us to see what this semester holds!

**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)

# Meet our Graduate Assistants

Hi, I am Tina Lakhemaru. I am an international student from Nepal. I completed my undergraduate degree in nursing from SCSU and I am currently a Gerontology graduate student. It is my first semester as a graduate student and graduate assistant in the gerontology program

I have worked in a nursing home and assisted living for two years as a Certified Nursing Assistant (CNA). While working in those facilities, I assisted older people physically and emotionally. I encountered multiple residents in the nursing home where I utilized my fundamental knowledge about geriatric care. My experiences from undergraduate school and work encouraged me to join the graduate school for gerontology. I am excited to learn more about older people and will continue helping them in the future.

I am excited to work as a graduate assistant with Dr. Phyllis, Dr. Rona, and two fellow graduate assistants Claudia & Jess. I believe being a graduate assistant will help me learn new information and utilize that knowledge in the future. These learning opportunities will help to build my career positively. It is also an opportunity to improve my knowledge about older adults. I hope to learn and gain more experiences regarding older adults in the upcoming semesters.

- Tina Lakhemaru

Tina joins returning Graduate Assistants **Jess VanderWerf** and **Claudia Burgos Zuniga!**



**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)



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



[@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!