

SPECIAL
POINTS OF
INTEREST:

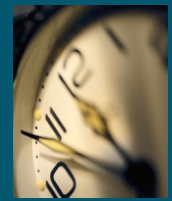
- Spring Open House April 14th
- Join us for the Heart Walk on April 30th
- Course offerings for Fall 2011
- Our 2011 Graduates

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Gerontology Times

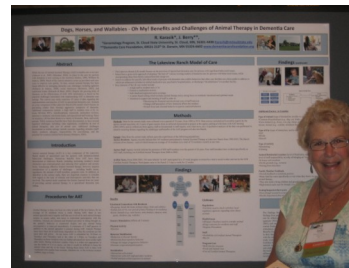


VOLUME 26 ISSUE 2

SPRING 2011

Notes from the Director

Spring is often a time of renewal and change – and this spring is no exception! As many of you know, SCSU has undertaken a university-wide reorganization this year that will take effect July 1, 2011. Under this new organizational plan, the Gerontology Program will become the **Gerontology Department**, and it will become part of the new **School of Health and Human Services** along with the departments/programs of Communication Sciences & Disorders, Community Health, Counseling, Nursing, Social Work, Nuclear Medicine Technology & Radiologic



Poster Presentation with
Judy Berry (pictured) and
Rona Karasik

Technology, and Medical Lab Sciences. We are looking forward to working with these and other units – strengthening long time partnerships and forging new ones as well!

Change can also be seen in the **Gerontology Curriculum** – which was recently updated to streamline the undergraduate minor, Master's and Certificate programs.

The update also adds a special minor track for nursing students, and has added **Global Aging** as a new elective for Fall!

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Notes from the Gerontology Graduate Coordinator

As I write this it is the first day of spring – at least that is what it says on the calendar – some of the snow is gone and some water is flowing in the Mississippi but “they” say more snow is on the way. So I won't pack my winter clothes away just yet.

During last fall and this semester worked on redesign of the Minor,

Masters and Graduate Certificate Programs in Gerontology. Several of our courses have been designated Goal 5 and Diversity courses under Liberal Education (General Education). Intro to Gerontology (GERO 208), Aging and Diversity (GERO 405) and Women and Aging (GERO 415) can now be taken to meet these areas.

Continued on Page 4

Director's Notes Continued from Page 1

Along with these exciting changes also comes continuity as well. Check out these annual Gerontology Program events/News items:

Gerontology Open House: Yes, it's time for our annual open house – Thursday, April 14, 3:30-5pm SH 112 – Everyone is welcome! This is a great opportunity to meet others interested in the field of aging. In conjunction with the Gerontological Society of America and the Association for Gerontology in Higher Education 10th Annual Careers in Aging Week, the open house will feature information on “Careers in Aging” and “Healthy Aging”. Don't miss our ever-fabulous door prizes (and yes, the chocolate fountain, too!). The open house and presentation are co-sponsored by the Gerontology Program, our local Beta Zeta Chapter of Sigma Phi Omega, and the Gerontology Club.

Alumni Survey: GERO Program Alumni, we want to hear from you! If you haven't already done so, please take a minute to fill out our on-line survey. You can take it at <http://www.surveymonkey.com/s/J2TZJRK> or you can also find it on our webpage www.stcloudstate.edu/gerontology.

Summer & Fall Classes in Aging: Students, now is a good time to start thinking about registering for Summer & Fall classes (see page 7 for a “sneak preview” of the Fall offerings). Be sure to check in with your advisor (Dr. Phyllis Greenberg – Master's and Certificate Students; Dr. Rona Karasik – under-

graduate minors) to make sure your program is on track!

Sigma Phi Omega (the National Academic Honors and Professional Society in Gerontology) and the **SCSU Gerontology Club**. 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! Also, all are welcome to join “The Gerontology Club” which was formed in conjunction with our local Sigma Phi Omega chapter. Now is a great time to get involved! We have been meeting on the 1st and 3rd Wednesdays (12-1pm) and Thursdays (5-6pm) in Stewart Hall 330.

Gerontology Program Website: Opportunities and information about our website:

<http://www.stcloudstate.edu/gerontology/>.

Be sure to check out sections on careers in aging, internships, volunteer opportunities and more! If you would like to have information about an upcoming event or opportunity posted on the site – contact me at karasik@stcloudstate.edu.

Have a wonderful Spring!

Rona

Rona J. Karasik, Ph.D.

Director, Gerontology Program
Professor, Community Studies

Do you have a book of Dr. Greenberg's or Dr. Karasik's that you forgot to return? How about a thesis? We seem to be missing quite a few! If you do, please return it ASAP! No questions asked! Squeak!



Check out our **Gerontology Program Facebook** page! Take a look, stay up-to-date on events!



Sigma Phi Omega and Gerontology Club News

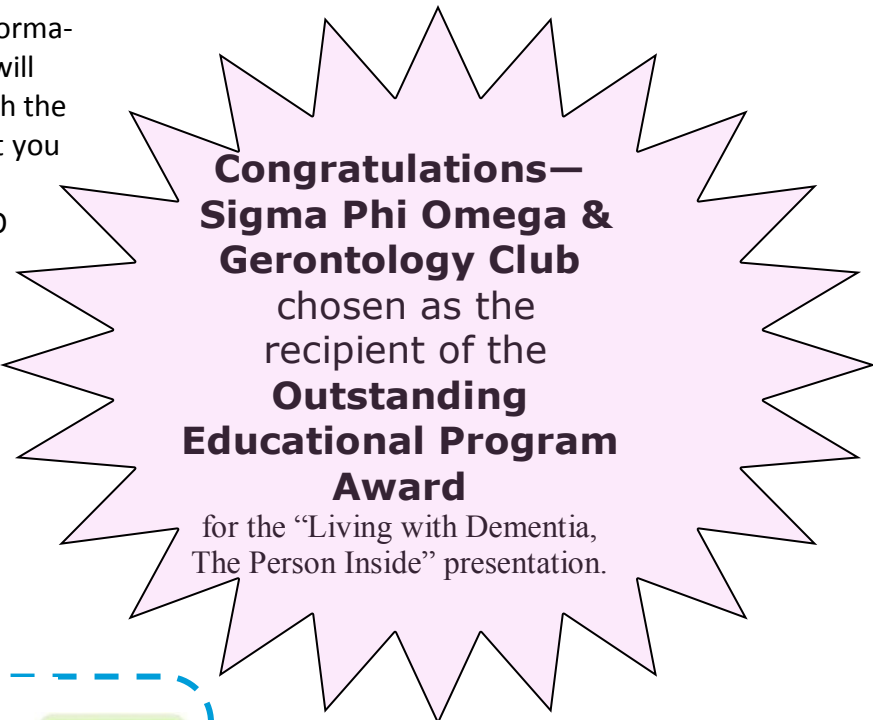
SPO and the GERO Club have been volunteering in the community this “spring semester”, I am still waiting for the “spring” part! On St. Patrick’s Day we went to The Legends at Heritage Place for their St. Patrick’s Day Party and also went bowling at the Sartell bowling alley and had a great time! There are also two other volunteering options with The Legends at Heritage Place for their Spring Fling dances on April 7th and April 14th, let me know if you are interested! On April 14th from 12:00-2:00 there will be a booth in Atwood that will feature healthy aging, stop by and pick up information on how to age well! SPO and the GERO club will also be walking in this years Start! Heart Walk with the American Heart Association. We have a team that you can join or donate to, find us at www.startheartwalk.org, located under SPO/GERO Club.



Celebrating St. Patrick’s Day at The Legends at Heritage Place

The last three SPO/GERO club meetings of the year will be as follows: Wednesday April 6th from 12-1, Thursday April 7th from 5-6, and Wednesday April 20th from 12-1. On the 20th there will be a pizza party to celebrate the end of the semester. Hope to see you there!

Katie Nordberg,
SPO President
noka0402@stcloudstate.edu



**Congratulations—
Sigma Phi Omega &
Gerontology Club**
chosen as the
recipient of the
**Outstanding
Educational Program
Award**

for the “Living with Dementia,
The Person Inside” presentation.

JOIN THE SPO / GERO CLUB IN TIME FOR THE HEART WALK

The walk is at CentraCare Health Plaza on **April 30th**, the Heartwalk festivities begin at **8:30 a.m.** and the walk starts at 9:00 a.m. The mission on the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. Our team can help the AHA **by meeting our team goal of \$1000**

Find the team link on our Facebook page!



Welcome new SPO MEMBERS



**Nancy Schellinger and Leacey Brown
pictured with Katie SPO President**

Notes from the Gerontology Graduate Coordinator

In addition we have added 3 new courses. Elder Law (GERO 450/550); Global Aging (GERO 470/570) and Research Methods and Design in Gerontology (GERO 650) will be available starting in the fall (see schedule).

In addition to the new courses we have added a **minor track for nursing students** (see Dr. Rona Karasik) and have revamped the required groups of core and elective courses for the Masters (see me). We have done all this tinkering, adding and changing to keep the program and its degree components cutting edge.

We will have a booth at the Minnesota Gerontological conference this year on April 29th at the Earl Brown Center. There will also be students and faculty presenting at the conference. We hope you can make it – it is a wonderful opportunity to network, be involved with a professional organization and find out what's happening in Minnesota and the region. In addition this year I am honored to accept the **Dutch Kastenbaum Outstanding Gerontologist of the year award!!!** Thank you to all for their support!!!

Mark your calendars for April 14th 3:30-5 pm (SH 112) for our annual and famous Careers in Aging - Gerontology Open House. We will have information on the programs, careers and yes our legendary

CHOCOLATE FOUNTAIN AND FABULOUS DOOR PRIZES!

This semester's graduation will be both exciting and a little sad. Several of our graduate students will be hooded (provided of course they are completed or well on their way to completion) this Spring. I big congratulations to: Leacey Brown, Jackie Juan, Beth Knot, Dana Lodermeier, Gretchen Oleson and Missy Reichl. Very Proud of all of you and will miss you – which of course means you need to finish!

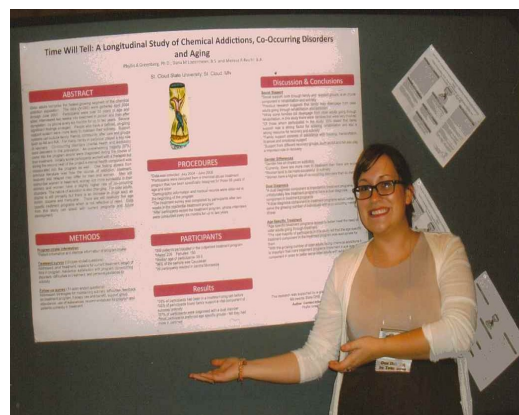
I also want to take this opportunity to say thank you to our amazing graduate assistants: Missy Reichl, Aparna Kaja, Paula Woischke and

Jenny Writz. They have done an amazing job!! They have brought skills, creativity and enthusiasm to what they do and to the Gerontology Program. Aparna, Paula and Jenny will be back in the fall and we look forward to it. It is with pride and sadness that we say good luck to Missy as she will be completing her Masters in Gerontology and starting her career post college. Keep in touch Missy – you have provided leadership, humor and unwavering commitment to the program. You will be missed.

Registration will soon begin for Fall Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me. If you would like more info on our graduate programs or would just like to take a grad course please stop by as well. Have a wonderful semester.

Phyllis

Phyllis A. Greenberg, Ph.D
Gerontology Graduate Coordinator



**Missy Reichl (picture) and Phyllis Greenberg
Poster Presentation New Orleans**

Congratulations Graduates of 2011



Missy Reichl

Reflection from Missy Reichl

As I sit in the Gerontology Graduate Assistant office, I can't believe how far I've come. I remember registering for my first Gerontology course with Wendy Pikus in fall 2006. I really enjoyed the class, and it wasn't long until I was an official GERO – minor. In May 2009, I graduated and fall 2009 I started the Master's program. Now I'm nearing the end of the journey. Oh yeah, did I mention I'm a teaching assistant for Phyllis this semester for her GERO 208 class? I'd say that's pretty full circle.

I'm not going to lie, these last few years haven't been easy. I can't say enough how I couldn't have done it without the help, support and love of our faculty, staff, students and of course my family. The Gerontology Program really has become my home. I'm so sad to leave, but so excited for the future for both myself and the program.

I would like to thank Brenda Tritz for all the help (and the laughs) throughout the last two years as a Graduate Assistant. I would also like to thank Dr. Phyllis Greenberg and Dr. Rona Karasik for being my "rocks." I really truly appreciate everything they have done to make the program what it is and for being the role models that I always wanted.



Leacey Brown

Leacey is from Gainesville, Florida. In 2004, she joined the United States Air Force and moved to Minot, North Dakota. While in Minot she completed her BA in Sociology and Psychology. After finishing her BA, she moved to Minnesota to pursue her Master of Science degree in Gerontology. She is happy about her decision to come to St Cloud State University. The faculty and her colleagues have been awesome. She has greatly expanded her knowledge about aging and older adults through her experiences here at St Cloud State University.

In the Masters of Gerontology program my program has focused a lot on health and health promotion of older adults. I am very open about experiencing different areas in the field, however I really enjoyed my internship, at Plymouth Creek Center, and would love to work in therapeutic recreation.



Dana Lodermeier



Gretchen Olesen

Gretchen Olesen graduated from the University of MN – Twin Cities with a BA in History, and the St. Cloud Technical College with her LPN. After graduation, Gretchen is moving to South Carolina to continue her career in the field of Gerontology. Gretchen would like to thank her colleagues and faculty for making her time at SCSU rewarding,

Jackie graduated from the University of Wisconsin-Stout in 2009 with a degree in Human Development & Family Studies with a concentration in Gerontology. She is currently the Housing Manager for Comforts of Home in Chippewa Falls, WI. Jackie enjoyed being a Graduate Assistant for the Gerontology Program and would like to thank her fellow students and faculty for their support.



Jackie Juan



Beth Knott

Beth graduated in 2007 from St. Cloud State University with degrees in Communication Sciences and Disorders and Spanish. She is currently employed at Country Manor in Sartell where she uses her skills in Gerontology daily. She hopes to continue her career in the field of aging. Beth would like to thank Rona and Phyllis for being great mentors.

Fall 2011 Classes begin August 22nd

Undergraduate Courses

Gerontology

GERO 208 01	Introduction to Gerontology*	M, W, F	10:00am- 10:50am
GERO 208 02	Introduction to Gerontology*	T, Th	11:00am- 12:15pm
GERO 405 01	Aging and Diversity*	T	5:15pm- 8:00pm
GERO 411 01	Aging Policies and programs	T, Th	3:30pm- 4:45pm
GERO 425 01	Dementia and Aging	M, W	3:00pm- 4:15pm
GERO 440 01	Global Aging **	Th	6:00pm- 8:45pm
GERO 444 01	Internship		Hours Arranged

Psychology

PSY 345 54	Psychology of Death and Dying		Online
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Sociology

SOC 350 54	Sociology of Age and Aging		Online
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Community Studies

CMTY 333 01	Studying Communities	M, W, F	1:00pm- 1:50pm
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Communication Studies

CMST 420 01	Advanced Seminar in Relational Communication- Aging	W	5:00pm -7:40pm
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Finance, Insurance and Real estate

FIRE 479 01	Social Insurance	M, W, F	9:00am- 9:50am
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Graduate Courses

Gerontology

GERO 505 01	Aging and Diversity	T	5:15pm- 8:00pm
GERO 511 01	Aging Policy and Program	T, Th	3:30pm- 4:45pm
GERO 525 01	Dementia and Aging	M, W	3:00pm- 4:15pm
GERO 540 01	Global Aging **	Th	6:00pm- 8:45pm
GERO 600 01	Advanced Research Methods in Gerontology**	W	5:00pm-7:45pm
GERO 630 01	Aging and Community	M	5:00pm- 7:45pm
GERO-644 01	Internship		Hours Arranged
GERO 696 01	Practicum (Plan C)		Hours Arranged
GERO 697 01	Starred Paper (Plan B)		Hours Arranged
GERO 699 01	Thesis (Plan A)		Hours Arranged

Finance, Insurance and Real estate

FIRE 579 01	Social Insurance	M, W, F	9:00am- 9:50am
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Counselor education and Education Psychology

CEEP 678 02	Introduction to Graduate Statistics	M	5:00pm- 7:45pm
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** Course Numbers may change: Global Aging GERO 470/570; Research Methods GERO 650

* Meets Liberal Education Goal Area #5 and Diversity Requirement

The Gerontology Program offers an Undergraduate Minor, Masters and Graduate Certificate

For more information visit the program website at <http://www.stcloudstate.edu/gerontology> or Contact **Dr. Rona Karasik** at karasik@stcloudstate.edu (for Undergraduate students) or **Dr. Phyllis Greenberg** at pagreenberg@stcloudstate.edu (for Graduate students)

St. Cloud State University
Gerontology Program
Department of Community Studies
365 Stewart Hall
720, Fourth Avenue South
St. Cloud MN, 56301-4498

The St. Cloud State University
Gerontology Program
Invites you to Attend an
Open House
to Celebrate
Careers in Aging Week
Thursday, April 14th
3:30 to 5pm
in Stewart Hall—Room SH 112
Refreshments & Door Prizes!

