Notes from the Director

Happy (almost) spring! This has been a busy year so far – moving into our new home (Brown Hall 312), adding to our on-line course offerings (more opportunities coming this fall!), creating new community partnerships (Welcome Buffalo High!), working on several new research projects, and getting ready for Careers in Aging Week! We hope you will join us as we celebrate our favorite week of the year!

Our students, faculty & alumni are doing amazing things – and we would love to know what is new with you too! Send us your news!

Heartfelt Congratulations to:

- Our own Dr. Phyllis Greenberg, 2018 Association for Gerontology in Higher Education Distinguished Faculty recipient!
- Dr. Jason Eden and Gerontology MS Alum Naomi Eden on the publication of their new book “Age Norms & Intercultural Interaction in Colonial North America”!
- Marge Mair-Hansen (poet, storyteller, and Gerontology MS Alumnus) on the publication of her new poetry collection “In All Our Seasons”.

Sincerest Thanks to:

- Our community partners, old and new! Thank you for providing so many valuable opportunities for service-learning and internships and helping to mentor our students! Thank you also for including us in your work – everything from ACT on Alzheimer’s to Project Homeless Connect. We are so proud to be a part of this community!
- Gerontology Program ambassadors Mikaela Depauw & Jennyva Vang!
- Our university family, including the amazing Ms. Kim Johnson, our talented graduate assistants Amanda Clemens & Babita Pokharel, all-around assistant/intern Nisha Khanal, and yes, the amazing technical staff – including Josiah Enninga, Greg Jorgensen, Roseann Wolak & Sara Grachek!
- You – our students, colleagues, collaborators, alumni, friends & family! Your support means so much to us!

Have a wonderful spring (and no, it is not too soon to start thinking about fall classes, even if our MN “spring” snow hasn’t fully melted away yet)!

Rona
Rona J. Karasik, Ph.D.
Professor & Director, Gerontology

Notes from the Gerontology Graduate Coordinator

Since I have lived in Minnesota I have never quite understood why we call this spring semester – especially when spring doesn’t begin – well weather wise anyway – until the semester is over. That being said I hope the semester is going well for you and that you are staying warm and healthy!

We are settled in to our offices in Brown Hall (312) and hope you will come by and check out our new digs and of course there is always chocolate and we have added an alternative halo oranges! Last night (February 20, 2018) I got to see one of our M.S. in Gerontology Alums Naomi Eden and her husband Professor Jason Eden (History) do a presentation from their newly published book “Age Norms and Intercultural Interaction in Colonial North America”. It was a wonderful presentation and I joined my students from Aging and Diversity who also attended the presentation.

(Continued on page 2)
Graduate Coordinator’s Notes Continued

Please share your news about accomplishments, achievements, employment or what is going in your life – we would love to be updated and if it’s okay with you we can share it with our newsletter family.

A Big Welcome to Buffalo High School one of our newest community partners!! We look forward to working with you!!

We will have additional courses on-line/hybrid in the fall – yikes can you believe we are already talking about fall semester? If you are already a graduate student or interested in our Masters, Graduate Certificate or just taking a class, please contact me and we’ll get you started. See course offerings on page 10 – I look forward to hearing from you.

Have a great rest of the “spring” semester and a wonderful summer!

Phyllis
Phyllis A. Greenberg, PhD M.P.A.
Coordinator Graduate Studies, Gerontology
Associate Professor, Gerontology Program
School of Health and Human Services

Motivational Aging Quotes

♦ “Know that you are the perfect age. Each year is special and precious, for you shall only live it once. Be comfortable with growing older.” ~Louise Hay

♦ “I have absolutely no objection to growing older. I am a stroke survivor so I am extremely grateful to be aging – I have nothing but gratitude for the passing years. I am aging – lucky, lucky me!” ~ Sharon Stone

♦ “I love living. I love that I’m alive to love my age. There are many people who went to bed just as I did yesterday evening and didn’t wake this morning. I love and feel very blessed that I did.” ~Maya Angelou
SCSU Gerontology Program Celebrates 39 Years of Teaching, Learning, and Leadership

The SCSU Gerontology minor program began in 1979. It has been going strong for the past 39 years!

The Master of Science program began in 1987-1988. For the past 31 years, this program has taught graduate students the skills they need to be a successful leader in serving older adults.

Dr. Rona Karasik has been a part of the Gerontology program for 25 years. She joined the program in 1993 and became the Gerontology Program Director in 1997.

Dr. Phyllis Greenberg has been a part of the Gerontology program for 20 years. She joined the Gerontology/Community Studies faculty in 1998 as the Gerontology Graduate Coordinator.

A big THANK YOU and CONGRATULATIONS to both Dr. Karasik and Dr. Greenberg for all their hard work, dedication and knowledge they have shared with St. Cloud State University and surrounding communities!

Gerontology Students Share How They Came to the Program and Their Future Goals:

I learned about the Gerontology program when I was in the nursing program at SCSU. I became interested in the Gerontology program during my clinical exposure at different hospice cares like St. Criox Hospice, Quiet Oaks and experiences in Orthopedics hospital. My cultural respects for elders due to their age and wisdom are what made me choose gerontology. With gerontology I was able to get broader views of social programs, housing and transportation, and aging policy but I also learned more about difficulties and challenges related to aging. My plan after graduation is to apply the knowledge into practice. I want to be a Family Nurse practitioner or a Geriatric Nurse practitioner. Either way, I want to serve vulnerable older patients, provide holistic care, and help people cope with aging.

~ Nghi Vong (Graduate student)

I first learned about the gerontology program when my classmate gave me information about courses related to aging at SCSU. They recommended me to talk to Dr. Phyllis Greenberg about Gerontology. When I took Introduction to Gerontology, I became more curious and wanted to learn more. Gerontology provided me with ideas about aging and world history. I also work in nursing home, which has taught me about aspects that facilities do not provide to employees. I am planning on working in a long term care facility as a Social Worker after I graduate, and then plan to come back and complete a Graduate Certificate in Gerontology.

~ Nasra Farah (Undergraduate student)
Featured Fall 2018 Courses

Registration for Fall 2018 begins March 26th, 2018! Now is a great time to start thinking about registering for Fall classes (see page 10 for a preview of the Fall offerings).

Remember 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!

GE 415/515 Women & Aging
Explores the social and personal dynamics of aging as experienced by women in the United States culture and globally.
*This course meets goal 5 and diversity requirements!

GE 440/540 Ethics in Gerontology & Geriatrics
Using case studies, current literature and real-life scenarios, this on-line class is a “must-have” for gerontology & geriatric professionals and those preparing to work in the field! We will explore a wide range of ethical dilemmas in aging practice & policy both on the individual care professional level, and as a society at large.

GE 425/525 Aging & Dementia
Examines dementia in older persons from three inter-related perspectives, including the nature, causes and symptoms of dementia in later life; the impact dementia in later life has on the family; and the individual experience of dementia.

GE 435/535 Housing, Transportation, and Aging
Students experienced the environment using vision goggles, wheelchairs, and walkers.

GE 650 Research Methods and Design in Gerontology
A graduate course that 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 worked best for their research interests.

The gerontology program is a hands-on experience. Many of the courses provide students with service-learning opportunities. This opportunities allows students to apply what they have learned in class to a community setting.

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

Thank you to all of our host agencies and internship preceptors!
Monday March 26 - Friday March 30
Careers in Aging week is officially April 1st - 7th, 2018.

Check Out Careers in Aging!

Are you interested in what careers are possible with a Minor or Masters degree in Gerontology?

The Gerontology program will have a display in the Miller Center Library from March 26 - March 30 for students to stop by and explore the various Careers in Aging and more!

Watch For More Upcoming Events!

Annette Greely (MS, LNHA) helps teach students at Buffalo High School about aging.
SPO & GERÓ Club News

HAVE YOU JOINED YET? There is still time to get involved!

The SCSU Gerontology Program hosts two student/professional organizations: 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!
https://www.sigmaphiomega.org/

Also, all are welcome to join “The Gerontology Club” which was formed in conjunction with our local Sigma Phi Omega chapter.

Congratulations to Our New Board members!
GERÓ President: Babita Pokharel
GERÓ Vice President: Menu Thing
GERÓ Treasurer: Amy Yang
GERÓ Secretary: Jessica Thao
SPO President: Amanda Clemens
SPO Vice President: Nisha Khanal
SPO Treasurer: Punam Maharjan
SPO Secretary: Babita Pokharel

Upcoming SPO/GERO Club Meetings:
Brown Hall rm 313
Everyone is Welcome!
March 28 12:30-1:30PM
April 18 12:30-1:30PM

Treats is always available at meetings and in our office!!
Graduate students tabling at Spring 2018 Side street Nepalese Student Association supporting Chipotle fundraiser

Want To Get Involved?

Upcoming Events & Activities

2018 Spring Educational Sessions: Building Dementia Friendly Communities Whitney Senior Center, St. Cloud
“Aging, Dementia, Caregiving, OH-MY” by Krisie Baron, Thursday March 29th, 2018, 9:30am-11:30am
Traveling Health Screening, Thursday April 5th, 2018, 9:00am-12:00pm
Brain Health, by Dr. Pat Zook Thursday May 3rd, 2018, 9:30am-11:30am

Saturday, March 24th, 2018 8:00am - 10:00am Crossroads Mall, St. Cloud Food Court Entrance

Saturday, September 22nd, 2018 9:00am - Registration 10:00am - Ceremony begins Lake George Municipal, St. Cloud
Minnesota Gerontological Society
42nd Annual Conference

What: WELLNESS AGENDA: Healthy Communities. Healthy You.

When: Friday, April 27, 2017

Where: Earle Brown Heritage Center, Brooklyn Center, MN 55430

Registration: 7 AM – 8 AM
Program: 9 AM – 4:30 PM

For more information visit:

Distinguished Faculty Award

CONGRATULATIONS!!
Dr. Phyllis Greenberg was presented the Distinguished Faculty Award at the Association for Gerontology in Higher Education Conference in Atlanta, Georgia on Friday March 2, 2018. This award acknowledges persons whose teaching stands out as exemplary, innovative, of impact, or any combination thereof. In addition, Dr. Greenberg presented “Teaching Policy in Confusing Times: More confessions from a policy wonk”.

Keep in touch with SCSU Gerontology for more gerontology news!

https://www.facebook.com/ScsuGerontology

https://twitter.com/SCSUGerontology
Presentations & Publications


- Greenberg, P.A. (March 2018). *Teaching policy in confusing times: More confessions from a policy wonk*. Distinguished Faculty Award presentation at the Association for Gerontology in Higher Education Annual Meeting and Educational Leadership Conference, Atlanta, GA.

- Pitheckoff, N., Kruger, T.M., Borrero, L., Greenberg, P. A. and Donorfio, L K.M. (March 2018). *You really can do this! Next steps in teaching in an online environment*. Workshop at the Association for Gerontology in Higher Education Annual Meeting and Educational Leadership Conference, Atlanta, GA.

Opportunities and information abound on our website!

Be sure to check out sections on careers in aging, internships, volunteer opportunities, and more!  
http://www.stcloudstate.edu/gerontology/

If you would like to have information about an upcoming event or opportunity posted on the site – contact us at: gerontology@stcloudstate.edu

**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 on-line GERO Alumni survey: http://www.surveymonkey.com/s/J2TZJRK. We look forward to hearing from you!
### Undergraduate Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERO 208 - 01</td>
<td>Introduction to Gerontology*</td>
<td>3</td>
<td>M, W, F</td>
<td>10:00 AM - 10:50 AM</td>
</tr>
<tr>
<td>GERO 208 - 02</td>
<td>Introduction to Gerontology*</td>
<td>3</td>
<td>T, TH</td>
<td>11:00 AM - 12:15 PM</td>
</tr>
<tr>
<td>GERO 208 - 54</td>
<td>Introduction to Gerontology*</td>
<td>3</td>
<td></td>
<td>On-line</td>
</tr>
<tr>
<td>GERO 411 - 01</td>
<td>Aging Policies &amp; Programs</td>
<td>3</td>
<td>T, TH</td>
<td>3:30 PM - 4:45 PM</td>
</tr>
<tr>
<td>GERO 415 - 01</td>
<td>Women &amp; Aging</td>
<td>3</td>
<td>T</td>
<td>5:30 PM - 8:20 PM</td>
</tr>
<tr>
<td>GERO 425 - 01</td>
<td>Aging &amp; Dementia</td>
<td>3</td>
<td>M, W</td>
<td>3:30 PM - 4:45 PM</td>
</tr>
<tr>
<td>GERO 440 - 54</td>
<td>Ethics in Gerontology &amp; Geriatrics</td>
<td>3</td>
<td></td>
<td>On-line</td>
</tr>
<tr>
<td>GERO 444 - 01</td>
<td>Internship ***</td>
<td>3</td>
<td></td>
<td>Hours Arranged</td>
</tr>
</tbody>
</table>

### Graduate Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERO 511 - 01</td>
<td>Aging Policies &amp; Programs</td>
<td>3</td>
<td>T, TH</td>
<td>3:30 PM - 4:45 PM</td>
</tr>
<tr>
<td>GERO 515 - 01</td>
<td>Women &amp; Aging</td>
<td>3</td>
<td>T</td>
<td>5:30 PM - 8:20 PM</td>
</tr>
<tr>
<td>GERO 525 - 01</td>
<td>Aging &amp; Dementia</td>
<td>3</td>
<td>M, W</td>
<td>3:30 PM - 4:45 PM</td>
</tr>
<tr>
<td>GERO 540 - 54</td>
<td>Ethics in Gerontology &amp; Geriatrics</td>
<td>3</td>
<td></td>
<td>On-line</td>
</tr>
<tr>
<td>GERO 644 - 01</td>
<td>Internship ***</td>
<td>3</td>
<td></td>
<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 650 - 01</td>
<td>Research Methods &amp; Design in Gerontology</td>
<td>3</td>
<td></td>
<td>On-line/Hybrid</td>
</tr>
<tr>
<td>GERO 695 - 01</td>
<td>Comprehensive Exam***</td>
<td>3</td>
<td></td>
<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 697 - 01</td>
<td>Starred Paper (Plan B) Preparation ***</td>
<td>3</td>
<td></td>
<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 699 - 01</td>
<td>Thesis ***</td>
<td>3</td>
<td></td>
<td>Hours Arranged</td>
</tr>
</tbody>
</table>

* Meets Liberal Education Goal Area #5 and Diversity Requirement
** Meets Goal Area #8
*** Permission Required

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

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

- Dr. Rona Karasik at rjkarasik@stcloudstate.edu (undergraduate)
- Dr. Phyllis Greenberg at pagreenberg@stcloudstate.edu (graduate students)
- Gerontology: Brown Hall 312 gerontology@stcloudstate.edu