



GERONTOLOGY TIMES

NOTES FROM THE DIRECTOR

Age-Friendly Minnesota....Age-Friendly SCSU

These are difficult times and I want to start by wishing you all good health (both mental and physical). So many are struggling – if there is anything the SCSU Gerontology Program can do to assist, please to do not hesitate to reach out to us!

They say adversity can bring out both the best and worst in us. As a gerontologist, I have been disheartened to see the rise in ageism during this time of crisis – and to witness the many challenges older adults and those working in aging services currently face. I have been equally inspired by the caring and creativity of our students, university, and community. Thank you all for your hard work and perseverance!

To be clear, I am not speaking only of the new distress brought on by the novel virus COVID19, but also of the pervasive systemic racism that persists in our society. Both are ills we must actively work to defeat. On the virus front, we are committed to keeping our students safe – with social distancing, mandatory mask wearing, and abundant cleaning. We are also offering our GERO courses in a wide range of accessible formats, including hybrid (synchronous and asynchronous) and online learning. If you are not sure which options are best for you and/or need additional accommodations, we are here to help!

The SCSU Gerontology Program has also redoubled our commitment to anti-racism – both in our classrooms and the community. We can move forward not only by raising awareness of institutional racism in our social programs and policies impacting people across the life course, but also by working together to actively create social change! To learn more about anti-racism and anti-racist pedagogy at SCSU, check out these sites: Anti-Racist Pedagogy across the Curriculum (ARPAC): <https://www.stcloudstate.edu/arpac/>; Community Anti-Racism Educational Initiative (C.A.R.E.) <https://www.stcloudstate.edu/care/default.aspx>.

Learning is a lifelong process- come join us on the journey! The SCSU Gerontology Program offers excellent opportunities for students, staff, faculty, and community members alike. Take a class (or two). Consider adding a Gerontology Minor to your major program of study. Already have a bachelor’s degree? We offer both a Graduate Certificate in Gerontology and, for those really looking to get ahead, a MS in Gerontology. Maybe continuing education is more yours style? Pick a topic, pick a course - we are here for you!

The opportunities are out there! See pages 3 and 4 to learn more!



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Rona

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

NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

Welcome to the new paranormal of COVID-19. While things have certainly changed they still need to move forward even if it is somewhat sideways and a little bit serpentine. But there is some good news the Gerontology Program received a grant from Minnesota State Innovation Funding – our grant is related to age friendly environments and this one is specific to SCSU –and its title is: Creating an Age-Friendly SCSU. As you can I imagine our design and implementation plans for the grant have changed – we wrote it pre-pandemic. Now we are focusing on creating a virtual age friendly SCSU. You will hear more about this as we move on.

While we can't have large group meetings/gatherings we definitely want to not only stay in touch with our students, alums and community partners but build a community whether it be virtual or ,hopefully someday not too far off, in-person. You can stay in touch with us if you are on Facebook - check us out on our Facebook page: Gerontology Program at St. Cloud State University.

This semester my Programs and Policy Class—GERO 411-511 are working on issues of food insecurity for older adults. We will be partnering with RSVP and more organizations to address urgent issue. In the past we have worked on Project Homeless Connect but due to COVID19 that has been cancelled. If you are interested in more information about this project please feel free to contact me.

I also want to reiterate what Rona said about our commitments to keeping “the pack safe” and to anti-racism within our classrooms, the university and the larger community. We must strive for equity, inclusion, acknowledgement and accessibility. We work better when we work together. We are more successful when everyone has a seat at the table and all voices are heard.

For graduate students and those interested in graduate studies please make an appointment to speak with me about your courses for the spring and program of study. If you would like information about how you can take courses for free if you are 62+ please contact me. We would love to have you join us in the spring – think about a certificate, a masters or just take a class for personal or professional development. Please don't hesitate to contact either Rona or myself. Stay safe and thrive!!

Phyllis

Phyllis A. Greenberg, Ph.D., MPA
Coordinator Graduate Studies
Associate Professor, Gerontology Program



Tarynn Johnson volunteering at GSA 2019



Gerontology students volunteering at EPIC with area High School Students for Hands on Experience with the ADA

Featured **On-line** Courses

Spring 2021

GERO 208

Introduction to Gerontology

*(LEP Goal Area 5/Diversity)**

What does aging mean to you? Learn about the diverse experience of human aging from a variety of perspectives!

GERO 430/530

Elder Law

Provides an introduction and overview of the issues facing Elder Law attorneys and their clients. Elder rights, public policy and the role of society

GERO 465/565

Health and Aging

What happens to our bodies as we get older? Explore the physiological and cognitive processes of human aging, and consider the various fac-



Grab the opportunity and secure your seats for **On-Line Courses– Spring**

On-line Class Q & A

What is an asynchronous On-line Course in Gerontology?

- Classes do not meet at a specific time — great for fitting in with your other classes, work, etc!.
- Scheduled for activities and materials to **keep you on track**. (while the GERO online courses don't meet at a specific time, they are not self-paced).
- Questions and class interaction are encouraged via D2L discussion boards and other activities.
- Faculty are on campus with office hours, opportunities for individual attention, etc!

Can some GERO Courses be applied towards liberal education requirements?

- Yes ! Check the course offerings each semester— those with an asterisk indicates courses that meet a liberal education goal area.

Featured **Blended/Hybrid** Courses

Spring 2021

GERO 418/518

Images of Aging & Popular Culture

Review movies, television, novels, essays and social media while interpreting images of aging, older adults, and the aging process in popular culture

GERO 435/535

Housing, Transportation, and Aging

Investigate issues of housing and transportation in later life in regard to the needs of older persons. Study the issues of aging in place, physical design, and innovative housing and transportation

GERO 470/570

Global Aging (Diversity)

Differentiate aging as a global phenomenon(e.g. demographic trends, historical influences and the lived experiences). Get to understand the intersection of factors such as gender, ethnicity, geography, and class)

GERO 630 :

Aging and Community: Current issues in Social Gerontology, Culture & Diversity.

Explore the diverse experience of human aging in the U.S. and globally!

Who is aging? Why are we aging? What does it mean for our future as individuals and a global society?

What is a Blended/Hybrid course?

A mix of online (asynchronous) and “In person” or via Zoom (synchronous) class meetings during semester. Hybrids combine the benefits of both face to face classes with the convenience of online course! Great for busy schedules

Questions and class interaction are encouraged via class discussion (including Zoom options), D2L discussion boards and other activities. Faculty are on campus with office hours, opportunities for individual attention, etc!

Spring 2021 Course Offerings

Undergraduate Classes

GERO 208 - 01 Introduction to Gerontology *

Blended/Hybrid T/Th 11-12:15 pm

GERO 208- 54 Introduction to Gerontology * *Online asynchronous*

GERO 418- 01 Images of Aging & Popular Culture

Blended/Hybrid (Online asynchronous+ 3 synchronous: T 2/9, 3/16, 4/13 at 5:30-8:20pm)

GERO 430- 54 Elder Law *Online asynchronous*

GERO 435- 54 Housing, Transportation, Aging

Blended/Hybrid (Online asynchronous + 3 synchronous: 2/1, 3/1, 4/12 at 5:30-8:20pm)

GERO 444- 01 Gerontology Internship *by permission only*

GERO 465- 54 Health and Aging *Online asynchronous*

GERO 470- 01 Global Aging ** *Blended/Hybrid T/Th 3:30-4:45pm*

Counts as Diversity and Goal Area 5 ** Counts as Diversity and Goal Areas 5 and 8

Graduate Classes

GERO 518 - 01 Images of Aging & Popular Culture *Blended/Hybrid (Online asynchronous+ 3 synchronous: T 2/9, 3/16, 4/13 at 5:30-8:20pm) T 5:30-8:20pm*

GERO 530 - 54 Elder Law *Online asynchronous*

GERO 535 - 54 Housing, Transportation, Aging *Blended/Hybrid (Online asynchronous + 3 synchronous, 3/1, 4/12 at 5:30-8:20 pm)*

GERO 565 - 54 Health and Aging *Online asynchronous*

GERO 570 - 01 Global Aging *Blended/Hybrid T/Th 3:30-4:45pm*

GERO 630 - 54 Aging and Community *Blended/Hybrid (Online asynchronous + 3 synchronous 1/25, 2/15, 4/19 at 5:30-8:20pm)*

GERO 644 - 01 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*

Presentations, Publications & Grants

Recent Presentations:

- Donorfio, L., Elliott, K., Greenberg, P., Karasik, R. & Kishimoto, K. (2019). Preparing Future Aging Professionals for a Racially, Interdisciplinary, and Intergenerationally Diverse Workforce. Poster: 71st Annual Scientific Meeting of the Gerontological Society of America (2019), Austin, Texas.
- Greenberg, P.A. and Johnson, T. (2019). Ageism in Healthcare: 72 is not a Diagnosis. Poster Session at the Gerontological Society of America Annual Meeting. Austin, TX
- Karasik, R.J. (2019). Keynote: "Service-Learning in General Education: Passion, Pitfalls & Promise" Mount St. Mary College Faculty Development Day, Newburgh, NY.
- Karasik, R.J. (2019). Gerontological Pedagogy: Passion, Paradox, and Promise. Symposium Discussant: 71st Annual Scientific Meeting of the Gerontological Society of America (2019), Austin, Texas.
- Karasik, R.J. & Greenberg, P.A. (2019): Taking the High (School) Road: Developing Intergenerational Interest for Careers in Aging. Symposium Paper: 71st Annual Scientific Meeting of the Gerontological Society of America (2019), Austin, Texas.
- Karasik, R.J. (2019). "Creating & Sustaining Community S-L Partnerships. Mount St. Mary College Faculty Development Day, Newburgh, NY.
- Karasik, R.J., Kishimoto, K., Donorfio, L. & Newsham, T. (2020). *Starting the Conversation: Anti-Racist Pedagogy and Gerontology* Pre-Teaching Institute Webinar. Academy for Gerontology in Higher Education (AGHE)



Recent Publication

- Karasik, R.J. (2020). On Becoming a Gerontological Educator: A Life Course Perspective. *Gerontology & Geriatrics Education* <https://doi.org/10.1177/1053825919892994>
- Karasik, R. J. (2020). Community Partners' Perspectives and the Faculty Role in Community-Based Learning. *Journal of Experiential Education*, 43(2), 113-135 [Print Edition] <https://doi.org/10.1177/1053825919892994>



Recent Grants

- Greenberg, P.A. & Karasik, R.J. Minnesota State Innovation Grant (2020-2021): (\$5,650). Project Title: "Creating an Age-Friendly SCSU" (\$10,000).



Did you know that we have alumni all over the country in a wide range of careers? Take a look at our Alumni Accomplishments feature! Will you be next? Drop us a line and tell us what you have been up to. We are so proud of all our graduates and would love to feature your accomplishments too!

Alumni Accomplishments

Annette Greely



Congratulations to **Annette Greely** (M.S. in Gerontology, 1995) on becoming the new President and Chief Executive Officer of Jones-Harrison Residence. Annette began her leadership role at Jones-Harrison Residence on February 3, 2020. Annette has also actively participated in LeadingAge Minnesota, and was recognized by the LeadingAge in the “50 for the next 50” Leadership Award for Minnesota. Currently, Annette is also a doctoral student working toward her Ed. D. in leadership from St. Mary’s University.

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!

KEEP IN TOUCH WITH US ON SOCIAL MEDIA!



@scsu_Gerontology



SCSU Gerontology



@SCSUGerontology

**Congratulations to the Gerontology Program on their
Successful Minnesota State Innovation Grant!**

Creating an Age Friendly SCSU!

**We are very excited about this grant and the timing is very
fortuitous as Governor Walz has just proclaimed that Minnesota
will be an Age Friendly State !**

Stay tuned for more information!



**SCSU Gerontology program was invited back to EPIC to conduct
“Hands on Experience with ADA (Americans with Disabilities ACT)
Obstacle course”.**

**It was conducted on February, 28 at SCTCC and was a great success.
SCSU students had a great opportunity to introduce the field of aging
to primarily 10th graders throughout the region.**

Meet our Graduate Assistants Fall 2020



Hello! My name is Samiksha Shrestha. I am from Nepal. I am a graduate student at SCSU in the Gerontology program and this is my second year as a graduate student. I did my Bachelor of Nursing from Nepal. Currently I am working as a Graduate Assistant in the Gerontology program. My educational background and work experience motivated me to study Gerontology for my Master's degree. I enjoy my classes as it is taught in a friendly environment and the professors are very helpful. I can use the knowledge gained in the class in a real-life environment and it has provided me a new perspective. It has also helped me to understand diversity and ethnicity in aging and how we can apply that knowledge while providing care to older adults. I recommend everyone to take at least one GERO class, as the things you learn in class can be very helpful in later life. I am looking forward to my Spring semester.

Samiksha Shrestha, Graduate Student of Gerontology



Hi, I'm Maria Rebella! I grew up here in St. Cloud and got my undergraduate degree in Community Psychology from SCSU in the Fall of 2017. I am currently a first year grad student in the School Counseling program. I was excited for the opportunity to work with Dr. Greenberg and Dr. Karasik as one of their graduate assistants as I have taken an interest in the increase of older adults assuming caregiving responsibilities of their grandchildren and the affects it has on the family system and how it will change how I counsel students living in this situation. I have also had many positive interactions with both Dr. Karasik and Dr. Greenberg in the community and am thankful for their efforts to make SCSU a welcoming, diverse, and age friendly campus. I look forward to applying the things I'm learning as a G.A. to my human growth classes and my life .

Maria Rebella, Graduate Student of School Counseling

For more information: www.stcloudstate.edu/gerontology

Dr. Phyllis Greenberg: pagreenberg@stcloudstate.edu 320-308-3156

Dr. Rona Karasik: karasik@stcloudstate.edu 320-308-5224

Gerontology: Brown Hall 312, 720 4th Avenue South, St. Cloud State University, 9 St. Cloud, MN 56301 gerontology@stcloudstate.edu

Our Community Partners

Community Partnerships Are A Win-Win!

Featured Partner: Good Shepherd

Good Shepherd Community has enjoyed a strong community partnership with the Gerontology program at SCSU for many years. We work closely with Professors Karasik and Greenberg to tour students through our campus every year so that you develop an understanding about the different levels of housing and services. We also provide meaningful service-learning and internship experiences for both undergraduate and graduate students. It is critical that these experiences are a win/win for both parties. Students need to have positive experiential learning opportunities to see the knowledge you are gaining in class lived out in a real work environment. Community partner/work sites, like Good Shepherd, value and appreciate the additional workforce to get tasks, projects and events accomplished that might not otherwise get done without you.

Other benefits of service-learning and internships include professional development, leadership skill development and, real work experience to help build your resume. All these skills, combined with your college education, will help you land a great job once you graduate. Some students choose to write papers instead of taking advantage of the service-learning opportunities. That is understandable in situations where your work and school schedules don't allow the time necessary to do a service-learning project. However, if you can devote the time, the benefits will be well worth the time you invest.

Srijana Thapa, MS Gerontology student from SCSU, did service-learning with Good Shepherd last year and now she is doing her graduate internship with us. She is doing a fantastic job and is putting her graduate gerontology education to use in a real work environment.

We hope you will consider a service-learning or internship opportunity with Good Shepherd Community!"
- Jodi Speicher (VP of Sales and Marketing, The Good Shepherd Community)



**We greatly appreciate our community partners!
Send us your news—we would love to feature you as well!**

Community Engagement

Current students, community partners, internship and service-learning preceptors – you are an essential part of the SCSU Gerontology Program too! Stop in, stay in touch, and send us your news! karasik@stcloudstate.edu. Looking forward to hearing from you all!

**Looking to Advance Your Education? Receive Training?
Potentially Work Towards a Degree or Certificate in Gerontology?**

**St. Cloud State University offers a Non-Degree
Seeking Opportunity as a Special Student!**

- ⇒ **Specifically for those who do not wish to enroll at this time and plan to take no more than 30 undergraduate semester credits**
- ⇒ **Special students seeking access to graduate courses are allowed to register for up to 9 graduate credits a semester**

Online and Printable Application Forms available at:

<https://www.stcloudstate.edu/srfs/registration/non-degree.aspx>



Justice Ruth Bader Ginsburg was the author of the majority opinion on age related workforce discrimination.

Associate Justice Ruth Bader Ginsburg wrote opinion that widened the scope of the Age Discrimination Act that covers state and local governments without regard to the number of workers they employ.

While the original 1967 law applied to private employers with at least 20 workers, Ginsberg noted, the 1974 amendment says the term employer “also means” a state or its political subdivision without any numerical threshold.

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