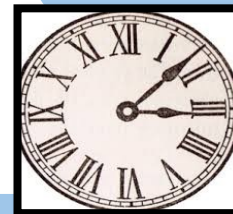


# GERONTOLOGY TIMES



## NOTES FROM THE DIRECTOR

*“Not everything that is faced can be changed, but nothing can be changed until it is faced.” -James Baldwin*

- Mask?  Hand Sanitizer?  Social Distancing?
- New Approaches to Class Instruction?  Lives Turned Upside Down?
- SCSU COVID19 Self-Assessment [https://mnsu.co1.qualtrics.com/jfe/form/SV\\_1HAqGHJbBzcyDCI?](https://mnsu.co1.qualtrics.com/jfe/form/SV_1HAqGHJbBzcyDCI?)

This time last year we were just beginning to discover what it means to live during a global pandemic. Since then, we have lost loved ones, faced disappointments, and washed our hands countless times. We have also tried to be creative, adapt, and celebrate each victory both small (getting out of bed in the morning) and large (congratulations to all our 2020 graduates!).

This has not been the year we (or likely anyone) planned on – and yet, this has been a year of deep learning and growth! Adversity can bring out both the best and worst in us, and this year we have seen both. I am so proud of SCSU – our students, staff, faculty, alumni and community partners for their efforts to maintain a healthy, flexible, top notch learning environment! Thank you for your hard work and perseverance!

As we continue to move forward, the SCSU Gerontology Program is committed to:

- Keeping our students safe with social distancing, mandatory mask wearing, and abundant cleaning
- Offering classes in formats that can accommodate different learning options and styles. If you are not sure which options are best for you, we are here to help!
- Incorporating anti-racist pedagogy into our classrooms and anti-racist practice throughout our community.
- Reframing how aging and older adults are seen in our society and creating an Age-Friendly SCSU!

Throughout this newsletter you will find information on our upcoming classes, undergraduate and graduate offerings, community-based research and much more! Learning is a lifelong process and we invite you to join us on the journey!

*Rona*

Rona J. Karasik, PhD.  
Professor & Director, Gerontology  
[karasik@stcloudstate.edu](mailto:karasik@stcloudstate.edu)



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## NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

I am holding out on considering the pandemic any type of normal. I'm hoping that as more people get vaccinated, continue to wear masks appropriately and make good choices we will once again be able to not only travel but also able to see friends and family in person, go to restaurants and activities and doing things spontaneously— let's all do our part!

We are continuing work on our Innovation Grant: "Creating an Age-friendly SCSU". We are in the process of developing a survey and focus group protocols to interview older adults as well as community partners. Excited about this foundation study on the use of a virtual format as well as in-person access. We are hoping that we will be able to plan some on-campus activities in the fall. In addition to activities, we are looking at ways to welcome and encourage older adults to take classes. Did you know that if you are 62 and older you could take courses for practically free?

*Minnesota residents that are age 62 or older are charged a \$20 per credit administrative fee plus minimal standard fees to attend "for credit" courses. If course is taken "for audit", on a space available basis, there is no administrative fee per credit. For more information <https://www.stcloudstate.edu/srfs/finances/cost-of-attendance.aspx>*

In addition I am working with the City of St. Cloud's Aging Services in creating an Age Friendly St. Cloud—more information to follow.

Check out our information about what our alums are up to and if you are a M.S. or Graduate Certificate Alum please update with what is happening in your life— we would love to share it—of course with your permission.

For Graduate students and those interested in graduate studies please make an appointment to speak with me via zoom, phone or email about your study. Enjoy the rest of spring—today it is balmy 39!

### Phyllis

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

Coordinator Graduate Studies Gerontology



**Students in GERO 435/535 (Housing, Transportation & Aging) exploring the environment using adaptive tools and vision impairment simulation goggles.**

# Gerontology Program

## Fall 2021 Course Offerings

### Undergraduate Classes

#### **GERO 208-54 Introduction to Gerontology (3cr) Online [LEP Goal Area 5 + Diversity]**

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.

#### **GERO 411-54 Aging Policies & Programs (3cr) Online**

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

#### **GERO 420-54 Ethics in Gerontology & Geriatrics (3cr) Online [LEP Goal Area 9 +**

**Diversity]** Right to refuse treatment? Self-neglect? Driving with dementia? Using case studies, current literature and real-life scenarios, explore a wide range of ethical dilemmas in aging practice and policy from personal, professional and societal perspectives.

#### **GERO 425-54 Dementia & Aging (3cr) (Online asynchronous + 4 Synchronous Meetings:**

*M 8/23; M 9/13; M 10/11; M; M 11/1 at 5:30-8:20 pm)* 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!

#### **GERO 444-01 Gerontology Internship (3-12cr) by permission only**

### Graduate Classes

#### **GERO 511-54 Aging Policies & Programs (3cr) Online**

#### **GERO 520-54 Ethics in Gerontology & Geriatrics (3cr) Online**

#### **GERO 525-54 Dementia & Aging (3cr) (Online asynchronous + 4 Synchronous Meetings:**

*M 8/23; M 9/13; M 10/11; M; M 11/1 at 5:30-8:20 pm)*

#### **GERO 630-54 Aging and Community (3cr) (Online asynchronous + 4 synchronous: M 8/30;**

*M 9/20; M 10/18, M 11/15 at 5:30-8:20 pm)* Explore 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!

#### **GERO 644-01 Internship (3-6cr) by permission only**

#### **GERO 695-01 Comprehensive Exam (3cr) by permission only**

#### **GERO 697-01 Starred paper (3cr) by permission only**

#### **GERO 699-01 Thesis (3cr) by Permission only**

**The Gerontology Program offers an Undergraduate Minor,  
Masters Degree & 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](mailto:rjkarasik@stcloudstate.edu) (undergraduate)

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

## Featured Fall 2021 Online Courses

### Introduction to Gerontology

**GERO 208-54**

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 Lib Ed Goal Area 5 & Diversity Requirements!*

### Aging Policies & Programs

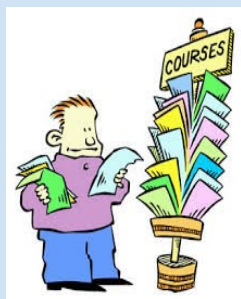
**GERO 411/511-54**

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

### Ethics in Gerontology & Geriatrics

**GERO 420/520**

Right to refuse treatment? Self-neglect? Driving with dementia? Using case studies, current literature and real-life scenarios, explore a wide range of ethical dilemmas in aging practice and policy from personal, professional and societal perspectives. *Meets Lib Ed Goal Area 9 & Diversity Requirements!*



## Featured Fall 2021 Blended/Hybrid Courses

### Aging & Dementia

**GERO 425/525**

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 & Community: Current issues in Social Gerontology, Culture & Diversity

**GERO 630-54**

Explore 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 Publications

Karasik, R.J. & Kishimoto, K. (2020). Applying Anti-Racist Pedagogy to Teaching about Work and Retirement in the U.S. *Gerontology & Geriatrics Education*. doi.org/ [10.1080/02701960.2020.1856831](https://doi.org/10.1080/02701960.2020.1856831)

Karasik, R.J. & Kishimoto, K. (2020). Time for an Anti-Racist Age-Friendly University. Advancing Age Inclusivity in Higher Education. A Newsletter of the Gerontological Society of America.

Karasik, R.J, Kishimoto, K., Donorfio, L. & Newsham, Tina M.K. (2020) Starting the Conversation: Anti-Racist Pedagogy and Gerontology. *AGHE Teaching Brief*. *Gerontological Society of America*. [https://www.geron.org/images/gsa/AGHE/AGHE\\_Teaching\\_Brief\\_Antiracist\\_Pedagogy.pdf](https://www.geron.org/images/gsa/AGHE/AGHE_Teaching_Brief_Antiracist_Pedagogy.pdf)

## Recent Presentations

Greenberg, P.A. (October 28, 2020) *Ageism in Health Care: 72 is Not a Diagnosis*. TCHC Minnesota

Karasik, R.J. (August 4, 2020; October 8, 2020). *Empathy & Understanding: Challenges & Strategies Communicating with Persons with Dementia* (August 4, 2020; October 8, 2020). St. Cloud Act on Alzheimer's/Whitney Senior Center.

Karasik, R.J (October 1, 2020) What's New about Aging: Gerontology 101? (October 1, 2020) *Coral Gables United Church of Christ*, Coral Gables, FL.

Are you interested in learning more about careers with a Gerontology

Minor, Masters, or Graduate Certificate?

Join The GERONTOLOGICAL SOCIETY OF AMERICA

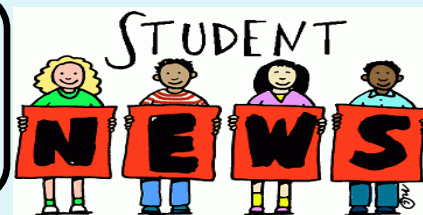
**CAREERS IN AGINGWEEK**

When– April 18-24, 2021

For more information visit

<https://www.geron.org/programs-services/careers-in-aging-week>

## Gerontology Community News & Events



As part of a community service-learning project, students in Gerontology's *Aging Policies & Programs (GERO 411/511)* class partnered with the local **RSVP (Retired and Senior Volunteer Program)** to hold a food drive for food insecure older adults.

A total of **566 pounds of food** was collected and divided between the Somali Elder Community and Catholic Charities for their *Senior Shopping Program*.

Thank you to **RSVP** for joining with us and to **Cobom's on Cooper and Cash Wise Foods in Waite Park** for opening their stores for this great project!!



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

# SPO & GERO Club News!

Have **you** joined yet?  
Now is a great time to get involved!

The SCSU Gerontology Program hosts two student/professional organizations:

**Sigma Phi Omega International Academic Honors & Professional Society in Gerontology** “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 can join the “GERO Club” which meets in conjunction with our local Sigma Phi Omega chapter!

**Minnesota Gerontological Society’s 45th (Virtual) Conference!**

**Aging in Minnesota: Forging A New Narrative**

*Don’t miss MGS’s two-day, interactive e-learning experience!*

**Pre-Conference: April 28: Research Day**

**Conference: April 29-30, 2021**

To learn more visit: <https://mgsconference.org/>

**STUDENTS ATTEND FOR FREE!!!**

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!

## Student Highlight



Hello! I am **Femi Jegede**. I am a foreign trained MD. My determination to learn more about the big subject of aging attracted me to St. Cloud State University. It has been a fulfilling experience; I have acquired new knowledge in gerontology which has thoroughly prepared me to pursue a career in aging. I found the service-learning experience most useful; it was a good opportunity for practical experience. The professors are very helpful, they made it clear that their goal is to ensure that I achieve success in the MS program. It is so amazing to me how they went about doing that, I truly enjoyed a high level of support from them, the best I ever had; I am extremely grateful to them. I consider aging a public health issue and I look forward to work further around Aging Policy and programs' at doctoral level.

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)*

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



@scsu\_Gerontology



SCSU Gerontology



@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!