Notes from the Director

Fall, 2005 is off to a great start! This year is shaping up to be a busy one for the Gerontology Program -- and we appreciate all of your input and assistance in helping us to put together our self study report for our external program review this year (done once every 5 to 6 years). The reviewers will be visiting campus February 21-23. More details to come!

There are a lot of new happenings this year. We started our satellite program with Anoka Ramsey Community College, and now some SCSU Gerontology courses will be available on the Anoka Ramsey campus. More information on this program is available in this issue. Also, we are very proud of our new Gerontology Program website. Check it out at www.stcloudstate.edu/gerontology. We also have some new faces in the department this year. Dr. Chuks Ugochukwu and Dr. Kristof Van Assche joined the Community Studies team – focusing mainly in the area of Community Development. Finally, we would like to welcome all our new Gerontology graduate students and undergraduate minors! Welcome also to our two new Gerontology graduate assistants: Abby Smith and Sarah Jones. Stop by to say “hi” in Stewart Hall 342.

Also, I invite you to consider joining Sigma Phi Omega (the National 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 welcome to join. See Dr. Greenberg or myself for more details. Note: SPO has a new t-shirt out (navy with white lettering) “Aging: Journey of a Lifetime”. Look for more details in this issue!

Our local Sigma Phi Omega Chapter has also started the process to recreate the Gerontology Club, which will be run as a sister organization to SPO. All are welcome to join! Our first joint meeting (and pizza feast) was held October 6th. More activities to come, including a potluck November 3rd!

Finally, even though fall has just begun, it is already time to start thinking about registration for Spring Semester (see page 3 for a “sneak preview” of the Spring offerings). Don’t forget to check with your advisor (Dr. Phyllis Greenberg – Masters and Certificate Students; Dr. Rona Karasik – undergraduate minors) to make sure your program is on track. We look forward to seeing you!

Rona J. Karasik, Ph.D.
Director, Gerontology Program
Professor, Community Studies

www.stcloudstate.edu/gerontology
Dr. Phyllis Greenberg

The sun is out and the air is crisp and the semester is in full swing. Welcome back to those of you who are returning and hello to those who are new. So what did I do over my summer “vacation”? I was able to do some traveling – California and Las Vegas (and since I am back and not sporting jewels I guess you can figure out how successful I was), see my family and friends out on the west coast. But primarily I worked – people think that when you teach you have summers off to frolic but I think most of us use a great deal of the summer to catch up and work on what we couldn’t do during the school year.

I worked on the research with Recovery Plus/Senior Helping Hands at St. Cloud Hospital. We started out with a three year study but the State asked us to continue and so we will now have a five year study. The focus of the study is chemical dependency and dual diagnosis among older adults. I will be presenting data from the study in a poster session at the Gerontological Society of America’s annual conference in November. I also had an article published in Family Focus:

In addition to the above article I had another one published in Family Focus: The Older American’s Act: An overview of Age-Based Policy. This article focused on the much overlooked yet essential policy that provides a myriad of services primarily to adults 60 years of age and older.

In August Dr. Karasik and I attended the Age and Disabilities Odyssey in Duluth. This is an annual conference primarily attended by providers and consumers. This is the first year the conference has included issues, concerns and practice on populations with varying abilities. We had a booth where we could share information about the Gerontology Programs at SCSU and of course sell T-Shirts.

We also have two new graduate assistants: Sarah Jones and Abby Smith – they are also new to the Masters program. Both will be assisting with research, classes, SPO, the newsletter, open house and of course the proverbial “other duties as assigned”. I wish them and everyone a productive and fun semester.

Dr. Rona Karasik

Dr. Karasik continues her research on housing for older adults and her work on service-learning. Additionally, she is working with Dr. Debra L. Berke at Messiah College (Grantham, PA) on a research project regarding the interplay of work and family throughout the life course. Dr. Karasik also continues to serve as co-advisor to the local (Beta Zeta) chapter of Sigma Phi Omega (National Honors and Professional Society in Gerontology) and was recently elected to the National SPO board as Treasurer. She will also be chairing SPO’s National Resource Development Committee (and is always looking for additional SPO members interested in participating on the committee).

Dr. Karasik’s recent/ upcoming publications and presentations:


Karasik, R. (September 29, 2005). Aging Parents, Aging Selves. Invited Speaker – Health and Wellness Committee, St. Cloud State University, St. Cloud, MN.


Karasik, R. (November 21, 2005). Give me Shelter: Challenges in Housing Older Adults Across the United States. Poster accepted for presentation at the 58th Annual Gerontological Society of America Meetings, Orlando, FL.

Karasik, R. and Greenberg, P. A. (September 1, 2005). Service and Civic Engagement Across the Curriculum: The American Democracy Project. Invited Panelists, SCSU Fall Convocation Faculty Workshops, St. Cloud. MN.
Undergraduate Courses in Aging:

**Gerontology**
- GER 208-01 INTRO TO GERONTOLOGY 9:30-10:45TTR
- GER 208-02 INTRO TO GERONTOLOGY 5:00-7:45W
- GER 208-53 INTRO TO GERONTOLOGY* 6:00-8:55M
  *Taught at Anoka Ramsey
- GER 415-01 WOMEN AND AGING 5:00-7:45T
- GER 435-01 AGING AND HOUSING OPTIONS 2:00-3:15TTR
- GER 444-01 INERNSHIP
- GER 465-01 HEALTH AND AGING 5:00-8:05M

**Community Studies**
- CMTY 333-01 STUDYING COMMUNITIES 12:30-1:45TTR

**Psychology**
- PSY 345-54 PSYCHOLOGY OF DEATH AND DYING
  *Online course
- PSY 443-01 PSYCHOLOGY OF ADULT DEV/AGING 1:00-1:50MWF
- PSY 443-54 PSYCHOLOGY OF ADULT DEV/AGING
  *Online Course

**Sociology**
- SOC 350-54 SOCIOLOGY OF AGE/AGING
  *Online course

**Social Work**
- SW 430-01 SOCIAL WORK PRACTICE AND AGING 4:00-6:45T

Graduate Courses in Aging:

**Gerontology**
- GER 515-01 WOMEN AND AGING 5:00-7:45T
- GER 535-01 AGING AND HOUSING OPTIONS 2:00-3:15TTR
- GER 565-01 HEALTH AND AGING 5:00-8:05M
- GER 620-01 ADV POLICY/ISSUES GERO 5:00-7:45W
- GER 644-01 INERNSHIP
- GER 699-01 THESIS

**Counselor Education and Educational Psychology**
- CEEP 678-01 INTRO TO GRADUATE STATISTICS 5:00-7:45M
- CEEP 678-02 INTRO TO GRADUATE STATISTICS 2:00-4:45TR
- CEEP 678-54 INTRO TO GRADUATE STATISTICS
  *Online course

**Sociology**
- SOC 679 ADVANCED RESEARCH 5:00-7:45M

**Psychology**
- PSY 543-01 PSYCHOLOGY OF ADULT DEV/AGING 1:00-1:50MWF

**Social Work**
- SW 530-01 SOCIAL WORK PRACTICE AND AGING 4:00-6:45T

NEW THIS SPRING!!!
TAKE SCSU GERO courses at Anoka-Ramsey!!!
Intro to Gerontology
GERO 208-53
Monday 6:00-8:55PM

*See Continuing Studies for more Information: (320) 308-4721
**Volunteer Opportunities**

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<th>Volunteer Opportunities</th>
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<tr>
<td><strong>Country Manor</strong> --- Darla Dittus 258-8936</td>
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<tr>
<td><strong>Country Manor Apartments</strong> --- Gail Rucks 253-8450</td>
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<td><strong>Good Shepherd Community</strong> --- Beth Chapin 252-6525</td>
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<td><strong>Heartland Hospice</strong> --- Jackie Cvuancara 654-1136</td>
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<td><strong>Ridgeview Place</strong> --- Karen Wager 251-5228</td>
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<td><strong>St. Benedict’s Center</strong> --- Jo Ellen Johnson 252-0010 ext. 580</td>
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<td><strong>Sterling Park Senior Community</strong> --- Amy Fidler 252-7224 ext. 125</td>
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<td><strong>Talahi Care Center</strong> --- Tony Nathe 251-9120</td>
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<td><strong>United Way of Central MN</strong> --- 252-0227</td>
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**Sigma Phi Omega**

**Sigma Phi Omega** is the National Honor and Professional in Gerontology Society formed in 1980 to recognize the excellence of those who study aging. Sigma Phi Omega seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in aging studies and related fields.

The St. Cloud State Beta Zeta chapter is currently welcoming new members. If you are interested in joining Sigma Phi Omega or want to be informed about our upcoming events, contact Rona Karasik or Phyllis Greenberg.

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**Gerontology Club**

We are very excited to announce a new club offered at St. Cloud State for those interested in gerontology. The Gerontology Club is open to all SCSU students who may have an interest in learning about the study of aging. Meetings are held once a month in Stewart Hall room 365. The next meeting will be on Thursday, November 3rd at 5pm. It is never too late to join so anyone interested is welcome to attend! If you need more information, just contact Rona Karasik at (320) 308-5224 or Phyllis Greenberg at (320) 308-3156.

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**The SPO T-shirts are available — get yours today! It is a great way to say we’re all on a journey together, because isn’t “Aging Journey of a Lifetime” $16.00 each, sizes S-XXL.**
Marge Twiname-Dungan  
Professor, Social Work

I am happy to report that the SW dept will offer SW 430/530 - Social Work practice with the Aging during summer 2006 on Tues and Thursdays afternoons- I believe 12:30-4:30. I will be the teacher. This course is designed for Social Work majors, Gerontology students and others who have an interest in the aging population.

A combination of lecture, class discussion, speakers and field trips will be used. Assignments will focus on applying course information and reading to the aging population and to the individual needs of the students. Active participation is encouraged and welcomed.

I would be glad to discuss this class with prospective students as they are planning their summer schedule. They can feel free to e-mail me at matwine@stcloudstate.edu.

Linda Havir  
Professor, Sociology and Anthropology

My Sociology graduate research methods students collaborated with Whitney Senior Center to assist in planning for the aging of the baby boomers. We surveyed over 700 people in their 40s and 50s about their retirement plans and ideas about senior centers. In an attempt to meet the needs of diverse elders in the St Cloud area we conducted focus groups with Somali, Latino/a, and Southeast Asian elders. Students presented findings and recommendations to the Minnesota Association of Senior Services annual conference, the Whitney advisory board and St Cloud area officials, and the SCSU Student Research Colloquium.

Linda was a panelist for the Learning in Retirement Network (LIRN), funded by the Minnesota Humanities Commission, speaking on cross generational values and preferences. Graduate students Nikki Knisley and Monica Segura conducted and presented a program analysis for the LIRN conference.

Come Join the gerontology Potluck! Everyone is invited. Bring one of Grandma’s Best Loved Dishes to Share. It will be held in Stewart Hall, Thursday November 3rd in room #365.
Check out the new
Gerontology Website!

www.stcloudstate.edu/gerontology

Information for prospective and current students
Includes links to:

Gerontology Minor  Graduate Programs  Internships
Student Resources  Sigma Phi Omega  Faculty/Staff
Kaleidoscope  Volunteer Opportunities  Service-Learning
Community Resources  Career in Aging

The Website provides links to outside sources, research resources,
tips on writing papers and much more interesting material. Visit the website today!

Contact Us:
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Department of Community Studies
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St. Cloud University