Notes from the Director

Fall, 2008 is off to a great start with many new and returning students – welcome!

Are you a member yet? I invite you to consider joining Sigma Phi Omega (the National Academic Honors and Professional Society in Gerontology) and/or 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!

Students -- now is also a good time to start thinking about registering for spring classes (see page 4 for a “sneak preview” of the Spring offerings). Be sure to check in with your advisor (Dr. Phyllis Greenberg – Master’s and Certificate Students; Dr. Rona Karasik – undergraduates and minors) to make sure your program is on track!

Finally, I wish you all a happy, healthy, and productive Fall semester!

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

A scene from our first fall 2008 SPO/Gero Club Meeting.
Patty Bresser, Department of Nursing Science

The junior nursing class (50 students) and faculty in the Care of Older Adults course (Joan Wilcox, Patty Bresser, and Nancy Kollmann) attended the 9th Annual Director of Nurses of Long Term Care and MN Chapter of National Gerontological Nursing Association (NGNA) Gerontological Conference in St. Cloud on Tuesday September 9, 2008. We have a new faculty member Nancy Kollmann, who was the conference chairperson. The speakers presented on 1. psychotropic med monitoring, 2. pressure ulcer documentation, management, and regulation updates, and 3. today's leadership and management.

A year ago, I also gave a presentation on “Healthy Aging” and decided to focus on the benefits of dancing. There is a growing body of research that suggests that dancing is one of the best forms of exercise in maintaining cognitive, physical and social functioning. More importantly, dancing is a type of exercise that people are more likely to continue because it is fun and rewarding. So I plan to keep on dancing. Tango…anyone?

Recent and Upcoming Presentations and Publications by Faculty and Students:


In the last newsletter, I wrote how I did not mind the snow as it meant I did not have to mow my lawn and now with cool weather I have made it official that there will be no more lawn mowing – and besides I like all the colors of the leaves – from my neighbors trees. This year we again have students in our Masters and Graduate Certificate Program from around the U.S. and around the world. This adds an exciting dimension to the classroom. So welcome back to our continuing and new students!

This semester Michelle Huddleston, Ai Takamatsu and I will be presenting a poster related to older adults with dual diagnosis and role of family support. The poster will be presented at The Gerontological Society of America’s annual conference in November. The grant with Senior Helping Hands, from the Department of Human Services concluded in June of this year. The data for the poster will include 5 years with this grant program. Over this period more than four hundred clients were interviewed. I have been working with Recovery Plus/Senior Helping Hands in St. Cloud (part of the St. Cloud Hospital) since 2002 and Fountain Center in Albert Lea since 2005. It has been an amazing opportunity and I have been truly appreciative of those in treatment who have shared their experiences with me. Fountain Center has received a grant from the State for the next 3 years and I will be working with them in the capacity of an evaluator. An interesting trend that has come out of the data is the changing nature of addiction – increasingly more older adults are addicted to illegal drugs, prescription medications apart from and in addition to alcohol. This could be a correlation with the influx of Baby Boomers into the 55+ population.

Registration will soon begin for Spring Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me. Have a wonderful semester and winter break.

Phyllis A Greenberg, Ph.D  
Coordinator of Graduate Studies  
Associate Professor, Dept of Community Studies

**Gerontology Program Pot Luck**  
**Come and Join the Fun**

**Date:** Tuesday November 18th, 2008  
**Location:** Stewart Hall Room 112  
**Time:** 5:00– 6:00 pm

- Bring a dish to share—There will be a Chocolate Fountain!!!  
- Network with professionals and students in the field of aging  
- Come and enjoy the great food  
- Everyone Welcome!
## Spring Course’s in Aging 2009

### Undergraduate Courses in Aging

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>GERO 208 01</td>
<td>Introduction to Gerontology</td>
<td>TR</td>
<td>11:00 am– 12:15 pm</td>
</tr>
<tr>
<td>GERO 208 02</td>
<td>Introduction to Gerontology</td>
<td>T</td>
<td>6:00– 8:45 pm</td>
</tr>
<tr>
<td>GERO 415 01</td>
<td>Women &amp; Aging</td>
<td>W</td>
<td>5:00– 7:40 pm</td>
</tr>
<tr>
<td>GERO 435 01</td>
<td>Aging &amp; Housing Options</td>
<td>TR</td>
<td>2:00– 3:15 pm</td>
</tr>
<tr>
<td>GERO 444 01</td>
<td>Internship</td>
<td></td>
<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 465 01</td>
<td>Health &amp; Aging</td>
<td>M</td>
<td>5:00– 7:45</td>
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**Psychology**

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>PSY 345 01</td>
<td>Psychology of Death &amp; Dying</td>
<td>TR</td>
<td>12:30– 1:45</td>
</tr>
<tr>
<td>PSY 345 54</td>
<td>Psychology of Death &amp; Dying</td>
<td></td>
<td>Online</td>
</tr>
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</table>

**Sociology**

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<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>SOC 350 54</td>
<td>Sociology of Age &amp; Aging</td>
<td></td>
<td>Online</td>
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**Community Studies**

<table>
<thead>
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<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>CMTY 333 01</td>
<td>Studying Communities</td>
<td>TR</td>
<td>12:30– 1:45</td>
</tr>
<tr>
<td>CMTY 455 01</td>
<td>Grant Development</td>
<td>W</td>
<td>6:00– 8:40 pm</td>
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</table>

**Communication Studies**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>CMST 431 01</td>
<td>Communication and Aging</td>
<td>W</td>
<td>5:00– 7:40 pm</td>
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### Graduate Courses in Aging

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>GERO 515 01</td>
<td>Women &amp; Aging</td>
<td>W</td>
<td>5:00– 7:40 pm</td>
</tr>
<tr>
<td>GERO 535 01</td>
<td>Aging &amp; Housing Options</td>
<td>T R</td>
<td>2:00– 3:15 pm</td>
</tr>
<tr>
<td>GERO 565 01</td>
<td>Health &amp; Aging</td>
<td>M</td>
<td>5:00– 7:45 pm</td>
</tr>
<tr>
<td>GERO 620 01</td>
<td>Advanced Policy Issues in Gerontology</td>
<td>T</td>
<td>5:00– 7:40 pm</td>
</tr>
<tr>
<td>GERO 644 01</td>
<td>Internship</td>
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<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 696 01</td>
<td>Practicum (Plan C)</td>
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<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 697 01</td>
<td>Starred Paper ( Plan B) Prepare</td>
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<td>Hours Arranged</td>
</tr>
<tr>
<td>GERO 699 01</td>
<td>Thesis ( Plan A)</td>
<td></td>
<td>Hours Arranged</td>
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**Counselor Education and Education Psychology**

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>CEEP 678 01</td>
<td>Introduction to Graduate Statistics</td>
<td>M</td>
<td>5:00– 7:45 pm</td>
</tr>
<tr>
<td>GEEP 678 02</td>
<td>Introduction to Graduate Statistics</td>
<td>R</td>
<td>2:00– 4:45 pm</td>
</tr>
<tr>
<td>GERP 678 54</td>
<td>Introduction to Graduate Statistics</td>
<td></td>
<td>Online</td>
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**Psychology**

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<thead>
<tr>
<th>Course Code</th>
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<th>Days</th>
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</thead>
<tbody>
<tr>
<td>PSY 647 01</td>
<td>Psychology of Aging: Theory and Research</td>
<td>R</td>
<td>5:00– 7:45 pm</td>
</tr>
</tbody>
</table>

**Community Studies**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>CMTY 555 01</td>
<td>Grant Development</td>
<td>W</td>
<td>6:00– 8:40 pm</td>
</tr>
</tbody>
</table>

**Communication Studies**

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMST 531 01</td>
<td>Communication and Aging</td>
<td>W</td>
<td>5:00– 7:40 pm</td>
</tr>
</tbody>
</table>

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Remember to check the on-line schedule for any last minute changes!!

For Registration information
Web: http://www.stcloudstate.edu/registrar/
Phone; (320)308-224 or 1-800-369-4260
Contact continuing Studies for more Information (320)308-4721
Recent Activities in the Community

Sigma Phi Omega (National Honors Society in Gerontology) as well as the Gerontology club recently volunteered to help people with raking leaves for fall clean-up on Saturday, October 11th.

Sigma Phi Omega (National Honors Society in Gerontology) as well as the Gerontology club recently volunteered to carve pumpkins with residents at the VA Medical Center on Wednesday, October 29th, 2008.

The Aging Policies and Programs class recently participated in voter registration and education on age related issues at the Whitney Senior Center on Thursday, October 30th, 2008.

Send us your ideas for volunteering.
SPO/ Gero Club community action Committee
Co-Chair Eric:
hier0702@stcloudstate.edu
Co Chair Paula:
pwoischke@hotmail.com
A regional accessible playground in Wilson Park designed for people of all abilities
A place where children and adults of all abilities can play and grow together
A place where all children can build their strength, self-esteem, and social skills
A way to break down the barriers that can develop between people from different backgrounds and abilities

Please help us finish the job!

The playground opened in June 2007 in Wilson Park (with a temporary surfacing). We are still working to raise money for the permanent, specialized poured-rubber surface for maximum accessibility and safety. Please help us finish this wonderful community playground!

Join us for these Upcoming Fundraising Events!
This Fall’s CMTY 195 Community and Democratic Citizenship class with Phyllis Greenberg is challenging community businesses, organizations and individuals to help us complete the Kaleidoscope Playground a playground for all abilities at Wilson Park. Last Spring semester CMTY 195 students got a $50,000 matching grant from the Otto Bremer Foundation and we have until June 2009 to raise $50,000 to get the match. All we have left is the specialized surfacing – Help us complete the dream. For more information contact Phyllis Greenberg at 320-308-3156 or pagreenberg@stcloudstate.edu

The Kaleidoscope project was created through a unique partnership with the St. Cloud State University Department of Community Studies, the St. Cloud East Side Boosters, the city of St. Cloud through its Park Department, and the Central Minnesota Community Foundation. In addition, the SCSU Gerontology Club and SPO have helped to support the Kaleidoscope project.

For more information, contact:
Rona J. Karasik, Ph.D.
St. Cloud State University
320-308-5224
rjkarasik@stcloudstate.edu
Phyllis A. Greenberg
St. Cloud State University
320-308-3156
pagreenberg@stcloudstate.edu
or visit our website at: www.stcloudstate.edu/gerontology/kaleidoscope

Please send donations to:
“The Kaleidoscope Fund”
Central MN Community Foundation
101 7th Avenue South, Suite 100
St. Cloud, MN 56301
Contributions are tax deductible—the Central MN Community Foundation is a 501 (c)(3) non-profit organization.

Gerontology Fall Interns 2008

Intern
Natalie Bartel
Alyssa Bromenschenkel
Melissa Reichl
Michelle Huddleston
David Simondet
Ai Takamatsu

Internship Site
St. Benedict’s Senior Community
Senior Helping Hands
Central MN Council on Aging
Senior Helping Hands
Country Manor
Good Shepherd
New T-Shirt Design!! “AGING: Every Body Doing It”

Size: S, M, L, XL, XXL
Price: $16.00
Color: Blue

Be Sure to get your Aging: Every Body’s Doing it T-Shirt. All proceeds benefit SPO activities. You can purchase shirts from the Gerontology Graduate Assistants’ office in Stewert Hall 342 or you can call the office at (320)308-4183. You can also contact Rona Karasik by email at: karasik@stcloudstate.edu
Or Phyllis Greenberg by email at: pagreenberg@stcloudstate.edu

Congratulations to New SPO Members:

- Baubacar Bah
- Missy Reichl
- John Tasto
- Eric Hilsgen
- Amanda Spaeth
- Chrystal Shawley

Congratulations to our new board!

**Sigma Phi Omega**

President: Missy Reichl
Vice President: Amanda Spaeth
Member at Large: Erin Jensen

**Gerontology Club**

President: Robbie Flaherty
Vice President: Ashley Herget
Member at Large: Valerie Westman
Member at Large: John Tasto

**Joint Positions** (assist both Gerontology Club & SPO)

Secretary: Eric Hilsgen
Treasurer: Ai Takamatsu
Gerontology Pot Luck

Tuesday, November 18th, 2008
Stewart Hall Room 112
From 5:00-6:00 pm

Come and enjoy the great food and awesome networking opportunity.
Everyone Welcome!