Notes from the Director

Fall semester is off to a great start! Congratulations to team SCSU/GERO who raised over $800 dollars for the Alzheimer’s Association this September! Thank you also to all of our students and faculty who volunteered before and during the walk. I am so proud of all our students and faculty who continue to be active in our community through service-learning, internships, volunteering, and community-based research.

While you are enjoying this wonderful fall weather, here are some things to take note of:

- **Spring Classes in Aging**: Students, now is a good time to start thinking about registering for Spring classes (see page 6 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 – undergraduate minors) to make sure your program is on track!

- **Sigma Phi Omega** (the National Academic Honors and Professional Society in Gerontology) and

Notes from the Gerontology Graduate Coordinator

As usual I start out with the weather – it has been crazier than usual – dry hot and tomorrow maybe snow – but that’s Minnesota for you. This is also the first year that I have lived here that I truly understand Construction Season.

This semester Paula Woischke and Hannah Nordell and I will be presenting a poster at Gerontological Society of America’s annual conference on: Let’s Talk About Sex: Aging and Sexuality. In addition our threesome will be presenting a webinar December 12th through Minnesota Gerontological Society: The Changing Face of Chemical Dependency and Mental Health Issues for Older Adults: Co-occurring Disor-
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!

- **Alumni Survey**: GER0 Program Alumni, we want to hear from you! If you haven’t already done so, please take a minute to fill out our online survey. You can take it at [http://www.surveymonkey.com/s/J2TZJRK](http://www.surveymonkey.com/s/J2TZJRK) or you can also find it on our webpage [www.stcloudstate.edu/gerontology](http://www.stcloudstate.edu/gerontology).

- **Gerontology Program Website**: Opportunities and information abound on our website: [http://www.stcloudstate.edu/gerontology/](http://www.stcloudstate.edu/gerontology/). Be sure to check out sections on careers in aging, internships, volunteer opportunities and more! If you would like to have information about an upcoming event or opportunity posted on the site – contact me at karasik@stcloudstate.edu.

Have a wonderful Fall!

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

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### Internships

**Summer 2012 Interns**
- Arlette Akroman, St. Benedict’s Senior Community
- Kayla Bous, Prairie Community Services
- Jennifer Bungert, Retired Senior Volunteer Program
- Scott Hillersheim, Talahi Senior Campus
- Tyla Hughes, Country Manor
- Ali Jama, Somali Elders Council of Central MN
- Paul Metzler, Good Shepherd
- Emily Muellenbach, St. Benedict’s Senior Community
- Tanya Mueller, Alzheimer’s Association
- Hayley Pitzl, Enhance Fitness
- Justin Rothstein, Good Shepherd
- Troy Shepard, Legends at Heritage Place
- April Van Dyke, Alzheimer’s Association

**Fall 2012 Interns:**
- Jennifer Bungert, Retired Senior Volunteer Program
- April Green, Walker Methodist Adult Day Services
- Katie Hammond, St. Benedict’s Senior Community
- Sanjina Karki, St. Benedict’s Senior Community
- Amran Muse, Lutheran Social Services
- Amberly Sevelius, St. Benedict’s Senior Community
- Paula Woischke, SCSU Gerontology Program

Thank you to all our community internship preceptors!

Students interested in being an intern for Spring or Summer Semester 2013 should contact Rona Karasik at rjkarasik@stcloudstate.edu as soon as possible!

Agencies interested in hosting an intern or finding out more about the GER0 internship program should contact Rona as well!
The Changing Face of Chemical Dependency and Mental Health Issues for Older Adults: Co-Occurring Disorders

December 12th 12:00 PM-1:00 PM

Webinar is free, please register at www.mngero.org

Presenters: Phyllis A. Greenberg, PhD, Associate Professor Gerontology at St. Cloud State University; Hannah Nordell (Masters Student, Gerontology, St. Cloud State University; and Paula Woischke (Masters Student, Gerontology, St. Cloud State University)
This spring offers an array of classes for Graduate Students (see page 6). If you have not already taken it, be sure to register for GERO 620 Advanced Issues in Aging Policy. It is a required course, interesting whether you are a policy nerd or not and often holds some surprises (good, fun ones)! In fact congratulations are in order to students in GERO 620 Spring 2011. An abstract we submitted for the Association for Gerontology in Higher Education was accepted – St. Petersburg, FL here we come! The poster session is related to the project on ADA compliance: Person, Place and Policy: Service-Learning with Graduate Students and the ADA.

The annual MGS conference is coming up in April – hope you plan to attend. Rona and I take great pride in our students and we also enjoy the bragging rights in that we usually have the most students that attend.

This semester GERO 411/511 is collecting candidate information on policy and program issues for older adults. They are looking at 3 races: Presidential, Senatorial and House of Representatives for the 6th District. They are preparing non-partisan packets of information on issues relevant to older adults and the larger community. They will then make these available at Whitney Senior Center and other locations. In addition we will display what we know/ have found out at the Community Engagement Celebration November 15th.

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.

Phyllis A. Greenberg, PhD
Coordinator Graduate Studies, Gerontology
Associate Professor, Gerontology Program

Chizoma Njoku (left) and Oluwatoyin Adetunji (right) promote the Gerontology Program and, “Embracing Aging”, at Mainstreet 2012!

Gerontological Colloquium

Global Aging
Towards a Society for All Ages
Featuring: Jill Adkins, J.D., LL.M
Age Rights International

Governments are considering how to harness the contributions that older people have to offer. Older persons around the world face common challenges including discrimination, poverty, housing, health care and abuse. The United Nations is considering whether older persons need a human rights treaty devoted to their specific issues.

Tues. November 13
12:30-1:30 PM
Voyageurs Room North—Atwood

Jill Adkins is a local elder law attorney working with the United Nations on human rights issues affecting older persons. She will speak on her advocacy experiences in Africa and at the United Nations. Age Rights International is the consulting office of Jill Adkins.
Meet the Graduate Assistants...

Chizoma

I come from Nigeria in West Africa. I had my undergraduate in Library & Information Science, then I came over to SCSU for Mass Communications majoring in Public Relations/Advertising for my Graduate Studies. I got interested in Gerontology and decided to go for it because I have an interest in having a Non-Governmental Organization running some day in Africa that would focus on the Older Adult Population. Being in this program has been wonderful, and it has really broadened my horizon. My interest is on the Health and Aging aspects of Older Adults.

Emma

Hello Everyone! I’m so happy to return to SCSU, and be a part of such a fantastic Graduate Program. I am originally from the Twin Cities suburb of Champlin. I got my undergraduate degree from SCSU in Community Health and my minor in Gerontology. After gaining some post-graduate experience working in Minneapolis in a long term care facility for SPMI adults (Severely and Persistent Mental Illness), and working as an Activities Director in a 100 bed assisted living and memory care facility I have a new enlightened perspective and am excited to be returning to further my education and expand my knowledge. Working in the field of aging is my true life’s passion and I enjoy all the possibilities that this field has to offer.

Paula

As a busy mother of two, I chose to go back to college at the age of 40 and finish my Bachelor’s of Elective Study with a Gerontology Minor. After enjoying the Gerontology Program and classes I decided it was a good fit for me to work on my Master’s Degree. The Gerontology program has given me the opportunity to expand my knowledge in working with older adults through classes and Service-Learning along with the opportunity to network with other professionals in the field. I have an interest and passion in working with seniors focusing on Senior Fitness. I love seeing the difference that I am able to make in someone’s life by keeping them active and independent!

Hannah

Originally from the Twin Cities suburb of Champlin, I graduated from Gustavus Adolphus College with a degree in Communication Studies and Spanish. After gaining some experience working in the nonprofit sector, I decided to pursue a Masters in Gerontology. Still unsure where this latest endeavor will take me, I enjoy learning about the nuances of the aging population and look forward to continue gaining more knowledge about older people. In my free time I enjoy relaxing with my two cats, spending time outside, and doing things with friends and family.

Find us on Facebook!

Stay up to date, join the St. Cloud State Gerontology Program on Facebook. Click here or search “Gerontology Program - St. Cloud State University.”
# Spring 2013 Classes begin January 14th

## Undergraduate Courses

### Gerontology
- **GERO 208-01 Introduction to Gerontology**<br>  M W F 10:00 AM - 10:50 AM
- **GERO 208-02 Introduction to Gerontology**<br>  T Th 11:00 AM - 12:15 PM
- **GERO 415-01 Women and Aging**<br>  T 5:00 PM- 7:45 PM
- **GERO 430-01 Elder Law**<br>  Th 6:00 PM - 8:45 PM
- **GERO 435-01 Aging and Housing Options**<br>  M W 3:00 PM - 4:15 PM
- **GERO 444-01 Internship**<br>  Hours Arranged
- **GERO 465-01 Health and Aging**<br>  M 5:00 PM - 7:45 PM

* Meets Liberal Education Goal Area #5 and Diversity Requirement.

### Psychology
- **PSY 345-01 Psychology of Death and Dying**<br>  T Th 2:00 PM - 3:15 PM
- **PSY 443-01 Psychology of Adult Development and Aging**<br>  T Th 11:00 AM - 12:15 PM

### Sociology
- **SOC 475-54 Sociology of Health and Illness**<br>  Online

### Community Studies
- **CMTY 455-01 Grant Development**<br>  Th 6:00 PM - 8:45 PM

### Nursing**
- **NURS 306-01 Nursing Care of Older Adults**<br>  M 9:45AM - 11:45 AM
- **NURS 307-02 Nursing Care of Older Adults (Clinical)**<br>  W 8:00 AM - 2:30 PM
- **NURS 307-02 Nursing Care of Older Adults (Clinical)**<br>  T 6:00 PM - 8:00 PM & W 8:00 AM - 2:30 PM
- **NURS 307-03 Nursing Care of Older Adults (Clinical)**<br>  W 7:00 PM - 9:00 PM & Th 8:00 AM - 2:30 PM

**Nursing courses only open to nursing students.

## Graduate Courses

### Gerontology
- **GERO 515-01 Women and Aging**<br>  T 5:00 PM - 7:45 PM
- **GERO 530-01 Elder Law**<br>  Th 6:00 PM - 8:45 PM
- **GERO 535-01 Aging and Housing Options**<br>  M W 3:00 PM - 4:15 PM
- **GERO 565-01 Health and Aging**<br>  M 5:00 PM - 7:45 PM
- **GERO 620-01 Advanced Policy Issues in Gerontology**<br>  Hours Arranged
- **GERO 644-01 Gerontology Internship**<br>  Hours Arranged
- **GERO 696-01 Practicum (Plan C Option)**<br>  Hours Arranged
- **GERO 697-01 Starred Paper (Plan B) Preparation**<br>  Hours Arranged
- **GERO 699-01 Thesis**<br>  Hours Arranged

### Psychology
- **PSY 543-01 Psychology of Adult Development and Aging**<br>  T Th 11:15 AM - 12:15 PM

### Sociology
- **SOC 575-54 Sociology of Health and Illness**<br>  Online
- **SOC 679-01 Advanced Research Methods**<br>  M 5:00 PM - 7:45 PM

### Community Studies
- **CMTY 555-01 Grant Development**<br>  Th 6:00 PM - 8:45 PM

### Counselor Education and Education Psychology
- **CEEP 678-01 Introduction to Graduate Statistics**<br>  Th 5:00 PM - 7:45 PM
- **CEEP 678-02 Introduction to Graduate Statistics**<br>  W 2:00 PM - 4:45 PM
- **CEEP 678-54 Introduction to Graduate Statistics**<br>  Online

The Gerontology Program offers an Undergraduate Minor, Masters and Graduate Certificate. For more information visit the program website at [www.stcloudstate.edu/gerontology](http://www.stcloudstate.edu/gerontology) or Contact Dr. Rona Karasik at karasik@stcloudstate.edu (Undergraduate) or Dr. Phyllis Greenberg at pagreenberg@stcloudstate.edu (Graduate students).
Elder Law (GERO 430/530) An upper division undergrad/grad course which provides an introduction and overview of the issues facing Elder Law attorneys and their clients. Elder rights and public policy and the role of society will be examined. This class will be taught by lawyer and MS alumni Erin Jensen. Note: Elder Law is not offered every year, so be sure to catch it this time around!

Aging & Housing Options (GERO 435/535) An upper division undergrad/grad course examining issues of housing in later life with regard to the housing needs of older persons and the variety of housing options available to them. Attention is placed on issues of aging in place, physical design, and innovative housing options, as well as on working with older persons in a variety of housing settings. This is an important course for anyone thinking of working in a senior housing setting!

Presentations and Publications


Karasik, R.J., Berry, J., & Woischke (2012). All in a Day’s Work: Staff Retention and Turnover Working with Persons with Dementia Poster to be presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego.


Gerontology Program
School of Health and Human Services * St. Cloud State University
“Embracing Aging”,
t-shirts now available!

Cost: $16.00 Sizes: Small through XL

Proceeds support SPO and Gerontology Club.
Get yours today! Stop by Stewart Hall 362 or email Phyllis Greenberg (pagreenberg@stcloudstate.edu) or Rona Karasik (rjkarasik@stcloudstate.edu).