



SPECIAL POINTS OF INTEREST:

- **Featured Courses**
- **Meet the Graduate Assistants**
- **Recognizing Gero Program Faculty!**
- **Advanced Care Planning Certification Course**

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Notes from the Director

There is just something about starting a new academic year with its fresh opportunities and possibilities! This fall is shaping up to be a busy one! Here are some items to consider:

Congratulations to team SCSU/GERO who raised \$590 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. Even though it was a cold and wet day, you all really shined! 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.



Congratulations also to the newly elected GERO Club and SPO board! Your hard work and leadership do not go unnoticed! If you haven't yet joined our **SCSU GERO Club** and/or the SCSU Chapter of **Sigma Phi Omega** (the National Academic Honors and Professional Society in Gerontology), now is a great time do to get involved!

We are barely into Fall semester and it is already time to start thinking about **Spring Classes in Aging!** Check out page 7 for a preview of what courses are being offered.

Alumni! We want to hear from you! Have you taken our **Alumni Survey** yet? If you haven't or if your information (work, contact) has

Notes from the Gerontology Graduate Coordinator

As this is Minnesota I start with the weather – I would tell you what I see out my window but the fog is so thick visibility is zero. Still wearing sandals though – we'll see how much longer that will last.

There are many exciting things happening this semester. First a welcome to our new Graduate Assistants: Michele Trelfa and April Greene and a welcome back to Emma Peterson and Hannah Nordell. We are

looking forward to an exciting and productive year.

Dr. Patty Bresser (Nursing) and I are co-teaching a course on Advance Care Planning Facilitation Certification (now that's a mouth full). The course prepares students in the class to assist families and individuals with discussion and forms about health care choices and options in their future. Our inaugural class has 12 students – grad-

Director's Notes Continued from Page 1



changed, please take the survey and/or drop us a line. The link to the survey is: www.surveymonkey.com/s/J2TZJRK. You can also find it on our webpage www.stcloudstate.edu/gerontology.

Have you visited our **Gerontology Program Website** lately? If not, you can find us at: www.stcloudstate.edu/gerontology/. There you will find sections on careers in aging, internships, volunteer opportunities and more. If you would like to have information about an upcoming event or opportunity (e.g., job, internship) posted on the site – contact me at rjkarasik@stcloudstate.edu.

Here's hoping you have a great Fall semester!

Rona

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

Thank you to all our community internship preceptors! Students interested in being an intern for Spring or Summer Semester 2014 should contact Rona Karasik at

rjkarasik@stcloudstate.edu



Summer 2013 GERO Interns

Amina Ahmed—Undergraduate Student
G&M II Adult Day Care (Waite Park)

Kylie Goenner— Undergraduate Student
* Whitney Senior Center (St. Cloud)
* Benet Place, St. Benedict's Senior Community (St. Cloud)

Chanda Knoof— Undergraduate Student
Lakeview Ranch (Darwin/Dassel)

Luke Krueger— Undergraduate Student
Harmony Rivers Living Center (Hutchinson)

Sasheen Loisel— Undergraduate Student
St. Benedict's Senior Community (St. Cloud)

Minda Solien— Undergraduate Student
Lakeview Ranch (Darwin/Dassel)

Haley Sprenger— Undergraduate Student
Ridgeview Place (Sauk Rapids)

Carrie Taylor— Undergraduate Student
Great River Faith in Action (Elk River)

Jeff Udy— Undergraduate Student
Talahi Care Center (St. Cloud)

Kristy Knutson (6cr)— Undergraduate Student
Long/Rehar/Hanson (Minneapolis)

Laura Kunstleben (3cr)— Undergraduate Student
Veterans Health Administration (St. Cloud)

Mamusu Lamin— Graduate Student
* St. Benedict's Senior Community (St. Cloud)
* Social Security Office (St. Cloud)

Anand Moddu Reddy— Graduate Student
Ocean Promenade Rehab Center and Nursing Center (Rockaway, NY)

Michelle Trelfa— Graduate Student
Light the Legacy (St. Cloud)

Fall 2013 GERO Interns

Berekti Girmay—Undergraduate Student
G&M II Adult Day Care (Waite Park)

Elina Khadaka—Undergraduate Student
St. Benedict's Senior Community (St. Cloudy)

Ritu Tamang— Undergraduate Student
Good Shepherd (Sauk Rapids)

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First Semester Launched!

Advance Care Planning Certification Course



NURS 490/590 or GERO 440/540
A new 2 credit elective course called Advance Care Planning Certification was offered for the first time as a Special Topics course in the School of Health & Human Services through the Nursing Department and Gerontology Program! Eleven students were certified as Advance Care Planning Facilitators in the course taught by Dr. Patty Bresser (Nursing) and Dr. Phyllis Greenberg (Gerontology).



The course will be offered in Spring 2014. Open to professionals and students from any major/program (must have junior standing and be accepted to major/graduate program or have a completed degree). Professionals do not need to be currently enrolled in courses at SCSU (Continuing Education Unit opportunity). If you are interested in learning more about this course or to register, please contact Dr. Patty Bresser pjbresser@stcloudstate.edu or Dr. Phyllis Greenberg pagreenberg@stcloudstate.edu.



**Recognizing the
hard work of
Gerontology
Program faculty!**

Congratulations Phyllis Greenberg!

Phyllis has been selected as the incoming president of the Minnesota Gerontological (MGS)! Her co-president will be Susan Humphers-Ginther of MN State, Moorhead. Founded in 1976, MGS is a membership organization for professionals in the field of aging. The organization is an important resource and provides many opportunities for professionals to learn and connect. To learn more visit www.mngero.com.

Congratulations Rona Karasik!

Rona will be awarded fellow status in the Gerontological Society of America (GSA) at the upcoming Scientific Meeting in November. As the highest class of membership for GSA, Fellowship status recognizes hard work and participation in areas such as research, public service, practice, teaching, and GSA participation.

Notes from the Gerontology Graduate Coordinator continued from Page 1

uate and undergrad and what has been one of the most exciting aspects is that most of the programs in the School of Health and Human Services are represented. I have also very much appreciated the opportunity to work with Dr. Bresser. She is a phenomenal teacher and colleague. If you missed the class this semester you will have another opportunity in the Spring. It is a two credit course that is available to students and professionals. CEUs are also available in Social Work and Nursing. The course is cross listed – GERO 440/540 and NURS 490/590.

This spring offers an array of classes for Graduate Students (see insert). 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)! For the first time we will be offering Global Aging (GERO 470/570) on T/Th from 3:30-4:45. I am excited about this course and looking forward to our adventure in learning about the aging experience around the world.

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. I was elected co-President (along with Dr. Sue Humphers Ginther – Morehead State) and will start my term January 1, 2014.

Rona, Emma Peterson, April Greene and I will be attending the 66th Annual Meeting of the Gerontological Society of America’s Annual Conference in New Orleans in November. Looking forward to good food, good music, meeting with colleagues and introducing Emma and April to those colleagues and of course Bourbon Street!

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

Phyllis A. Greenberg, PhD
 Coordinator Graduate Studies, Gerontology
 Associate Professor, Gerontology Program
 School of Health and Human Services

Sigma Phi Omega & Gerontology Club News

Upcoming SPO/ Gero Club Meetings In SH 330

- ◆ Tuesday November 12:00 PM

**End of semester celebration!
 Seasonal treats will be served.
 Wed. December 4, 4:00 PM**

Announcements of upcoming events and activities will be available at the Gerontology Program Website.

New SPO Board Members

President	Emma Peterson
Vice President	Ona Lawrenc
Treasurer	Michelle Trefla
Secretary	April Greene

New Gero Club Board Members

President	Trever Winchner
Vice President	Sara Krammer
Treasurer	Michelle Trefla
Secretary	April Greene
Member at Large	Sara Everson
Member at Large	Gabby Miller



On Monday, October 21st, Emma Peterson and Michelle Trefla participated in the 2013 Social Responsibility Conference held at St. Cloud State. The presentation covered the topic of global aging and why population aging matters. They focused on worldwide trends in aging as they pertain to each of us in the global community.

Interested in learning more? **Global Aging** (GERO 470/570) will be offered in Spring 2014! See page 7 for details.



Meet the Graduate Assistants

Emma



My name is Emma Peterson. I am a second year graduate student, originally from Champlin MN. I have two brothers who go to school in the Upper Peninsula, and my parents are teachers in the cities. I received my undergrad from St. Cloud State in Community Health and my minor in Gerontology. I currently work as a community life assistant at a local assisted living community. The experiences Emma had with her own grandmother's dementia are her inspiration for working in the field of Gerontology.



Michelle

Hello! I am originally from Fargo, ND and received my Bachelor's Degree in Business Administration with a concentration in Marketing and Hotel-Motel-Restaurant Management (what a mouthful!) from MN State University, Moorhead back in 1995. After staying home to raise my six daughters for over ten years, I decided to go back to school and start a whole new career track. I am excited to be pursuing my Master's Degree in Gerontology and hope to work in Advocacy after I graduate. I have really enjoyed being here at St. Cloud State and am excited to see what the rest of my time here has to offer!

April



I'm from Sun Prairie, Wisconsin. I got my Bachelor's Degree in elective studies with an emphasis in Recreation and Sports Management and a minor in Gerontology. I swam here at SCSU for all 4 years of my undergrad. I am currently an assistant coach at Becker High School and I also work at the Alzheimer's Association part time. I chose the Gerontology program because I am very interested in the aging process and the concept of successful aging. I am very excited to begin this new chapter in my life!!

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 then 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.

Spring 2014 Classes begin January 13th

The Gerontology Program offers an Undergraduate Minor, Masters and Graduate Certificate.
 For more information visit the program website at www.stcloudstate.edu/gerontology or
 Contact Dr. Rona Karasik at rjkarasik@stcloudstate.edu (Undergraduate) or
 Dr. Phyllis Greenberg at pagreenberg@stcloudstate.edu (Graduate students).

Undergraduate Courses

Gerontology

GERO 208 01 Introduction to Gerontology (Diversity)*	MWF	10:00 AM-10:50 AM	
GERO 208 02 Introduction to Gerontology (Diversity)*	TR	11:00 AM-12:15 PM	
GERO 415 Women and Aging (Diversity)*	T	5:15 PM-8:00 PM	
GERO 435 Aging and Housing Options	MW	3:00 PM-4:15 PM	
GERO 440 Advanced Care Certification Course		5 Thursday Evenings	Instructor Permission Required
GERO 444 Internship		Hours Arranged	
GERO 465 Health and Aging	M	5:00 PM-7:45 PM	
GERO 470 Global Aging	TR	3:30 PM-4:45 PM	

* Meets Liberal Education Goal Area #5 and Diversity Requirement

Psychology

PSY 345 Psychology of Death and Dying	W	6:00 PM-8:45 PM	
PSY 442 Psychology of Adult Development and Aging	TR	11:00 AM-12:15 PM	

Sociology

SOC 475 Sociology of Health and Illness	Online		
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Community Studies

CMTY 455 Grant Development	6:00 PM-8:45 PM	R	
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Nursing**

NURS 306 01 Nursing Care of Older Adults	M	8:00-9:50 PM	
NURS 307 01 Nursing Care of Older Adults (Clinical)	W	8:00 AM-2:30 PM &	T 6:00 PM-8:00 PM
NURS 307 02 Nursing Care of Older Adults (Clinical)	W	8:00 AM-2:30 PM &	T 6:00 PM-8:00 PM
NURS 307 03 Nursing Care of Older Adults (Clinical)	R	8:00 AM-2:30 PM &	W 7:00 PM-9:00 PM
NURS 307 04 Nursing Care of Older Adults (Clinical)	R	8:00 AM-2:30 PM &	W 7:00 PM-9:00 PM
NURS 490 Advanced Care Certification Course		5 Thursday Evenings,	Instructor Permission Required

**Nursing courses only open to nursing students



Graduate Courses

Gerontology

GERO 515 Women and Aging	T	5:15 PM-8:00 PM	
GERO 535 Aging and Housing Options	MW	3:00 PM-4:15 PM	
GERO 540 Advanced Care Certification Course		5 Thursday Evenings	Instructor Permission Required
GERO 565 Health and Aging	M	5:00 PM-7:45 PM	
GERO 570 Global Aging	TR	3:30 PM-4:45 PM	
GERO 620 Advanced Policy Issues in Gerontology	W	5:00 PM-7:45 PM	
GERO 644 Gerontology Internship		Hours Arranged	
GERO 696 Practicum (Plan C Option)		Hours Arranged	
GERO 697 Starred Paper Preparation (Plan B)		Hours Arranged	
GERO 699 Thesis		Hours Arranged	

Sociology

SOC 679 Advanced Research Methods	M	5:00 PM-7:45 PM	
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Community Studies

CMTY 555 Grant Development	R	6:00 PM-8:45 PM	
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Counselor Education and Education Psychology

CEEP 678 01 Introduction to Graduate Statistics	R	5:00 PM-7:45 PM	
CEEP 678 02 Introduction to Graduate Statistics	W	2:00 PM-4:45 PM	
CEEP 678 Introduction to Graduate Statistics	Online		

Nursing**

NURS 590 Advanced Care Certification Course		5 Thursday Evenings,	Instructor Permission Required
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**Nursing courses only open to nursing students

Featured Courses

Spring 2014

GERO 470/570 (3 Credits)

Global Aging

Tuesday & Thursday 3:30 PM-4:45 PM

Aging as a global phenomenon. Demographic trends, historical influences and lived experience. Focus on intersection of gender, ethnicity, geography, and class.

GERO 440/540 NURS490/590 (2 Credits)

Advanced Care Planning Certification Course

5 Thursday Evenings in Spring Semester

For students and professionals. Instructor permission required.

Contact Dr. Patty Bresser (Nursing) pjbresser@stcloudstate.edu or

Dr. Phyllis Greenberg (Gerontology) pagreenberg@stcloudstate.edu

Recent Publications

Karasik, R.J., Hamon, R., Writz, J., & Moddu Reddy, A. (in press). Two thumbs up: Using popular films in introductory aging courses. *Gerontology & Geriatrics Education*. [Epub ahead of print: 2012 Dec 6]

Karasik, R.J. (in press). [Review of the book *Transcending Dementia through the TTAP Method: A New Psychology of Art, Brain, and Cognition*], *Educational Gerontology*

Karasik, R.J. and Berry, J. (2013). Reimagining Care for Persons with Severe Dementia-Related Behavioral Issues: The Lakeview Ranch Model of Specialized Dementia Care™ *Journal of Dementia Care*, 21(3), 28-31.

Karasik, R.J. (2013). [Review of *Strengthen your Mind Program: A Course for Memory Enhancement*] *Educational Gerontology*, 39(9), 701-702.

Karasik, R.J. (2013). [Review of *A Loving Approach to Dementia Care*] *Educational Gerontology*, 39(7), 547-548.

Kruger, T.M. & Karasik, R.J. (2013). What Works: General Education and Gerontology: Getting Your Program's Foot in the Door. *AGHE Exchange: Newsletter of the Association for Gerontology in Higher Education*, 37(1), 1-3.

Recent presentations

Greenberg, P.A. (August 6, 2013). "Empathy and Respect in Working with Older Adults" Harmony River Living Center, Hutchinson, MN.

Greenberg, P.A. (May 22, 2013). "Working with Diverse Elders in Residential Settings" Whitney Senior Center, St. Cloud, MN

Karasik, R.J. & Muller, I. (August 22, 2013) "Charting a Course for Creating & Sustaining Community-University Collaborations", SCSU Center for Teaching and Learning (CETL) Workshop Days.

Karasik, R.J. & Greenberg, P.A. (August 22, 2013) "Increasing Hands on Learning Opportunities in Gerontology", SCSU Center for Teaching and Learning (CETL) Workshop Days.

Karasik, R.J. (August 6, 2013), "Providing Dignity and Respect to Persons with Dementia" Harmony River Living Center, Hutchinson, MN.

Recent certifications

Dr. Phyllis Greenberg awarded Instructor Certification after completing course for Advance Care Planning Facilitation by Respecting Choices and she is an Advance Care Planning Program Coordinator.

St. Cloud State University
Gerontology Program
360 Stewart Hall
720, Fourth Avenue South
St. Cloud MN, 56301-4498

Mark your calendar!

Careers in Aging Week

April 6-12, 2014



Announcements of upcoming events and activities will be available at the Gerontology Program Website and included in the Spring 2014 Gerontology Times!