Notes from the Director

What do vision simulation goggles, a skeleton named “Bones”, and service-learning have in common? They are just a few of the experiential learning opportunities provided by the Gerontology Program.

Community engagement is one of the cornerstones of our program and we want to offer a hearty THANKS to all of our community partners who provide our students with valuable experiences such as internships, service-learning site visits, and research challenges. We also appreciate all who come to campus to share their knowledge and experience with our students. The opportunities you provide really make a difference in our students’ education!

Inside the classroom, experiential opportunities are also growing. Some recent additions to our experiential repertoire (thanks to several SCSU grant opportunities) include items that simulate potential changes in vision and mobility. Watch for the arrival of our latest acquisition – 2 “Empathy Lungs” that simulate the experience of changes and challenges in breathing! Other items we have gathered help illustrate the hands-on use of both assistive and universal design. I cannot count the number of students who will now be slowing their pace when assisting those with mobility impairments. All it takes is one ride in a wheelchair powered by a classmate to understand the experience of “you are going to fast!”

Notes from the Gerontology Graduate Coordinator

Usually I open with a commentary about the weather but this year the weather is not worth mentioning. But what is worth mentioning are all the things that are happening in the Gerontology Program! We have been very active this year (even more than usual).

From posters and presentations to grants faculty and students have been making their mark on the University Campus the larger community, regionally and nationally. In November Graduate Assistants Emma Peterson and April Greene went to the Gerontological Society’s Annual Conference in New Orleans. Emma presented a poster on mentoring students in service learning and both April and Emma served as volunteers. Rona and I presented a poster on building empathy with all of the equipment we had received from the Provost’s Action Grant.

This year we were the recipients of another Provost Action Grant and will be purchasing 2 Empathy Lungs (and associated devices) and an additional set of vision goggles. The empathy lungs will simulate COPD, Emphysema, and
While we are nearing the end of spring semester (and still awaiting any sign of spring weather), it is not over yet! I hope to see you at our upcoming open house and other events! As always, just a few reminders:

**Careers in Aging Week April 7-11:** This year’s Careers in Aging Week at SCSU is shaping up to be an exciting one! This year, with the help of an award from the Association for Gerontology in Higher Education, we have a full line-up of events (see page 6 for more details).

**Gerontology Program Open House Wednesday, April 9th 4-6pm:** Don’t miss the fun (or the food) at this ever-popular gathering of students, faculty, staff, and community partners. I am looking forward to seeing you all there!

**Summer & Fall Classes in Aging:** Students, now is a good time to start thinking about registering for Summer and Fall classes (see page 7 for the upcoming course 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 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:** GERO Program Alumni, we want to hear from you! If you haven’t already done so, please take a minute to fill out our on-line survey. You can take it at [http://www.surveymonkey.com/s/J2TZJR](http://www.surveymonkey.com/s/J2TZJR) 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.

**Think Spring!**

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

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The Gerontology Program is happy to announce a new addition to our experiential learning toolbox!

**The Empathy Lungs™ C.O.P.D. Simulator.**
Through funding from the SCSU Provost’s Action Grants 2014 in support for the implementation of Extraordinary Education Action Projects; The Gerontology Program “Developing Empathy for Working with Elders”.

The Empathy Lung Enhances students’ development of empathy for older adults diagnosed with COPD and other respiratory ailments that enables the wearer to physically experience COPD's typically strenuous, labored, shallow, ”upper-chest breathing only”, as well as the subsequent fatigue, irritability and emotional distress that inevitably results from the sensation of ”not being able to get enough air”.

(An added benefit) The “Empathy Lung” is an important learning tool in support of the SCSU campus Tobacco Free Campaign.
Graduate Coordinator’s Notes Continued

Asthma and can also be used for smoking cessation. Before you know it we will be able to build a prototype person!

Dr. Patty Bresser (NURS) and I have been working hard on the Advance Care Planning Certification course and we are happy to say that so far we have 38 students that are certified and we still have a class during the summer! We presented a poster on Co-teaching at the Association for Gerontology in Higher Education (AGHE) in March in Denver. It was well received and we are in the process of developing a research protocol to expand the data we have. If you are interested in taking GER 440/540 please contact me!

I also want to take this opportunity to thank our amazing Graduate Assistants Emma Peterson, Michelle Trelfa, April Greene and Hannah Nordell. We are going to miss Emma, Michelle and Hannah as they are in the process of completing their program and will be welcoming back April in the Fall. Thank you for your hard work and creativity!

If you have any questions about the Masters or Graduate Certificate or anything about graduate courses please don’t hesitate to contact me. Have a great remaining Spring and a fantastic Summer!

Phyllis

Congratulations to Gerontology Minor Haley Sprenger, recipient of the Olga B Satre Hart “Giving Back” Scholarship Award winner! These funds are awarded annually to outstanding students in Gerontology, Nursing, Social Work, and Criminal

Congratulations to Emma Peterson for receiving the St. Cloud State Graduate Student Achievement Award!

Thank you to Spring 2014 Internship Preceptors! Your support of Gerontology students is valued.

Kendra Hibbison -Augustana Apple Valley Villa, Apple Valley, MN
Alisa Sherwood -Assumption Community, Cold Spring, MN
Kyle Bozentko -Jefferson Center, St. Paul, MN
Hannah Nordell -SCSU Gerontology Program, St. Cloud, MN

Are you considering an internship for Summer or Fall semester?
Please contact Rona Karasik (rjkarasik@stcloudstate.edu) as soon as possible to begin the planning process!

Congratulations to all Fall 2013 and Spring 2014 Gerontology Minor and Master’s Program graduates!
Thank you to all the community partners who participated in guest speaking, hosting students in internships, service-learning, and site visits! The time and knowledge you contribute to the Gerontology Program is valued.

Presentations, Publications, & Grants

Publications

Presentations


Grants

Gerontology Program (Spring 2014). Careers in Aging. Association for Gerontology in Higher Education. $400
The Gerontology club, in conjunction with Sigma Phi Omega (National Academic Honors & Professional Society in Gerontology), has been very busy with these Spring Semester events. Our members participated in the 2014 Heart Walk on February 22nd and The Alzheimer’s Association Meeting of the Minds on March 1st.

Upcoming Events:
April 7-10th Careers in Aging Week (see page 6)
April 16th National Healthcare Decisions Day
April 23rd Community Health Fair

Careers in Aging Week is brought to you with the help of our many sponsors! We appreciate your support! Primary support for these events comes from a “Careers in Aging Week” Grant from the Association for Gerontology in Higher Education (AGHE).

Additional Sponsors: GERI Club/SPO Club, School of Health and Human Services, SCSU Career Center, SCSU Learning Resource Services Discussion, Chuck’s Hair, The White Horse, Lincoln Depot, Fuji, Bonanza, Great Clips, Frozen Yogurt Creations, House of Pizza, Noodles & Company, Coca-Cola, Wal-Mart (St. Cloud), SCSU Bookstore, Buffalo Wild Wings, CSU Massage, La Casita, Paramount Theatre, Mongos, Cowboy Jack’s, Erbert and Gerbert’s, Alzheimer’s Association, Boulder Tap House, Texas Roadhouse, Air-Max, Cashwise. Learn more about Careers in Aging Week events on page 6!

Thank you to the Gerontology Program Graduate Assistants! A special thank you to Hannah Nordell, Michelle Trelfa, and Emma Peterson; it will be their last semester as Graduate Assistants. Thank you for all your hard work and dedication to the Gerontology Program! Also thank you to April who will be back as a Graduate Assistant next year!
Informational Kiosks will be in Atwood from 9am-1pm

Monday, April 7: **MYTHBUSTERS!** Test Your Knowledge on Aging

Tuesday, April 8: **HOW DO YOU FIT IN?** Information on Careers in Aging

Wednesday, April 9: **HOW CAN YOU GET INVOLVED?** Opportunities available from the SCSU Gerontology Program and Affiliated Student Groups

Thursday, April 10: **ADVANCE CARE PLANNING...WHAT’S YOUR PLAN?** Information/Discussions about Advance Care Planning

**Other Events Include:**

Tuesday, April 8
Discover Author Richard Rubins Interviewing Experience through his book; The Last of the Doughboys: The Forgotten Generation and Their Forgotten World War
Miller Center 122, Ringsmuth Auditorium 2:00-3:15pm
Join the discussion with author Richard Rubins regarding his experiences interviewing the WWI veterans who participated in his decade-long odyssey that led him across the United States and France. Included in the book are archives, private collections, battlefields, literature, and even music. In Rubin’s quest for men and women to interview, he located the last few World War I veterans—all between 101 and 113 years of age.

Wednesday, April 9
Hands on Experience with the Americans with Disabilities Act (ADA)
Atwood Memorial Student Center 10:00-2:00pm
The SCSU Gerontology Program, Gerontology Club and local chapter of Sigma Phi Omega will work in collaboration with the “Advance Policy Issues in Gerontology” (GERO 620) class to present an interactive experience encouraging empathy for those with disabilities. The project will emphasize access guidelines according to the Americans with Disabilities Act.

Gerontology Annual Careers in Aging Open House
Stewart Hall 112 4:00-6:00pm
The Gerontology Program’s Annual “Careers in Aging” Open House will be held with the goal of providing information on careers in aging and available coursework in aging in a festive, informal atmosphere with a chocolate fountain, food, printed materials, door prizes donated by local community businesses, and opportunities for students, faculty and community professionals to mingle and network.

Thursday, April 10
Careers in Aging Community Panel
Atwood Memorial Student Center 1:00-2:30pm
The Gerontology Program will host a panel of community aging professionals who will speak about the work they do and the paths they followed to their current careers with the goal of connecting students with individuals in a wide range of proposed professions including occupational therapy, social work, nursing, health and fitness, and volunteer services. Round table discussions will follow the panel to allow for more individual contact with the professionals.
**Undergraduate Courses– Summer 2014**

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<tr>
<th>Course Code</th>
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<th>Days</th>
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**Graduate Courses– Summer 2014**

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**Undergraduate Courses– Fall 2014**

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**Graduate Courses– Fall 2014**

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<td>GER 511</td>
<td>Aging Policy and Programs</td>
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**Nursing (NURS)**

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**Psychology (PSY)**

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<td>10</td>
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The Gerontology Program offers an Undergraduate Minor, Masters and Graduate Certificate. For more information visit the program website at [http://www.stcloudstate.edu/gerontology](http://www.stcloudstate.edu/gerontology) or contact Dr. Rona Karasik at rkarasik@stcloudstate.edu (for undergraduate students) or Dr. Phyllis Greenberg at pagreenberg@stcloudstate.edu (for graduate students).
Fall 2014 Registration Begins April 14.
Classes Begin August 25

Summer 2014 Register Today!
Classes Begin May 19