



GERONTOLOGY TIMES

NOTES FROM THE DIRECTOR

Time for a change!

“Sooner or later, everything old is new again.” - Stephen King

“The only thing that is constant is change” -Heraclitus

“Education is the most powerful weapon which you can use to change the world.” -Nelson Mandela

Check out some of our new features in this Spring 19 edition of the Gerontology Times:

- * **Enrollment Q & A:** Have questions about which courses to take and when? Take a look at our new Q & A and feel free to submit questions for next time! Also, be sure to check out the upcoming course listings (Fall: page 8, Summer: page 9!)
- * **News from our Community Partners:** Our community partners are a big part of our program and we appreciate all that they do for us! This column is designed to list partner updates so if you have news – let us know!
- * **Tricks of the Trade:** We never stop learning and professional development is an ongoing process. In this edition of “Tricks of the Trade” you will find opportunities to stay informed in the field of aging!
- * **Coming Soon: Policy Updates!** What new local and national policies are going to affect the field of aging? This column will be a great way to stay up to date—be on the look out for it in our next issue!

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.” -Albert Einstein

Rona

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

NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

To continue with the theme of change that Rona started: change can be difficult but it is also rewarding and we learn more about others and most importantly more about ourselves. Who will you be? One way to explore who you will be is to take classes in Gerontology – get a graduate certificate or M.S. or use courses for training/personal growth. You don’t even have to be enrolled in a program to take a class.

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NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

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For more information on applying for the Graduate Certificate in Gerontology, M.S. in Gerontology, click on: [School of Graduate Studies](#)

Link for special student status:

[Non-Degree Seeking \(Special\) Student](#)

For additional information, or you have questions please feel free to contact me — have a great Spring—well Winter—well whatever it is—

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world. Harriet Tubman

Phyllis

Phyllis A. Greenberg, Ph.D., MPA
Coordinator Graduate Studies
Associate Professor, Gerontology Program

Alumni Accomplishments

Leacey Brown

Congratulations to Leacey Brown (M.S. in Gerontology 2012) who had her first refereed article published. Leacey is currently a Gerontology Field Specialist in the Extension Program at South Dakota State University. Leacey is making quite a name for herself in the area of aging and the use of technology. She is doing amazing work that will have a positive impact on communities, professionals and older adults.

Here is a link to a TEDx talk that Leacey gave in Rapid City in 2016 about aging:

[TEDxRapidCity | TED](#)



Abstract: Older adults demonstrate a wide variation in technology skills. Ecological systems theory suggests that technology adoption is the product of process, person, context, and time. Factors that impact the acquisition and transmission of technology skills emerge as a result of processes within and among people and systems. Subjective aging, one factor impacted by ecological systems, is particularly relevant to intergenerational technology training programs. The purpose of this article was to describe the development of an intergenerational technology training program that utilized a subjective aging intervention to enhance technology learning among older adults.

Which courses will **you** take this Fall?

ONLINE

GERO 208

Introduction to Gerontology

What does aging mean to you? It affects each of us differently. Learn about the diverse experience of human aging from biological, psychological and social perspectives.

GERO 440/540

Popular Culture & Aging

Explore images of aging, older adults and the aging process in popular culture. Review movies, television, novels, essays and social media! Sometimes what we see in the media has the most significant impact on how we perceive others and ourselves.

GERO 440/540

Ethics in Gerontology & Geriatrics

Driving with dementia? Self-Neglect? Right to refuse treatment? What do I do if...? Using case studies, current literature and real-life scenarios, we will explore a wide range of ethical dilemmas in aging practice & policy both on the individual care professional level, and as a society at large.

FACE-TO-FACE

GERO 208

Introduction to Gerontology

What does aging mean to you? It affects each of us differently. Learn about the diverse experience of human aging from biological, psychological and social perspectives.

GERO 405/505

Diversity & Aging

Examine the intersection of factors such as gender, race, ethnicity, culture, class, sexual orientation, geographic location and physical ability with aging. All of these "factors" are components of who we are, who we will be, and the experiences we will have as aging adults.

GERO 411/511

Aging Policies & Programs

Did you know there is a wide range of policies and programs specifically for older adults? Learn about these various policies and programs for your career, an aging loved one, or in preparation for your own future.

GERO 425/525

Dementia & Aging

What is the difference between Alzheimer's and dementia? What should you know about working with or caring for a person with dementia? Learn about the nature, causes and symptoms of dementia, as well as the impact it can have on individuals, families and caregivers.

GERO 630

Aging & Community

Delve into the diverse experience of human aging in the U.S. and globally! Discover how the aging process and concerns related to aging differ within communities.

HYBRID

Gerontology Community

News and Events



Central Minnesota Aging Network (ANA)

“A forum of professionals, service providers and community to promote education and awareness about aging issues”

Each ANA Meeting includes:

- Program, Guest Speaker, or Panel of Guests
- Time for Networking
- Agency announcements as time permits

2019 Meetings are held at the Whitney Recreational Center in St. Cloud.

Dates include:

March 7th – 8:00-9:30 AM

June 6th – 8:00-9:30 AM

September 5th – 8:00-9:30 AM

December 5th – 8:00-9:30 AM

For more information on ANA contact:
Brenda Turner: turnerb@centracare.com
Kim Hoff: KHoff@stcloudmtc.com

FREE webinars occurring within the next few months!

“Ethical Dilemmas with Older Adults in Health and Human Services”

February 20th from Noon-1

Click [Here](#) for more information

“Long Term Care Rethink Tank: Re-thinking Eldercare”

March 18th from Noon-1:15

Click [Here](#) for more information

“Older Adults and Opioids: Part of the Home Instead Family Caregiver Support Series”

April 3rd from 9-10 AM

Click [Here](#) for more information

Minnesota Gerontological Society (MGS)

43rd Annual Conference

THE FUTURE OF AGING:

Rethink - Reimagine - Redesign

Date: Friday, April 12, 2019

Time: 7:30AM-4:30PM

Location: Earle Brown Heritage Center
(Brooklyn Center, MN)

[Register Here For the Conference!](#)

Includes 18 Breakout Sessions in 6 Tracks

Track 1: Ethics—Diversity

Track 2: Aging in Place

Track 3: Careers—Policy—Research

Track 4: Health—Mental Health

Track 5: Personal Perspectives

Track 6: Rural Community Solutions

A MESSAGE FROM OUR COMMUNITY PARTNERS

“The partnership between **St. Benedict Senior Center** and St. Cloud State goes back many years and continues to grow. Service learning is a very important part of that partnership. SBSC strives to make sure that all of our residents are treated as individuals and that the time they spend with us is enjoyable and fulfilling. In order to make that happen, we need to rely on volunteers who are willing to come in and help us meet the wishes and desires of all residents and to add interest and variety to their lives. The gerontology department has always been our best resource. Since the 90’s, the gerontology program has been helping make SBSC a “home” for our residents rather than a ‘health care facility’. Students are always willing to pitch in and visit with a resident, help with outings when

we take residents for shopping and out to eat, to see a play or on a tour to a winery. Students have shared stories and talents or provided that very important walk outside. And a few have been brave enough to put on a silly costume in order to make a party or an event extra special. Life at SBSC would not be the same without service learning and SCSU gerontology students are a great help.” - Jo Ellen Johnson

St. Croix Hospice is currently looking for volunteers!

Are you willing to share your time and talents to provide emotional support for patients and their families? With training, support, and flexible scheduling, St. Croix finds a way to work with your schedule!

Opportunities include Companionship, Vigil, Pet Therapy, and Administrative!

Contact Jackie Laphake, Volunteer Coordinator for more information:

jkaphake@stcroixhospice.com



Volunteer Coordinator,
St. Benedict Senior Center

STUDENT SPOTLIGHT

{ A word from our SCSU Gerontology students }

Lib Ed



I became interested in the Gerontology field because I am a personal care assistant for 2 senior citizens and I wanted to learn more about how to care for them, and how to improve on what I am already doing. My achievements so far are studying Gerontology as liberal education while only being a freshman of Social Work, and having a 3.9 cumulative GPA from my first semester in college. My goals with this course are to receive an “A” in the class, to learn about the trends of global aging and to learn about what may happen to me when I age. I recommend taking a Gerontology class for any student, regardless of their major, because every person ages and the concepts you learn in the class can help you later in life when you may have to care for your parents or grandparents.

-Lauren Siemers
Undergraduate Student of Social Work

GERO Minor

I am a Gender and Women’s Studies major, minor in Gerontology. The Gerontology courses that I took have impacted me in many great ways. They have given me opportunities to learn and understand about myself, my community, and aging. I absolutely adore every second I’m in the classes because the professors are friendly and understanding. The professors really care for their students and I have had amazing classmates. I was able to use the context that was taught in class in real life settings. It has prepared me to utilize those skills and make a more comfortable living for the older adults, whether they’re aging in place or in institutional homes. These Gerontology courses have answered questions that I’ve always wondered and allowed me to discuss topics that were taboo in many cultures. The courses that I’ve taken have helped me develop skills in identifying power, diversity, and ethics. I want to educate and serve older adults about resources and programs that are out there for them, and how policy changes can impact their lives. The gained experience and reflection of self-empowerment and goals will immediately help me contribute in this career path. I highly recommend everyone to take Gerontology courses.



-Jenneyva Vang, Undergraduate Student of Gender and Women’s Studies

New GA

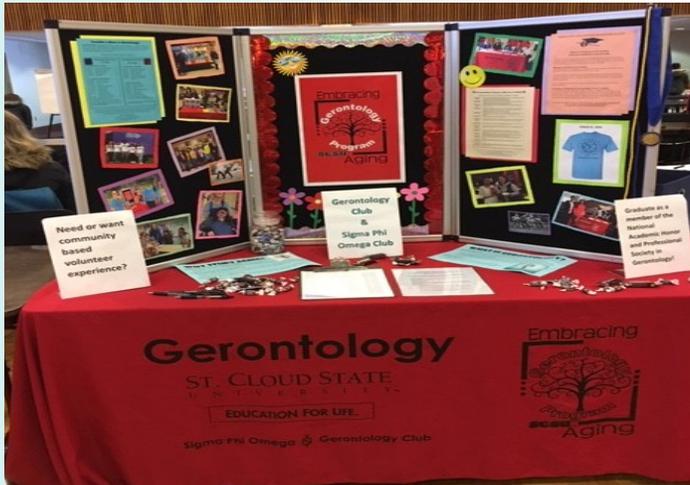
MEET OUR NEW GRADUATE ASSISTANT



Hello! My name is Emily Foster and I am from Coon Rapids, MN. This is my last semester as a graduate student in the Gerontology program. I graduated with a bachelor’s degree in Psychology from the University of Minnesota Duluth in 2017. While going to school in Duluth, I worked at an assisted living home for three years. It was there that I discovered my passion for serving older adults and decided it is without a doubt what I want to do for the rest of my life! I am so glad that I chose the Gerontology program at SCSU to further my education in this field. I have enjoyed the classes more than words can express, and would highly recommend that everyone take a GERO class at some point! I am really looking forward to this new adventure as a Graduate Assistant and am excited to see what the future has in store after graduation this May.

GERO Club/SPO Campus Involvement

The Gerontology Club and Sigma Phi Omega Honors Society participated in the on campus event “Side Street” which promotes campus clubs and activities!



Students participated in an ADA obstacle course, set up by the Gerontology Program! Students and other club members that volunteered helped to make this event a success.



Club Information!

All are welcome to attend our Gerontology Club and Sigma Phi Omega meetings. SPO is the National Academic Honors and Professional Society in Gerontology. Students, faculty and community professionals are encouraged to join!

Meetings will tentatively be held once a month, on:

February 26th

March 12th

April 9th

Brown Hall Room 313, 2:45-3:15 pm

Gerontology Program

FALL 2019 COURSE OFFERINGS

Now is a great time to start thinking about registering for Summer and Fall classes...
Remember to check in with your advisor to make sure your program is on track!

Undergraduate Courses

GERONTOLOGY (GERO)

GERO 208 - 02 Introduction to Gerontology*	T, TH	11:00am – 12:15pm
GERO 208 - 54 Introduction to Gerontology*		Online
GERO 405 - 01 Diversity & Aging*	T	5:30pm-8:20pm
GERO 411 - 01 Aging Policies and Programs	T, TH	3:30pm-4:45pm
GERO 425 - 01 Dementia & Aging	M, W	3:30pm - 4:45pm
GERO 440 - 54 Popular Culture & Aging		Online
GERO 440 - 54 Ethics in Gerontology & Geriatrics		Online
GERO 444 - 01 Internship**		Hours Arranged

*Meets Liberal Education Goal Area #5 and Diversity Requirement

**Permission Required

Graduate Courses

GERONTOLOGY (GERO)

GERO 505 - 01 Diversity & Aging	T	5:30pm-8:20pm
GERO 511 - 01 Aging Policies and Programs	T, TH	3:30pm-4:45pm
GERO 525 - 01 Dementia & Aging	M, W	3:30pm - 4:45pm
GERO 540 - 54 Popular Culture & Aging		Online
GERO 540 - 54 Ethics in Gerontology & Geriatrics		Online
GERO 630 - 54 Aging & Community***		Hybrid
GERO 644 - 01 Gerontology Internship**		Hours Arranged
GERO 695 - 01 Comprehensive Exam **		Hours Arranged
GERO 697 - 01 Starred Paper (Plan B) Preparation **		Hours Arranged
GERO 699 - 01 Thesis **		Hours Arranged

**Permission Required

***Face-to-face meetings are on 9/9, 10/21 & 12/9 from 5:30pm-8:20pm

The Gerontology Program offers an Undergraduate Minor, Masters Degree and Graduate Certificate!

For more information visit our website at www.stcloudstate.edu/gerontology or contact us:

Dr. Rona Karasik at rjkarasik@stcloudstate.edu (undergraduate)

Dr. Phyllis Greenberg at pagreenberg@stcloudstate.edu (graduate students)

SUMMER 2019 COURSE OFFERINGS

GERO 444/644 - 01: Gerontology Internship**	Hours Arranged
GERO 695 - 01: Comprehensive Exam**	Hours Arranged
GERO 697 - 01: Starred Paper (Plan B) Preparation**	Hours Arranged
GERO 699 - 01: Thesis**	Hours Arranged

**Permission Required

ENROLLMENT Q&A

Q: What is a hybrid class?

A: Meeting “in person” (or via Skype) just a few times during the semester, hybrids combine the benefits of both face to face classes with the convenience of online courses! We offer several courses as hybrids throughout the year. If you are interested in trying out a hybrid course, we are offering Aging & Community (GERO 630) this Fall for graduate students.

Q: How should I plan my GERO schedule?

A: Most GERO courses are offered once a year (e.g., Dementia, Policy & Programs, Housing, Ethics, Global). Some are offered every third semester (e.g., 600 level courses, Women & Aging, Diversity & Aging) and just a few are available every semester (Introduction to Gerontology, Gerontology Internship). See your advisor to create a plan that works for you!

Q: Can some GERO courses be applied toward my liberal education requirements?

A: Yes! Check the course offerings each semester—those with an asterisk indicate courses that meet a liberal education goal area. For Fall 2019, Introduction to Gerontology (GERO 208) and Diversity & Aging (GERO 405) meet liberal education goal area #5 and diversity requirement.

TRICKS OF THE TRADE

Even after we graduate, we keep learning new things! Check out some of these ideas to stay “up to date” in the field:

Join professional organizations related to your work:

- o LeadingAge Minnesota
- o Minnesota Gerontological Society
- o Sigma Phi Omega, International Honors & Professional Society in Gerontology

Sign up to receive trade e-newsletters

- o Alzheimer’s Association
- o McKnight’s
- o National Council on Aging

Attend networking events

- o ANA meetings
 - o MGS conference
 - o Free webinars
- More info on page 4!



KEEP IN TOUCH WITH US ON SOCIAL MEDIA!



@scsu_Gerontology



SCSU Gerontology



@SCSUGerontology

GERO Program Alumni:

We want to hear from you!

Let us know how you are doing. Send us an email and, even if you have done so before, take a minute or two to fill out our online GERO Alumni survey:

[SCSU Gerontology Program Alumni Survey](#)

We look forward to hearing from you!