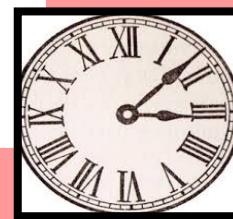


GERONTOLOGY TIMES



NOTES FROM THE DIRECTOR

Fall greetings! I wish you all good health and happiness as we move into our second Fall season of the pandemic.

Behind our masks, the Gerontology Program is busier than ever! We are so thankful for our two graduate assistants: Claudia Burgos Zuniga and Jessica VanderWerf who are helping to keep everything organized and on track! If you have not met them yet – stop by the office or **check out their newly created open study sessions** (offered both face to face and via Zoom). For more information, contact GEROGA3@stcloudstate.edu.

This semester, we are offering both hybrid and on-line courses and will be adding back in an in-person section of Introduction to Gerontology in the Spring! Check out **page 3** for a full listing of our Spring 2022 class offerings.

Not a student? Not a problem! Learning is a lifelong process and the SCSU Gerontology Program is tailored to the needs of students, staff, faculty, and community members alike. In addition to the Minor, Graduate Certificate and MS in Gerontology, there are options for non-degree seeking students as well. Pick a topic, pick a course - we are here for you!

In addition to our usual mix of classes, research, writing and community engagement, our work on the “Creating an Age Friendly SCSU” is in full swing. We are grateful for all your support and guidance with this exciting undertaking!

Currently, our student and faculty research team is developing a series of surveys and focus groups to get your thoughts on what you want to see in an Age Friendly SCSU! We also encourage you to **send your ideas directly to us:** gerontology@stcloudstate.edu.

In related news, this summer, President Wacker submitted our endorsement of the Age Friendly University Principles. Watch for future news about our Age-Friendly SCSU launch!

Be well! I Looking forward to hearing from you all!

Rona

Rona J. Karasik, PhD.
Professor & Director, Gerontology
karasik@stcloudstate.edu



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NOTES FROM THE GERONTOLOGY GRADUATE COORDINATOR

Happy fall semester!

Although I am on sabbatical this semester I am still here. I just got back from Blacksburg, VA and my doctoral alma mater, Virginia Tech where I was the presenter for the fall gerontology forum. It has been 20 years since I have been there and much has changed just as much has changed at SCSU in the last 20 years. This is particularly true for the gerontology program.

We are very busy here with increasing numbers of students and opportunities for them to participate in research, practice and community engagement. Dr. Karasik and I are working with students on two grant projects—one related to creating an Age-Friendly SCSU and the other to learn more about the role of internships/practicums for gerontology and geriatric students as well as community partners and preceptors. We are very excited about the prospects of both of these ventures and as we learn more we will let you know!

And of course as we are in full swing with the fall it is time to think about spring semester. If you are a current graduate student please make an appointment with me to discuss your courses/plans for next semester. If you are thinking about graduate school or would like to take some graduate courses for professional/personal development or for fun please contact me as well! Wishing you all a healthy, productive and fun rest of the year!

Phyllis

Phyllis A. Greenberg, PhD M.P.A.

Coordinator Graduate
Studies Gerontology

pagreenberg@stcloudstate.edu

Aging Service Providers: Have you taken our national survey yet? We want to know your thoughts on internships in gerontology & geriatrics!

https://www.surveymonkey.com/r/Aging_Service_Providers



Search & Win! If you find the six hidden images in this newsletter you can win a prize. Email geroga3@stcloudstate.edu and let us know where you found the images.



Gerontology Program

Spring 2022 Course Offerings

Undergraduate Classes

GERO 208-01 Introduction to Gerontology Tuesdays and Thursdays 11:00-12:15 in person. *Meets Liberal Education Goal Area 5 and Diversity Requirements.*

GERO 208-54 Introduction to Gerontology Online asynchronous. *Meets Liberal Education Goal Area 5 and Diversity Requirements.*

GERO 430-54 Elder Law Online asynchronous

GERO 435-54 Housing, Transportation and Aging (Online asynchronous + 4 Synchronous Meetings: M 1/31; M 2/28; M 3/21; M 4/25 at 5:30-8:20 pm)

GERO 444-01 Gerontology Internship By permission only.

GERO 465-54 Health and Aging Online asynchronous

Graduate Classes

GERO 530-54 Elder Law Online asynchronous

GERO 535-54 Housing, Transportation and Aging (Online asynchronous + 4 Synchronous Meetings: M 1/31; M 2/28; M 3/21; M 4/25 at 5:30-8:20 pm)

GERO 565-54 Health and Aging Online asynchronous

GERO 644-01 Internship By permission only.

GERO 650-54 Research Methods and Design in Gerontology (Online asynchronous + 4 Synchronous Meetings: T 1/18; T 2/15; T 3/22; T 4/19 at 5:30-8:20 pm)

GERO 695-01 Comprehensive Exam By permission only.

GERO 697-01 Starred Paper By permission only.

GERO 699-01 Thesis By permission only.

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

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

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

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



Featured Spring 2021 Courses

Introduction to Gerontology

GERO 208-01 — in person

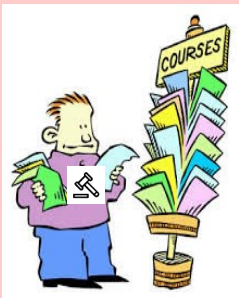
GERO 208-54 — Online Asynchronous

What does aging mean to you? The processes of aging affect each of us in different ways, including biologically, psychologically and socially. This class introduces the interdisciplinary study of human aging and provides a view of the world's rapidly aging population. **Meets Lib Ed Goal Area 5 & Diversity Requirements!**

Elder Law

GERO 430/530-54 — Online Asynchronous

This course offers an introduction and overview of the issues facing Elder Law attorneys and their clients. Elder rights, public policy and the role of society will be examined.



Housing, Transportation and Aging

GERO 435/535-54 — Hybrid

Investigate issues of housing and transportation in later life in regard to the needs of older persons. Attention is placed on issues of aging in place, physical design and innovative housing and transportation options, as well as working with older persons in a variety of housing settings.

Health and Aging

GERO 465/565-54 — Online Asynchronous

Study the physiological and cognitive processes of human aging, with a consideration of environmental, societal and lifestyle factors which promote healthy aging. Topics include theories of aging; diet and nutrition; exercise; physical and cognitive processes of aging; health enhancement and sexuality later in life.

Research Methods and Design in Gerontology

GERO 650-54 — Hybrid

This course focuses on the fundamentals of research methods and design (qualitative, quantitative and mixed) for gerontology. Students explore a variety of methods and discover which method/design worked best for their research interests.

Scheduling concerns? Not sure which course to pick? Let us help!

Dr. Phyllis Greenberg pagreenberg@stcloudstate.edu Dr. Rona Karasik karasik@stcloudstate.edu

Presentation & Publications

Crowell, R & Karasik, R.J. (May 13, 2021). The Relationship between Hearing Loss & Cognitive Decline. St. Cloud Act on Alzheimer's/Whitney Senior Center, St. Cloud, MN. Whitney Senior Center

Greenberg, P.A.; Moone, R; Phillips, W; and Pacala, J. (April (2021). Age-Friendly Minnesota. Panel Discussion at the Minnesota Gerontological 45th Annual Conference. Minnesota

Greenberg, P.A. (September, 2021).Ageism in Health Care: 72 is not a Diagnosis—Caregiver Guide to Health Care. Webinar for Land O' Lakes Employee Groups.

Greenberg, P.A. (October 2021). Ageism in Health Care: 72 is not a Diagnosis. Gerontology Fall Forum, Virginia Polytechnic and State University, Blacksburg, VA

Greenberg, P.A. (October 2021). Ageism in Health Care: 72 is not a Diagnosis. Webinar for the MNHSSWA Virtual Conference

Karasik, R. J., & Hafner, E. S. (2021). Community Partners' Satisfaction with Community-Based Learning Collaborations. *Journal of Community Engagement and Scholarship*, 14(1), 1.

Alumni Spotlight



Meet GERO MS Alum Dr. Ijeoma Ugochukwu DNP, APRN, FNP-C, MS, RN.

Dr. Ugochukwu has such an interesting history! She has a Bachelors Degree in Real Estate and a Masters Degree in Finance which she obtained in Nigeria.

She also has a Bachelors of Nursing Degree and a Masters Degree in Gerontology which she obtained from SCSU in 2010.

Dr. Ugochukwu also earned her Doctorate of Nursing Practice at the Metropolitan State University of Saint Paul. She is a licensed Nurse Practitioner in Minnesota with a focus in family practice.

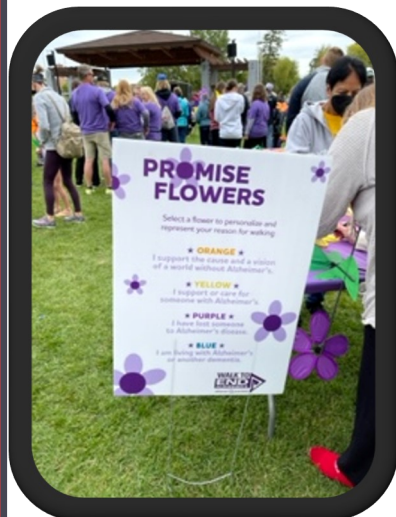
Dr. IJ, as some of her students call her, has been teaching for two years now at SCSU. Among other courses, Professor IJ teaches NURS 306 and NURS 307 – Nursing care of Older Adults in the Nursing Program.

Congratulations Dr. IJ!

Gerontology News & Events



Gerontology, including graduate assistants Claudia and Jess, had a great time volunteering at the September 25th Walk to End Alzheimer's held by the Alzheimer's Association! We can't wait to do it again next year!



Our Program Director, **Dr. Rona Karasik**, has been named by the Gerontological Society of America as the next editor-in-chief of the journal *Gerontology and Geriatrics Education*, effective January 2022.

Gerontology & Geriatrics Education is the "official journal of the Academy for Gerontology in Higher Education (AGHE)", publishing "research on curriculum development, program evaluation, classroom innovation and more, with educational implications for gerontology and geriatrics".

Congratulations Dr. Karasik!

GSA Press Release! <https://www.geron.org/press-room/press-releases/2021-press-releases/1373-karasik-chosen-to-lead-gerontology-geriatrics-education-journal>

Thank you to **all** of our community partners for your ongoing support and hosting student interns and service-learners!

SPO & GERO Club News!

Have **you** joined yet?
Now is a great time to get involved!

The SCSU Gerontology Program hosts two student/professional organizations:

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

<https://www.sigmaphiomega.org/>

All are welcome to join “The Gerontology Club” which was formed in conjunction with our local Sigma Phi Omega chapter.

This year in Gerontology Club/SPO we are focusing on **YOU!**

- What is the best for students?
- How do students determine success?
- What do students want to do?
- What are your BIG ideas?

You are an essential ingredient to our student organizations. We are looking for good secretaries, treasurers, historians and more!

Can't make it to the meetings. You can still be an active member!

Are you looking to learn more? Have questions? See all of our upcoming events and find our contact information on **Huskies Connect**. <https://huskiesconnect.stcloudstate.edu/organization/gerontology-club>

On the go? Download the **CORQ app** on your phone and follow us there.

Make sure to check back often because something fun is always happening.

If you are interested in pursuing a Summer or Fall internship, please contact Dr. Rona Karasik (karasik@stcloudstate.edu) as soon as possible to begin the planning process!

Meet our Graduate Assistants



Hello my name is Jess VanderWerf. Born and raised in Florida, I graduated from Saint Cloud State University with my undergraduate in Psychology and a minor in Forensic Science and Gerontology.

I am a GERO Grad Assistant and the current President of the Gerontology Club and Sigma Phi Omega.

I have worked with older adults for about ten years in activities, dietary aide, home health care and as a Certified Nursing Assistant (just to name a few). Working with older adults has always been my passion. I am excited to take on this role and responsibility because working with older adults is an amazing career and opportunity. I hope that while I am working on my education I can inspire a few more people to love the study of aging like I do. Go Huskies! -Jessica VanderWerf geroga3@minnstate.edu

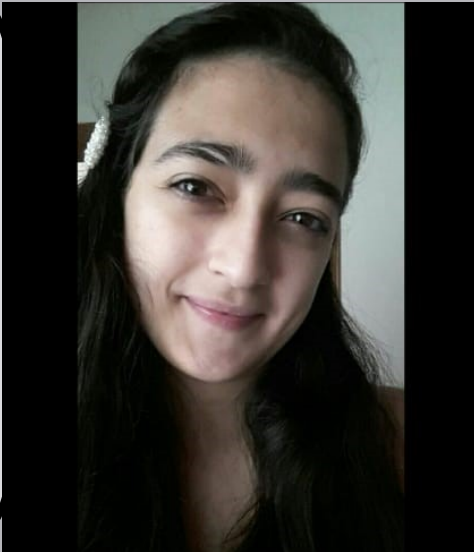
Hello! My name is Claudia Burgos Zuniga, I come from Nicaragua. This is my first semester as a Graduate Student and as a GERO Graduate Assistant.

I am an international medical graduate that believes in the holistic and multidisciplinary approach to the patient. I have been related to the older adults since I was at school and look forward to work with them and for them, always providing them a professional, ethical, humane, and qualified attention.

I have been learning a lot of new information from both of my professors during the past months and I am sure this knowledge will be very beneficial for my patients and career.

I look forward to keep learning and having new experiences in the Gerontology Program for the next semesters.

Claudia Burgos



To Learn More about Gerontology at SCSU: www.stcloudstate.edu/gerontology

Dr. Phyllis Greenberg: pagreenberg@stcloudstate.edu (320) 308-3156

Dr. Rona Karasik: karasik@stcloudstate.edu (320) 308-5224

KEEP IN TOUCH WITH US ON SOCIAL MEDIA!

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 [SCSU Gerontology](https://www.facebook.com/SCSU Gerontology)

 [@SCSUGerontology](https://www.twitter.com/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!