

# Kansas State University CENTER ON AGING

November 2012 Gerontology Update  
[www.he.k-state.edu/aging](http://www.he.k-state.edu/aging)

## NOTE FROM THE DIRECTOR

I just got back from the Gerontological Society of America conference in San Diego. This is the conference where the latest research is presented. They had a record number of abstracts submitted this year--over 3,000! Laci Cornelison, one of our Great Plains IDEA graduates from this past year, presented her research on the ombudsman's perspective of sexuality in long-term care. I was part of a symposium discussing the history of culture change. There were many students at this event. I would love to see more of you attending conferences as a part of your professional development. I have a funny story related to that. I was returning to my hotel room from afternoon sessions when my husband texted me and told me he was at the hot tub. I went straight there and saw from a distance that he was in the tub with a young woman. As I got closer she said, "Hi, Dr. Doll." My husband's head snapped and I had to laugh. It was Monica Khurana, a former K-State student. She had not told me that she was coming to the conference and of course, I had no way of knowing that she would be in my hotel, in my hotel hot tub, with my husband just at that particular time. The stars were aligned! At any rate do consider making plans to attend a conference. Student rates are usually quite low and you can volunteer for even better savings. The next national conference that I would recommend is ASA in Chicago, March 12-16. This conference is for the applied side of aging with a focus on programs and ideas that can be put into practice. Learn about it here: <http://www.asaging.org/registration-information>. This newsletter will give you additional information about another way to work on professional development: internships. Have a terrific holiday season.

*Gayle*



## ADVISING NOTES

As you can gather from Gayle's note, networking is critical in preparing yourself for life after graduation. You just might meet a very important person in the most unlikely of places! Like Gayle said, I was also at the GSA conference and met Christine Williams who does research on Elderspeak. I was able to book her to come to KSU next Fall for a speaking engagement. I emailed her several times prior to the conference and was not able to get any result. My lesson: face to face communication is still really important. Professional skill development is also necessary to keep pace with an ever changing world. Conferences and internships are great places to gain this up to date information.

Please know that I am always excited to hear from you and help you achieve your personal goals.

*Laci*



**Catch up with us  
on Facebook!**



**NOVEMBER is National**

**Alzheimers Disease Awareness Month!**

Every 70 seconds, another American family is affected by Alzheimer's.



For a more information about Alzheimers Disease, Go to:

[http://www.alz.org/alzheimers\\_disease\\_facts\\_and\\_figures.asp](http://www.alz.org/alzheimers_disease_facts_and_figures.asp)

For more information about ways you can get involved go to:

[http://www.alz.org/stl/in\\_my\\_community\\_20875.asp](http://www.alz.org/stl/in_my_community_20875.asp)

## **FACULTY SPOTLIGHT: DANA HUNTER**

Dana Hunter is an instructor at the Center on Aging at Kansas State. Dana received both her Bachelor's Degree in Family Studies and Human Services and Master's Degree in Gerontology from Kansas State. Her passion for Gerontology lies within intergenerational relationships.

She is currently in her second year teaching Introduction to Gerontology. Dana strives to create a classroom atmosphere that is educational, energetic, and engaging that increases students desire to learn about gerontology and promote successful aging.



Dana lives in Manhattan, Kansas with her husband, Christopher, and their two children, Aiden and Delilah. She is a proud KSU Wildcat!



# The Senior Living Industry Is Looking for a Few Good Young People

Today, the senior living industry is not on most young people's radar as a potential career track or even as a starter or part-time job--but it should be. Senior housing is a \$40 billion industry that is growing rapidly in need, scale, and employment opportunities, and it will continue to do so over the next several decades as the U.S. population ages.

These are not the stereotypical "old folks' homes" of yesteryear. Skilled nursing facilities still abound, of course, but the greatest growth--and the most dynamic revolution--is taking place in retirement and assisted living communities. These are thriving, active, lively places of business that are also fun, rewarding places to work. To be successful, these communities require a broad range of skills in full- and part-time positions, and not just nursing and care coordinators.

Here are three entry-level opportunities to consider:

1. Work in the kitchen with meal prep or on-site dining rooms and café in a wait staff position for the three meals and additional snacks made available to residents each day. What a great way to get your foot in the door for the teen who might be interested in a culinary career!

2. Help with senior activities. If a young person has high energy and some experience in crafts or the performing arts, what could be more satisfying than helping seniors have some fun and tap into their artistic side? Senior living communities have a daily, weekly and monthly activities calendar. The program includes various types of activities that volunteers or staff may assist with such as: painting, exercise, games, singing, dancing, trivia, and outings to museums, parks, galleries and the Arts.

3. Work as a night-time concierge who answers phones and resident inquiries. While a night-time position requires less experience than its day-time counterpart, it still provides an opportunity to visit with residents, greet guests, and get involved with customer service. It might lack glamour, but this is a responsible position and can provide solid work experience for a young person's resume.

Alternatively, a high school or college student can intern in specific departments, including accounting, marketing, and human resources. For the right person, the industry offers strong wages, top-notch benefits, a warm, supportive working atmosphere, and consistently high levels of job satisfaction. Young people bring their own unique brand of good medicine to seniors. Residents feed off of youthful enthusiasm and energy and enjoy hearing modern-day, coming-of-age stories just as they enjoy relating their own remembrances and dispensing nuggets of advice to a young person facing a challenge in their personal or professional life.

Senior living administrators truly want--and need--to hire teens and new college graduates. Not everyone needs to be on a career track to work at an assisted living or retirement community. These can also be wonderful, safe, nurturing places for that first-ever job. Along the way, young people gain experience in working with the older generation and pick up the kind of hard and soft skills that are in demand and can be illustrated on resumes and college applications.

So to teenagers who may be interested: Go visit your grandmother's assisted living community or an older family friend who has taken up residence there. Look around. Talk to employees. And if you can see yourself working with interesting people who appreciate your youthful enthusiasm and energy (and who are chock full of fascinating stories and wise counsel) and if you want to learn new skills in a positive, supportive environment, then by all means, go fill out a job application. Your decision could have a tremendous impact on someone's life--and not just your own.

By Dwayne J. Clark

# Internship Opportunities:



## How Can Internships Benefit You?

- Gain valuable work experience
- Transition into a job
- Networking opportunities
- Apply classroom knowledge
- Have an edge in the job market
- Decide if this is the right career for you
- Make professional contacts
- Gain confidence



**Below are two current internship opportunities to explore. If you are interested in either of the internships please contact Gayle Doll at [gdoll@k-state.edu](mailto:gdoll@k-state.edu).**

### **PACE**

PACE stands for Program of All-Inclusive Care for the Elderly. The National PACE Association is a Washington, DC area trade association which represents all operating PACE organizations. The National PACE Association has 15 full time employees and provides public policy, education, information, technical assistance and data benchmarking support to its members. NPA routinely hosts summer interns in aging and health related professions. Interns will be exposed to and involved with a full range of issues and activities undertaken by NPA. Additionally, interns will be assigned one primary project to complete during their 8 week placement. NPA is prepared to offer a \$2,000 a month stipend and will help interns identify housing options near the NPA offices.

### **Action Pact Development, LLC**

CEO Steve Shields is looking for an intern. He is looking for someone who must be interested in being a strategic leader who will be comfortable in a business growth period that intrinsically is chaotic and diverse in demands, and would be comfortable with potential travel during internship. Must have a passion for development of new models of senior living and be interested in corporate organizational leadership. Needs a self-starter who can be comfortable in a dynamic environment where role clarity is not supplied all the times. Internship available summer 2013.

**We would like to know more about your interest in internships in Gerontology! Please take a few moments to take our brief survey by clicking on the link below. Thank you!**

**<http://www.surveymonkey.com/s/VNCL7NL>**



# K-State Happenings

The Wildcats needed a lot of help to get back into the title talk, but unfortunately, none of the unlikely scenarios that could make that happen played out. This makes the implications for Saturday's game against Texas very simple.

Win, and K-State is going to the Tostitos Fiesta Bowl; lose, and it's up in the air.

The Wildcats are tied with the Sooners in the Big 12 with only one conference loss, but maintain the edge in a head-to-head tie-breaker. Oklahoma is on the road to close out their season as they play a dangerous TCU team coming off a road upset over Texas.

As important as this game is for the Wildcats, it is also the last chance for quarterback Collin Klein to prove that he deserves the Heisman Trophy.

For much of the season, Klein was the frontrunner for the award before the upset loss in Waco, Texas, last weekend. The loss has helped freshman quarterback sensation Johnny "Football" Manziel to jump to the top of the ballots, and in the eyes of many experts, Manziel is now the guy to beat.

However, with a huge game against Texas to help the Wildcats clinch the Big 12, Klein might be able to jump right back to the top.

Despite the fact that a dream of playing for a National Title is no longer there for the Wildcats, to say that the season is over would be unfair.

The opportunity to win the Big 12 for the first time since 2003, and to clinch a BCS bowl on Senior Day in front of a home crowd at Bill Snyder Family Stadium, promises to be one of the biggest games in team history. -By Mark Kern, The Collegian



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