

# Kansas State University **CENTER ON AGING**

May 2013 Gerontology Update  
[www.he.k-state.edu/aging](http://www.he.k-state.edu/aging)

## NOTE FROM THE DIRECTOR

*This is sort of a banner year for us here at the K-State Center on Aging. We reached 50 students enrolled and now in the next few months we will graduate 10 of you. While we continue to out-enroll the other universities in the program I think I am most proud of our retention and graduation rates. These things are really important to the university and we love reporting them. But what I love even more is finding out what you've done with your education once you leave us. I ran into a couple of our graduates on-line the other day. Both have changed their jobs and are working in aging careers that have aligned with their goals when they were in the program. That makes me feel awful good and is our ultimate goal. We hope to stay in touch with you once you've left the program so we can let others know of your achievements. It helps cheer the students struggling through yet another message board to know that the end is in sight and so is that dream job. Keep plugging away folks and let us know when you need our help.*

*Gayle*

## **GP-IDEA Meeting**



**Do you recognize the names?  
Now you know their faces.  
The GP-IDEA gerontology  
team met for their biannual  
meeting to review courses,  
plan for the future, and work  
on assessment.**

Taken at the Great Plains IDEA Conference in K.C. on April 2  
From left to right: Alex Bishop, Jennifer Margutte, Tim Killian, Gayle Doll, Peter Martin,  
Jean Pearson Scott, Teresa Cooney, Whitney Brose



## **ADVISING NOTES**

One of our goals is to help you, as a distance student, stay connected. In March, we hosted our first ever Virtual Tea through K-State Online's blogging feature. It was great to interact with a few of you "live" on relevant issues of today. We hope to continue to find new ways of engaging you and would love your suggestions.

We also like to keep you up to speed on what the Center has been doing here on campus. Our latest project was hosting the Personhood and Dementia event. Dan Cohen, founder of Music and Memory, and Jim Vanden Bosch with Terra Nova Films presented on the issues. This event reminded us that the incidence of dementia is on the rise, but there is hope for the better treatment and quality of life for those affected by the illness. Many of you will (or do) work with, live with, and care for elders living with dementia in your lifetime. In light of this fact, I felt it critical to pass along the messages these speakers offered us that have the potential to positively impact lives. This is what you will find in this issue. I hope you enjoy!

Congratulations, graduates! Your hard work is about to pay off.

*Laci*



## **MUSIC & MEMORY**

Music & Memory is a non-profit organization that brings personalized music into the lives of elders or infirm through digital music technology, vastly improving quality of life. Music & Memory staff train nursing home caregivers and other elder care professionals, as well as family caregivers, how to create and provide personalized playlists using iPods and related digital audio systems that enable those struggling with Alzheimer's, dementia, and other cognitive and physical challenges to reconnect with the world through music-triggered memories.

For more information about Music & Memory go to:  
<http://musicandmemory.org/>

For interesting stories about Music & Memory visit:  
<http://www.youtube.com/watch?v=5FWn4JB2YLU>

[http://www.youtube.com/watch?v=Sd5S\\_hADV30](http://www.youtube.com/watch?v=Sd5S_hADV30)



ON APRIL 23, KSU FACULTY AND STAFF, STUDENTS, AND COMMUNITY MEMBERS JOINED TOGETHER TO ATTEND THE

# Personhood and Dementia

EVENT PRESENTED BY THE CENTER ON AGING.

The Personhood and Dementia event was focused on how to communicate with those with dementia using the arts. The two speakers, Dan Cohen and Jim Vanden Bosch, as well as two panels discussed how to positively impact the quality of life of those with cognitive loss.

Dan Cohen, MSW, is founder and Executive Director of Music and Memory, a nonprofit organization, which promotes the use of digital music technology to improve the lives of the elderly and infirm. The outcomes of his work are portrayed in the documentary, *Alive Inside*. Dan's presentation looked at the utilization of music as a therapeutic intervention in caring for individuals with Alzheimer's disease or a related dementia. Using inexpensive digital technology, it is now possible to take what we have seen episodically, and make the benefits available anywhere, anytime.

Jim Vanden Bosch is the founder and executive director of Terra Nova Films, Inc., a not-for-profit company specializing in the production and distribution of artistically excellent documentaries and educational videos. He has produced and distributed several films and videos which have received awards for their artistic merit and sensitivity. Using clips from several videos, Jim's presentation compared how we used to think about Alzheimer's and other forms of dementia, to how we are learning to see them today—and the extreme difference this makes in the lives of those who have a dementia disability, and in the lives of those who care for them. Central to this presentation is the concept of "belonging" and feeling connected, which is crucial both to one's understanding of dementia, and to the well-being of persons who are living with it.

Panelists included Terri Holmberg, MA, MT-BC, music therapist at K-State, Cindy Miller, Dementia Care Specialist with the Alzheimer's Association, Judy Roth, JD, family member and project coordinator for the Office of Educational Innovation and Evaluation, Amanda Rall, Independent Living Leader at Meadowlark Hills Retirement Community, and Rick Scheidt, PhD., Life Span Human Development Professor at K-State.



Dan Cohen, presents on the Music and Memory Organization. For more information about his organization, visit <http://musicandmemory.org/>



Jim Vanden Bosch presents about the concept of belonging. To learn more about Terra Nova Films, Inc., visit <http://www.terrannova.org/>



# Individualized Music for Elders with Dementia



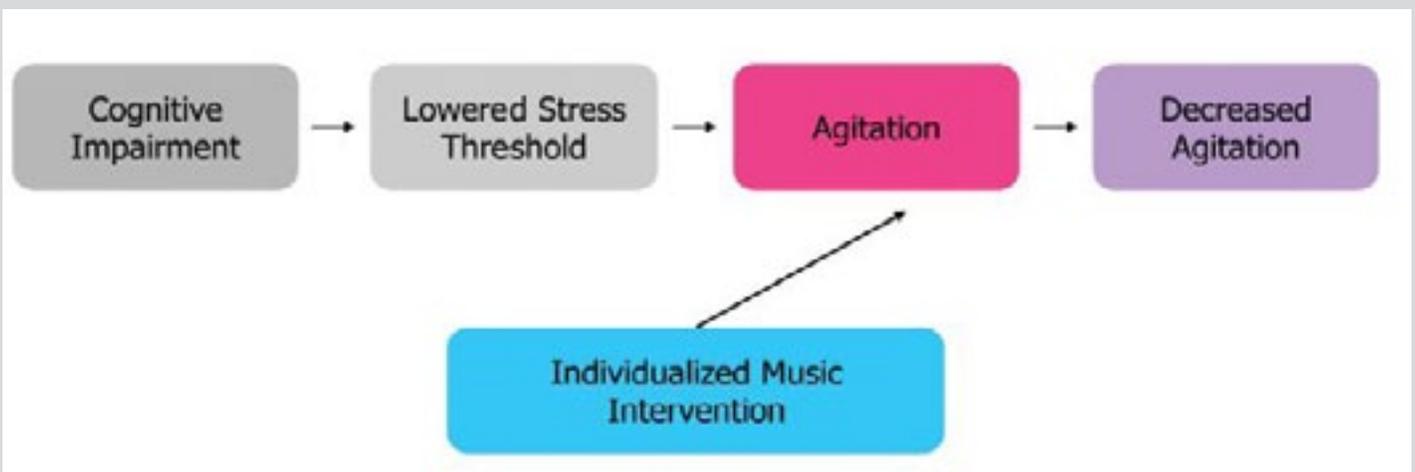
Individualized music is music that has been integrated into the person's life and is based on personal preference (Gerdner, 1992). If the patient is unable to verbalize personal preference, selections can also be made by knowledgeable family members or close friends.

More than 80% of persons with dementia will eventually display agitated behaviors. Gerdner (1992) did an experiment to investigate the use of individualized music as an intervention for agitation in persons with dementia. The results from her study identified a clinically and statistically significant reduction in agitation during a 30-minute presentation of individualized music and the 60 minutes immediately following the intervention.

Music may be used as a means of communication with elders even in advanced stages of dementia when the person is unable to understand verbal language and has a decreased ability to interpret environmental stimuli. The presentation of personally selected music will provide people with dementia an opportunity to stimulate remote memory (Gerdner, 1997).

Outcome factors that are expected with the consistent and appropriate use of the evidence-based guidelines for individualized music include:

- Decreased frequency of agitation or disruptive behaviors
- Decreased combativeness
- Decreased use of psychotropic drugs
- Decreased use of physical restraints
- Decreased likelihood of elopement or attempt to elope.



Gerdner, L. A. (1997). An individualized music intervention for agitation. *Journal of the American Psychiatric Nurses Association*, 3, 178.

# Advice for Grads

**Life Is All About The People** - Relationships are the biggest asset you have. Your world will be greatly impacted by those whom you choose to include and exclude from your life. Be kind to others, but most importantly, be intentional in building into others. While some short-term success can be built at the expense of others, or on the backs of others, any sustainable achievements are built on the success they have created for others. Think “selfless” as opposed to “selfish.” Family and friends are worth more than job titles. Life is about people – not things. The funny thing is, if you do right by people things will never be an issue.

**Stand Out From The Crowd** – The world despises a cheap imitation and loves an original. Conformity to the norm will merely sentence you to mediocrity, obsolescence, and irrelevance. Everyone has unique gifts and talents, and the earlier you discover and develop yours the better off you’ll be. Build your personal brand, become a subject matter expert, and guard your reputation. Everyone has a personal brand – the question is will it be built by default or by design. Everything you do should enhance and reinforce your story.

**Any Job Is A Good Job** – There is no such thing as underemployment if you don’t have a job. No job is beneath you if you’re unemployed. Every day you don’t put money in the bank, you’re unnecessarily lowering your water line. It may not be much fun selling shoes with your freshly minted law degree in hand, but it’s a start – it’s a step in the right direction. The most important life skill you can develop is leadership ability. You don’t have to be in charge to lead – you can lead in any capacity regardless of the position you hold. If you stick with it, the right job for you will come along.

**Be Serious About What You Do, But Don’t Take Yourself Too Seriously** - Humor can provide needed relief when times get tough. What many fail to understand is sometimes in order to find the humor you actually have to look for it. If you want others to take you seriously, the first thing you need to do is to get over yourself. The most important barrier to overcome is the barrier of self.

**Learning Doesn’t Stop When You Graduate** – Learning is a life long endeavor. The minute you stop learning is the minute you cede opportunities to others. Always look to challenge and refine your thinking. View everything through the lens of learning. Life is about learning and unlearning, and developing and growing. Don’t waste your experiences – view them as learning opportunities.

From: <http://www.forbes.com/sites/mikemyatt/2012/05/08/10-tips-for-the-graduating-class-of-2012/>

## Congrats to our 2013 Graduates!

Kim Evans

Barbara Boveington-Molter

Lauren Davis

Duenna Dorsett

Allie Karas-Hopkins

Melanie Metzler

Kelly Mortenson

Renee Pfannenstiel

Lakan Shippy



**Kansas State Center on Aging**  
103 Leasure Hall, Manhattan, KS 66506-3501  
785-532-5945

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