

# Gerontology Update

**KANSAS STATE**  
**UNIVERSITY**

Center on Aging

February 2016



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### Note from the Director

The spring semester is already in full swing. For quite a few of you looking ahead may mean graduating and starting the next chapter of your lives. I'm excited to think that for many of you that will mean continued studies and or careers in aging. I met recently with two of our secondary majors who are now living at Meadowlark with Mike Wesch's anthropology class, Kenzie Mcanulty and Krista Sudbeck. Both of them have told me how different their perspective is from the rest of the class for having had gerontology courses. Even if you don't end up in a career serving older people this understanding will serve you well in all kinds of ways.

Before you graduate there will be a number of opportunities for you to be even more engaged in the gerontology program. The Amazing Race for Careers in Aging week and our fourth annual Personhood and Dementia conference shouldn't be missed. You can read more about them in this newsletter or in emails that will be sent later this semester. Have a great semester and stop by Justin 253 anytime for a visit.

*Gayle*

### Advising note

For those of you graduating this semester we congratulate you for getting to this point and look forward to hearing more about what you plan to do after leaving KSU. If you have not yet applied to graduate for your secondary major for May 2016 graduation, please do so as soon as possible. You should get an email back from me by March 4 confirming that I've approved your application to graduate. I know many of you are already looking ahead to enrollment for summer and fall semesters. Remember that I have posted all the gerontology courses offered for a summer and fall 2016 on our website at <http://www.he.k-state.edu/aging/academics/ugrad/course-schedule.html>. If you have questions about particular classes or when something will be offered, please feel free to stop by to visit with me. As Gayle mentioned keep an eye on your email as that's how you'll hear more about coming activities. Invite your friends to join us when those events occur. Have a great semester and be sure to let me know if I can be of assistance in some way.

*Pam*

# Want a course that's a little different?

Want to enroll in a class that's a little out of the ordinary this summer or fall? Consider one of these courses. Contact Pam Evans at [pevans@ksu.edu](mailto:pevans@ksu.edu) for more information!



SUMMER / FALL  
2016

## **GERON 705 Sexuality in Aging**

Online, summer 2016, taught by Maggie Syme

Sexuality is one important component of well-being throughout the life span and growing older doesn't eliminate the need for sexual intimacy. This course will address the infrequently discussed topic of sexuality as it applies to older adulthood. Students will learn about the physiological changes that accompany aging and affect sexuality, as well as the psychological and social impact of barriers to sexual expression, including factors such as Alzheimer's disease, accessibility, and medications. Sexual diversity, as well as the role of family, government, and technology will also be addressed.

## **GERON 715 Aging Veterans**

Online, Fall 2016, taught by Michelle Maynor

Introduction to the unique issues involved with aging military veterans. Topics include basic military structure, media portrayal of war, personnel issues resulting from American conflicts since WWII, veteran benefits, cultural issues, veteran health issues and navigating a career within the U.S. federal system. Michelle is a veteran with a number of years experience in the military.



Mar 7	Gerontology Club, 5:30-6:30, Justin 164
Mar 10	Global Campus Evening College 2nd 8-week courses begin
Week of Mar 14 <sup>th</sup>	Spring Break
Mar 21 – Apr 15	Enrollment for Summer/Fall 2016 Terms
Mar 28	Last day to drop a regular session course
Apr 4	Gerontology Club, 5:30-6:30, Justin 164
Apr 7	Personhood and Dementia Workshop
Apr 8	Amazing careers in Aging Race, 3:30-6:30pm
Apr 16	All University Open House
Apr 18	Gerontology Club Movie Night, 6-8:30pm Leasure 13

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## Good to know

### Writing Center available to help



The Writing Center is open for the spring semester. Undergraduate and graduate students are eligible for one hour per week of free tutoring from a trained writing consultant. They tutor writing in all disciplines and genres including honors projects, presentations, posters, lab reports and dissertations. Students can come to the center to brainstorm, get help with understanding an assignment or talk through a piece of writing. Make appointments at the Writing Center in 122D English/Counseling Services Building or Hale Library, Radina's in the Leadership Studies Building, International Student and Scholar Services — or online.

### Personhood and Dementia Workshop

Alumni Center Ballroom; 9am-3pm April 7, 2016. Power of the Person: Using Stories to Connect

Each individual has a unique story and these stories have the power to connect us regardless of experience, ability and stage in life. This workshop will focus on storytelling techniques you can use to unlock the stories of those you care for and how to tell your caregiver story to support others.

Our storytelling exploration will be guided by internationally acclaimed Irish storyteller Clare Murphy. She'll help us understand the art and craft of storytelling and why it is imperative to the maintenance of personhood in those with dementia.

Other highlights include:

Kim Richards of the Beach Museum will share her work using visual thinking strategies to discuss artwork with persons with dementia and teach us how to facilitate this type of activity.

No storytelling workshop would be complete without a story! Clare will end our day by sharing her craft! Mark your calendar so you can be a part of the continuing story of Personhood and Dementia.

The Personhood and Dementia Event is free and open to the public. Anyone interested is invited to attend.

Follow this link for more details: <http://www.he.k-state.edu/aging/outreach/personhood-dementia/>

## Useful information

### Where can I get experience working with older adults??

- ◆ Meadowlark Hills  
[www.meadowlark.org/donors/volunteer](http://www.meadowlark.org/donors/volunteer)
- ◆ Via Christi Village  
[www.viachristi.org/locations/seniors/manhattan](http://www.viachristi.org/locations/seniors/manhattan)
- ◆ At home Assisted Care  
<http://athomeassisted.com/employment/>
- ◆ Donovans Home Health Life  
[www.donovanshhl.com](http://www.donovanshhl.com)
- ◆ Big Lakes Developmental Center  
<https://biglakes.org/>



### Study abroad

If you would like to see the world and learn about different cultures, volunteer abroad. Cross-cultural solutions offer volunteer and internship opportunities that are 2-12 weeks long. Here are two examples of their programs related to Gerontology, but other options are available as well.

- ◆ Community-based Gerontology Internships. Locations: Brazil, Guatemala, Peru. Intermediate level of Spanish knowledge is a must!

<http://www.crossculturalsolutions.org/international-internship-opportunities#community-based-gerontology-internship>

- ◆ Aging with dignity project. Locations: Brazil, India, Costa Rica, Guatemala, Peru.

“The CCS Aging with Dignity Project works to improve the health and sense of dignity among the elderly by providing companionship, nourishment, love, and support to those who have dedicated their lives to helping others”.

<http://www.crossculturalsolutions.org/volunteer-opportunities-abroad#the-ccs-aging-with-dignity-project>

# The benefits of storytelling

## Creativity and Dementia



Children have an elemental love of stories, just like older people have for storytelling. We know that stories have many benefits for young children, but we rarely think about how it can benefit older adults such as finding long lost connections with the world. Anne Basting, director of the Center on Age & Community at the University of Wisconsin-Milwaukee and an associate professor of theater, developed an art program called ‘Timeslips’ that can help people with dementia interact with others. The program encourages using imagination rather than remembering and recalling past events. She uses provocative images and asks the people with dementia to create a story about them. Using open-ended questions she writes down everybody’s responses and their story. Once a story is finished, it can be published to the community or acted out. According to Basting, “anyone can be trained to facilitate a TimeSlips storytelling session, and anyone can be a storyteller”. To find out more about her program visit: <http://www.timeslips.org/>.

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## Linking the past to the present

Reminiscence is a free-flowing process of thinking or talking about one’s experiences in order to reflect on and recapture significant events of a lifetime. Uncle Joe recalls the good old days when a Ford coupe was \$500, gasoline cost 19 cents a gallon, a postage stamp was three cents, and penny candy was a treat. Grandma Millie tells stories about growing up on the farm and walking three miles to school every day. Everyone frequently reminisces and reviews life. It’s a natural part of people’s lives and is essential to human existence. We all live in the present, yet we still carry our “past” selves with us throughout our lives. Older people often lose what has defined them: family, spouses, friends, careers, and their homes. They need to remember who they were to help define who they are today.

There is a tendency to think of dementia as a “disaster,” a hopeless decline in a person’s memory and a loss of functioning about which nothing can be done. Yet, people with dementia often have a keen ability to recall long-term, personal memories when the details of the present may escape them. The listener can learn more about the life of the person with dementia, which can aid in understanding current behaviors and enhance supportive feelings. For more information or to read the entire article, go to [http://www.caregiver.com/articles/general/linking\\_past\\_to\\_present.htm](http://www.caregiver.com/articles/general/linking_past_to_present.htm)



