

Gerontology Update



May 2016



Inside this issue.....

Note from the Director	
Advising note	1
Summer course	
Volunteer	2
Give a rest to your mind	3
Summer readings	4
Note from the Gerontology Ambassadors	5
Mentors	
Amazing Race	6
Gerontology Grads	7



Note from the Director

Gerontology Students. I am sitting at an airport as I write this waiting on my next adventure and I'm thinking about how it mirrors (in a much smaller way) the journey you are all on. Either you're planning a fun summer, working on an internship or interesting (or not so interesting) job, or graduating and going on to more school or a career. It's exciting and a bit scary but we can trust that there will be something new and different at the end of the journey. Here at the Center on Aging we hope that we've given you some skills to aid you in your next steps. If you are leaving us, please don't go completely! We want to know how you are doing so check in with us and share your news and your contact information so you can keep up on the changes here. Congratulations to all our graduates. We will miss you.

Gayle

Note from your Advisor

Fifty two! That's how many of you will be graduating this semester. I've been with the program over 30 years and can remember a time when there were less than 52 students in our entire program! I'm so thankful that we are able to send all of you out into various careers and know that you will positively affect the lives of older adults in many different areas. We are so proud of you for reaching your goals. Remember to complete your exit interview before leaving KSU, so we can use your input to improve our program.

Those of you who are not graduating yet still have some exciting classes and experiences to look forward to with the gerontology program. We are thankful you are coming back and we get to keep you just a little bit longer. We love having you all around, so please feel free to stop by the office this summer just to chat, catch up with your instructors, ask questions, or just to say hi. Let us know if there are ways we can help you. Enjoy your summer!

Pam

Want to take a course?



Want to enroll in a class that's a little out of the ordinary this summer?

Contact Pam Evans at pevans@ksu.edu for more information!

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.

SUMMER 2016

1. Volunteer to help seniors—<http://www.volunteermatch.org/search/opp1906686.jsp>

2. Become a Long-term-care ombudsman—<http://www.volunteermatch.org/search/opp2191589.jsp>

3. Riley County Senior Center—Meal Delivery volunteers. You can start at 10:30am and the routes usually last 30-45 minutes. You get a free meal on your delivery days. For more information please call the office at 785-776-7787 or email info@flinthillsvolunteercenter.com

4. Wildcat Region Medical Reserves Corps (MRC) - Wildcat Region Medical Reserves Corps (MRC) is looking to form a volunteer network of medical and non-medical volunteers who work to improve community health and emergency preparedness in the region. Visit: <http://www.flinthillsvolunteercenter.com/volunteer-opportunities/>

5. We are in need of drivers: Transport seniors to and from doctor appointments. Flint Hills Dialysis Center is also looking for volunteers to transport patients to and from the center. For more information please call the office at 785-776-7787 or email info@flinthillsvolunteercenter.com



V
O
L
U
N
T
E
E
R

Self-care practices for the Mind



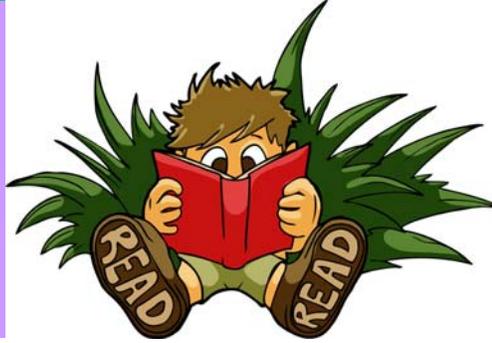
1. **Start a compliments file.** Document the great things people say about you to read later.
2. **Scratch off a *lurker* on your to-do list,** something that's been there for ages and you'll never do.
3. **Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.
4. **Go cloud-watching.** 
5. **Take another route to work.**
6. **Pay complete attention to something you usually do on autopilot,** perhaps brushing your teeth, driving, eating, or performing your morning routine.
7. **Goof around for a bit.**
8. **Create a deliberate habit,** and routinize something small in your life by doing it in the same way each day.
9. **Fix a small annoyance at home that's been nagging you.**
10. **Punctuate your day with a mini-meditation** with one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
11. **Be selfish.** Do one thing today just because it makes you happy.
12. **Do a mini-declutter.** 
13. **Unplug for an hour.**
14. **Get out of your comfort zone,** even if it's just talking to a stranger at the bus stop.
15. **Edit your social media feeds, and take out any negative people.**

Check out some of the TED talks about self-care:

[https://www.ted.com/playlists/299/the importance of self care](https://www.ted.com/playlists/299/the_importance_of_self_care)



Great books for the Summer



A Dog Walks Into a Nursing Home: Lessons in the Good Life from an Unlikely Teacher by Sue Halpern gives a nuanced picture of both the problems and possibilities of long-term care. She writes movingly and honestly about training her dog and about her own reactions as she brings him to visit elders.

This old man by Roger Angell

This deeply personal account is a survey of the limitations and discoveries of great age, with abundant life, poignant loss, jokes, retrieved moments, and fresh love, set down in an informal and moving fashion. The author's perceptions and humor links the pieces, his utter absence of self-pity, and his appreciation of friends and colleagues encountered over the course of a full and generous life.

Fast lane to sunset by Anne Basto. Novel

Living in a small town in the Midwest, the six major characters come together in an unlikely alliance as they turn their backs on traditional retirement, and commit to an unconventional and more adventurous lifestyle. This adventure novel is about aging gracefully and not giving up. It's about refusing to be marginalized. It's about older people and younger people and memories of wars. Rich in detail, locales and humor.

Aging with Attitude: better than dying with dignity by Pauline Whitchurch

Truly hilarious original drawings of old folks storming into their golden years, with appropriate captions, will bring laughter to anyone's life. No matter what your age, you'll get a kick out of a generation that knows better, but couldn't care less!

So long, see you tomorrow by William Maxwell. Novel

On a winter morning in the 1920s, a shot rings out on a farm in rural Illinois. A man named Lloyd Wilson has been killed. And the tenuous friendship between two lonely teenagers—one privileged yet neglected, the other a troubled farm boy—has been shattered. Fifty years later, one of those boys—now a grown man—tries to reconstruct the events that led up to the murder. In doing so, he is inevitably drawn back to his lost friend Cletus, who has the misfortune of being the son of Wilson's killer and who in the months before witnessed things that Maxwell's narrator can only guess at.

Etta and Otto and Russell and James by Emma Hooper. Novel

In this lyrical novel, an 83-year-old woman, Etta, walks hundreds of miles from her farmhouse in Canada to the ocean, which she's never seen. Etta's husband, Otto, a WWII veteran, stays home and writes her love letters. The couple's lifelong romance is a touching reminder that age really just a number.

Lost & Found by Brooke Davis. Novel.

The Novel is told from a perspective of three eccentric characters – 7-year-old Millie, 82-year-old Agatha and 87-year-old Karl – who have each lost someone close to them. After Millie's mother abandons her, the three embark on an emotional (and, at points, hilarious) road trip across Australia to find her. Together they will discover that old age is not the same as death, that the young can be wise, and that letting yourself feel sad once in a while just might be the key to a happy life.

2016-2017 Gerontology Ambassadors

Erin Hildreth

I chose to add gerontology, specifically long-term care administration, to my major because I really have a passion for working with older adults and learning from them. I also think that knowledge about older adults is something that pertains to everyone and the knowledge I gain in my classes will help me not only professionally, but personally as well. I applied to be an ambassador because I feel like I found my home in The Center on Aging. My experience has been a great one so far, and I hope to help other people discover the greatness in gerontology. I hope to advocate to students in all different majors that gerontology does in fact pertain to their lives and will enhance their majors. I am a public relations major, but learning how to work with and understand older adults is a knowledge I can take with me anywhere.



Mallory Wilhite

My passion for working with the aging population was discovered when I volunteered at a nursing home in high school. I found that most of my best friends were over the age of 70. These friendships inspired me to pursue a career where I could continue to help them. I want to be able to spread my passion for older adults to my peers. It is so important for young people to have a background in the aging process because with the ever growing aging population, we are going to be working with them in our professions. We are the future professionals. It will be our job to have the knowledge of how to communicate and give treatment effectively, thus improving the quality of life for our elder generation. More importantly, if we are more informed of the aging process, then maybe our society will not dread growing older, but embrace it instead.

Sarah McConnell

I chose to become a Gerontology Ambassador because I wanted to share my love of K-State's Gerontology Program with as many people as I could! There are so many misconceptions on aging, and the best way to learn the truth is by taking some really applicable, interesting, and exciting classes. One of the best advantages of taking Gerontology coursework is how immediately applicable the information is. I hope to inspire other students to consider Gerontology by sharing the value it has added to my potential career options and my own perspective on life.

Natalie Hendricks

From transferring to K-State and changing my major from Biochemistry to Human Resources with a secondary major in Gerontology I have finally found a place where I feel like I fit and can excel. When I first decided to change my major I was working at Meadowlark Hills and realized I enjoyed interacting with the older generations. I had recently changed my major to Business Administration HR and was not sure how I could work in business and incorporate the health care field with the older adults at the same time. Gerontology showed me that this was not only possible, but was also an increasingly growing field that had many different paths to pursue. My passion for Gerontology has helped me find exactly what I want to do with my career. From this experience I was motivated to reach out to students to hopefully get others to understand what Gerontology really is and what it can do for them. With the aging population any career can incorporate working with older adults at some point and in some capacity. I want to help students see past the stereotypes of the older generation by getting to know and appreciate them as I and many others have through the secondary major of Gerontology.

Mentors



The GERON 600 Seminar in Gerontology class uses older adult mentors who are assigned to individual students in the class. Mentors meet with the class several times throughout the semester to contribute to discussions. They have lots of life experiences to learn from. Students had their final mentor meeting at Meadowlark Hills last week. A big THANK YOU to the mentors for their contributions to our learning this semester.



The Amazing Race

One of the winning teams of the Amazing Careers in Aging Race held on April 8. We had 4 community sponsors, 26 students participate in the race, and 6 student volunteers. Watch the gerontology announcements next year for news about the 2017 Amazing Careers in Aging Race!

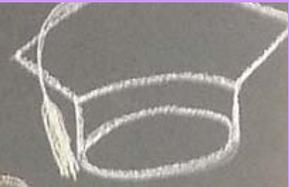
KANSAS STATE
UNIVERSITY

College of Human Ecology
Center on Aging

Kansas State University prohibits discrimination on the basis of race, color, ethnicity, national origin, sex (including sexual harassment and sexual violence), sexual orientation, gender identity, religion, age, ancestry, disability, genetic information, military status, or veteran status, in the University's programs and activities as required by applicable laws and regulations. The person designated with responsibility for coordination of compliance efforts and receipt of inquiries concerning nondiscrimination policies is the University's Title IX Coordinator: the Director of the Office of Institutional Equity, equity@k-state.edu, 103 Edwards Hall, Kansas State University, Manhattan, Kansas 66506-4801, 785-532-6220. The campus ADA Coordinator is the Director of Employee Relations, charlott@k-state.edu, who may be reached at 103 Edwards Hall, Kansas State University, Manhattan, Kansas 66506-4801, 785-532-6277.

MAY 2016

CONGRATS!



Hope Abarr Sarah Heiman Austin Nider Jesica Steele
Katie Ahern Holly Heironimus Breanna Norton Kaitlyn Sterneker
Katherine Alterdorfer Allison High Hannah Oberrieder
Olivia Bennett Abby Hill Maren Ozier Krista Sudbeck
Bayleigh Bisnette Cassandra Koch Sarah VanSteinburg
Kali Blanc Lisa Lang Kayla Pena Chelsea Webb
Molly Carr Madison Larson Chloe Pfeifer Lindsay Wehkamp
Allie Cochran Derek Laughman Taylor Pieper Blake Woborny
Carrie Cummings Casey Leister Edwin Porras Patrick Lange
Cassandra Dean Austin Lusk Jessica Ptak Mary Larsen
Tate Goss Kenzie Mcanulty Karlyn Ruggle Katherynne Kimmel
Mikaela Groff Abby Meyer Kylie Schuckman Kyle Stallbaumer
Ursula Hagstrand Erin Murray Matthew Shandy
Victoria Harshaw Rachel Nelson Elizabeth Shurbet