

Gerontology Update

September 2016

KANSAS STATE
UNIVERSITY

Center on Aging



Note from the Director



Welcome back, Students. Despite increased traffic and decreased parking we're all happy you are back. There is new energy and excitement in the Center on Aging as instructors talk about new teaching ideas, club activities are planned, and students arrive in the office for advising. I visited with the club the other night and was thrilled by the number of events on the agenda. I love the fact that the club provides not only fun but important options for professional development. I encourage you to get engaged in any way that you can. One thing that is coming up that may not be on your radar screen is the Dr. Bill Thomas Age of Disruption Tour, coming to Manhattan

on September 22. Dr. Thomas has been to Manhattan a couple of times before and has met with great enthusiasm. He puts on a really good show. To learn more go to drbillthomas.org. There are free tickets available for students so check in with the Center if you want to know more about how to get them. It's going to be a great semester. We look forward to seeing you in the office.

Gayle

Advising note

I've been the gerontology advisor for around 30 years and each fall I still get a sense of excitement when school starts. I love visiting with those of you who have been with us awhile and those of you who are new to the program, helping you out with problems or directing you to appropriate resources. Please know that I'm available to you as a resource, even for something as simple as which KSU office to contact about a particular problem. I'll also remind you that we have some resources posted for you in our K-State Online advising group. Included are links and documents related to advising, careers, academic information, interviewing tips, job search links, KSU resources, time management, possible volunteer placement sites, and more! If I can direct you to a resource you can't find or you have questions or want to update where you are in your gerontology studies. I'm only a phone call or email away.

Have a great semester.

Pam

Inside this issue.....

Note from the Director	
Advising note	1
Course of Interest	
Calendar	2
Faculty Spotlight	3
University Help	4
Volunteer opportunities	5
Gerontology Club Events	6

Course of Interest



GERON 400 Biogerontology

This course is designed to introduce students to the biology of aging through web-based presentations, lectures, message board interactivity, and video viewing. In this online course students will be led in exploration through the body's systems examining how aging and diseases related to aging impact their function. Students will also learn about the economic impact of health care needs in aging adults. The course identifies normal or primary aging and secondary aging and disease processes. Aging is made more personal and understandable through interviews with real patients who will share their experiences including the interventions and adaptations they have made in response to these changes. Students are expected to complete work as indicated by the instructions, syllabus, and course outline.



Are you thinking ahead to Spring 2017? Here is an interesting course for you!
Contact Pam Evans for more info at pevans@ksu.edu!



Sept. 15	How to Succeed – Career Center Workshop
Sept. 21	All university career fair
Sept. 23	KSU Course schedule for spring 2017 on web
Oct. 4	Gerontology Club, 6 pm, Justin 164
Oct. 25	Enrollment for spring 2017 term begins
Nov. 1	Gerontology Club, 6 pm, Justin 164
Dec. 6	Gerontology Club, 6 pm, Justin 164



C
A
L
E
N
D
A
R



I am a new faculty member here at the Center on Aging, with just over a year under my belt. My background and training are in counseling psychology, and I have been a licensed psychologist since 2011. For the Center on Aging, I teach the Gerontology Seminar course and the Sexuality and Aging course. I also have an undergraduate research lab in sexual health and aging, with projects on sexual well-being, sexual consent capacity, and sexuality in a long-term care setting. A little about me: I am a gigantic college basketball fan, born in Montana, and my favorite place I've traveled is London.

Maggie Syme at the State Library in Melbourne, VIC



FACULTY SPOTLIGHT

Katie Sigman joined the Center on Aging team in the fall of 2015. She earned her Master's in Gerontology from Kansas State University through the Great Plains Interactive Distance Education Alliance. Katie teaches the Intro to Gerontology course and enjoys the privilege of introducing the study of aging to students. Her area of interest within gerontology is creativity and aging, specifically, using the creative arts to enhance well-being in the later years of life. You may catch her on the stage in local theatre productions, as acting has become a hobby of hers in the past few years.



University news



Career Center



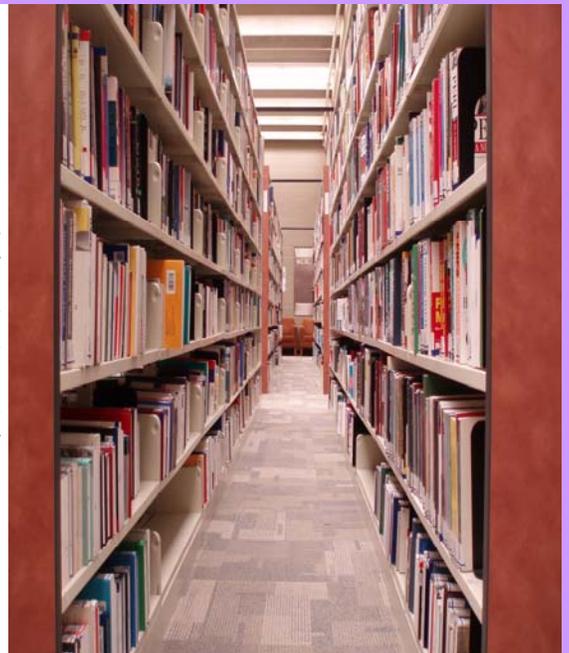
In May 2016 the Career Center moved to the Berney Family Welcome Center. It has expanded its drop-in advising and Career Closet hours. Students are welcome to stop by from noon to 4 p.m. Monday through Thursday with no appointment necessary. Drop-in advising sessions are encouraged for students needing a 15-minute resume, CV or cover letter critique; to ask a quick, career-related question; or help with a specific job application. You should come prepared with a printed copy of the document you wish to review or with a main goal in mind for the brief session. While waiting for an advising session, you can browse the Career Closet for free, gently-used professional attire. The closet has men's and women's suits, ties, shirts, skirts and shoes. Students may take up to five items. For more information about the Career Center, visit <http://www.k-state.edu/careercenter/>.



Hale Library

If you need assistance finding relevant information for papers and research projects related to aging and are not sure where to start looking for the data you need, please contact Jason Coleman at the library. He is the KSU libraries primary liaison for the Gerontology Secondary major. The best way to find high-quality information related to gerontology is to use one of the subject-specific databases. For a list of those pertaining to gerontology see <http://guides.lib.k-state.edu/az.php?s=101623>. If the database you use does not have the full-text of an item, you can use the interlibrary loan service to get it. That system is free, and fast: articles usually arrive to you by e-mail in 1 to 3 days! For more information about this service, see <http://www.lib.k-state.edu/er.lib.k-state.edu/interlibrary-loan>.

If you have questions when you start that first research paper, see if Jason can give you some assistance getting started. He can be reached at coleman@k-state.edu.



Volunteer opportunities

Elder Helpers

<http://www.elderhelpers.org/>

The Elder Helpers program strives to safely and conveniently connect these dedicated, passionate volunteers with elders in their local communities. They are a tax-exempt 501(c)(3) public benefit corporation (nonprofit) established in the United States since 2008. Volunteers register to offer their services based on their true desire to help elders. Volunteers can help the elders with handiwork, gardening, carrying groceries, running errands, give rides, making phone calls, writing letters, reading, cleaning and cooking. They also looking for people who are willing to entertain: sing, dance, and make someone laugh!

Via Christi Hospital Manhattan

<https://www.viachristi.org/giving/volunteers/volunteer-opportunities-via-christi-hospital-manhattan>

There's a place for you with Via Christi Hospital in Manhattan Volunteer Services. Our volunteer team consists of people of all ages and from all walks of life. They bring the skills they have learned throughout their lives to the many opportunities Via Christi Hospital in Manhattan has for service. Volunteers' abilities, gifts and interests are matched with the hospital's needs, either on a regular weekly schedule or for special projects. Whether you like to directly serve patients and their families, or work more behind the scenes, Via Christi Hospital in Manhattan has a place for you!



Riley County Senior Center

The Riley County Senior Center needs Meal Delivery volunteers. There are 12 routes a day, 60 drivers a week. The routes cover 7-10 meals. 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 785-776-7787 or email

info@flintheillsvolunteercenter.com

Ogden Community Center

The Ogden Community Center is needing 2-3 volunteers to work 3 days a week for an hour or so each day to get the Senior Meals Program back up and running.

For more information please call 785-776-7787 or email info@flintheillsvolunteercenter.com

