

# Gerontology Update

February 2017

**KANSAS STATE**  
**UNIVERSITY**

Center on Aging



## Inside this issue.....

Note from the Director	
Advising note	1
Morse Scholarship	
Calendar	2
Volunteer opportunities	3
Bonding with residents	4
Alumnus spotlight	5
Gerontology Club Events	6

## Note from the Director



Hello, Students. I attended a funeral today. Marla Bugbee served as a mentor for students in the senior seminar course for many years. She was 97. I have a suspicion that mentors in the gerontology program live longer than the average older adult—maybe not so much because they are in this class but because they are curious and find lots of reasons to want to keep learning. The point for you all is that the K-State program may be one of the few in the nation that offers students so much experiential learning. More than half of our secondary majors are planning to go into the healthcare field and nearly all will be in helping professions. In your post-graduate education you will have very little aging content and we know that you will learn to value the intergenerational experiences you've had with us all the more. We encourage you to tell your friends about the valuable experiences you are having in gerontology. AND if you are looking for a little fun—be sure to sign up for the Great Race coming in April.

Have a great semester, *Gayle*

## Advising note

Seems like the semester just started and it's already March and some of you are planning for enrollment or graduation. If you are graduating this semester and have not yet applied for graduation for your secondary major, please do so as soon as possible. For those of you looking at enrollment for summer and fall, you can view the gerontology course schedule at <http://www.he.k-state.edu/aging/academics/ugrad/course-schedule.html>. Please also watch the Center on Aging Facebook and Twitter pages for information and announcements related to upcoming activities and news related to aging. The Amazing Careers in Aging race will occur in April, and we'll make announcements on our social media and via email related to that event. If you need my assistance please email me to set up an appointment as I'll start getting busy with pre-enrollment meetings soon. As always our office is here to serve you – just let us know

what you need.

Enjoy this spring weather! *Pam*

# Morse Scholarship Award



The K-State Libraries invite applications for the Marjorie J. and Richard L. D. Morse Family and Community Public Policy Scholarship. The \$3000 scholarship supports a project or internship that provides experience in community, state or federal governments or service in the non-profits sector. The project or internship must encourage the development of public policy which impacts the quality of family and community life. K-State

undergraduates are welcome to apply. Last year winner, Madison May, worked with Ghana's National Commission for Civic Education to examine the connection between religious beliefs and political participation in Ghana.

Previous recipients have:

- Traveled to Nepal to support Tripur Kinder Academy, a private, English language school funded by a nonprofit called Open World Cause.
- Created a bookmobile to bolster early childhood literacy in northeastern Kansas.
- Taught nutrition and biology to Wilson, Kansas youth by engaging them with a community garden.

Visit the Morse Scholarship website for more information: [www.lib.k-state.edu/morse-scholarship](http://www.lib.k-state.edu/morse-scholarship).

## Important upcoming dates

Mar 20-24	Spring Break
Mar 28	Enrollment for Summer/ Fall 2017 terms
Apr 5	Memory Matters Symposium
Apr 7	Amazing careers in Aging Race
May 13	Undergraduate Commencement



## Volunteer opportunities

No matter your area of interest or what issues are important to you, you can find a way to help. Here are some useful sites where you can start looking for volunteer opportunities.



<http://www.flinthillsvolunteercenter.com/volunteer-opportunities/>

Check out the ongoing volunteer opportunities!

<http://local.aarp.org/manhattan-ks/volunteering/>

AARP Foundation is looking to expand its team of volunteers for the upcoming tax season by recruiting interested individuals. You will receive training and continued support in a welcoming environment.



<http://cityofmhk.com/2292/Volunteer>

There are numerous volunteer opportunities on this site.

City Snow Partners Volunteers, Volunteer at the Flint Hills Discovery Center, Volunteer at Sunset Zoo, Volunteer for a City Advisory Board or Committee

### The Center on Aging needs you!

We are looking for student volunteers for the 'Being Mortal' documentary screening between 2 and 4 pm on March 8 at Meadowlark Hills, and March 29 at the Manhattan Public Library. This film investigates the practice of caring for the dying and explores the relationships between patients and doctors. You can watch the trailer here: <https://www.youtube.com/watch?v=VRkr09ZMI3w>

Your responsibility would be ushering guests, helping during the screening, handing out flyers and collecting questionnaires at the end.

**Students are welcome to attend these events!**

Contact Rozi at [rhovath@ksu.edu](mailto:rhovath@ksu.edu)



## Bonding with residents at Stoneybrook

For the past three months, students from the Gerontology Club have been bonding with residents at Stoneybrook Retirement Community. Read what some of them have said about their experience.

"I bonded with one of the residents at Stoneybrook last semester. On the night that we painted pumpkins together, I learned that she is a Jayhawks fan. So naturally, I gave her a hard time about it. We laughed a lot about it, and I am determined to make her a Wildcats fan. I look forward to volunteering this semester at Stoneybrook because I love talking to all of the residents there. They all seem to enjoy the company, and they all have amazing stories to tell."

*Dynelle Powell,  
Elementary Education major*



"I am very fond of being around residents. I have worked as CNA in a nursing home in my hometown for about two years. The residents light up when they see us come into the facility. Talking with them is always humbling, and I never walk away without feeling that I have learned something. Spending time at Stoneybrook is a great way to relieve stress, connect with older adults, and have fun in the meantime."

*Desiree Schippers, Human Health  
and Nutrition major*

## Alumnus spotlight



“I found out about the secondary major in Gerontology from my athletic training adviser, Morgan, during my junior year. I always wanted to be a physical therapist but there were only a few outlets that I could see myself working in after professional school. After completing the program, I have realized how much is out there to care for older adults and how much our generation will be an essential part of their care. What I enjoyed the most about the program was the senior capstone course. Dr. Gayle Doll does a fantastic job challenging her students to apply the knowledge from other courses into the current topic. We got to dive into issues that had seldom crossed my mind in my earlier academic career. It was also helpful to discuss issues with an older adult mentor. It helped us understand the realistic aspect of what older adults face today.

I am currently working at No Stone Unturned Therapeutic Learning Center as a Physical Therapy Aide here in Manhattan. NSU is a center that provides a multidisciplinary approach to assisting children with different developmental and behavioral difficulties. I will attend the University of Kansas Medical Center in Kansas City, KS in the Doctorate in Physical Therapy, beginning in May. Though I currently work in a pediatric setting, I hope to get exposure to more outlets with gerontology during PT school. So far, I have been able to use the patience and communication that I learned from working with older adults. I hope that I can continue to learn about older adults and benefit their well-being during my career as a physical therapist. “

**Timothy Turner**



# GERONTOLOGY CLUB

Everyone is welcome to participate! Contact Sally at [sjhodges@ksu.edu](mailto:sjhodges@ksu.edu) for more information.

UPCOMING EVENTS	
<b>Mar 7</b>	<b>Club meeting 5:30-6:30 pm</b> <b>Justin 247</b>
<b>Mar 9</b>	<b>Meadowlark Lecture Series</b> <b>Speaker — Dr. Westman</b>
<b>Mar 30</b>	<b>Volunteering at Stoneybrook</b> <b>6:00-7:00 pm</b>
<b>Apr 4</b>	<b>Club meeting 5:30-6:30 pm</b>

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