



K-STATE CENTER ON AGING

March 2009 Gerontology Update

www.humec.ksu.edu/aging



CALENDAR:

4/18: KSU Open House

5/5: Center on Aging/Meadowlark Hills Classroom Open House

5/11-5/15: Finals

5/16: Graduation

ANNOUNCEMENTS:

Congratulations Graduates!!

NEW LIBRARY RESOURCES:

VIDEOS:

*Curtain Call
For Better or Worse*

BOOKS:

The Past in the Present
by: Faith Gibson

How to Care for Aging Parents
by: Virginia Morris

Living, Dying, Caring
by: Rosalie Hudson &
Jennifer Richmond

Remember: Books can be borrowed anytime.

NOTE FROM THE DIRECTOR

This is a great day for the Center on Aging. We will sign up our 100th student for a secondary major. We set this goal a year ago. It amounts to nearly a doubling of our previous count. Of course we don't get to keep all of you. We expect a couple of dozen to graduate next month so continue to talk about us to your friends. Tell them about how important an emphasis in aging might be for their future.

It is not enough for us to have the numbers. We are also working very hard on the quality of the instruction we provide and on student retention. Pam Evans, our office administrator and student adviser, gets top marks from students for her guidance in planning out schedules and offering timely advice. Laci Cornelison provides a range of student services including these newsletters, educational guest speaker panels to help students decide on future goals, and teaching the Intro class. Stephanie Gfeller also teaches Intro and is our ace organizer. I would never have set a goal of 100 students if I didn't have such great trust in these women and their ability to give students what they need. I don't believe that we are at capacity yet. We want to continue to offer a high quality experience for students and I have no doubt that we can keep up with increasing numbers. We're setting two new goals now. One is to measure this quality by tracking how many of you actually complete your secondary degree, and the other is find good ways of staying connected to you once you've graduated. We want you to know that we are willing to help you long after you've left K-State.

So enjoy this crazy time of the semester as best as you can and celebrate gerontology!

Gayle

ADVISING NOTES

It's spring and as the weather improves its hard to be in class and worry about final semester exams, projects, etc. I encourage you to take time to do some reading this summer. There is a reading list on a variety of topics related to aging in the KSOL Gerontology advising modules. There may be something on that list that you will find interesting. You might also want to browse the websites listed on our links page at <http://www.humec.k-state.edu/aging/programs/links.php>, especially the ones in the bottom section under "Fun". Remember that we are available this summer if you want to do course planning or have questions related to graduation, applying for jobs, etc. We'd love to see you whenever you would like to stop by. Good luck with the rest of the semester and enjoy your summer.

Pam



Ribbon Cutting Ceremony

Introducing :
KSU Learning Center: K-State Center on Aging

You are invited to the grand opening celebration:

When: May 5th, 2009 from 2:30-4 pm

Where: Meadowlark Hills Retirement Community

What: Food, Fellowship, and a Dedication of the new site

This celebration marks the completion of goals that were set in place two years ago when the Center on Aging was awarded an Engagement and Community Development grant. We now celebrate the opening of the K-State Learning Center at Meadowlark Hills.

Gayle's Seminar in Gerontology class will have their class projects on display in the new center. Stop by and take a look at their hard work!

Come celebrate with us!



100 STUDENTS!!

A big welcome to our 100th student to declare a secondary major in gerontology, Monica Khurana, a student in microbiology.

KSU students who graduate with a gerontology background in a variety of disciplines have the potential to impact the lives of many elders in our society. Welcome Monica and all of our new gerontology students.

Keep the recruitment alive and encourage your fellow students to sign up today!!



Congratulations Graduates!

The following students will graduate with secondary majors in gerontology in May. We wish you well in your future endeavors.

Christina Pacheco
Emilie Miller
Shelby Griffin
Jessica Reker
Sara Powell
Emily Price
Atiya Wesson
Ben Ross
Kayla Dierks
Audrey Hoffman
Leah Christopher
Kacey Provenzano
Jennifer Maleshafske
Andrea Wisbey

You have made us proud!

2

The Incredible Flying Granny Nanny

By Jennifer Lee, New York Times



Angela Kim spends two days a week baby-sitting for her 2-year-old grandson, Noah, while her daughter, Andrea, a doctor, works nine-hour hospital shifts. Only Mrs. Kim, 57, lives in Houston and her daughter and grandson live in Dallas — 250 miles away. This long-distance child care arrangement means that on Tuesdays Mrs. Kim wakes at 4:45 a.m. to catch a 6:30 a.m. Southwest Airlines flight to Dallas Love Airport, where her daughter and Noah pick her up at the curb.

At the hospital, her daughter hops out of the car to make her 8 a.m. shift and Mrs. Kim slips into the driver's seat. Then she and Noah drive to his preschool, and after that, home, where Mrs. Kim fills her grandson's next two days with brown rice, seaweed and Konglish, a mix of Korean and English. On Wednesday night, Mrs. Kim does the trip in reverse, catching a 7:30 p.m. flight to the Houston airport, where her husband picks her up.

Even at a time when grandparents are more involved than ever in the lives of their children and grandchildren, the efforts of Mrs. Kim and others are extraordinary. But many grandparents these days are making extreme efforts to help their children bridge the work-life divide. "To me, grandparents are like the family National Guard," said Andrew J. Cherlin, a sociologist at Johns Hopkins University who studies intergenerational issues. "They are ready to step in when there is a need, and as soon as that need is met, they are ready to leave active duty. In low-income families, it may be the grandmother down the street who helps out. In high-income families, it is the grandmother in a neighboring city who helps out."

"This is the first generation where we have so many older people living long enough, being healthy enough and being affluent enough to provide these services on a large scale" since women entered the workplace in large numbers, Dr. Cherlin said.

But the involvement cuts across the economic spectrum. According to the census, 19.4 percent of preschool children with working mothers were primarily entrusted to grandparents in 2002, the latest year for which there are statistics. Grandparents took charge more often than fathers (18.2 percent), day care (19 percent) or hired help (9 percent).

"We call them grandboomers," said Amy Goyer, national coordinator for the AARP Foundation Grandparent Information Center, which has noticed heightened interest in information and services for grandparents. "They have more disposable income. They may have planned better for retirement."

Mrs. Kim was initially reluctant to take on the burden; she was very busy volunteering for her church. But then she realized that her daughter was serious. "She was desperate," she said. "As a mother, I thought, 'She needs my help more than any other time of her life, and this is something I can do for her. In many ways, being a grandparent is an extension of being a parent. My friends ask me, 'Is this for the grandbaby?' I thought about it and I know it's more about my child than my grandbaby."

http://www.nytimes.com/2007/05/10/fashion/10granny.html?_r=1&pagewanted=all



TRAVELING THIS SUMMER?



You'll want to put your family and friends minds at ease while you're traveling, so make sure that you're traveling safely. World travel can be an enriching and educational experience, but you'll want to make sure you follow a few simple tips so you can make it back home safely to share your memories.

Keep an eye on your stuff. Don't leave your backpack or luggage unattended or with a stranger, particularly at airports and train stations. With tighter security controls, you don't want to experience delays from having to retrieve a bag from security.

Get travel insurance. Travel insurance will cover your emergency medical needs (including exams), baggage protection, travel accident protection, trip protection, and 24-hour emergency assistance. STA Travel offers this type of coverage for about \$5 per day.

Don't show off your valuables. You don't want to invite any trouble by showing off an iPod or nice digital camera. You can still use these items; just keep them in your pack until you are ready to use them. The same goes with money and ID. Leave a copy of your license, passport, and credit cards with your parents and hide a second set of copies in your backpack. Spread all of this among your money belt, backpack, and daypack. If anything is stolen or lost, you'll be able to replace them faster if you have a copy. When you're traveling during the day, just take what money and ID you need for the day and put the rest in a hotel safe.

Lock up your luggage. If you're sporting a backpack, try to keep the zippered sections locked. Most hostels and hotels and public transport systems are completely safe, but you don't want to be stuck in a foreign country without any gear or money if something is stolen.

Get tips from locals and guide books. If you aren't familiar with an area, consult your guide book or a local at your hostel or hotel. They can tell you superb places to eat and great events going on. They can also tell you where not to go and local customs that will help you blend in.

Start off right. Book your hostel or hotel room in your next destination before you leave for it. That way, when you'll arrive, you'll have a place to sleep. Also, try to arrive during the day. It's better to hit a new city during daylight than after sunset.

Avoid money problems. You can avoid most money pitfalls by planning—and sticking to—a budget. Carrying a variety of forms of money from credit and debit cards to travelers' checks and cash is also a good idea. Make sure to only deal with authorized currency agencies to ensure that you get exactly what you should.

Just because you are in unfamiliar territory you shouldn't fear for your safety. Just use common sense and employ these tips and have a great trip.

K-STATE CENTER ON AGING

103 Leasure Hall, Manhattan, KS 66506-3501

785-532-5945

www.ksu.edu/gerontology

K-STATE

Kansas State University

gerontology@ksu.edu

Kansas State University is committed to nondiscrimination on the basis of race, sex, national origin, disability, religion, age, sexual orientation, or other nonmerit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era), as required by applicable laws and regulations. Responsibility for coordination of compliance efforts and receipt of inquiries concerning Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and the Americans With Disabilities Act of 1990, has been delegated to Clyde Howard, Director of Affirmative Action, Kansas State University, 214 Anderson Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.