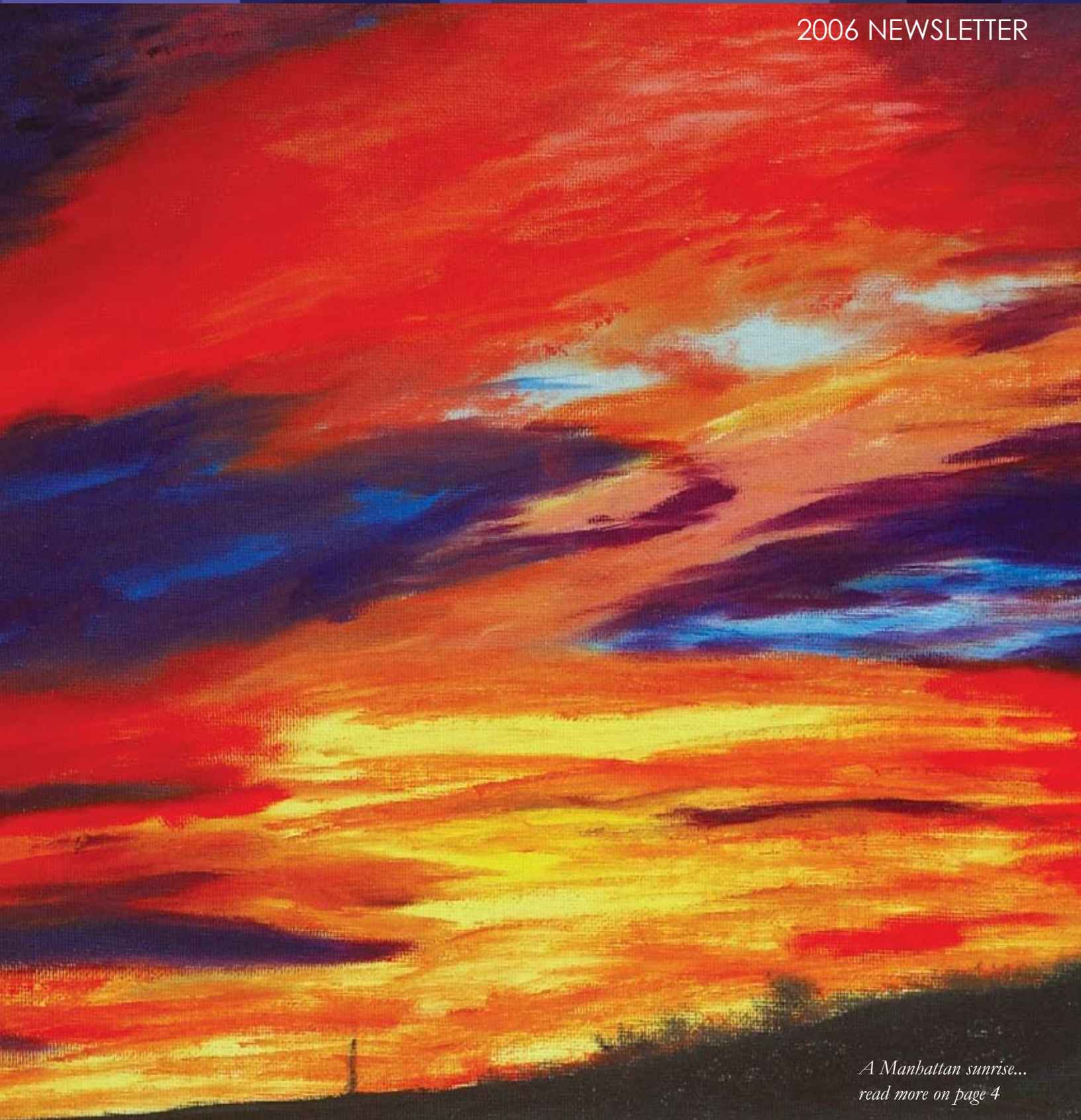


K-STATE
CENTER ON

AGING

2006 NEWSLETTER



*A Manhattan sunrise...
read more on page 4*

Greetings!

I came to the frightening conclusion this week that now as director of the Center on Aging for two years I can no longer claim rookie status when I make mistakes. There are some things that I feel I do quite well—my favorite thing is when Pam hands me the red file with the sticky note that says “sign here.” Beyond that I love my job here. The staff is great and the challenges and opportunities have been rewarding.

Actually, when I wrote my report for my annual evaluation, I was surprised to see how many accomplishments we have achieved in the last year or two. Here is a partial list:

- We have now made the Introduction to Gerontology course a University General Education class and are now teaching five sections a year instead of one.
- We currently have more than 60 students listed as gerontology secondary majors.
- New gerontology course offerings are Mental Health and Aging, and Ethics and Health Care, which are being taught online. Seminar in Long-Term Care Administration is now



Gayle Doll
Director
Center on Aging

taught online periodically as well as during January intersession. Several other courses are in the development stages and we are actively pursuing more online courses.

- We gave out research awards to five gerontology faculty members and course development awards to three others.
- We have earned national recognition for our work with PEAK (Promoting Excellent Alternatives in Kansas Nursing Homes, www.ksu.edu/peak) and are entering our fifth year of funding for the project.

One of the reasons you are getting this newsletter is because we would like to make connecting with alumni and friends one of our accomplishments for the coming year. You can browse through these pages to find out what we are doing but I want you to know also what we would *like* to be doing. We want to continue to grow and be seen as the place to go to get information about long-term care, whether that information is about aging in place or in an institutional setting.

Like most good things, our vision requires resources. We'd like more money for salaries and library resources and equipment and most of all we'd like a permanent, efficient, elder-friendly home for the Center. We'd like to have an active, vibrant connection to the Manhattan community as well as to the Kansas community at large. Here at the Center we will do our best to keep you informed of our progress. We'd love to hear from you, so drop us a line or stop in to see us. Thank you so much for your continued engagement in our work!

Down the Road

Alum sees future in gerontology

At a truck stop in Michigan, Ruth Lindveit sits in the cab of her semi as she connects to the Internet. She's getting her next homework assignment — all while taking a break from her cross-country trip.

As an over-the-road truck driver, Ruth doesn't seem like the typical gerontology student. However, the combination of Ruth's interest in the aging population and a deal she made with her husband led her to study gerontology through distance education courses from K-State, all while traveling cross country at 65 miles an hour.

“The driving was an agreement I made with my husband when we married,” Ruth said. “I promised I would drive for five years — it's actually been a little over six years now.”

“I look forward to being old one day — but at what point is that?”

— Ruth Lindveit



While on the road, Ruth took classes through K-State’s Division of Continuing Education, and in August 2005, Ruth, of Lake Jackson, Texas, earned her master’s degree in gerontology from Kansas State University.

“I would grab time when I could to do my school work,” she said. “Being on the road actually made it easier — I could study on the road, but if I was home all the time it would be harder because I would find other things to do than study.

“Distance education enabled me to get the degree that I desired without having to live in Kansas,” Ruth added. “I was also able to continue to work at my current job while earning the degree. It didn’t matter what part of the country I was in to do my coursework.”

Ruth’s family was supportive of her career and educational goals, and understands the value of an education, no matter how it’s acquired.

“For two summer vacations, my family saw me spending more time in the camper or at the library finishing up research papers than socializing,” Ruth said. “You are never too old to learn or to make the change to do what your heart desires. With dedication, even given the adverse conditions that I had many times getting papers completed, anything can be accomplished.”

Age is relative

“I have been asked numerous times ‘Why older people?’” Ruth said. “I believe we have a lot of attention already being offered to the young population and not much to the older generations.

“With the aging of our society, we need to be prepared to assist families as they enter into uncharted areas of their life. I have always had a love for older

people and have enjoyed having them as friends. They have so much to offer to each of us if we just take the time to listen.”

As more people in her community grow older, Ruth realizes she can apply her knowledge to her community and her daily life.

“As people discovered that I was studying gerontology, they came to me for advice or just to talk about situations in their family,” she said. “Many people are glad that I got this degree because they identify that it is a needed area of study since we are all getting older.”

Ruth, who is 48 years old, believes age is nothing but a number.

“I look forward to being old one day — but at what point is that?” Ruth said. “I don’t know, but I look forward to it. I have a lot of respect for age.”

Using her gerontology degree

Remember the five years of driving Ruth promised her husband? She ended up taking a break from driving to care for her aging mother. It was then that she experienced firsthand the hardships that families and their older relatives have in finding services for the elderly.

“When the time came, I quit my job and came home to take care of my mother during the last six months of her life,” Ruth said. “I realized that services weren’t out there for the elderly,” she said. “I called politicians’ offices, and they directed me to the places that could help us the most, but government offices couldn’t provide the answers to all of my questions.”

Ruth realized her community needed a place for the elderly to get information.

“While driving cross-country one night, I began thinking of what I wanted

to offer my community in the way of services,” she said. “I busily made a mental list of the services to provide — basically services I identified in my personal experience in dealing with older family members. I just didn’t know that it had a name — geriatric care management. Now I was driven! I could see a goal but just had to figure out how to get there.”

Thanks to her ambition, Ruth recently became the first geriatric care manager in her area.

Geriatric care managers provide help with assessment of an individual’s need for services, and identification of specialized services such as housing, transportation, homemaker services, socialization programs and financial planning.

“My business will not offer the services of a home service/health provider, but will coordinate necessary services for the clients,” Ruth said. “I also see my service as an information clearinghouse. I am really excited about the prospects, but at the same time, I am fully aware of the monumental task ahead of me in developing public awareness and a client base.”

Having visited every state but Maine, Ruth no longer drives full time. She is beginning doctoral work in counseling psychology while starting up her new business.

“My doctorate will afford me the credentials and credibility to add counseling services for my clients,” Ruth said. “Even though I won’t be driving full time, when I need to have my mental escape, I get in my car and go somewhere. That’s my cure.”

Mentor – student bond formed through oil paintings

Sharing A Sunrise

A new friendship often provides unexpected gifts and opportunities. Kimberly Wing, '06 B.S. interior design with a secondary major in gerontology, and Wilma Hafenstein, of Meadowlark Hills Retirement Community, certainly found this to be true. A new friendship leads to shared interests, new connections, feelings of being appreciated, intellectual stimulation and someone to talk to. But for Wing and Hafenstein, a new friendship also led to beautiful paintings of Kansas sunrises.

In spring 2006, Wing enrolled in Dr. Gayle Doll's Seminar in Gerontology. The focus of the course is experiential

learning as students help Manhattan, Kan., service organizations design and implement projects to benefit older adults living in the area. Doll matches each student with an older adult mentor; the older mentors provide the students with the elder perspective as the students work on semester-long projects.

Wing selected "creativity and aging" as the focus of her project. Once they started meeting and got better acquainted, Wing and Hafenstein, who has lived at Meadowlark Hills since Nov. 2003, soon discovered they shared an interest in oil paintings.

"We have an 'Artist of the Month' display here (at Meadowlark) which we

went to together," Hafenstein recalled. "We thought it would be fun to try our hand at painting something."

"We joked around a while about it, but Wilma really saw this as an opportunity for me to succeed with my topic and she helped put the idea into action," Wing said.

Both had dabbled in painting but didn't paint currently. Together they found inspiration in the photographs of beautiful sunrises Hafenstein had taken from her fourth-floor Meadowlark balcony (*above, left and below, right*).

"I can only get good sunrise pictures about three months out of the year, because of where the sun rises,"



Kimberly Wing





Wilma Hafenstein

Hafenstein said. “But I really liked these.”

“Our first official meeting on the project was going through the pictures Wilma had taken,” Wing said. “We got together again to buy supplies like canvas, cleaner and paints — we didn’t need brushes because Wilma had some from her previous experience with painting.”

The two artists then set up a schedule to meet to paint together.

“We both started by drawing in the major elements of the picture, then we painted in the background colors, then came in with major elements,” Wing said. “We didn’t finish in one day, which was fine because we knew oils take longer to dry. We met again to finish the paintings,

just adding detail and going back and making any corrections.”

Wing and Hafenstein documented their experience and hope that their lasting friendship can provide a model for future student/mentor collaborations.

“We met several more times after that just because we enjoyed spending time together and so I could take pictures of our work,” Wing said. “It turned out to be a great experience. Not only did we both get to do something we enjoyed, I got a good friend out of it too.”

Hafenstein, who “has custody” of the paintings, is recovering from a broken leg, but she’s eager to get to her next project.

“My next painting will be from a photo I have of my grandson while he’s fishing. The sun on the water looks like diamonds. I’m really looking forward to working on that.”

“What I would hope for every student is that they have a wonderful experience like Kimberly did and that they’d all have such a terrific result to show for it,” Gayle Doll, director of the Center on Aging, said.



C. Clyde Jones is frequently introduced to people of all ages as a “role model.” Few people in Manhattan are as connected, active and involved in community affairs as Jones. At a few years beyond the traditional age for retirement, Jones is still going strong when many of his peers have decided to slow down.

“I came to K-State in 1960 and was a professor of management in the College of Business Administration. I retired in 1986 as a professor emeritus,” Jones said. “I got involved with the Center on Aging through my friendship with (former director) George Peters.”

In 1978, Jones began studying long-term facilities and wrote the book “Caring for the Aged: An Appraisal of Nursing Homes and Alternatives.” Thanks to his interest in the field, he received gerontology faculty status and also taught the Introduction to Gerontology course during a time when instructors with expertise were scarce.

In 1980, Jones’ interest in long-term care facilities took on a more personal note when his mother, Goldie Jones, was one of the first two residents to move into Meadowlark Hills Retirement Community. Her experience there was wonderful; one of her original caregivers, Vivian Dane, still works at Meadowlark Hills as a team leader.

“Eventually I took a sabbatical to visit nursing homes in Europe,” Jones said. “This experience in England, Sweden and Germany convinced me that long-term care could be greatly improved in the United States.”

When he returned home, Jones began looking for exemplars of excellent care here in Kansas. This work parallels the Center on Aging’s PEAK project, a grant contract through the Kansas Department on Aging that promotes excellent alternatives in Kansas nursing homes.

“Howard Funston, who used to be the administrator at Valley View in Junction City, was one of the early innovators,” Jones recalled. “Even in the mid-1970s, Valley View had an attached childcare center, pets in the building, and a swimming pool. Dean Throckmorton (former K-State dean of agriculture) lived at Valley View. Every day a student from the high school would come play checkers or a board game with him. I believe



C. CLYDE JONES: **Friend of the Center on Aging**

his demeanor and quality of life really improved thanks to this relationship.”

Jones’ passion for improving the quality of care and quality of life for long-term care residents increased again when his daughter, Karen Prevette, lived in a long-term care facility. After years of observation, Jones believes standards are highest in organizations where the administrator has a high “compassion quotient” and where an open-door policy enables residents and community members to move freely between the facility and the larger community.

“Clyde’s interest in long-term care makes him an extremely valuable member of the advisory group for the K-State Center on Aging and an excellent

personal mentor to me,” Gayle Doll, director of the Center on Aging, said.

“Part of his effectiveness as a mentor is based on his philosophy about productive aging. He believes that intellectually active persons don’t age at the same rate as those who are not as active.”

Jones lives out this conviction with activities that include directing and sitting on numerous Manhattan area foundations and boards, being active in his church, organizing a career development dinner for the KSU football program and finding plenty of time to be a wonderful asset to the Center on Aging!

If you’d like to be a member of the Center on Aging’s advisory group, please call Gayle Doll at (785) 532-5945 or email her at gdoll@ksu.edu.

KSU Center on Aging announces new partnership with Manhattan's Meadowlark Hills Retirement Community

Many alumni and friends of the gerontology program at K-State know that Meadowlark Hills Retirement Community and the K-State Center on Aging have had a long and fruitful partnership. Now Meadowlark Hills and the Center are laying the groundwork to take their collaborative relationship to the next level, and everyone will win. Meadowlark Hills will benefit from excellent educational opportunities for employees and residents alike. In return, the Center on Aging will gain an ideal work setting for those who teach and conduct research into the challenges and joys of aging.

In 2000, Meadowlark Hills' healthcare facility was revamped into smaller living communities (called "houses") of around 16 residents each. Staff members work only with a particular house, a set-up that cultivates stronger connections between staff and residents.



Steve Shields
CEO and president of
Meadowlark Hills

In spring 2007, Meadowlark Hills will break ground on a new building project to enhance this "household" model it has pioneered.

The new building project will comprise several small buildings that will be home to groups of healthcare residents, following the same household model but with an even more home-like, small-community atmosphere. Meadowlark will also construct a short-term-stay recovery household for those who need therapy and Medicare services. A full community center with a bank, fitness facilities, swimming pool, pub, billiards room, theater, resource library, and computer lab are also part of the grand plan.

Once Meadowlark Hills healthcare residents transition completely into the new houses, the Center on Aging hopes to expand into freed-up space in Meadowlark's current healthcare building, perhaps in 2009.

"Basically, we're talking about the Center having a satellite facility at Meadowlark," Gayle Doll, director of the Center on Aging, said. "We will still have our offices on campus, but we'd have a

• Continued Back Page

Awards

The Center on Aging's Research Committee and Academic Affairs Committee were able to support new course development and gerontology research through faculty development awards given in spring 2006. As money is available, we hope to continue to support development of grant proposals, research and new courses related to aging, particularly online courses.

Research Awards

Migette Kaup, associate professor, Department of Apparel, Textiles, and Interior Design. *Exploring Strategies for Optimizing the Design of Therapeutic Environments for People with Dementia: Opportunities for Changing the Culture of Care.*

Laszlo Kulcsar, assistant professor, Department of Sociology, Anthropology

and Social Work, and **Eric Bernard**, assistant professor, Department of Landscape Architecture. *Where the Sun Sets: Aging in Place in Rural Kansas.*

Candice Shoemaker, associate professor, Department of Horticulture, Forestry, and Recreation Resources, and **Mark Haub**, assistant professor, Department of Human Nutrition. *Gardening for Health with Older Adults.*

Duy Hua, professor, Department of Chemistry. *Mechanistic Studies of Disaggregation of Alzheimer's Oligomers and Protofibrils of Amyloid Beta Peptides.*

Steve Warren, associate professor, Department of Electrical and Computer Engineering, **Suzanne Dubnicka**, assistant professor, Department of Statistics, and **David Thompson**,

Department of Electrical and Computer Engineering. *Light-Reflectance Signals as Biometric Authenticators for the Elderly.*

New Course Development Awards

Tina Remig, assistant professor, Department of Human Nutrition. *Nutrition and Aging Issues.*

Janice Dinkel, associate professor, Department of Sociology, Anthropology, and Social Work, and **Kim Morgan**, instructor, Department of Sociology, Anthropology, and Social Work. *Aging for the Helping Professions.*

Michaeline Chance-Reay, assistant professor, College of Education and Department of Women's Studies. *Women and Aging.*

physical presence at Meadowlark. There is still a lot to be hammered out, but this is such an exciting prospect for us. Our ability to conduct innovative research and prepare our students for their professional lives is just going to take off.”

“More and more, Meadowlark Hills is becoming a learning and teaching organization,” echoed Steve Shields, CEO and president of Meadowlark Hills. “We want to have more educational opportunities available for our employees, for K-State students and for our residents. We want to be engaged in continual learning, including even more intergenerational and experiential classes.”

While details of the space configuration are still to be worked out, most of the spaces in the new facility will be designed to serve dual purposes. For instance, classrooms would be used on weeknight evenings for college courses, during the day for continuing education and workforce development, and on weekends as a social center for residents.

Doll and Shields also envision that the proposed Center satellite office will operate as a research facility.

“We’ll provide space for researchers from all over the country, and K-State faculty will have the opportunity to conduct research with people from other universities,” Shields said.

“Both the Center on Aging and Meadowlark Hills are seen as leaders in the culture change movement (in long-term care),” Doll said. “Because Meadowlark Hills Health Care is set up in distinct, separate households, it’s possible to conduct some very controlled research on the outcomes of this model and further solidify this perception.”

Another part of the effort to enhance teaching and learning opportunities for students will involve bolstering the internship program. Meadowlark Hills hosts K-State student interns who study dietetics, social work, marketing, kinesiology, long-term care administration, business, and hotel and restaurant

management. The current plan is to bring all these students together periodically at the new satellite facility for joint leadership training to help them build collaborative problem-solving skills.

“We hope that we can better integrate the internship program,” Shields said. “We want our interns to see how their particular discipline fits into the whole picture. People should understand how their field interacts with all the other fields that are important in a resident’s life.”

Shields commented on the strong support for this venture from the administration of the College of Human Ecology.

“(Interim dean) Virginia Moxley has been remarkable,” Shields said. “She is making this process as effortless and bureaucracy-free as it can be. She asks, ‘How can I help make this happen?’ It’s been wonderful.”

“Meadowlark and the Center have had such a great partnership over the years, and it’s just going to get better,” Doll said.

Writing and design
New Boston Creative Group
www.newbostoncreative.com

Contributing writers
Dr. Gayle Doll
Amber Weaver

Photography
Dan Donnert
University Photography Services

Visit us on the web!
www.k-state.edu/gerontology



K-State Center on Aging
103 Leasure Hall
Manhattan, KS 66506-3501
181

Nonprofit Organization
U.S. Postage
PAID
Permit # 525
Manhattan, Kan. 66502

Notice of Nondiscrimination

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, 785-532-6220