

GERONTOLOGY NEWS

GP-IDEA Master's Program Newsletter

February 2015

From the director's desk...

I'm particularly excited about this edition of the newsletter. I love the "where are they now" feature that Laci has developed. Carole Schwartz and James Stowe, both highlighted here, are high achievers who give their Master's degrees a lot of credit for their current positions. Carole, a senior policy analyst for Illinois, will be coming to campus soon as the Global Campus Alumni fellow. We'll have her share her enthusiasm with our students for a couple of days in April. One of the reasons I look forward to going to the Gerontological Society of America conference is for the chance to bump into James. His research is in older adult driving, something that affects many of us at one point or another. If there is one thing that I wish I could do better in this job it is to stay in touch with the many students who have been a part of our program. You can help me make that wish come true. Make yourself a little note and hang it on the fridge with our email so that you can let us know when you have "arrived" at that dream job. We look forward to adding you to our list of esteemed alumni.

Gayle

"I am constantly singing praises of KSU for the thorough and top notch education I was offered and participated in."

*- Carole Schwartz, KSU
Alumni Fellow*



Ruth Wells, skydiving with the Center on Aging's gerontology club

In This Issue

- GP-IDEA Alumni, Carole Schwartz, recognized as an alumni fellow
- GP-IDEA Alumni, James Stowe, wins a GSA poster award
- Top apps for college students



Carole Schwartz recognized as a Global Campus Fellow

"The K-State Alumni Fellows Program, sponsored by the Dean's Council, the President's Office and the Alumni Association, recognizes alumni who have distinguished themselves in their careers.

Since 1983 the program has brought successful alumni back to campus to meet with students and faculty and share their expertise in the classroom and at informal settings.

Fellows are chosen by each college to return as distinguished guests and as mentors, friends and counselors. They are honored in recognition of the ultimate measure of a university- not curricula, facilities or programs, but the quality of its alumni." –K-State Alumni Association

Carole will be on campus April 15-16 to be honored for receipt of the award.

Carole is a Senior Policy Advisor for the Illinois Department on Aging. She just celebrated her second year in this position.

"There are so many exciting policy issues that all States are facing with their expanding older adult populations. We as Gerontologist's can contribute to ensuring that older adults' last years are spent in quality pursuits and in the environment that means the most to them." -Carole

James Stowe wins GSA Poster Award

Each year, the Gerontological Society of America awards five poster awards to Emerging Scholars. James, a former GP-IDEA student recently won this award for his poster titled, "Planning for Life after Driving: An Intervention Study".

About James' Research:

Multiple studies show that lifestyle changes can negatively affect elders who retire from driving. Changes include: increased depressive symptoms, increased mortality, and a greater chance of institutionalization. These elders are also more likely to reduce out-of-home activity, decrease social engagement, and become less productive.

When researchers asked older drivers if they intended to retire from driving, only 20 percent reported having a plan. With a need for mobility transition counseling identified, **James D. Stowe** undertook a study to help older drivers prepare.

Stowe and his research team collected data to assess the likelihood of an individual failing an on-the-road driving examination. They used the AD8 Dementia Screening Interview to assess the participant's memory and cognitive abilities. The team also used the Assessment of Readiness for Mobility Transition (ARMT) to determine their readiness for driving retirement. The results of these assessments determined the participant's level of risk and helped identify the need for counseling. Participants were assisted in creating a plan with steps toward independence from the vehicle.

APPLY for Center on Aging Scholarships!

The Center on Aging is accepting applications for 2015-16 scholarships. Applications are due by February 13th. Please email ljh8484@ksu.edu or pevans@ksu.edu for an application.



"Don't just wait for things to happen, go out and make them happen."

-Anonymous

Top Apps Students Must Have

<http://www.usnews.com/education/best-colleges/articles/2014/08/21/5-must-download-apps-for-college-students>

As an online student, you know as well as any college student the importance of technology to your studies. In these modern times, there are not a lot of students who do not use innovative gadgets of some kind. Students are using mobile devices not just for entertainment, but for their studies as well. To discover the top apps that students should not live without, I explored blogs, reports, and talked to students. So here are the top picks:

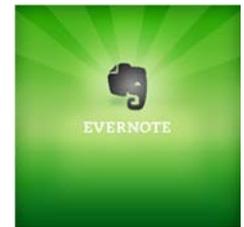
GroupMe



This is like free group messaging. It's like having a private chat room for your small group. Have as many in the group as you want and it's always free. Collaborate with friends, class groups, coworkers, etc. The app is compatible with iOS, Android, and Windows phones.

Evernote

There is no shortage of note-taking apps available for smartphones and tablets, but Evernote continues to come out on top.



Students can use the app to record voice reminders, create to-do lists and snap photos of notes or a professor's PowerPoint slide, among other things. iPad users can even use their Smart Cover to quiz themselves using Evernote Peek.

Evernote is available for free on Android, Apple and Windows devices. The app has a Web version, so students can jot down reminders or search for notes on multiple platforms.

Pushbullet



Pushbullet bridges the gap between your phone, tablet, and computer, enabling them to work better together. From seeing your phone's notifications on your computer, to easily transferring links, files, and more between devices, Pushbullet saves you time by making what used to be difficult or impossible, easy. Headquartered in San Francisco, Pushbullet was founded to make all of your devices work better for you, no matter which one you happen to be using.

Top Apps Students Must Have

Cont...

Rescue Time



Want to know how much time you're losing to digital distractions? This app will tell you. [RescueTime](#) tracks time spent on email, social media and websites, and identifies top distractions. Students can set goals to make sure they are using their time productively – by studying instead of scanning Twitter, for example – and create alerts to notify them when they've spent too much time playing Candy Crush.

The app is currently only [available on Android devices](#). RescueTime also offers a desktop version that tracks time spent on websites and syncs with the mobile app to give users a better picture of how they spend their time online. RescueTime is free, but the Web application does have a premium version for \$9 per month, which allows students to block access to distracting sites for set periods of time.

RefMe

Writing research papers can be tedious. Especially when you realize you still need to pull together a bibliography page – and your paper is due in 10 minutes. Students can avoid figuring out the nuances of MLA versus Chicago style with RefMe, a free app available on [Android](#) and [Apple](#) devices.



The app allows students to scan the bar code on books and journals or copy and paste a URL to get citations in various styles, including Harvard, American Psychological Association and Chicago style. These citations are stored in the cloud, so students can access them from anywhere using [the application's Web platform](#).

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