Many of us enter the summer with projects in mind. We might plan to create a garden, paint the house or take a big vacation. It certainly wasn’t what I had planned but my project turned out to be my parents. Dad is 85 and Mom, 80. He has glaucoma and is nearly blind and is in the early stages of dementia and Mom suffers from terminal impatience. Their conditions do not match up very well. Two weeks ago we had a big sale and all of their antique autos and tractors and most of the farm equipment is now gone. They continue to live alone on the farm, isolated by a dozen miles from civilization. I’m trying to figure out how to help them maintain the highest quality of life they can while fending off my brothers and sisters who just want to fix the situation without giving the parents the opportunity to make the decisions for themselves. I’ll make my third trip in as many months to Iowa next week to see if we can implement the next step.

I tell you this because no matter what you choose to do with your careers, your gerontology background will serve you well. I still make mistakes and I can’t say that helping my parents is any easier because of my knowledge but there is some comfort in feeling prepared. Here at the Center on Aging we feel passionately about helping others to be prepared. We have grown a lot but there are thousands of students here at K-State who don’t know about gerontology. We need your help to get more students into the gerontology secondary major so I’m asking you as you start this fresh, new semester to take just a couple of minutes and send an email or text or call three of your friends and tell them about gerontology. Some day they may be trying to take care of their aging parents and they’ll thank you for it.

Have a great semester and as always, please let us know if there are things we can do to make your experience here at K-State more meaningful.

Did you know?

Pictured above is the face of the sundial that is in the center of the quad, the lawn area bordered by Waters Hall on the north, Willard Hall on the east, Hale Library on the south and Leisure Hall on the west. The Quad is crossed by intersecting sidewalks. The sundial at the intersection was donated by the class of 1908 and the quote on it states “Grow old along with me, the best is yet to be.”
Advising Notes

Welcome back. We hope your summer was fantastic and you are ready for another year of exciting gerontology activities. This summer I sent an email to each of you stating where you stand with completing your gerontology requirements. If you didn’t get my email, please stop by to see me so we can review that information. As we start a new academic year, please remember that I’m here to help you with whatever you need. If you are interested in doing some advance planning for future semesters, need info on where to find a particular resource or who to contact at KSU for specific issues, or simply want to chat, I’m always available.

I’d love to hear about your summer, so feel free to stop by when you get the chance. If any of you read a particularly interesting book related to aging over the summer or found a really good web resource we’d love to have that information to use or pass along to other students. Good luck with the start of the semester.

Kristine Williams

ELDERSPEAK

Presented by the Center on Aging at Kansas State University

Kristine Williams is a nurse gerontologist and the Sally Mathis Hartwig Professor in Gerontological Nursing at the University of Iowa College of Nursing. Dr. Williams’ NIH-funded program of research tests interventions designed to improve communication between nursing home staff and residents, promote self-care of assisted living residents using cognitive training, and support family members caring for persons with dementia at home using in-home monitoring as a basis for professional feedback. She is a fellow of the American Academy of Nursing and the Gerontological Society of America. Her research linking elderspeak communication to behavior of persons with dementia was highlighted by the Alzheimer’s Association and reported in the national media including Good Morning America, the CBS Evening News, and the New York Times.

When: Monday, September 16, 2013
Where: Town Hall, Leadership Studies Building
Time: 7-8:30 p.m.

This event is free and open to KSU students, faculty, staff, and the community.
We have a few new faces in the office this year. Please help us welcome Heath Rath, GRA, and Niki John, GTA, to our team.

**Heath Rath:**
I can’t express how excited I am to be working at the Center on Aging. I am only two months into my position and I already feel like a member of a family. That family has requested I tell you a little bit about myself, and I have foolishly agreed.

My name is Heath Rath and I grew up on a farm in a small town in Western Kansas, Plainville to be exact. While I do not foresee returning to small town life I am extremely grateful to have been raised where I was. Growing up I always knew I wanted to attend Kansas State University. Now that I have successfully graduated with a major in Anthropology and a secondary major in Gerontology with an emphasis in Long-term Care Administration it is time to move onto my next goal, completing graduate school at K-State.

I will begin my coursework on a Masters of Gerontology this fall where I will be focusing my studies on long-term care administration. This new endeavor will no doubt be a perfect complement to the work I am doing at the COA. In my free time I like to remain active. I enjoy running, hiking, traveling, and of course KSU football. I am looking forward to continuing the fun I have had over this summer well into the future.

**Niki John:**
I am currently pursuing my Doctoral degree in Sociology. My current research interests include aging and retirement in the Global North. Other research interests include successful aging and intimacy among the elderly within care institutions. I have conducted a content analysis of informational brochures to examine the notion of ‘successful aging’ as promoted by long-term care facilities within the ‘traditional’ and ‘culture-change’ models.

Courses Taught:
Introduction to Sociology (SOCIO 211)
Introduction to Social Interaction 450

Invited Lectures: “Inequalities of Age in the United States,” Introduction to Sociology, Kansas State University, Spring and Fall Semesters 2009, Spring Semester 2010 (Dr. Alisa Garni)

Selected Previous Experience and Honors:
Most outstanding graduate teaching assistant 2013
Phi Kappa Phi, Alpha Kappa Delta
Elementary Teacher: 1997-2002 (Grenada West Indies)
As each of you know, taking GERON 315 Introduction to Gerontology is one of the two required courses necessary to complete the Secondary Major in Gerontology. Let’s go back and revisit the GERON 315 course material and see how well you do!

Fill in the blanks or circle true or false.

1. _______________________ is the study of the aging process and individuals as they grow from middle age through later life.
2. The life expectancy in the United States is ______ years old.
3. The human life span is _______ years.
4. TRUE OR FALSE: Sexual urges and activity normally cease around 55-60.
5. What stereotype pursues the belief that problems of aging are medical and can be fixed by technology? ________________________
6. What is the crisis in Erickson’s 8th Stage of Human Development? ___________ vs. __________________
7. Selective investment in some relationships over others is defined as ________________________.
8. _______________ is the most prevalent chronic condition experienced by older adults.
9. TRUE OR FALSE: Good genes are more important than lifestyle patterns for successful aging.
10. What is the most important factor in regards to preparing for retirement? _______________
11. TRUE OR FALSE: Personality changes with age just as one’s hair color and skin elasticity changes.
12. An ___________________ is the only 100% conclusive way to diagnose Alzheimer’s disease.
13. The majority of all caregiving is done by _________________.
14. _______________ is the movement from a “traditional model of care, characterized as “hospital-like” in nature, to a new model that emphasizes resident-centered care.
15. ____________ is the most prevalent form of abuse of older people living in the community.
16. TRUE OR FALSE: Older adults are more fearful of death than their younger counterparts.

1. Gerontology, 2. 78, 3. 120, 4. FALSE, 5. Biomedicalization of Aging, 6. Integrity vs. despair, 7. Gerotranscendence
**BIG NEWS:** Join Us! Get Involved!

The Center on Aging has recently minted the newest organization on campus, the Kansas State University Gerontology Club. The purpose of this organization shall be to foster an environment in which students and community members who are passionate about working with, and for, older adults can join together to promote successful aging, engage in intergenerational activities, and provide service opportunities to an aging population.

If you’re interested in becoming a member of the Gerontology Club, please email your contact information to geronclub@ksu.edu. This club is open to all K-State students on the Manhattan and Salina Campuses as well as faculty, staff, and community members.

Our first club membership meeting will be held on Monday, September 9 @ 4 pm in the Union Room 227.

**Club Officers:**
- Kendra Klaus, President
- Kristen Brunkow, Treasurer
- Addie VanZutphen, Secretary
- Julie Otto, Membership Chair
- Casey Leister, Human Ecology College Council Representative

**Faculty/Staff Advisers:**
- Dana Hunter, Instructor and Undergrad Experience Coordinator
- Heath Rath, GRA

**NOTE FROM CLUB ADVISERS: Why this club? Why should I become a member?**
Over the years the Center on Aging has touched the lives of many KSU students. Those students have shown unwavering dedication and commitment to the Secondary Major in Gerontology and serving older adults. Until now, students haven’t had the opportunity to express their passion outside of the classroom. The Kansas State University Gerontology Club will serve as the perfect outlet for our students to network and participate in activities with fellow students who share the same interests. We’d love if you would join us in our aging related adventures this year. This is sure to be not just any club.

LIVE LONG. - Dana and Heath
"We don’t stop playing because we grow old; we grow old because we stop playing."
~ George Bernard Shaw
In May of 2013, the Gerontological Society of America (GSA) invited members to submit abstracts for consideration for the Chinese Congress on Gerontology and Health Industry. Out of 32 submissions, I was one of the four researchers selected by the organizing committee to be a part of a delegation to represent GSA and present their research at this internationally attended event in Suzhou, China, September 13-15. The abstract to my submission, “The Future of Long-term Care Service Models for Aging Elders in the United States,” is provided below.

Research Abstract Submitted / Accepted:
The Future of Long-term Care Service Models for Aging Elders in the United States
M. L. Kaup, PhD. College of Human Ecology, Kansas State University, Manhattan, KS 66506, kaup@ksu.edu

Nursing homes (for the frail aged) in the United States are experiencing increased social pressures to change the way they deliver housing and medical services. The workforce delivering long-term care and other health care services is also under strain because fewer qualified professionals are available. In response to these pressures, an increasing number of organizations are moving toward the adoption of a model of care, now often referred to as a Culture Change Household (CCHH). In these new nursing home service models, the scale of the physical environment under the immediate control of elders and staff is significantly reduced from the typical medical institution. These changes are also creating shifts in organizational cultures and having notable impact on governmental policy, and the place-type known as a “nursing home.” This presentation will provide a brief history of nursing home service models and their institutional environments in the US. Visual and narrative examples will demonstrate that these new CCHH settings and the impact on staff routines create a new set of patterns and experiences to such a degree that the socio-physical form of a CCHH is no longer viewed within the same constructs of meaning as a nursing home even though they are regulated by the same governmental guidelines. The role of the built environment and the organizational structures supporting care professionals will be discussed as an increasingly critical component of these new service models as elder care facilities continue to evolve in the US as well as around the globe.

Why this meeting is important
My research area in environmental gerontology is specifically well-suited for this conference. Societies around the globe are experiencing increases in aging populations with cohorts of older adults that have new expectations for housing and healthcare services. Attending this international event provides me with an opportunity to network with other researchers from around the world. Through my presentation I will share my research in environmental gerontology as it relates to long-term care, as well as acknowledge the work being done and the resources that are available through the K-State Center on Aging.
Become a Part of Life Bio at Meadowlark Hills

Life Bio is a program that helps residents create a book with their stories in it. If you would like to volunteer, Meadowlark is looking for students to help by transposing the older adults’ stories to the computer. What a wonderful way to make a difference in the life of an elder!

To learn more about this opportunity, contact Cecilia Russell, LSCSW, LAC 2121 Meadowlark Road Manhattan, KS 66502 785-537-4610

Scholarship Opportunity

Name of the Scholarship: Senior Care Scholarship

Deadline for Application: September 13, 2013

Amount of Scholarship: Five $1000 scholarships will be awarded each year

Requirements: Available to students enrolled in a bachelor’s degree or graduate level program in any field related to gerontology, medicine, nursing, social work, or sociology at an accredited four-year university. Award winners will be selected based on a letter of introduction and a 500-word essay on why they have chosen to go into a field that will serve our aging population.

Website: www.aplaceformom.com/scholarship

For more information, contact: Cody Fordham Business Development Specialist, A Place for Mom Toll Free Telephone: (877) 311-5930 E-mail: codyf@aplaceformom.com Website: www.aplaceformom.com