I watched President Obama’s State of the Union speech this week, hoping to hear him say something about aging so we could talk about it in class. He didn’t. In fact, when he talked about family leave it didn’t include taking care of an older adult. This always seems so curious to me since the largest block of voters, the ones most likely to be watching their TVs that night, were older. This has become more of a curiosity to me as I’ve grown older—why doesn’t anyone pay attention to older people and why do older people allow it? My growing passion is in harnessing the voices of an older generation to create positive change in the world. You will learn in your studies that as we get older we become more contemplative about the world around us. It is also assumed that we become wiser through the experiences that we’ve had. Why aren’t those experiences, that knowledge, that kind of power being used for good? Ask your grandma. Just something for you to think about as you begin another semester of knowledge gathering. - Gayle Doll

Wow—spring 2015 is starting off with a bang! It’s been pretty hectic so far but hopefully everything is now starting to settle down. You should have received the application for gerontology scholarships for next year in your email a few days ago. If you didn’t see it please email me and I’ll send you another copy—and please be aware of the deadlines for applying. The Center on Aging has lots of events coming up this spring related to Careers in Aging week, Personhood and Dementia, and more. Be sure to read the newsletter carefully, and watch the Center on Aging’s Facebook page for reminders and announcements. If you are planning to apply for graduation for May, please complete that process soon so you don’t miss any university deadlines. Remember that you must apply for both your primary major and your secondary major. For instructions on how to complete this task see http://www.k-state.edu/isis/help/students/stuGraduationApply.html. Hopefully we’ll see many of you at some of our events this spring, but please feel free to just stop by the office to say hi and chat anytime. Have a great semester. – Pam Evans

KSU Scholarship Application:
-Priority Due Date: February 1st

Gerontology Scholarship Application:
-Due February 15th

Gerontology Ambassador Applications:
-Due February 26th
-Interviews: March 2-6th

Spring Break:
-March 16-20th

Careers in Aging week:
-April 5-11th
⇒ Amazing Careers in Aging Race
-April 6th, K-State Campus
⇒ Personhood and Dementia Event
-April 9th, Alumni Center

K-State Open House:
-April 11th
Gerontology club will be meeting on Thursdays at 4:00 PM in Justin Hall, room 349.

UPCOMING CLUB MEETINGS
⇒ Feb. 5th
⇒ March 5th
⇒ April 2nd

Hello, I hope all of our Gerontology Club members had an enjoyable winter break and have returned to campus eager to tackle the spring semester! It will be a busy semester for the Gerontology Club as we have many exciting events planned this spring. Below you will find a short synopsis of the events that we will be holding in the coming months. Please be sure to look for more details regarding the events in subsequent newsletters and the club’s various social media accounts.

– Heath Rath, Staff Advisor

Amazing Careers in Aging Race: April 6th
Senior Prom 5k: April 24th

If you would like to gain membership or have questions about activities hosted by the KSU Gerontology Club, please do not hesitate to contact club advisor Heath Rath at geronclub@ksu.edu.
The Mary Lynn and Warren Staley School of Leadership Studies, in partnership with K-State Athletics, is excited to announce the inaugural Snyder Leadership Legacy Fellows Program. The program will initially include a class of up to 50 outstanding K-State students who will be entering their final year at K-State during the 2015-2016 school year.

http://www.k-state.edu/leadership/programs/snyder-fellows/index.html

You have all chosen Gerontology as a secondary major because you have seen the value in having a background in and knowledge of the older adult population. But how does that translate to the real world? We are in touch with our gerontology alumni periodically, and thought you’d be interested in some of the ways that former students are using their secondary majors in their careers.

Here’s a list of some of the positions held by our alumni:

- Doctor/Nurse
- Physical/Occupational Therapist
- Social Services Director
- Mental Health Counselor for Veterans in the US Navy
- Nutritionist/Dietician
- Fitness Center Director
- Research Assistant
- Nursing Home Administrator
- Medical Equipment Planning Coordinator
- Architect
- Interior Designer
- Speech Language Pathologist
- Public Information, Area Agency on Aging
- Recreational Services Manager
- Personal Trainer
- President/Consultant, Educational Seminars on Older Adults
- Geriatric Care Manager
- Furniture Company Design Manager

*Does this give you some new ideas? If you aren’t yet sure of the place gerontology might have in your career, feel free to stop by the office to chat. There’s lots of career information on the internet and I may be able to point you in some new directions to consider.
Scholarship Opportunities

It’s the start of an exciting new year! Don’t forget to take advantage of scholarship opportunities. KSU Scholarship applications for the 2015-2016 academic year are due February 1. Gerontology Scholarship applications are due February 15 and include the following:

*Long-Term Care Administration Scholarship – Awarded to a student for the time period in which they will be doing their required practicum in long-term care administration.

*Carol Ann Holcomb Scholarship in Gerontology -- Awarded to a senior with a minimum GPA of 3.0 in any curriculum with a secondary major in gerontology or a graduate student with an emphasis in gerontology in the College of Human Ecology. Preference will be given on the basis of financial need.

*The Maggie Higdon Scholarship -- Awarded to a graduate student enrolled in the College of Human Ecology with an emphasis in Gerontology at KSU.

*The Lucille E. Reitz Scholarship in Gerontology -- Awarded to a student enrolled in the College of Human Ecology with an emphasis in gerontology at KSU.

*R.C. and Eva Finley Center on Aging Scholarship -- Awarded to an undergraduate junior or senior properly enrolled in the Secondary Major in Gerontology or the Long-Term Care Curriculum through the Center on Aging; OR a graduate student accepted to the Masters Degree in Gerontology. Preference given to students planning to devote their careers to working in the field of gerontology.

*Edith L. Stunkel Endowed Assistantship – Undergraduate student enrolled in the Secondary Major in Gerontology or a graduate student enrolled in the Masters in Gerontology, selected on the basis of merit.

*See attachment link for application.
The benefits of goal setting

The practice of goal-setting is not just helpful; it is a prerequisite for happiness. Psychologists tell us that people who make consistent progress toward meaningful goals live happier, more satisfied lives than those who don’t.

...The Five Principles...

1. Keep them few in number
2. Make them “SMART”
   - Specific
   - Measurable
   - Actionable
   - Realistic
   - Time-Bound
3. Write them down
4. Review them frequently
5. Share them selectively

Check out these links for more information on goal setting


Like us on Facebook: K-State Center on Aging
Follow us on Twitter: @kstateaging