

Welcome  
Back!

# Gerontology

## Update

August 2017

### Inside this issue.....

Note from the Director	1
Gerontology Pop-In	1
Advising note	1
Calendar	2
Gerontology Student Organization	3
New advisors	4
Volunteer opportunities	5



**Director's Note** I'm writing my note from a different perspective this semester. I'm away from the office on sabbatical. Sabbaticals allow faculty members an opportunity to reset and work on creative aspects of our work. I'm doing several things including developing ideas to improve our graduate program, writing some papers and conducting some nursing home research. There will be a little time for play as well. I'm starting off with 10 days of Grammy time with my 2 year old grandson, Simon. In October my husband and I will be exploring in South America. I'm looking forward to the change but I also know

that I'm going to miss my interactions with students a great deal. I'm already looking forward to being back in January! Have a great semester.

*Gayle*

### Gerontology Pop-in!

Tuesday, August 29, 1-4 pm

Stop by the office to have some popcorn, cookies or ice-pops. Visit with the gerontology instructors & advisors, and see the study space we have set aside for student use. We look forward to seeing you there!

**Advising note** It's an exciting time with the start of the new academic year and the weather cooling down. We hope that your transition from summer to fall is going smoothly. Be sure to stop by our office as you have time in your daily schedules. We have coloring books and colored pencils for a relaxing break. Check out the desk space which is set aside for gerontology students to study, or use between classes. If you are graduating in December please make sure to check in with me to ensure your gerontology requirements are met. I'm also the person who approves graduation applications for gerontology in KSIS, so if you have questions about that process or need assistance please feel free to contact me. I look forward to working with all of you this semester.

*Pam*

**KANSAS STATE  
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Center on Aging

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Aug. 28	Last day to add without electronic advisor permission for Agriculture, Architecture, Education, Engineering, and Human Ecology
Sept. 4	University Holiday
Sept. 11	Last day for 100% refund for regular session courses
Sept. 22	Spring 2018 course schedule on the web
Sept. 25	Last day to drop a regular session course without a W
Oct. 23	Enrollment for spring 2018 begins
Nov. 2	Personhood & Dementia program



## To do in the new academic year

- ◆ Go to class every day
- ◆ Do your homework and get it in on time
- ◆ Ask questions
- ◆ Reach out to others
- ◆ Learn something new (outside of classes)
- ◆ Join a club or activity
- ◆ Get involved with peers in your major
- ◆ Don't let your diet crumble
- ◆ Find your own way of relaxing and do it regularly
- ◆ Meet with a career planning advisor
- ◆ Attend free, university sponsored activities or events
- ◆ Get plenty of sleep.
- ◆ Enjoy!



It's up to you to decide what kind of school year you will have. A great education increases your chances of being successful in life. Make the most of the opportunities at KSU while you can.

*Taken in part from <http://enduringlearner.com/2011/08/11/25-smart-goals-for-college-students-this-year/>*



# **2017-2018 GERONTOLOGY STUDENT AMBASSADORS**

**+**

## **GERONTOLOGY STUDENT ORGANIZATION (GSO)**

**Meet our new gerontology ambassadors!** They represent the Gerontology program by recruiting new students throughout the year, networking, assisting with the "Majors, Minors and More" fair, the annual "Amazing Careers in Aging Race," Open House activities, as well as participating in other student events. Ambassadors also meet with student groups and classes to give presentations about the secondary major in gerontology.

***Sarah McConnell***, Life Sciences & pre-med

***Mallory Wilhite***, Family Studies & pre-OT

***Cameron Jackson***, Kinesiology & pre-PT

***Desiree Schippers***, English & pre-PA

***Megan Ochoa***, Nutritional Sciences & pre-med

Please note that the Gerontology Club and the Gerontology Student Ambassadors have merged to create the Gerontology Student Organization (GSO) led by the Ambassadors. The goals of the GSO are to actively recruit students to the Gerontology secondary major and maintain student interest in Gerontology by providing opportunities to connect with local and state gerontological opportunities. Students wishing to participate in GSO can be part of the email listserv which will keep students updated on volunteer activities, local fundraisers, and more. There will no longer be monthly Gerontology Club meetings as a result of this change. Please email Sally Hodges at [sjhodges@k-state.edu](mailto:sjhodges@k-state.edu) for more information.

***Look for Volunteer and Other opportunities  
on page 5!***

## Two Health Professions Advisors Join Student Services Staff in College of Human Ecology

**Adam Dieker** (pronounced (dee'ker) advises students interested in careers in **Occupational Therapy, Optometry, Pharmacy, and Physical Therapy**. Before coming to the College of Human Ecology, Adam worked as an advisor in K-State's Office of Student Financial Assistance and as an advisor for Barton Community College. Adam is an alumnus of Kansas State University and holds a BS degree in Social Science.



**Susan Watt** advises students interested in careers in **Medicine, Dentistry, Physician Assistant, Nursing, and Chiropractic**. Susan is an alumna of the College of Human Ecology and holds a BS degree in Dietetics and an MS degree in Foods and Nutrition. She has 18 years of experience as a Health Professions Advisor at K-State.

Adam and Susan serve Pre-Health students by:

- \*Assisting with long-range academic planning
- \*Assisting with class selections that fulfill professional school prerequisites
- \*Helping understand the components of a competitive application
- \*Discussing strategies helpful in creating a strong academic record
- \*Directing to appropriate campus resources
- \*Assisting with the professional school application process



**To make an appointment** with a College of Human Ecology Health Professions Advisor call or come by the reception desk in the Human Ecology Dean's Office, 119 Justin Hall, 785-532-5500.

### **DID YOU KNOW?**

- ◆ The gerontology program graduated 50 students during the spring and summer 2017 terms.
- ◆ There are currently 170 students in undergrad gerontology studies.
- ◆ Almost half of current gerontology students are in a pre-health curriculum.

# Volunteer & Other Opportunities

The Gerontology Student Organization will be volunteering at **Stoneybrook Retirement Community** (2029 Little Kitten Ave. Manhattan, KS 66503) the last Thursday of the month, 6:30-7:30 p.m to assist staff with organized group activities. Step out of your comfort zone, get some volunteer experience, and let yourself find out how rewarding it is to help their senior adults participate in meaningful activities.

**Thursday, August 31 @ 6:30 p.m.**  
**Thursday, September 28 @ 6:30 p.m.**  
**Thursday, October 26 @ 6:30 p.m.**  
**Thursday, November 30 @ 6:30 p.m**

**Students interested in volunteering in the memory care unit are also needed during various timeframes. Please contact Robin Schneider at 785-209-4295 or 785-537-1065 for more details.**



**Via Christi Village** needs volunteers to assist with manicures on Thursday afternoons. They also have opportunities to assist with organized activities on other days of the week. If you would like to volunteer at Via Christi please contact Jason Rodriguez at Jason.rodriguez@ascension.org or 785-473-3531.

**Request for assistance** — A local family wants to hire a companion(s) for their 90+ year old mother who has Alzheimers. The job would be 3 days per week for a few hours at a time. The days of the week are flexible and the times are mostly flexible but need to be around lunch time and supper time, rather than mornings. They are looking for somebody that will be interactive with her. If you are interested in this opportunity please email the family at rofffler@att.net with your contact information and brief info on your work or family experience that is applicable to their situation. This is a paid position.

**At Home Assisted** has used gerontology students to work with clients. If you are interested in joining their team visit <https://www.athomeassisted.com/employment/>.

**Big Lakes Developmental Center** is looking for people to join their team. Many of their clients are older adults. See <https://biglakes.org/jobs/>.