

Gerontology Update

Welcome Back

August 2018

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Note from the Director



It's hard to believe it is August already. I have heard from a few students who are ready to be back. I guess that means that their summers were less exciting than mine was! Since I don't want the excitement to end, here at the Center on Aging we're preparing for your return. We've got some great new classes starting as well as some new takes on old classes. We did some workshops for campus advisors this summer so we're expecting a pay-off in new student enrollments from many different fields of study. We can't wait to see how an influx of new students changes the dynamic of what we do. Be sure to recommend us to your friends. We are constantly hearing that though we may be a secondary major—we're everyone's first love. See you soon.

Gayle



Advising note

Welcome back! Traffic congestion, parking shortages and busy stores are signs that the semester is about to start. We love seeing those of you who have been with us awhile and those who are new to the program. As you are getting ready for classes feel free to stop by to chat, hang out, or ask for help in finding a resource. Sarah McConnell is our social media guru, so be sure to follow us on Facebook and Twitter. If you have questions or want to update where you are in your gerontology studies I'm only a phone call or email away. Look at the pages in this newsletter for ideas on how to get involved this year or where you might volunteer in Manhattan. Have a great semester.

Pam

KANSAS STATE
UNIVERSITY

Center on Aging

Did you Know



- ◆ Students can find info on K-State 8 requirements at www.k-state.edu/kstate8/
- ◆ If you need permission to enroll in any GERON class, contact Pam Evans at pevans@ksu.edu or 532-5945 instead of the instructor
- ◆ You can view refund/drop dates in KSIS by going to your class schedule and following the calendar icon next to a course
- ◆ Powercat Financial Counseling provides free financial education & assistance to currently enrolled students (budgeting, credit, student loan planning, transitioning to work, etc.) . On your student homepage go to Self Service, follow the link to meet with Powercat Financial to request an appointment.

Get involved!



Interested in having a mentor?

To become a student mentee, you must:

- ⇒ Be a junior, senior or graduate student in good academic standing.
- ⇒ Have at least two semesters remaining prior to completing your degree.
- ⇒ Be able to commit at least one hour a month to the mentoring relationship.

More information available at wildcatlink.ksu.edu/page/mentoring-programs

K-State 360

K-State 360 is a program designed to provide students with a well-rounded experience of co-curricular programs with the ultimate goal of helping students stand out to future employers or graduate and professional schools. Out-of-classroom activities are often as important as in-class experiences. K-State 360 helps navigate involvement while tracking progress, transforming students into well-rounded individuals. Activities are placed into a series of categories, guiding students toward an inclusive K-State experience and a developed skillset that will give students an edge. Once students complete all the category requirements, students will gain the K-State 360 designation to share with potential employers and graduate schools. Students learn to communicate involvement and raise their potential through K-State 360.

More information available at <http://360.k-state.edu/how/>



Who is our team?

Do you ever wonder who works in the Center on Aging? We currently have 10 people in our office in Justin 253 and four more who work off-site. If you want to know a little more about the Center on Aging and what we do, we've listed our staff along with their primary roles here at KSU.

- ⇒ Gayle Doll, Director/Associate Professor, teaches GERON 400, 600, 605, 610, 620, 705, 710, and 725
- ⇒ Pam Evans, Administrative officer/Undergrad Advisor, manages the office, undergrad advising, class permissions, webpages, and applications to the Masters in Gerontology program
- ⇒ Stephanie Gfeller, Research Assistant/Instructor, teaches GERON 315, oversees gerontology students on the Salina campus, works with AIT placements, teaches GERON 501, 502, 503, 504, 505, 506, 610 and 615.
- ⇒ Laci Cornelison, Research Assistant/Instructor, teaches GERON 315, manages the PEAK 2.0 Research project, a Medicaid pay-for-performance incentive program for nursing homes to implement person-centered care. More information at <http://www.ksu.edu/aging/outreach/peak20/>
- ⇒ Maggie Syme, Assistant Professor, conducts research related to sexuality in long term care and teaches GERON 600, oversees students in conducting research in gerontology.
- ⇒ Katie Sigman, Instructor, teaches GERON 315, oversees the gerontology ambassadors, plans the Personhood & Dementia workshop, provides advising to the gerontology student organization
- ⇒ Richard Dell'Isola, GTA, teaches GERON 315
- ⇒ Betsy Pendleton, GRA, works with the PEAK 2.0 research project
- ⇒ Christina Wilson, GRA, works with the PEAK 2.0 research project
- ⇒ Sarah McConnell, student assistant, manages the Center on Aging social media and works with the gerontology ambassadors and the gerontology student organization
- ⇒ Michelle Maynor, Instructor, teaches the GERON 715 Aging Veterans class
- ⇒ Sally Hodges, Instructor, teaches the GERON 501, 502 & 503 courses
- ⇒ Judy Miller and Jackie Sump, work with the Peak 2.0 program

Volunteer

Elder Helpers

<http://www.elderhelpers.org/>

Elder Helpers is a user-friendly, web-based service. Volunteers register to offer their services based on their true desire to help elders. The Elder Helpers program strives to safely and conveniently connect these dedicated, passionate volunteers with elders in the local community.

For more information email
help@elderhelpers.org

Flint Hills Breadbasket

breadbasket.manhattanks.org/volunteer.shtm

The Flint Hills Breadbasket is a Community Food Network that offers food to those in need through For over thirty-two years the Flint Hills Breadbasket has been collecting and distributing food to ensure that no one in the community goes hungry.

785-537-0730 or
breadbasket.manhattanks.org/email.shtm

Flint Hills Volunteer Center

www.flinthillsvolunteercenter.com

The Flint Hills Volunteer Center serves as a clearinghouse for all things related to volunteerism and provides a strong network for organizations in the area. We work closely with area non-profit organizations and provide a wide range of resources for volunteers of all ages.

info@flinthillsvolunteercenter.com

Meadowlark Companion Services

Helpful Living is a collection of basic household services offered to residents of Meadowlark Hills or individuals living in the Manhattan community. These services provide support so that you can thrive in your home longer. Services may include :

Laundry, light housekeeping, grocery shopping, meal prep, errands, assistance with pets/plants, minimal assistance with activities of daily living (ADLs). For more info go to caregiv-er portal at
<https://my.adlware.com/cp> .



HandsOn Kansas State

www.k-state.edu/leadership/programs/handson/

HandsOn Kansas State promotes civic learning and leadership through meaningful volunteer and service opportunities between campus and community.

785-532-6085 or
handson@k-state.edu

GENEROUS GIVING SERVICES ASSISTANCE AWARENESS MORAL CARE AID MISSION HELPING RESPECT TOGETHERNESS CHARITY ALTRUISTIC LIFE VOLUNTEER TIME COMMUNITY RESCUE SUPPORT DONATIONS CONTRIBUTION ASSISTED RESCUE HOPE TEAMWORK PERSON ADULT ASSISTED

Meet our 2018-2019 Gerontology Ambassadors! The ambassadors will be working hard this semester to recruit new students to the amazing world of gerontology, also known as the study of aging. If you have more questions about the ambassadors or the Gerontology Student Organization, check out our website at www.ksu.edu/aging/club/ or email Sarah McConnell at sarahm2014@ksu.edu.

Madison Rockers (pictured left)



I am so excited to serve this school year as a Gerontology Ambassador! I am most looking forward to help plan volunteer opportunities for the Gerontology Student Organization, spreading awareness about the awesome opportunities offered by the Center on Aging, and planning networking opportunities. We have great things in store for Gerontology students.

Megan Ochoa



I am very excited for this new school year and to begin working on new opportunities for the Gerontology Student Organization with the ambassadors. I hope to bring new ideas this year and am looking forward to planning events for students to get more involved with our organization. Our Amazing Careers in Aging Race is always a fun opportunity for students to see what Gerontology is all about.

Everyone is welcome to participate!
Contact Sarah at sarahm2014@ksu.edu
for more information.

Shelbie McLain



This year I am looking forward to becoming more involved within the Gerontology program and specifically, I am excited to help plan/organize volunteer opportunities with others. I want to share my passion of caring for older adults with other students who are already in the program or thinking about joining!

Desiree Schippers

I am most excited about introducing new students to the idea of studying Aging and that a background in Gerontology is applicable to almost any career.

