



K-STATE CENTER ON AGING

October 2008 Student Gerontology Update
www.humec.ksu.edu/aging



CALENDAR:

- 10/27 Enrollment begins
- 11/26-28 Holiday break
- 12/13 Commencement
- 12/15-19 Final

ANNOUNCEMENTS:

Careers in Aging Panel: Healthcare Providers

will be on Nov. 21st from 12-1 in
Union rm. 209

Students taking GERON 600 need instructor permission to enroll.

Email Pam if you plan to take this class
in the spring.

Professor from Harvard will speak Nov.
14th from 9-10 in Leasure Hall 112

NEW RESOURCES:

MOVIES:

Savages
The Straight Story

NOTE FROM DIRECTOR

What is a leader in gerontology and why do we need them? A long time ago I felt moved to find the mechanism to have a broad impact on the world to achieve a greater good. Many of you may be familiar with Greg Mortenson, the guy behind Pennies for Peace and the book, *Three Cups of Tea*. That's what I thought I had to be. At the time, I wrote to someone who was an internationally known leader and asked him what I should do to achieve this goal and he said "just make a difference where you are." For a girl who wanted to be Oprah, that advice was a little hard to take. It took a long time to understand it. Here's what I think it means today. Being a good leader takes knowledge. When you have a field of expertise you can speak passionately and be a good advocate and you can use it everyday. Here are some examples. When you hear someone use "elder-speak" when talking to an older person (how are we feeling today, Sweetie?), we can correct them. When we see a stereotype of aging promoted, we can list exceptions. When our friends voice fears of aging we can take them to make real friends who are older and unafraid. Being a leader in gerontology is all about promoting a broader understanding of the human race and when we can do that in our own little area of the world it has a far-reaching ripple effect. So my directive to you all, "just make a difference where you are" and you will all be great leaders in gerontology.

Gayle

ADVISING NOTES

This time of year I get caught up in advising both new and current students, and I forget that we need to encourage you in your gerontology studies. At times, it may be difficult to remember why you have added these extra hours to your studies at KSU. A few years ago we had a student in interior design and the secondary major in gerontology. When she was hired after college, she was told that it was specifically because she had a background in gerontology and the other applicants did not. I have had many other alumni of our program tell me the same type of story. Please know that when you apply for other educational programs, for jobs in your chosen area or when you get into your chosen career that your gerontology studies will be a valuable asset. On another note, I want to remind you to use the links page on our website at <http://www.humec.ksu.edu/aging/programs/links.php> and our library here in the office as a source of information for class projects. Let me know how we can help you while you are here and remember that our door is always open.

Pam

Leadership Studies Program

Most of you have probably heard about the Leadership Studies Options at KSU. But what you may not know is that they have an option called the Nonprofit Leadership Focus within the Leadership Studies Minor. This unique focus leads to national certification by American Humanics and is not only for students seeking a career in nonprofit organizations but also for those preparing for volunteer leadership positions such as volunteer management, boards of directors, and corporate philanthropy. More specific information about the program is available at www.k-state.edu/leadership/nonprofitLeadership.html

Many students have found this to be especially fulfilling if they have an interest in community service, philanthropy, social issues, and making a positive difference in the world. One of the goals of the program is to provide students with the professional skills and resources needed in order to advocate for social change as a part of their career. For more information on this option, please contact Dr. Olivia Collins, Director, American Humanics, School of Leadership Studies, ocollins@ksu.edu.

“You must be the change you want to see in the world.”
-Mahatma Gandhi



Looking for an interesting class...

Coming Spring 2009: GERON 725: Gerontechnology

Population aging is combining with technological advancement to create and change the world of modern older people, their families, and their communities. This course takes an interdisciplinary approach to the understanding of the biological, environmental, and social spheres where technology and gerontology meet. Topics include the interrelationship between population dynamics and technological change, technological research and devices that may improve elders' lives, particular issues for rural communities, and the social and cultural meanings, challenges, and benefits of gerontechnologies. Particular emphasis will be given to placing both population aging and technological change in a broader social perspective.



HARVARD AGING RESEARCHER TO DISCUSS HER WORK ON OLD AGE COGNITION

Maria Glymour, an assistant professor in the department of society, human development and health at Harvard University's School of Public Health, will discuss her research on aging in a presentation at Kansas State University.

Glymour will present “Does Childhood Schooling Affect Old Age Memory or Mental Status? Using State Schooling Laws as Natural Experiments” from 9-10 a.m. Friday, Nov. 14, in 112 Leasure Hall. Her presentation is sponsored by K-State's Center on Aging.

Gayle Doll remarks about the visit, “We're excited to have Maria present because her research is an excellent example of how aging can be studied from an interdisciplinary approach. We anticipate that many students and faculty from a number of colleges outside the gerontology program will want to attend.”

Glymour's address will look at whether education affects old age cognition. She will explain the results of her research, which found that increases in mandatory schooling lead to small improvements in performance on memory tests many decades after school completion.

SENIOR CITIZEN VOTE IS MOST RELIABLE



U.S. presidential nominees Barack Obama and John McCain are vying for the vote of senior citizens, who political analysts tell America.gov are the most reliable group to vote in American elections. Curtis Gans, director of the nonpartisan Center for the Study of the American Electorate at American University in Washington, said seniors vote at a rate of about 60 percent more than young people and about 10 percentage points higher than the national average (www.America.gov, retrieved October 23, 2008).

The AARP Bulletin published the top most important issues for the presidential election among voters 50 and over.

Below are the top ten:

1. Government competence
2. Social Security
3. Rising health costs
4. War in Iraq
5. Education
6. Terrorism
7. Lack of health care coverage
8. High prescription drug costs
9. National deficit
10. Increasing energy costs

Traits of a Good Leader

- * **Honest** - Display sincerity, integrity, and candor in all your actions. Deceptive behavior will not inspire trust.
- * **Competent** - Base your actions on reason and moral principles. Do not make decisions based on childlike emotional desires or feelings.
- * **Forward-looking** - Set goals and have a vision of the future. The vision must be owned throughout the organization. Effective leaders envision what they want and how to get it. They habitually pick priorities stemming from their basic values.
- * **Inspiring** - Display confidence in all that you do. By showing endurance in mental, physical, and spiritual stamina, you will inspire others to reach for new heights. Take charge when necessary.
- * **Intelligent** - Read, study, and seek challenging assignments.
- * **Fair-minded** - Show fair treatment to all people. Prejudice is the enemy of justice. Display empathy by being sensitive to the feelings, values, interests, and well-being of others.
- * **Broad-minded** - Seek out diversity.
- * **Courageous** - Have the perseverance to accomplish a goal, regardless of the seemingly insurmountable obstacles. Display a confident calmness when under stress.
- * **Straightforward** - Use sound judgment to make a good decisions at the right time.
- * **Imaginative** - Make timely and appropriate changes in your thinking, plans, and methods. Show creativity by thinking of new and better goals, ideas, and solutions to problems. Be innovative!



Information from: www.nwlink.com/~donclark/leader/leadchr.html

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