



K-STATE CENTER ON AGING

September 2009 Gerontology Update
www.humec.ksu.edu/aging



NOTE FROM THE DIRECTOR

Last night I got to meet the new chancellor at KU. Not to disparage our new president—I think he's great and look forward to working with him—but she rocks! She is black, a woman and over 60. Not so very long ago any of those three things could have kept her from getting a high position at any university. She illustrates why it is such a great time to be studying aging. My life experience was that people retired at her age—not that they embarked on new careers. These days age does not have to hold people back.

Welcome back to school! It was far too quiet while you were gone and while we might be inconvenienced when it comes to parking, we're pretty excited about all the comings and goings on campus. Laci has some fun ideas up her sleeve for you all this year, some of which you can read about in this newsletter. I hope that you will participate in as many of them as you can. We're continuing to grow, adding a couple of new students a week. All I can say is "bring it on!" Get your friends to consider gerontology. It's the place be. Have a great start to your new year. Gayle

Gayle

ADVISING NOTES

The start of the school year is so exciting with new classes, new challenges, getting another year closer to graduation, and fun with friends. As you are planning your semester course loads for the remainder of your stay at KSU, please let me know if I can assist you. I'm always happy to help with advance planning. I hope to get more information on our website this year related to careers in aging. If you know of specific sites that we should consider adding to our list of resources please let me know. You might want to check out the 2009 Wage and Salary Survey Report of Kansas Long Term Care Providers that I posted in K-State online. I'll also be posting (soon) a new advising "syllabus". Hopefully it will give you lots of information related to your secondary major, graduation procedures, resources, etc.

Remember that our door is always open. Be sure to stop by and say hi when you have a break between classes. Have a great semester!

Pam

CALENDAR:

9/7: University Holiday

9/10: Welcome Back Gerontology Students Party from 10-2 in Quad

9/13: Last day to drop with 100% refund

9/28: Last day to drop without a W on transcript

NEW LIBRARY RESOURCES:

VIDEOS:

Alzheimer's: A Multi-Cultural Perspective
Gray Days

BOOKS:

The Alzheimer's Project: Momentum in Science

by: John Hoffman & Susan Froemke

Aging in America: The Years Ahead

by: Julie Winokur

I'm Still Here: Understanding dementia through the medium of arts

by: University of Waterloo

Remember: Books and videos can be checked out anytime.

Welcome Back Students!

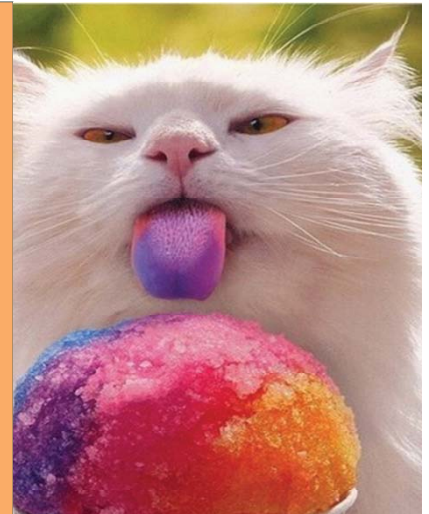
When: September 10th from 10 a.m. to 2 p.m. *

Where: The quad between Willard Hall and Hale Library

What: Snow Cones, Popcorn, Outdoor Games, & Intergenerational Participation

We are excited to kick off another semester! Join us for fun in the quad to mingle with other gerontology students and faculty from across campus. Meadowlark Hills' staff and residents will be in on the fun. All are welcome so grab a friend and stop on by!

*** In case of rain, the event will be cancelled.**



Remembering Student's Favorite Guest Speaker: Bill Trimmel

"What is the first thing you do when you wake up in the morning? I generally do 40 push-ups and then walk on the treadmill for a half hour." Bill Trimmel, 90, would say to students in Introduction to Gerontology. Bill came to classes each semester to share with students his love for physical fitness. Bill was an active participant in the Senior Olympics, and the Kansas Sunflower State Games. He and his wife traveled extensively for him to participate in the meets. In 1995, he qualified to compete in the national meets in Texas and Louisiana, placing second and third in the shot-put.

Bill was a testament to successful aging and was a true life example that a person can remain physically active into old-old age. Bill passed away this last May and we just want to honor his memory here in this newsletter. Bill's memory will live on with the students he touched each year here at Kansas State University. Thanks, Bill!



Foster Grandparent Program in Wyandotte County

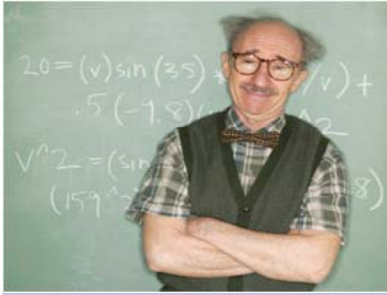
Senior Corps is an organization conceived during John F. Kennedy's presidency that helps connect today's over 55 population with the people and organizations that need them most. Senior Corps helps people over 55 become mentors, coaches or companions to people in need, or contribute their job skills and expertise to community projects and organizations. Senior Corps currently links more than 500,000 Americans to service opportunities. Their contributions of skills, knowledge, and experience make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout the United States.

One such program, Foster Grandparents of Wyandotte County/Kansas City, Kansas is a special volunteer initiative sponsored by Catholic Charities. Volunteers age 60 and older work directly with children in schools, day cares, Head Start, and other settings.

Foster Grandparents is a federal program to provide meaningful work to senior citizens. Those who meet the income guidelines are paid a stipend for the hours they work, and have meals, transportation, and red "Grandparent" jackets provided. Grandparents are eligible for sick leave, vacation leave, and holidays. Grandparents are provided with extensive training, both before they begin work and after they have been assigned to a site. Currently, there are ninety-two Grandparents active in Wyandotte County . They work from 15 to 40 hours each week.

A "Grandma" or "Grandpa" may be assigned to work with one child or a small group on reading or math. Many are linked with children in pre-school to do pre-reading activities such as language development, vocabulary, or number recognition. Often, the Grandparents help children to develop social skills. No matter what specific work they are doing, the Grandparents offer a caring attitude and a willingness to listen to children who need attention from an older adult. The special relationship between a Foster Grandparent and a child is at the heart of the program.

Information adapted from: www.catholiccharities.org & www.seniorcorps.gov



TIPS FOR GETTING TO KNOW PROFESSORS



Top 10 tips on how to get on the good side of your professors:

Adapted from: www.collegetips.com

1. Try to meet with the professor one on one early in the semester (before you start having problems in the class).
2. Say hi if you see the professor walking around campus. Most students avoid professors or pretend they don't know them on campus.
3. Do the required assignments. Make sure you don't show up to class without doing the required reading or without the paper that is due.
4. Turn in work on time. Some professors are really anal about assignments being turned in on time, and may not accept work if it is late.
5. Don't be late to class. Some professors really get annoyed if you show up after the class has started, make sure you are always a little early to avoid this.
6. Do not miss any classes, otherwise professors will think that you don't care.
7. Contact the professor ahead of time if you absolutely have to miss a class, and make up a good excuse usually "I had a family emergency" works well ("grandma died" only works twice).
8. Don't fall asleep in class this really upsets professors. Bring a soda or coffee to class if this is a problem for you.
9. Ask or answer questions every now and then, this shows you are paying attention (you are probably the only one) and it helps the professor get to know you. Don't worry about being called a dork or nerd in class, you just need good grades and this is way to do it, plus someone of the opposite sex might notice you know what is going on in class and may approach you to study together.
10. Sit in the front of the class professors get to know the students up in front of class because they are closer and seem more interested to be there. This will also help you concentrate, pay attention, and you actually might learn something.

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