

The Ithaca College Gerontology Institute newsletter is designed to keep the campus and community informed of institute activities and other events related to the field of gerontology. Our address is ICGI Newsletter, Ithaca College, Center for Health Sciences, Rm. 407, 953 Danby Road, Ithaca, NY 14850; phone 607-274-1965; website www.ithaca.edu/aging.

Aging Studies Major Designated a “Program of Merit”

The Ithaca College aging studies major has been granted “program of merit” status by the Association for Gerontology in Higher Education (AGHE). This five-year designation was officially recognized at the AGHE annual conference in Baltimore this past February. Gerontology Institute associate director Pamela Mayberry and gerontology faculty member Christine Pogorzala were pleased to represent the program and accept the program of merit plaque at the conference’s opening session.

AGHE conducts the only national review of educational programs in gerontology. To be considered for the “program of merit” designation, gerontology faculty and administrators developed and submitted an extensive self-study report. The report addressed the aging studies curriculum’s alignment with AGHE standards and guidelines for gerontology programs and described the program’s history, resources, organizational structure, students and faculty, mission and goals, and relationship with the community.



AGHE conducts
the only national
review of educational
programs in gerontology.

ICGI Newsletter Now Available Online

Please join us in our sustainability efforts by signing up to receive future newsletters electronically. To do so please e-mail Marilyn Kinner at mkinner@ithaca.edu with the request, “Please add me to your electronic mailing list.” If you wish to be removed from the ICGI mailing list, let us know by e-mail at mkinner@ithaca.edu or by phone at 607-274-1967. You do not need to take any action if you would prefer to continue receiving a paper copy of the newsletter.

ITHACA

ITHACA COLLEGE GERONTOLOGY INSTITUTE

DIVISION OF INTERDISCIPLINARY
AND INTERNATIONAL STUDIES

As I See It

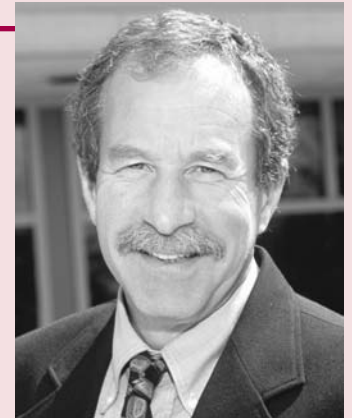
by John A. Krout, Ph.D.
Director, Ithaca College Gerontology Institute

The Gerontology Institute is fortunate to have recently embarked on two initiatives that feature the link between creativity and aging—the Linden Center for Creativity and Aging and the Enduring Masters collaboration with the School of Music. Both of these, profiled in this newsletter, reflect the growing awareness of and research on the ways in which older adults can benefit physically, socially, and psychologically from engagement in creative pursuits. Importantly, the link between creativity and aging is seen as a two-way street, where creativity blossoms not in spite of but because of aging. This new perspective on old age represents, in my opinion, a paradigm shift from previous views. The first, early in the history of gerontology, viewed old age as decline and disengagement. The second and more recent “successful aging” view held that we could maintain our capabilities longer if we stayed active and engaged. The third and newest paradigm pushes us to look more closely at old age as a time when creativity not only contributes to better individual health and well-being but also benefits others—family, friends, community, and the arts. It puts to rest the old adage, “You can’t teach an old dog new tricks.”

Dr. Gene Cohen, who is acknowledged by many as the leading researcher and writer in this area, has articulated far better than I could what this new paradigm for looking at old age involves and means. He notes several facets of this new approach.

Society is recognizing that the solutions to the challenges we face will require the efforts of us all, regardless of our age.

The first is that it takes the link between creativity and aging from the province of exceptional individuals whose accomplishments are extraordinary and very public and expands it to include those accomplishments that are much more personal and attainable by many. The second is that this new approach can be extended to a vast array of “creative” activities and not just to those that initially come to mind, such as classical music or art. So, refurbishing an old car and/or teaching a grandson to work with wood or metal are creative acts. Third, involvement in creative pursuits can be seen as part of the wisdom that older adults contribute to society. I would caution, however, that we not take the new paradigm to imply that older people who do not engage in these or like activities are of less value than those who do. This third paradigm should not be seen as meaning that in order to be productive, healthy, and have a sense of fulfillment every older adult need do tai chi, paint, produce plays and videos, write books, sing, and dance. Clearly the



ability to do some of these can be restricted by health and resources, but, as importantly, not every older person would want to do these things, and certainly they should not be judged negatively if they do not. The “successful aging” paradigm has been criticized for this perceived exclusionary characteristic.

These are, indeed, promising times. While negative stereotypes and age discrimination still exist, the opportunities for older adults and attitudes about aging and old people have improved. The new creativity and aging paradigm is exciting not only for elders, but also for people of all ages who interact with elders and who, as younger persons, can view their own aging from this perspective. I think we are at the beginning of an era where the talents and creativity of older people will not only be acknowledged and encouraged but will also increasingly be seen as an essential part of moving our society forward as it addresses the many issues we face—issues not only of aging but of community, social justice, sustainability, and spirituality as well. Increasingly, society is recognizing that the solutions to the challenges we face will require the efforts of us all, regardless of our age.

New York Music Fund Collaboration a Resounding Success

The collaboration between the Gerontology Institute and School of Music on the New York Music Fund grant, established by the New York Attorney General at Rockefeller Philanthropy Advisors, has been a tremendous success. The grant is supporting two major initiatives. The first, Enduring Masters, brings a series of world renowned older musicians and musician-composers to Ithaca College to perform, teach master classes, and reflect on aging and their art. Thus far, artists include such luminaries as Billy Taylor, Karel Husa, Joan Tower, and Daniel Binelli. The grant also supported the spring alumni big band performance honoring Ithaca College's own Steve Brown. These performances have been recorded and archived for future reference and research.

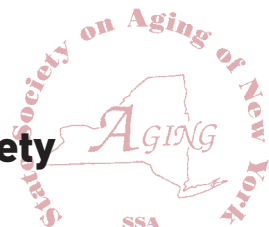
The second component, Voices for Creative Aging, brings Ithaca College School of Music student ensembles and local artists to audiences of older adults largely in rural locations throughout the county. To date, some 15 such performances have been supported by the grant. These range from a performance of the music of Frank Sinatra to an outdoor summer steel band concert at Lifelong. Lifelong is serving as our community partner in these initiatives, assisting us to identify rural senior groups and plan transportation for seniors who might need help getting to campus to attend Enduring Masters performances. The grant is scheduled to end March 31, 2009. For more information, please visit www.ithaca.edu/enduringmasters.



David Baker of the David Baker Quartet performs a tribute to Frank Sinatra, held at the Women's Community Building in January 2008.

New York State Society on Aging Annual Conference

"The Road to the Future: Healthy Aging and Mental Health" is the title of the 2008 State Society on Aging's annual conference. The conference will take place at the Gideon Putnam Hotel and Conference Center in Saratoga Springs, New York, October 23–25, 2008. Visit www.ssny.org for more information.



Harvest Moon Dance

The Ithaca College Aging and Gerontological Education Society (AGES) will hold its annual Harvest Moon Dance on Friday, November 7, 2008, at 6:30 p.m., on the Ithaca College campus at Emerson Suites, Phillips Hall. There will be live music and refreshments. Elders from throughout Tompkins County are invited to participate in this intergenerational event. For more information call 607-274-1965.

ICGI FACULTY and STAFF

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IC Coordinator;
Assistant Professor

Denise Thompson
Administrative Assistant

Student Assistants

Christian Laurence
Lai-Siu Leung
Lauren Mossien

Aging Briefs: Slice of Life: A Service Learning Project



Julie Dorsey, M.S., OTR/L

This past semester, as part of the occupational therapy department's class entitled Occupations and You, 19 students and 17 Longview residents participated in a service learning project. The course, taught by Julie Dorsey, is an introduction to the concept of occupations as meaningful activities and is open to undergraduate occupational therapy students, as well as nonmajors. The nature of occupations from personal, historical, cultural, and practical perspectives is explored through lecture, discussions, and hands-on activities. The course also investigates engagement in work, self-care, and leisure, and its meaning to people, their development, and identity. The Slice of Life service learning project was a major component of the course and helped students and volunteers to learn about these concepts.

The project began in February with a welcoming party to introduce the students and volunteers, as well as to discuss the details and requirements. Students and volunteers were paired up

and asked to meet at least one time per week over the course of six weeks. They began by performing individual activity configurations in which they recorded their daily activities over a 24-hour period. The pairs then compared their time logs and identified similarities and differences, and discussed what factors impacted their occupational engagement. This activity also helped the participants to discover the meaning behind personal occupations.

Longview volunteers stated that working with the students was a "breath of fresh air," helping to keep them young at heart.

Over the subsequent few weeks, the pairs engaged in meaningful occupations together and analyzed each activity after the session. Classroom discussions and learning concepts were enhanced by Longview volunteers who attended class lectures. At the end of the project, each pair gave a short presentation to the class to share what they learned over the six weeks together. It was amazing to see how much everyone got out of the project in such a short amount of time and that what they learned was not always what they were expecting!

Students reported that working with Longview volunteers gave them a whole new point of view. They found the project an engaging learning experience that was very different from lectures and textbooks. Some students were concerned about the age difference but found that the volunteers really "aren't that different." The comfort zones of both populations were stretched as each adjusted and adapted to working with members of a different age group. This encouraged students to think about occupations, history, personal meanings, and changes across the life span.

Longview volunteers stated that working with the students was a "breath of fresh air," helping to keep them young at heart. Volunteers looked forward to the social visits and enjoyed the energy of the students' go-out-and-do-well attitudes. As with the students, the volunteers recognized that they had much in common, that enjoyments, challenges, and stressors were about the same and were "easy to share." Individuals from both groups indicated that they wished the project had gone on longer.

The Slice of Life program will be recruiting Longview volunteers this fall to participate in the spring semester (January through March) of 2009. If you are interested in participating in this program, please contact Julie Dorsey at 607-274-1078.

Ithaca College Gerontology Institute

presents the

Fall 2008 Conference

*“The Workforce Crisis in Long-Term Care:
Proven Tools to Help Meet the Challenge”*

Thursday, September 18, 2008

8:00 a.m.–4:30 p.m.

Emerson Suites, Phillips Hall, Ithaca College

Although raising wages is important, it is not the only solution for improving the recruitment and retention of direct-care workers in long-term care. Improving aspects of job quality is another key factor in attracting and keeping staff. This conference will focus on evidence-based programs that positively impact job quality and improve retention in residential and home- and community-based long-term care organizations. Attendees will learn about four evidence-based programs that improve job quality and retention. A variety of resources and how-to tools will be available.



Carol Rodat, New York
policy director, PHI

Keynote Speaker

*The Long-Term Care Workforce:
The Challenge and the Tools*

Carol Rodat is responsible for strategic advocacy, research, and analysis on behalf of the state's direct-care workers and long-term care consumers, improving the health care delivery system by emphasizing the policy- and practice-learning derived from PHI and its affiliates. Rodat works closely with a variety of stakeholders in New York's health care system, including consumers, workers and their representatives, and providers.

Plenary Speakers

Carol Helsel and James Vander Hulst will present

OPEN (Opportunity Partnership and Empowerment Network), a program of the Health Field Collaborative, a membership network of health care employers who employ a shared occupational enhancement coordinator. The coordinator provides counseling and support to workers to help them overcome barriers to sustained employment. The program is structured to help the



Carol Helsel, president,
Health Field Collaborative



James Vander Hulst, president
and CEO, Health Field
Collaborative (West Michigan)

employee population most at risk of losing their jobs by addressing common barriers to maintaining employment, including issues related to finances, child care, and transportation. Once employment is stabilized, employees can pursue career advancement, if they desire, through a related program. Turnover rates fall significantly when workers have access to adequate on-site support and assistance with training and advancement.

Breakout Sessions

Retention Specialist, Cornell
Institute for Translational
Research on Aging

Win a Step Up, University of North
Carolina Institute on Aging in
partnership with the North
Carolina Department of Health
and Human Services

**Growing Roots and Pathways
to Leadership: Peer Mentoring**,
Foundation for Long-Term Care,
New York

**12 Steps: Creating a Culture
of Retention in Home- and
Community-Based Long-Term
Care Services**, PHI (formerly
Paraprofessional Healthcare
Institute)

**Powerful Tools for Caregivers:
One County's Story**, Legacy
Health System

For more information on the breakout sessions and the conference program, or to register, visit www.ithaca.edu/agingconference or contact Marilyn Kinner at mkinner@ithaca.edu or 607-274-1967.

Registration Fee: \$65

Registration Deadline:
September 10, 2008

Comings and Goings



Elizabeth Bergman joined the Gerontology Institute faculty as an assistant professor in August 2008. Bergman holds a master's degree in gerontology and a doctorate in aging studies from the University of South Florida. She has taught courses in introductory gerontology, social and cultural aspects of aging, death and dying, and family caregiving. Her work as a teacher and researcher is enhanced by her past experience as an activities director for an assisted living facility and working with the West Central Florida Area Agency

on Aging and Seniors in Service of Tampa. Her work as director of a foster grandparent program inspired her to pursue her dream of teaching gerontology at the college level. She enjoys all things outdoors including hiking, camping, boating, and swimming.



Tom Kline, project coordinator for the Enduring Masters and Voices for Creative Aging, is now the director of music admissions at the Ithaca College School of Music. The enthusiasm, energy, and skill that he brings to his work will greatly benefit the School of Music. We wish him well in his new position.



Denise Thompson became an administrative assistant to the Gerontology Institute and the Finger Lakes Geriatric Education Center in January 2008. Thompson brings skills to her new position acquired over a 14-year period as an administrative assistant at Cornell University. Hers is usually the first voice you hear when calling the Gerontology Institute. In her spare time, she is part of a worldwide network of volunteers that builds kingdom halls over a weekend; her specialty is helping to install drop ceilings. She also likes to read,

cook, garden, and travel. She enjoys listening to and learning from older adults, especially her grandmother.

Linden Center Off and Running in Year One

The first official year for the Linden Center has been extremely productive, and we have made significant progress in establishing its presence on campus, in the community, and on the web. We have focused on building connections with faculty and community partners, collaborating with and supporting the Enduring Masters project, building and maintaining a website, and garnering significant media attention. As part of his outreach efforts, Gerontology Institute director John Krout met with a number of chairs and faculty in several departments (e.g., theater, music education, writing, cinema and photography, and business).

A variety of very successful activities and events were supported by the center. These included presenting several community art displays at the institute, coordinating a College-wide student photo contest and exhibit titled *Images of Aging*, supporting the Ithaca College–Longview Intergenerational Choir, and beginning dialogues with local arts and senior organizations. In addition, the first Judi '73 and Jay '72 Linden Scholarship in Gerontology was awarded to gerontology major Graham Sterling. The center also supported the formation of a national advisory committee.

For more information on the Linden Center and details of future activities, please visit the website at www.ithaca.edu/lindencentre.

Leisure and Aging Service Learning Project

As part of the Gerontology Institute's service learning grant, residents from the Longview retirement facility and students in the Leisure and Aging course, taught by associate professor Janice Monroe, Ph.D., CTR, joined forces in the spring of 2008 for a service learning project. During an initial meeting held at Longview, the residents and students decided to focus their efforts on the nature trail.

The purpose of the project was to explore and implement ways in which the nature trail at Longview could be enhanced to increase visibility, use, and aesthetic appeal to the residents at Longview through a service learning partnership between Longview residents and IC students in the Leisure and Aging class. The students and older adults worked together to accomplish this task.

At preliminary meetings it was decided that the 21 students would divide into four work groups. The four work groups focused on community awareness and education, maintenance, horticulture and nature, and fitness. Each group worked with three to five residents from Longview during the course of the semester to plan and implement their projects.

The community awareness and education group created pamphlets that provide information about plants and wildlife on the trail. These pamphlets contain maps and an insert that can be modified as seasons and plants change, and may raise interest in the trail. The group also made a welcome sign that will be installed at the head of the trail.

The maintenance group focused on making sure the trail was safe to use and was clear of the brush that affected the aesthetics of the trail. Several hours were spent removing

brush and sweeping pine needles off the trail. In addition, the maintenance group determined that the trail needed new benches and that a picnic table would be a nice addition. The group requested and received funding for four new benches, a picnic table, and a trash can from the Gerontology Institute's service learning grant. The maintenance personnel at Longview assumed responsibility for pouring concrete pads for the benches and table, and for installing the welcome sign at the beginning of the trail.

The horticulture and nature group worked to enhance the Longview nature trail flora, planting vegetation that worked with the woodland environment. Ithaca College students established relationships with the members of the Longview gardeners and horticulture group as they developed four new flower beds and planted iris, black-eyed Susan, Jack-in-the-pulpit, and skunk cabbage.

The fitness group focused on providing information about the physical benefits of a fitness trail to the residents of Longview. They created a brochure describing the physical benefits and safety issues on the trail.

Gordon and Onolee Conklin, who worked with the maintenance group, sent a note congratulating the students on their efforts. The note said, "The students did a great job with their work and proved to be courteous, diligent, and innovative—just what older folks like us need for inspiration."

The project was considered a great success by the students and the Longview residents. It enabled the students to interact with older adults while learning about the importance of leisure in their lives. The nature trail project provided the students

"I realized that doing a service learning project is a valuable way to interact intergenerationally because both older adults and younger adults learn from each other, and they work collaboratively to do something positive. This project allowed me to see how valuable being able to spend time with the elders in your community really is."

—Elfin Johanson,

Leisure and Aging student, spring 2008

with the opportunity to see older adults engaged in horticulture, trail maintenance, exercise, and fitness. They were also able to observe the theories that they learned in class. The older adults were provided with the opportunity to work with college students and to benefit from the energy and enthusiasm that they brought to the project. The joint effort enabled them to see the trail be developed and made more useful for community residents.

High School Essay Contest

This past winter the Gerontology Institute sponsored an essay contest for high school juniors and seniors. The contest was first announced in the fall 2007 issue of *Fuse*, a publication sent to students who inquire about Ithaca College. The announcement appeared alongside an article about relationships with older adults that was written by IC aging studies major Christian Laurence. The contest was also promoted by teachers in local high schools.

Writers were encouraged to creatively describe the positive influence and inspiration of an older person on their lives in 500 words or less. The contest was designed

to reward students who have thoughtful, fresh perspectives on relationships in our aging society.

The first place essay, “The Joy of Judy,” was submitted by Savannah Fersner, a junior at Fort Myers High School in Fort Myers, Florida, and appears below for your reading pleasure. Three other contest winners were Emily Hart from Palmyra, Pennsylvania; Narine Wandrey from Chagrin Falls, Ohio; and Marcella Wigg from Fon du Lac, Wisconsin. Winners each received a \$250 gift certificate to their choice of either the Apple Store or iTunes.

The Joy of Judy

by Savannah Fersner, Fort Myers High School, Fort Myers, Florida

“Judy, why is the creek all dry?”

“Well, Savannah, the creek is dry because it hasn’t rained lately.”

“Oh... Will the duckies be able to come back?”

“Of course, as soon as the water returns.”

Thus began one of our many expeditions off to the creek behind Judy’s house. Judy aptly named the creek Shoe-sucky because the mud at the bottom can suck your shoe right off of your foot. That very creek is where my brother and I would begin our discovery of wildlife: mallard ducks, bees that built their hives in the ground, snakes, minnows, and turtles. But most importantly, we would discover a love of nature.

My grandmother’s cousin and my babysitter, Judy, is always there for us. She is really like a grandmother more than anything. Since my parents worked, I would go to her house nearly every day after school. Even though she had a TV and a computer, I would spend most of my time outdoors.

During the summertime, Judy would come over to our house, and we would explore the neighborhood. It was so fascinating just to walk along the Caloosahatchee River or to collect cotton from the kapok trees. One of our best discoveries was a small public lot with a large banyan tree overlooking the water. To a young child like I was, the banyan tree seemed like a behemoth out of a fairy tale. To climb through its branches was to be part of that fairy tale.

One of the things I admire most about Judy, and try to emulate, is her compassion towards all living things. Judy is always looking out for the welfare of any injured animals she happens to come across. She even researches how to improve the habitats of traditional backyard animals like birds and squirrels.

Also, she constantly promotes and supports anything in which my brother and I express interest. For example, Judy attended every one of my piano recitals when I was younger and would even buy holiday-themed music books for me. Recently, when I took up nature photography, she gave me a Photoshop CD-ROM—not only so I could have an editing program, but also so I could further enhance my knowledge of photography overall.

Judy has taught me to enjoy the simple things in life, to “stop and smell the flowers.” She taught me how much beauty and joy you can get out of nature, and how even in suburban Florida there are many fine examples. As a result of those daily explorations of the world around me, I am looking toward a career where I can work with nature—love it and enjoy it, just like Judy does.

Although Judy instilled a love of nature in me, her influence on me has been profound in many other ways. Her great capacity for kindness, forgiveness, and understanding, and her general manner of living have helped me to find direction for my own moral compass.

Ithaca College Commencement 2008

Gerontology majors Graham Sterling and Noha Ghaly celebrated completion of their degree programs at the Ithaca College Commencement ceremony on May 18, 2008. Christian Laurence and Lai-Siu Leung, who will complete requirements for the major in December 2008, also participated in Commencement day celebrations.

Graham Sterling was the recipient of three 2008 Commencement awards. Dean Tanya Saunders presented him with the Division of Interdisciplinary and International Studies Dean's Award in recognition of superior scholarly achievement and extracurricular service to the College, school, and community. He was also awarded the Gerontology Institute Academic Achievement Award and the Loren Klausner Colbert Gerontology Service Award.



Graham Sterling accepts the Division of Interdisciplinary and International Studies Dean's Award from Dean Tanya Saunders.

Aging Studies Majors Receive Awards



Christian Laurence

The Office of Multicultural Affairs recently presented the Chavez/Lorde Social Justice Award to aging studies major Christian Laurence '08. The award is presented to a student who has increased awareness of issues of social justice and/or cultural competence in the Ithaca College community. Laurence is a summer intern at the Health and Human Resources Division of the Congressional Budget Office in Washington, D.C.

Aging studies major Lai-Siu Leung '08 received an Ithaca College Emerson Scholarship award. The \$3,000 internship is awarded to one division student a year. Criteria for the award include academic performance, quality of the written internship proposal, relevance of the internship to the student's major and career goals, and financial need of the applicant. Leung will spend the summer as an intern at the Tompkins County Office for the Aging.

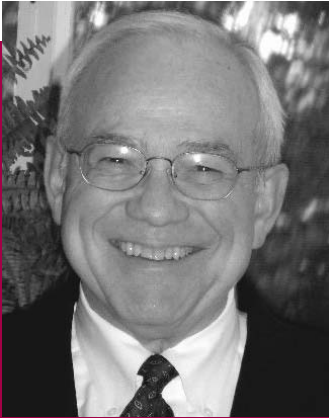


Lai-Siu Leung

Rural Aging Summit Final Report



A final report of the policy recommendations generated by attendees at the 2007 Rural Aging Summit hosted by the Ithaca College Gerontology Institute can be viewed at www.ithaca.edu/aging/ruralsummit. If you would like a paper copy, please contact Marilyn Kinner at either 607-274-1967 or mkinner@ithaca.edu.



Fall 2008 Distinguished Speaker to Address Aging and Spirituality

The Gerontology Institute's fall 2008 distinguished speaker will be Robert C. Atchley, Ph.D. Atchley helped launch the Scripps Gerontology Center at Miami University in Oxford, Ohio, and served as its director from 1974 until 1998. He is a distinguished professor of gerontology (emeritus) from Miami University. In 2007 he retired as professor and chair of the gerontology department at Naropa University in Boulder, Colorado. He is an award-winning teacher, scholar, author, and mentor who since 1985 has focused on the subject of how human beings develop spiritually and manifest spirituality in their lives. He is the author of more than a dozen books and research monographs including *Understanding American Society* (1970), *The Sociology of Retirement* (1976), *Aging: Continuity and Change* (1987), *Continuity and Adaptation in Aging: Creating Positive Experiences* (1999), and 10 editions of his introductory gerontology text, *Social Forces and Aging* (2004). His most recent book, *Spirituality in Aging: Expanding the View*, will be published later this year.

On Thursday, September 25, 2008, at 7:00 p.m. in the Emerson Suites, Phillips Hall, Atchley will present a lecture entitled "Spirituality in Aging: Expanding the View." This lecture is free and open to the public. A reception will take place after the presentation.

For more information contact Marilyn Kinner at mkinner@ithaca.edu or 607-274-1967.

AGES Poster Display

Last semester, members of the Ithaca College student gerontology club, AGES, worked together on a project to increase campus awareness on aging and aging-related issues. Under the direction of the club president, Maggie Burgess '09, and vice president, Christian Laurence '08, the group created 20 posters aimed at reducing stereotypes and strengthening bonds between college students and the elder population of Ithaca. Each poster was aimed at depicting aging in a positive way and/or debunking a myth about older adults. The posters were displayed on the Campus Center quad for a week.



AGES posters were displayed on the Campus Center quad for a week.



Front (L to R) are Jennie Pogorzala, president; Kayla Fleming, secretary/treasurer; Graham Sterling, volunteer coordinator; and Margaret Burgess.

Back (L to R) are inductees Lauren Mossien, Reina Argueza, Linda Stephenson, Caitlin Pautz, Elfin Johanson, Suzanne Motheral, and Tim Holbrook.

Sigma Phi Omega Induction Ceremony

On March 28, 2008, at a ceremony held at Ithaca College, eight students were inducted into Sigma Phi Omega, the national academic and professional society in gerontology. Mark A. Macera, executive director of Longview, was an honorary inductee.

Rural Training Initiative

The Finger Lakes Geriatric Education Center of Upstate New York (FLGEC-UNY) at the Ithaca College Gerontology Institute is once again offering geriatric training to health care professionals in upstate New York. The FLGEC-UNY is a consortium consisting of the University of Rochester School of Medicine and Dentistry, SUNY Institute of Technology at Utica/Rome School of Nursing, SUNY Brockport, New York Chiropractic College, and the Ithaca College Gerontology Institute. This project, which is scheduled to continue until 2010, builds on and expands the educational efforts undertaken by the FLGEC-UNY since 1998 to develop and deliver innovative geriatric training in rural areas.

Using the community partner model, Christine Decker, the project coordinator, works with community leaders and service providers to develop training workshops in geriatric issues for professionals in skilled nursing facilities, home care, hospitals, and other health and aging services. This past spring the following off-campus workshops were offered by FLGEC:

- A Holistic Look at the Dying Process, by Lynda Dimitroff
 - Partners in Caregiving, by Rhoda Meador
 - Nonpharmaceutical Pain Relief, by Katherine Beissner
- In addition to continued workshops in rural central and western New York, plans for the 2008–9 academic year

include a six-month long-term care nurse train-the-trainer program and the creation of additional online modules. Starting in October, the nurse training series will emphasize collaboration and mentoring skills while offering training in a variety of geriatric topic areas. Three additional web-based learning modules will be developed to allow for self-study or for group use by agency trainers.

For more information about the FLGEC-UNY program at Ithaca College, visit our website at www.ithaca.edu/aging/FLGEC or contact Christine Decker at 607-274-1604.

Longview Updates, Spring 2008

- Students in assistant professor of music education Jennifer Haywood's Creative Arts Methods for Older Adults class offered weekly sessions at Longview that involved music, movement, theater, and visual arts activities. Eight students were enrolled in the course, and resident attendance at each session ranged from 15 to 20 residents.
- Eight Longview residents audited classes this spring: three were enrolled in Sociology of Aging; one resident took two courses, Wellness: Multicultural Perspectives and Human Nutrition; and the other residents took Intermediate Italian, Images of Women in Western Art, Biological Anthropology, and Introduction to Culture and Communication.
- Kathryn Machan, professor of writing, offered a course in advanced creative writing at Longview during the winter break. Six Longview residents, seven IC students, and six members of the local community were enrolled.
- Residents came to campus for a number of special events including a tour of the IC faculty exhibit at the Handwerker Gallery, a gymnastics tournament, and many music performances, such as the chamber orchestra, women's chorale, chamber ensemble, symphonic band, wind ensemble, choir, and the Ithaca Brass.



- Ten students in professor of psychology Jack Peck's Seminar in Neuroscience course organized and held a brain awareness fair at Longview. The students set up tables with displays (including a human brain!) that presented information on the brain, ways to slow aging, Alzheimer's disease, myths about the brain, and the sense of taste. About 30 residents attended the fair.
- Two films from the Finger Lakes Environmental Film Festival (a multimedia and inter-arts festival hosted by Ithaca College) were screened at Longview. *Granny D. Goes to Washington* was shown in one screening with a discussion moderated by politics professor Thomas Shevory, and *Mountains in the Mist* was shown with a discussion led by assistant professor of biology René Borgella. About 20 residents were in attendance at each showing.

Looking Ahead

ICGI Fall 2008 Workshop Series

- October 7** **Overview of Chiropractic Care in Older Adults**
Presenter: Paul Dougherty, D.C., Associate Professor,
New York Chiropractic College
- October 14** **Project Home**
Presenters: Rhoda Meador, M.S., Associate Director,
Cornell Institute for Translational Research in Aging;
Amanda Torre-Norton, Research Assistant, Cornell Institute
for Translational Research in Aging
- October 21** **Care Transitions**
Presenter: Diane Nanno, RN, B.S.N.; Transition Coach,
Crouse Hospital, Syracuse
- October 28** **Complementary Medicine and Geriatric Care**
Presenter: Michael Eisman, M.D.

Please note a change of location: Fall workshops will be held on the Ithaca College campus, Phillips Hall, Clark Lounge, from 2:00 to 4:30 p.m. For more information, contact Marilyn Kinner at mkinner@ithaca.edu or by phone at 607-274-1967. There is a registration fee of \$20. Please watch for the fall 2008 workshop series brochure, which will be mailed in early September, or go to www.ithaca.edu/agingworkshop.