

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 Ithaca College, Gerontology Institute, 953 Danby Road, Ithaca, NY 14850-7000; phone 607-274-1965; website www.ithaca.edu/aging.

As I See It:

Celebrating the Ithaca College– Longview Partnership

by John A. Krout, Ph.D.
Director and professor

One of the most satisfying aspects of working in an academic center, or anywhere I suppose, is being able to see a concept move from idea to reality and become embedded in the culture of an organization and flourish. By this measure, the Ithaca College–Longview intergenerational partnership has been very, very satisfying indeed. This year marks the 10th anniversary of the Ithaca College–Longview partnership, so it is appropriate that I reflect on its mission and success.

The core goal of the partnership is straightforward enough: enhance the quality of life of the members of the Longview and Ithaca College communities through shared intergenerational social and educational experiences. This goal is expressed in many activities, such as the Slice of Life project where individual students and

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residents exchange knowledge and skills, to programs where a much larger number of students and residents work together, such as the Intergenerational Choir. Some activities are embedded within course curriculums, such as nutrition fairs or photography projects, while others occur outside a specific course but still enhance learning.



Almost all are experiential, in that students and residents learn from talking, observing, discussing, and “doing” together. Sometimes the experience is more social than academic but no less rewarding or important. These interactions may involve residents in student and faculty research projects or in classes as guests or students through the audit arrangement that Longview has with the College. Other times residents are an appreciative audience for student or faculty performances and talks. At their core, almost all of these interactions involve learning together. Recently we have seen more examples of service learning activities where students and residents jointly identify, plan, and implement activities that benefit not only themselves, but others in the Longview and Ithaca College communities and the larger Ithaca area as well.

The sheer number of people involved in the partnership is impressive. Each semester finds between 250 and 300 students, several dozen IC faculty and staff and Longview staff, and a large number of Longview residents participating in some 50 different activities.

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ITHACA COLLEGE GERONTOLOGY INSTITUTE

DIVISION OF INTERDISCIPLINARY
AND INTERNATIONAL STUDIES

As I See It: Celebrating Ithaca College–Longview
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These numbers have held steady and even grown over the years, making this partnership a model of “sustainability.” Over the last 10 years, the partnership has received awards and accolades from a variety of organizations, garnered numerous local and national media mentions, and brought visits from four different groups from Japan. Many residential care providers and academic institutions have looked to the partnership as a model to emulate.

While the media and international

attention is flattering, we derive our greatest satisfaction from knowing that we have built an intentional intergenerational community based on mutual respect and appreciation for the value that residents can add to the education of Ithaca College students and for the contributions that students and faculty can make to the lives of residents. While individuals involved in the partnership grow and benefit, the shared community that they sustain is even more important. We acknowledge that sustaining this partnership requires an ongoing commitment to its goals and the work of many, many people on a

daily basis. It is this commitment that sustains our shared intergenerational community, and the community in turn reaffirms the value of that commitment time and time again.

I would like to thank the many, many people at Ithaca College and Longview who make this partnership so successful in spirit and in reality. They are too numerous to mention, but I am sure that they will recognize their own contributions as they read this brief acknowledgement of their excellence.

Congratulations to all on a remarkable and ever-evolving partnership!

Linden Center for Creativity and Aging

The Judi and Jay Linden Center for Creativity and Aging continues to support a wide variety of endeavors that explore and celebrate the connections between aging and creativity. This spring a considerable number of innovative and very diverse projects are being supported by the center:

Community Arts Partnership of Tompkins County

The Linden Center for Creativity and Aging has partnered with the Community Arts Partnership (CAP) of Tompkins County to promote creativity in older adults living in the greater Ithaca area. After working with Gerontology Institute staff this summer, CAP launched the Linden Center for Creativity and Aging Community Arts Grants program. This program has made available \$10,000 in grant money to Tompkins County not-for-profit organizations to create, support, and assess arts activities that involve older adults. The arts activities can involve music, theater, visual arts, dance, and the written or spoken word, and qualified artists must be involved in the funded programs. The projects to be funded were not finalized at the time this newsletter went to press, but they will be noted in the fall issue.

Tompkins County Poet Laureate Paul Hamill

Assisted by grants from the New York State Council for the Arts and the Linden Center, Tompkins County poet laureate Paul Hamill is presenting a series of readings and creative writing workshops in venues accessible to seniors around the county.

While some events are still to be scheduled, Hamill will present his work at Longview, the Tompkins County library, Lifelong, senior citizen club meetings, and senior housing facilities across Tompkins County. The Linden Center grant will allow Hamill to donate free copies of several of his publications

to these venues, including a new chapbook (a pamphlet-length collection) that includes his reflections on aging.

Project Look Sharp

Project Look Sharp is creating a series of five lessons to explore issues of creativity among elders as a pilot project with support from the Linden Center for Creativity and Aging. The lessons are for college-level study in gerontology, psychology, and the creative arts. A hard copy of the final set of lessons will be produced, with the possibility of those lessons being posted free online for educators, pending additional funding. The objectives of the lessons are to

- invite students to reflect on nurturing creativity throughout one’s lifetime, as communicated through film representations of creativity and aging.
- deepen students’ fluency in visual literacy and media literacy skills, especially the ability to question impact, response, technique, and interpretation in filmmaking.
- challenge students to encourage creative expression in their relationships and work with elders.

New York High School Poetry Contest in Collaboration with Katharyn Howd Machan

The Linden Center is supporting a collaboration between the staff of the Gerontology Institute and Katharyn Howd Machan, professor of writing at Ithaca College, to develop and implement a poetry contest for New York State high school students. For details of this contest see “In Honor of Our Elders” on page 11.

Harvest Moon Dance

Dancing to the swing music of Tom Knight and the Blue Moon, over 100 older adults enjoyed the 17th annual Harvest Moon Dance at Ithaca College. Sponsored by the College's gerontology club, AGES, an equal number of IC students joined the festivities. Club members transformed Emerson Suites with decorations and refreshments, encouraging conversation and dancing. The dance is open to all community elders, and many bring family members and friends to the popular event. Next year the dance will be held on Thursday, October 22.



Alan and June Erickson enjoy the music of Tom Knight and the Blue Moon band at the Harvest Moon Dance.

Linden Center

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Ithaca College–Longview Intergenerational Choir

The Linden Center continues its support of the Ithaca College–Longview Intergenerational Choir, which is led by Ithaca College music professor Jennifer Haywood. The choir continues its years of very successful engagement of residents and students, with about 50 people attending weekly practice sessions. Haywood's enthusiasm and leadership have motivated residents and students to perform at a high level. The choir presented a very well attended concert on campus at the end of the fall semester and will do so again in the spring. The Intergenerational Choir is often joined by the Ithaca Children's Chorus, which is led by IC music professor Beth Peterson.

Ithaca College Department of Theatre Arts

This spring the Linden Center will support a collaboration among Susie Monagan of the IC Department of Theatre Arts, residents at Longview, and the executive director of Dance Theatre Etcetera, Martha Bowers. Bowers will visit Ithaca College several times to choreograph and facilitate an intergenerational dance performance that will tell life stories of the elder participants. The project will use creativity to encourage intergenerational and interdisciplinary learning and promote community conversations that acknowledge the varied lives and contributions of elders. The project will also acknowledge and confront the negative stereotypes that many people have of aging and older persons.

Enduring Masters

The Linden Center continues to provide support for the Enduring Masters series, a collaboration between the Ithaca College School of Music and the Gerontology Institute.

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Assistant Professor

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A Time for Celebration, Reflection, and Preparation for Growth



by Mark Macera,
executive director, Longview

This past November Longview and Ithaca College celebrated 10 years together on South Hill. What started as an Ithaca College and Ithacare collaboration in senior housing back in the early '70s has continued to grow and deepen with time and a shared commitment to providing students and older adults with interactive educational, social, cultural, and recreational opportunities.

So, what does this mean you may ask? Here's but one example: Ithaca College students and Longview residents taking classes together. Imagine Longview residents and Ithaca College students reading about the passage and implementation of Social Security and the Medicare programs in the 20th century. This may be informative. But now imagine members of more than one generation coming together and engaging in an intergenerational discussion about the social and public policy implications of such ground-breaking programs. To me, it's simply incredible to see students who are studying and preparing to become tomorrow's

providers engaging in a discussion with older adults—yesterday's trailblazers who helped shape and enact significant social and health care initiatives and who are today's recipients and beneficiaries of these programs. That's more than informative; it's an extraordinary opportunity for shared learning.

This past October another memorable benchmark came to pass in Ithacare's storied history of developing housing and service options for older adults. Long overdue, Longview finally broke ground on its 24,000 square foot building expansion. With cautious optimism, and notwithstanding unexpected developments that could result in delays, Longview looks forward to opening and moving residents

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into the new and expanded community late next fall. Longview is planning to open its special care residence as an expansion of its assisted living facility. Future plans include offering skilled nursing and rehabilitation services at Longview. And with this goal in mind, Longview is building its expansion to meet all nursing home regulations. Longview plans to submit an application for skilled nursing beds to the New York State Department of Health

(DOH). However, the special care residence will open its doors long before the process that leads to a nursing home license is complete. As much as we would like our new facility to offer skilled nursing and rehabilitation from day one, this will not be possible until we have made application to, and received approval from, the DOH.

Longview's current expansion project is but the next step in a defined strategic plan that includes several additional projects that, when completed, will meet one of Longview's long-term goals of establishing a fee-for-service, continuing care retirement community. Such a community will offer multiple independent housing options and several levels of assistance and health care to respond to residents' long-term needs.

When it opens, the new facility will permit residents to remain at Longview and obtain the higher levels and greater degrees of care associated with advancing age and infirmity. Presently residents requiring skilled nursing and rehabilitation must leave and obtain these services elsewhere. Unfortunately, this experience can adversely impact some residents. For example, a couple may be forced to make a difficult decision that requires one to leave Longview while the other stays behind. No one should ever be put in the position to make a decision such as that. We consider permitting residents to determine their living arrangements to be of utmost importance to their rights, dignity, and quality of life.

Members of the Ithaca College and Longview communities are, indeed, fortunate to be participants in and contributors to such a unique and important collaboration. Not resting

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on our accomplishments to date, Ithaca College and Longview are working closely together to consider expanding intergenerational and interorganizational programming in the new and expanded facilities to include clinical disciplines such as physical therapy, occupational therapy, and others. When the new building expansion opens, it will enable Longview and Ithaca College to deepen their collaboration by expanding educational, social, cultural, and recreational activities. It will also promote an increased level of familiarity and respect between generations by offering additional volunteer opportunities in a not-for-profit setting, exposing a larger number of future caregivers to the clinical professions, and expanding the number of studies and amount of research to increase the knowledge base in the fields of long-term care, gerontology, and others.

We are excited about the prospects for growth in our partnership with Ithaca College, and we will continue to work with our residents and their families, the local community, our elected officials, and regulatory agencies to meet our goals of providing affordable options and excellence in health and long-term care for older adults who desire to age in place.

We invite and welcome members of the community to learn more and discuss these exciting developments with us.

Spring 2009 Workshops

Wednesday, March 18, 2009

Working with Family Caregivers: Evidence-based Practices

Presenter: William Haley, Ph.D.

This workshop will review research on interventions that have been demonstrated to have beneficial effects for family caregivers and will give service providers guidance on developing services for caregivers that represent the best available practices. Family caregivers may find the workshop useful for gaining information on the most beneficial kinds of education and counseling for them to pursue.

Wednesday, April 8, 2009

Nonpharmaceutical Pain Management

Presenter: Katherine Beissner, Ph.D., PT

Chronic pain is a prevalent, disabling, and costly condition that is now recognized as a major public health problem. While tremendous advances have been made in the pharmacological management of pain, side effects and adverse drug reactions have led to a desire to explore nondrug therapies. Using a biopsychosocial framework, this interactive session will explore the use of physical and psychosocial treatments that may be used to replace or supplement drug therapies to enhance patient function.

Wednesday, April 15, 2009

Conquer Your Stress with Laughter!

Presenter: Fran Chambers, M.A., CHES-R, RN, C-R

Stress has the potential to cause negative physical and physiological effects on our bodies. Many scientific studies have shown that when we laugh, our bodies experience characteristic responses that can lessen these effects. This presentation will explore how we can take advantage of the possibilities that laughter presents, decrease the negative effects that stress can have, and learn to laugh more.

All workshops will be held at Longview, 1 Bella Vista Drive, Ithaca, from 2:00 to 4:30 p.m.

Registration fees are \$20 per workshop, \$12 retiree, or \$50 for the series.

To obtain a printable registration form, visit www.ithaca.edu/agingworkshop or contact Marilyn Kinner at 607-274-1967 or mkinner@ithaca.edu.

Enduring Masters

The Enduring Masters series, a partnership between the Gerontology Institute and Ithaca College School of Music, brought an illustrious group of world-famous musicians to the campus during September and October.

Ithaca College had the honor of celebrating the 87th birthday of jazz great Chico Hamilton on September 21. His visit began with a performance of his band, Euphoria, at a concert of progressive jazz at Ford Hall, before a multi-generational audience. The following day he mentored jazz and vocal students with private lessons and a master class. Hamilton said Ithaca was “cool.”

A weeklong residency by Pulitzer Prize winner William Bolcom as the Karel Husa Visiting Professor of Composition and chanteuse Joan Morris, mezzo soprano, created quite



Jazz great Chico Hamilton celebrated his 87th birthday while visiting the Ithaca College campus.



Karel Husa Visiting Professor of Composition William Bolcom and chanteuse Joan Morris visited Ithaca in October.

An outreach component of Enduring Masters, the Voices for Creative Aging program finances performances at senior living centers, enabling student musicians and actors the opportunity to perform community service while gaining valuable experience.

Performances are scheduled throughout winter and spring.

Bolcom and Morris are consummate performers who prove that art and music create cross-generational communication and that creativity has no age limitation.

a buzz, inspiring those who attended their October 12 concert as well as music and theater students who were able to take private lessons and master classes. A concert of their large repertoire included some poignant and timely works from the American songbook. Accompanied by William Bolcom on the grand Steinway piano, Morris sang “Brother Can You Spare a Dime” from the Depression era. Bolcom and Morris are consummate performers who prove that art and music create cross-generational communication and that creativity has no age limitation. Cross-generational communication is the emphasis of the Linden Center for Creativity and Aging, which helps to support the Enduring Masters series.

Elliott Schwartz, also in residence as a Karel Husa Visiting Professor of Composition, was on campus in October, working with woodwind students at master classes and lessons. A performance of his compositions by the Ithaca College Woodwind Ensemble was a lovely autumn event.

Aging Studies Major Interns in Washington, D.C.

Aging studies major **Christian Laurence** completed an internship at the Congressional Budget Office (CBO) in Washington, D.C., during the summer of 2008. Laurence was one of nine CBO summer interns, seven of whom were in master's degree or doctoral-level programs from around the United States. Laurence expressed the following shortly after his experience:

“Working on policy issues with CBO analysts in the health and human resources division has made for an action-packed summer. I have analyzed several health care bills dealing with

health information technology and early prevention screening, and I have been given the professional independence to pursue areas of personally relevant research. I have had numerous opportunities to attend out-of-the-office events to gain a better understanding of the inner workings of Congress, congressional committees, and the potential of health care reform. This summer experience has provided me with a valuable learning opportunity, enhanced my critical thinking skills, and better prepared me for the next step academically and professionally.”



Christian Laurence

2008 ICGI Conference Addresses the Workforce Crisis in Long-Term Care

On September 18, 2008, some 89 individuals representing a broad spectrum of long-term care providers and aging services practitioners gathered in Ithaca College's Emerson Suites. All were concerned about the shortage of direct-care workers and the high turnover rates most long-term care facilities experience. The conference was designed to address these concerns by providing information, tools, and resources proven to improve staff retention.

Keynote speaker Carol Rodat, New York policy director for the Paraprofessional Healthcare Institute (PHI), opened the conference with a review of the existing long-term care workforce situation in New York and projections for the future. She also highlighted the nine essential elements that PHI advocates for providing quality jobs for direct-care workers. These elements include family-sustaining wages, health insurance, full-time hours, excellent training, participation in the decision-making process, career advancement, links to community services, and a quality improvement management system.

Through breakout sessions, conference attendees had the opportunity to learn about four evidence-based models for improving staff retention. These sessions included information on training a retention specialist, providing supervisory

skills training for nurse supervisors, peer mentoring for certified nurse aides, and 12 steps toward a program of retention. The plenary session presented by Carol Helsel, vice president of human resources for Porter Hills Retirement Communities and Services in Michigan, and Ashleigh Emmerson, vice president of West Michigan TEAM, highlighted a collaborative of health care providers who employ a shared occupational enhancement coordinator to help

workers overcome barriers to sustained employment. Recognizing that family caregivers provide 80 percent of informal care, one breakout session presented Powerful Tools, an evidence-based model providing psychosocial support to this crucial segment of the long-term care workforce.

A majority of respondents to a survey of conference attendees agreed that participation in the conference had provided them with a better understanding of the elements of successful retention practices.

A number of the respondents also indicated that their organization planned to replicate a retention model or implement some elements of a model or models. The conference was summed up by one survey respondent who stated, “It was a wonderful day of learning and networking.”

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Service Learning Update

The notion that we all have a good story to tell is probably true, but getting those stories down on paper can be challenging. Thanks to the Gerontology Institute's service learning grant, many heartwarming, exciting, informative, and sometimes sad stories have been written and shared. Associate professor Mary Ann Erickson and assistant professor Elizabeth Bergman offered a service learning component to students in their Introduction to Aging Studies classes. The students met with residents at McGraw House and Titus Towers, older adult residential living facilities in Ithaca, and worked out the details involved in this type of service learning experience. Students were paired with older adults at both facilities, and together they decided the type of story

to be told and how best to get the words down on paper. Some residents came to the sessions with a story already written, while others simply talked as the students either wrote or typed on their laptops. The older adults had so many interesting and meaningful stories that it was often challenging for the students to identify one particular story for use in their class project. Consequently, the institute hopes to continue this project with future classes. Space does not allow us to share the stories here, but we hope to add many to the institute's website soon. Sponsored by the Foundation for Long-Term Care, funding for service learning projects will continue through the spring 2009 semester. However, due to the success of the projects and the relationships that have been

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formed between IC students, facility coordinators, and area older adults, the institute hopes to permanently incorporate a service learning component into the Introduction to Aging Studies classes.

ICGI Newsletter Now Available Online

Please join us in our efforts to promote sustainability by signing up to receive future newsletters electronically. To do so please send an e-mail to 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, please e-mail mkinner@ithaca.edu or call 607-274-1967. You do not need to take any action if you would prefer to continue receiving a paper copy of the newsletter.

Institute Faculty Publications and Presentations

Elizabeth Bergman, assistant professor of gerontology, has published a paper titled "Long-Term Effects of Bereavement and Caregiver Intervention on Dementia Caregiver Depressive Symptoms" with William E. Haley, David L. Roth, Theresa McVie, Joseph E. Gaugler, and Mary S. Mittelman in *The Gerontologist*, January 2008, and an article "Depressive Symptoms, Social Network, and Bereavement Service Utilization and Preferences among Spouses of Former Hospice Patients" in the *Journal of Palliative Medicine*. Bergman also wrote a paper titled "Outcomes and Service Utilization among Bereaved Spousal Caregivers" in conjunction with William E. Haley and Brent J. Small, and presented it at the Gerontological Society of America's annual 2008 conference.

Christine Pogorzala, assistant professor of gerontology, presented a poster titled "The Ithaca College-Longview Partnership: A Decade of Intergenerational Achievement" at the State Society on Aging of New York's annual conference on October 24, 2008.

John Krout, ICGI director, gave a presentation titled "Including Information on Aging in K-12 Curricula" at the Past President's Circle Luncheon during the State Society on Aging of New York's annual conference in Saratoga Springs, New York, on October 23, 2008. He was also a moderator and presenter at a symposium on New York Rural Aging Summit recommendations and action at the annual conference on October 24.

Celebration of the 10th Anniversary of the Ithaca College–Longview Partnership

The Gerontology Institute hosted an informal celebration on Friday, November 14, at Longview to recognize the 10-year anniversary of the Ithaca College–Longview partnership. This event was held in conjunction with Longview’s customary “Friday afternoon tea” program and included remarks by featured guest Ithaca College president Thomas Rochon, institute director John Krout, and Longview executive director Mark Macera. Attendees included Longview residents and staff, members of the administrative and program planning committees from Ithaca College and Longview who guide the partnership, officers of the Ithacare board of directors, and a number of IC administrators and faculty. Student volunteers from the Circle K group, who routinely assist with the Friday teas, served refreshments. A highlight of the celebration was when Longview residents contributed comments about how deeply they enjoyed and valued their involvement in partnership activities and their interactions with students and faculty.



At the 10th anniversary celebration, Ted Buckley, a resident of Longview, extols his involvement with Ithaca College students and faculty.

Gerontology Institute’s Spring 2009 Visiting Scholar



Institute of Mental Health’s interventions committee for schizophrenia spectrum disorders, personality disorders, and disorders of late life and also serves on the American Psychological Association’s steering committee for a project titled “Online End-of-Life Training Program for Mental Health Providers.” His research interest is on the stress experienced by family caregivers for persons with Alzheimer’s disease, cancer, and terminal illness end-of-life care. His research includes attention to racial-ethnic variation in the caregiving experience and the evaluation of interventions to help caregivers adapt successfully to the long-term strain of caring for relatives with serious illness. He is author and coauthor of numerous articles and book chapters.

The Gerontology Institute’s spring 2009 visiting scholar will be **William E. Haley, Ph.D.**, a professor at the University of South Florida’s School of Aging Studies and codirector of the education and information core of Florida Alzheimer’s Disease Research Center. Haley graduated from the University of Massachusetts at Amherst with a Ph.D. in clinical psychology. He is a member of the scientific review panel of the National

His research interest is on the stress experienced by family caregivers for persons with Alzheimer’s disease, cancer, and terminal illness end-of-life care.

On Thursday, March 19, 2009, at 7:00 p.m. in 102 Textor Hall, Haley will present a lecture titled “The Long-Term Benefits of Counseling and Education for Family Caregivers.” This lecture is free and open to the public. There will be a reception after the presentation.

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

The Finger Lakes Geriatric Education Center

The FLGEC program continues to provide training on geriatric topics for health professionals in rural areas of New York State. A train-the-trainer program is under way to provide information and teach skills to enable nurses or staff educators to provide high-quality training to long-term care staff. These monthly, daylong sessions feature two three-hour workshops on clinical and team-building skills, all materials necessary to teach the information to staff, networking opportunities, and lunch. The registration fee for each daylong session is \$50. Information on the series is available on our website at www.ithaca.edu/aging/flgec/trainthetrainer. For more information, contact Christine Decker at decker@ithaca.edu or 607-274-1604.

Train-the-Trainer Schedule

Thursday, March 12, 2009

Communication

Laura Peters, M.A.

Human Resources Development Manager,
Kendal at Ithaca

During this program, you will engage in the same lively, interactive, one-hour course that you will eventually facilitate for your own staff. Sharing stories of our own experiences, we will discuss the critical communication skills of listening, empathy, and assertiveness, and see how these skills can result in improved person-centered care as well as increased staff retention. Peters will also offer tips for making your own course both fun and educational.

Working with Residents at End of Life

Lynda Dimitroff, Ph.D., B.S.N., RN, CHES

Nurse Educator, Rochester, New York

When a person transitions from life into death, they change physically, emotionally, mentally, and spiritually. This workshop is designed to explore and understand the final stages and individual dimensions of the dying process. At the end of the workshop, the participants will

- understand the physical, emotional, mental, and spiritual dimensions of the dying process.
- understand grief and loss.
- understand the stages of grief.
- explore their personal beliefs and feelings regarding the dying process.
- develop a new comfort level with the dying process.
- have an understanding of how to provide appropriate care to the dying.

Thursday, April 16, 2009

Stress Management

Carmen Munson, M.S.W.

Climb Higher, Ithaca, New York

Providing care to residents and clients can be very rewarding, but it also carries a lot of responsibility and is a great deal of hard work. For your health and that of your co-workers, it is important to learn about stress, what can happen if it is left unchecked, and how you and your staff can manage it more effectively in your life and at work.

Effective Strategies for Working with Dementia

Lindsay Lake Morgan, Ph.D., RN, GNP

Decker School of Nursing, SUNY Binghamton

Providing care for patients with dementia requires an understanding of the physical, cognitive, and behavioral changes in people with the disease. This workshop will provide an overview of dementia, an introduction to best nursing practices, and guidelines for providing quality care.

Thursday, May 28, 2009

Coaching

Laura Peters, M.A.

Human Resources Development Manager,
Kendal at Ithaca

This interactive course, which you will eventually facilitate for your own staff, offers a brief introduction to coaching skills that, when practiced successfully, can improve staff morale and increase retention, as well as the job satisfaction of managers. Coaching establishes a mutually respectful relationship between manager and staff member where the focus is more on encouragement and support than judgment or punishment. There will also be discussion of ways to foster open communication and the relationship between coaching and discipline.

Developing Cultural Competence in Rural Nursing

Lindsay Lake Morgan, Ph.D., RN, GNP

Decker School of Nursing, SUNY Binghamton

Preconceptions of rural lifestyle, health habits, and culture can color the perspective of health care providers. This workshop will encourage nurses to think beyond the mythology of rural places and people, and develop a cultural competence regarding care in rural areas.

In Honor of Our Elders: A Poetry Contest for New York State High School Students

An exciting new project has emerged from the Gerontology Institute. Working with institute director John Krout, writing professor Katharyn Howd Machan is currently coordinating a statewide poetry contest for high school students. New York teenagers in grades 9–12 are being asked to write poems (of any length and in any form) that celebrate their family members, friends, or role models who have reached the age of 60 or beyond. Entries may be submitted to Ithaca College online.

“Poetry is part of the lives of so many young people today all across the country,” Machan says. “I am certain that, with teachers’ encouragement, many students will write verse suitable

The institute is looking for poems that celebrate family members, friends, or role models who have reached the age of 60 or beyond.

for our contest, and our call for this work will help to make them aware of what IC’s Gerontology Institute offers.”

Sponsored by the Linden Center for Creativity and Aging, the contest is offering first, second, and third

prizes of \$300, \$200, and \$100, with two \$50 honorable-mention awards as well. Winners will be chosen by a panel of judges affiliated with Ithaca College and will be invited to read their poems at the Gerontology Institute’s reception on campus as part of the Finger Lakes Literary Festival to be held in Ithaca in October 2009.

If you know any young New York State poets, please tell them about the contest. The deadline for entries is June 15, 2009, and the web page for submission is at www.ithaca.edu/gerontology/poetrycontest. Please direct any questions to Katharyn Machan at machan@ithaca.edu or 607-274-3325.

New Web Training Modules Available

The Finger Lakes Geriatric Education Center of Upstate New York is pleased to announce the development of two new web training modules. *Meaningful Activities for Residents with Dementia* and *Pain Management* joins our other modules, *Safe at Home*, *Practical Strategies to Reduce Falls*, and *Real Problems with Real Solutions: A Practice Approach to Geriatric Depression*. These online training opportunities are intended for individuals in a variety of professions who wish to increase their knowledge and gain practical skills for working with older adults. Each module includes an audio presentation accompanied by slides or video clips, a workbook for printing, case studies for reflection and response, and a quiz. All modules are available on our website at www.ithaca.edu/aging/training.

Meet Susan Harris



The Enduring Masters series continues with its new coordinator, Susan Harris. Harris brings to the position skills and knowledge acquired as a longtime advocate for the arts in the Finger Lakes. She has a special interest in the role the arts play in preserving local culture and enlivening our community.

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Looking Ahead

Gerontology Institute Annual Conference 2009

The topic for this year's conference will be creativity and aging. The conference will take place on **September 24, 2009**, at Ithaca College. Starting this spring, look for details in the mail and on our website at **www.ithaca.edu/agingconference**.