

Triple Thanks

Thanks go to three former members of the Ithaca College Gerontology Institute Community Advisory Group who recently rotated off the committee after completing three consecutive terms: (from left) Marilyn Kinner, Willard Daetsch, and Edna Federer.



Calendar of Events

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|------------------------|---|
| September 4–December 4 | FLGEC Course: Psychological Aspects of Aging
Wednesdays. See page 5 of this issue. |
| October 3 | Distinguished Speaker: Frank J. Whittington |
| October 10 | ICGI 10th Anniversary Open House |
| October 19 | Annual RSVP Volunteer Recognition Luncheon |
| October 25 | Public Hearing
Tompkins County Office for the Aging |

ICGI

Ithaca College Gerontology Institute Volume 8 Number 3 Summer/Fall 2002

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, 407 Center for Health Sciences, Ithaca, NY 14850; phone 607-274-1965; website www.ithaca.edu/aging.



You Are I nvited
to a 10th Anniversary
Celebration and
Open House for
the I thaca College
Gerontology I nstitute
Thursday, October 10
3:00–6:00 p.m.
Clark Lounge,
Egbert Hall on the
I thaca College Campus

We hope to see you there!

In September 1992, then Ithaca College president James J. Whalen announced a grant of \$570,000 from an anonymous donor to establish a gerontology institute at the College. The administration matched this gift with \$334,000, and the Ithaca College Gerontology Institute came into being.

The groundwork for the institute had already been laid. Within the Department of Health Services Administration, a minor in gerontology had existed since the early 1980s. By the early 1990s, a number of departments were teaching perhaps a dozen courses on aging. A task force of faculty and administrators had been formed in the mid-1980s to promote activities in gerontology and provide an interdisciplinary perspective on forming a College-wide institute. This group inaugurated the Gerontology Distinguished Speaker Series and called for the development of an institute devoted to research, education, and service in aging. IC students, too, were involved in the early stages; in 1989

a group of them formed the Aging and Gerontological Education Society (AGES), which continues its community service activities today. Following a national search, John A. Krout became the institute's founding director in August 1993. Krout came to Ithaca after 15 years of teaching and

administration at State University of New York College at Fredonia. Under his continuing leadership, the staff has increased from a single employee to 14, and grant funding of approximately two million dollars has been secured for projects in longitudinal research, training for professionals, and teaching about aging in the public schools. In 1999 the steadily expanding institute moved into much-needed space in the new Center for Health Sciences building.

Facilitating the growth and development of Ithaca College students has been the focus of the institute from the beginning. ICGI students are trained to conduct

ICGI Mission Statement

The mission of the Ithaca College Gerontology Institute is to be a leader in undergraduate gerontology education through nationally distinctive programs that

- provide students unparalleled opportunities in interdisciplinary coursework, research, and experiential learning
- facilitate and support the involvement of students, faculty, and staff in innovative research and practice projects that further their academic and professional goals
- develop unique intergenerational programs that involve students, faculty, and staff in community partnerships with persons of all ages
- provide education and training to faculty, practitioners, and consumers, with particular emphasis on the circumstances of elders living in rural New York State

Reflecting on a Milestone and a Mission

by John A. Krout

Director, Ithaca College Gerontology Institute

It is customary when milestones such as 10-year anniversaries are reached to reflect on past achievements and talk about hopes for the future. The achievements of the Ithaca College Gerontology Institute since 1992 are a result of the collaborative efforts of many people and organizations. College faculty, staff, students, and administrators, as well as members of the Ithaca community and colleagues from around the country, have all played important roles in our growth. We began as a one-office, one-person shop and now are a multifaceted organization with over a dozen faculty and staff and strong working relationships that involve scores of other faculty and professionals.

During our first 10 years, we have strived to help faculty enhance their gerontological teaching and research. We've worked to offer students, regardless of their programs, more opportunities to learn about the aging process and the circumstances of older adults through coursework, research,

experiential learning, and interactions with older adults themselves. We've done this because we believe that issues of aging are fundamental to both human and societal development and that understanding these issues makes all of us better individuals and citizens. And we've worked to provide a community and regional resource for practitioners, so they can better meet the needs of older adults and their families.

We see these tasks as the fundamental mission of the Gerontology Institute—the mission that will drive our energies over the next 10 years. Gerontology is an interdisciplinary, multi-organizational enterprise that challenges all of us to understand those who ultimately are shaping the future of our own old age. I can think of nothing more personally or professionally rewarding than to be part of this enterprise at Ithaca College. On behalf of all of us, I want to extend my appreciation for your interest, support, and contributions to our first 10 years.

Electronic Newsletter Soon to Be a Click Away

Beginning with the winter edition, the Gerontology Institute's newsletter will be available on the Web, as well as in print. We can e-mail to let you know when each new issue is posted online, and include a link to go to the newsletter instantly.

Please e-mail aging@ithaca.edu to request e-notices of the online newsletter. Be sure to include your correct e-mail address. (We will not share your e-mail address with any other organizations.) Let us know if you wish to discontinue receiving printed editions. We will continue to send printed issues unless you request otherwise.

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A Resource for New York State

by Patricia P. Pine, director, New York State Office for the Aging

Congratulations to the Ithaca College Gerontology Institute on its 10th anniversary. The resources the institute has developed and the number of programs and services it now offers are indeed commendable.

Along with educating Ithaca College students in the field of aging, the institute has provided a resource in gerontology for the general community. It offers regularly scheduled seminars with nationally known experts in the field of aging. It also sponsors conferences that contribute to the advancement of aging education and services in New York State. Both of these initiatives benefit the region and all of New York.

The development of senior citizen housing near the College has provided ICGI with further opportunities to introduce students to older people and foster intergenerational understanding. Longview residents who share classroom space with younger students are familiar faces on campus. They also provide a knowledge resource for students, with their willingness to share their ideas, wisdom, and histories with younger people.

As the Gerontology Institute marks its first 10 years of continuous education in the field of gerontology, may I extend best wishes for the next 10 years—and beyond.

A Productive Partnership with Area Agencies

by Irene Stein, director, Tompkins County Office for the Aging

One reason—maybe even the main one—that the Tompkins County Office for the Aging is the envy of other such offices across the state is the Ithaca College Gerontology Institute.

From the day the institute began, it has enriched our community. Its workshops and lectures have helped to better train agency staff and stimulate new ideas. ICGI has made current information about the elderly widely available to the public. The institute has created a curriculum in gerontology

for area high school students, while encouraging its own students to gain practical experience in agencies like ours. Such partnerships offer real-world learning for the students while helping us serve our clients.

And the institute, a leader in town-gown cooperation, has readily lent staff and faculty expertise to community planning efforts, to help assure their success.

Congratulations to the ICGI staff on the institute's 10th anniversary, and to Ithaca College for supporting this innovative and productive program.



As Ithaca College students and Longview residents discover at an intergenerational gala, perhaps the nicest partnership of all starts with "May I have this dance?"



Fair Promotes Gerontology Careers

On April 12, 2002, 18 agencies participated in the first annual Careers in Aging fair at Ithaca College. The event was planned and presented by the Gerontology Institute with assistance from the Ithaca College Office of Career Services and the Association for Gerontology in Higher Education. Attendees received information on careers in aging and heard firsthand accounts from IC graduates working in gerontology. Agency representatives talked with individual students about current opportunities and shared stories about their own paths to careers in aging.

A Good Neighbor for the Health Planning Council

by Betty Falcao, program director, Health Planning Council/Human Services Coalition of Tompkins County

At the Health Planning Council, we feel especially lucky to have the Ithaca College Gerontology Institute right in our backyard. Not only can we easily get to their very useful workshops, but they even help with our projects! In recent years, ICGI staff members have contributed expertise and energy to our Medical Adult Day Care Needs Assessment, the End-of-Life Care Community Survey, and the Home Health Aide Gala Recognition, to name just a few.

As it pursues its mission, the institute also invites comments and concerns from local agency staff and other advocates for older adults. Area citizens know that their ideas can be heard and used in furthering gerontology research.

This mutual interest is part of what makes ICGI special. We were delighted to be able to give the institute our agency recognition award last year. Its program has added to the quality and excellence of the work of the Health Planning Council, and to the well-being of many people in our community.

The Pace of Scholarly Pursuits

Despite the difficulty of pursuing scholarly endeavors alongside teaching and administrative duties, the commitment of ICGI staff and faculty to advance knowledge in the gerontology field is clear. Over the past 10 years they've published 6 books, 19 book chapters, and 23 journal articles. They've given 74 presentations at professional meetings and 10 consultations, and received 13 grants totaling nearly two million dollars. Institute staff and faculty also lend their expertise to the local community, serving on 10 boards of directors and steering committees in the Ithaca area. And with close working links to equally active affiliates, ICGI professionals participate in a vital professional network to increase and share their knowledge.

Annual Conferences Update Providers on Gerontology Advances

The first spring conference of the Ithaca College Gerontology Institute, held June 6–8, 1996, drew 150 people to discuss factors that enable older adults to enjoy a healthier quality of life. **Aging Well: Prevention and Rehabilitation for Older People** offered a variety of concurrent sessions on topics from exercise and nutrition to geriatric pharmacology.

In 1997, the second annual conference—**Alzheimer's Disease and Related Disorders: Advances in Diagnosis, Treatment, and Caregiving**—featured Peter Rabins, M.D., M.P.H., as the keynote speaker.

Orthopedic Health: A Conference on Osteoporosis and Osteoarthritis was the 1998 topic. Concurrent sessions examined exercise, physical therapy, surgery, nutrition, and supplements.

May 1999 saw a departure from health care for a multidisciplinary conference titled **The Places We Call Home: A Conference on Community Environments and Housing for Older People**. Housing experts presented a series of workshops on home modification, co-housing, and naturally occurring retirement communities.

Women Aging Wisely: Innovations in Health Promotion, Disease Prevention, and Treatment was offered in 2000. The conference, focusing on middle aged and older women and the professionals who serve them, explored hormone replacement therapy, cancer, urinary incontinence, exercise, heart disease, and alternative therapies.

In 2001 the keynote speaker, Gene D. Cohen, highlighted the links between the creative arts, health, and quality of life in a conference titled **Aging and Creativity: Enhancing Life Quality through the Arts**. Experts conducted workshops in painting, writing, mask making, and music therapy, showing participants how these activities can



Taking questions from the audience are a panel of presenters at the ICGI spring conference on Long-Term Care Service Delivery: Policy and Practice in Challenging Times: (left to right) Kevin Mahoney, Robyn Stone, Paula Freedman, Susan Peerless, Julie Berndt, Rose Marie Fagan, and Neal Lane.

improve life for older adults. An entertainment showcase featured dancers, singers, musicians, and actors over the age of 65; the same artists later took part in a panel presentation on the importance of creativity in their lives.

The 2002 conference theme—**Long-Term Care Service Delivery: Policy and Practice in Challenging Times**—featured nationally recognized gerontologists Robyn I. Stone and Kevin Mahoney. Ithaca College graduate Neal Lane, currently the executive deputy director of the New York State Office for Aging, joined Susan Peerless, Paula Freedman, Julie Berndt, and Rose Marie Fagan to round out the speaker list. The presenters, all noted experts on long-term care, addressed today's nationwide realities and offered creative approaches to improving services.

The Ithaca College Division of Continuing Education and Summer Sessions has cosponsored each ICGI conference. In addition, ICGI has encouraged the input of the community in developing the annual conferences, by partnering with a spectrum of agencies including the Tompkins County Office for the Aging, Cornell Cooperative Extension, Decker School of Nursing, Central New York Alzheimer's Association, Cayuga Medical Center at Ithaca, and the Finger Lakes Geriatric Education Center.

What's next for the annual spring conference series? On May 29, 2003, the focus will return to **Alzheimer's disease**, with the latest information on caring and coping.

A Distinguished Record of Guest Speakers

The Ithaca College Gerontology Distinguished Speaker Series has been bringing nationally known gerontologists to Ithaca College for the past eight years, to speak to IC faculty, staff, and students, outside professionals, and the public at large.

In that time, 31 nationally and internationally known gerontologists have delivered free evening lectures. The talks are open to the public, and many of the speakers also meet with classes and visit one-on-one with faculty and students.

In February 1994, Monsignor Charles Fahey, the first distinguished speaker, discussed the implications of gerontology for national health care reform. Since then, the series has hosted such noted experts as Barbara Silverstone,

George L. Maddox, Robert C. Atchley, Marta Sotomayor, T. Franklin Williams, Robert B. Blancato, Robyn I. Stone, Neal E. Cutler, Suzanne Kunkel, Bill Benson, and Robert L. Kahn.

This fall ICGI will host Frank J. Whittington, Ph.D., from Georgia State University. Whittington will discuss his research on autonomy and independence in assisted living facilities serving African Americans, in a public lecture on Thursday, October 3, at 7:30 p.m. in Clark Lounge, Egbert Hall.



Frank J. Whittington of Georgia State University will speak at Ithaca College October 3 on assisted living facilities serving African Americans.

Series Turns Attendees' Ideas into Workshop Programs

Starting in the spring 1994 semester, the Ithaca College Gerontology Institute Workshop Series has provided workshops for health and social service providers, agency and facility administrators, educators, students, and community members.

In all, 85 workshops have been presented to well over 2,500 participants. Programs have covered a spectrum of health and social issues, and ICGI asks attendees to suggest their own ideas for future workshop content. Topics from writing life stories to death and dying, and from aging prisoners to sexuality in nursing homes—along with such mainstays as nutrition, exercise, hearing loss, dementia, and pharmacology—hint at the range of issues addressed by the series to date.

During the fall 2002 semester, the ICGI Workshop Series will pause for a special program of 10 two-hour workshops titled Psychological Aspects of Aging, presented by the Finger Lakes Geriatric Education Center and hosted by Ithaca College. Dates and topics of this Wednesday afternoon series are listed in the box at right. For online information and registration, visit www.ithaca.edu/agingcourse.

The Finger Lakes Geriatric Education Center presents the Fall 2002 Series on Aging at Ithaca College

Psychological Aspects of Aging
Hosted by the Ithaca College Division of Continuing Education and Summer Sessions with support from the Ithaca College Gerontology Workshop Series and the Allied Health Geriatric Interdisciplinary Team Training project.

Class sessions meet Wednesdays, 2:00–4:00 p.m., in Clark Lounge, Egbert Hall (Campus Center), on the Ithaca College campus.

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| September 4 | Tasting, Smelling, and Food Choices:
Do They Change With Age? |
| September 11 | Personality and Older Adults |
| September 18 | Cognitive Aging: Do Learning and Memory
Change with Age? |
| September 25 | Sensory Change in Older Adults: Vision and Hearing |
| October 2 | Aging Relations: Interpersonal Dynamics
in Families of the Elderly |
| October 9 | Real Problems with Real Solutions:
A Practice Approach to Geriatric Depression |
| October 23 | Anxiety Disorders in Late Life |
| November 6 | The Social Construction of Aging
with Developmental Disabilities |
| November 13 | Wisdom and Successful Aging |
| December 4 | New Views of Coping |

Cost per session is \$15, or you may register for the 10-session series for \$100.

For online course information and registration,
visit www.ithaca.edu/agingcourse.
Can't get to us online? Call 607-274-1965
to request course information and a registration form by mail.



Learning for the Love of It: Sue Cotton

Since 1998 Longview residents have had a special privilege: the ability to take classes at Ithaca College at no tuition charge.

One of the adult residential community's most active students is Sue Cotton, who, at 80, has completed nine courses since coming to Longview in January 1999. Since she already holds a degree in psychology and sociology from the University of Rochester, Cotton chose to audit classes rather than study for credit. Her course selection reflects topics "that are of particular interest to me personally. I take classes that are stimulating and exercise the mind." When the weather cooperates, Cotton walks

from Longview to the IC campus. Otherwise, she drives or hops the IC-Longview shuttle.

Cotton has added her unique perspective to discussions with students 60 years her junior in such courses as Personal Health, Cultural Anthropology, Nutrition for the Older Adult, Western Religions, and Arts and Antiquity—a course she wishes she could have taken before traveling to Europe years ago. She often makes a new friend or two in class, and she's had a number of visits from former classmates who have graduated and moved away.

An exemplar of lifelong learning, Cotton has her own way of showing that college can be not just a preview to life's experiences in the grown-up world, but also a prism through which to interpret and share them years later.

Innovative Enrichment: The Longview Experience

by Mark Macera

Executive director, Longview, an Ithacare community



A gathering of dignitaries, including Ithaca College president Peggy Williams (sixth from left), marks the official opening of the Longview community just up the hill from the campus.

The partnership of Ithacare with the Ithaca College Gerontology Institute is a cornerstone of Longview's success as a provider of senior housing services. Integral to the Longview community's vitality, this relationship enhances the quality of life for our senior residents and distinguishes Longview from other senior housing providers.

Widely regarded as innovative and unique, this intergenerational partnership was designed to benefit both Longview residents and gerontology students. The interaction between them accelerates learning through shared activities that span professional, educational, social, cultural, recreational, and volunteer realms. Recognized nationally, this partnership helps to support our aging population by equipping future professionals in gerontology with an intimate appreciation of the aging process from a rich firsthand experience.

Happy 10th

(continued from page 1)

interviews and analyze data in research projects, and they are able to participate in workshops and conferences offered by the institute. Academic programming has expanded from the original minor in gerontology to include a non-degree certificate in gerontology, first offered in 1994; a major in gerontology was inaugurated in fall 2001. Today some 20 courses focusing on aging-related topics are taught by faculty in a dozen Ithaca College departments. In addition, ICGI has developed a strong programming relationship between Ithaca College and nearby Longview, a residential facility for older adults. Students benefit from activities at Longview and from having Longview residents as fellow students in their classes.

Just as the next decade will bring changes, opportunities, and new challenges to the field of gerontology itself, ICGI will develop new research projects, professional training for new audiences, and new relationships with community organizations. The focus, however, will remain the same: offering Ithaca College students unparalleled resources in interdisciplinary coursework, research, and experiential learning in gerontology.

'What Was It Like When You Were Growing Up?'

Last spring the fourth grade class at Cayuga Heights Elementary School got help from one student's mom—Patty Lynott, an assistant professor at the Gerontology Institute. The children were working on an oral history project involving residents of Kendal at Ithaca, a local continuing care retirement community.

Fourth grade teacher Pam Merola received an Ithaca Teacher Education Initiative mini-grant from the Ithaca City School District to conduct the project, titled "What Was It Like When You Were Growing Up?" Through an exciting intergenerational learning program, the project pursued four goals: students learned from the knowledge of older neighbors in their community, gained a better understanding of older people, practiced interviewing techniques, and improved their writing and listening skills.

Interviewing residents of Kendal at Ithaca, the fourth graders explored

what life was like for children decades ago. After their visits, the students and residents kept in touch by mail, and the residents edited the children's work. During June the residents visited the elementary school and viewed the books that the young researchers had created. Each book contained a story based on a personal interview, an anecdote written by the fourth grader, and one written by the Kendal at Ithaca resident, along with drawings and photographs.

Lynott assisted in arranging the linkage with Kendal at Ithaca, and IC student Elizabeth Ruckert '05 (School of Health Sciences and Human Performance) also worked on the project. Along with researching children's attitudes toward older people, Ruckert created and presented a lesson plan for fourth graders titled "Elders in Colonial America."



Participants from Ithaca College, Kendal at Ithaca, and Cayuga Heights Elementary School plan to continue their intergenerational project with future classes of fourth graders.

Comings and Goings

The staff and faculty roster of the Gerontology Institute has grown from a single employee in 1992 to 14 in 2002.

Meanwhile, scores of Ithaca College students have worked at the institute while completing their studies.

With this issue, we welcome Amy Beth Miller as a part-time administrative assistant. Miller works closely with Pam Mayberry on academic program activities.

Recent departures include research assistants Jessie Moore, who entered a master's program in gerontology at the University of Michigan with the assistance of a Hartford Fellowship, and Sarah Wolle, who is beginning a doctoral program in leisure studies with a minor in gerontology at Penn State and has received a predoctoral training fellowship from the National Institutes of Health. Elaine Gebell, who served as FLGEC project coordinator for ICGI, has moved to Washington, D.C.



Amy Beth Miller

Sigma Phi Omega '02 Inductees

Ithaca College's Gamma Nu chapter of the gerontology honorary society Sigma Phi Omega

held its annual induction ceremony March 4. Inductees included (front row, from left) Shannon N. Gimbrone '02, Kristin Peters '02, Kelly Potter '04, Kristen A. Gaudons '02; (back row, from left) Marissa J. Zona '05, Jessica Sharp '02, Bethany Boilard '03, LeighAnn Scheider '05, Patricia A. Poindexter '04, and Christine Marshall '04. Also inducted were Courtney A. Conroy '03, April L. Denmark '04, Kimberly L. Dunham '02, Alexis A. Gernay '02, and John Rabbia '02.

