

# ICGI

Ithaca College Gerontology Institute    Volume 10    Number 3    Summer/Fall 2004

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](http://www.ithaca.edu/aging).

## Gerontology in the School Curriculum

"I had expected him to be boring but I was very mistaken. I would love to just visit and talk to him again."

"The only thing I can think of to group older people together is their age. They are as varied and different as everybody else in the world."

These were among the comments from students who experienced Gerontology in the School Curriculum, an Ithaca College Gerontology Institute (ICGI) and public schools collaborative project that began in 1997 and concluded this May. Members of the Gerontology Institute worked with teachers in the Ithaca City School District to develop lesson plans that incorporate information on aging and older adults into grades 7–12 social studies classes. The teachers then pilot-tested the lessons in their classrooms. Ithaca teachers reported that the lessons successfully met class learning objectives and helped students overcome outdated stereotypes, become more sensitive to older people, and understand public policy issues related to aging.

Based on the pilot's success, a second project, Gerontology in the Public School Curriculum: Social Studies 7–12, was conducted from June 2001 to May 2004. The purpose of this second project was to refine evaluation methods and fully assess the impact of the lesson plans on student knowledge and attitudes. Throughout the project, challenges and successes in working with teachers and students were



*Students visit with Joseph T. and Vauda Allmon.*

tracked so that the Ithaca model could be used in other schools. In the process the project was expanded to include four additional school districts.

Why social studies? The social studies curriculum is a great venue for raising student consciousness about the realities of older people. For example, by applying the lesson plans in history courses, students found that when older people told the stories of their lives in the classroom, dry lessons came to life. In the 12th grade Participation in Government course, students addressed social issues in an aging society and how elders benefit from and contribute to their communities. As one student commented, "The most important thing that I have learned is that old people experience negative attitudes or discrimination occasionally. That surprised me."

Results collected from more than 2,100 students who took part in the

## ICGI FACULTY and STAFF

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Outreach Program Coordinator  
and Newsletter Editor

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### Student Assistants

**Daniel Gutkoski '07**

**Emily Keppler '06**

**Elise Ruckert '05**

**Karisha Wilcox '04**

## Baker Studying in Sweden

Gerontology major Andy Baker '05 is the first Ithaca College student to take advantage of an exchange program with Jönköping University in Sweden. This fall Baker hopes to learn about the Swedish model of acute and long-term care, which differs radically from the approach taken in the United States.

## Notes from the Director

by **John A. Krout**

Director, Ithaca College Gerontology Institute

Welcome to the beginning of the 2004–5 academic year! I hope your summer was both relaxing and invigorating. This newsletter, our first of the year, includes updates from Commencement and information on other activities at the institute such as our rural geriatric training initiatives, our academic programs, and our fall conference and workshops. While new projects are beginning and others are winding down, this issue includes an overview of some of the accomplishments of the Gerontology Infusion in the Schools grant that has officially ended but

continues to have an impact on the local social studies curriculum. As always, we begin the new school year with a high level of interest in expanding our current activities in creative ways to meet the needs of our students, faculty, and community. We look forward to the continued success of our Longview partnership and to building additional collaborative research and curricular projects with faculty across campus. The faculty, staff, and students of the Gerontology Institute join me in wishing you a productive and enjoyable fall.

## Longview Update

The 2003–4 academic year was the fifth year of Ithaca College's programmatic relationship with Longview. A wide variety of intergenerational curricular and volunteer activities, most of which took place at Longview, involved approximately 346 students in the fall semester and 333 students in the spring.

Highlights from the spring semester include a variety show created by a journalism student complete with comedy skits, tap dancers, a juggler and opera singers; several small group discussions between Longview residents and students from Michael Smith's United States as a World Power course; and the Seniors to Seniors project, in which students in the Practicum in

Geriatric Occupational Therapy class taught by Carol John and Barbara Hansen were paired with Longview residents to teach each other their favorite activities. Twenty Longview residents participated in a study of factors related to falls, which was conducted by physical therapy grad students.

Enthusiasm for the partnership remains high, with many residents, students, faculty, and staff continuing to be engaged in activities between the two communities. For further information on the Ithaca College–Longview partnership please contact Chris Pogorzala at 607-274-1051 or e-mail [pogorzal@ithaca.edu](mailto:pogorzal@ithaca.edu).

## Gerontology Major Enters Grad School

Larkin Roof, gerontology major and 2004 graduate of Ithaca College, entered Syracuse University's graduate program this fall working on her master of social work degree.

# Ithaca College Gerontology Institute Annual Conference

Thursday, September 23, 2004  
8:30 a.m.–4:30 p.m.

## A Meeting of Minds: Mental Health and Mental Illness in Later Life

This conference will provide up-to-date information and useful tools for those who work with older adults. It is appropriate for family caregivers and professionals whose clients are diagnosed with a mental illness as well as for those who wish to help persons maintain good mental health.

Our daylong program will begin with an overview of psychiatric epidemiology and information on evidence-based treatments. Experts will present focused workshops throughout the day on topics including depression, suicide, and substance abuse; housing for mentally ill elders; pharmaceutical treatments; nursing home staff training needs; the link between physical health and mental health; maintaining mental health; and hoarding behavior. The program will end the day with a look at future trends in policy and practice.

Registration deadline:  
September 17, 2004

Check-In and Registration 8:30 a.m.

Welcome and Opening Remarks 9:00 a.m.

Keynote Address 9:15 a.m.

Michael A. Smyer, Ph.D.

Dean of the Graduate School of Arts & Sciences and  
Associate Vice President for Research, Boston College

### The Rubik's Cube of Mental Health and Aging

This keynote address will provide an overview of several facets of effective treatment in mental health and aging. While reviewing basic information regarding psychiatric epidemiology and treatment approaches, Smyer will emphasize the need to solve several simultaneous puzzles:

~ Addressing key elements in Bob Knight's model for psychotherapy with older adults

~ Adapting differing theoretical models for intervention to work with older adults

~ Accommodating different presentations of mental illness in later life

Using case material he will also consider ethical issues that may arise when providing mental health consultation to older adults and their families.

Refreshment Break/Displays 10:30 a.m.–10:50 a.m.

Morning Concurrent Sessions 10:50 a.m.–noon

1 Al Alfaro, M.A., M.S.W., CSW, CASAC

Cayuga Addiction Recovery Services, Ithaca, New York

Lisa Kendall, M.S.W., CSW

Family and Children's Services, Ithaca, New York

William J. Rusen, M.S.W., CSW

Cayuga Addiction Recovery Services

### Red Flags: Effective Interventions for the Depressed, Suicidal, or Chemically Dependent Older Adult

The potentially lethal conditions of depression and alcoholism—both too often linked with suicide—are commonly underdiagnosed in the older adult. The aim of this panel discussion will be to provide an overview of specific warning signals and effective responses. Participants will be challenged to consider screening and intervention procedures in their own practice setting, and a basic toolkit of resources for screening, diagnosing, and treating these conditions will be provided.

2 Mark A. Wickham, M.B.A.

Lakeview Mental Health Services, Canandaigua, New York

### What's Out There: Housing Options for the Aging Mentally Ill

With the aging of America and the need for older adult housing increasing each day, the options available for the aged mentally impaired is a challenge for families and health care providers. This workshop will explore the various types of housing options available to providers and families. The workshop will also cover the issue of the stigma of mental illness and the problems that it causes for families and older patients looking for housing.

### 3 Rachel Josefowitz Siegel, M.S.W., CSW Semiretired Clinical Social Worker, Ithaca, New York **Old Is Not a Dirty Word: Maintaining Mental Health in Late Life**

This session will focus on positive and preventive measures to maintain mental health in late life. Negative perceptions and stereotypes of old age in our youth-oriented society often contribute to isolation, depression, and hopelessness. On the other hand, the reframing of late life as a period of personal growth and learning can contribute to enriching the lives of old women and men. It takes enormous creativity and adaptability to cope with the losses and challenges that occur as our bodies age. Rachel Siegel will discuss the use of positive reframing and problem solving in support groups, workshops, or in one-to-one situations, as a means of preventing the development of serious symptoms. She will illustrate her comments with clinical observations and personal experiences as an 80-year-old psychotherapist.

**Lunch** **Noon–1:00 p.m.**

**Afternoon Plenary** **1:00 p.m.–2:00 p.m.**

Patricia Furlan, Ph.D.

University of Pennsylvania, Philadelphia, Pennsylvania

#### **Blurring the Boundary between Psychiatric and Medical Illnesses**

Depression is a diagnosis that may be difficult to treat, is often undetected, and can complicate a person's recovery from medical diagnoses. Patricia Furlan suggests that reevaluating the conventional distinction between physical health and emotional health might improve outcomes for both psychiatric and medical illness. She will present results from recent research in two diseases of aging, Parkinson's and osteoporosis, that challenge the conceptualization of depression as a disorder primarily affecting mood. The results suggest that clinical depression may require more comprehensive treatment than is currently provided for complete remission and that its symptoms may provide information about physical functions that go undetected during routine medical examinations.

**Afternoon Concurrent Sessions** **2:20 p.m.–3:30 p.m.**

1 Amanda Leis, CSW

Hartley House, New York, New York

#### **Hoarding Knowledge**

Hoarders, collectors, packrats, sufferers of Collyer Brothers Syndrome—no matter how we describe them, they are elderly clients living in cluttered, unsafe conditions who pose a vexing problem for social service professionals. Hoarding behavior commonly comes to light only in a time of crisis, when the older person needs services and can no longer conceal their unsafe living conditions. Increase your hoarding IQ by learning some of the clinical features of this disorder, telltale signs of hoarding behavior, and how to help. This workshop will include a look at the research of hoarding expert Randy Frost (Smith College), the phenomenology of hoarding, and some real-life case examples that highlight creative intervention.

### 2 Robert D. Harris, RPh, BCPP Cayuga Medical Center, Ithaca, New York **Something Old, Something Blue: A Review of Rational Antidepressant Use in the Geriatric Population**

This program will present an overview of the use of antidepressants in the geriatric population. The pharmacology of antidepressants will be described. Understanding antidepressant pharmacology will provide insight into the therapeutic benefits as well as the side effects of these medications. Strategies for minimizing these adverse reactions will be discussed. Potential drug-drug, drug-food, and drug-disease interactions of antidepressants will also be reviewed. An emphasis on the particular needs of the elderly will be maintained.

### 3 Jennifer Carlson, M.P.A. Lakeview Mental Health Services, Canandaigua, New York **Nursing Home Challenge: Coping with Aged Mentally Ill**

The number of nursing home patients coping with mental illness has been an increasing problem in the nursing home industry. With the aging of America and the increased number of individuals needing nursing home care, mental illness is a real issue for staff. They are expected to know how to handle many types of patients, including those with significant mental illness. This workshop will explore the various types of mental illnesses that are typically seen in nursing homes. Different strategies that are used to effectively handle elderly with mental illness are also discussed.

**Refreshments/Displays** **2:00 p.m.–2:20 p.m.**

**Closing Session** **3:30 p.m.–4:30 p.m.**

Michael A. Smyer, Ph.D.

Boston College

#### **Back to the Future: Emerging Trends**

In this closing session, Michael Smyer will consider three emerging trends and their implications for mental health services with older adults and their families:

- ~ The changing face of America and increasing diversity of older adults
- ~ An increased interest in community-based, consumer-driven service models
- ~ The evidence in evidence-based assessment and treatment

### **Sponsored by**

Ithaca College Gerontology Institute  
Ithaca College Division of Continuing Education  
and Summer Sessions

### **With support from**

Alterra Clare Bridge Cottage and Sterling House of Ithaca  
Central New York Area Health Education Center  
Finger Lakes Geriatric Education Center  
Kendal at Ithaca  
Eli Lilly and Company  
Walden Place

## Speakers

**Al Alfaro, M.A., M.S.W., CSW, CASAC**, is a 2002 graduate of the master of arts in social science/master of social work program at the State Universities of New York at Binghamton and Albany. While at Albany, he studied in the Hartford Gerontology Studies program. He has combined his extensive knowledge of chemical dependency recovery and gerontology treatment to begin an Older Adult Wellness Circle of Recovery program for adults 55 and older with chemical dependency issues. He has spoken to various older adult audiences and support agencies in the Ithaca and Tompkins County areas. He recently presented a seminar at the ninth annual Spirituality and Social Work conference held at the State University of New York at Binghamton on the subject of phototherapy as an aid in promoting healing and personal spiritual growth with chemical dependency clients in treatment and recovery. At Cayuga Addiction Recovery Services, he is a primary counselor in the areas of comorbidity, men's, and older adult treatment.

**Jennifer Carlson, M.P.A.**, is program director at Lakeview Mental Health Services located in Canandaigua, New York. Carlson oversees Lakeview's residential programs in Tompkins County and the case management, transportation, drop-in, and club programs in Seneca and Ontario Counties. Prior to working for Lakeview, Carlson worked with long-term psychiatric individuals, providing social and recreational activities at the Canandaigua Veterans Administration Medical Center. Carlson currently sits on Lakeview's training task force, Corporate Compliance Committee, and Incident Review Committee. She also participates in the Seneca, Ontario, and Tompkins Counties Single Point of Access Committees, as well as the Seneca County Drug and Alcohol Planning Forum and the mental health subcommittees in Yates, Seneca, and Tompkins Counties.

**Patricia Furlan, Ph.D.**, earned her B.A. in psychology at Hamline University, in St. Paul, Minnesota, and her M.S. and Ph.D. at the University of Pennsylvania. Her primary research interest is in investigating the relationship between psychiatric and physical health, with a focus on understanding the role of the stress response in psychiatric and medical complaints. Her research also includes investigations of the behavioral psychopharmacology of psychiatric medications. She practices cognitive therapy at the Center for Cognitive Therapy at the University of Pennsylvania. She is also a special Mental Illness Research, Education, and Clinical Center fellow in psychology at the Philadelphia Veterans

Administration Medical Center and a research associate at the University of Pennsylvania.

**Robert D. Harris, RPh, BCPP**, is a staff pharmacist at Cayuga Medical Center, in Ithaca, New York. In addition to the routine clinical and dispensing responsibilities of a hospital pharmacist, Harris is also a member of the mental health unit treatment team, participating in patient rounds, leading medication education groups, and providing individual patient counseling. Harris graduated from the Massachusetts College of Pharmacy and became a board certified psychiatric pharmacist in 1997. Harris is a member of the College of Psychiatric and Neurologic Pharmacists and the American College of Clinical Pharmacy and is an associate professor at Albany College of Pharmacy.

**Lisa Kendall, M.S.W., CSW**, has worked with older adults and their family caregivers for most of her 24 years as a human services professional, in settings ranging from home care to adult day programs, hospitals, and nursing homes. Kendall currently serves as caregiver counselor and respite program coordinator in the home care program of Family and Children's Services of Ithaca and facilitates the caregiver support group for the Cortland County Area Agency on Aging. Kendall has presented workshops on aging and caregiving for several large companies and universities, including Syracuse University's Graduate School of Social Work, Cornell University's School of Industrial and Labor Relations, IBM, Aetna, and Lockheed-Martin. Kendall most recently collaborated with the Finger Lakes Geriatric Education Center at Ithaca College to create an Internet learning module on geriatric depression.

**Amanda Leis, CSW**, is director of the Home Outreach Program for Elders at Hartley House, a settlement house in Manhattan's Hell's Kitchen. A graduate of the Columbia University School of Social Work, Leis has worked with hoarders since 1989, when she encountered her first "full house" as a social work intern in the Bronx. During her seven years at the Jewish Association for Services for the Aged, she initiated the Decluttering Project, which uses occupational therapy students as decluttering "coaches." A member of the New York City Hoarding Task Force, her current interest is in developing treatment models for people who hoard.

**William J. Rusen, M.S.W., CSW**, is the executive director of Cayuga Addiction Recovery Services. He has worked in community behavioral and primary health care systems for more than 25 years. He obtained his graduate degree

in social work from Marywood University and continues to make professional contributions through the presentation of scholarly papers and the facilitation of workshops at state and national conferences. Rusen is an adjunct faculty member at the University of Buffalo School of Social Work and Marywood University School of Social Work. He has served as a certified trainer in the Washington State Youth Suicide Prevention project and is a certified trainer for the Applied Suicide Intervention Skills Training workshop.

**Rachel Josefowitz Siegel, M.S.W., CSW**, is an 80-year-old semiretired clinical social worker from Ithaca, New York. She has lectured widely and written numerous articles on women and aging. She continues to lead workshops on related topics for both women and men, including a workshop on aging as a creative process at Lifelong, in Ithaca.

**Michael A. Smyer, Ph.D.**, is currently dean of the Graduate School of Arts & Sciences and associate vice president for research, and professor of psychology at Boston College. He earned his bachelor of arts degree at Yale University and his doctorate at Duke University. He was a faculty member and administrator for 17 years at Penn State. A licensed psychologist, Smyer has focused his research on the development, implementation, and evaluation of health-related interventions for older adults and their families. He is a fellow of the Gerontological Society of America, the American Psychological Association, and the American Psychological Society. With Warner Schaie and Marshall Kappa he coedited *Older Adults' Decision-Making and the Law*. His recent book, *Aging and Mental Health*, was coauthored with Sara Qualls. He has also coedited with Rachel Pruchno a collection entitled *Ethical Issues at the End of Life*, currently in press at the Johns Hopkins University Press.

**Mark A. Wickham, M.B.A.**, is executive director of Lakeview Mental Health Services located in Canandaigua, New York. Lakeview Mental Health Services is dedicated to maintaining and building quality, integrated, and accessible recovery supports for individuals seeking mental health services. Wickham is the founder and past president of the Capital region's Mental Illness Chemical Abuser Task Force. He is a consultant for a number of not-for-profit organizations, a guest speaker for several state conferences, and a member of various mental health subcommittees in Albany. Wickham is also the regional director for the statewide Association for Community Living.

# Ithaca College Gerontology Institute Annual Conference 2004

*Thanks to Eli Lilly and Company for providing an educational grant to ICGI for "A Meeting of Minds: Mental Health and Mental Illness in Later Life."*

## A Meeting of Minds: Mental Health and Mental Illness in Later Life

### Registration Information

#### Fees

The registration fee for the full-day conference is \$50. This includes the morning and afternoon sessions, light refreshments, and lunch. The half-day session (your choice of morning or afternoon) with lunch and refreshments is \$30. The half-day session (with your choice of morning or afternoon) not including lunch is \$25.

#### Scholarships

A limited number of scholarships are available. For more information contact Terry Beckley, Ithaca College Gerontology Institute, at 607-274-1967.

#### How to Register

You may register for this event by mail, by fax, or online.

~ To register by mail complete this form and send it to the address on the bottom of the registration form. Be sure to include a check payable to Ithaca College or complete the credit card authorization on the form.

~ To register by fax you must pay by credit card using the authorization at the bottom of the form. Fax the completed form to 607-274-1263.  
~ To register online go to the conference website at [www.ithaca.edu/agingconference](http://www.ithaca.edu/agingconference) and follow the directions online. Note that we do not have a secure server for registration. If you do not wish to send your credit card information via the Internet, please mail or fax your registration as described above.

The registration deadline is September 17, 2004. Upon receipt of your registration and payment, we will mail you a confirming letter with further information, a campus map, and directions to Ithaca College.

#### Cancellation Policy

Registered and paid participants who cancel will receive a refund if a written request is received by the continuing education office no later than September 21, 2004. No refunds will be given for cancellations made after that date; however, you may transfer your registration fee to another person.

#### More Information

For additional information regarding conference content, contact Terry Beckley, Ithaca College Gerontology Institute, at 607-274-1967 or [aging@ithaca.edu](mailto:aging@ithaca.edu).

Questions regarding registration may be addressed to the continuing education office at 607-274-3143, [cess@ithaca.edu](mailto:cess@ithaca.edu).

Individuals with disabilities requiring accommodation should contact the Office of Affirmative Action at 607-274-3909 (voice), 607-274-1767 (TDD), as much in advance as possible.

Visit the Gerontology Institute conference website at [www.ithaca.edu/agingconference](http://www.ithaca.edu/agingconference).

#### Continuing Education Units

Participants who attend the full-day conference may earn 0.5 continuing education units (CEUs). Upon request, a CEU certificate will be issued for a fee of \$10, which may be added to the payment for the conference. Ithaca College CEUs may be submitted to your professional organization for credit where applicable.

## Ithaca College Gerontology Institute Fall 2004 Conference Registration Form

Name \_\_\_\_\_  
 Title \_\_\_\_\_  
 Agency \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Daytime Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

#### Fees

Please check the appropriate boxes.

- |   |      |
|---|------|
| <input type="checkbox"/> Full day (includes morning and afternoon sessions and lunch) | \$50 |
| <input type="checkbox"/> Half day with lunch  | \$30 |
| <input type="checkbox"/> Morning session only   |      |
| <input type="checkbox"/> Afternoon session only                                       |      |
| <input type="checkbox"/> Half day without lunch                                       | \$25 |
| <input type="checkbox"/> Morning session only   |      |
| <input type="checkbox"/> Afternoon session only                                       |      |
| <input type="checkbox"/> Continuing education unit (CEU) certificate                  | \$10 |

Make checks payable to Ithaca College

Total payment enclosed \$ \_\_\_\_\_

#### Choice of concurrent session:

Morning  1  2  3  
 Afternoon  1  2  3

#### Credit card authorization

MasterCard  Visa  Discover

Charge my account \$ \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on credit card (please print) \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

#### Mail registration form to

Division of Continuing Education and Summer Sessions  
 A Meeting of Minds: Mental Health and Mental Illness in Later Life  
 Ithaca College, 120 Towers Concourse, Ithaca, NY 14850-7141

Fax number for registration form and credit card payment:  
 607-274-1263

**Registration deadline: September 17, 2004**

## Central New York Area Health Education Center Grant Awarded to Gerontology Institute

The Ithaca College Gerontology Institute was recently awarded a Central New York Area Health Education Center minigrant for \$8,500 to develop training to improve supervision skills for nurses working in long-term care organizations.

Nurses are frequently hired for or promoted to management positions requiring supervisory oversight of aides. The Direct Care Alliance, a national coalition focused on reforms in public policy and health care industry practice, notes the following: "Not surprisingly, direct-care workers say that their relationship with their immediate supervisor is a key factor in whether to remain with or leave an employer. Unfortunately these

relationships are often difficult. Most supervisors of frontline workers have not been trained in supervisory skills or cultural competency."

Through this grant, long-term care community partners will be surveyed to clarify needs, gather examples to be used in training, and discuss organizational constraints that must be addressed in order to assure a successful training program.

In collaboration with nurse educators at the University of Rochester School of Nursing Lifelong Learning program, the training will be developed and piloted in spring 2005.

For further information please contact Marilyn Kinner at 607-274-1604 or e-mail [aging@ithaca.edu](mailto:aging@ithaca.edu).

## Rosemary Bakker Rescheduled



Mark your calendars for March 15–19, 2005, when Rosemary Bakker, M.S., ASID, will spend three days at Ithaca College as a visiting scholar. Bakker is a nationally recognized research associate of gerontological design and medicine at Weill Medical College, Cornell University. Bakker will address basic gerontological design theory, including design features that increase function and accessibility; original product testing data for things such as lighting, seating, and bathing devices; and the use of research to create a marketable product. Watch for details in the winter issue of this newsletter.

## Congratulations to ICGI Fellows and Affiliates

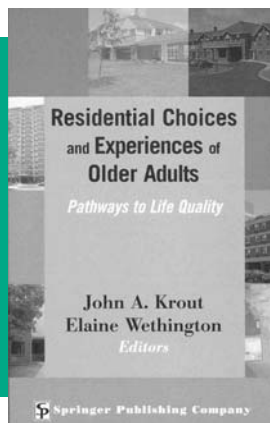
Four Gerontology Institute fellows and/or affiliates were granted tenure and/or promotions by the Ithaca College Board of Trustees.

**Ernest Nalette**, Department of Physical Therapy chair of graduate studies and director of the department's Rochester center, was granted tenure. **Mary Turner DePalma** from the Department of Psychology and **Michael Pagliarulo** from the Department of Physical Therapy were both awarded tenure and promoted to full professor, and **Barbara Belyea** from the Department of Physical Therapy was promoted to clinical associate professor.

## In Print

An essay by Joel Savishinsky entitled "Bread and Butter Issues: Food, Conflict, and Control in a Nursing Home" was published in *Gray Areas: Ethnographic Encounters with Nursing Home Culture*.

**John A. Krout** and **Elaine Wethington** are the editors of *Residential Choices and Experiences of Older Adults: The Pathways to Life Quality Study*. Springer Press. June 2003.



## Glamour Gals AGES

The Ithaca College student group A.G.E.S. (Aging and Gerontological Education Society) was recently included in the New York State Health Facilities Association Volunteer of the Year Award, which was presented to the Glamour Gals Foundation.

The Glamour Gals Foundation recruits young people to go into elderly care facilities and give residents beauty treatments in an effort to enhance the quality of life for the residents and provide a connection between generations. Ithaca College students went to Longview for this event.

## Learning from Our Past

Patricia Passuth Lynott, Ph.D., an assistant professor at the Gerontology Institute, received a summer faculty research award titled Learning from Our Past: An Interdisciplinary, Intergenerational Program. For more information please contact her directly at [plynott@ithaca.edu](mailto:plynott@ithaca.edu).

## Hospicare Speaker

On October 21 Hospicare and Palliative Care Services of Tompkins County will host a presentation by Gary Myers, Ph.D., assistant professor of medical humanities, Southern Illinois University School of Medicine. Myers will focus on providing alternatives for medical professionals to sustain patients' hope at the end of life. Myers will speak at the Unitarian Church, 306 North Aurora Street, Ithaca, at 7:30 p.m.

## The Ithaca College Gerontology Institute Presents the Fall 2004 Workshop Series

Co-sponsored by the Ithaca College Division of Continuing Education and Summer Sessions and the Central New York Area Health Education Center

Dear Colleague:

The Ithaca College Gerontology Institute workshop series has been providing an affordable, local opportunity for continuing professional education for nearly 10 years.

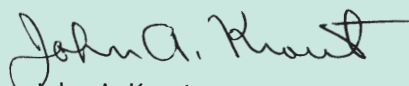
Three workshops instead of the traditional five will be offered in fall 2004. This is due in part to the fact that our annual daylong conference is being held in September. The registration fee for the workshops is \$15 each or \$40 for all three. For people over 60 years old and retired the cost is \$10 per workshop.

All workshops are on Wednesday afternoons from 1:30–4:30 p.m. and are held in Clark Lounge in Egbert Hall. Advance registration is requested and is on a first-come, first-served basis.

We try to be responsive to participants' interests, and we frequently plan the workshops using their suggestions. Please feel free to contact the Gerontology Institute at 607-274-1967 or [aging@ithaca.edu](mailto:aging@ithaca.edu) if you have suggestions for or questions about the content of the workshops. Questions regarding registration and continuing education credit can be answered by the Office of Continuing Education at 607-274-3143.

Thank you for your interest in the Gerontology Institute workshops.

Sincerely,

  
John A. Krout  
Director

### September 8

#### Understanding and Working with Low Vision

Laura Henry,  
*Director of Program Services*

Robert K. Hanye,  
*President and Chief Executive Officer Association for Vision Rehabilitation and Employment (AVRE)*

This workshop will define the primary causes of vision loss in older adults (i.e., macular degeneration, glaucoma, and diabetic retinopathy). Learn tips and techniques for accomplishing daily living tasks with low or no vision. Some older adults want to learn how to travel safely and special instructors can encompass sighted guide techniques, indoor mobility, cane use, street crossings, and using the public transit systems. All the rehabilitation skills offered by AVRE will be reviewed.

Please register by completing the registration form, or register online at

[www.ithaca.edu/agingworkshop](http://www.ithaca.edu/agingworkshop).

# ICGI

## October 5

### Evaluation and Treatment of Memory Impairment: What to Remember

Fred Marshall, M.D.,  
Assistant Professor of Neurology  
University of Rochester Medical School

This workshop will cover the differential diagnoses of dementia, their evaluation and treatment. We will review the basics of Alzheimer's disease including epidemiology, pathogenesis, diagnosis, and pharmacological treatments. We will stress the importance of a multidisciplinary approach to the care of patients with dementia.

## November 10

### Doorway Thoughts: Crossing the Threshold to Cultural Competence

Sharon A. Brangman, M.D.,  
Division Chief of Geriatrics  
SUNY Upstate Medical University

This interactive workshop will examine the issue of cultural competence in the health care setting. Participants will have the opportunity to explore their own cultural heritage and see how culture and ethnicity shape our perceptions of health and disease. We will explore health care disparities in this country and the way culturally competent medical care influences the quality of the care patients receive. The recently published book, *Doorway Thoughts: Cross-Cultural Health Care for Older Adults*, will be reviewed, with a focus on developing skills to care for patients of African American, Mexican, American Indian, and Chinese backgrounds.

## Fall 2004 ICGI Workshop Series Registration Form

Use this form to send all your registration information. To arrange payment, call the continuing education office (607-274-3143) with your credit card information.

Name \_\_\_\_\_

Title \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Please check the workshop(s) you are registering for:

- September 8      Understanding Low Vision  
 October 6        Memory Impairment  
 November 10     Cross-cultural Health Care  
 Complete Series

Continuing education units (CEUs) are available to participants who attend *two or more* workshops. Each workshop has an award of 0.3 CEUs, for a total of 0.9 CEUs if you attend all three. There is a nonrefundable fee of \$10 for CEU credit regardless of how many units you earn. Check the box below if you would like to earn CEUs.

**Fees:** Each workshop is \$15. If you plan to attend all three workshops the fee is \$40. If you are 60 years old and retired the fee is \$10 per workshop.

- Regular registration: \$15 x \_\_\_ workshop(s)      \$ \_\_\_\_\_  
 Older adult registration: \$10 x \_\_\_ workshops(s)      \$ \_\_\_\_\_  
 Complete series of three workshops                      \$      40.00  
 CEU credit: \$10 flat rate (you must attend  
*two or more* workshops to receive CEU credit)      \$ \_\_\_\_\_  
Total payment enclosed      \$ \_\_\_\_\_

Please make checks payable to Ithaca College. Your registration will be complete when you have made arrangement for payment. You may arrange payment by calling the continuing education office (607-274-3143) with your credit card number. We must receive your completed registration no later than one week before the workshop to ensure that you receive your confirmation letter and map in time.

- MasterCard       Visa       Discover  
Charge my account      \$ \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder's Name (please print) \_\_\_\_\_

Cardholder's Signature \_\_\_\_\_

Please send your completed registration form and payment to Office of Continuing Education and Summer Sessions, ICGI Workshop Series, 120 Towers Concourse, Ithaca College, Ithaca, NY 14850.

## Good Bye and Good Luck

Joan Joseph, a retired gerontologist and an active member of the Ithaca Committee on Creative Aging coordinated by the Gerontology Institute and the Community Arts Partnership, is leaving Ithaca for warmer climates. Joseph's enthusiasm and support for connecting older adults to the arts community will be missed.

## John A. Krout Honored

John A. Krout, Ph.D., director of the Ithaca College Gerontology Institute, has been named Iowa State University's Helen LeBaron Hilton chair in the College of Family and Consumer Sciences for 2004–5. Krout will make several visits to Iowa during the year to present campus and community lectures, teach classes, and consult with faculty on curriculum and research projects in rural aging.

## Slice of Life

On Saturday, June 12, 2004, the Cool Diamond Improvisational Senior Theater Troupe premiered *Slice of Life: The "Tell All" Stories* at Lifelong, in Ithaca. The troupe answered such questions as "How did Priscilla get her nickname?" and "What did Natasha do the first time she invited her Argentinean in-laws to dinner?"

The seven-member troupe performs without sets or lights. The plays and vignettes, developed through improvisational exercises, explore stories from the troupe's past. From the exercises the troupe created the vignettes and plays that although rehearsed, retain an element of improvisation. The players are the characters, the scenery, and the props.

The troupe is directed and coordinated by Sue Perlgut.

She has worked as an arts administrator, actor, director, and teacher for more than 25 years and currently writes, produces, and directs community theater in Ithaca.

Perlcut's work at Lifelong is a result of collaboration between the Community Arts Partnership and the Ithaca College Gerontology Institute's work with the National Center on Creative Aging.



Players of the Cool Diamond Improvisational Senior Theater Theatre Troupe portray golf playing chickens in a story by Lolly Hayes. Pictured (left to right) are Pat Connor, Pam Cawley, Gwenth Warner, Natasha Tall, Dolores Wermelinger, and Priscilla Schneeberg.

## Older New Yorkers Can Eat Better

A New York State Office for the Aging survey estimates that one of every four older New Yorkers (60 or older) is considered nutritionally at risk as a result of varying issues including illness, poverty, isolation, or disability. When older adults reduce their food intake due to the lack of financial resources, they risk their ability to maintain an independent, healthy lifestyle.

The U.S. Department of Agriculture's Food Stamp Program is the main nutritional resource for older adults who are eligible. However, only 33 percent of older adults in Tompkins County who are potentially eligible to receive food stamps are participating in this important antihunger program. Tompkins County is ahead of the game when compared to contiguous counties including Cayuga at only 13 percent, Seneca at 18 percent, Tioga at 15 percent, Chemung at 12 percent, Schuyler at 16 percent, and

Cortland at 15 percent. Recipients of food stamps receive anywhere from \$61 to \$103 per month depending on their locale. (Statistics provided by Nutrition Consortium of New York State, Albany, New York)

Similar to Social Security, the Food Stamp Program is an entitlement program, which means that everyone who meets the eligibility criteria can receive benefits. The Food Stamp Program eligibility guidelines are more generous for people aged 60 and older.

Please encourage your family members or neighbors who could benefit from the additional nutritional assistance that food stamps provide to call their local social services department for more information. You may also contact the Nutrition Consortium of New York State at 518-436-8757 ext. 20 or [www.HungerNYS.org](http://www.HungerNYS.org) to see if there are nutritional outreach and education programs in your county.

## Gerontology in the School

(continued from page 1)

Participation in Government class indicated that student perceptions of older people became more positive after they took the class. So did their perceptions of careers involving older persons, as evidenced when the students were asked to react to statements such as “Working with adults over 65 is depressing” and “I have the ability to work successfully with adults over 65.” This is important because the middle and high schools students of today will be the caregivers and business-people of tomorrow. As employers, health care workers, and creators of new products for the older population market, the students of today will play key roles in the lives of an older population that continues to grow in numbers. However, there were no significant changes in the students’ perceptions regarding public policy-related questions such as “There should be a given chronological age when people have to surrender their drivers’ licenses” and “To the extent that they are able, children should provide for their aged parents.”

Some of the lessons students learned involved interviewing an older person. Student-written reports about these interviews indicated very positive changes in attitudes and perceptions, recognition of commonality between themselves and older adults, and improvement in personal relationships with older persons. Both teacher and student surveys indicate that the ICGI lesson plans not only succeed in improving student understanding and perceptions of aging, but they are also appropriate for meeting

required learning standards in New York State schools.

Ultimately, the project’s success will be measured by how much it is put into practice. All the teachers involved in the project intend to use the lesson plans in the future. The Gerontology Institute has created a comprehensive website of the curriculum, allowing teachers to access the lesson plans, handouts, and introductory video. In addition, a curriculum kit on paper and CD-ROM has been presented at state and national conferences and distributed to every teacher center in New York State.

What’s the real lesson? People need to start learning at a young age what old age is all about. We are delighted with the project’s successes and, given additional funding, plan to integrate aging issues into all aspects of the public school curriculum, including health, science, family and consumer science, and language arts. For more information about the project, visit our website at [www.ithaca.edu/aging/schools](http://www.ithaca.edu/aging/schools).

## East Hill’s Karl Pillemer Comes to South Hill

Cornell University’s Karl Pillemer, Ph.D., will give a public lecture on Thursday, December 2, 2004, at 7:00 p.m. in Emerson Suites, Phillips Hall. Pillemer’s lecture is titled “Solving the Crisis in Long-Term Care: Why Focusing on the Workforce Matters Most.” This program is free and open to the public and will be followed by a reception.



Pillemer is a professor in the Department of Human Development at Cornell University and director of the Cornell Gerontology Research Institute, as well as a professor in the program in clinical epidemiology and health, Graduate School of Medical Sciences, Weill Medical College, Cornell University.

Pillemer’s lecture is part of the Ithaca College Gerontology Institute Distinguished Speaker Series. For additional information please contact Terry Beckley, 607-274-1967 or [aging@ithaca.edu](mailto:aging@ithaca.edu).

## Scholarship Awarded

The first recipient of the Daphne B. Hammond Endowed Scholarship in Gerontology is Karisha Wilcox '04. At Ithaca College’s 2004 Commencement, Daphne Hammond and Karisha Wilcox met and spent some time together.

The Daphne B. Hammond Endowed Scholarship in Gerontology is awarded annually to an outstanding student majoring in gerontology who has demonstrated financial need. This scholarship will help students studying gerontology receive the financial support they need to complete their degree.



Daphne B. Hammond and Karisha Wilcox '04

'04

Gerontology  
Institute

[www.ithaca.edu/aging](http://www.ithaca.edu/aging)

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## Calendar of Events

- September 8**      **Workshop**  
"Understanding and Working with Low Vision"
- September 23**    **ICGI Annual Conference**  
"A Meeting of Minds: Mental Health and Mental Illness in Later Life"
- October 6**        **Workshop**  
"Evaluation and Treatment of Memory Impairment:  
What to Remember"
- October 21**      **Hospicare and Palliative Care Services of Tompkins County**  
Gary Myers, Ph.D., Southern Illinois University School of Medicine  
Unitarian Church, 7:30 p.m.
- November 10**    **Workshop**  
"Doorway Thoughts: Crossing the Threshold to Cultural Competence"
- December 2**     **Distinguished Speaker**  
Karl A. Pillemer, Ph.D., Cornell University  
"Solving the Crisis in Long-Term Care:  
Why Focusing on the Workforce Matters Most"