

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 14850-7186; phone 607-274-1965; website www.ithaca.edu/aging.

Noted Gerontology Scholarship Awarded to Ithaca College Senior



Bethany Boilard '03 is the winner of the prestigious AARP Andrus Foundation Founder's Scholarship for 2002-3. This annual national

award honors an undergraduate-level student who shows a strong commitment to gerontology and plans to work in an aging-related career. Boilard's scholarship helps to defray tuition for the 2002-3 academic year, as well as her trip to Boston in November to attend the 55th annual conference of the Gerontological Society of America.

Boilard, a double major in gerontology and psychology at Ithaca College, presented a poster at the conference with Patricia Lynott, her gerontology faculty mentor. They described their current research project analyzing data from the Pathways to Life Quality study with a

focus on life satisfaction and perceived health status.

Adding to her understanding of these issues for older adults, Boilard completed a gerontology internship last summer working with older individuals who had mental illnesses. Her internship sharpened her interest in a career in social work or clinical psychology. After graduation she plans to gain pertinent work experience while considering options for graduate education. Her measured approach to studies and career, notes Lynott, augurs well for success in any area of gerontology.

"Gerontology is empowering," says Boilard, "assisting our aging population to gain respect, exercise their rights, and live life to the fullest."

"Just as 'the children are our future,'" she adds, quoting a familiar song, "the elderly are our link to the past. That precious connection between generations is something we cannot afford to lose."

Gotta dance: More than 150 people attended the Harvest Moon Dance held November 8 at Ithaca College. The annual event, hosted by the student group Aging and Gerontological Education Society (AGES), draws older adults from the area, as well as IC students, faculty, and staff. Right: no one can resist the call of the conga line.



www.ithaca.edu/aging

Prefer E-News? Let Us Know.

The Gerontology Institute newsletter is now on the Web at www.ithaca.edu/aging.

If you'd like an e-mail alert as each new edition is posted, please e-mail aging@ithaca.edu to let us know. Be sure to give us the e-mail address where you want new-issue notices sent. These notices will include a link to go directly to the newsletter. (We will not share your e-mail address with any other organizations.)

If you'd like your name removed from the mailing list for the paper edition of the newsletter, please mention that in your e-mail.

To continue receiving your newsletter by mail, you don't need to contact us.

Notes from the Director

by John A. Krout
Director, Ithaca College Gerontology Institute

Ithaca College recently announced the formation of a new Division of Interdisciplinary Studies, organized to provide administrative leadership for academic programs and activities that cross traditional disciplinary lines. This division will also support faculty and staff in developing future interdisciplinary initiatives. The Ithaca College Gerontology Institute, with its focus on interdisciplinary coursework and programs, is pleased to be a part of this College-wide endeavor.

The faculty and staff at the institute look forward to the new opportunities that a heightened focus on interdisciplinary partnerships will bring to our work with other academic and support units on

campus. We believe it will also bring new collaborations with other units within the division itself, particularly the Center for the Study of Culture, Race, and Ethnicity and the Office of International Programs. And we anticipate that this new emphasis will broaden the connections we have in the community, as our IC colleagues in interdisciplinary studies develop partnerships in areas we have yet to tap, both on and off campus.

I hope you enjoy reading about the institute's activities in this winter issue. The faculty, staff, and students of the institute join me in wishing you a safe and happy new year.



Wondering who's who in ICGI? If you've been e-mailing us, talking with us on the phone, or reading about us in the newsletter and elsewhere, now you can connect names with faces. Front row, from left: Sue Welch, Chris Pogorzala, Terry Beckley, Pamela Mayberry. Middle row, from left: Penny Bianconi, Patty Lynott, Marilyn Kinner, Chris Decker, Mary Ann Erickson. Back row, from left: Alberto Saez, John Krout, Peggy McKernan, Amy Beth Miller. Photo by Jeff Ives.

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Lacey Shulman '03
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May 29, 2003: ICGI Conference to Focus on Alzheimer's

On May 29, 2003, the annual spring conference of the Ithaca College Gerontology Institute will address Alzheimer's disease and related dementias. Already, an exciting roster of participants is forming. Presenters will include Anton Porsteinsson, M.D., University of Rochester Medical School; Linda Buettner, director of the Center for Positive Aging at Gulf Coast University; and Mary Anne Corasaniti, executive director of the central New York chapter of the Alzheimer's Association. Watch for details in the spring 2003 issue of this newsletter.

Grant Will Expand Center for Life Skills

A three-year federal grant of \$263,938 awarded to Melinda Cozzolino, clinical assistant professor in the Department of Occupational Therapy at Ithaca College, will be used to expand the Center for Life Skills. The center is currently housed in ICGI space at Longview, a residential senior living community near the IC campus. The Center for Life Skills provides adaptive and rehabilitative services to adults who have had strokes or other neurological disorders, through an interdisciplinary intervention model.

The grant, from the United States Health Resources and Services Administra-

tion, will enhance the center's services in three key areas: participation in programming by allied health students and faculty; training for allied health professional educators and rural practitioners; and the design of a model curriculum based on interdisciplinary collaboration. The expansion project will involve students and faculty from the Departments of Occupational Therapy, Physical Therapy, Therapeutic Recreation and Leisure Services, Speech-Language Pathology, and Gerontology.

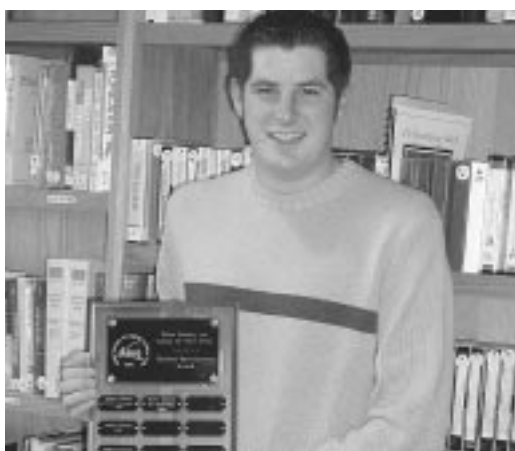
Additional information about the Center for Life Skills is available from Catherine Gooch at 607-375-6312.

IC Brings Home Award from 2002 SSA Conference

"Successful Aging: Interdisciplinary and Community Perspectives" was the theme of the 30th annual State Society on Aging of New York conference, held in Albany October 30–November 1. Among the conference participants were 11 Ithaca College students, who returned to campus with this year's Student Participation Award for their involvement.

Twelve Ithaca faculty and staff members were on hand at the conference along with the students. Papers, posters, and symposia presented by the IC attendees included the following titles:

- Gender Differences in Children's Concerns about Older People
- Gerontology Infusion for Middle and High Schools
- Legacy and Succession in Modern Retirement
- Volunteer Patterns and Residential Change
- Leveraging Resources to Educate Professionals, Students, and the Community: Experiences from the Finger Lakes Geriatric Education Center
- A Unique and Rewarding Association for All Ages: How Ithaca College–Longview Partnership Programs Contribute to Quality of Life for All Participants



Andy Baker '05 displays the SSA Student Participation Award plaque presented to Ithaca College.

Wow Factor: Guests Fast-Forward History for High School Students

Ask a teenager to describe people over 65 and you may hear “grumpy,” “sick,” or “slow.” Ask the same teenager to describe his or her grandparents and you’ll probably hear “great,” “smart,” and “fun.”

It’s an exercise high school teachers can use to start a discussion on the stereotyping of older adults. Students realize that when they talk in generalities they tend to fall back on stereotypes; when they talk about a real individual, they think.

Staff members at the Ithaca College Gerontology Institute have been working with local teachers on a project to overcome stereotypes of older people. One of their strategies is to increase the contact between “stereotypers” and “stereotypees”—invite older adults to visit the classroom. Embracing this idea, Ithaca High School teachers have invited war veterans, women’s groups, and people active in policy issues related to aging.

Twice during the past year, students in government and United States history courses hosted an Ithaca group known as WOW, or Wise Old Women. WOW members meet regularly to enjoy the company of accomplished and intellectually curious peers. Together they discuss such subjects as politics, literature, art, travel, and theater. Their youngest member is 75.

During their high school visits, the WOW members’ recollections of World War II launched discussions comparing the Pearl Harbor and World Trade Center attacks, and looking at issues of terrorism.



This image from a classroom video shows members of the local group known as WOW visiting a history class at Ithaca High School with intergenerational insights on American progress and challenges.

The panel shared stories of life at home during WWII and the challenges they later faced in their careers. One woman, the only female in her law school graduating class, recalled the placement director’s “help” in her job search. Telephoning a judge about an opening for a law clerk, he said, “You wouldn’t want to hire a woman, would you?” The high school audience responded with shock and indignation, and an energetic discussion ensued on progress over the years in women’s rights, birth control, child care, and women’s wages. When one student claimed that gender discrimination no longer exists, a WOW member replied that women make 76 cents for every dollar men earn. As evidence,

she later sent the class a U.S. Department of Labor wage report, so they could research the situation for themselves—and they did.

History teacher Heather Tallman was impressed by her students’ attention. “Sometimes my students are reserved when visitors come to the classroom,” she noted. “Not today. The students were enthralled by the wisdom and experience of these women. They could have listened forever.”

The students, in fact, wanted more time with the visitors than a 50-minute class period. To accommodate their interest, the teachers hope to increase the number of visits by older adults in the future.

A proposal from the Ithaca College Gerontology Institute and the Ithaca College Department of History has been submitted to the National Endowment for the Humanities. The proposed grant would fund a summer workshop for middle school and high school teachers on ways to make the study of history more real to students.

The Finger Lakes Geriatric Education Center
presents the
Spring 2003 Series on Aging
at Ithaca College

Aging with Chronic Conditions and Disabilities

Hard Copy: Recent Publications by ICGI Faculty, Affiliates, and Staff

Ives, J. C., W. F. Straub, and G. A. Shelley. "Enhancing Athletic Performance Using Digital Video in Consulting." *Journal of Applied Sport Psychology* 14 (2002): 237–45.

Krout, John A., and **Christine H. Pogorzala**. "An Intergenerational Partnership between a College and a Congregate Housing Facility: How It Works, What It Means." *The Gerontologist*, vol. 42, no. 6 (December 2002).

Krout, John A., and **Zenon Wasyliv**. "Infusing Gerontology into Grades 7–12 Social Studies Curricula." *The Gerontologist*, vol. 42, no. 3 (June 2002): 387–91.

Machan, Katharyn Howd. *Dreaming How the House of Love Begins*. Johnstown, Ohio: Pudding House Publications, 2002.

Savishinsky, Joel. "Creating the Right Rite of Passage for Retirement." *Generations*, vol. 26, no. 2 (summer 2002): 80–82.

Savishinsky, Joel [haiku]. "Colonoscopy: / where no one has gone before / seeking truth with light." *American Journal of Gastroenterology*, vol. 97, no. 4 (April 2002): 1070.

Savishinsky, Joel [quoted source]. "Retirement." *U.S. News and World Report*, vol. 132, no. 19 (June 3, 2002): 70–72.

Savishinsky, Joel. "Who Needs Retirement?" *Across the Board*, vol. 39, no. 3 (May/June 2002): 6.

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), at Ithaca College.

February 12 Arthritis: What Are We Doing about It?

John Baum, M.D.

University of Rochester School of Medicine and Dentistry

February 19 Osteoporosis: An Inevitable Consequence of Aging?

Edward Puzas, Ph.D.

University of Rochester School of Medicine and Dentistry

February 26 Allied Health: How Can a Team Approach Help?

Ithaca College Allied Health Team

Jan Monroe, Ph.D., Department of

Therapeutic Recreation and Leisure Services

Susan Durnford, M.S., Department of

Speech-Language Pathology

Ernest Nalette, Ed.D., Department of Physical Therapy

Mindy Cozzolino, M.S., Department of Occupational Therapy

March 5 HIV/AIDS and Older Adults: Why Talk about It?

Craig Sellers, M.S., R.N., A.P.R.N., B.C., A.N.P.

University of Rochester School of Medicine and Dentistry

March 19 The Changing Needs of Caregivers: Can a Support Plan Be Developed?

Joseph Striano, M.S.W.

Bath VA Medical Center

Mary Ann Skalny, B.S., C.E.

University of Rochester School of Medicine and Dentistry

March 26 Diabetes: Who Is Susceptible?

Suzanne Myer, R.N., C.D.E.

State University of New York Upstate Medical University

April 2 Parkinson's Disease: What Do We Know?

Frederick Marshall, M.D.

University of Rochester School of Medicine and Dentistry

April 9 Functional Disability and Low Vision: What Can We Do?

Linda Travis, Psy.D.

University of Rochester Medical Center

April 16 Drug Use in the Elderly: What Are the Influencing Factors?

Sergio Zulloch, Pharm.D.

Arnot Ogden Medical Center

April 23 What Is Culturally Competent Health Care?

Margaret Andrews, Ph.D., R.N.

Nazareth College

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.

Faculty Spotlight: Andrea White



Gerontology majors and minors at Ithaca College represent about half the students in the Psychology of Aging course taught by Andrea White, an assistant professor in the Department of Psychology. Looking at the middle and later years of life, the course examines the biological, societal, and individual factors that influence age-related changes in perceptual, cognitive, and social-personality processes. White's course emphasizes major developmental theories and methods of study.

Among the gerontology students she is working with is Bethany Boilard '03, who recently won a gerontology scholarship (story, page 1). Boilard has been a member of a student research team working with White to investigate identity in two studies.

In the first, a longitudinal study of adjustment to college, White and her team are exploring how identity style—a person's approach to (or avoidance of) issues

of identity—is related to development in emerging adulthood.

The second study, an investigation of incoming first-year students and their parents, compares the identity styles of parents and their late adolescent children and those of partners in midlife.

White joined the faculty at Ithaca College in 1997 while working on her doctoral dissertation on learning and memory in older and younger adults. A colleague in the IC Department of Psychology, the late Janet Kalinowski, piqued her interest in teaching a course on aging. White, who holds a Ph.D. from Syracuse University in developmental psychology, completed her undergraduate work at the State University of New York College at Potsdam, with a major in psychology and international studies.

Raised in Marion, New York, White recently purchased a home in Ithaca. She enjoys traveling, both domestically and internationally, so her spare time is divided between the house and the highway.

Welcome

We welcome two staff members who joined the Ithaca College Gerontology Institute in August 2002.

Marilyn Kinner is the project coordinator for the Finger Lakes Geriatric Education Center. Her responsibilities include coordination of the FLGEC educational series on the IC campus and working with four regional teams in the rural Finger Lakes region to plan and implement geriatric training.

Kinner brings over 20 years of professional experience working with older adults in Tompkins County. She joined the Tompkins County Senior Citizens Council in 1983, and in 1985 was appointed executive director. After retiring from the council, Kinner con-



Saez



Kinner

tinued her involvement in the aging services community by becoming a long-term care ombudsman for the Tompkins County Office for the Aging.

Kinner moved to the United States in 1968 from Bristol, England. She and her husband, Richard Kinner, have four children and one grandson.

Alberto Saez is the research assistant for the Pathways to Life Quality

study, a joint gerontology research project of Ithaca College and Cornell University. A 2000 Cornell graduate, Saez majored in sociology and has an extensive background in data analysis. As an undergraduate, he assisted on a longitudinal study of elderly black and Hispanic populations in Rochester, New York, through Cornell's Department of Nutrition. In taking on a role that builds on his unique combination of skills and experience, Saez welcomed the opportunity to participate in "research . . . to benefit a targeted population that has been historically ignored and misrepresented."

Saez moved to the United States in 1991 from the Caribbean island republic of Trinidad and Tobago.

Building a Network of Rural Training Resources: The Finger Lakes Geriatric Education Center

Among the stated missions of the Ithaca College Gerontology Institute is that of providing “education and training to faculty, practitioners, and consumers, with particular emphasis on the circumstances of elders living in rural New York State.”

Focusing on the mission of facilitating gerontology training in rural areas of the Finger Lakes region, the institute is an active member of the Finger Lakes Geriatric Education Center consortium. Other member institutions include the University of Rochester, Monroe Community Hospital, Nazareth College, and Cornell University.

Over the past two years FLGEC project staff have worked with rural organizations in the region to identify needs and organize training for health and aging services professionals. A major goal is to build capacity for continuing collaboration and planning, rather than simply taking one-time geriatric training events “on the road.” Four regional community teams are now working closely with FLGEC staff to offer training for professionals in their regions.

The teams represent 14 counties in upstate New York: Allegany, Livingston, Steuben, Schuyler, Yates, Ontario, Wayne, Seneca, Cayuga, Cortland, Tompkins, Chemung, Tioga, and Delaware. A team may cover two, three, or four counties, drawing its members from offices for the aging, county health and social services departments, rural health networks,

cooperative extension offices, long-term care facilities and access offices, Veterans Administration medical centers, and hospitals.

Events begun by the regional teams in 2002 have been highly successful. In a March program for frontline workers in Cayuga and Cortland Counties, Fred Marshall, M.D., of the University of Rochester School of Medicine, gave well-received presentations on the topic of dementia. Among the approximately 80 attendees were certified nurse assistants, home health aides, and homemakers. Four months later, respondents to a follow-up survey indicated that most had used the information in their work and had shared it with coworkers, family, or friends. Many wanted further details on dealing with difficult behaviors caused by dementia, so an October 8 workshop titled “Understanding Dementia-Related Behaviors and Practical Interventions for Coping” was held in Auburn for 50 participants.

FLGEC is demonstrating that its team model succeeds—thanks to collaboration among individuals and organizations with similar goals, their ability to capitalize on members’ knowledge of local health and aging services networks, and the support and expert resources provided by the consortium. For more information about the FLGEC rural training initiative, contact Marilyn Kinner at 607-274-1604 or mkinner@ithaca.edu.



Sigma Phi Omega Plans Special Gifts

The Ithaca College chapter of Sigma Phi Omega, the national gerontology honor society, is planning a fundraising project with the goal of donating memorable gifts to adult living facilities in the Ithaca area.

The Ithaca chapter, Gamma Nu, is part of the national organization of Sigma Phi Omega, formed in 1980 to promote scholarship, professionalism, friendship, and service to older persons, and to recognize exemplary attainment in gerontology studies and related fields.

Current Sigma Phi Omega members at Ithaca College are Bethany Boilard, secretary/treasurer; Cortney Conroy; April Denmark; Shannon Gimbrone, president; Kristen Gaudons; Christine Marshall; Pamela Nardi; Kristin Peters; Patricia Poindexter; Kelly Potter, vice president; LeighAnn Scheider; Jessica Sharp; and Marissa Zona.

'03

Gerontology
 Institute

www.ithaca.edu/aging



10th Anniversary Reception

Scores of people were on hand at an Ithaca College reception held October 10 to celebrate 10 years of service to the local community by the Ithaca College Gerontology Institute. Guests enjoyed refreshments, live music, and festive entertainment (above) provided by Katharyn Howd Machan, Sue Cotton, and Dot Rudge.

CALENDAR OF EVENTS

All events listed are held at Ithaca College unless otherwise noted.

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|--------------------------|--|
| February 6 | Distinguished speaker:
Vicki Schmal on "Caregiver Issues"
7:30 p.m., Emerson Suites, Phillips Hall |
| February 12–
April 23 | FLGEC course:
Aging with Chronic Conditions and Disabilities
Wednesdays,
2:00–4:00 p.m.,
Egbert Hall
(see page 5) |
| February 24–26 | Visiting scholar:
Helaine Alessio |
| April 4 | State Society on Aging: student conference |