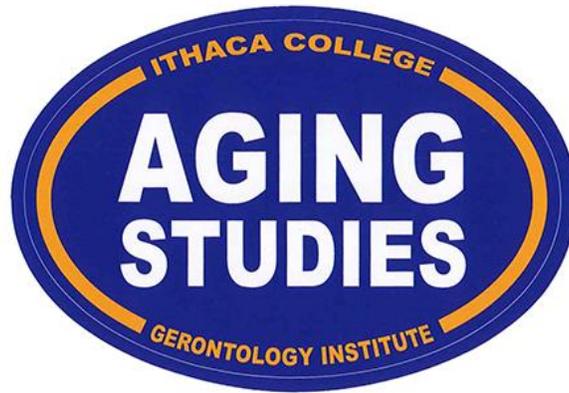


Student Newsletter

Quarantined Edition



Aging Studies Fall 2020 Courses

Aging Studies / Gerontology Courses Fall 2020

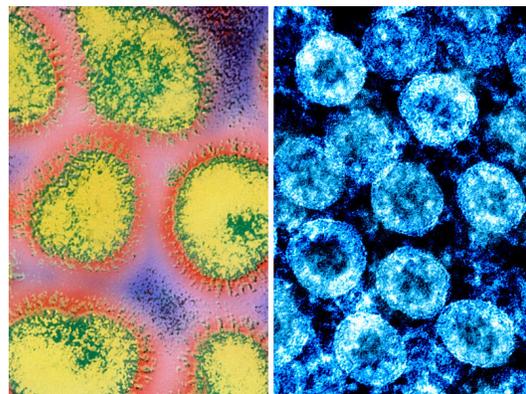
Intro to Aging Studies	GERO 10100	MWF 10–10:50 am MWF 11–11:50 am
Age Matters (Identities)	GERO 190501	TR 1:10–2:25 pm TR 2:35–3:50 pm
The Journey of Aging (Mind, Body, Spirit)	GERO 19502	MWF 2–2:50 pm
Gerontological Inquiries	GERO 20500	W 3–3:50 pm
Sociology of Aging	GERO 22000	TR 9:25–10:40 am
Fieldwork in Gerontology	GERO 29010	M 6:50–8:05 pm
The Long-Term Care System	GERO 32500	TR 10:50–12:05 pm

COVID-19 Resources and Articles

How The Novel Coronavirus And The Flu Are Alike ... And Different By Pien Huang

The fact that the novel coronavirus appeared in the middle of flu season has prompted inevitable comparisons. Is COVID-19, the disease caused by the virus, pretty much similar to the flu or does it pose a far greater threat?

Although there are still many unknowns about COVID-19, there is some solid information from researchers that sheds light on some of the similarities and differences at this time.

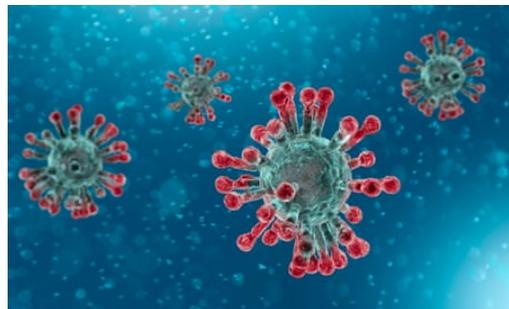


[Full Article](#)

Why outbreaks like Coronavirus spread exponentially and how to "flatten the curve"

By Harry Stevens

After the first case of covid-19, the disease caused by the new strain of coronavirus, was announced in the United States, reports of further infections trickled in slowly. Two months later, that trickle has turned into a steady current.



This so called exponential curve has experts worried. If the number of cases were to continue to double every three days, there would be about a hundred million cases in the United States by May.

[Full Article](#)

What to Do If Your College Closes Due to the Coronavirus

By Josh Moody

As the new Coronavirus spreads globally, colleges are reacting by shutting down campuses and shifting to online classes in an effort to slow the surge of the pandemic.



Institutional responses vary across the U.S. Some colleges and graduate schools are proceeding with classes as usual but curtailing travel and study abroad programs, others are extending spring break, many are shifting to online classes and some are emptying the dorms and sending students home.

[Full Article](#)

Mental Health Resources

NYS Office of Mental Health

The New York State Office of Mental Health has set up a FREE COVID-19 helpline. These are licensed therapists that have volunteered to provide support to New Yorker's. Please reach out if you are feeling that you could benefit from these services.



Office of
Mental Health

[NYS Office of Mental Health Website](#)

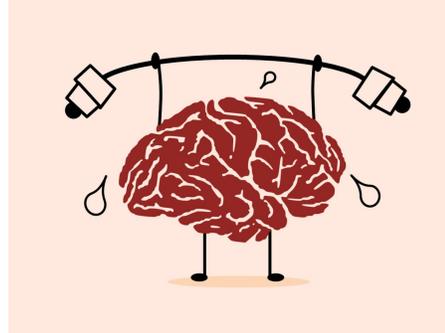
Why your mental health may be suffering in the COVID-19 pandemic

By Laura Santhanam

- Make a point of picking up the phone and

checking on people. Commit to calling four people each day.

- From schoolchildren to some employees teleworking, video conferencing rules the day. Try applying this tool to staying in touch with friends. If you have a favorite television show, you could try virtually watching with friends.
- Several museums have launched [free virtual tours](#). You and a friend could schedule a time to “explore” a museum together while cooped up in your respective homes.



[Full Article](#)

Supporting Older Adults during COVID-19

COVID-19: We Must Care for Older Adults' Mental Health

By Christine Moutier

Everyone has a role to play in supporting older adults during the COVID outbreak. Here are some things you can do:

- Regularly check in on your older adult friends, neighbors and family members.
- Call or video-chat with them, since texting and social media may not be the best method of connecting.
- Ask how they are doing during this period of time, how their routines might have had to change, and what kinds of things they are doing to cope with the stress.
- Encourage them to keep doing the activities that are allowable during COVID for their local area, and that they identify as being most helpful for them, such as daily exercise or a walk, stretching, listening to or playing music, reading, enjoying favorite or humorous shows, puzzles, games, social activities, and meditation or prayer. (Here are some activity ideas from AARP, and the National Institute on Aging.)



[Full List and Article](#)

Shop Local

There are sites to help you find local products

For those who wish to support local farmers and/or avoid large markets or grocery stores during the Covid-19 crisis, search for a market in your area [here](#).

For those who wish to buy local meat in bulk for the freezer, there's a sister [website](#).

The Ithaca Farmers Market also has compiled this consumer directory of farms serving Tompkins County that are willing to deliver or have a farm stand with limited foot traffic. This is a living document— farms will continue to add themselves so please [bookmark](#) and check back.



Volunteer Opportunities

Reach Out Locally

During these uncertain times there are many organizations are really struggling. If you are feeling like you want to volunteer your time to help get through this crisis we recommend that you reach out to organizations in your area.

Examples:

[Office for the Aging](#) in your county

[Meals on Wheels](#) in your area

Local Senior Centers



We Want to Hear From You



Monthly Student Newsletter

Do you want to be featured in our monthly student newsletter? Would you like to spread the word about events and volunteer opportunities? If so, please contact [Jessica Martinez-Peraza](#).

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