Fall Highlights 2016
Welcome to the fall happenings within the Department of Gerontology. As Julie Masters and I sat around this fall to contemplate what special articles we would like to have in the newsletter, it occurred to us that we have come a long way since we started in 1973 and that we are truly a special program. Other programs in other parts of the country are just finding out what a valuable lesson it is that we have to teach. So, as we were shooting ideas back and forth it occurred to us that we are leading the way in Gerontology with our newly formed Bachelor’s degree, our dual degrees featuring law or interior design, and our NEW PhD program at UNO, not to mention our Masters degree, and minor and certificate programs. In fact, you could say we have been leading the way since 1973.

We hope you enjoy reading some articles by a few veterans in our program teaching in the field of gerontology. We have been blessed with visionaries and people who wouldn’t take no for an answer. We look forward to being at the forefront in years to come with more learning opportunities such as the Aging with Passion and Purpose conference, Begin with the End in Mind and with new research focusing on aging issues.

Happy reading,

Maria Sorick
Staff Assistant
Department of Gerontology

Congratulations to our final PhD graduate from the University Nebraska - Lincoln, Marcia Adler.

Future recipients will now be receiving their PhD from the University Nebraska - Omaha.
UNO Shutdown - Dec. 24 - Jan. 2, 2017
Offices & Campus will reopen on Jan. 3

Jan. 9 - Spring 2017 Semester begins
Jan. 16 - UNO Closed - Martin Luther King Day
Signature Service Day - 8:30 a.m. - 2 p.m.
Community Engagement Center
March 10 - Last day for filing applications for degrees
March 19-26 - Spring Break - No Classes
March 21 - Aging with Passion and Purpose Conference - Next Generation Services
April 23-28 - Prep Week
May 1-4 - Finals Week
May 5 - May Commencement
May 15 - Summer 2017 Semester begins
What a year! 2016 is a year to remember. Our department has experienced many good things during the last twelve months.

The approval of the PhD in Gerontology on the UNO campus took place in November. Getting to the approval stage was a team effort. Special thanks to Drs. Julie Boron and Chris Kelly for their work on the proposal as well as Keristiena Shenouda from UNO Graduate Studies for editing the document and ensuring it was in perfect condition as it went through the system for approval. Finally, none of this would be possible without the help of our Dean, John Bartle. His support of the PhD made it a reality.

We held our second CEO Roundtable in 2016. Representatives from area businesses and non-profit organizations attended this half-day event that allowed business leaders to think about aging in a new way. Featured speakers included Drs. Julie Boron and Janelle Beadle. Our partners, Home Instead Senior Care were represented by its founder Mr. Paul Hogan who discussed the benefits of Age-Friendly principles. We are especially thankful to Jisella Dolan and Dan Wieberg from Home Instead and our very own Maria Sorick for making this event one to remember.

Just as the CEO Roundtable came from a discussion of our advisory board, we rely on the expertise of our members to offer us suggestions and ideas on how we can work smarter and better for our students and the community. To that end, we added two new Advisory Board members in 2016 to assist us. They are Mark Higgins, Executive Vice President of Schemmer and Tom Belford owner of John A. Gentleman Mortuaries and Crematory. Their expertise is greatly appreciated and we look forward to working
with them along with our other Advisory Board members under the leadership of Paul Hogan in the coming year. Our Advisory Board works to make us better as we strive to become the best Gerontology Department.

In addition to working with our advisory board, we are working to find ways to connect with high schools in the area. We are very fortunate to work with our colleagues from Westside CAPS program. The students of the Westside High School and their leadership team are helping to introduce students at earlier ages to the benefits of working with an aging population. We are grateful for this partnership and for the opportunity to share our story.

None of the progress we have made to date would be possible without the financial support of others. Thanks to the generosity of Dr. Betty Foster, the Dr. Chuck Powell Professorship is in place with Dr. Lyn Holley as the first recipient. We are so very pleased in the confidence Dr. Foster has shown to us through her tremendous gift in support of Dr. Holley’s teaching, research and service. We are also grateful to our other donors who have been most generous over the years including Mr. Terry Haney and Dr. Leo Missinne for their support of our work. And, we are most appreciative of the generosity of others who support our special events and projects. Thanks to all of you for keeping us in mind.

Finally, 2016 was the year we said goodbye to our friend and colleague Dr. Karl Kosloski. His legacy will live on in his cutting-edge research on caregiving, his mentoring of students who are now professors themselves, and, to his colleagues who are forever transformed by his influence. His widow, Donna and his daughter, Dr. Lisa Bilek remain close in thought.

On behalf of our students, staff and faculty we wish each of you only the very best in 2017.
Anna Damgaard Selden, M.A. joined the Department of Gerontology at UNO in June 2016. Anna is the undergraduate and online advisor in the Gerontology department.

Anna is 45 years old and has lived in Omaha most of her life. She grew up in an Air Force family and has 1 brother, Jim. She’s lived all over the United States as well as England.

She is married with 3 sons, ages 23, 23, and 19 (yes, twin step-sons). She’s been married to Scott for 15 years and celebrated their 15 year wedding anniversary with a trip to the Dominican Republic in October. The twins both work for Woodhouse Auto Family, one as a mechanic and the other is in auto body. Her 19-year-old son loves hunting, fishing, and everything outdoors.

Anna graduated in December 2012 with her Bachelor of General Studies degree from UNO and earned her Master of Arts in Social Gerontology from UNO in May 2015. She previously worked at the University of Nebraska Medical Center College of Pharmacy.

Anna’s love for the elderly began with her grandparents and great-grandparents. As a child she would spend summers with her grandparents in Illinois and Kansas. As her grandparents began to decline and move into assisted living communities, Anna wanted to learn more about aging and help her own family age successfully. Anna is an active volunteer with Rocky Mountain Great Dane Rescue and Big Dogs Huge Paws as a foster family for giant breed dogs that need a home until they find their fur-ever home. She also transports dogs around the Midwest and educates people about giant breed dogs. Her family includes two Great Danes, Blue Sue and Gunnie.

Contact Anna:
Phone: 402.554.2114
email: aselden@unomaha.edu
Meet Mark Kazor. After working 16 years in radio broadcasting, Mark decided to make a mid-life career change. He became interested in gerontology after volunteering for more than 10 years at a local nursing home where his grandmother was a resident. He enjoyed the rewarding interaction with her and many of the other residents and found that working with the residents at the nursing home was challenging, interesting, and emotionally uplifting. He got to know several of the residents personally as he listened to their stories.

Mark became the full-time Program Coordinator in the UNO Department of Gerontology in July. He says, “I am proud to have gone through the MA program at UNO, where I earned my Masters in Social Gerontology this past May.”

Mark enjoys promoting what gerontology is and getting the word out about our outstanding program at UNO. He feels it is essential in attracting more students into our program and sees a growing demand for professionals with an emphasis on aging, knowing there is a greater need for awareness of the educational opportunities that are out there for potential students because they will be the ones who will be needed to help take care of the aging Baby Boomers population.

He knows students going through our program will gain the knowledge of the aging process, the social, physical, and mental aspects of aging. With people living longer and the number of older adults on the rise, a greater focus will be on the health and well-being of these older people. Mark shared, “I foresee plentiful jobs and career opportunities in the field of gerontology by 2030 and beyond. I am honored to work with both undergrad and graduate students in helping them find meaningful practicums to prepare them for their careers caring for the elders.”

Contact Mark:
Phone: 402.554.3780
email: mkazor@unomaha.edu
From the beginning Gerontology was a multi-disciplinary program. I interviewed with the director and several staff members in late Fall, 1973. After teaching world religions and other courses within one discipline at Creighton and Sacred Heart Universities, my first encounter with Gerontology blew my mind in terms of seeing the inter-connectedness of so many disciplines. Faculty and staff members had degrees in such areas as adult and health education, counseling, psychology, sociology, political science and nutrition. I said to myself, “I’ve found a home.” It reminded me of my time working on my PhD as a teaching assistant in the School of Religion at the University of Iowa. The course I taught in was called “Religion in Human Culture” which enrolled over 1200 students each semester. The course included presentations from professors from physics, the Writers’ Workshop, literature, poetry, history, anthropology, art, political science, music, and a number of other disciplines.

Beginning in 1973, the Gerontology Program made a strong commitment to community service. In addition to faculty and staff serving on community boards and committees serving older persons, and giving presentations to senior organizations, Gerontology had a paid senior citizen who served as a liaison to the senior community. This position continued for three years. One of the most visible manifestations of this commitment was a three day “Senior Citizen Celebration Days: A Festival of Education and the Arts” held in the UNO student center each May from 1973-1976. I directed the last three of these events. The festival brought 5,000 people to the campus and featured minicourses on a variety of topics including crime prevention, Social Security and Medicare, health-related courses, advocacy, and courses allowing older people to express their talents such as writing, poetry, gardening, etc. Also the Festival included health testing, service agency displays, demonstration and display of arts and crafts, speaker, forums, and other special events. (For an extended description see B.J. Horacek and S.N. Francke, “Senior Citizen Celebration Days: A University-Based Education Program.” Educational Gerontology: An International Quarterly, 3:61-69, 1978). After four years the festival had to be discontinued because of cost and space issues.

For the first five years Gerontology was funded solely by grant monies. Two major grants were from the Administration on Aging (AoA), part of the National Institutes of Health, and a national nutrition grant that had our faculty and staff help train administrators for senior nutrition sites in a six-state region. Many of us traveled to out-state Nebraska, and to Kansas, South Dakota, Michigan, Iowa, and Illinois to provide such training. The AoA grant provided monies
for faculty and staff salaries to offer courses and workshops as well as to provide stipends for a limited number of students to complete a Certificate in Gerontology. Most faculty and staff members were involved in seeking grant funds from a variety of sources. For example, I helped write and administer the AoA grants. In addition, I wrote and directed a grant from the Nebraska Committee of the National Endowment for the Humanities that brought together UNO faculty and staff with a group of senior citizens at a three-day live-in stay at the Blackstone Hotel with an overall goal of helping to break down stereotypes about aging and older people.

Besides offering courses at the University of Nebraska - Lincoln (UNL), UNO offered outreach courses at Norfolk, Scottsbluff, and Kearney during the 1980’s. Faculty would teach on Friday nights and Saturday mornings and early afternoons. These courses included Introduction to Gerontology, Applied Social Gerontology, and Programs and Services. Even after these outreach courses ceased, Gerontology tried an experiment that was a precursor to online courses; namely, UNO television taped my Death and Dying course, then sent the tape to fifteen students in Scottsbluff. As the students viewed these tapes, I was using a conference call connection to answer questions and to make additional comments. For the last class I traveled to Scottsbluff to interact with these students.

In 1977 Gerontology acquired state funding to support faculty and staff functions. Gerontology, at this point, officially moved from program status to become a department. This was a huge development in that the state monies ensured the year-by-year continuity of the department.

David Peterson was the first director, then chair until he accepted the position of director of the Leonard Davis School of Gerontology at the University of Southern California. Jim Thorson became the new chair and I became the new academic coordinator along with continuing to be practicum coordinator.

After becoming a department, Gerontology was chosen to be a university Area of Excellence along with Social Work, Criminal Justice and Public Administration. This meant that these programs became the sole department in these areas for the entire University of Nebraska system. With additional monies each of these areas offered a full complement of courses at UNL. Gerontology already enjoyed a national reputation in that it was one of only a few self-standing departments in the country. Most Gerontology programs around the US existed as part of Social Work, Public Administration, Sociology, Psychology, etc.

Early courses in Gerontology included Introduction to Gerontology, Applied Social Gerontology, and Programs and Services, along with some Special Issues in Aging courses including my Humanities and Aging course. In 1976 Jim Thorson and I developed a course on death and dying that eventually included a graduate level course first called Thanatology and then called Dying, Death and Grieving. Eventually, with the help of adjunct professors from other UNO departments and community professionals, courses such as Legal Aspects of Aging, Counseling Skills and Aging, Psychology of Aging, Hospice, and Recreation and Aging became a continuing part of the curriculum.
From the beginning Gerontology offered a Certificate program at both the undergraduate and graduate levels. Within a few years, Gerontology coordinated a PhD through Adult Education at UNL. In the 1990’s a Masters of Arts degree was offered. In the mid-1990s the owner of a local insurance company took my Death & Dying course as part of his undergraduate degree from the College of Continuing Studies. As a result of that course he became interested in pursuing a Master’s degree in Gerontology. I was his advisor and chaired his thesis committee. He was so pleased with the teaching in Gerontology that he endowed a Terrance Haney chair and three Distinguished Professorships in Gerontology. I occupied one of these professorships until I retired to emeritus status in 2006. At that point the Distinguished Professorship became the B. J. Horacek Student Excellence Scholarship.

So over the past four decades the Gerontology Program developed into a Department. First came the Certificate, then the joint PhD with UNL, then the Masters Degree. Eventually a Bachelors Degree was added, and soon the Department will offer its own PhD. The Department continues to grow and prosper, developing new alliances with other departments and community groups.

A Historical Glance from the Archives
Hospice: Care of the Dying and their Families

by Judy Dierkhising

Many people have life experiences that draw them into their field of work. A life experience led me to the field of Gerontology. My search to find some answers to loss and grief started for me shortly after I found myself widowed at a young age with two small children.

My husband Captain Martin W. Gronborg Jr was a tall blond, energetic, loving and always smiling man who would do anything for his family! He was a genuine caring individual who loved his country and flew helicopters... his passion. He was killed on September 4, 1971 in Vietnam and with him my life as I knew it also ended. We had two beautiful daughters, ages 3 and 2. The journey began on how to survive; care for my family; and find a way to always have Marty as a significant piece of my life tapestry while moving forward?

It took me seven years to read, talk with others, and question why the books (few as there were) did not talk about the aspects of grief that I knew my children, other families, and myself were experiencing. No theory by Freud, no diagnosis, nothing could describe what I saw happening around me in regard to dealing with dying and bereavement until I was able to meet Dr (Dame) Cicely Saunders and participate in workshops with Dr. Elisabeth Kubler Ross.
Dr. Kubler Ross never intended her qualitative work with cancer patients (The Five Stages of Death and Dying) to be the model for all things experienced for those dying or experiencing other kinds of loss. However, our society was so needy for a model that could give us direction we attempted to fit all forms/modes of loss and grief into five stages.

In 1978 I became the coordinator of one the first hospice programs in Omaha Nebraska at Montclair Nursing Home. At that time the majority of people who were cared for in a hospice program were cancer patients. Most individuals were older and working with cancer patients and their families drew me to the field of Gerontology for some answers.

In 1980 I graduated from UNO with a Masters in Social Work and a Master’s specialty in Gerontology. Dr. James Thorson who was at the time Director of the Gerontology Program at UNO wanted to teach a course in regard to Hospice and asked if I would be open to teach the course. In 1980 the first class was offered under the heading of “Issues in Aging”: Hospice: Care of the Dying. Today the Gerontology Department still offers a Hospice Course that is available to all students. I still teach a graduate course in Gerontology: Dying, Death and Bereavement.

Since 1980 many expansions in academic offerings have taken place in the Gerontology Department and much has changed in the field of gerontology. With these changes the need to academically prepare students to work in the field of dying, death, and bereavement has become even more significant.

Martin Wayne Gronborg, Jr
Captain
D TRP, 3RD SQDN, 5TH CAVALRY,
101ST ABN DIV, USARV
Army of the United States
Omaha, Nebraska
December 14, 1945 to September 4, 1971
CEO Roundtable
Are You Ready?

On July 21, 2016, nearly twenty-one CEO’s from the Omaha area met to hold a vital discussion that is focused on the future. How are our businesses impacted by our aging population and how do we respond? The Thompson Family Alumni Center provided a perfect backdrop to the discussion allowing room to listen and learn and space to discuss and share ideas.

In September 2015, some of the same area business CEO’s gathered to discuss how the demographics in our community, and in fact all over the world, were changing. It begged the question, is the business world ready? In response to that discussion there was a desire to hold another event to discuss how businesses can help employees who may be caring for a parent and to discuss advances that are being made with wellness and aging.

The morning started off with a warm welcome from UNO’s chancellor, Dr. John Christensen, followed by the two main presenters, Drs. Julie Boron and Janelle Beadle. Dr. Beadle kicked off the event by showing how employees who are caregivers to older adults are affected and how companies that incorporate a program to address this issue may prove beneficial to their employees and those dependent on them for care.

Dr. Boron’s discussion focused on how to incorporate a Wellness program that focuses on topics other than just physical health, but also mental health, and how supporting programs that address the whole person’s wellbeing are very advantageous. This trend of looking at Whole Person Care will also be the topic of discussion at the 2017 Aging with Passion and Purpose Conference on March 21, 2017.

Attendees were encouraged to take time to discuss and brainstorm the following talking points after each presentation:

- How is does caregiving or employee wellness impact your bottom line?
- What programs do you currently have set up?
- In what ways can you make improvements given this new information?

The morning concluded with a thought provoking presentation by Dr. Julie Masters and was wrapped up by Paul Hogan, founder and CEO of Home Instead Senior Care, bringing light to the “gray movement”. Dr. Masters’ topic, The Next Thirty Years – Life after 67, has been presented at area businesses in the past year and this was the perfect audience to have this discussion. Those who attended were shown that for the first time in history workers have the opportunity to spend 25-30 years in retirement and asked the questions: how will you spend your time; how will you live? Mr. Hogan presented an age-friendly inventory tool that business leaders can use to assess their preparedness for being an
and Leaders

age-friendly business.

Exit surveys showed the event to hold high value for those who attended. They also expressed their interest in continuing this conversation and the desire to have more CEO’s from the area, in all fields of business, join in the discussion in the future. The department of Gerontology looks forwarding to working once again with Home Instead Senior Care to bring thought-provoking education and discussion to CEO’s in the Omaha area.

Dr. Chuck Powell Lecture Series

Featuring Susan Henricks, President & CEO of ICAN

Since 2012, the department hosts a leadership lecture in the fall. The Lecture Series is named after the department’s own Dr. Chuck Powell, who was a wonderful example of leadership. We search for leaders in our community to discuss leadership skills they have learned and found beneficial and has helped mold them into the person they are today. This opportunity to our students and faculty is made possible through the generosity of Dr. Amy Haddad and Mr. Steve Martin.

On Monday, September 12, 2016, Susan Henricks, President & CEO of ICAN, was our speaker for this fall’s Dr. Chuck Powell Memorial Lecture Series. Her topic? Your Personal Brand. Ms. Henricks started off defining what a brand is and then demonstrated by how to define yourself by creating your personal brand. What value are you able to consistently deliver? How do you show up as a leader, and employee, to clients or patients, your family, friends? Are you authentic in all these situations? Your personal brand should reflect who you are and should show up in everything you do.

It was a well-attended and greatly received event. We look forward to hosting another lecture next fall.
This was our seventh year supporting such a worthy project and are always excited to be able to give to seniors. Since Home Instead Senior Care began the program in 2003, there have been over 60,000 volunteers distributing gifts and 700,000 seniors whose holiday was made brighter. The Department of Gerontology has been partnering with Home Instead Senior Care since 2009.

Each year we decorate a tree with the paper ornaments displaying each deserving senior’s wish, all waiting to be picked out by students, staff, and faculty of UNO. In the past we have been able to support 40 seniors each year. Due to increased interest, this year we placed 50 ornaments on our tree and still had such a high demand that we received 11 extra gift cards to Hy-Vee or Walmart to be given as needed. Our UNO family has a BIG heart!

Gifts requested ranged from warm clothing to pajamas to cleaning supplies to a simple request of a bottle of Coca-Cola. We look forward to participating in this fun event next year. Watch for ornaments to appear in early November.
Dr. Lyn Holley (pictured left with Dr. Betty Foster) is the first recipient of the Dr. Chuck Powell Professorship of Gerontology established by Dr. Betty Foster as a way to honor her husband and to recognize the outstanding gerontology faculty members at UNO. The department, family, and friends helped celebrate this honor on December 2, 2016 at the Thompson Alumni Center.

Dr. Chuck Powell was a Renaissance man. He was born in the early years of the Great Depression and raised in east Texas by an assortment of relatives. He enlisted in the U.S. Navy as soon as he met the age requirement and advanced through the ranks, becoming a pilot and retiring after 30 years as a commander. His travels took him across the world, including the Chosin Reservoir during the Korean War flying wounded marines to safety and the Berlin Arilift, saving the city form falling into the hands of the Soviet Union during the Cold War. After retiring from the Navy, he earned a masters degree and joined UNO’s department of gerontology faculty, where he taught classes in research methods, statistics, and public policy. After working in his second career for 32 years, he retired. Chuck passed away in Omaha on October 23, 2009, at the age of 88. He was survived by his wife Betty, who is no stranger to gerontology. Betty served on the faculty at the University of Nebraska Medical Center (UNMC) for 20 years as a gerontologist in the department of internal medicine, division of geriatrics and gerontology. Even though Betty retired more than 18 years ago, she continues to be an active volunteer at both UNMC and Nebraska Methodist Hospital. She gives presentations to nursing classes on advance planning, end-of-life issues, and caregiving. She also serves on the board of directors for Midwest Geriatrics and the advisory board for UNMC’s EngAge Wellness.

Thank you Betty for your trust and support and congratulations, Lyn, upon receiving this outstanding award. Lyn will continue to research intergenerational relationships and ways to increase mutual understanding and solidarity between generations.
Abi Heller, an undergraduate honors student and Gerontology minor working with Dr. Beadle in the Aging Brain and Emotion Lab, presented her project on the brain networks involved in loneliness at the Society for Social Neuroscience Conference in San Diego this November. This project is part of a larger grant funded by the National Science Foundation that Dr. Beadle is a part of in collaboration with investigators at UNMC. Abi also received a travel award through UNO to present her work. Abi found that individuals with greater loneliness also had higher levels of perceived rejection from others and poorer quality friendships. She found increased functional brain connectivity between regions involved in social pain and basic emotion processing which is consistent with a profile found in individuals with depression and anxiety. Taken together, the increased connectivity between these social and emotional brain regions may be useful as a potential biomarker to predict individuals who may later develop depression and anxiety.
New Research Study

Looking for healthy younger and older adults & caregivers of patients with dementia to participate in a research study about cognition & emotion.

Study Information: IRB # 842-15-EP

- One-time visit of 2 hours at a lab located on the Dodge Campus of the University of Nebraska at Omaha.
- Compensation for study participation is available.
- Parking is complementary and located a short walk from the building where the experiment will take place.
- Experiment involves paper and pencil questionnaires and computer tasks.

Eligibility criteria:

- Younger adult (19-35 years) OR Older adult (55-90 years)
- Comprehension of written and spoken English
- Mobility to travel to the UNO campus to participate
- Completed a minimum of two years of high school or higher

Exclusionary Criteria:

- Diagnosis of neurological or psychiatric disease (e.g., stroke, depression)
- Vision, hearing, or motor difficulties
- Currently pregnant

For More Information Contact, Janelle Beadle, Ph.D. at:

The Aging Brain and Emotion Lab (402-554-5961)

or by email (ABELabUNO@gmail.com)
Karl Kosloski was born on October 14, 1949 to Earl and Mary Kosloski in Minneapolis, MN. He was the second of five children. His siblings, Sharon, Glen, Coleen, and Diana all share the strong faith their parents passed on to them as well as a deep love of family and work ethic. The strong relationship these siblings share would not only bring Karl immense pride and joy throughout his life, but also instilled in him family values that he would pass along to his own child. Indeed, the love the Kosloski family shares, permeates many generations.

Karl's immediate family included his wife Donna, whom he would marry on March 3, 1972. He would spend the next 44 years of his life with her. Donna's love for Karl through these years would become especially evident as she cared for Karl toward the end of his life. Karl and Donna welcomed their daughter, Lisa Marie, into their lives on June 1, 1984 when they adopted her at 6 days old. The proud parents would teach Lisa that family is not about blood, it is about love. This lesson would bring tears to Lisa's eyes as her parents recalled this motto and toasted her as she married her husband, Tony, on September 7, 2013. Lisa would bring Karl much pride over the years, however it is Lisa that would feel an incomparable gratitude to have been given the opportunity to learn from, love, and call this incredible man "dad."

Karl attended Catholic grade school and high school, graduating in 1967. While attending the University of Minnesota, Karl admittedly lacked direction as he took classes while working construction installing fences. As Karl accumulated the credits necessary to graduate, his records indicated he was nearest to pursing a degree in Psychology or English, but chose Psychology as he thought it would have better job prospects. He ultimately earned a Bachelor of Arts in Psychology from the University of Minnesota in 1973. As the cold Minnesota winter approached, Karl's fence installation skills became less marketable, and he chose to pursue a Masters of Arts in Psychology from Middle Tennessee State University in 1975. Karl would go on to earn a Doctorate of Philosophy at the University of Nevada, Reno in 1984 in Social Psychology. His interest in the elder population began while working on his doctoral dissertation. He studied and interviewed people on how they plan and
cope with retirement. Karl decided to apply and pursue post-doctoral training at the University of Washington, Institute on Aging, in Seattle, Washington. Thus, began his career and focus in the field of Gerontology. Karl would later liken his educational path to being “tossed in good directions like a fortunate cork in the ocean.” Undoubtedly this track would provide him the experiences necessary to become a beloved mentor, captivating teacher, and highly-regarded collaborator throughout the rest of his professional career.

Karl held the titles of Teaching Assistant, Instructor, Post-Doctoral Fellow, Assistant Professor, Associate Professor, Professor and finally Emeritus Professor. He worked at several universities during his career but spent 19 years at the University of Nebraska Omaha where he loved his students and the Department of Gerontology. He would still be working if illness had not necessitated retirement at age 63.

Karl had a profound and contagious passion for his research, but perhaps it is the field of Gerontology that truly benefited from the contributions of Karl. His impressive Curriculum Vitae includes over 80 publications, many in top-tier journals, and well over 100 presented papers at the most visible meetings in his field. He sat on the editorial board for, as well as reviewed submitted works to, countless academic journals. Karl was the recipient of the University of Nebraska at Omaha Award for Distinguished Research and was named the Reynolds Professor of Public Affairs and Community Service at the University of Nebraska at Omaha. He belonged to the American Psychological Society, the American Society on Aging, and the Gerontological Society of America, where he became a Fellow in 2003. Even these accomplishments are eclipsed by a robust grant history.

Karl will be remembered as a loving son and brother, devoted husband, the best father in the world, and a warm and witty friend. He valued every individual he encountered. Even in the midst of his undeserved diagnosis of Multiple System Atrophy, Karl lived each day with unmatched grace, dignity, kindness and humor, and continued to endear himself to the medical professionals, therapists, and caregivers that found him in later life. He will be greatly missed as his life continues to enrich the lives of all who were fortunate enough to know him.

Donna and Lisa are incredibly grateful for the help, support and love of our friends and family over the past years, and especially in this difficult time. Your love means everything to us. A very special Thank you to Doreen Svaglic, Donna’s sister, who selflessly helped Donna care for Karl when he needed help the most, as well as Karl’s siblings, especially Coleen, who assisted Donna and Karl through the most difficult times of his transitions. Please continue to share your stories of Karl with us. Those memories are what will get us through this difficult time and will always be remembered. ☣
Looking Ahead

Begin with the End in Mind

Topic: Retirement
Speaker: Marcia Adler, Ph. D

When: Friday, February 17
1 p.m.
CPACS Commons
An estimated 10,000 people are turning 65 every day; a trend that is expected to go until 2030.

That is forcing a revolution in terms of how we care for them.

A new mix of family and community involvement, home-centered care, economic and social policies, and service delivery systems are creating more opportunities for older Americans to enhance their health status and social and economic well-being.
The University of Nebraska at Omaha shall not discriminate based upon age, race, ethnicity, color, national origin, gender-identity, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion, or political affiliation.