Gerontology – A Way of Life

Coming Spring 2015!

The Department of Gerontology is excited to announce the Bachelor of Science in Gerontology on the UNO campus. If you are interested in the Bachelor of Science, please email Brooke Clements at bmclements@unomaha.edu.

HIGHLIGHTS

• All students will graduate with at least one minor or concentration.
• Pre-Health coursework can be built into the degree and students can earn a concentration in Pre-Health upon graduation.
• Degree flexibility. The program is set up to allow for transfer credit and double majoring.

GERONTOLOGY COURSE REQUIREMENTS

Gerontology Core: 24 credit hours
GERO 2000: Intro to Gerontology
GERO 3070: Death & Dying
GERO 4460: Adult Development & Aging
GERO 4470: Mental Health Aspects of Aging
GERO 4550: Health Aspects of Aging
GERO 4760: Programs & Services for the Elderly
GERO XXXX: Biology of Aging
GERO 4690: Working with Minority Elderly

Gerontology Electives: 9 credit hours
Students tailor Gerontology electives to career goals; helping them become more marketable to employers.

Gerontology Practicum: 3 credit hours
Students complete 156 hours in a practicum site of their choice. This allows for important real-world experience before graduation.
The Department of Gerontology and CPACs wish Sara Young all the very best in her new job with the Sarpy County Clerk’s Office. We will miss you!

Pictured above: Paul Falkowski, Karl Kosloski, Chris Kelly, Taylor Schulz, Bede Bolin, Sara Young, Alayna Zach, Karen Ressiegieu, Lyn Holley, Kyle Kercher, Angie Patton, Dave Brown, and Kent the Gerogent

#farewellsara
Greetings!

I’m Brooke Clements and have the pleasure of being the academic advisor and practicum coordinator in the Department of Gerontology on the UNO campus. I work primarily with on-campus undergraduate and graduate certificate students but also any on-campus student completing their practicum. I will also coordinate the recruitment and retention of the bachelor’s degree students when the Bachelor of Science degree is officially up and running.

My primary academic interest area is in student retention. Being a first-generation student myself I am specifically interested in the success of first-generation and non-traditional students. I have been at UNO since November 2009 in various capacities but have been in the Department of Gerontology since July 2014.

I grew up in Nebraska and attended the University of Nebraska-Lincoln, where I graduated with a Bachelor of Science in Family Science. I also received my Master’s degree in Academic Advising from Kansas State University. In the UNO Community, I have been past Vice President of UNO’s Academic Advising Council and currently serve on numerous committees across campus. I am also active in the National Association of Academic Advising (NACADA), and have presented at local and regional conferences on advisor professional development.

In my free time, I enjoy a variety of activities including traveling and running. I am also a huge sports fan. Football and basketball are my favorites, so during the fall and winter you will likely find me watching a game or following the latest developments online. I am also an avid reader, so if you have a good book recommendation please send it my way!

My favorite part about being an academic advisor is getting to know the students and helping them reach their goals. Each student has a story and I love to hear them all. I look forward to getting to know all of you!
“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible”. ~Saint Francis of Assisi~

These are principles I have lived by from the time I realized I wanted to spend my career working with the elderly.

It started with my childhood in a small and underdeveloped farm town south of Saigon, Vietnam. I lived half of my childhood in Long Thanh-Dong Nai, where light was provided by oil lamps, water was collected by hand from a well, cooking fires were built from wood, farmlands were irrigated using water buffalos, and the elderly were valued as heads of household.

What made it possible was my father’s diligence and sacrifice. He led my family to America, where I was able to acquire my bachelor’s degree from Creighton University in Social Work. I then went on to receive my Master’s degree in Social Work with a Gerontology Certificate from UNO.

Due to extraordinary circumstances, I had the privilege to be part of Shirley Archibald’s life. Shirley, a 74 year old lady with Parkinson’s disease, was a wise and buoyant woman with poise. Beyond her graceful physique, Shirley taught me to be patient and to learn how to build her trust. She also charmed me into working with the elderly. Because of the way I was raised in Vietnam, Shirley and I shared many mutual grounds despite our significant generation gap.

After undergraduate, I worked as a nursing home social worker and came to realize the burden healthcare policies have on the staff who should focus on providing quality of care for the residents. “Hours per patient days” are being replaced by paperwork. I came to realize the only way I can largely improve the quality of life for nursing home residents was to return back to school to obtain a higher education with research focus. Thus, I am currently in my second year of UNL doctoral program in Human Sciences with the Specialization in Gerontology.

After graduation, I plan to focus on healthcare policies specific to nursing home care. I hope with my educational knowledge and research skills, I can make changes allowing the elderly to live and die with peace and dignity. Only then, will I be doing the impossible.
Greetings.

My name is Maria Sorick. I have joined the team in the Gerontology department as staff assistant. I bring with me experience of working in a very fast paced environment through my previous jobs with credit unions and more recently as the Parish administrator at a local Lutheran church. I am used to interruptions and I welcome you to stop in and interrupt me as often as you need in order for you to be as successful as you can be. As a constant learner, I look forward to learning my role here and many new tasks.

I have lived in Omaha my entire life, but was born in West Point, NE and have many relatives still living in Cuming county. My husband and I have been married for 26 years and have enjoyed raising our three children here. Our youngest is on track to graduate from Benson High School in May 2015, and we can’t wait to praise him on that accomplishment. Our oldest is pursuing a career in law enforcement and our middle child enjoys making people healthy by serving health conscious beverages and food (raw cooking is her favorite pursuit right now) at Jane’s in Benson. My husband works for Baxter Dodge/Jeep as a service manager.

I look forward to meeting you and assisting in any way that my role as staff assistant allows, and I have thoroughly enjoyed the warm welcome and help I have received from the staff here in Gerontology and from other UNO staff members. It seems like a very healthy environment to be a part of, and I am very grateful for this opportunity.

Another Highway 275 Connection!
Hi Friends! My name is Anna, and this is how I became interested in gerontology.

I grew up in a small town just north of Pittsburgh, Pennsylvania and spent a few years at a small college near Boston for my undergrad degree. During one summer break, I had the chance to sit down and have tea with an elderly woman named Ivy in England. After sitting with Ivy for a little while, listening to all of her stories about gardening and how it felt when her husband came back from war, she looked at me suddenly and said, “You know, thank you. Thanks for taking the time to listen to an old lady like me. Nobody does that.” This was definitely my first “ah-ha” moment about the way we care for our elders. I felt as if it had been such a simple thing for me to do, no big deal to sit and sip tea for a little while, right? But to Ivy, it meant the world.

During my last year of college, I had an internship with a local pastor and spent some time in a nursing home where he held services twice a month. I started to pick up on some of the sociological dynamics of the residents there and wanted to learn more about how various things affect them. My roommate at the time was a Social Work major and had to do a practicum in a nursing home. She said she always felt uncomfortable around “old people,” so I told her I would volunteer and go with her. During my last semester of college we went and did room visits and group activities with a fantastic group of residents each week. I’ll never forget the first time a 101 year old woman stuck her tongue out at me during a trivia game!

After graduation, I moved back home to Pennsylvania and found a job as an Activities Aide at a retirement community, mostly working in the locked memory care unit. I still get teary-eyed when I think about how much I miss those residents, but I knew things could and should be better for them. I started to wonder about all those regulations we had to follow and where the nursing home policies actually came from. A few Google searches later, I came across the joint degree program in law and gerontology at the University of Nebraska. At the time I applied, it was one of only two schools in the country I could find offering that combination. Next thing I knew I was studying for the LSAT and filling out my applications.

It was a big move coming out to the Midwest for the first time with my husband (just two days after our wedding!), but I have been beyond impressed with the program so far. My classes have given me so much inspiration, and while I don’t know exactly which direction my career will go yet, I know this degree will give me a great foundation to continue improving the way we care for our elders. Being surrounded by students and faculty with similar interests has really shown me that not only can we come up with creative and meaningful ideas, but we can actually make them happen.

Thanks!
Anna R. Warheit
It’s that time of year again! Fall is here, which means registration for Spring classes, planning your practicum and graduation. Information on those important requirements are below. 

New this year to the Newsletter, we’ve added a “Careers in Aging Spotlight” and a “Spring Courses Preview”. Make sure you read on for that important information

Make sure you connect with us on Twitter (@GeroOnline) or Facebook (UNO Department of Gerontology). I will be posting lots of updates with regard to graduation, registration and careers.

Please do not hesitate to contact me with any questions. I am primarily working with on campus students in the following programs: undergraduate certificate, graduate certificate and the new Bachelor of Science students.

I look forward to meeting and working with all of you! Email is the best way to reach me: bmcllements@unomaha.edu or you may also call me at (402) 554-2114.

Spring 2015 Registration:

Class Schedule Available in Mavlink: Friday, October 17

Enrollment Dates: (Your specific date & time will be posted in Mavlink)

- 11/3/14: Graduate Students
- 11/5/14: Seniors
- 11/7/14: Juniors
- 11/11/14: Sophomores
- 11/13/14: Freshmen
- 11/17/14: Open Enrollment

Advising Appointments:

• To set up an advising appointment, please call (402) 554-2114 or (402) 554-2272. You may also email me at bmcllements@unomaha.edu, but calling is the most efficient way to set up appointments.

• Please check in at CPACS 211 when you arrive for your appointment. Appointments are generally 20-30 minutes in length.

Spring 2015 Practicum Checklist:

Semester Prior:

☐ Begin researching & identifying potential practicum sites, based on areas of interest and career objectives.
Utilize Practicum Sites Information lists. You may e-mail your practicum coordinator for a copy of this list.

Two Months Before Semester Begins:
• Meet with Practicum Coordinator on your campus.

One Month to Two Weeks Before Semester Begins:
• Follow up with practicum sites, as needed.
• Finalize your practicum site.
• Complete any necessary paperwork or requirements with the practicum site. (If applicable)
• After practicum approval, you will receive an enrollment permission number via your campus email from the Practicum Coordinator. Register for GERO 4940 or GERO 8940.

One Week Before Semester Begins:
• Complete any necessary paperwork or requirements with the practicum site. (If applicable)
• Finalize hours with your practicum site.
• Give your agency coordinator a copy of these practicum guidelines.

Fall 2014 Graduation:

1) All students must apply for graduation in Mavlink (http://mavlink.unomaha.edu). The deadline to apply is Friday, October 24 at 5:00pm.

If you are planning to graduate with multiple degrees/certificates, make sure you mark both your Gerontology certificate and your other degree (for example MSW or BGS). Registrar's Office Fees are: $35 per degree and $5 per certificate. (More information can be found here: http://registrar.unomaha.edu/graduate.php)

2) If you're planning ahead or letting your family/friends know, UNO has a comprehensive graduation website here: http://www.unomaha.edu/commencement/
NOTE: Commencement is for Bachelor's, Master's & PhD students only. See next bullet for certificate graduation information.

3) There will be a separate Certificate Ceremony for the Gerontology Certificate students.

More information will be coming from our Department soon. If you are graduating with a degree also, you are encouraged to attend both commencement and the Gerontology ceremony.
Spring Course Preview

Check out a few of our select courses for Spring 2015! The schedule is officially available online at UNO and UNL.

Choose courses that align with your personal and career goals. For more information, please contact us at (402) 554-2272 or refer the class schedule.

**On Campus – UNO:**

**RLS/GERO 4420: Recreation Therapy – Interventions for the Aging**
Days/Time: M 4:30pm-7:10pm  
Instructor: Heather Holmes

**GERO 4690: Working with Minority Elderly**
Days/Time: Tu 4:15-6:55pm  
Instructor: Dr. Lyn Holley

**Online – UNO:**

**GERO 4350/8356: Issues in Aging – Nutrition**
Online delivery through Blackboard  
Instructor: Narissa Scales

**GERO 4350/8356: Issues in Aging – Management & Administration of Aging Programs**
Online delivery through Blackboard  
Instructor: Ann O’Connor

**Online – UNL:**

**GERO 475/875: Midlife, Career Change & Pre-Retirement**
Online delivery through Blackboard  
Instructor: Dr. Paul Falkowski

**GERO 435/835: Issues in Aging – Crime in Aging**
Online delivery through Blackboard  
Instructor: Lindsey Wylie
Gerontology is a multidisciplinary field, so job possibilities vary for our graduates. Below are just a few examples of where a degree or certificate in Gerontology could benefit you in the job search. (Note: some careers may require additional experience or degrees, in addition to Gerontology coursework.)

**Assisted Living Administrator**

Job Description:

Resident care and risk management within each care community, including protecting and promoting residents' health, safety, well-being and ensure compliance with best practices and expectations. The Administrator will ensure staff identify and review incidents and accidents, resident complains and concerns, and analyze patterns and trends in overall operations. Requirements: Be a registered Assisted Living Administrator with license in good standing in the state of Nebraska OR have a Bachelor's degree in Human Services or Healthcare related field and 30-hour Assisted Living training within 6 months of being hired.

Source: [https://omaha.careerlink.com/job/view/0338/002292](https://omaha.careerlink.com/job/view/0338/002292)

**Activities Coordinator**

Job Description:

Implements recreational therapy programs and activities to improve the functioning of participants who have a wide variety of physical, cognitive, social and emotional needs under the clinical supervision of a Certified Therapeutic Recreation Specialist.

Source: [https://omaha.careerlink.com/job/view/0045/004473](https://omaha.careerlink.com/job/view/0045/004473)
Long Term Care Operations Coordinator

**Job Description:**
The Cottages at Hillcrest Country Estates are eight small homes that are licensed as a skilled nursing facility and are designed for noninstitutional care. Our cottage living community has an opening for a Long Term Care Operations Coordinator to join our team and take part in this innovative philosophy in long term care. We are searching for an action oriented candidate who will be responsible for the fiscal, HR and leadership responsibilities for the operations of two of the eight cottages.

Source: [https://omaha.careerlink.com/job/view/1068/009812](https://omaha.careerlink.com/job/view/1068/009812)

**Marketing Yourself:**
Did you know that employers take less than 2 minutes to review applicants’ resumes? Make yours stand out! A clean, polished and updated resume is your most important asset.

Make sure you are prepared! There are free resources available to UNO students and alumni:
- UNO Writing Center: [http://www.unomaha.edu/writingcenter/](http://www.unomaha.edu/writingcenter/)
- Academic & Career Development Center: [www.unomaha.edu/acdc](http://www.unomaha.edu/acdc)
- College to Career Resource Guide: [Click Here](http://www.unomaha.edu/acdc)
Congratulations and welcome to our newest members of Sigma Phi Omega! You are now a member of a prestigious group of scholars in the field of aging. Well done!

Megan Blunk
Kinsey Brown
Ellen Brown
Kia Cody
Austin Derby
Jennifer Gottsch
Sarah Hjorth
Ann Huber
Karl Karch
Miranda Karsting
Marti Lococo

Lindsey McCoy
Nicquel McVey
Karen Miller
Jill Naiberk
April Paschall
McKenzie Rosdail
Hailey Swanbom
Karol Warchola
Jenna White
Amy Xie
Follow Gerontology on Social Media!

Follow us on Facebook or Twitter for updates for the latest news on the following:
- Registration, Graduation & Class information
- Opportunities in the community
- Job Postings
- Upcoming events

And….you’ll get updates from the newest member of our team, Kent the #gerogent!

Follow the hashtag or our pages on Twitter and Facebook for his latest updates. We’ll be educating the community about Gerontology, careers in aging and other fun topics.

Are you an alumni, current student or community member who would like to be a #gerogent ambassador and help us spread the word about Gerontology?
Please email us at unogero@unomaha.edu.
Dr. Betty Foster, her daughter Lisa, and Steve Martin, President and CEO of BCBS are seen holding Kent the Gero Gent at the 2014 Dr. Chuck Powell Memorial Lecture.

Over 150 people attended the CPACS sponsored event, Prisoners of Age: The Alcatraz Project. Ron Levine presented the images and stories of inmates from his critically acclaimed work of inmates from the US and Canada.
I’ve always had a fascination with the idea of communicating over large distances. When I was younger, one of my favorite activities was listening to short-wave radio. Scanning the frequencies, hearing distant voices in various languages, listening to WWV, the world-wide beacon for setting clocks, knowing that “at the sound of the tone” people around the world would set their time piece at that exact moment, all came together to create a mystical cacophony of imagined images and sounds. People around the world were coming together through the magic of these radios. That was some time ago. Now, the whole world with its all its images, sounds, voices, languages, music, news, conversations, family photos, traumatic events, happy events, and so on, all fits neatly in the palm of my hand. It really is extraordinary to think how far we have advanced in our ability to connect with one another.

With that in mind, what I’ve discovered about online courses both taking them and teaching them is that are content rich. I think by now most people understand the idea that online courses are flexible, i.e., they fit neatly into your schedule, and that because of technical advances the communications between students and professors and students and students is easier than ever. But, for me, the salient selling points is that everyone in the class has an equal opportunity to participate in discussions. I’m sure all of you at one time or another were in classes that were dominated by a student or two who always seemed to have the answer first or students hesitated to respond to an instructor’s question.

In online courses, I have found that everyone has an opportunity to respond and in a thoughtful way. Of course, the dialogue is not immediate as it would be in a classroom setting but the dialogue is content rich, as students are more comfortable expressing their opinions and thoughts online. As an instructor, I appreciate this level of participation and I venture to say I know more about my online students than my in-class students.

So with that all said, I want you to know that you have access to some of the best gerontological training available and it literary is in the palm of your hand. Our online instructors are experts in their fields. Not only do they bring the theories of aging to the classroom but they bring real world experiences. They work hard to make their courses user friendly employing some of the latest technologies available in online pedagogy. In addition, I stay abreast of emerging technologies sharing them with our instructors as they become available. It is my and all of our instructor’s desire to see you receive a quality education and succeed in whatever career field you pursue.
We offer undergraduate and graduate certificates which pair very well with just about any course of study. After all, the issues associated with aging touch nearly every discipline. We know that employers prefer job candidates that have gerontological training. You don’t have a bachelor’s degree? That’s ok because you can still enroll as non-degree student and earn a certificate in gerontology. For example we know LPNs and CNAs that are doing just that.

For graduate students, we offer a graduate certificate in gerontology, again, we pairs very well with nearly any field of study. We also offer, online, a dual graduate certificate in gerontology and interior design. Creating living environments for older adults is a wide open field that will only increase in need as the population continues to age at an exponential rate.

For practitioners looking to advance their careers, we offer a Master of Arts in Social Gerontology, non-thesis track. This degree is designed for people that are already working with older adults or are considering working with older adults. The non-thesis track provides students with the necessary educational support to be able to understand normal and abnormal age related changes. The training will also allow students to design, implement and evaluate programming for elders and their families. We also offer a thesis option as well. The thesis option is designed for those who are mid-career professionals who wish to gain additional knowledge and insight from the research in the field of gerontology, to interpret the research critically, and who may wish to be prepared to conduct research on their own. These students often consider the PhD specialization in gerontology after completing this program.

Whether it is a certificate or a master’s degree, it is all right here waiting for you to simply go online and apply. We have open enrollment so this means you can apply at any time. As an advisor for online students, I am here to make sure you have a good and positive experience from the moment you apply to the day you graduate, and for me and all of our faculty and staff that is a great feeling. I’m available for your questions. Feel free to contact me. I am happy to take time to get to know you and learn about your educational goals. Your future is in the palm of your hand.

My contact information:
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Telephone: (402)554-3780
Website: http://www.unomaha.edu/geronline
Twitter: @GeroOnline
Facebook: UNO Department of Gerontology
I am Alayna Zach, the student worker for the Gerontology Department helping Dr. Holley with different poetry projects that the department helps sponsor. I am from Norfolk, NE and I am a senior this year in the BSW program and will be graduating in May. I am also getting my Minor and Certificate in Gerontology. I am at Trinity Courtyard in Papillion doing my practicum for both Social Work and Gerontology. I’ve really enjoyed my time out there so far, the residents keep my days quite busy and interesting! I plan to apply for a Master’s in Social Work and will hopefully begin classes next fall. I hope that once I am done with school that I am able to work someplace where I can work directly with older adults to help them with their needs. I am not positive on where or what I exactly want to do but possibly Hospice work. I am looking forward to working with the aging population!

Hello! My name is Taylor Schulz, and I am currently filling the student work study position. I am a freshman here at UNO with an undeclared major, but I am studying under the pre-physical therapy program. I’m from the small town of Wisner, Nebraska; which is on Highway 275. Being in the city is nice, but I definitely miss that small town feel! I graduated from Wisner-Pilger High School in May of this year. I’m very close with my family and younger siblings, so it’s nice to be a decent distance from home so I can see them. Although I consider myself a social butterfly, college has made me quite the bookworm! Studying for my classes takes up the majority of my time, but when I have time I love to hang out with friends, read, stay active, paint landscapes and take photographs.
If you missed the last call for T-shirt orders, contact us to put in an order. We plan to place an additional order before the end of the spring semester.

Get yours today by picking up an order form in the Gerontology Department!

**Availability**
Red – Lincoln Students
Black – UNO Undergraduate Students
Charcoal Grey – UNO Graduate Students
With Thanksgiving just around the corner, it seems to be a good time to express our thanks for all of the good things that are taking place in our department. As with last year, the list seems to be getting longer and longer. Here goes...

For our students in Omaha, Lincoln and online continue to be the primary reason for our existence. Their enthusiasm for the study of aging is what motivates the rest of us to go into the classroom each time with a sense of meaning and purpose. Thanks to each of them.

For our new advisor in Omaha, Brooke Clements, has taken well to gerontology. Her excitement is catching (in a good way). We currently have 18 students officially signed up for the B.S. in Gerontology! Without Brooke – we would still be trying to figure out how to make this happen. A special thanks and welcome to Brooke for joining our department.

For our current faculty on the Omaha and Lincoln campuses that include Bede Bolin, Drs. Julie Boron, Stan DeViney, Paul Falkowski, Lyn Holley, Chris Kelly and Kyle Kercher and our 20+ adjunct faculty. Your teaching and research is what is making a difference in the lives of our students and the community. Thank you.

For our former faculty, Drs. Leo Missinne, Bruce Horacek, Karl Kosloski and Jim Thorson. Each one of you have made it possible for us to offer world-class opportunities to our students and the community.

For the time we were able to spend with Sara Young. We are happy for her in her new position with the Sarpy County Clerk’s office.

For Jackie Freeling who has filled in at the main desk during our staff assistant transition. She is always one of good cheer and kindness.

For our new staff assistant, Maria Sorick. We are thrilled to have you join us and look forward to many wonderful years of working together.

(Continued on next page.)
For our two newest student workers – Taylor Schulz and Alayna Zach. They really make a difference and are without question AWESOME!

For our Advisory Board. We are most grateful to the people who push us to be better than ourselves every day. We are especially thankful to Paul Hogan for his role as chair of the board.

For Dr. Betty Foster and her ongoing support of our department and the Dr. Chuck Powell Memorial Lecture series. We are most grateful to her for the chance to bring in a speaker each year to discuss the benefits of leadership and aging.

For Dr. Amy Haddad and Steve Martin for their financial support of the Dr. Chuck Powell Memorial Lecture Series. You allow us the chance to dream big.

For Glenn Van Ekeren, his leadership blogs, and, the wonderful presentation he gave to our students in September. He really is a difference maker.

For Dean John Bartle and Associate Dean Theresa Barron-McKeagney for supporting Ron Levine and his project Prisoners of Age this fall on the Omaha campus.

For the practicum sites in Omaha, Lincoln and beyond for supporting our students in their hands-on training in aging. Your time, effort and energy is a real gift to us all.

For the eight Area Agencies on Aging and the Nebraska State Unit on Aging for your tireless work in making life better for aging Nebraskans.

For the Aging with Passion and Purpose planning committee as they make arrangements for the 2015 conference with a focus on aging in the workplace. Be sure to save October 19, 2015 on your calendars!

And, last but not least, for all of the older adults who have so generously shared their stories and their lives with our students. You make real the theories and concepts discussed in our classes. We remain grateful.

Wishing each of you a very happy and healthy end of the semester – Julie.