

**Towson
University**

GERO NEWSLETTER:

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Letter from Dr. Wagner

This spring has been a wonderful semester for the Gerontology Program. The Delta Rho Chapter of the national gerontology honor society Sigma Phi Omega was active in the community and on campus. Members of Delta Rho took a leadership position in organizing the "Careers in Aging" event – our third here on campus. This year we invited Courtney Caruso, a graduate of the BS program who is now working at Copper Ridge Institute in Sykesville, MD. She was an inspiration to the undergraduates who attended the event. Lynn McCamie from the Baltimore County Ombudsman Office spoke about her work as did Jeanne Gourley, the Nutrition Director at Baltimore County Department of Aging. All three speakers were kind enough to stay after the event to spend some time advising the Senior Seminar students about their resumes and their job search.

Three of our graduates received recognition in the Health Science Department's awards event: Swapnil Jain from the Mas-

ter's in Applied Gerontology Program, Colleen Considine and Robyn Platt from the undergraduate program were presented with awards to recognize their academic, personal and professional accomplishments.

Our numbers are growing and our graduates are working in the aging network and/or pursuing graduate degrees. Avonda Paul, a 2008 graduate was recently admitted to the Masters of Social Work Program at the University of Maryland, Baltimore. Erin Schoenberger, a 2010 graduate will be working at the Baltimore County Department of Aging. And, I suspect that we will be seeing more and more graduates of the gerontology program showing up in the aging network around the state and the region. We'd love to feature you in an upcoming newsletter so drop us an e-mail or a note!

The Center for Productive Aging received a recognition award from the Maryland Department on Aging during the Governor's Leadership in Aging Awards ceremony on May 19th. We were recognized for our work with Maryland De-

partment of Aging on the "Living Well" Program. For three years, we have been evaluating this program. The program, developed at Stanford University, is an evidence-based program that empowers older adults with chronic disease to better manage their health and their health care communication. We are currently finishing up the fourth year activities and will be beginning two more years of work on an expanded evidence-based program that includes a focus on diabetes in addition to general chronic illness. Dr. Donna Cox, Dr. Emiko Tagaki, Dr. Kelly Niles-Yokum of York College, and I have been working on this project. This summer both Andrea Lindemer and Colleen Considine will be on our research team.

We hope you enjoy this newsletter and will keep in touch with us! We are proud of our graduates and want to recognize you and your professional work..

-Dr. Donna Wagner

Director, Gerontology Program

Upcoming Events

- World Elder Abuse Awareness Day Rally– June 15, 2010 Noon - 2 pm
Courthouse Patriot Plaza
400 Washington Avenue
Towson, MD
- Volunteer with the Alzheimer's Association at *The Baltimore 10 Miler*– June 19, 2010
Druid Hill Park 6:30 am– 11:30 am
-Contact Sally Drumm for more information (sally.drumm@alz.org)

Upcoming events are also posted on the Gerontology bulletin board outside of the Health Science department

A LETTER FROM COLLEEN CONSIDINE

40 DELTA RHO MEMBERS! Yes, this is correct and as Dr. Wagner puts it "I don't think we even have this many Gerontology Students!" Last spring Delta Rho was only three members and this spring I am happy to announce we broke the 40 member mark. Delta Rho, the Honorary Gerontological Society, is one of the fondest memories I will have to take away from my four years at Towson University. As I approach graduation I cannot tell you how exciting it has been to watch our group grow and welcome new interested students to the field of aging. I encourage our younger members to take advantage of all that the Gerontology program has to offer.

Some Advice:

Be Patient. Most people will give you a blank look when you tell them you study Gerontology. Use this as an opportunity to get people excited about the field of aging.

Let people know "Ageism is a Crime" (or well it should be). I have been asked many times if ageism is a made up word. This is your chance to set people straight about those terrible aging stereotypes they have made up.

Dr. Wagner is your best friend! She is one of the best advisors and mentors a program could ever want and need. She has helped me and so many others to find the "perfect" internship. Yes she will have you write a ton of pa-

pers, but trust me you will get use to it and a little part inside of you may start to love it.

Be Involved. Delta Rho is a great opportunity to meet and work with others who are interested in your field. Yes it does look good on your resume and yes you will have a great time being involved in all the activities.

A Special Thank you to all my Delta Rho Members and to our Graduating Seniors -the field of aging needs your expertise and enthusiasm.

Best Luck,

Colleen Considine

Delta Rho President



Dr. Wagner and Colleen Considine at the Fifth Annual Department of Health Science Awards Ceremony and Honor Society Inductions

"Delta Rho is a great opportunity to meet and work with others who are interested in your field"

A Letter from Swapnil Jain

My journey through the graduate program in Gerontology has been one of the most rewarding experiences. Coming to a new country, being the only international student in the department, and to top it all a very different educational system and entirely new coursework definitely seemed a little scary at the beginning. But I really take this opportunity to thank all the wonderful professors, the very best advisor- Dr Wagner, and all my friends in the program who have helped and encouraged me at every step.

I think the program at TU is very special because the majority of students are from different professional backgrounds, yet they share the same focus on aging. This gives us a prospect to appreciate the diverse perspectives on the issues of aging. I myself have a degree in Physical Therapy and opted to specialize in Applied Gerontology to get a better idea about the clientele I am looking forward to serve.

As a part of coursework, I got the chance to pursue an internship at three different senior centers of Baltimore County Department of Aging. I worked for around a semester as a Physical Therapy Expert in the senior fitness centers. I had a great time there and this was my chance to get a real feel of what life after graduation would be. Words aren't enough to describe what an incredible time I had these past two years and I'll surely miss my time at school.

-Swapnil Jain



A LOOK BACK AT A GREAT SEMESTER

DELTA RHO JUST KEEPS GROWING AND GROWING AND GROWING...

What a great semester and year it's been! Delta Rho has gained so many wonderfully dedicated members and we look forward to welcoming even more in the Fall. This past Spring semester our group was able to do some really great work around our community. Some of our big events this past semester were:

- Delta Rho's bake sale
- Volunteering at the Alzheimer's Memory Ball
- Helping out with the Senior Home Repair Day
- Sending cards to the home-bound clients of Meals on Wheels of Central Maryland
- Hosting Patricia Moore as a guest speaker
- Co-hosting Careers in Aging Week – Panel of Professionals
- Delta Rho Induction Ceremony
- Delta Rho is now on Facebook– join us!



Spring 2010 Induction Ceremony



Alzheimer's Association Memory Ball



Careers in Aging Week Panel of Professionals



Gerontology Program

8000 York Road
Towson, MD 21252-0001
Towson, MD 21252-0001

Phone: 410-704-4643
Fax: 410-704-4670

Warning

by Jenny Joseph

WHEN I AM AN OLD WOMAN I SHALL WEAR PURPLE
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens
And learn to spit.

You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats and things in boxes.

But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.

But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.



Jennifer Turlick, Erin Schonberger, Colleen Con-
sidine, Dr. Emiko Takagi and Kate Deranger

Congratulations to all
students who graduated
this year!!!