

Sigma Phi Omega Member

*This newsletter is published as a membership benefit of Sigma Phi Omega (SPO) with a circulation of over 1,500 members. SPO offices are located at 1220 L Street NW, Suite 901, Washington, DC 20005-4018. Faculty, faculty advisors, and students are encouraged to submit news, meeting reports, club activities or studies underway to the SPO Newsletter Editor, Amy J. Plant at ajplant@student.yzu.edu by **September 1, 2015**.*

National academic honor and professional society in Gerontology since 1980

SIGMA PHI OMEGA

SPRING 2015

Newsletter

*Editors: Krystal L. Culler, M.A.
& Amy J. Plant, B.A.*

In this Issue

From the President
Katie Ehlman, Ph.D.

Tribute
Dr. Jane E. Myers, Ph.D.

AGHE Business Meeting Minutes

Announcements

Open Board Positions: 2016

Chapter News

Careers in Aging Spotlight

Board Members

AGHE Photos



Greetings SPO members,

On behalf of SPO, we would like to pay tribute to Dr. Jane E. Myers, Ph.D. She was a founding member of Sigma Phi Omega in 1980. Be sure to read her memorial on page 3. Her favorite quote, "Be the change you wish to see in the world" is a great inspiration, as many of our members are impacting their communities in positive ways. The first issue of our SPO newsletter for 2015 is packed with the latest chapter news, SPO board meeting minutes from AGHE, call for board member positions, and general announcements. Be sure to check out our special Careers and Aging Spotlight section of our newsletter.

Lastly, I would like to introduce our SPO members to our new Newsletter Editor, Amy J. Plant! Our newsletter is rapidly growing and it would not be possible without the support of our members and SPO chapters. Please remember that the fall newsletter submissions are due by **September 1, 2015** to ajplant@student.yzu.edu Thank you for your continued support of our SPO newsletter!



Welcome Amy!

-Krystal

SIGMA PHI OMEGA

SPRING 2015

NEWSLETTER

ISSUE ONE

From the President

Dear SPO Members,

Why gerontology? As the current SPO president and an associate professor of Gerontology at the University of Southern Indiana (USI), I am inspired by the students, graduates, and alumni who answer this question almost daily.

Why gerontology? Students at two SPO chapters answered this question in the short videos they created. York College and University of North Carolina at Charlotte were the co-winners of the 2014-15 SPO Video Award and received recognition at the 2015 Association of Gerontology in Higher Education (AGHE) annual meeting. Check out the award winning videos on our SPO homepage:

<http://www.sigmaphiomega.org>

Why gerontology? I recently attended a meeting where I

listened to a USI gerontology graduate, who is leading a 60-member southwest Indiana regional nursing home collaborative addressing quality. He discussed the value of interprofessional teamwork and person-centered care to enhance quality of life for elders while meeting state and national regulations.

Why gerontology? I was inspired by a current student's essay submitted to me in a gerontology course. This undergraduate student's outlook on longevity guides his work and will likely influence his future contributions to the field. He writes, "Aging well is all about preparation and avoidance. Avoid the things that you know will cause your body harm and prepare your *mind, body and soul* for a long life."

SPOPresident@SigmaPhiOmega.org

*Katie
Ehlman,
Ph.D.*



Why gerontology? Abraham Lincoln once said, "And in the end, it's not the years in your life that count. It's the life in your years." No one understands that better than our SPO chapters around the country that are devoted to gerontology and healthy aging. Each day, I am moved by the quality work contributed by students, faculty, and professionals in our respective field.

Exciting things are happening ... maybe a better question is: "Why *not* gerontology?"

-Katie Ehlman, Ph.D.
SPOPresident@SigmaPhiOmega.org

National academic honor and professional society in Gerontology





In Memoriam ~ Dr. Jane E. Myers



Dr. Jane E. Myers died December 23, 2014 at her home in Lexington, North Carolina, after a brief illness.

She was one of the founders of Sigma Phi Omega in 1980, and served three terms as SPO president, from 1982-85. She was a lifetime SPO member and was member #02, becoming a member in 1980.

Jane received her Ph.D. in Counselor Education with a specialization in gerontology from the University of Florida in 1978. She received an EdS in Counselor Education with a minor in Education Administration in 1976 and a Master of Rehabilitation Counseling Degree in 1970 from the University of Florida. Her BA in Psychology was from the University of California at Berkeley in 1969. She was a Certified Rehabilitation Counselor (#78).

She worked as a Vocational Rehabilitation Counselor and as an Aging Specialist with the State Unit on Aging, both in Florida. She taught at Florida State University and then became an Assistant Professor of Guidance and Counseling and Director of Rehabilitation Counselor Education at Ohio University. She served as Program Associate and later as Director of the American Personnel and Guidance Association National Project on Counseling Older People. Dr. Myers retired from University of North Carolina – Greensboro’s Counseling and Development faculty after 24 years of distinguished service.

Internationally renowned as a scholar and leader in professional counseling for over 45 years, Dr. Myers possessed a true passion for wellness across the lifespan. The author of six books, she lectured, consulted and conducted research nationally and internationally on issues related to counseling, aging and wellness.

In short, Dr. Myers lived her favorite Gandhi quote, “Be the change you wish to see in the world.”

And the
Winners
are...

SPO VIDEO CONTEST WINNERS

Video Theme:

Why Gerontology?

Award Winners:

York College &

University of North Carolina (UNC) at Charlotte



**SPO SERVICE
PROJECT AWARD:**

Gamma PSI,
UNC Charlotte



**SPO PRESIDENTIAL
STUDENT
PAPER AWARD:**

Winnie Sun

*Focus on Safety: Understanding the
Relationship between Therapeutic Self-
Care Ability and the Occurrence of
Adverse Events for Older Home Care
Clients*



WE WANT TO HEAR FROM YOU!

SUBMISSION DEADLINES:

The SPO Newsletter Deadlines are the following:

April 1, September 1, and December 1.

- If newsletter deadlines are altered to meet the needs of SPO, chapters will be notified by email.
- All submissions should be received on or prior to each newsletter submission due date.
 - If a submission is going to be behind schedule, please contact the Newsletter Editor to see if late submissions are being accepted.
 - The Newsletter Editor can save delayed submissions for inclusion in the next newsletter.

WRITTEN SUBMISSIONS:

- Written submissions must use Times New Roman 12 point font, be double-spaced, and use 1-inch margins on all sides.
- All written submissions should include the following information:
 - SPO Chapter affiliation,
 - Submission author(s) name, professional title, and email.
 - Author(s) email will only be used if there are any questions regarding the submission and will not be included in the newsletter.
- Written submissions must be emailed electronically as a Microsoft Word attachment to Newsletter Editor.

PHOTO SUBMISSIONS

- Photo submissions should include a caption of thirty words or less explaining the context of the photo.

- **This text is subject to revision by the Newsletter Editor.**

- Photo edits: Please edit your photos prior to submission.
- A maximum of **three** photos is strongly encouraged per each submission.
- Photo submissions must be sent electronically within a Microsoft Word attachment to Newsletter Editor.

The Newsletter Editor reserves the right to use, edit, or crop photos.

Not all photos may be published.

SUBMISSION PROCESS:

- The newsletter editor will reply to all submissions with a confirmation email within 72 hours to confirm receipt of your submission and to clarify which section of the newsletter your submission will be included.
- The newsletter editor may need to make edits to your submission to accommodate for length, clarity, and consistency with the overall newsletter.
- Final edits will be made with the goal of retaining the original context of the submission.
- Each submission is limited to a maximum of one page within the newsletter.
 - Submissions will be allotted one-third, one-half, or a full page in the newsletter.
 - The Newsletter Editor reserves the right to edit content to fit into available spaces.
- Submissions that include both an article and photos will be edited to meet the aforementioned criteria.

ANNOUNCEMENTS

ARE YOU A CURRENT SPO
MEMBER?

Renew Your
Membership Today

<http://www.sigmaphiomega.org/files/Documents/SPORenewalFormUpdatedJanuary282012.pdf>

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SPO emblem and the
honor cords are two-cord
sets! **Only \$15 each.**



<http://www.sigmaphiomega.org/files/Documents/SPOHonorCordAndMedalOrderForm.pdf>

The SPO **President's Student Paper Award, Service Project Award, and Video Award** are funded solely by donations from SPO members and other interested parties. Anticipating these awards will be offered for years to come, we appreciate your generous donations.

To contribute to this worthwhile cause, write your check made payable to Sigma Phi Omega and note either "For SPO President's Student Paper Award", "For Service Project Award", or "For Video Award", and mail to:

**Sigma Phi Omega
1220 L Street NW, Suite 901
Washington, DC 20005-4018**

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ΣΦΩ GENERAL BUSINESS MEETING MINUTES

SPO General Business Meeting & Reception

Friday, February 27, 2015

I. Opening & Introductions

SPO executive board president, Katie Ehlman, opened the meeting by paying tribute to Dr. Jane Meyers, one of the founders of SPO.

Dr. Harvey Sterns offered a tribute to Dr. Meyers.

After a moment of silence, Katie welcomed attendees and introduced the board, including acknowledging contributions of outgoing members and welcoming incoming members:

Current and Outgoing Board Members

President: Katie Ehlman	Past-President: Mary Ligon (outgoing);
Secretary: Diane Martin	Treasurer: Pamela Brown;
Member at Large: Amanda Sokan	Member at Large: Cynthia Hancock;
Member at Large: Lori Yancura	Student Rep: Nicole (Nikki) Dawson (outgoing);
Newsletter Editor: Krystal Culler (outgoing)	

Incoming Board Members

President-Elect: Pamela Brown
Member at Large: Cynthia Hancock (3-year term)
Treasurer: Colleen Bennett (2-year term)
International/Virtual: Kelly G. Fitzgerald (1 year appointed)
Newsletter Editor: Amy Schuster- Amy Plant

II. Award Presentations

- SPO Presidential Student Paper Award: Winnie Sun
Focus on Safety: Understanding the Relationship between Therapeutic Self-Care Ability and the Occurrence of adverse events for older home care clients
- SPO Service Project Award: Gamma Psi, UNC Charlotte
Fall Festival at Madison Saints Paradise South (MSPS) Senior Living Community
- SPO Video Award: Co-Recipients Gamma Psi (UNC Charlotte) & Omega Gamma (York College of Pennsylvania)

III. Announcements

A. Beginning in 2015, there will be a section of the SPO newsletter titled *You Asked We Listened*, where we will periodically update you on how we are addressing your concerns, listening to your voice, etc.

First up, at last year's general business meeting, members asked the executive board to develop two new chapters, each with a seat on the board: an emeritus and a virtual chapter. Mary Ligon highlighted these additions, along with criteria for membership. Kelly Fitzgerald was introduced as the virtual chapter advisor.

B. Call for nominations for open positions for 2016:

- Secretary (2-year term)
- Member at Large (3-year term)
- Virtual/International (2-year term)

Information about these positions, including how to submit nominations are on the SPO website and in the upcoming newsletter.

A.SPO Awards for 2016

- ❶ President Student Papers ❷ Service Projects ❸ Video Contest

See SPO website for specific details on each award category. A reminder that any member submitting for the student paper award must also submit an abstract to AGHE (deadline is usually in early summer).

B.A reminder that anyone needing SPO cords and medallions should place their orders early, as it takes up to six weeks for delivery.

C.Join SPO on Facebook: <http://www.facebook.com/groups/110110235014>

D.Chapter presidents & advisors are reminded that annual reports are due April 30, 2015. Chapters submitting reports by the deadline will receive a rebate check of 5.00/Member

Rebate checks from 2014 Annual Reports will be distributed in March, 2015

I. Treasurer Report

Pamela Brown distributed the report, noting that the ending balance was as of February 17, 2015

II. New Business

None

Meeting adjourned at 4:30. Attendees invited to stay for the reception following the business meeting.

2015 Business Meeting will be during the March 2016 AGHE conference, to be held in Long Beach, CA



Board Member Positions

**GET
INVOLVED!**

2016 OPEN POSITIONS

Consider a nomination for one of the SPO 2016 open board positions, which include:

- Secretary (2-year term)
- Virtual/International (2-year term)
- Member-at-Large (3-year term)

For more details contact our President- Elect, Pamela Pitman Brown at
pamelapitmanbrown@gmail.com

Visit <http://www.sigmaphiomega.org/awards.html> for the board member application.



Contact our current board members and ask about their experience with the SPO executive board! See page 17 for contact information.



ANNUAL REPORTS



Be sure to submit your SPO chapter's
annual report by April 30, 2015

to Katie Ehlman at

SPOpresident@SigmaPhiOmega.org



The report form can be found at:

<http://www.sigmaphiomega.org/chapters.html>

JOIN SPO ON 

<http://www.facebook.com/groups/110110235014>

GAMMA PSI

The Gamma Psi Chapter at University of North Carolina at Charlotte (UNCC) is led in conjunction with the Gerontology Club by undergraduate and graduate student members. Students who have an interest in gerontology can join the Gerontology Club. SPO membership is offered to undergraduate minors and graduate students in gerontology who are eligible. Many students are members of the Gamma Psi Chapter and Gerontology Club.

Our members actively participate in on- and off-campus events, as well as, activities at various assisted living facilities in Charlotte and the surrounding area. Our most popular event, Fall Festival at Madison Saints Paradise South Nursing Home, attracts dozens of students and residents, who have a great time together with activities and home-cooked food. This spring, our chapter participated in two on-campus activities promoting the club and academics, and one off-campus activity, a Valentine's Day event at Shamrock Senior Center in Charlotte.

Thus far our greatest accomplishments were receiving the Service Learning Project award and Video award from Sigma Phi Omega. During our Careers in Aging event, we will be inducting 23 new members to our chapter. We are excited to have a large cohort of new members to continue the promotion of academics of gerontology through the Gamma Psi chapter of SPO. *Submitted by: Holly Morris*



Σ Φ Ω CHAPTER NEWS

GAMMA UPSILON

The Gamma Upsilon Chapter at UMass Boston welcomed 26 new members at its induction ceremony on April 2. New members came from all academic levels, including 3 undergraduates (19 students from the Masters in Aging Services program) and 4 doctoral students. Preceding the induction ceremony was our Careers in Aging event, which featured a panel of 3 UMass Boston alumni discussing their career paths.

Panelist Kristen Porter is a current SPO member and has just defended her doctoral dissertation. She is the CEO of Zen Executive LLC, a consulting and event production firm with a focus on social justice, located in Boston, Massachusetts.

Kristen will start a postdoctoral position at ACRIA in NYC to further her research on aging with HIV/AIDS. Caitlin Coyle, a current postdoctoral research fellow in the Department of Health Policy & Management at Yale's School of Public Health, joined Kristen. Caitlyn is furthering her research interests in social aspects of health and health services for older adults and people aging with disabilities. Our third panelist, Lisa Gurgone, received her graduate certificate in Women in Politics and her MS in Public Affairs. Lisa is the executive director of the Home Care Aide Council, a nonprofit trade association focused on improving quality of care by empowering the home care aide workforce, located in Belmont, Massachusetts.

Submitted by: Ceara R. Somerville



Photo caption: Gamma Upsilon induction ceremony (L-R): Back: Deepak Kafle (Treasurer) Bryceton Proctor (Secretary-elect); new members Mary Donovan, Mei Chen, Yang Li (President-elect), Molly Evans (Vice President-elect), Jane Baker, Laurie Herrera, Katherine Cardinal, Susan McNulty; Ceara Somerville (President), Maryam Khaniyan (Vice President); Front: Nina Silverstein, faculty adviser; Lillian Glickman, MAS program director; Pamela Nadash, faculty adviser; Ellen Birchander, MAS program director.



Σ Φ Ω CHAPTER NEWS

UPSILON

The spring 2015 semester for the Upsilon Chapter at the University of South Florida has been a time of growth, commitment, leadership and service for our members. As many of our past officers graduated and moved on to different pursuits, our chapter was faced with the challenge of officer transition for all leadership roles. We continued past traditions of monthly general body meetings, representing our chapter and recruiting new members during the Careers in Aging Networking Event and volunteering, while adding new traditions to create a more meaningful, richer heritage for current members. Our chapter is actively holding weekly socials, including attending sporting events, spinning, dining, bowling and a house party potluck to celebrate our participation and fundraising milestones in University of South Florida's Relay for Life, a philanthropic event that raises awareness and funds for The American Cancer Society.

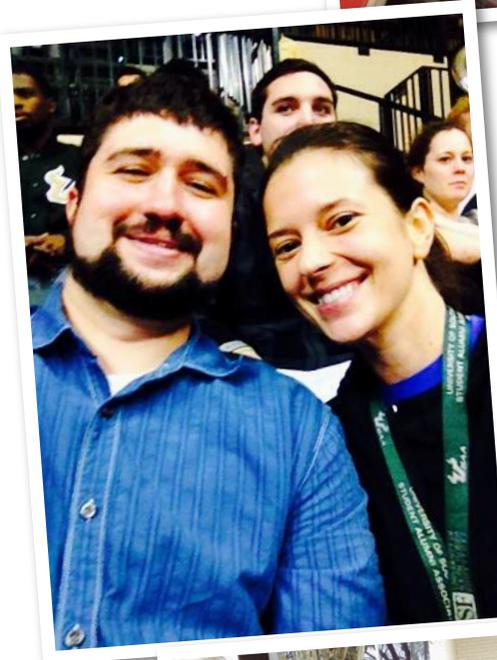
Additionally, we are volunteering weekly at a local nursing home where we interact with residents in a variety of activities. Recently we helped them decorate for a themed Wizard of Oz party and we are having an upcoming bingo game planned with donated prizes.

Many of our members have an interest in working with individuals with dementia. We have planned a special spring visit with our advisor to Arden Courts Memory Care, a small assisted living facility specializing in dementia and memory care, to take residents outside, give them flowers, and sing. We are especially excited about the privilege of proposing a crest for the Sigma Phi Omega National Honor Society and have been collaborating our ideas on how to make each element as special and significant as being a part of this society has been for the Upsilon Chapter.

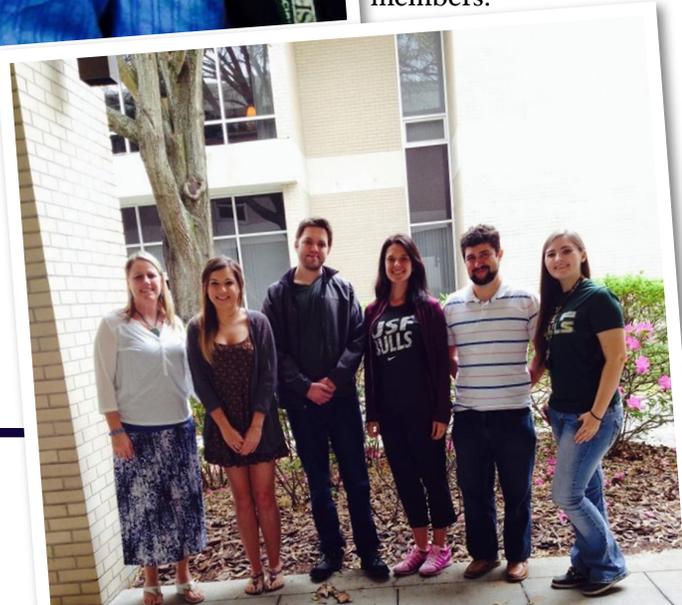
Submitted by: Nina S. Dearwater



Top photo: Our graduating senior member and our newest member enjoying a game of bowling at an SPO social.



Middle photo: President and interim treasurer celebrating the first social of the semester.



Bottom photo: A group photo of our advisor, officers and new members.

The background features two spotlights at the bottom, one on the left and one on the right, both shining upwards. Their beams converge to form a central diamond shape. The text is centered within this diamond. There are also several light blue stars scattered around the spotlights and the diamond.

**SHARE YOUR
ACCOMPLISHMENTS WITH
YOUR FELLOW SPO
MEMBERS!**

- PUBLICATIONS**
- SCHOLARSHIPS**
- AWARDS**
- FELLOWSHIPS**
- INTERNSHIP
OPPORTUNITIES**
- CAREER PROMOTIONS**

The National SPO Board reserves the right to exclude possible conflicts of interest for this column. Advertising opportunities are available with SPO. Contact us for member and chapter rates!

Σ Φ Ω Member Spotlight



MEET ANDREAS LAZARIS!

Andreas is a recent graduate of UC Berkeley, where he received a B.A. in Cognitive Neuroscience. He is currently a Clinical Research Associate/Study Coordinator at the UCSF Memory and Aging Center in San Francisco, CA and currently serves as the Vice Chair of the City of Berkeley's Commission on Aging.

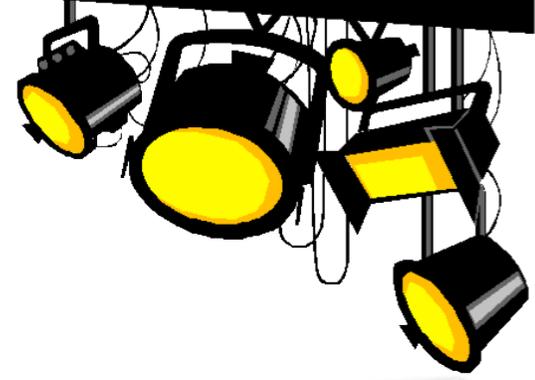
In late 2014, Andreas began an independent publication (a “zine”) entitled *If you’d like to hear it// I can sing it for you*. The zine is focused on the negotiation of an aging body and a “forgetful” self in an unaccommodating world, as well as accounts of chronic illness and the end-of-life experiences of an aging self. This is a multi-issue zine made up of writings, photos, and artwork from folks in all of life’s ages and stages. This work is centered on intellectual/emotional criticisms and personal experiences of aging, illness, and death from caregivers, patients, and advocates.



The zine is currently hosted at the Athens Zine Bibliotheque in Athens, Greece, as well as, London College of Communications Zine Collection in London, UK, and the Mellow Pages Zine Library in Brooklyn, NY. The zine will also be featured at the 2015 Zine Pavilion of the American Library Association Annual Conference in San Francisco, the 2015 Splats Zine Festival in Patras, Greece, and the 2015 San Francisco Zine Festival.

In this zine series, he is exploring “radical” sociologies of aging, caregiving, and aging advocacy through personal experiences, politics, and academic thought. For fellow members interested in contributing to a conversation on social gerontology or for zine inquiries, they can get in touch with Andreas at agingzine@gmail.com.

Σ Φ Ω Careers in Aging Spotlight



DELTA PHI CHAPTER- MEET ETHAN AULT!

Educational Background:

In May of 2014 he obtained his bachelor's degree in Health Services with a concentration in Long-Term Care Administration from the University of Southern Indiana. His coursework was comprised of a combination of Health Administration and Gerontology classes. His degree is designed for students who wish to become Health Facility Administrators after completing an Administrator-in-Training program.



Current Career in Aging:

Ethan is an Activity Director at a local skilled nursing facility and is responsible for creating an activity program that meets the residents' current recreational needs, as well as, to simultaneously promote fun and independence. Additionally, he manages a budget, performs necessary minimum data set (MDS) assessments, creates a well- rounded monthly calendar, and also contributes to other assigned management responsibilities. He expressed that being an Activity Director is a great opportunity to learn about the residents on a personal level and offers the environment to encourage residents to gain new experiences.

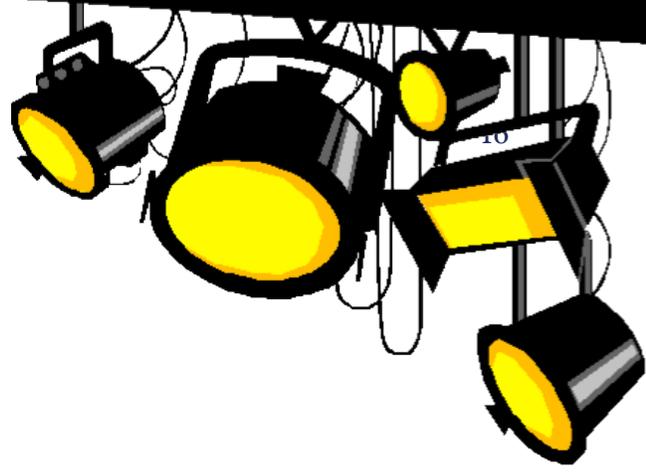
Job Search Process:

After graduation, Ethan was offered an Activity Assistant position at his internship site. Then he completed a state approved Activity Director course while gaining hands-on experience in his new role. He also completed a CNA course to become more educated with daily operations of a long-term care facility. Shortly after graduation, he was hired as the Activity Director at Westpark Rehabilitation Center in Evansville, Indiana. He has been at his current facility for approximately four months. He states that, "He truly enjoys serving the residents."

What does he like best about his current job?

Ethan enjoys his job because being involved in the activity department offers the ability to bring joy and happiness to residents. He has the opportunity to see residents have new experiences and hear of old ones. He states, "It is so rewarding to help empower residents through life enriching activities."

Σ Φ Ω Careers in Aging Spotlight



Meet: Nancy Madsen, MS, SSW

Educational Background:

- MS Gerontology
- BS in Marriage, Family, & Human Development
- Minor: Gerontology

Current Career in Aging:

Nancy is the Program Manager of Utah's Caregiver Support Program (UCSP), which is a federally funded program under the Older Americans Act. She monitors and evaluates operations, programs, processes and/or practices for quality and effectiveness, and makes recommendations for improvement for the UCSP in all 12 Area Agencies on Aging throughout the State of Utah. She also has the opportunity to partner with a number of private and public entities that further the goal of serving family caregivers in the state. She serves on a number of Advisory Boards and speaks frequently at conferences and other engagements throughout the state.



Job Search Process:

Following graduation with her undergraduate degree in 2010, she served as an AmeriCorps VISTA full-time volunteer for one year at Mountainland Department of Aging & Family Services in Utah County. While there, she learned so much about aging services and made several key contacts. During her graduate studies, she accepted a part-time position at Mountainland as a long-term care

ombudsman, which further exposed her to aging services. A year after she completed her graduate degree, she was able to secure full-time employment at the State as the Program Manager for the Caregiver Support Program. She attributes networking, volunteer work, and part time work throughout her undergraduate and graduate studies for the ability to learn about her job opening, as well as, receive excellent references. She feels like she has her dream job!



National Board Members

Newsletter Editor

Amy J. Plant, B.A.

Graduate Research Assistant
Department of Gerontology
Youngstown State University



**Upcoming Newsletter
Deadline Date:**

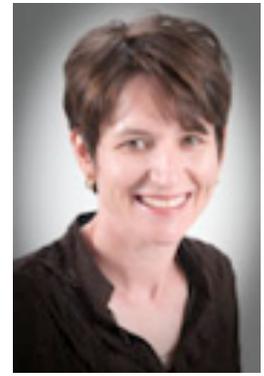
September 1

ajplant@student.yzu.edu



President Elect Pamela Pitman Brown, Ph.D.

Term: 2015-2018
Assistant Professor of Gerontology
Winston-Salem State University
Email: pamelapitmanbrown@gmail.com



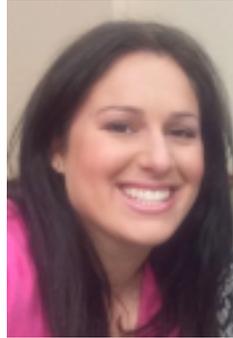
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Term 2014-2017
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International/Virtual Rep. Kelly G. Fitzgerald, PhD

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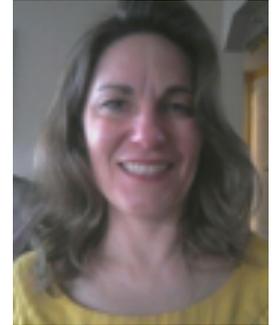
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Cynthia R. Hancock, Ph.D.

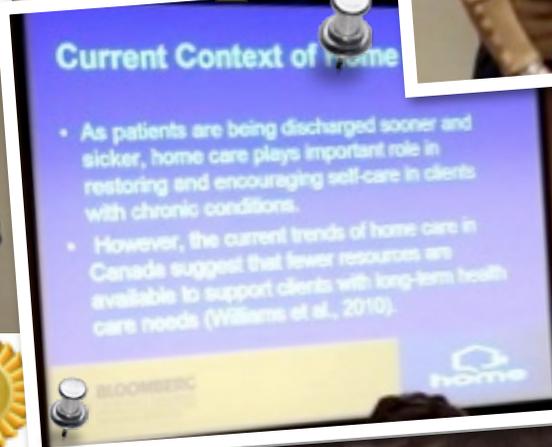
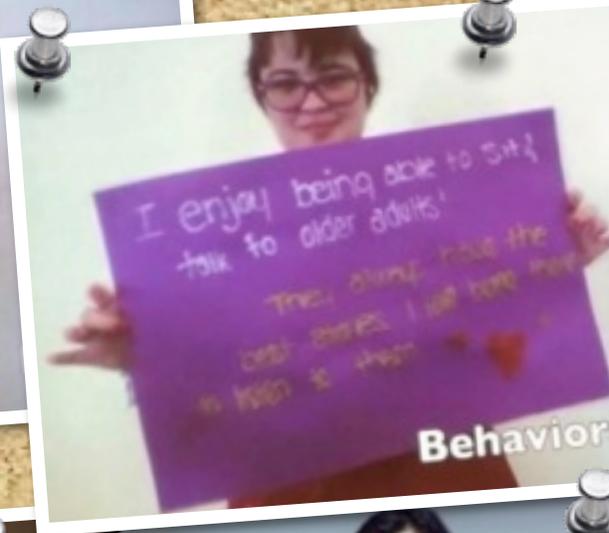
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Lorien A. Yancura, Ph.D.

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Σ Φ Ω AT AGHE



Life is Beautiful if you...