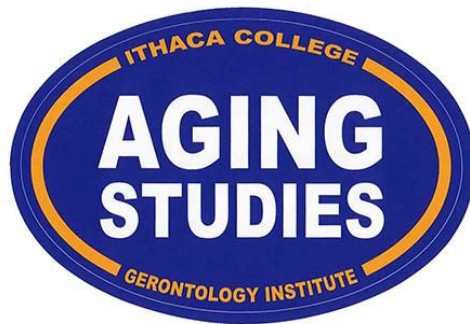


Student Newsletter

Summer 2020 Edition



Message of Unity and Inclusion:

Dear Aging Studies/Gerontology Students,

As chair of the Gerontology Department, I write to acknowledge the pain our Black students are experiencing, to express my support, and to call Aging Studies/Gerontology students to action.



[Full Message](#)

GSA: Aging Researchers Call for Inclusion, Justice, and Equality



The Gerontological Society of America (GSA) — the nation's largest interdisciplinary organization devoted to the field of aging — joins in solidarity with the movement to condemn the entrenched racism undermining American society and promote equal rights for all.

[Read More](#)

Faculty Spotlight: Dr. Erickson

Gerontological Society of America: Innovations in Teaching

The Gerontological Society of America (GSA) recently interviewed Dr. Erickson for their July 2020 newsletter on Innovation in Education. In this column Dr. Erickson describes her course Mindfulness in



Full Article (see pages 10-11)

Book Recommendation: Elderhood



Zack Griswold, '19
Assistant to the
Director
Gerontology Institute

"Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life" by Louise Aronson is very moving. Louise who is a Harvard Trained Geriatrician provides a diverse perspective on growing old.

We as a society take for granted that we are all aging beings and Louise dives into the aging process in a way that is easy to understand full of personal stories and perspectives Elderhood is for anyone who is, in the author's own words, "an aging, i.e., still-breathing human being."

Visit the **author's web page** for more information on her and the book.

Things to do During Quarantine

This summer is unlike any other summer that we have had before. We are all socially distancing which limits the normal types of summer activities that we all enjoy participating in. Here are some ideas on how to stay engaged during these difficult times.



25 Things to do in Quarantine

15 Free and Inexpensive Quarantine Activities

Look Inward and Outward

Check Out This Video



Ageism Is a Bully... Stand Up to It! Ted Talk by Mariann Aalda

Job Opportunity: Per-Diem Activity Assistant Sycamore Senior Living, East Hanover, NJ

Sophie Hudes, Aging Studies '19, works as Director of Lifestyle Engagement at Sycamore Living in New Jersey. She is actively recruiting for per-diem assistants in the activities department and would love to connect with Aging Studies students from the NJ area. Please contact the **ICGI** if you are interested and we will put you in touch with Sophie.



Contact us

Volunteer Opportunities

Reach Out Locally

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



Examples:

Office for the Aging in your county

Meals on Wheels in your area

Local Senior Centers

Reach Out to us on Instagram!
@ic_agingstudies

Find us on Instagram!

Let us know what you are doing during this time, to be featured on our Instagram throughout the week or as our Monday Motivation!

We'd love to feature anyone that wants to be shown off on our Instagram!

Feel free to either DM us on Instagram or send an email to

Izzy Carney



We Want to Hear From you



Monthly Student Newsletter

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

Follow us on Social Media

