

# American River College GERONTOLOGY

s16 1/7

Spring 2016

GERON 302 (10489) (10437) (10717)  
PSYC 374 (10481), (10490), (10718)

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Week One	Quiz Due	Readings	Lecture  Click on lecture link for materials	Web Discussion Topics Assignments  Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
Jan 18-24  NOTE: This class week runs from Monday morning at 12:05 a.m and ends on the following Sunday night at 11:55 p.m.  Although Monday is an official holiday I have opened the board so you can get started.  <a href="#">back to top</a>	No quiz this week- they will start next week.  If you have not already done so, activate your school's Gmail account. See the Orientation Link for more details.	pgs. 423-425 in the text. It explains the Older American's Act . You will need this information for your first post. Also see the handouts to the left  Review <a href="#">Orientation Link</a> , <a href="#">Syllabus</a> , and this page (Assignment link). Also surf the site to become familiar with the requirements of the course and the course site. Then after you have read "Web #1 Introductions located in the column to	<a href="#">Orientation</a> must be completed during this class week which ends Aug 30th  <a href="#">On Line Learning</a>  You are then done for this easy week- enjoy  Respond to at least two classmates' postings on at least two different days for full credit  <span style="color: red; font-size: small;">BE SURE TO SCROLL TO THE LEFT IF 6 COLUMNS DO NOT SHOW. -----&gt;</span>	<a href="#">Web #1 Introductions</a> after you read the orientation, the on line learning lecture and looked at any handouts please complete this discussion assignment and reply to your colleagues.  You are then done for this easy week- enjoy  Respond to at least two classmates' postings on at least two different days for full credit  <span style="color: red; font-size: small;">BE SURE TO SCROLL TO THE LEFT IF 6 COLUMNS DO NOT SHOW. -----&gt;</span>	<span style="color: red;">NOTE Use your back button to return to the Assignment Link after viewing handouts.</span>  <span style="color: red;">Semester Video List- noted throughout this course for extra credit. They must be completed in the week offered. Watch lecture and correspondence from me for dates they can be completed.</span>  <a href="#">Click here</a> for the complete list.  <span style="color: red;">Please Note:</span> Put gero302 or psych374 in the subject line of all correspondence to me or you run risk of it being lost.  If you have not done so, establish e-mail contact with me ( <a href="mailto:wards@arc.losrios.edu">wards@arc.losrios.edu</a> )  If you do not get a response from me I did not get your email.  <a href="#">Criteria for Grading Web Discussion Posts</a>  Learn about the Older American's Act from the links below. You will need this for his week's assignment  Short <a href="#">Overview Of The Older American's Act</a> (also know as the OAA) <input type="checkbox"/> <a href="#">Click here to check out the organization of the Aging Network</a> <input type="checkbox"/> <a href="#">California State Area Agencies</a> (This file may take awhile to load it's scanned) <input type="checkbox"/>

		your left, post to the discussion board.			 <p>Questions? Comments? Help is just a click away. Either post them to the discussion board with the subject title "HELP " send me an email (<a href="mailto:wards@arc.losrios.edu">wards@arc.losrios.edu</a>) or call my office.</p>
Week Two	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
Jan 25-31  <a href="#">back to top</a>	<p><b>Complete Quiz one, Chapter one</b> Link is located at the top of the D2L Page</p> <p>NOTE: quizzes for this class are open book and open note . You have two attempts of up to one hour each.</p> <p><b>Please note quiz links will be disconnected at the end of each class week. No late quizzes for any reason-sorry. You may have noted there is an optional final quiz available if you miss one. See the Orientation link for details if you missed it.</b></p> <p>Always make sure your grade is posted. Technology</p>	Chapter 1- Aging in America Hillier/Barrow pgs. 2-29	<a href="#">Aging in America</a>	<p><a href="#">Web # 2: How Old Are You?</a></p> <p>Respond to classmates' postings and post on at least two different days for full credit.</p> <p>If you need help, be sure to put the word "HELP " in the subject line of the discussion board or in an email to me</p>	<p>Electronic Handouts <a href="#">Characteristics of Americans Today</a> <a href="#">Functional Limitations by Age</a> Changing Patterns of Mortality or <a href="#">The Shifting Threat to Health</a> <a href="#">Find the "Successful Aging</a> Interview Instructions here. Begin thinking about what it means to "age successfully" and look for someone you might interview.</p>

	works most of the time :-)				
Week Three	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
Feb 1-7 <a href="#">back to top</a>	Complete Quiz 2 - Link is located at the top of the D2L Page	Chapter 2 - Stereotypes and Images	<a href="#">Stereotypes</a>	<a href="#">Web #3 Self Image</a>	Electronic Handouts <a href="#">Trap or Trek</a> <a href="#">Older Americans 2008: Key Indicators of Well-Being</a>
Week Four	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
Feb 8-14 <a href="#">back to top</a>	Complete Quiz Chapter 3- Part I. (we will continue this chapter next week.  Link is located at the top of the D2L Page	Chapter 3 Part I (read chapter 3) Social and Psychological Theories in Later Life. You will have two weeks to complete this reading. It is very important that you learn the ideas behind these theories. They will be important for your final (see week 16 posting for more details)	<a href="#">Social and Psych Theories in Later Life Part I</a>  Please note there is frequently materials in lecture that are not in the text.	<a href="#">Web #4 Narrative Therapy</a>  Respond to classmates' postings.	Have you read the instructions for your interview posting during the last week? "Successful Aging Interview" ? As you read the text and lectures begin to think about what successful aging means to you. Can you age successfully and not be physically active?  Look for older people that cross your path in life that you think have aged successfully.  <a href="#">Stress Test</a>  Here is a great site for info. on conducting interviews <a href="http://www.mapnp.org/library/evaluatn/interview.htm">http://www.mapnp.org/library/evaluatn/interview.htm</a>  Electronic Handout <a href="#">Erikson's Psychosocial Development</a>  <a href="#">Consensus in a Middle-Class Sample</a> Regarding Various Age-Related Characteristics  <a href="#">Cohort, Money, Motto and Sex Mindset</a> <a href="#">Stress Test</a>
Week Five	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts video's Materials and Papers Due
Feb 15-21 <a href="#">back to top</a>	Complete Quiz Chapter 3Pt.II - Link is located at the top of the D2L Page	Continue Chapter 3 if you have not completed it last week  Also read pg 428-430 (The Equity Issue)	<a href="#">Social and Psychological Theories in Later Life Development</a>  Part 11	<a href="#">Web #5 Research Methods</a>  Respond to classmates postings	Electronic Handouts <a href="#">Cohort, Money, Motto and Sex Mindset</a>  Enter "Medi-Cal Planning for the Elderly" in any search engine and choose any three sites to skim. Look for pros and cons to this practice.

Week Six	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
Feb 22-28 Last day to drop with a W	Complete Quiz Chapter 4	Chapter 4 Physical Health and Well-Being	<a href="#">Physical Health and Well-Being</a>	<a href="#">Web #6 Successful Aging</a> Respond to classmates' postings	Electronic Handout BBC Web Site for Health and Aging <a href="http://news.bbc.co.uk/2/hi/health/medical_notes/591956.stm">http://news.bbc.co.uk/2/hi/health/medical_notes/591956.stm</a>  Elimination of Premature Death- <a href="#">The Increments of Chronic Disease</a> pdf file If the top one does not open (It is a PDF file) try this word document. Elimination of Premature Death- <a href="#">The Increments of Chronic Disease</a> - Word document  <a href="#">Age-Adjusted Health Indicators by years of Education</a>  You should have your successful interviewee selected by the end of this week. Instructions at week four handouts
Week Seven	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
Feb 29- March 6 <a href="#">back to top</a>	Complete Quiz 5	Chapter 5- Mental Health Suicide p.403-406	<a href="#">Mental Health and Aging</a>	<a href="#">Web #7 Through The Looking Glass</a> Respond to classmates' postings	<a href="#">Advanced Psychological Directive Successful Aging of The Healthy Brain</a>
Week Eight	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
March 7-13 <a href="#">back to top</a>	no quiz this week	No readings this week	<a href="#">Cyber Field Trip</a>	<a href="#">Web #8 Cyber Field Trip</a>  Be sure to answer all the points of this assignment  Respond to classmates' postings	No handouts this week
Week Nine	Quiz Due	Readings	Lecture		

			Click on lecture link for materials	Web Discussion Topics Assignments  Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
March 14-20  <a href="#">back to top</a>	<b>Quiz Chapter 6-</b> Link is located at the top of the D2L Page	Chapter 6 Friends, Family and Community (social bonds)	<a href="#">Friends, Family and Community</a>	<a href="#">Web #9 Social Interactions</a>  Respond to classmates' postings	Electronic Handouts <a href="#">How Well Do You Know Your Folks?</a> <a href="#">How Well Do You Know Your Kids?</a>  <a href="#">Talking With Your Parents</a>
Week Ten	Quiz Due	Readings	Lecture  Click on lecture link for materials	Web Discussion Topics Assignments  Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
March 28-April 3  NOTE March 21-27 is spring break and the campus is closed.	<b>Complete Quiz Chapter 7-</b>	Chapter 7 Intimacy and Sexuality	<a href="#">Intimacy and Sexuality</a>	<a href="#">Web #10 Sex and The Elderly</a>  Respond to classmates' postings	Electronic Handouts <a href="#">Heterosexual Questionnaire</a> <a href="#">Prostate Primer</a> <a href="#">Sex and Aging</a> <a href="#">How to be A Good Wife</a>
Week Eleven	Quiz Due	Readings	Lecture  Click on lecture link for materials	Web Discussion Topics Assignments  Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
April 4-10  <a href="#">back to top</a>	Skip Chp. 8  <b>Complete Quiz Chapter 9</b>	Skip Chp. 8  Read  Chapter 9 Finances and Lifestyle  Pages 353-370	chapter 9 <a href="#">Finances and Lifestyle</a>	<a href="#">Web #11 Retirement Scenario</a>  Respond to classmates' postings	Electronic Handout <a href="#">Medicare At A Glance</a>  <a href="#">Social Security Statement</a>  <a href="#">How You Earn Credit</a>  <a href="#">Supplemental Security Income</a>
Week Twelve	Quiz Due	Readings	Lecture  Click on lecture link for materials	Web Discussion Topics Assignments  Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
April 11-17	<b>Complete Quiz Chapter 10</b>	Chapter 10 Living Environments	<a href="#">Living Environments</a>	<a href="#">Web#12 Housing Options For Mom</a>  Respond to classmates' postings	<a href="#">Hiring In-Home Help</a>

					 <p>The above video clarifies the differences between <u>Medi-Cal (Medicaid) and Medicare</u>. NOTE. In California we call Medicaid MediCal</p> <p><a href="#">Medi-Cal Planning for the Elderly</a></p> <p><a href="#">Home safety checklist</a>  <small>adapted from <a href="http://www.aging-parents-and-elder-care.com/Pages/Checklists/Home_Safety_Checklist.html">http://www.aging-parents-and-elder-care.com/Pages/Checklists/Home_Safety_Checklist.html</a></small></p> <p>If mom is ill or frail adaptive devices are available here. It is important to note this is NOT a normal part of healthy aging.</p> <p><a href="#">Daily Living Solutions-</a>  <small>From Aging solutions <a href="http://www.aging-parents-and-elder-care.com/Pages/Daily_Living.html">http://www.aging-parents-and-elder-care.com/Pages/Daily_Living.html</a></small></p> <p><a href="#">Questions to Ask When Choosing A continuing Care Retirement Community (CCRC)</a></p> <p><a href="#">Your guide to Choosing a Nursing Home</a></p>
Week Thirteen	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
April 18-24	Complete Quiz 11	Chapter 11 The Oldest-Old and Caregiving	<a href="#">Caregiving</a>	<a href="#">Web #13 Imagine</a> Respond to classmates' postings	Last day to submit interview assignment for preview and feedback
Week Fourteen	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
April 25-May 1  <a href="#">back to top</a>	Complete Quiz 12	Chapter 12 Special Problems skip Suicide p.317-321 if you read it in chapter 5 reading as assigned	<a href="#">Special Problems</a>	<a href="#">Web #14 Adult-Abuse</a> Respond to classmates' postings	Electronic Handout <a href="#">Percentages and Types of Abuse</a>  <a href="#">Dating of Bruising</a> <a href="#">Do's If Parents Live With You</a>

					<a href="#">Towards Prevention Some Do's and Don'ts</a> <a href="#">How Older Californians Can Avoid</a> <a href="#">Investment Fraud and Abuse</a>
Week Fifteen	Exam or Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
May 2-8  <a href="#">back to top</a>	Chapter 14 skip chapter 13  Complete Quiz Chapter 14	Read Chapter 14 Death and Dying	<a href="#">Death and Dying</a>	<a href="#">Web #15 They Are Just Like You!</a>  Respond to classmates' postings  Last chance to check the Grade book and make sure all your grades are posted. Notify me before the end of this week if there is a problem	Advanced Directives -note the differences in property and health care <a href="http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=434">http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=434</a>  California Advanced Care Directives <a href="http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=429">http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=429</a>  Advance Health Care Directive Form <a href="http://aq.ca.gov/consumers/pdf/ProbateCodeAdvancedHealthCareDirectiveForm-fillable.pdf">http://aq.ca.gov/consumers/pdf/ProbateCodeAdvancedHealthCareDirectiveForm-fillable.pdf</a>  Now read this site of the issue, very compelling- Enough : <a href="#">The Failure of Living Wills</a> Tell us at the discussion link what you thought of this article.  <a href="#">Visiting the Dying- What you should do</a>
Week Sixteen	Quiz Due	Readings	Lecture Click on lecture link for materials	Web Discussion Topics Assignments Instructions for Posting to the Discussion Link	Handouts, Video's, Materials and Papers Due
May 9-16	Optional Quiz. You may take this quiz if you missed a quiz or are not happy with one score. <a href="#">Link is located at the top of the D2L Page</a>	No text reading	<a href="#">The Field of Gerontology</a>  Please check the progress link and make sure all your grades are posted. Notify me immediately if there is a problem. Grades will be posted to the zip system within the next 10 days	<a href="#">Web # 16 Successful Aging Criteria Instructions</a>  Final Web Topic Posting for this week is based on your "Successful Aging" interview See above link for instructions.  Respond to classmates' postings as usual	Electronic Handouts <a href="#">Where to Gerontologists Work</a> <a href="#">Careers in Aging</a> <a href="#">Programs in Gerontology at ARC</a>  <b>Please note under quizzes: If you are taking the (optional) final quiz. It will be count as extra credit.</b>

<p>End of Semester Site will Close on May 18</p> <p><a href="#">back to top</a></p>				<p>Final course grades will be posted to the Gmail system. It usually takes a week to ten days.</p>	