

# Careers in Aging

# Gerontologist: Job Description, Salary, Requirements and Outlook

Gerontologists work with, or on behalf of, the elderly. The term does not necessarily refer to one career in particular; it describes professionals from various educational backgrounds who aim to improve seniors' standards of living by supporting either their physical or emotional health as well as promoting and ensuring other related lifestyle needs. Many gerontologists work directly with older adults as caregivers or advocates. Others work behind the scenes in medical research, education or administration.

As job descriptions greatly vary, so do salaries. The U.S. Bureau of Labor Statistics listed the average salaries for healthcare social workers as $51,460 in May 2012. Personal care aides made $20,830, while medical and health services managers averaged $98,460. All three of these occupations were expected to see healthy job growth throughout the 2012-2022 decade. Personal health care aides were expected to see an extremely high job growth of 49% during that period, due to the rapid aging of the baby boom population.

Information retrieved from www.education-portal.com

Did you know that Wayne State University is the home to the Institute of Gerontology? Part of Wayne State’s IOG mission is to conduct research dedicated to issues in aging and urban health. Not only does the IOG conduct the research, but it also helps connect seniors and their families to resources they could use regarding the research to better enhance their lives. The IOG’s website is a great source of information, not only concerning Wayne State and its research, but it also has information on resources, upcoming classes and professional events, and many more sources of material for older adults and those interested in this population. If you have a few extra minutes, take a moment to look at <http://www.iog.wayne.edu/about/people.php>.

**Words of Wisdom from Across the Ages**

***Marilyn Q. Bryant-Corbitt***

Are you a student, faculty or staff member?  Doesn't matter, we all can benefit by learning and practicing some self-care exercises.  That's right, at least 5 minutes alone where you can ask yourself how you are doing.  Only then can you develop an early warning system for yourself.

1. What's on your plate?  Take stock of your work/home load.
2. Find some time for yourself every day, even if it’s just sitting in the sunshine or moonlight.
3. Learn to delegate where and when it’s appropriate.
4. Learn to say no … because you are naturally giving to others, you may always be the "go to" person.
5. Exercise, walk, read, sit on the front porch, or commune with nature.

Next month, I'm passing on an article that hit home with me. I think you might see something of yourselves in this one as well.  Cheer up, and eat an ice cream cone ... sitting down!

# Did You Know?

November, 2014

Issue 1

From Practice to Policy

Promoting Older Adults

“Many gerontologists work directly with older adults as caregivers or advocates.”

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By Cindy Kluz

A Wayne State University Learning Community

The Thompson Home, 3645 Cass Avenue

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# Take Care of Yourself, Honey …



 **(Information retrieved from The DDI Community Update Newsletter)**

Did you know that October was National Disability Employment Awareness Month (NDEAM)? October and every month is an opportunity to pay tribute to the accomplishments of men and women with disabilities in the nation's workplace. In President Obama's proclamation on National Disability Employment Awareness Month, he stated:

"I call on all Americans to celebrate the contributions of individuals with disabilities to our workplaces and communities, and to promote the employment of individuals with disabilities to create a better, more inclusive America, one in which every person is rightly recognized for his or her abilities and accomplishments."

Show your appreciation.  Write a thank you note, give a flower, and don't be stingy with your warm greetings.

Have ideas, but need funding?  There are grants that may help fund, at least in part, your own innovative programs and products that may improve employment outcomes for people with disabilities. Visit the United States Department of Labor website at [www.dol.gov/odep](http://www.dol.gov/odep%22%20%5Ct%20%22_blank).

Looking for employment in this field,?  Visit [http://www.disability.gov/employment](http://www.disability.gov/employment%22%20%5Ct%20%22_blank) or www.michiganworks.org.

 Information courtesy of Reader’s Digest

By Marilyn Q. Bryant-Corbitt

# What’s Happening at Wayne ... and

# Around the World

“Show your appreciation.”

**Next Meeting**

When: November 20, 2014

Time: 3:30 p.m. – 5:00 p.m.

Place: Bridging Community, Inc.

 6900 McGraw

 Detroit, MI 48210

For questions or to carpool, please call or email:

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We hope to see you there!

## Myth #1: Creaky, Achy Joints are Unavoidable

Actually, not exercising is what makes achy joints inevitable. When Australian researchers at the Monash University Medical School looked at women ages 40 to 67, they found that those who exercised at least once every two weeks for 20 minutes or more had more cartilage in their knees. It suggests that being physically active made them less likely to develop arthritis.

## Myth #2: Genes Play the Biggest Role in How You Will Age

Untrue. Even if you're born with the healthiest set of genes, how you live your life determines how they behave over your lifespan. Your genes can be changed by what you eat, how much physical activity you get, and even your exposure to chemicals.

## Myth #3: Your Brain Shrinks with Age

This myth began with studies in 2002 showing that the hippocampus, the part of the brain that controls memory, was significantly smaller in older people than in younger people. However, groundbreaking research in the late 1990s showed that chronic stress shrinks the hippocampus.

Was it age or stress that was responsible for the shrinking brains of older people? Probably stress. When brain scans of 177 people ages 18 to 85 were examined, it was found that 25 percent of the 18- to 24-year-olds had hippocampus volumes as small as those of adults ages 60 to 75.

Read more: <http://www.rd.com/slideshows/8-myths-about-aging/#ixzz3G5EG02VE>

# Myths on Aging