

A Social Work Buckeye You Should Know!

Stacy Connelly

COLLEGE: College of Social Work

DEGREE: BSSW '75

CAREER: Founder and owner of *Stacy for Seniors* Blog and Book

NOTABLE: Stacy Connelly's first social work focus was on adoptions and children's services. While practicing social work, she became a certified fitness instructor and taught a senior aerobics class. That led to what she's called "a love affair with teaching and inspiring senior citizens."

She is the author of *Stacy for Seniors—Activities and Inspiration for Positive Aging*, her book that motivates positive aging through games and activities, gentle exercises, and positive thoughts. Stacy also has a blog at www.stacyforseniors.com

She was thrilled to hear about the difference her book was making. College of Social Work faculty member Dr. Keith Anderson said: "This might be useful for caregivers at home or a beginning activity therapist in a senior center... I really appreciate her approach and her desire to bring joy to the lives of older adults."

A woman in one of Stacy's fitness classes developed physical problems and couldn't attend. The woman's daughter purchased a copy of the book for her mother. Stacy explained: "The daughter wrote to me later, saying 'It was dog-eared; your vision was actually working.' She wanted me to know her mother had used the book."



ALUMNI SPOTLIGHT