

## OCTOBER 2003 VITAL AGING NETWORK (VAN) BULLETIN

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### TOPICS FOR THIS ISSUE:

#### OCTOBER 14 VAN MONTHLY MEETING ON HOUSING

“How can we create housing alternatives that build community and foster vital aging?”

Mike Conlan, Peggy Lucas, and Mike Moilenan  
Boutwell's Landing, Hwy. 36, Oak Park Heights

#### NOVEMBER 6 & 7 “KNOW AND GROW” FORUMS

Each day, 9:00 a.m. to 3:00 p.m., Radisson Hotel Roseville

November 6, VAN Forum: “Know and Grow for Vital Aging”

November 7, MACAE Forum: “Know and Grow as Adult Learners and Educators”

#### CALL FOR SPEAKERS' BUREAU VOLUNTEERS

November 10 prep session for speaking about Vital Aging

#### U.S. SENATE OLDER WORKER FORUM

#### NEW INFORMATION ABOUT OLDER DRIVERS

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Tuesday, October 14, VAN MONTHLY MEETING

“HOW CAN WE CREATE HOUSING ALTERNATIVES THAT BUILD COMMUNITY AND FOSTER VITAL AGING?”

TOPIC: We must invent new housing alternatives to meet the shifting needs and interests of new generations of older adults. Three housing developers will talk about their visions for housing that is attractive to older adults, and the partnerships needed to create vital aging communities. Presbyterian Homes, with its mix of rental properties, Gramercy Corporation, with its two types of co-ops, and Brighton Development Corporation, with its intergenerational urban mix, are at the cutting edge in relation to the changing market. Group discussion will follow the presentations.

Mike Conlan, President, Gramercy Corporation  
Peggy Lucas, President, Brighton Development Corporation  
Mike Moilenan, Boutwell's Landing Administrator, Presbyterian Homes

TIME: 10:00 to 12:00 a.m., Tuesday, October 14

PLACE: Town Hall, Boutwell's Landing, 5600 Norwich Parkway, Oak Park Heights, MN 55082, 651-275-5000

DIRECTIONS: You will see the new buildings of Boutwell's Landing on the south side of Highway 36, east of 694, in Oak Park Heights on the western edge of Stillwater. Exit Highway 36 at Exit 23B. Turn south on Norrell Avenue past the Walmart to 58<sup>th</sup> Street. Go west (right) on 58th Street about one block. Turn south (left) onto Norwich Parkway. Continue around the Parkway to the center entrance to Boutwell's Landing, #5600. Parking is available in front of the entrance and along the Parkway.

TOUR: If you haven't seen this town within a building at Boutwell's Landing, now's your chance! Come to the front door of #5600 at 9 a.m. for a tour (but make sure that you're in the Town Hall for the meeting by 10 a.m.).

LUNCH: If you wish to continue the conversation and eat lunch at Boutwell's Landing after the meeting, there is a cafeteria on the main floor close to the Town Hall.

QUESTIONS? Need a ride? Call the Vital Aging Network (VAN) at 612-626-5555. Everyone is welcome.

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## "KNOW AND GROW" FORUMS ON OLDER ADULT EDUCATION

The Minnesota Vital Aging Network (VAN) is partnering with the Minnesota Association for Continuing and Adult Education (MACAE) to co-convene statewide meetings for everyone interested in older adult learning. Two days, two conferences. Attend one or both at the Radisson Hotel Roseville.

Both conferences will talk about ways to increase access, relevance, visibility, and revenues for older adult education. There will be time to network with other agencies about ways to leverage new resources through partnerships. All attending will receive a directory of adult education providers by topic and region.

### VAN FORUM: "KNOW AND GROW FOR VITAL AGING"

Thursday, November 6, 9:00 a.m. to 3:30 p.m., Roseville Radisson

It's important for everyone working with older adults to be aware of his/her role in fostering lifelong learning. There are a number of reasons why this is important: 1) new research on the brain and the way the mind works is changing the way we think about learning as we age; 2) the aging boomers take lifelong learning for granted and will

expect to find quality education opportunities wherever they go; and 3) continual learning is increasingly viewed as helping older adults unleash creativity and continue to make meaningful contributions throughout life.

“Know and Grow for Vital Aging” responds to the demand for learning generated by a growing population of older adults with an expanding interest in lifelong learning. Conference attendees will learn about how the market for older adult learning is changing. Principles and best practices for older adult teaching/learning will be showcased along with models for connecting older adults to learning resources.

Tom Gillaspy, State Demographer, will review the connection between population change and the demand for learning. Connie Goldman, author, will moderate a discussion with older adult teachers/learners. Practitioners will describe innovations to expand access to learning.

Registration fee \$45 (including lunch and breaks). Go to <http://www.cce.umn.edu/knowandgrow> to register or call 612-626-5555 to request a registration form.

#### MACAE FORUM: “KNOW AND GROW AS ADULT LEARNERS AND EDUCATORS”

Thursday, November 6, 6:30 p.m. - 8:30 p.m., Reception & Issues Forum

Friday, November 7, 9:00 a.m. to 3:30 p.m., Annual Conference

“MACAE” refers to the Minnesota Association for Continuing Adult Education. MACAE has members across the state who advocate for the needs of adult learners. The organization provides support for adult educators, facilitators and trainers.

Their November 7 annual conference will respond to the questions: "What does it mean to be an adult educator?" and "How does it apply to me?" Keynote and concurrent sessions will explore practical approaches to teaching and learning including such topics as learning circles, cyberskill instruction, English as a Second Language (ESL), outcome logic, and experiential learning models. Conference participants will learn how to apply the principles of adult education to the work they do, be they adult educators or service providers.

Registration fee \$65, membership renewal is available for an additional \$30. Go to <http://www.cce.umn.edu/knowandgrow> to register or call 612-626-5555 to request a registration form.

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**SPEAK UP! SPEAK OUT!**

**NOVEMBER 10 PREP SESSION FOR SPEAKERS ON VITAL AGING**

Monday, November 10, 3:30 to 5:00 p.m., U of M Earle Brown Conference Center

As VAN's network of networks expands, we need to prepare volunteers as speakers on vital aging. "Speaking" encompasses everything from speaking at a conference or on a TV show to talking with a group of friends. Please consider yourself as a prospect and come to the November prep session!

VAN is holding the training session for prospective speakers on Monday, November 10, from 3:30 to 5 p.m. The Earle Brown Conference Center is located on the eastern edge of the U of M's St. Paul campus, adjacent to the State Fairground.

Jan Hively, VAN's Senior Advisor, will give her generic powerpoint presentation about "What's next for us? Vital Aging!" She'll also review various powerpoint versions adapted to specific topic areas for vital aging – such as employment, volunteering, housing, and creative aging. Then there will be time for group discussion and guidance for next steps.

Each prospective volunteer will receive a packet with a list of VAN presentations to date, printouts from the powerpoint presentations, a floppy disk or CD with the powerpoint presentations, and some guidance for the next steps.

Please e-mail Jan at <HIVEL001@umn.edu> or Sharon at [Sharon@auroraconsult.com](mailto:Sharon@auroraconsult.com) to let us know prior to Thursday, November 5, if you plan to attend the prep session on November 10.

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**RESULTS FROM U.S. SENATE ISSUE FORUM**

**EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS**

The U.S. Senate Special Committee on Aging held a special forum on September 3<sup>rd</sup> on the topic "Overcoming Obstacles and Crafting Opportunities for Older Workers." Committee Chairman Senator Larry Craig (R-ID) and forum participants discussed the growing need for maintaining older Americans in the workforce as our population ages. In addition, witnesses discussed ways the government and the private sector can provide training that will ensure older workers have the skills they need to remain productive.

--Forum information:

[http://aging.senate.gov/index.cfm?Fuseaction=PressReleases.View&PressRelease\\_id=192](http://aging.senate.gov/index.cfm?Fuseaction=PressReleases.View&PressRelease_id=192)

--Testimony:

<http://aging.senate.gov/index.cfm?Fuseaction=Hearings.Detail&HearingID=31>

## MINUTES FROM "THE GOOD, THE BAD AND THE UGLY: EMPLOYMENT OPPORTUNITIES FOR OLDER ADULTS"

Minutes from the September 9 meeting on Employment Opportunities for Older Adults were e-mailed to the VAN listserv two weeks ago. If you missed that mailing and want a copy of the minutes, please e-mail your request to Jan Hively at [HIVEL001@umn.edu](mailto:HIVEL001@umn.edu).

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## NEW INFORMATION ABOUT OLDER DRIVERS

"Older drivers are simply accidents waiting to happen." This perception may be reinforced by events in the news, but research shows it to be incorrect. In fact, most older drivers are safe drivers.

A recent survey by the National Highway Traffic and Safety Administration (NHTSA) revealed, for example, that older drivers are the least likely to kill other drivers and are less likely than drivers ages 16 to 34 to be involved in crashes that kill other people. However, if older people are in a car crash, they are more vulnerable to injury and death.

For more information about the NHTSA studies, go to <http://www-nrd.nhtsa.dot.gov/pdf/nrd-30/ncsa/tsf2000/2000oldpop.pdf>.

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VAN connects older adults with education to promote and support their self-sufficiency, community participation, and personal enrichment. VAN is supported by the University of Minnesota's College of Continuing Education. See the VAN Web site at [www.van.umn.edu](http://www.van.umn.edu)

