

Happy New Year!
from VAN



Vital Aging Network
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January 2004 Bulletin

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Tuesday, January 13 VAN MONTHLY FORUM

Rethinking Retirement

Presenter: Phyllis Moen, Professor, McKnight Presidential Chair in Sociology, U of MN

Professor Moen conducts research on life-course transitions related to work, family, health, age, and gender, and social policy. She seeks to understand the complex and dynamic links between the ways work is organized, the needs of a changing workforce, and individual/couple choices and well-being, as they play out over the life course. She is particularly interested in the plans and transitions of the Baby Boomers as they move to and through their midcourse years.

Phyllis has just returned from Cornell University to the U of MN, where she earned her Ph.D. in 1978. At the VAN meeting, she'll talk about a range of perspectives and policy choices for rethinking retirement.

Time: 10:00 to 12:00 a.m., Tuesday, January 13

Place: Board Room, Olson Student Center, Luther Seminary, St. Paul

Directions: The Board Room is on the second floor of Olson Center, at the N.E. corner of Hendon and Fulham, one block east of the intersection of Como Avenue and Highway 280, and one block north from Como (at the top of the hill), in St. Paul. Allow enough time to find parking in the lots and on the streets surrounding the center.

Lunch: If you wish to continue the conversation at lunch after the meeting, there is a cafeteria on the main floor of Olson Student Center

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

“THOU SHALT HONOR” AVAILABLE ON VHS

The PBS two-hour broadcast of “Thou Shalt Honor” is available on VHS. In addition a caregiver companion manual is available.

The focus of the program was on caring for older adults, and how society needs to honor them, despite disability and age-related changes. There is a lot of emphasis on how to accomplish the task with some examples related to community and honorable living

environments. PBS has developed a tool kit for caregivers that can be purchased to complement the video.

The video is available for purchase for \$29.95US and the caregiver companion manual is available for \$24.95US.

Both are available at the PBS website <http://www.pbs.org/thoushalthonor/books/>.

HEALTH AND AGE

Health and Age has several e-newsletters that individuals can subscribe to for free. Each newsletter is delivered to your e-mail inbox – some weekly, some biweekly, and some monthly. For those who have WebTV or other e-mail accounts that only accept text newsletters, they offer some of their newsletters in text format. Newsletters include:

HealthandAge.com Newsalert (available in text-only)
Dr Irene Nutrition Tidbits
Dr Ed Lakatta's Newsletter (available in text-only)
Living with Eczema (available in text-only)
Positive Aging Newsletter (available in Spanish)

You can subscribe to any or all of the newsletters at www.healthandage.com. click on "Subscribe to Newsletter" at the top.

SPOTLIGHT ON NEW LEADERSHIP GROUP...

NEW MEMBERS OF THE VAN LEADERSHIP GROUP 2004

The VAN Leadership Group was formed July 2002. The group approved a Procedural Framework Fall 2002, and a Three Year Plan February 2003. There are 20 recently elected members of the 2004 VAN Leadership Group. Of the 20, 14 are continuing from 2003 and six are new members. Here is information about the new members:

Mark Fischer
Sarah Peterson
Jacqueline Smith
Jan Schwarz
Jim Scheibel
Lynn Sundahl/Kristi Rolf

Mark Fischer Ph.D., MBA, CLU, CIMC

Certified financial planning, Pres. of Fischer on Finance

"When we met last week, I had a sense of a parallel universe outside my own, considering my interests and activities. VAN serves an extremely important role. I hope to be involved with VAN in a number of ways...participate in meetings, contribute ideas and information, meet potential colleagues, learn about resources available, be a resource to others in the network."

Sarah Peterson

Sarah is a member of the first Emerging Leadership Network cohort co-sponsored by the Robert Wood Johnson Foundation and the Minnesota Public Health Association. She is a registered nurse who has had much community involvement including currently serving

on the Diversity Partnership Action Plan (MDH), Dismantling Racism Task Force , United Way board, and Bethel Society board for Drug/Alcohol rehab: work release: female prisoners, etc.,in Duluth. She has worked with the elderly in her work at the MN Dept. of Health for the past 12 years. She is now living in the cities.

Jacqueline (Jacqui) Smith

Jacqui is the mother of five, grandmother of twelve and great grandmother of one. She is a lifelong resident of south Minneapolis who has been active in the political process at many levels – community, city, county, and state level. She has served on many boards and commissions and has lobbied over 40 years. Professionally, her background has been in human services, providing a variety of services for families in need. Currently, she is working with Hi Fivers and kindergarten students. She brings a feminine racial minority view to leadership, as well as years of active political experience.

Jacqui's interests revolve around:

- 1) Grandparents caring for their grandchildren.
 - a. Out of home placement.
 - b. Mental health of children and grandparents.
- 2) Health issues for minority women, and
- 3) The political process (lobbying).

Jan Schwarz

Since 1992, when she left her position as the director of the Medtronic Foundation, Jan has been a consultant to foundations and corporate giving programs. She has expertise in developing grantmaking guidelines and strategies; creating materials to communicate with nonprofit organizations; requesting and reviewing grant proposals; and planning and facilitating meetings of grantmaking staff or boards. In 1999 she managed the creation of Grantmakers in Aging's tool kit for funders. In 2001 she helped a national grantmaker award five \$500,000 endowments for scholarships for geriatric nurse practitioner students. Since 2001 she has been working with the Helen Andrus Benedict Foundation to further the goal she helped the Foundation create for Westchester County and Yonkers—to increase the elder-friendliness of the community—and a range of local and national programs have been funded to further this goal. She also continues to assist Twin Cities foundations.

“I believe that my being part of the VAN Leadership Group will be mutually beneficial—others will have much to teach me, and I will share my knowledge and my network in the national field of aging. VAN has made tremendous progress and is now positioned to use knowledge gained from its experience to decide where to best focus its resources. The new meeting schedule and operating system for the Leadership Group should increase effectiveness. In addition, I hope that VAN will:

- at least annually assess progress against the 3-year plan, and update that plan
- create a 3-year funding plan that is updated annually
- develop strategies to reach beyond professionals in the aging field to others committed to creating healthy vital communities
- provide real models of what is possible for a community with a vital, involved older population
- evaluate 80% of its programs, so quality improvement is built in

“Of course, I will share my knowledge of foundations, but ethically I can't be a leader in the obtaining grants for VAN.”

Jim Scheibel

Jim is director of Ramsey Action Programs. In the 1970s, Scheibel was a group organizer

for the agency, which serves low-income families and individuals. Scheibel served eight years on the St. Paul City Council and one term — from 1989 to 1993 – as mayor. He later served as director of the federal Volunteers in Service to America (VISTA) program for the Clinton administration and for three years as executive director of Project for Pride in Living in Minneapolis. After suffering a heart attack a year ago during a 10-kilometer preparatory race for the Twin Cities Marathon, he resigned the post. Since then, he has been writing a guide to volunteerism and working to increase volunteerism among seniors through Vital Force – working in partnership with VAN for the last six months.

Lynn Sundahl/Kristi Rolf

Lynn Sundahl and Kristi Rolf are both employees of Range Mental Health Center, Inc., a community mental health clinic serving northern St. Louis County, including the communities of Virginia, Hibbing, Cook, Ely, Aurora/Hoyt Lakes, Biwabik, Gilbert, Eveleth, etc. “We would like to be considered as a team due to the distance we will travel and the time involved to participate. With this arrangement we are anticipating at least one of us will be able to attend the monthly meeting. We believe the networking and training offered by VAN will be very valuable to both RMHC and the numerous agencies we collaborate with in our communities.

Kristi Rolf, M.A., B.S.W., B.A., is a licensed social worker and experienced community organizer. Kristi currently coordinates the Northern St. Louis County Suicide Prevention Project. Lynn Sundahl, B.A., is the program director of senior programs at Range Mental Health Center, responsible for Adult Day Services programs in Virginia, Aurora, and Ely, as well as outreach for seniors with serious and persistent mental illness (SPMI), caregiver support and outreach for caregivers providing care to people with dementia. Lynn is an active member and current board president of the Elder Services Network (ESN), which is represented by sixty-one individuals and agencies providing services for seniors. Lynn is also a board member and vice-chairperson of the Northwoods Hospice Respite Partners representing the Northeast St. Louis County Communities of Ely, Babbitt, Tower, and Soudan.

JACQUI SMITH

One of the new VAN Leadership Group members profiled in this issue of the VAN Bulletin passed away during a heart attack at her daughter’s home on December 31. What follows is a brief obituary for Jacqui Smith, written by VAN Member Eileen Collard. Her life illustrates lifelong progress toward becoming the wise elder that she was.

Jacqui Smith, lifetime civic activist and volunteer, passed away at the age of 72. Starting with her early years as an urban 4H member and volunteer with the Model Cities Program, Jacqui took leadership on behalf of children and families across our state. As an African-American, she was particularly concerned about the well-being of her own community, especially children and youth in South Minneapolis.

The daughter of a railroad porter, Jacqui was raised to be a true lady who walked with pride and always exhibited impeccable manners. Her family expected her to pursue an education and contribute to her community -- and she did. In the course of her life, she was a role model to young and old for the grassroots leadership that an effective democracy requires.

As a professional child and family advocate, Jacqui worked through political as well as

non-profit organizations to watchdog state, local, and federal decisions affecting children. She educated legislators, testified at county board meetings, and encouraged others to get involved. It was Jacqui Smith who first took the future Mayor, Sharon Sayles-Belton, to a precinct caucus.

For more than 40 years, she counseled youth and families at Minneapolis Family & Children's Service and The City, Inc. In addition, she served as a volunteer member of countless community-based boards and committees and was a founding mother of Women of Many Voices, Parents in Community Action, Sabathani Community Center, Harriet Tubman Women's Shelter, and a multitude of others. Overall, she touched many people's lives, directly and indirectly. This fall, Jacqui joined Senior Corps and signed up to volunteer five mornings a week in the classroom at Howe Elementary School in the Longfellow neighborhood. She also joined the Vital Aging Network's Leadership Group.

Jacqui Smith lived her entire life in South Minneapolis. She graduated from South High School and St. Benedict's College in St. Joseph, MN and is survived by five children, 12 "Honchildren" (grandchildren), and two great-"Honchildren."

DATES TO PUT ON YOUR CALENDAR

If you attended the 2003 Vital Aging Summit, you KNOW you don't want to miss the 2004 event. If you missed it and have been kicking yourself ever since, don't make the same mistake twice...Mark your calendar today!

Thursday, May 13, 2004

"Vital Aging ~ Vital Communities—The 2004 Summit"

Four hundred places have been reserved. Make sure that one of them is waiting for you. Registration opens January 5, 2004. Watch the Vital Aging Network web site – www.van.umn.edu or call 612-626-5555.

January 22 10:00-11:30

ElderZest Forum – "Understanding the Next Stage of Life's Journey"

Boutwell's Landing

Contact Marlyce at ElderZest (612) 874 3481

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



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