



Vital Aging Network  
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## April 2004 Bulletin

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### April 13, 2004 VAN Forum...

#### THIRD AGE LIVING: HOW TO MAKE THE MOST OF LIFE OVER 50

**Presenters:**

**Nancy Cosgriff**  
**Ronn Williamson**

Nancy Cosgriff and Ronn Williamson, Associates with the Center for Third Age Leadership, will lead an interactive session on how to live a fulfilling Third Age based on the research and book of Dr. Bill Sadler, "The Third Age: Six Principles of Growth and Renewal over Forty." You will learn what is meant by "third age," (life between the ages of 50 - 80+, roughly) and apply some of the principles of successful third age living to your own experience. We will pay particular attention to these three frameworks:

- Riding the Life Growth Wave
- Redefining Success and Creating Positive Third Age Identity
- Balancing the Principles and Paradoxes of Third Age

**Time:** 10:00-12:00, Tuesday, April 13, 2004

**Place:** Fairview Community Center in Roseville (easy to find and to park)

**Directions:** The meeting will be held in the EDC Great Room at the Fairview Community Center, 1910 West County Road B, in Roseville. County Road B runs parallel to and just south of Highway 36. The center is located one block west of Fairview, between Fairview and Cleveland on County Road B. Park free in the large parking lot that is located in front. If you are having trouble finding it, call Polly at 651-604-3500.

**Questions?** Need a ride? Call the Vital Aging Network (VAN) at 612-626-5555. Everyone is welcome. There is no charge for VAN's monthly forums.

**ReadVITALize!**  
**Find Personal Direction with 7 Twin Cities Authors!**

*Free pre-Summit event designed for participants in the May 13  
Vital Aging ~ Vital Communities Summit Conference*

Wednesday, May 12, 2004, 6 to 8 p.m., at the new Hennepin County Library – Brookdale  
6125 Shingle Creek Parkway, Brooklyn Center

6:00 p.m. Reception and booksigning

7:00 p.m. Conversation with the authors,  
led by Connie Goldman

These seven Twin Cities authors have written books guiding adults through mid-life transitions:

- Vern Drilling, *Closing Doors, Opening Worlds*
- Jim Gambone, *The ReFirement Workbook*, written with Erica Whittlinger
- Connie Goldman, *Secrets of Becoming a Late Bloomer*
- Janet Hagberg, *The Critical Journey*
- Trish Herbert, *The Vintage Journey*
- Sandra Krebs Hirsh, *LifeKeys*, with Jane Kise & David Stark
- Richard Leider, *Repacking Your Bags*, with David Shapiro

On the evening of May 12, the authors will join in a dialogue about mid-life transitions that will be facilitated by one of the authors -- Connie Goldman, formerly the host of NPR's "All Things Considered." Prior to the public conversation that begins at 7 p.m., the authors will sign and chat about their books during a reception. The reception, with refreshments, will begin at 6 p.m.

This is a free event in the newly renovated library, co-sponsored by the University of Minnesota Vital Aging Network and Hennepin County Libraries for participants in the Vital Aging ~ Vital Communities Summit being held at the Conference Center (formerly known as the Earle Brown Center) on the St. Paul campus of the University of Minnesota from 8:30 a.m. to 4:00 p.m. on Thursday, May 13.

You can register for the Vital Aging ~ Vital Communities Summit at the University of Minnesota's Vital Aging Network (VAN) Website, [www.van.umn.edu](http://www.van.umn.edu), or by calling VAN at 612-626-5555 and asking for a registration form. The registration fee is \$55 for the day, including the cost of lunch and a *Vital Communities Toolkit*.

The Brookdale Library is located three blocks north of I-694 on Shingle Creek Parkway, at the intersection of John Martin Drive. Shingle Creek Parkway crosses I-694 just west of the merger between I-94 and I-694. Free parking is available in the Library parking lot.

Questions? Call Pamela Holt at 763-549-4372 or VAN at 612-626-5555.

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## **The Advocacy Leadership Certificate Program for Vital Aging The Second Year: 2004 - 2005**

### **Call for Applicants:**

Minnesota's population is aging. The number of residents over age 65 will double over the next 30 years while the younger population is forecast to decrease in number. Community leadership is needed to support the self-determination, community participation, and quality of life of older residents.

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A new education partnership program is open to all who are interested in developing and practicing their leadership skills as advocates for vital aging. The non-credit Advocacy Leadership Certificate Program will run from September 2004 to May 2005. A group of approximately 30 students will meet in the Twin Cities area one Friday each month. The participants will learn from both university and community instructors, get involved in field projects, and do some personal planning for next steps after graduation.

The partnership is recruiting a diverse group of adult learners interested in developing and sharing their leadership strengths to help themselves and others and their communities. There will be a tuition fee, with access to scholarships.

**Participant Benefits:**

- Gain knowledge, skills and confidence to advocate for yourself and others;
- Learn how to use information to organize and advocate for yourself and others at the community and state levels;
- Raise public awareness and advocacy on issues relevant to vital aging;
- Explore the match between your personal skills and interests and the leadership needs of advocacy organizations;
- Expand your network; and
- Develop individual plans for activities that will sustain your leadership work

**Program Partners:**

Volunteers of America of Minnesota  
University of Minnesota: Vital Aging Network, College of Continuing Education; Center on Aging; Humphrey Institute Reflective Leadership Program  
Minnesota Board on Aging  
Metropolitan Area Agency on Aging, Inc.  
Minnesota Senior Federation

**Further Information and Application Materials:**

Advocacy Leadership Certificate Program for Vital Aging  
c/o Dawn Lindblom, Volunteers of America of Minnesota  
612-617-7828  
dlindblom@voamn.org

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## **VITAL FORCE**

### **Adults Actively Engaged in the Community**

Our aging population is a vital force ready to be tapped to help build our communities. They desire to give back to their communities, share their rich experiences and make a difference. They want to leave a legacy. They desire to be active in a group that reflects our diversity. Adults want to continue to learn, explore, and grow spiritually. They seek to be active participants and players in their community.

**What is Vital Force?**

- Active engagement and participation by adults 55 years of age and older.
  - A corps (team) of 6-15 members.
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- Each member would volunteer 300 hours (Flexibility with schedule).
- Regular meetings with the group.
- Led by a volunteer coach/facilitator.
- Each Vital Force would choose one project (one issue) each year.
- Issue areas include:
  - Children and Youth (partners might include Search Institute, America's Promise, Operation Respect)
  - Neighborhood/Community Improvement
  - Environment (Recreation, public health)
  - Aging (Support for self-sufficiency, community participation, quality of life)
- Service learning approach would offer opportunity for lifelong learning and spiritual growth.

### **Vital Force Leadership**

- Each Vital Force team would be led by a volunteer coach/facilitator.
- The coach would be trained and provided support by the Center for Democracy and Citizenship, Humphrey Institute Reflective Leadership Program, and Vital Aging Network. Coaches would recruit members.
- Coaches and teams will:
  1. Select an issue/project.
  2. Research. What is being done? What needs to be done? Asset mapping (both of the community and among the members of Vital Force). What's being done in other communities?
  3. Determine project and select measurable goals.
  4. Map out strategy.
  5. Implement strategy and take action.
  6. Reflect and share weekly.
  7. Evaluate.
  8. Celebrate.

Vital Force may be involved with direct service, advocacy, and/or community capacity-building.

### **Where will Vital Force be organized?**

- Neighborhoods/towns
- Libraries
- Communities of Faith
- Alumni of Colleges and Universities
- Businesses
- Senior organizations
- Combination of the above

At the end of each year, Vital Force teams would gather to share their accomplishments and share their strategies and stories.

Vital Force is modeled after the successful youth participation program, Public Achievement. There would be the opportunity for some joint activities with Public Achievement teams. Vital Force teams would be encouraged to work with service learning, VISTA, AmeriCorps, RSVP and other Senior Corps programs.

Vital Force is a program of the Vital Aging Network, affiliated with the College of Continuing Education, and the Reflective Leadership Program and Center for Democracy and Citizenship, at the University of Minnesota.

An affiliation with the University of Minnesota brings valuable resources to the program including students and faculty to help develop tools for Vital Force. The university can assist with program evaluation and conduct studies about its effectiveness.

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## **Vital Aging: Minnesota Creative Arts Network**

Dedicated to fostering the vital relationship between creative expression and the quality of life of older people, the mission of Vital Aging: Minnesota Creative Arts Network is to promote opportunities for the intentional, active engagement of older adults in the creative arts.

Older people can offer a unique and substantial contribution to the artistic expression of a community, and their own lives can also be profoundly enriched physically, emotionally, mentally, and spiritually by participating in arts-based activities. To foster increased opportunities for creative expression within the rapidly growing aging population, a design team formed in the Minneapolis-St. Paul area to establish a statewide network for creative aging and seek affiliation with the National Center for Creative Aging (NCAA). This effort coincides with the launching of NCAA's 18-month national campaign, "The Art of Aging," which will draw attention to the importance of older adults participating in the arts and showcase their creations.

Regional networks receive from the NCCA visibility, advocacy, guidance, and national distribution of any creative aging materials/products created by the regional network.

To be recognized as an area resource network affiliated with the National Center for Creative Aging, the Minnesota network must:

- Identify and involve participants and provide an ongoing means of networking;
- Organize at least one local event per year around the theme of creative aging;
- Send a representative to the national board meeting of the National Center for Creative Aging, held each year at the national conference of the American Society on Aging and the American Council on the Aging.

To date, members of the design team include the following:

- Jan Hively and Karen Riesett from the Vital Aging Network
  - Maria Genné and Catherine Baumgartner, from Kairos Dance Theatre, an intergenerational dance company
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- Larry Long, from Elders' Wisdom, Children's Song, Community Celebration of Place
- Sally Hebson, from Sojourn Adult Day Services
- Pat Samples, writer and speaker on creative aging, and arts experience facilitator
- Berenice Bleedorn, author and consultant in the field of Creative Studies

In its early formative stage, the Minnesota network welcomes ideas and active participation from individuals and organizations excited about supporting arts experiences for older adults.

To learn more about the NCCA, visit [www.creativeaging.org](http://www.creativeaging.org).

To get involved with the Minnesota Creative Aging Network, send an e-mail to Karen Riesett, [kriesett@aol.com](mailto:kriesett@aol.com).

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## **DATES TO PUT ON YOUR CALENDAR**

April 14 **“What's next for us?' Networking strengths to support vital aging!”** VAN Workshop, 4:30 to 6:00 p.m., Wednesday, April 14, 2004. Offered by Jan Hively, Hal Freshley and Jane Cunningham at the ASA/NCOA annual conference in San Francisco.

May 12 **“ReadVITALize”** Free presummit reception for registrants of the Vital Aging ~ Vital Communities: The 2004 Summit. See this Bulletin page 1 for more information.

May 13 **“Vital Aging ~ Vital Communities: The 2004 Summit.”** If you want to sing along with Peter Yarrow, of Peter, Paul, and Mary, it's time to register RIGHT NOW!! Register through the VAN Website, [www.van.umn.edu](http://www.van.umn.edu).

May 21 **“Beyond the Myths: Issues of an Aging Workforce”** 8:00 a.m. to 1:00 p.m., Earle Brown Heritage Center, Co-presented by Women Venture, and Lee Hecht Harrison.

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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)



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