



Vital Aging Network
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May 2004 Bulletin

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May 13, 2004 VAN Summit...

Vital Aging Summit Will Focus on Community

Register today at www.van.umn.edu !

Most would agree that the ingredients of a vital community are many, but too few have considered the potential contribution of aging adults, according to Jim Scheibel, co-chair of the Vital Aging Summit planned for Thursday, May 13, 2004. The day-long "Vital Aging ~ Vital Communities" Summit will be convened at the Continuing Education and Conference Center (formerly Earle Brown Center) on the University of Minnesota's St. Paul campus.

Highlighting this year's event will be several prestigious leaders including Reatha Clark King, former director of the General Mills Foundation and president of Metropolitan State University; Bernard Brommer, former president of the Minnesota AFL-CIO; and Susan Hagstrum, University of Minnesota first lady. Scheibel is director of Ramsey Action Programs and former mayor of St. Paul. Special guest Peter Yarrow of Peter, Paul and Mary fame will provide entertainment.

National leaders and Minnesota role models engaged in shaping a new societal vision of what it means to grow old will share practical tools and resources helpful in building vital communities that support vital aging. "We want participants to see what a community that believes in vital aging looks like, to discover new strategies, make new connections and gather new ideas," Scheibel said. "In the end our goal is to cultivate a vital force for communities across our state."

Participants at the Summit will learn how to identify community assets, create gathering places, foster communication, support intergenerational relationships, facilitate inclusiveness and develop lifelong learning opportunities. The event is open to all including community leaders, elected officials, municipal administrators, community program coordinators and service providers. "Our hope is that the Summit will be just a beginning; we intend to send people away with a job to do," said Scheibel.

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 book signing

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.

The Brookdale Library is located three blocks south of I-694 on Shingle Creek Parkway, across from Target. 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.

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.

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

Further Information and Application Materials:

Advocacy Leadership Certificate Program for Vital Aging
Dawn Lindblom, Volunteers of America of Minnesota
763-225-4071
dlindblom@voamn.org

Report from the ASA/NCOA Annual Conference

April 13 – 17, 2004, San Francisco
Jan Hively, VAN's Senior Advisor

Several of us from Minnesota attended the fourth combined American Society on Aging (ASA) and National Council on Aging (NCOA) annual conference.

The most visible Minnesotans were 14 members of Kairos Intergenerational Dance Theatre, ages 10 to 90, led by Maria Genne. Kairos performed for 150 people at the Art of Aging Gala event on the evening before the conference, and for 4,000 at the Art of Aging opening session on Wednesday morning (where they received a standing ovation!).

This was my third ASA/NCOA Conference – again, well organized and richly

informative. Many workshop “tracks” and interest groups meet simultaneously throughout the conference. I was there to convene VAN’s workshop on Wednesday afternoon, and connect with people and programs relevant to VAN’s interests.

At the Conference VAN held a workshop entitled “What’s next for us? Networking strengths to support vital aging.”

Hal Freshley (MN Board on Aging) and Jane Cunningham (MN Humanities Commission, Learning in Retirement Network), both on the VAN Leadership Group, wanted to make sure that everyone understood: 1) the rationale of our focus on vital aging (strengths-based education and advocacy to support the self-determination, community participation, and quality of life of older adults); 2) the rationale for organizing a network of networks (reciprocal relationships across organizational boundaries, grass roots, empowering dispersed leadership through partnerships); and 3) the rationale for affiliation with the state’s land grant university (offers credibility and stability, access to research/teaching for what is primarily an educational focus, financial oversight and technical assistance). The workshop went well.

For a full transcript of Jan’s highlights from the ASA/NCOA Conference email van@umn.edu. Other topics in the full transcript include:

- Advocacy Leadership Education
 - Vital Communities (Communities for All Ages; Elder-Friendly Communities; AdvantAge)
 - Elder Friendly Communities
 - The AdvantAge Initiative
 - Volunteering: Wisdom Works and RespectAbility
 - Creative Aging (The Art of Aging, Creativity Matters, Aging through the Arts)
 - Life Options (Life transitions planning)
-

Conference to Address Employment Over Age 45

According to a 2002 study by AARP, **84 percent** of employees over age 45 say they want to continue working into their “traditional” retirement years, even if they are financially set for life.

Clearly, older workers WANT to work, but they are motivated by something other than money. What are those things? AARP found that workers age 45+ define rewarding work by the level of flexibility, autonomy, peace of mind, enjoyment and sense of purpose it gives them.

WomenVenture and **Lee Hecht Harrison** have partnered to present a half-day conference that will help individuals and employers understand and address our changing workforce. A brochure and online registration is available at www.womenventure.org. Here are the details:

Beyond the Myths: Issues Affecting an Aging Workforce

Friday, May 21, 2004

8 a.m. to 1 p.m.

Earle Brown Heritage Center, Brooklyn Center

\$55 if registered by May 13; \$65 after May 13

Morning Keynote: Richard Leider "Living the Second Half On Purpose"

Luncheon Keynote: James V. Gambone, "The Hidden Boomer Values"

Plus four breakout sessions:

- Managing Generations in the New Millennium
- Designing Your Future: What's Next?
- What's Next For Us? Maximizing the Potential of Our Aging Workforce
- Bias Management in Employment Interviewing

We invite you to attend and engage in this important topic. Put yourself ahead of the curve when it comes to life after "retirement." Thinking of tomorrow today is never a bad idea.

DATES TO PUT ON YOUR CALENDAR

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.

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. Register through the website at www.womenventure.org.

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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