



Vital Aging Network
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November 2004 Bulletin

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NOVEMBER 9 VAN FORUM...

Arts and Aging

Presenters:

Pat Samples, Writer and Creative Expression Coach
Maria Genne, Director, Kairos Intergenerational Dance Theatre
Bernie Saunders, Photographer & Director, Center for Living Art

"Old Lady Art" Exhibitors: Lucy Rose Fischer & Betty Globus Goodman

Time and Place: Tuesday, November 9 from 10 AM to Noon, at the Minneapolis Jewish Community Center, 4330 Cedar Lake Road South

Pat Samples, Maria Genne, Bernie Saunders, and other members of the design team developing a Minnesota Arts and Aging Network will do a show-and-tell about the exciting activities planned for the intentional, active engagement of older adults in the creative arts. They will involve everyone present in an arts experience as a preview to come at an Arts and Aging Celebration and Town Hall Meeting on January 15.

The forum will be held in the midst of an exhibit of photography, drawings, and glass art, titled "Old Lady Art." The two artists/exhibitors, Lucy Rose Fischer (who is a gerontologist) and Betty Globus Goodman, will comment on their confrontation with and celebration of the experience of aging. The title of the exhibit was inspired by a disparaging remark from a young man, who dismissed a certain kind of painting as "old lady art."

Directions: The Minneapolis Jewish Community Center is located at the eastern end of Cedar Lake Road in St. Louis Park. Cedar Lake Road intersects Highway 100 just south of I-394. If you are coming from the north on Highway 100, take the Stephens Drive exit and follow the ramp toward Parkdale Drive, turn left onto Cedar Lake Road. From the south on Highway 100, take the 25 ½ Street exit to Cedar Lake Road and go east.

Questions? Need a ride? Call VAN at 612-626-5555. Everyone is welcome. There is no charge for VAN's monthly forums.

SPOTLIGHT ON...AGING IN PLACE WEEK

In the Twin Cities and 20 other areas around the aging, Aging in Place Councils have been formed to generate awareness of services and products that help older adults to stay in their homes as they age. During National Aging in Place Week from November 7 to 13, all of them are sponsoring workshops and exhibits for older adults and their families to consider how to age in place successfully.

As well as showcasing resources to support independent living, the councils are also advocates for creating accessible home and community environments that are conducive to aging in place. The Aging in Place Councils have been formed with support from the National Reverse Mortgage Lenders Association. Through reverse mortgages, banks purchase the resale value of a home through regular income payments made to the homeowners until they move or pass away.

In the Twin Cities, events will take place at locations including Woodbury, Wayzata, and Burnsville. Each location will showcase adaptability equipment available for home modifications and offer a personal home assessment at no charge. Seminars will be held on finances, home care, nutrition, housing, and legal issues.

KLBB AM 1400/1470 is broadcasting information about the Aging in Place events. Log onto www.KLBBradio.com to learn more about the events and the schedule of the workshops. The coordinator, Beth Patterson, can be reached at beth@reversemortgagesmn.com.

NOMINATION FOR VAN LEADERSHIP GROUP

A 20-member Leadership Group guides the work of the Vital Aging Network. The charge is to promote self-determination, community involvement, and personal enrichment for and with older adults through education and advocacy. In June, the Leadership Group approved a three-year work plan to move forward with four goals:

1. Raise public awareness and promote vital aging.
2. Expand the quantity and quality of opportunities for vital aging through partnerships.
3. Advocate for changes in communities and institutions to support vital aging.
4. Develop VAN as a sustainable network of networks.

Because members of the Leadership fill three-year staggered terms, one-third of the members are elected each January. Nominations are now open. Consider nominating yourself or someone else for this volunteer leadership task.

Here is what VAN is looking for:

- Personal commitment. Invest time: monthly Leadership Group meetings, attendance at monthly forums if possible, and one committee membership. Be passionate about advancing VAN's mission.
- Contribution of resources. Share your strengths – skills and talents and wisdom. Participate in the “as” with prospective funders. Contribute some

dollar amount so that VAN can demonstrate 100% Leadership Group commitment.

- Networking. Be a member of a robust network and/or have a significant sphere of influence.
- Vital Agers. Vital Agers who are not paid staff in the field of aging will comprise the majority of Leadership Group members.

Here is what the Leadership Group offers:

- Making a difference by advancing VAN's mission
- Learning and personal development
- Connecting with a social and organization network (and having some fun now and then!)

To make a nomination, send your name and contact information including an email address if available to van@umn.edu. We'll send a brief application form to that individual. Completed applications are due by December 1, 2004.

AND THE BEAT GOES ON!

Celebrate the new Minnesota Creative Arts and Aging Network on January 15

The Minnesota Creative Arts and Aging Network invites you to participate in *Creativity, Arts and Aging: A Town Hall Meeting and Celebration* on Saturday, January 15, 8:15-4:00 at the Bloomington Center for the Arts. This highly interactive event will showcase models, invite ideas, and encourage networking to expand activities, programs, and public policies that foster artistic expression in older adults.

The day long conference is being held in conjunction with *The Art of Aging: Creativity Matters* – a national campaign recently launched by the National Center for Creative Aging (NCCA). A keynote speaker from NCCA will describe the campaign plus recent research confirming the benefits of arts activities for older adults. Among other presenters and performers on January 15 will be the Kairos Intergenerational Dance Theatre, Larry Long (Elders' Wisdom, Children's Song), and the Bloominstones choral group.

The cost for the day is \$40, or \$24 (limited means), and includes lunch and snacks. Free parking is available at the Center for the Arts which is part of the new Bloomington Civic Center on 98th Street just west of 35W. To receive a brochure contact patsamples@agingandcaregiving.com. To register, make out a check to "Minnesota Creative Arts and Aging Network" and send it to Sharon Anderson, 6544 Promontory Drive, Eden Prairie, MN 55346. You will receive a confirmation and more information about the program.

The new Minnesota Creative Arts and Aging Network has grown out of a VAN interest group focused on encouraging the active, intentional engagement of older adults in the creative arts. It has been accepted at NCCA's Minnesota affiliate. For further information about the national effort, see www.creativeaging.org...and come to the January 15th event!



DATES TO PUT ON YOUR CALENDAR

Let us know if you have events in your community for vital agers...email van@umn.edu

November 9 @ 10:00 – 12:00 Noon

VAN Monthly Forum: Creating Aging Through the Arts: Developing a Network

Pat Samples and other members of the design team developing a Vital Aging: Minnesota Creative Aging Network will do a show-and-tell about the exciting activities planned during 2004-2005 for the intentional, active engagement of older adults in the creative arts. The meeting will be held in the midst of an art exhibit on aging. The artists, Lucy Rose Fischer and Betty Globus Goodman, will talk about their work.

Location: Jewish Community Center, Minneapolis

November 12 @ 8:30 – 12:00 Noon

Futures Festival: Opportunities, Challenges and Strategies for Older Adults and Communities

This exciting event will bring people together from 14 counties in western Minnesota to explore positive aspects of aging, envision a healthy future from individual and community perspectives, and make connections to people and resources. Snacks and beverages will be provided.

Location: Oyate Hall, University of Minnesota, Morris

More Information: fluegel@mrs.umn.edu

November 15 @ 10:00 – 11:30

Wellness For Your Memory

Learn about normal aging and its impact on memory. There are ways to determine mental status and ways to respond to the findings. You will learn about mild cognitive impairment, signs and symptoms of dementia, and responding to memory loss.

Location: Winnetka Learning Center Room 117/118

Cost: \$9.00

Register: Call (763) 504-6980

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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