



Vital Aging Network
minnesota :: www.van.umn.edu



March 2005 Bulletin

In this issue...

MARCH 8 FORUM ON
FISH!...1

SPOTLIGHT ON VITAL
INVOLVEMENT
COURSE...2

EARTH AWARENESS
& ACTION...3

DATES TO PUT ON
YOUR CALENDAR...4

MARCH 8 VAN FORUM...

FISH! for Lifelong Learning

Presenter: Andy Halper, Professor of Boredom Prevention, ChartHouse Learning

Time and Place: Tuesday, March 8 from 10 AM to Noon, at ChartHouse Learning, 221 River Ridge Circle, Burnsville.

Andy Halper knows how to stimulate deep learning that engages the mind, body and heart. For VAN, he has demonstrated this power as the stimulating emcee for the 2002 and 2004 Vital Aging Summits. Now, he's based at ChartHouse Learning International, the official home of the FISH! Philosophy.

Andy is integrating the FISH! Approach with his own knowledge of experiential learning to encourage vital aging. FISH! Evolution ignites a new way of thinking, believing and "being" about how we age. It's an ongoing inventiveness with aging, one of vitality, heart and soul – and purpose. It's living the way we choose to live as we age. Come and take part!

Directions: Take 35W south to the Cliff Road exit, on the south side of the Minnesota River. Take a right onto River Ridge Boulevard. Take a right onto River Ridge Circle. Go to 221 River Ridge Circle (building with the bright yellow trim). Go to the front door where you will find the receptionist, Jenny (Director of Incoming Attitudes).

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

SPOTLIGHT ON...VITAL INVOLVEMENT PRACTICE

Join Professor Helen Kivnick as she explores Vital Involvement Practice in a two-credit course offered at the University of Minnesota.

Vital Involvement Practice (VIP) is an emerging strategy for promoting strengths and assets while also addressing the problems faced by older adults. Introduced in the mid-1990s as a positive approach for any provider (regardless of discipline), VIP represents a practical application of Erik Erikson's bio-psycho-social theory of life-cycle development. VIP integrates the theories of psychosocial development and occupational science, and the practice of occupational therapy and strength-based social work.

Underlying VIP is a conviction that along with treating problems and pathologies, social service and health care providers must also attend to individuals' strengths, assets and abilities to make contributions to the social environment. This fits with the core values of the Vital Aging Network.

Elements of VIP have been presented in publications, workshops and at professional conferences. This one-credit class and its assignments will capture the knowledge and build on the information from the various presentations and literature on the subject. Participants will be introduced to the VIP and its psychosocial foundations. They will work through all of the steps of the approach.

Professor Kivnick is nationally known for her work in aging and psychosocial development. She co-authored *Vital Involvement in Old Age* with Joan and Erik Erikson.

Enrollment for the course is capped at 15 students. The class meets June 11 and June 18, 2005 from 8:30 AM – 4:30 PM at Peters Hall on the University of Minnesota's Saint Paul Campus attached to the Continuing Education Conference Center. For more information contact Jan Goodno at the University of Minnesota's School of Social Work at 612-624-4258 or via email at jgoodno@che.umn.edu.

EARTH AWARENESS AND ACTION

On Monday, April 18, 2005 at the Minnesota Valley Wildlife Refuge, you can join older adults and several groups working with older adults to learn how you might become more aware and take action to make a positive impact on our environment. The conference is being convened "For the Good of the Earth" by VAN and other sponsors. The purpose of the conference is to get older adults involved in making a difference by raising awareness, teaching, learning and advocating on environmental issues. We want to leave a legacy that fosters the wellbeing of our grandchildren.

The conference includes the well-known speaker, Jim Gilbert, teacher and friend of the earth. There will be a panel of experts describing key issues of air, land, water and wildlife. Small group discussions will help participants

decide how they want to organize and get involved. A number of co-sponsors who work for sound environmental policy and action will be represented.

The conference will run from 9:30 AM – 3:30 PM on Monday, April 18, at the Minnesota Valley National Wildlife Refuge, 3815 American Boulevard East, Bloomington. It's located close to the airport at the 34th Street exit from Highway 494, where there is a large brown sign offering direction. Follow 34th Street south and turn left at the first traffic light which is American Boulevard. The Minnesota Valley Wildlife Refuge will be on the right side of the road and the Hilton Hotel will be on the left. Phone number for the Refuge is 952-854-5900.

To register, send a check made out to "DARTS" for \$25 (covering the cost of lunch and breaks, etc.) to: Colleen Fritsch, Director of Volunteer Resources, DARTS, 1645 Marthaler Lane, West St. Paul, MN 55118. For further information, contact Colleen via email at colleen.fritsch@darts1.org or call VAN at 612-626-5555.

DATES TO PUT ON YOUR CALENDAR

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



March 3 @ 10:00AM – 11:30AM

Feverish Selfish Clod, Not Me!

"This is a true joy in life the being used for a purpose recognized by yourself as a mighty one. The being thoroughly worn out before you are thrown on the scrap heap. The being a force of nature instead of a feverish selfish clod of ailments and grievances complaining that the world will not devote itself to making you happy." Join ElderZest in exploring what Shaw calls the "true joy in life" and Deepak Chopra calls "Dharma, or purpose in life."

Location: Winnetka Learning Center, Room 117, 7940 55th Avenue North, New Hope, MN

Cost: \$9

Register: Winnetka Learning Center, 7940 55th Avenue North, New Hope, MN 55428; via phone at 763-504-6980; via fax at 763-504-6989; via Internet at <http://www.robbindsaleareacommunityed.com/>

Questions: Call 763-504-6990

March 8 @ 10:00AM – 12:00 Noon

VAN Monthly Forum: FISH! for lifelong learning

Join VAN and Andy Halper, Professor of Boredom Prevention, as we explore the FISH! Philosophy and how it relates to vital aging.

Location: ChartHouse Learning International, 221 River Ridge Circle, Burnsville.

March 12 @ 9:00AM – 2:00PM

The Keys to Staying in Your Home

The day is designed to provide you with information and resources available to you for staying in your own home. Breakout sessions will focus on topics of transportation, dining services, home maintenance, and much more. Join ElderZest and keynote session speaker Hennepin County Commissioner

Gail Dorfman to explore community supports.

Location: Winnetka Learning Center

Cost: \$15 (lunch included)

Register: Winnetka Learning Center, 7940 55th Avenue North, New Hope, MN 55428; via phone at 763-504-6980; via fax at 763-504-6989; via Internet at <http://www.robbindaleareacommunityed.com/>

Questions: Call 763-504-6990

April 22 @ 8:00AM – 4:30PM

Resetting the Clockwork: Possibilities for Healthy Employees, Retirees, and Families

Join the University of Minnesota's Life Course Center, College of Liberal Arts, Humphrey Institute and the President's Initiative on Children, Youth and Families as they explore work and retirement. The purpose is to stimulate conversations about the mismatch between goals and needs of Minnesota's workforce and the existing clockwork of paid work, civic engagement and retirement, as well as to assess best practices and possible innovations that could offer greater flexibility and serve to widen the circle of opportunity around the time and timing of workdays, work weeks, career paths and retirement.

Location: Humphrey Institute Cowles Auditorium

Cost: \$50 (lunch included)

Register: Contact Phyllis Moen at phylmoen@umn.edu or Jane Peterson at 612-624-4842 or jampeter@umn.edu.

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



Vital Aging Network
minnesota