



Vital Aging Network
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April 2005 Bulletin

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APRIL 12 VAN FORUM...

Housing Alternatives for Vital Aging: Co-Housing and other Intentional Communities

Presenters:

Dick Smith, Senior Housing Federation
Evelyn Staus, Advocacy Leadership for Vital Aging Certificate Program

Time and Place: Tuesday, April 12 from 10 AM to Noon, at the St. Paul Council of Churches' Board Room, 1671 Summit Ave, St. Paul.

Some of us are looking for a way of life that's more cooperative, more environment-friendly, more affordable, and/or more connected. A growing number are choosing to live near enough to each other to carry out a shared lifestyle or common purpose. This may involve creating a community where they are, or building a new residential community. These include co-housing, shared group households, ecovillages, housing co-ops, spiritual fellowships communities, rural homesteading communities, and so on.

The VAN forum presenters, Evelyn Staus and Dick Smith, have themselves been looking for affordable, intentional communities. Evelyn would like to participate in developing an intergenerational co-housing community. Dick has been looking at the ways in which a group of older adults can jointly purchase property and a lifestyle that would not be affordable for an individual buyer – for example, a resort. Both Evelyn and Dick have been researching alternatives. As a participant in the Advocacy Leadership in Vital Aging Certificate Program, Evelyn has assembled background materials and planned the April forum as her field assignment. A resident of the Monterey Community in St. Louis Park, currently the only co-housing community in the Twin Cities, will speak about what's different there from living in any other neighborhood. Please come and listen and join the ongoing discussion about housing alternatives for vital aging.

Directions: The St. Paul Area Council of Churches is a one story building

located at 1671 Summit Avenue in St. Paul, on the northwest corner of the intersection with Pierce, two blocks west of Snelling Avenue.

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 COMMUNITIES GRANTS

The Vital Aging Network is proud to announce grants to five Minnesota communities to support its Vital Communities initiative. The projects will help VAN expand its reach across the state and promote vital aging as a strategy for community development.

The **Fosston** Intergenerational Summer Arts Program will involve vitally aging adults in a series of summer arts activities for children in the Fosston community. The project is a collaboration involving the City of Fosston, The People Connection, and the Fosston Community Library and Arts Center.

In **Marshall**, the Senior College at Southwest Minnesota State University will collaborate with the Southwest United Way and Southwest Minnesota Foundation to host a conference on May 16, 2005, that will define and promote vital aging and motivate seniors to enrich their communities.

The **St. Cloud** project will promote lifelong learning for older adults by offering a wide array of services that are designed to enrich the lifestyles of older adults through local and national speakers, informative exhibits and insightful seminars. The Third Age University at the Whitney Center will host an interactive and intergenerational forum.

St. Louis Park will be the site for a Senior Summit on September 21, 2005. The Mayor along with community and school organizations is involved. The mission of the summit is to give seniors a community forum to discuss concerns, needs and ideas that lead to a better community.

Staples will be the site for an all day forum on June 23, hosted by the Region Five Development Commission for community leaders, older adults, legislators, civic organizations, non-profits, business owners, etc. to help provide insight in preparing their rural communities for expanding numbers of seniors.

LIVABLE COMMUNITIES COMPETITION

The U.S. Administration on Aging (AoA) and the Center for Home Care Policy and Research are pleased to announce that applications are now being accepted for the Models of Livable Communities Competition.

The purpose of this competition is to identify and showcase cities and counties that exemplify a livable community and to highlight promising practices that can be used by local governments throughout the country in preparing for the aging of the baby boom generation. Through the development and national dissemination of case studies that highlight

leading practices, AoA aims to inspire other communities to also become Livable Communities for All Ages, including older adults.

For purposes of this competition, livable communities are defined as cities and counties that have successfully taken specific actions in response to changing demographics, to make significant improvements in the areas of:

- Affordable and accessible housing
- Affordable and accessible transportation
- Accessible built environments
- Work, education, and volunteer opportunities
- Access to health and supportive services
- Citizen participation in civic affairs and cultural events

In each of these six topic areas, livable communities strive to:

- Provide choice
- Maximize people's independence
- Assure their safety and security
- Provide readily available, culturally appropriate information

Applications are due on May 2, 2005. For competition guidelines and the entry form go to: <http://www.vnsny.org/research/aoacompetition>.

VAN supports livable communities and assists in assessment and planning of communities through the Vital Communities Toolkit available on the VAN website at www.van.umn.edu. Click on "Advocating for Vital Aging." Videos are also available recapping the Vital Communities VAN Summit in May 2004, showcasing what works in six Minnesota communities. Contact van@umn.edu to order your free copy.

CONFIDENCE IN KNOWLEDGE

VAN helps older adults apply the knowledge they have acquired throughout their life. Jeff Grann, an educational psychology graduate student at the University of Minnesota, hopes to contribute to this effort through his dissertation research and adults are invited to help.

While on a National Institute on Aging Fellowship, Jeff published and presented at national conferences on the cognitive strengths of older adults. Currently, Jeff is investigating how the age of a memory influences retrieval and he invites all adults of all ages to participate in his online study, "Confidence in Knowledge Past." Participants are asked to answer 80 multiple-choice questions concerning past events and to judge the accuracy of their answers by making confidence judgments. As a benefit, participants will receive immediate detailed feedback on their performance and will receive a summary of the study's primary findings.

Jeff hopes that participants will enjoy the challenge of trying to answer the questions.

Each participant will help with the effort to understand how adults use their

knowledge. To participate, access the study via:

<http://www.tc.umn.edu/~gran0147/study/>

Questions may be directed to Jeff Grann at 651-697-1755 or gran0147@umn.edu.

ADVANCED HEALTH CARE DIRECTIVE: MINNESOTA'S LIVING WILL

Recent events and ethical questions surrounding Terry Schiavo's hospice case in Florida have left many people looking for ways to make beliefs on palliative care decisions known to family members and other decision makers. Many individuals have contacted Minnesota's Senior LinkAge Line® requesting information.

Minnesota's law changed in 1998, making it easier for individuals to create "living wills" through an Advanced Health Care Directive. The new document combines a traditional living will with the durable power of attorney for health care. The directive not only appoints a health care agent who is able to make decisions, but also provides a format for explaining how and when certain decisions should be made (pain management, life sustaining, specific medical treatments, etc.).

A free electronic copy of the Advanced Health Care Directive and corresponding instructions (both in pdf) can be obtained from the Minnesota Board on Aging's website at <http://www.mnaging.org/seniors/assistance/directive.html>. To receive a copy in the mail, contact the Senior LinkAge Line® at 1-800-333-2433.

DATES TO PUT ON YOUR CALENDAR

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



April 12 @ 10:00AM – 12:00 Noon

VAN Monthly Forum: Housing Alternatives for Vital Aging: Co-Housing and other Intentional Communities

Join Dick Smith and Evelyn Staus as we explore housing and life that are more cooperative, environment-friendly, affordable, and connected.

Location: St. Paul Council of Churches, 1671 Summit Ave, St. Paul.

April 15 @ 7:30AM – 4:00PM

Minnesota Gerontological Society Annual Conference: Forward Approaches To Challenges Of an Aging Society

The MGS 29th Annual Spring Conference will examine cutting edge aging policy. Policy experts from a variety of perspectives will address key health and human service issues impacting older adults and their caregivers now and into the future.

Location: Earle Brown Heritage Center (Brooklyn Center)

Cost: \$45 students/seniors; \$90 members; \$130 non-members

Contact: 952-829-5937 or mngs2@aol.com

April 18 @ 9:30AM – 3:30PM

For the Good of the Earth: Mother Earth meets Father Time

Join this discussion that is co-sponsored by VAN about how we as older adults can enhance stewardship for the earth in our communities.

Presenters at the conference include Jim Gilbert, teacher and friend of the earth, plus a panel of experts who will describe issues related to air, land, water, and wildlife. These presentations will set the stage for participants to assemble in small groups focused on specific issues and passions. The goal is to generate follow-up advocacy. America's troubadour, Larry Long, will strengthen our resolve by leading the group in song.

Location: Minnesota Valley Wildlife Refuge, 3815 American Boulevard E, South of Highway 494 at the 34th Street exit.

Cost: \$15 (lunch included)

Register: Send a check payable to DARTS c/o Colleen Fritsch at DARTS, 1645 Marthaler Lane, West St. Paul, MN 55118 or email at colleen.fritsch@darts1.org.

Questions: Call VAN and leave a message at 612-626-5555

April 20 – All day series

What Should I Do Next With My Life?

This event, hosted by the Center for Spirituality and Healing at the University of Minnesota is a three-part day.

Location: McNamara Alumni Center, University of Minnesota, 200 Oak Street SE, East Bank, Minneapolis

For more information on any of the sessions visit www.csh.umn.edu

Part I: Mindful Aging: A Powerful Conversation for Action on Claiming Your Place at the Fire

@ 11:00AM – 12:45PM

This luncheon forum will be moderated by former MPR reporter Connie Goldman who will facilitate a lively discussion between Richard Leider, inspiring panelists and all luncheon participants. In a related event Richard Leider will speak to the public in Claiming your place at the Fire.

Cost: \$50 per person / after April 11 \$55 per person, includes lunch and a copy of Richard Leider's book.

Part II: MBSR Demonstration

@ 1:15PM – 2:30PM

Mindfulness Based Stress Reduction can help anyone unwind, relax and alleviate stress. Stay after lunch for the free demonstration and then attend the following presentation. Limited availability and registration is required.

Cost: Free

Part III: Mindful Aging: Claiming Your Place at the Fire Book Signing
@ 3:00PM – 4:30 PM

Questions that drive our quest for purpose and meaning during the first half of life inevitably return during the second half of life. Richard Leider will help us uncover the four flames of vital aging that answer the question, "What should I do next with my life?" Reception and books signing immediately following.

Cost: Free

April 20 @ 4:30PM – 5:30PM

***Leadership for the Common Good* Reception and Book signing with Barbara C. Crosby and John M. Bryson**

When it was first published in 1992, *Leadership for the Common Good* presented a revolutionary approach to community and organizational development in a shared-power world. In the completely revised second edition, Crosby and Bryson expand on their leadership model and offer new insights and guidance to today's leaders. The work of VAN is highlighted in the new book.

Location: Wilkins Room, 215 Humphrey Center, 301 19th Avenue South, Minneapolis

Cost: Free

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



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