



Vital Aging Network
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October 2005 Bulletin

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October 11 VAN FORUM...

Taking Charge of Your Health: Expanding the Potential for Health and Well-being

Presenter:

Mary Jo Kreitzer, Ph.D., U of M Center for Spirituality & Healing

Time and Place: Tuesday, October 11 from 10 AM to Noon, Calvary Center Cooperative in Golden Valley, 7600 Golden Valley Road.

Mary Jo Kreitzer PhD, RN, is the founder and director of the Center for Spirituality and Healing at the University of Minnesota. Over the last ten years, her center has provided leadership for integrating complementary therapies and healing practices within medical research, care and outreach. At the VAN forum, Dr. Kreitzer will describe how the work of the Center has evolved, and how it is now encouraging personal responsibility for health and well-being through the Center's new online program titled, "Taking Charge of Your Health."

With the changes in the health care delivery system, including the new range of complementary therapies, it has become increasingly important for consumers to know how to navigate the system and make informed choices. As time and the flow of discussion allows, Dr. Kreitzer will present elements of the "Taking Charge" program, including: how to choose a health care provider, how to evaluate information found on the internet, how to decide if a complementary therapy is right for you and why it may be important for you to have a health advocate if you are hospitalized.

Directions: The Calvary Center Cooperative is a brick building located at 7600 Golden Valley Road. From highway 100 go west on highway 55 or from highway 169 go east on highway 55 to Rhode Island (this intersection is a stop light). Go north for two blocks to Golden Valley Road. Go east and take an immediate left into the driveway.

Questions? Need a ride? Call VAN at 612-626-5555. Everyone is

welcome. There is no charge for VAN's monthly forums.

MINNESOTA'S GREATEST GENERATION Share Your Story Project

The Minnesota Historical Society has announced a new project entitled "Minnesota's Greatest Generation." This institution-wide initiative was started to document the stories of Minnesotans who lived through the Depression, World War II and the Baby Boom.

Minnesota's Greatest Generation has lived through some of the most difficult years in modern history. What was it like to be a child during the Great Depression? What were military or home front experiences during World War II? How did life change during the post-war years? These recollections are a unique and valuable view of history, and are worth saving.

Members of the Greatest Generation, descendants and friends are invited to write and submit stories and photographs through the "Share Your Story" project.

Stories collected will be edited, entered into a searchable database, and posted on the website. They will be held indefinitely in an electronic archive for the benefit of future generations. Researchers can search the database by story category, by keywords, or by browsing the Story and Image Archives, and can email stories of interest to friends and family directly from the website.

Share Your Story is an internet-only project, which means that stories sent by mail or fax cannot be accepted.

For more information visit the Minnesota Historical Society website at <http://people.mnhs.org/mgg/>.

ENERGIZING ENTREPRENEURSHIP AND HOMETOWN COMPETITIVENESS A Series of Workshops Across Minnesota

The Federal Home Loan Bank of Des Moines, the Independent Community Bankers of Minnesota, and Minnesota Rural Partners are co-hosting a round of community workshops throughout Minnesota, led by keynote speakers Don Macke and Craig Schroeder from the Center for Rural Entrepreneurship in Lincoln, Nebraska and Wilbur Maki, former economist for the State of Minnesota.

The workshops will include listening and feedback opportunities for the further development of the Minnesota Entrepreneurial Gateway system as well as the latest strategies and tools useful for community economic and business development.

The workshops run from 8:30 – 2:30 and the cost is \$25 to help cover lunch and refreshments. To register visit <http://www.regonline.com/29206>.

Dates and Locations:

- October 12 @ Willmar Holiday Inn (www.willmarhotels.com)
- October 13 @ Owatonna Cabela's (www.cabelas.com)
- October 18 @ Grand Rapids Saw Mill Inn (www.sawmillinn.com)
- October 19 @ Red Lake Falls City Hall

For more information visit <http://www.minnesotaruralpartners.org/energizing> or Denise Pfeifer at 507-828-5559 or dpfeifer@charter.net.

CIVIC ENGAGEMENT IN AN OLDER AMERICA Gerontological Society of America Initiative

In 2004, The Gerontological Society of America (GSA) received a grant from The Atlantic Philanthropies to launch "Civic Engagement in an Older America," a five-year initiative to stimulate research leading to the development of programs and policies that will increase opportunities for civic and social engagement by older adults.

One of the Project's first activities was to convene a series of forums and focus groups in conjunction with the 2005 White House Conference on Aging (WHCoA) to learn more about current civic engagement initiatives, existing barriers, and to determine potential solutions for enhancing and expanding volunteer opportunities for older adults.

Twelve focus groups were held in February and March 2005 in eight locations in Florida, Missouri and Arizona. An online focus group was also conducted in late March early April 2005 with individuals from Massachusetts and Florida.

The following recommendations, submitted to the WHCoA, are based on information gathered in the forums and focus groups:

1. Modernize the nation's senior and civic service programs.
2. Remove barriers to community civic engagement.
3. Link adult volunteers with appropriate and rewarding civic engagement activities.
4. Improve public awareness of volunteering and civic service as a critical component of healthy aging and healthy communities.
5. Encourage companies to support and promote volunteering by their employees and retirees.

More information is available online in GSA's September Newsletter at <http://www.geron.org/newsletter/September%202005.pdf>



DATES TO PUT ON YOUR CALENDAR

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

October 11 @ 10:00AM – 12:00 Noon
VAN Monthly Forum: Taking Charge of Your Health
See page one of this Bulletin for more information.
Location: Calvary Center Cooperative, Golden Valley

October 12 – 19 @ 8:30AM – 2:30PM
Energizing Entrepreneurship and Hometown Competitiveness
See page two of this Bulletin for more information.

St. Paul Art Crawl

October 14 @ 6:00PM – 10:00PM

October 15 @ 1:00PM – 6:00PM

View the Art of Aging Visual Art Panels, sponsored by the Minnesota Creative Arts and Aging Network and other creations from area older adults during the St. Paul Art Crawl.

Location: City Passport, Skyway Level at Galtier Plaza
Cost: Free

October 15 @ 7PM

Boomers: A Musical Cabaret

Join Kairos Dance Company and a host of other talented artists in a one-night only cabaret that is sure to be a hit. "Boomers" will tackle life beyond the midlife crisis and the final frontier!

Location: Walker Church, 16th Ave and 31st St in Minneapolis

Cost: \$8.00, buy tickets at the door, for more information contact Greg at 612-871-6303.

October 21 @ 10:00AM – 12:00 Noon

Financing Long-Term Care For Minnesota's Baby Boomers

Join staff members of the Minnesota Board on Aging and Minnesota Department of Human Services as they provide updates on efforts to help individuals plan for retirement and long-term care needs. This session is one of four in a series on financing long-term care. The sessions are meant to be an opportunity to further explore the strategies outlined the state's 2005 financing long-term care report.

Location: Sheraton Four Points Hotel, 400 N. Hamline Ave., St. Paul
Cost: \$10 at the door

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. Visit the VAN Web site at www.van.umn.edu

