



Vital Aging Network
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VAN FORUM DECEMBER 13

Collecting Your Wisdom

Presenter: Carrie Bassett, Ph.D., Wisdom Institute

Time and Place: Tuesday, December 13, 10 a.m. – 12 p.m., Roseville Library, 2180 N. Hamline Ave., Roseville

Our health and well-being depend partly on how well we cope with the crises and hardships that we all face from time-to-time. And our growth depends on not just continuing to have life experiences, but rather on evolving them into wisdom. Wise elders use various strategies that allow them to lead positive, engaged lives, despite difficulties, while less wise people have more trouble dealing with past or current life events. The question is: what are some of these coping strategies and how do people become wiser?

Carrie Bassett, founder and director of The Wisdom Institute, has been studying and writing about wisdom for almost ten years. In her presentation, she will dramatize her understanding of wisdom and its major dimensions, followed by an explanation of the various components of wisdom and what each means in relationship to people's lives. The group will discuss different activities that can be used to recognize, collect, and enhance their own wisdom as a way of supporting healthy aging.

Directions: The Roseville Library is located in Roseville at the corner of County Road B and Hamline Avenue, a few blocks south of Highway 36, reached from the Hamline exit on Highway 36.

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

EDUCATING LEARNERS IN MID-LIFE AND BEYOND

University of Minnesota Course Back by Popular Demand

The University of Minnesota College of Education and Human Development is offering a course on older adult learning during the spring 2006 semester. Dr. Janet Hively, senior advisor to VAN, and Janet Jacobson, Minnesota Humanities Commission, are the course leaders.

Older adults enjoy better mental and physical health if they are lifelong learners. While adults continue to learn throughout their lives, how they learn, what they want to learn, and why they learn may change as they age. Course participants will have the opportunity to interview older learners and observe and analyze programs designed for the older adult learner.

Classes meet Saturday mornings from 8:30 a.m. to 12:30 p.m. on the St. Paul campus from January 21 through April 8, with no class sessions on March 18 and March 25. For information on cost and how to register, visit the College of Education and Human Development Web site at <http://education.umn.edu> or call Mary Gupta at 612-624-1221. More information on the course is also available from Janet Jacobson at janet.jacobson@usa.net or Jan Hively at hivel001@umn.edu.

MINNESOTA CREATIVE ARTS AND AGING NETWORK (MN CAAN) OPPORTUNITY

Expanding “The Art of Aging” Arts Panel Project

The Minnesota Creative Arts and Aging Network (MN CAAN) is inviting organizations that serve adults age 55 years of age and older in outstate Minnesota to apply to participate in “The Art of Aging” Visual Arts Panel Project in four locations in Minnesota. Applicants may propose locations. The “Art of Aging” Visual Arts Panel Project provides older adults the opportunity to create art for display on large panels through a process that helps them explore their creativity. These panels are displayed in various community locations to raise awareness of the creativity of older adults.

Visual artists, activity professionals, therapeutic recreation specialists and others working with older adults may wish to consider application. Applicants may be organizations or individuals.

Applicants must describe how they will create a visual arts panel in accordance with the National Center for Creative Aging Guidelines, as outlined in the MN CAAN request for proposals (RFP). MN CAAN is the Minnesota affiliate to the National Center for Creative Aging. The “Art of Aging” Visual Arts Panel Project in Minnesota is part of a national effort led by the National Center.

Applicants must describe how they will complete their visual arts panel by February 21, 2006. MN CAAN will exhibit all panels at its annual conference on March 4, 2006. To receive a full copy of the RFP, please contact Mary Lawson, Project Coordinator at 4320 Browndale Ave., St. Louis Park, MN 55424 or marylawson77@yahoo.com. Proposals may be sent by email or regular mail

and are due no later than 5 p.m. on December 15, 2005. Please send proposals to Mary Lawson. Sites will be selected and notified no later than December 15, 2005.

THE OSHER LIFELONG LEARNING INSTITUTE (OLLI) **Curiosity Never Ages**

If you are interested in a high quality continuing education opportunity you may want to become a member of The Osher Lifelong Learning Institute! The Osher Lifelong Learning Institute (OLLI) at the University of Minnesota, formerly the ElderLearning Institute, is a voluntary, non-credit education and service program for older adults seeking lifelong learning. OLLI offers small-group courses and discussions on topics suggested by members or by the OLLI Curriculum Committee. Groups meet in two, eight-week sessions in fall and spring and one, six-week session in the winter. Meetings run 1 ½ to 2 hours once a week.

OLLI also offers educational tours throughout the USA and the world, an informal summer program, and special events. There are more than a dozen special interest groups including, book discussion groups (fiction and non-fiction), Jazz appreciation, theater and music groups and ethnic dining.

OLLI members pay one annual fee, valid for a full calendar year, which allows them to take two or more classes per session (more on a space available basis) and join interest groups. OLLI courses and activities meet at the University and at other community locations, both public and private, throughout the Twin Cities area. Volunteer course leaders are current and emeritus faculty from the University of Minnesota, area colleges and universities, community professionals and OLLI members.

OLLI is an affiliate program of the College of Continuing Education, University of Minnesota. It is guided by a member-elected Board of Directors, working through volunteer committees.

The ElderLearning Institute (ELI) was founded in 1995 by a group of retired U of M faculty and staff and community professionals, who proposed the formation of an association of "retirement-age learners who join together to study, to enhance their social and cultural lives and also to contribute to the land-grant mission of the University." In its first term, ELI offered 12 courses. By June 1996, ELI had 200 members. In 2004, OLLI was invited to become a member of the Osher Lifelong Learning Network and in 2005 was given a \$1,000,000 endowment by the Bernard Osher Foundation. The new affiliation required a name change to the Osher Lifelong Learning Institute of the University of Minnesota. Currently, OLLI has more than 800 members and offers more than 185 courses, educational tours and activities per year.

For information on becoming a member and/or to be placed on the OLLI mailing list call 612-624-7847 or e-mail ollimail@cce.umn.edu. Check out the OLLI Web site www.cce.umn.edu/olli.

HENNEPIN COUNTY LIBRARY OFFERS ASSISTIVE TECHNOLOGY

Kids and Adults with Vision, Hearing & Mobility Challenges to Benefit from New Resource

Hennepin County Library now offers assistive technology to improve access to the library for people with vision and hearing impairments, as well as those with limited mobility. Assistive technology is available at various libraries throughout the suburban Hennepin County's 26-library system. For equipment and locations, go to www.hclib.org and click on Library Information, then Library Services, then Accessibility.

Assistive technology equipment includes:

- an electronic print magnifier, which magnifies a print item 45-60 times its original size;
- a PocketTalker II personal microphone and headset system;
- JAWS for Windows, a screen reader designed to help people with a vision disability access information on the Internet;
- software that magnifies the screen from 2 to 16 times the original size; and
- equipment such as "reachers," page-turners, alternative computer mice, and height-adjustable computer workstations.

In addition, library materials for people with low vision are available including large print books and magazines, as well as books on tape, and other audiotapes.

At the Ridgedale Resource Library, a man used an electronic print magnifier to magnify photos he brought from home. He said he was seeing photos of his grandchildren for the first time. Another man who is losing his vision said he wants to continue to use the library. He tried out the electronic print magnifier and software, and learned about Minnesota State Services for the Blind.

For more information, contact librarian Meg Canada at mcanada@hclib.org or 952-847-8587.

DATES TO PUT ON YOUR CALENDAR

Let VAN know if you have events in your community for vital agers. Visit www.van.umn.edu and click on "Send Us a Calendar Event."



December 7, 5:30 – 8:00 p.m. (includes dinner)

Men's Spirituality Series: Adulthood and Commitment

This talk will address the psychological and spiritual dynamics of committed relationships as a vessel for transformation and an opportunity for emotional and spiritual growth. The presentation will be conducted by Ken Schmitz, a Jungian-based psychotherapist, who has assisted couples and individuals in developing healthy emotional and spiritual lives for 29 years.

Location: Carondelet Center, 1890 Randolph Avenue, St. Paul, MN 55105

Cost: Regular: \$30, non-profit/senior: \$25

Pre-registration required: 651-696-2788 or wisdomways@csjstpaul.org

December 8, 7 p.m.

Botox, Plastic Surgery and the Fountain of Youth. Is That All There Is To Aging Well?

In celebrating ten successful, growth-filled years of transforming healthcare, the Center for Spirituality & Healing invites you to join bestselling author and renowned health and wellness expert Dr. Andrew Weil, author of the new book "Healthy Aging," for an inspiring discussion on aging well. Facilitated by author and motivational speaker Richard Leider, learn what aging means for our bodies and our minds and hear Dr. Weil's practical, yet innovative, advice on how all of us can learn to age more healthily, happily and gracefully.

Location: Fitzgerald Theatre, St. Paul

Cost: \$40 admission includes Dr. Weil's new book

Register: Visit www.csh.umn.edu for more information.

December 9, 5:30 – 9:00 p.m. (includes dinner)

Twilight Retreat – Advent on the Labyrinth: Walking with Mary

This retreat includes reflection on images of Mary, the mother of Jesus, found in the Chartres Cathedral and on the meaning of Mary for our time as we walk the labyrinth. The retreat will be facilitated by Mary Kaye Medinger, M.A., Director of Wisdom Ways Center for Spirituality.

Location: Carondelet Center, 1890 Randolph Avenue, St. Paul, MN 55105

Cost: \$35 (includes dinner)

Pre-registration required: 651-696-2788 or wisdomways@csjstpaul.org

December 18, 5:00 – 8:00 p.m.

Winter Solstice Celebration

Join Kairos Dance Theatre, Minnesota's intergenerational dance company for a night of craft making, Solstice dancing and other entertainment.

Location: Loring Park Art and Community Center, 14th and Willow, Minneapolis

Cost: Free

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



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