



Vital Aging Network
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January 2006 Bulletin

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VAN FORUM JANUARY 10

The Art of Relationships: Compiling a Memoir with Someone You Love

Presenter: Bernie Saunders, Center for Living Art

Time and Place: Tuesday, January 10, 10 a.m. – 12 p.m., DARTS offices, 1645 Marthaler Lane, West St. Paul

Relationships with people we treasure are a form of artistic expression. Such relationships are a co-creation that allows us to form a mutual story that becomes a work of art, a relationship legacy. Bernie Saunders uses his nature photography, the poetry of his mother, and shared life stories to record the essence of the lives of others.

Bernie Saunders, founder of the Center For Living Art, believes that life is truly a work of art. He is a professional photographer, and internationally recognized author having co-authored, *Ten Steps to a Learning Organization*, and the author of his signature personal enrichment program, *Boundless Renewal: Embrace the Power of Reflection*. He is also a highly regarded speaker, with over thirty years of experience working in the field of human development. Bernie received his most profound education from playing in the woods as a child, experimenting with a camera his father gave him as a young teen, planting rice in the Philippines, working with young adult drug addicts, raising two sons, and guiding community and business leaders to become "servant leaders." He lives near Minneapolis with his wife Constance.

Directions: To access DARTS from the north take I-94 to Hwy 52. Go south on Hwy 52 to the Thompson/Wentworth exit. Turn right onto Thompson. Go one block to Oakdale, turn left. Go one block to Wentworth, turn right. Go one block to Marthaler Lane, turn left. Go ½ block. DARTS is on the right.

To access DARTS from the south take I-494 to Robert St. exit. Go north on Robert to Lothenbach. Turn right, go one block. Turn left on Marthaler

Lane. Go ½ block. DARTS is on the left.

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

2005 WHITE HOUSE CONFERENCE ON AGING The Booming Dynamics of Aging

Twenty-one Minnesota delegates were among the 1000 plus attendees at the White House Conference on Aging held in Washington, DC from December 11 – 14. The majority of delegates were appointed by the members of Congress and governors, and the remainder by White House staff. This was the fifth decennial White House conference on national aging policies since the first was convened in 1961.

The conference was very well-organized by a hard-working Policy Committee chaired by Dorcas Hardy. The committee crafted 73 policy resolutions based on testimony and reports collected from listening sessions and mini-conferences held across the country – including regional and statewide meetings in Minnesota. The resolutions were organized within six “tracks”: Planning Along the Lifespan; The Workplace of the Future; Our Community, Health and Long Term Living; Civic Engagement and Social Engagement; and Technology and Innovation in an Emerging Senior/Boomer Marketplace.

You can find the list of “final 50” and “top 10” resolutions on the conference website at www.whcoa.gov. All of the delegates recognized the importance of reauthorizing the Older Americans Act which helps seniors stay independent, and developing a coordinated long-term care strategy, including innovative models of non-institutional care. Senior mobility and transportation were seen as critical to keeping seniors independent, as were incentives to expand retirement savings, and integrated state and local service delivery systems. Other top ten resolutions focused on improving mental health, strengthening and improving Medicare and Medicaid, and expanding geriatric education.

Within a tight schedule, the conference efficiently maximized delegate input. The recommendations emphasized meeting the service needs of the growing population of over 85 years of age who lack both resiliency and resources. However, they also provided space and support for policies that fit the principles of vital aging and promote wellbeing in intergenerational communities. The final speaker, Robert Butler, founder of the National Institute on Aging, emphasized that a nation's standard of living is directly associated with the health and longevity of its people. Policies that promote the health and productivity of older adults are also promoting the social and economic health and productivity of the nation. He provided a great case for vital aging!

A list of Minnesota's WHCoA delegates and additional information about The Minnesota Board on Aging's regional and statewide meetings is

WISDOM WORKS: BUILDING BETTER COMMUNITIES

Grants Available to Senior Centers

The National Council on Aging (NCOA) is accepting applications from community senior centers for six grants of \$25,000 each through its Wisdom Works: Building Better Communities initiative.

In 2004, Wisdom Works awarded grants to eight community organizations for year-long pilot programs that mobilized self-directed teams of older American volunteers to address critical needs within their local communities. Phase II of the program will focus on the role of senior centers, working in cooperation with other community agencies, organizations, and businesses, to mobilize newly retired older adults to address community needs. These older adults will work in self-directed teams with minimal staff support. The chosen senior centers also will receive training in transformational leadership and facilitation.

Letters of interest are due to wisdom.works@ncoa.org by Feb. 16, 2006. Finalists will be announced on March 15 and invited to submit full proposals by April 28. Grantees will be announced on May 26. The Wisdom Works program is made possible by funding from the MetLife Foundation. More information about this opportunity, including the application form for the letter of interest, can be found at www.ncoa.org.

SEARCH INSTITUTE

“Be the Change” Journal and Other Resources Available

The Search Institute, located in Minneapolis, is an independent nonprofit organization whose mission is to provide leadership, knowledge and resources to promote healthy children, youth and communities. To accomplish this mission, the institute generates and communicates new knowledge, and brings together community, state, and national leaders.

The Search Institute just hosted its annual conference, “Healthy Communities, Healthy Youth” in Minneapolis in October. The conference focused on creating intergenerational communities. A VAN member participated in the conference and was struck by its relevance to vital aging. A personal journal, titled “Be the Change,” was provided to each participant and is available for free at www.search-institute.org/hchy/hchy2005/journal. The journal has three sections, each one of them pertaining to intergenerational relationships:

- We are the change,
- We are the bridge builders, and
- We are the wisdom.

The journal notes that “currently, millions of older adults and youth in the United States are engaged in cross-age activities that address critical community needs. These programs take place in schools, senior centers, long term care facilities, childcare centers, libraries, recreation centers, and other community-based organizations. They involve children and older adults with a range of skills, needs, and experiences. Successful programs address specific community needs; represent partnerships between organizations serving different age groups; foster reciprocity between individuals; provide opportunities for personal growth and learning; and have solid infrastructures to recruit, train and support volunteers.”

For more information about the “Healthy Communities, Healthy Youth” conference, “Be the Change” journal, and the Search Institute, go to www.search-institute.org.

TRANSFORM 2010 MEETINGS

Provide Your Input Regarding the Opportunities and Challenges Presented by an Aging Population

The Minnesota Department of Human Services invites you provide input on Transform 2010, a project of the Department of Human Services in partnership with the Minnesota Board on Aging, Minnesota Department of Health and other state agencies. The purpose of the project is to prepare Minnesota for the dramatic increases in its older population, which will begin in 2010.

The Department is holding a series of 11 meetings throughout the state to present the project and obtain comments and ideas from interested Minnesotans. A schedule of the meetings can be found in the “Dates to Put on Your Calendar” section at the end of the bulletin. Information presented at the meetings includes:

- Why this issue is an urgent one for both the state and local level.
- The themes for action within the Transform 2010 project.
- A profile of the capacity of the aging system in each region now and in the future.
- Discussion of what action is needed at the state and local level to prepare for the future.

All suggestions will be considered as the Department of Human Services and its partners develop a list of actions needed to prepare for the future. After each meeting, staff will distribute a summary of the meeting to all participants. There is no need to register for the meetings. There is no charge to attend the meetings. However, if you have any questions, please contact LaRhae Knatterud, Transform 2010 staff, at 651-431-2606 or larhae.knatterud@state.mn.us.



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."

January 4 – 19, 2006

Transform 2010 Regional Meetings:

West Metro Area

Wednesday, January 4, 2006

9:30 a.m. – 12 p.m.

Minneapolis Urban League: Glover-Sudduth Center

2100 Plymouth Avenue North

Minneapolis, MN 55441

East Metro Area

Thursday, January 5, 2006

9:30 a.m. – 12 p.m.

East Side Community Center

1526 East Sixth Street

St. Paul, MN 55106

Rochester Area

Friday, January 6, 2006

9:30 a.m. – 12 p.m.

Rochester Public Utilities Building

4000 East River Road NE

Rochester, MN 55906

Willmar Area

Monday, January 9, 2006

9:00 a.m. – 11:30 a.m.

Holiday Inn & Willmar Conference Center (Galleries 1 & 2)

2100 E Highway 12

Willmar, MN 56201

Marshall Area

Monday, January 9, 2006

2:00 p.m. – 4:30 p.m.

Lyon County Government Center

607 West Main Street

Marshall, MN 56258

Mankato Area

Tuesday, January 10, 2006

9:30 a.m. – 12 p.m.

South Central College

1920 Lee Blvd

North Mankato, MN 56003

St. Cloud Area

Tuesday, January 17, 2006

9:00 a.m. – 11:30 a.m.

St. Benedict's Senior Community
Woodland Hall
1810 Minnesota Blvd SE
St. Cloud, MN 56304

Fergus Falls Area

Tuesday, January 17, 2006
2:30 p.m. – 5 p.m.
Bigwood Event Center
921 Western Avenue
Fergus Falls, MN 56537

Thief River Falls Area

Wednesday, January 18, 2006
9:00 a.m. – 11:30 a.m.
C'mon Inn, Meeting Room
1586 Highway 59 South
Thief River Falls, MN 56701

Bemidji Area

Wednesday, January 18, 2006
2:30 p.m. – 5 p.m.
Bemidji Public Library (Meeting Room)
509 America Ave NW
Bemidji, MN 56601

Duluth Area

Thursday, January 19, 2006
9:30 a.m. – 12 p.m.
Holiday Inn Duluth
200 West First Street
Duluth, MN 55802

January 11, 10 a.m. – 12 p.m.

Follow the Dollars: A Guided Tour Through the State's Budget Process

In this workshop, participants will gain an understanding of the basics of the Minnesota state budget, the timeline for the state's budget process, how the Governor's budget proposal is developed, how the budget travels through the Legislature, opportunities for input and advocacy in the budget process, and bonding or capital investments.

Cost: \$35 for members of the Minnesota Council on Nonprofits/\$50 for non-members.

For more information about this workshop, including location information, go to www.mncn.org/event_policy.htm.

January 19, 9 a.m. – 12 p.m.

Public Policy 201: Advanced Advocacy

This training on advanced legislative and administrative processes is for experienced advocates. This session will focus on details of the legislative process, including rules and procedures.

Cost: \$35 for members of the Minnesota Council on Nonprofits/\$50 for non-members

For more information about this workshop, including location information, go to www.mncn.org/event_policy.htm.

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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