



Vital Aging Network
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February 2006 Bulletin

In this issue...

FORUM...1

LEADERSHIP GROUP...2

EXPLORE ALASKA...3

BOOMERS TV SHOW...3

MNCAAN GET
TOGETHER...4

DATES TO PUT
ON YOUR CALENDAR...4

VAN FORUM FEBRUARY 14

Eldershire: **Transforming the Culture of Aging**

Presenter: Dr. Bill (William H.) Thomas

Time and Place: Tuesday, February 14, 10 a.m. – noon, Landmark Room, Minnesota Masonic Manor, 11501 Masonic Home Drive, Bloomington

Dr. Bill Thomas, a Harvard Medical School alumnus, author, and nationally recognized innovator who has created several alternative housing options for older adults, will preview his new intergenerational housing concept, Eldershire. The forum is supported by Twin Cities Public Television (tpt), Metropolitan Area Agency on Aging (MAAA), and Evercare. Eldershire is an alternative to the traditional gated or continuing care retirement model. It is an intergenerational housing option that empowers residents to collaborate in the design and ongoing development and management of their communities. The first Eldershire community, called Avalon, is currently under development in Sherburne, N.Y. All Eldershire communities will consist of private homes grouped together with common indoor and outdoor spaces, such as walking trails, gardens and a central house that will offer shared meals, meeting spaces, recreational activities, and basic services. But what will truly set Eldershire communities apart will be their shared values, including respect for the contributions made by elders, accessible housing design, economic and environmental sustainability, commitment to life-long learning, diversity, and self-governance.

Eldershire is Thomas's third alternative housing concept for older adults. He and his wife Jude revolutionized nursing home care and culture when they created Eden Alternative in 1991. Today, more than 10,000 Eden Associates have been trained nation-wide and hundreds of nursing homes across the country have implemented this non-institutionalized approach to elder care that is based on resident empowerment and a

respectful, nurturing culture that includes plants, children, and pets. The Green House Project, specially designed stand-alone homes with assistance for six frail elderly or disabled persons, is yet another innovative housing concept pioneered by Thomas.

Approved for two hours of nursing home administrator CEUs and two hours of social work CEUs.

Directions: Go south from Hwy 494 on Hwy 100. Hwy 100 turns into Normandale Blvd. A sign reading "Minnesota Masonic Home" will be on the left, indicating the entrance to the grounds.

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

VAN LEADERSHIP GROUP Introducing New Members

In 2002, the Leadership Group was formed to guide the Vital Aging Network's planning and development efforts. The Leadership Group is composed of individuals who are passionate about implementing the mission of the Vital Aging Network (VAN). The mission of VAN, a grassroots movement, is to promote self-determination, community involvement, and personal enrichment for and with older adults through education and advocacy.

In January 2006, eight new members joined the Leadership Group. Each member will serve for a term of two years. New members include:

- Dick Graham
- Marnie Hensel, Coach
- Dayton D. Hultgren, Principal and President, HBH Associates LLC
- Mary Kowalski, Retired 3M Manager
- Jane Leonard, President, MN Rural Partners
- Harriet J. Mednick, NW Senior Chore Services
- Sharon Notch, Central MN Council on Aging
- Dolores Zeller, Metropolitan Area Agency on Aging Board of Directors

Mark Fischer, Sarah Peterson and Jan Schwarz extended their Leadership Group terms for two more years. Leadership Group officers were also elected, they include:

- Chair: Kris Orluck, Senior Coordinator, Maple Grove Parks & Recreation Board
- Interim Vice-Chair: Harvey Feldman, Teaching Specialist, U of M
- Treasurer: Mark Fischer, President, Fischer on Finance

EXPLORE ALASKA

Osher Lifelong Learning Institute Travel Opportunity

The Osher Lifelong Learning Institute (OLLI) is offering an exciting travel opportunity for its members! Billie Young will lead an adventure to Alaska, July 29 to Aug. 8, 2006. The University of Alaska-Fairbanks, a recent Osher Grant recipient, contacted the OLLI Travel Committee and is rolling out the red carpet for OLLI members to experience Alaska under their leadership. Highlights of the tour are: a riverboat discovery cruise down the Chena River, the Denali National Park, a trip on the Alaska Railroad, a Kenai Fjords boat tour to see calving glaciers, a park service program in Talkeetna, and a visit to the Alaska Sea Life Center in Seward. Culinary experiences will include a salmon bake and a moose stew. There will also be an opportunity to interact with Inuit natives.

Billie will lead a course on Alaska during the spring semester and it is recommended that members planning to go on the trip enroll in the class. The cost is \$3,600, which includes airfare on Sun Country and Alaskan Airlines and the land package. All but three meals are covered. Only checks are accepted for the tour because neither Sun Country nor the University of Alaska-Fairbanks accepts credit cards. Enrollment is open immediately. To request an itinerary and application call Ruth Kreps 651-631-8543 or e-mail rckreps@aol.com.

Please note, there are still openings for the trip to South Africa departing Aug. 28, 2006. For information contact Paula of "Another Land" at 612-821-6465 or e-mail paula@anotherland.com.

BOOMERS! REDEFINING LIFE AFTER FIFTY

New Show on National Public Television

As the first Boomers started turning 60 in January 2006, a new public television series joined in the celebration. *Boomers! Redefining Life After 50*, airing on public television stations nationwide, will explore the issues, challenges and opportunities facing Boomers as they contemplate their 50s, 60s, 70s and beyond. A 13-part series of half-hour magazine style programs, *Boomers!* will examine this generation's innovative approach to work, family, health, love, finance, friendship, learning, travel and volunteerism. *Boomers!* is filmed in communities across the country. Each program has three feature stories, and shorter segments on health, personal finance, and lifestyles. Boomer trivia questions will be woven into the mix. More information on the series can be found at www.boomerstv.com.

MINNESOTA CREATIVITY AND AGING GET-TOGETHER

Gathering Provides Opportunity to Learn, Create and Network

The event, sponsored by the Minnesota Creative Arts and Aging Network (MNCAAN), will be held on March 4, 8:15 a.m. – 4 p.m. at the Minneapolis Community and Technical College. It will feature performances, presentations, and participation activities that showcase model approaches, share research, inspire new ideas, and provide links to resources for fostering artistic expression in older adults. Performers will include drummers from Walker Methodist Health Center, saxophonist Irv Williams, and dancers from Kairos Dance Theatre and the Southwest Senior Center's Day Elder Center.

The keynote speaker will be Gene Cohen, M.D., Ph.D., noted researcher on creative aging and author of *The Creative Age: Awakening Human Potential in the Second Half of Life* and the forthcoming *The Mature Mind: The Positive Power of the Aging Brain* (which will be excerpted in Newsweek in January). The registration fee is \$45 (or a low-budget option of \$30).

Also come on March 3 to the Walker Art Center for "Tending and Mending," an evening exhibit and performance event featuring the work of installation artist Sandra Menefee Taylor and residents at Catholic Eldercare, the poetry of Phebe Hanson, and a short talk and book-signing by Dr. Cohen. Creativity Playtime in Walker's Art Lab and tours of the Walker begin at 5:30 p.m. Program at 7:00 p.m. The registration fee is \$8.

Space is limited to 150 participants for the Saturday conference. The registration deadline is February 17. To request a conference brochure (which includes a registration form) contact Kerry Stone at 651-778-9352 or by email at kerrystone42@hotmail.com.

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."



February 1, 7:30 – 9 p.m.

St. Brigid's Day – Thin Places in the Celtic Tradition: Where Hope is Affirmed

Carondelet Center, 1890 Randolph Avenue, St. Paul

Presenter Mary Treacy O'Keefe will lead participants in a reflection on the thin places in their lives.

Cost: \$15

Contact: Carol Petersen at wisdomways@csjstpaul.org

February 7 and 14

“Tuesdays with a Scholar” Series at Southdale Library

This series, sponsored by the University of Minnesota and The Friends of the Southdale Library, will showcase two speakers in February:

February 7

Abu Ghraib and Medical Ethics

Presenter: Steve Miles, Professor of Medicine and faculty of U of M Bio-Ethics Center

Cost: free

February 14

Oriental Medicine and Health Issues

Presenter: C.B. Bunkholt, acupuncturist

Cost: free

February 11, 10:30 a.m.

Grandparents-Grandkids Valentine Tea at Oxboro Library

8801 Portland Ave. S., Bloomington, 952-847-5775

Come with your grandchildren or young friends to the library for a program featuring stories and songs celebrating families and love. Enjoy tea, coffee, juice and refreshments. If you have special tea cups, bring them and share their stories. Sponsored by the Friends of the Oxboro Library.

February 11, 8 a.m. – 4 p.m.

Men’s Retreat: Fire in the Bones – Men and the Mystery of God

Carondelet Center, 1890 Randolph Avenue, St. Paul

Presenter, Chuck Lofy, retreat leader and masterful teacher who studied under Karl Rahner, will invite retreat participants to explore the seven fundamental spiritual experiences through presentation and group interaction: 1) Vitality; 2) Sorrow's Springs; 3) Amazing Grace; 4) Love; 5) Awe; 6) Reverence; and 7) Service.

Cost: \$80 (includes breakfast and lunch)

Contact: Carol Petersen at wisdomways@csjstpaul.org

February 12, 2 – 4 p.m.

Wanted: Good Health Care, Adequate Health Insurance, Who Has It? Where Can We Get It?

Council Chambers, 3rd Floor, 5005 Minnetonka Blvd, St. Louis Park City Hall

Dr. Stephen Miles, professor of medicine, U of M Center for Bioethics, will lead a discussion on the issue. For more information, visit

www.dfleducationfoundation.org.

February 16, 2006: Application deadline for “Wisdom Works: Building Better Communities Initiative”

The National Council on Aging is accepting applications from community senior centers for six grants of \$25,000 each through its “Wisdom Works: Building Better Communities Initiative.” For more information, please go to: www.ncoa.org.

Thursdays, February 16 – March 16, 7 – 9 p.m.
A Mystic for Our Time: Teilhard de Chardin, the Human Phenomenon

Carondelet Center, 1890 Randolph Avenue, St. Paul, MN

This five week series will explore the life and writings of Pierre Teilhard de Chardin (1881-1955). Teilhard, a French Jesuit and world-class paleontologist and geologist, left behind 11 published scientific books and 14 unpublished books of theological writings.

Cost: \$100 (five week series) plus books

Contact: Carol Petersen at wisdomways@csjstpaul.org

February 24, 7:30 a.m. – 9 a.m.

Minnesota Gerontological Society Breakfast Forum: “Independence by Design”

Every senior has unique physical, sensory, and cognitive capabilities. Homes and apartments may need to be constructed or remodeled to “fit” seniors’ circumstances to provide safe, comfortable, and supportive environments. Diane Sprague, an MGS board member and director of the “Lifetime Home Project,” will give a presentation highlighting a range of innovative features -- particularly, universal design approaches and “smart” home health sensing technologies -- that can promote “independence by design.” A light continental breakfast will be provided. At the forum’s conclusion, join Episcopal Homes’ staff for a tour of the housing options available on the continuing care campus.

Cost: free for MGS members, \$10 for non-members

Contact: email mngs2@aol.com by Wednesday, Feb. 22 to register.

February 25, 8:30 a.m. – 4 p.m.

Women’s Retreat: Rhythms and Seasons for a Woman’s Life – Dancing with God

Carondelet Center, 1890 Randolph Avenue, St. Paul

Gertrud Mueller Nelson, internationally known speaker, retreat leader, author, and artist and Susan Palo Cherwien, Finnish American writer and musician ask: How do we do it? How do we honor and ritualize the rhythms and seasons of our lives? How do the seasons of nature and the seasons of the church year provide a framework?

Cost: \$80 (includes breakfast and lunch)

Contact: Carol Petersen at wisdomways@csjstpaul.org

Thursdays, March 2 – April 13, 10:30-noon

The Seven Tasks of Creative Aging at Edina Library
5280 Grandview Square

This seven-week workshop series will use poetry as a catalyst for personal exploration and growth to help unlock the full potential of post-retirement years. Sponsored by the Hennepin County Library in collaboration with Edina Senior Center.

Registration required and limited; begins Feb. 1. Register in person or by phone at 952-847-5425.

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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