



Vital Aging Network  
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## March 2006 Bulletin

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### VAN FORUM MARCH 14

#### Caregiving with Vital Aging

*Presenter:* Joan Knuesel, FamilyMeans

*Time and Place:* Tuesday, March 14, 10 a.m. – 12 p.m., Lenox Community Center, 6715 Minnetonka Boulevard, St. Louis Park

Come to a presentation about life...and laugh a little along the way! Any age is the right age to make decisions that empower you and positively affect your future. Have you ever thought of how easy it would be for others to honor your wishes if things were just written down? Come and learn to 1) use simple strategies for keeping key documents, 2) write out those special stories and memories, and 3) put together a packet of information for those who may have to care for you.

*Directions:* Lenox Community Center is located at 6715 Minnetonka Blvd, St. Louis Park, between Hampshire and Georgia Avenues, west of Highway 100. The coordinator for the Lenox Center is Rita Kach, who can be reached at 952-928-6418.

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

### FACT OR FICTION?

#### Global Warming/Climate Change/Mercury Pollution

Is global warming and climate change a reality? How about mercury contamination of Minnesota's waters and fish? Would you like to know more about what is actually happening and what we can do about it? If so, attend a special meeting on March 31 to get accurate and reliable information on these developments and what you can do to make a positive difference in the Twin Cities and in Minnesota.

J. Drake Hamilton, science policy director at Minnesotans for An Energy Efficient Economy (ME3), will talk about what is happening and what actions we can take. Ms. Hamilton will present the provisions of the Renewable Electricity Standard (RES) - a plan and timetable to increase renewable electricity in our state - and legislation to clean up our waters. We will have the opportunity to learn about and discuss how the Minnesota Legislature can accelerate the use of renewable energy resources to replace fossil fuels (coal and oil) which emit carbon dioxide and mercury.

This meeting is being organized by the Environmental Force advocacy team initiated by the Vital Aging Network as a "Vital Force" in Spring 2005. Environmental Force is a group of older adults in Minnesota committed to leaving a legacy of a healthy environment for future generations.

Plan to attend this free and open meeting, 10:30 a.m. - 12 p.m. on Friday, March 31, 2006 at the Roseville Library, 2180 Hamline Ave (corner of Hamline Ave. and Cty Rd. B), just two blocks south of Hwy 36. For directions call 651-628-6803.

The Environmental Force Steering Team would appreciate hearing questions or comments from interested individuals. Contact Bob Gubrud at 952-920-1442 or [regubrud1@netscape.net](mailto:regubrud1@netscape.net) to learn more about the work of Environmental Force.

## **CREATING HEALTHY COMMUNITIES FOR AN AGING POPULATION**

### **Recommendations for Action**

Two advisory groups from the Minnesota Department of Health convened a workgroup of advisory committee members, content experts, and concerned citizens to discuss aging issues. The workgroup used a broad-based framework to discuss healthy aging and to identify areas of high need to stimulate action in Minnesota.

The workgroup used the following definition of healthy aging: "Healthy aging is the development and maintenance of optimal mental, social and physical well-being and function in older adults." This is most likely to be achieved when communities are safe, promote health and well-being, and use health services and community programs to prevent or minimize disease.

Recommendations from the workgroup include:

1. Develop a system of accreditation for communities to achieve the status of "elder-friendly" or "vital aging."
2. Improve transportation options for elders by identifying barriers, gaps and assets and by implementing collaborative efforts on the local, regional and state levels.
3. Support the use of technology for care delivery, access to information, opportunities to participate in the community, and targeted services that focus on an aging population.
4. Support infrastructures that provide education and tools for health promotion, self-responsibility for health promotion and maintenance,

- and disease self-management that are understandable, culturally appropriate and competent.
5. Broaden retirement planning and education to encourage people to take responsibility (early and seriously) to save and use available resources wisely.
  6. Address and catalogue mental health needs of the aging population on local, state and national levels.
  7. Develop elder-friendly and caregiver education regarding available resources and how to access them using common language and terminology.
  8. Enhance and promote a community culture that supports people as they age and recognizes them as an asset.

For more information on this effort or to download a copy of the full report, go to <http://www.health.state.mn.us/divs/chs/rhac/pubs.htm>.

## **PROMISING PRACTICES IN TRANSPORTATION COORDINATION**

### **Transportation “Toolbox” Available**

The Administration on Aging recently announced the availability of a transportation toolbox titled “Seniors Benefit from Transportation Partnerships: Promising Practices from the Aging Network.” The toolbox is provided to inform state and local efforts to increase the coordination of transportation services for older Americans.

The resources in the toolbox include useful practices in transportation coordination, a handbook for creating door through door transportation programs, a template for communities to build their own transportation resource guide, a comprehensive resource list for transportation coordination and a tailorable presentation on useful practices.

To download these free resources, go to <http://www.aoa.gov/prof/transportation/transportation.asp>.

## **INTERNATIONAL RESOURCES ON SENIOR HOUSING**

### **Library of DVDs Now Available**

A library of DVDs focusing on senior housing, design architecture, layout, and fixture fittings was recently released. More than 70 DVDs cover all forms of housing for people over 50 years of age, including Active Adult Communities, Independent Living, Continuous Care Retirement Communities, Senior Rental Properties, Assisted Living, Memory Assisted Living, Resorts, Lifecare Estates and the best of award winning community centers.

The DVD collection was filmed in the United States, Europe and Australia. It

features award winning architecture and design from three continents. Each DVD contains a minimum of five properties within the class/section indicated on the DVD cover. Each DVD is a minimum of 30 minutes. You are able to see the full selection of DVD by going to the link:

[http://www.seniorshousing.us/DVDs\\_2005/CatalogueUSA.pdf](http://www.seniorshousing.us/DVDs_2005/CatalogueUSA.pdf)

## MINNESOTA CREATIVITY AND AGING GET-TOGETHER

### Come Enjoy A Day of Learning, Creating and Networking

The Get-Together 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*.

The event, sponsored by the Minnesota Creative Arts and Aging Network, will be held at the Minneapolis Community and Technical College, Saturday, March 4, 8:15 a.m. – 4 p.m. The registration fee is \$45, or \$30 for the low-budget option. To pre-register go to:

[http://www.bodyodyssey.biz/files/010906\\_mncann\\_b.pdf](http://www.bodyodyssey.biz/files/010906_mncann_b.pdf) or contact Kerry Stone at 651-778-9352 or [kerrystone42@hotmail.com](mailto:kerrystone42@hotmail.com). Walk-ins are welcome.

Also plan to attend an exhibit and performance event called “Tending and Mending” on Friday, March 3 at the Walker Art Center 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 Art Center begin at 5:30 p.m. The program begins at 7 p.m. The registration fee is \$8. Walk-ins are welcome.

## DATES TO PUT ON YOUR CALENDAR

Let VAN know if you have events in your community for vital agers. Visit [www.van.umn.edu](http://www.van.umn.edu) and click on “Send Us a Calendar Event.”

**Thursday, March 2, 10:30 a.m. – 12 p.m.  
(and subsequent Thursdays through April 13)**

### **The Seven Tasks of Creative Aging at Edina Library**

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 and the National Association of Poetry Therapy Foundation.

Registration required and limited. Register in person or by phone.



Location: 5280 Grandview Square, Edina, 952-847-5425.

**March 7 – April 25**

**Clavinova Connection – Music and Wellness Programs**

Clavinova Connection is a music and wellness program designed specifically for active adults. It is designed as an eight-week program for adults who may have never played a musical instrument, but may have always wanted to. Clavinova Connection combines the use of a Yamaha Clavinova (a full-size digital piano) with the wellness benefits that come along with actively participating in music.

Location: Schmitt Music – Minnetonka, 14200 Wayzata Blvd. Suite Q

Cost: \$100 for eight weeks, each session is 1 hour in length (all materials are included).

**March 8, 8:30 a.m. – 1 p.m.**

**Promoting Health and Safety in Later Life: Addressing Domestic/Sexual Abuse in Later Life**

This training for community health care providers, other senior service providers and the general public will increase knowledge of domestic and sexual violence in later life. The speakers will identify possible solutions when addressing specific barriers and challenges faced by victims in the community. Building community partnerships to address this victimization will be addressed.

Location: St Michael's Church, 1660 County Road B, Roseville

Cost: \$25 or \$20 for members of the MN Network on Abuse in Later Life

Contact: Mary Allen at [marya@mnaill.org](mailto:marya@mnaill.org)

**March 10, 8 – 9:30 a.m.**

**Working Wisdom – Strategies for an Experienced Workforce Navigating the Transition**

Determining those important next steps for the second half of your life and actually navigating the transition is a challenge! WomenVenture's time-tested model, the career diamond, is a proven process for making focused choices that work for you and your unique life circumstances.

This session will explain the key components of the career diamond model — assessment, generating and researching options, evaluating, and action planning — and how you can apply them to your life. Presented by Shelley Jensen-Decker, Career Services Manager, WomenVenture.

Location: Golden Valley Golf and Country Club, 7001 Golden Valley Road, Golden Valley

Cost: \$25 pre-registered, \$35 at the door

Contact: 651-646-3808 or go to [www.womenventure.org](http://www.womenventure.org)

**March 11, 18 and 25, 9:30 a.m. – 1 p.m.**

**The Retirement Transition**

An experiential workshop for people age 50+ planning for retirement or currently retired and wondering “what’s next?”. The workshop will be led by Bob Riesett, Georgetown University, University of Maryland educator and international business consultant.

Session 1: Retirement in the 21<sup>st</sup> Century – Myths, Reality, The Transition

Session 2: Taking Control – Balancing Your Life

Session 3: Creating a Third Age Vision, Life with Meaning, Purpose, New

“Dream Work”

Cost: \$135 for three sessions

For registration and information contact TrainingWorks Corporation at 651-225-1227.

**Tuesday, March 14, 6:30-8:30 p.m.**

**(and subsequent Tuesday evenings through May 16)**

**Coming Into Our Fullness**

A 10 session growth group for women seeking to re-balance their lives. Come explore the possible and learn to craft a next chapter in life that feeds your interests and brings you hope and joy. The group combines artistic play and exploration (journaling, artwork, creative visualization and more – no experience needed) with more traditional values, personality and interest measurement tools.

Location: Uptown Business Center near Calhoun Square, 3009 Holmes Avenue South, Minneapolis

Cost: \$30 per class, \$300 total

Contact: Lee Truer at 612-824-9745 or go to [www.truergrowth.com](http://www.truergrowth.com).

**Thursday, March 16**

**(and subsequent Fridays, Saturdays, and Sundays through April 9)**

**Gilbert and Sullivan Class**

Connie Waterous will lead Osher Lifelong Learning Institute participants in discovering (or rediscovering) Gilbert and Sullivan in the spring session. Class participants will attend performances by The Gilbert and Sullivan Very Light Opera Company (a local volunteer group) at the Howard Conn Fine Arts Center at Plymouth Congregational Church, 1900 Nicollet Ave. S., Minneapolis.

Cost: Adult tickets are \$4, preview tickets are \$5. Order online at [www.gsvloc.org](http://www.gsvloc.org).

**Monday, March 27, 7 p.m.**

**Arts Access with Jawaahir Dance Company**

**Eden Prairie Library**

Dancers ages six to 85 will be center stage when award-winning Kairos Dance Theatre performs free as part of Hennepin County Library's "Arts Access" performance series for teens and adults of all abilities. Now in its second season, "Arts Access" connects teens and adults of all mental and physical abilities to the arts. "Arts Access" dance programs feature performance and hands-on instruction, and foster self-awareness, self-esteem, trusting relationships, and social interaction.

Cost: no registration fee

Contact: 952-847-8661

**Monday, March 27, 6-8:30 p.m.**

**(and for five Monday evenings through April 24)**

**Mini Medical School**

The Academic Health Center Office of Communications at the University of Minnesota offers sessions through its Mini Medical School for interested individuals. The focus for this session is on the GI tract.

Cost: \$60

Online registration available at [www.ahc.umn.edu/minimed](http://www.ahc.umn.edu/minimed).

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](http://www.van.umn.edu)



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