



Vital Aging Network
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June 2006 Bulletin

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VAN FORUM JUNE 13

Tools for Fighting Ageism: Minnesota's Human Rights Act

Presenter: Gary Gorman, Supervisor of Outreach Program Development for the Minnesota Department of Human Rights, and Harriet Mednick, Vital Aging Network Leadership Group

Time and Place: 10 a.m. – noon, Roseville Library, 2180 N. Hamline Ave., Roseville.

The Vital Aging Network believes that ageism is a pervasive form of bigotry. At the May VAN Forum Dr. Robert Yahnke introduced the topic of ageism as portrayed in the media and arts. To continue the discussion on ageism, join VAN and Gary Gorman from the Minnesota Department of Human Rights. Mr. Gorman will present on the Minnesota Human Rights Act and the Department of Human Rights' efforts to identify and fight age-related discrimination.

Harriet Mednick, VAN Leadership Group member will lead a round table discussion on ageism, the implications of age discrimination on society and what we can do collectively to fight ageism.

Directions: The Roseville Library is located 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.

CAMP KID-AGAIN PILOT CAMP

College of St. Scholastica, Duluth, MN

Camp Kid-Again, a fitness camp at The College of St. Scholastica for women age 50 and older, is looking for 18 participants for a one-week pilot program this summer.

Camp Kid-Again will be offered on the Duluth campus July 23-29. The week will combine classes – led by faculty, staff and local experts – with recreational outings along the shores of Lake Superior. The camp's goal is to offer educational and recreational experiences that will enhance the women's physical, psychological and spiritual health.

"We want to bring together a group of women over 50 who are looking for rejuvenation, inspiration, adventure and fun," said camp director Gary Gordon, who is an associate professor in the Department of Exercise Physiology at St. Scholastica. "The pilot program will help design this summer's program and will evaluate the week to plan an expansion of the camp."

A sampling of outdoor activities will be offered. Activities such as hiking, biking and walking on the lakewalk require no previous experience. Instruction will be offered in kayaking, tennis and yoga, along with a whitewater rafting adventure. Individuals can participate at their own pace and all activities are optional.

Classes will focus on topics such as muscle strengthening, aerobic exercise, balance training, injury prevention, healthy cooking, relationships, spirituality, positive thinking and enhanced mental abilities. Health assessments, individualized exercise plans and massages may be arranged in advance for a separate fee.

Participants will stay in new two-bedroom apartments on campus. The camp fee of \$600 includes six nights of lodging, three meals daily, speakers' fees, transportation and fees for all off-campus activities. The fee reflects a first-year reduction made possible by partial funding from a start-up grant from the College.

For more information contact Gary Gordon at (218) 723-6295 or ggordon@css.edu.

STRENGTHENING COMMUNITIES THROUGH INVESTMENT IN VOLUNTEER RESOURCES

We're all in this together

In a nation that depends on volunteers to address a broad range of social issues, companies and foundations are investing in positive social change by helping organizations learn to maximize the impact of volunteer resources. A half-day forum, designed for nonprofit and public decision makers, foundation and community leaders, and those who provide day-to-day leadership to

volunteers will feature national and local experts sharing:

- Why funders are working to achieve impact through support for volunteer resources
- The crucial role of volunteer resources leadership in Minnesota
- The key to high impact volunteer engagement: When organizational leaders team for success! With nationally recognized speaker and trainer Betty Stallings

Wednesday, June 28, 7:30 a.m. – 10:30 a.m.

Hosted by St. Paul Travelers, 385 Washington Street, St. Paul, MN.

For more information visit www.mavanetwork.org

SPOTLIGHT ON...

Legacy Project

The Legacy Project explores and celebrates the big picture. It's about life, living, and making a difference at all ages. As the name Legacy suggests, our lives can be a path along which we ask questions and make choices. The questions we ask and the answers we find for ourselves determine the legacy we create. And that legacy evolves as we move from childhood through adolescence to young adulthood and older adulthood. The Project is a multigenerational project -- for children, teens, and adults, for individuals, families, schools, and community groups.

The Legacy Project has four key goals:

1. To help individuals of any age -- children, teens, young adults, older adults -- be their best by identifying, creating, and achieving meaningful life maps.
2. To explore and celebrate the personal histories, memories, heritages, traditions, values, hopes, and life lessons passed along from generation to generation, and encourage closer relationships between generations.
3. To encourage big picture life thinking, from the personal to the interpersonal to the social.
4. To explore current issues and ideas from a multigenerational, life course, legacy perspective.

The Project has two key umbrella programs, under which all of their activities fall. The LifeDreams program looks at the course of life, and the hopes and dreams we have for ourselves and our world. Across Generations focuses on intergenerational relationships and issues.

The Legacy Project offers free online activity kits and guides, books, essay contests, workshops, exhibits, networking, and more. The award-winning activity kits include activities, lesson ideas for schools (with curriculum connections), self-assessments, games, creative crafts, art projects,

reproducibles, and recommended related resources. Online guides and tip sheets include practical information you can use from how to use the power of story with children to building life skills.

The project runs several essay contests throughout the year for both children and adults. There are workshops which can be customized for specific groups. They also offer a number of community programs like the World Dream Chest, Read 'N Raise, and the LifeDreams Exhibit which is traveling coast-to-coast to schools, museums, libraries, and other community centers.

The Legacy Project is an education initiative of the nonprofit Parenting Coalition and Generations United, both based in Washington, DC. Educator, researcher, and bestselling author Susan V. Bosak, MA, is the Founding Chair.

More information can be obtained from The Legacy Project Web site at <http://www.legacyproject.org/>

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."



Tuesday, June 6, 4 p.m.

School of Social Work Sehlin Lecture Series

Robert Kane, professor and Minnesota Chair in Long-Term Care and Aging in the School of Public Health, will discuss "It Shouldn't Be This Way: The Failure of Long-Term Care", as part of the Sehlin Lecture Series. The lecture is part of the School of Social Work's alumni and friends annual event. A panel discussion will follow Professor Kane's remarks, featuring Helen Kivnick, Linda Jones, Jim Reinardy, and Priscilla Gibson, all faculty within the School of Social Work.

Location: Continuing Education Conference Center, University of Minnesota St. Paul campus

Contact: jbeaudet@che.umn.edu

Tuesday, June 27, 8 a.m. – 4:30 p.m.

Boomers and Beyond Seminar

The Baby Boomers began turning 60 in 2006, a milestone that has captured the attention of the media, advertisers, and politicians! Has your church developed ministries to this generation and those beyond them in years? Join us for a dynamic day filled with inspiring challenge and practical ministry ideas.

Location: Bethel University, St. Paul

Contact: <http://www.chonline.org/bgc/>

Cost: \$50 includes all materials and lunch

June 30 – July 2

Camp Jumpstart!

There is a new resource for people transitioning from the job market to the entrepreneurial life. Camp Jumpstart! -- now in its third session and convenes at the Archer House in Northfield, MN, June 30-July 2, 2006. Camp Jumpstart! is a sanctuary where budding entrepreneurs can give themselves ample time to give life to their dreams and let all their wild ideas run free.

Location: Archer House, Northfield, MN
Contact: <http://www.jumpstartentrepreneur.com>
Cost: \$577

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

