



Vital Aging Network  
minnesota :: [www.van.umn.edu](http://www.van.umn.edu)



## August 2006 Bulletin

### In this issue...

Forum...1

Recruiting Older Adults...2

Elders' Wisdom Children's Song...2

Bridges out of Poverty...2

Time Remaining...3

Dates to put on your calendar...4

## VAN FORUM AUGUST 8

### Acting Happy

*Presenter:* Dale Anderson, M.D.

*Time and Place:* 10 a.m. – noon, Boutwells Landing

Ask most doctors and they will likely tell you: happy people are healthier people. Happiness is an infectious state that can definitely have an impact on your health. That's because your brain comes equipped with an inner pharmacy that can help you be joyful and embrace life, lending a hand to make you feel years younger.

Enjoying good health isn't just about scoring good numbers on a cholesterol test or passing a mammogram with flying colors. While those are both good things, it's also important to have a healthy state of mind, to be "WELLderly." You should start working on being a "WELLderly" person early in life so that you are in good practice when it really counts. That means never acting your age, and taking a childlike approach to life.

Join Dr. Dale Anderson as we explore humor and vital aging. Dr. Anderson (AKA) The DRAMATOLOGIST has been a physician for over 45 years and has practiced as a family physician, a board-certified surgeon and a board-certified emergency physician. He is a board-certified surgeon and a Founding Diplomat of the American Board of Holistic Medicine.

**Directions:** You will see the new buildings of Boutwell's Landing on the south side of Highway 36, east of 694, in Oak Park Heights on the western edge of Stillwater. Exit Highway 36 at Exit 23B. Turn south on Norrell Avenue past the Walmart to 58th Street. Go west (right) on 58th Street about one block. Turn south (left) onto Norwich Parkway. Continue around the Parkway to the center entrance to Boutwell's Landing, #5600. Parking is available in front of the entrance and along the Parkway.

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

## RECRUITING OLDER ADULTS INTO YOUR PHYSICAL ACTIVITY PROGRAM

The Center for Healthy Aging recently released a new guide on recruiting older adults into a physical activity program.

This guide outlines a social marketing framework for designing a recruitment plan, successful recruitment tips from aging services providers who conduct physical activity programs for older adults, and one-on-one recruitment communication techniques. It is the sixth in a series of briefs on physical activity programming for older adults.

To download the guide visit [www.healthyagingprograms.com](http://www.healthyagingprograms.com), click on “Resources” and then “Physical Activity.”

## ELDERS’ WISDOM CHILDREN’S SONG Celebration Honoring Minneapolis Elders

The Minneapolis Park and Recreation Board invites the public to the *Elders’ Wisdom Children’s Song*, at the Nokomis Community Center, 2401 E Minnehaha Parkway, from 6:30 p.m. – 8:00 p.m. on Friday, August 11. This free community celebration honors three elders and features Larry Long, Neeconis Women Singers, and youth from Sibley, Pearl and Nokomis Parks who will perform songs based on the lives of community elders, Sharon Day, George Booker, and Vicki Bonk. Themes of the songs include the life cycle of the Monarch butterfly, volunteerism, and protecting the water.

A traditional Ojibwa Feast will be offered from 6:30 p.m. – 7:00 p.m. and the *Elders’ Wisdom Children Song* celebration will be performed from 7:00 p.m. – 8:00 p.m.

## BRIDGES OUT OF POVERTY Strategies for Professionals and Communities

Jodi Pfarr, Catholic Charities, will lead a workshop on strategies for overcoming poverty in communities on Tuesday, August 15 from 8:30 a.m. – 3:30 p.m. at Northfield Middle School.

The objectives of the workshop include:

- Develop an accurate mental model of generational poverty and explore the impact of poverty on those living with it.
- Review research on the causes of poverty.
- Explore the hidden rules of economic class.
- Examine the impact of poverty on family structure.
- Identify ways in which the information can be used to improve relationships and outcomes at individual, organization and community

levels.

Jodi Pfarr is a consultant for Catholic Charities, assisting program staff with skill development and program enhancement. She worked previously as the Manager of Transitional Housing, where she created programs for those coming out of a shelter or off the street.

Registration is \$25 which includes a boxed lunch. Visit [www.northfieldhci.org](http://www.northfieldhci.org) for more information.

## TIME REMAINING

### The Unmistakable Sounds of People Talking to People!

Andy Halper, former VAN Leadership Group member, hosted a Time Remaining “non-seminar” at the Mall of America with vital agers. The following is his account of the experience:

You shoulda been at the Time Remaining non-seminar seminar at the Mall of America on Friday. As one overly-tall 68 year old man said, “This thing gave me my mojo back!”

What most of us wouldn't give to have our most genuine mojos fired-up! HA!

Most everyone likes to be around other people. That's where we get our energy! But most of us don't get to really talk with, really laugh with, really sort out ideas with other people. Most of us don't have lively conversations with people who like ourselves, crave full, healthy, still expanding lives, seeking wholehearted happiness in our lives.

It's like this: Traditional programs on aging are sometimes predictable, sometimes irrelevant, often preachy and lead to lackluster thinking that can reinforce resistance to optimism and vital aging.

As Abbie Hoffman said, “You gotta laugh with us, at us, and take us seriously all at the same time, or you're going to miss the point!”

The point is that Friday's event at the MOA was wild atmosphere where vital aging came alive! The point is that an initially skeptical 64 year old woman wanting to talk-out her ideas on how she's living-out her time remaining, talking mightily about things that really mattered to her. It was spontaneous, serendipitous, full of surprises, trial and error, dancing, singing, reflection, outright-prolonged laughter, meeting new people . . . just like a vital life ought to be.

The point is that it takes some courage, inspiration, passion to create our lives to, as the voice said in the movie Field of Dreams, go the distance. Rock on! / more to come / thanks to everyone who joined-in on Friday!



## 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."

**September 9, 9:00 a.m. – 4:30 p.m.**

### **Workshop I: The "New" Retirement: The Power of the Aging Brain, Opportunities, Choices**

This workshop is intended for those approaching traditional retirement years or currently retired, whether the retirement is planned or unplanned. Join Robert Riesett, author of *The Retirement Transition, Pathway to the Third Age* as he explores the emotional, psychological, physical, mental, spiritual and financial aspects of retirement.

Location: HealthEast Woodwinds Health Campus, 1925 Woodwinds Dr, Woodbury

Cost: \$115

Contact: [trainworx@aol.com](mailto:trainworx@aol.com) or 651-225-1227. Visit [www.trainingworks.com](http://www.trainingworks.com) for more information.

**September 16, 9:00 a.m. – 4:30 p.m.**

### **Workshop II: "In-Sync or Out-of-Sync" Relationship Changes in Retirement**

This workshop is for people who are retiring and couples and families with a retiring spouse, partner or parent. In Workshop II, Robert Riesett explores the transition stages of the retirement process and how to communicate about the personal and family challenges of each stage.

Location: HealthEast Woodwinds Health Campus, 1925 Woodwinds Dr, Woodbury

Cost: \$115

Contact: [trainworx@aol.com](mailto:trainworx@aol.com) or 651-225-1227. Visit [www.trainingworks.com](http://www.trainingworks.com) for more information.

**September 19, 7:00 p.m. – 8:30 p.m.**

### **Co-Housing Communities in the Cities Meeting**

Join Susan and Barb Hardman at an informational session to explore co-housing communities in the Twin Cities. A video on existing communities will be shown followed by a questions and answers session.

Location: St. Anthony Park Library (Corner of Como and Carter in St. Paul)

Contact: For more information call 651-649-1154

**September 22, 8:30 a.m. – 4:30 p.m.**

### **Mood Disorders in Older Adults: Seen and Unseen**

Join Little Brothers – Friends of the Elderly and presenter Merrie Kaas as they focus on uncovering the signs and symptoms of depression and anxiety in older adults, distinguishing the continuum of normal mood from abnormal mood states, understanding the overlap of mood disorders in older adults and exploring options for managing depression and anxiety across various care settings.

Location: St. John's Hospital, Maplewood

Cost: \$65 before September 12; \$75 after

Contact: Stacy Husebo at [shusebo.min@littlebrothers.org](mailto:shusebo.min@littlebrothers.org) or 612-721-6215

**September 30, 9:00 a.m.**

**Alzheimer's Association Memory Walk**

Join the Alzheimer's Association for their annual Memory Walk to help those coping with Alzheimer's and related diseases. Since 1989, the nation's largest event supporting Alzheimer's care and support services has raised more than \$200 million. There are no fees to register and all participants who raise \$100 will receive a 2006 Memory Walk t-shirt.

Location: Hyland Park, 10145 Bush Lake Rd, Bloomington

Contact: [www.alzmdak.org/memorywalk](http://www.alzmdak.org/memorywalk) or 952-857-0532

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)



**Vital Aging Network**  
minnesota