



Vital Aging Network

# e-Bulletin



December 2011

learn  
engage  
lead

## VAN FORUM

### Fraud Fighters *Spot fraud and stop it!*

**Tuesday, December 13, 2011**

12:30 pm to 1:00 pm - Registration

1:00 pm to 3:00 pm - Program

#### **Wilder Center Auditorium**

451 Lexington Parkway North  
Saint Paul, MN 55104 ([map](#))

*with:*

**Lori Swanson**, MN Attorney General (invited)

**Jim Arlt**, MN Department of Public Safety

With additional presentations by the **Better Business Bureau** and the **Senior Linkage Line®**

Do you worry about how to protect yourself and your family from fraud?

In tough economic times, our vulnerability to scams increases. As scam artists become more sophisticated, we are all potential targets. And people aged 65 and over are at particular risk.

However, with the right information about prevention, Minnesotans can avoid becoming victims of fraud. ([Read tips from the MN Attorney General's office for avoiding fraud.](#))

This **FREE** forum is open to the public. This forum is

**VAN Forums**

**e-Bulletin**

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## Pauly's List

*Connecting Saint Paul  
Seniors to Quality  
Businesses*

**Pauly's List** helps you find Saint Paul business services that others recommend.

The website lets people add reviews of local businesses-- home repair, attorneys, auto care, retail stores, restaurants, etc.

**Pauly's List is unique because** it provides ratings about how well the business responds to the **needs of seniors**, it offers a mystery shopper program to help businesses improve

co-sponsored by **AARP** and the **Better Business Bureau**.  
Registration is appreciated but not required.

**[Register now!](#)**

**[Download a flyer](#)**

## **Be the Change**

### *Making a Difference in Your Community*

On November 15, a group of 29 **[Oromo community](#)** elders gathered to talk about their community and their roles in making the community better. They were participating in a Vital Aging Network "Be the Change" workshop, developed and led by the Peg Kavaney and Julie Roles.

The "Be the Change" workshop engages participants in a highly interactive discussion to heighten their sense of the importance of being involved in their community and move them to take action. In the process, participants identify the strengths in their community and understand the various civic roles they and others play. Through funding from the St Paul Foundation, the Vital Aging Network has developed partnerships with three Saint Paul community organizations to deliver the workshops: Hamline Midway Elders, the Oromo Community of Minnesota, and Little Brothers/Friends of the Elderly. **[Read more](#)**

their service to seniors, and it includes a "Senior Santa Wish List" especially for professionals working with seniors.

The Consortium at Carondelet Village in Saint Paul sponsors Pauly's List.

The Consortium is a collaborative group of health and wellness providers supporting area residents to live vibrant and independent lives in their homes.

For information email: **[Info@PaulysList.com](mailto:Info@PaulysList.com)**  
or phone:  
651-698-1310.

## **Proper Disposal of Medications**

Do you have unused medications and wonder how to get rid of them?

The Vital Aging Network is please to partner with **Minnesota SMARxT**



**DISPOSAL** in a new campaign to spread the word about proper disposal of unused medications.

Follow this three easy steps to safely dispose of medications in your household trash:

1. **Pour medication into a sealable bag.** If medication is a solid, add water to dissolve. Remove all personal information from container, if needed.
2. **Add kitty litter, sawdust, coffee grounds** (anything to make medication less appealing to eat) to the plastic bag.
3. **Seal the plastic bag completely and throw it in the**

## trash.

As an alternative, many counties hold prescription drug take back events (Hennepin and Carver), or are establishing permanent drop-off spots (Scott and Ramsey) where medications are collected and disposed. Check your county website if you'd like to find out more about these options.

To learn more about the campaign, visit [www.MNSmartDisposal.com](http://www.MNSmartDisposal.com).

## Removing Barriers for 50+ Volunteers

"Our aging population presents many incredible opportunities," says Lt. Governor Yvonne Prettner Solon. "People over the age of 50 are one of our fastest growing natural resources. We need to tap this resource, a pool of people who boast unmatched levels of experience, expertise, talent and creativity that is born of lifetimes full of civic and community engagement."

With this belief in mind, Lt. Governor Prettner Solon convened thought leaders in volunteer engagement in a daylong summit titled, Game Changers: Building Minnesota's Future with 50+ Talent. The Minnesota Board on Aging, Aging 2030, and the members of the Invisible Force, including the Vital Aging Network, co-sponsored the summit. [[Read more](#)]

## Thank you to our contributors

We would like to say thank you to those who contributed to VAN in the November 16 **Give to the Max** campaign.

We raised \$2,685 through the effort. The contributions will help VAN engage older adults in learning, connecting, and leading to make their own lives and the lives of those around them better.



Thank you!

## Resources

[America's Job Crisis: Low-Income Seniors Hit Hardest](#)

*(2011 The Gerontological Society of America)*

This research brief focuses on how the recession has impacted low-income older workers. The brief discusses potential workforce policy changes and government programs that can assist seniors who are struggling to find work.

**[The MetLife Study of Women, Retirement, and the Extra-Long Life: Implications for Planning](#)** *(MetLife Mature Market Institute and Scripps Gerontology Center)*

Women typically live longer and, therefore, face unique risks in retirement including aging single, lower annual retirement incomes, and greater healthcare costs and caregiving responsibilities. This MetLife Mature Market Institute and Scripps Gerontology Center report finds that women need to be doing a better job at retirement planning and that the differences between men and women have important policy implications.

*From [Public Policy & Aging e-Newsletter](#) a publication of the National Academy on an Aging Society*

## Volunteer Opportunities

- **Courage Center** - Health Care Home Volunteers
- **Stages Theatre Company** - Scene Shop Hand
- **Yinghua Academy Chinese Immersion** - School Library Managers
- **Vital Aging Network** - Website Administrator; Forums Scheduler

**[\[more on these volunteer opportunities\]](#)**

## Calendar of Events

- **November 1 to December 30, 2011 - [Textile Center Holiday Show and Sale](#)**. High-quality fiber art by more than 150 artists from Minnesota and across the country.
- **Tuesday, December 13 - Noon to 1:00PM**  
- **[Changing Compassion Fatigue to Compassion Satisfaction](#)**. Lores Vlaminc presents tools for identifying signs of compassion fatigue and practices of self-care. Registration required for this free webinar.
- **Tuesday, December 13 - 12:30 to 1:00PM - [VAN Forum: Fraud Fighters](#)** - Wilder Center. Learn about fraud and scams that lurk around us and how to

protect yourself and your loved ones.

- **Tuesday, December 13 - 6:00 to 7:30PM - The Encore Years: Rethinking Work for a Changing World.** Explore new ways of thinking about your career and the path ahead.

[\[more on these events\]](#)

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