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Vital Aging Network

e-Bulletin



May 2012

learn
engage
lead

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VAN Forums

e-Bulletin

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**"I have always found
that plans are
useless, but
planning is
indispensable."**

--Dwight D. Eisenhower

VAN FORUM

Hartland to Capitol Hill

The Journey of a Wounded Healer

Sunday, May 20

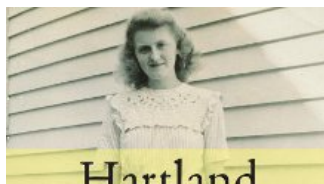
3:00 to 4:30 PM

Walker Community United Methodist Church

3104 16th Ave. S.

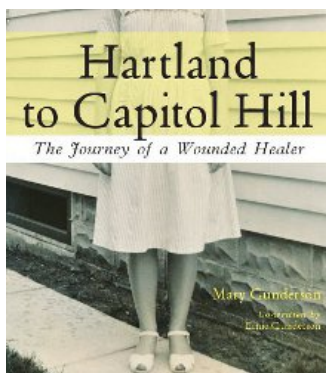
Minneapolis, MN 55407 ([map](#))

Ernie Gunderson, his singer-songwriter sister, Eunice, and his partner, Becky, present the inspiring story of Mary



Gunderson's life and her response to a family tragedy.

The presentation, narrated by Ernie, includes photos and excerpts from Ernie's book, *Hartland to Capitol Hill: The Journey of a Wounded Healer*, based on an unpublished memoir written by his mother. The program is interspersed with songs written and performed by Eunice. [\[Read more\]](#)



This forum is free and open to the public. The [National Alliance on Mental Illness \(NAMI\) Minnesota](#) is a co-sponsor for this forum.

[\[Download a flyer.\]](#) [Register now!](#)

V A N F O R U M

- Good for Business

Making the Most of the Maturing Workforce

Monday, June 25

3:00 to 5:00 PM

Southdale Library

7001 York Ave. S

Edina, MN 55435 [\[map\]](#)

Presenters:

Mark Bailey, Director, Human Resources, General Mills

Philomena Morrissey Satre, VP Great Lakes Region

Diversity and Inclusion, Wells Fargo & Company

Mary Christensen, President, Experienced Resources

Tracy Godfrey, Moderator, Vital Aging Network

As boomers approach retirement age, employers are at risk of losing a valuable resource and facing talent shortages. Employers who find new approaches to leverage and develop older workers can turn the demographic changes to their advantage. It's good for business and it's good for people 50+.

This forum provides an opportunity for employers and older adults to share ideas and consider options for making the most of mature workers. [\[Read more\]](#)

This forum is free and open to the public.

[\[Download a flyer.\]](#) [Register now!](#)



Are you retired or planning to retire?

Evolve can help you make the transition

What will stimulate your mind and keep your body strong? How will you use your skills and talents? What is your public role in this stage of life?

Many of us draw identity from our work. Work also provides an important avenue for satisfaction and a sense of accomplishment in our lives. When you leave full-time employment, you leave behind many of the structures and routines that help you contribute and feel relevant.

In every stage of life, we have a role in the public world. The Vital Aging Network's **Evolve: Re-igniting Self & Community** course will help you apply your interests, passions, and talents to roles that are right for you now.

The 2012-2013 **Evolve: Re-igniting Self & Community** course will kick off on October 12 at Wilder Center in Saint Paul and St. Cloud Technical & Community College in St. Cloud. Other locations may be added.

In just eight days--one day a month--you will develop skills that will last for the rest of your life . . .

- (Re) discover your purpose
- Learn to be a better leader
- Plan and implement a civic project
- Connect with high-energy, enthusiastic people
- Become a part of a community for exchange of ideas, resources, and support

"I see myself a lot differently today than eight months ago. This has been a most

valuable experience for me!"

--Evolve grad

[Download a brochure](#) or visit www.evolveleaders.org for additional information.

Volunteer Opportunities

Northern Clay Center

Are you looking for a dynamic volunteer position in the arts? Are you passionate about ceramic art? Northern Clay Center is always looking for people with all types of skill sets for volunteer assignments. Check out the current opportunities at www.northernclaycenter.org/give/volunteer.php.

Minnesota Reading Corps

Literacy tutors and math tutors urgently needed

One in five Minnesota third graders can't read this sentence. The numbers are worse for math skills. With your help, we can reverse that trend. Minnesota Reading Corps--the nation's largest state AmeriCorps program--and its sister program Minnesota Math Corps are looking to place over 1,000 literacy tutors and math tutors in schools across Minnesota. Tutors give back to their communities for one year by introducing research-based literacy or math strategies to kids struggling to succeed.

As a tutor, you'll receive training and a modest biweekly living allowance. For information, Go to:

www.MinnesotaReadingCorps.org or
www.MinnesotaMathCorps.org.

[\[More information on these and other volunteer opportunities\]](#)

Calendar of Events

- **Tuesday, May 15 - 7:30 am to 12:30 pm**
Saint Paul Senior Workers' Association
Spring Conference. The conference title is: *Closets are for Clothes - Not People! Providing Competent and Compassionat Care to LGBT Elders*. The program was developed in partnership with LGBT and aging organizations and by **Training to Serve**, who offers a comprehensive curriculum on lesbian, gay, bisexual

and transgender older adults. For information, visit [the registration page](#).

- **May 22, 2012**

- **Community Leadership After 50**

- Look for this television program produced by the Vital Aging Network in partnership with Twin Cities Public Television to be aired across the state on the tpt MN Channel (2.2). A group of thought leaders discuss ways Minnesota's boomers can maintain a high-level of activity in their communities as they age out of their current daily roles. Show times are 5:00 am, 11:00 am, 5:00 pm, and 11:00 pm. To watch online, visit www.tpt.org/?a=programs&id=21357.

- **May 31 - June 16**

- **The Amazing Adventures of Dan Daredevil**

- The Platinum Theatre Company presents this two-act musical comedy. Show times vary. Visit www.platinumtheatre.org for more information.

- **Saturday, June 2nd - 8 am to 4:30 pm**

- **Caring for a Person With Memory Loss**

- Conference.** Mayo Memorial Auditorium, University of Minnesota. Join experts in a lively, informative discussion related to memory loss, care giving tips, and what you can do to help. For information, visit <http://bit.ly/z24TrC>.

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

In the News

[The Reel Aging: Real Change](#). This initiative brought together media makers and advocates of elder rights for a residency and collaborative campaign that offers audiences a unique way to reflect on how the aging process affects multiple generations. [Take a look at the videos produced](#).

[New View of Depression - An Ailment of the Entire Body](#).

Scientists are increasingly finding that depression and other psychological disorders can be as much diseases of the body as of the mind. WSJ, April 10

[Too Many Pills for Aging Patients](#). Over-medication of the elderly is an all too common problem, a public health crisis that compromises the well-being of growing numbers of older adults. The New York Times, April 16

Strength Training May Give Boost to Seniors' Brains.

Study found women's mental functioning 'significantly' improved after 6 months of classes. HealthDay, April 23.

Vital Aging Network :: 651.917.4652 :: info@vital-aging-network.org

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