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Vital Aging Network

e-Bulletin

FEBRUARY 2014

VAN UPDATE REPORT

Outlook 2014

Moving forward with vision and energy

The Vital Aging Network is proud to enter 2014 with innovative new programs and ongoing programs that have passed the test of time—all focused on helping people 50+ live connected and vital lives. Here's some of what's new:

- Last summer we introduced **InsideOut: A Discovery Workshop for Boomers+** to positive reviews. The workshop helps participants examine purpose for this stage of life.
- In October 2013, we kicked off a three-year pilot, **Wellness 50+**, in two communities. Later this year we will add two more communities.
- Just last week, we announced the availability of **Aging with Gusto** guides for community discussions on aging.
- We will launch **CATCH Healthy Habits** in two communities later this year. CATCH is an inter-generational program that helps both kids and older adults adopt healthy habits.
- **Mapping Your Retirement** is now in the Vital Aging Network portfolio. The book, which grew out of a seed planted in the very first Evolve class (then Advocacy Leadership for Vital Aging), is a guide for maintaining health, managing money and living well.

[Read more](#) about what's happening in the Vital Aging Network.



[Click image to open the pdf report](#)

In the News

Aging in Community: The Communitarian Alternative to Aging in Place, Alone

Generations, Winter 2013/2014, by Janice Blanchard.

"One thing is certain: the circumstances of where, how, and with whom we grow old are changing. From cohousing communities to Golden Girls Homes to high-rise artist co-ops, baby boomers are redefining their lives--breaking down the old stereotypes and rules, and building new visions of great places to grow old-and doing it better, together." [Read the article.](#)

Knight Arts Challenge

The John S. and James L.

Knight Foundation announced this month that they will commit \$8 million to support Saint Paul's cultural community. One part of

the two prong investment is the **Knight Arts Challenge**. The community-wide contest aims to fund arts at the grassroots. According to the press release, "Anyone can apply for the challenge -- and we truly mean anyone -- whether you're an independent artist, small collective, business or institution." The challenge will open for applications April 7, 2014. [Read more.](#)



For Some, Retirement Is Out of Reach. For Others, Boring

New York Times, January 31, 2014, by Abby Ellin

Retirement, today, is a mixed bag. In a recent [Gallup poll](#), "One respondent in 10 expected never to clock out for good -- assuming they had the choice." Many don't have a choice and are pushed out of their jobs before they are ready. Others do not have the financial resources to retire voluntarily. Still another group keeps working, in paid or unpaid positions, to ward off boredom. [Read more.](#)

AgePower Tech Search Announces Five Finalists

Changing Aging Blog, January 8, 2014, by Eric Schubert

"Ecumen and MOJO Minnesota, the organizers of the inaugural AgePower Tech Search, which is designed to help bring new technology solutions to a rapidly aging world, have announced the initiative's five finalists. [Read the Article.](#)

Volunteer Opportunities

Little Brothers - Friends of the Elderly

Easter Dinner Volunteer

Will you help bring joy to elders who would otherwise have no one to share their Easter with? Little Brothers - Friends of the Elderly (LBFE) will be hosting Easter dinner on Sunday, April 20, 12 - 2 p.m., at the Prom Center in Oakdale. Many positions are currently available. Please contact Danielle at dfehring@littlebrothersmn.org or 612.746.0726. [See additional volunteer opportunities at LBFE.](#)

Store to Door

Grocery Order Taker

Do Good From Your Desktop! Volunteer for Store To Door and take grocery orders online. Brighten a senior's day and help them remain at home. As a volunteer order taker, you will form an ongoing relationship with seniors in the community who need your help. Volunteer from your home or work to take grocery orders once a week over the phone and enter them into Store To Door's online system. You pick the day and time to make your calls. One hour a week can make a difference in someone's life, including yours. For 30 years Store To Door has provided nonprofit grocery shopping & delivery to aging adults in the Twin Cities. We depend on volunteers to continue to make this possible. For more information or to begin the volunteering process please contact Store To Door at 651-642-1892 or email volunteers@storetodoor.org. Learn more at www.storetodoor.org.

Hennepin County Human Services & Public Health Department

Multiple Positions

Currently Hennepin County is in need of volunteers to provide one to one support to clients who have a mental illness. These individuals are often very isolated in the community and have little support from friends or family. They could benefit from sharing activities with a volunteer a couple of hours every other week to help alleviate some of their isolation. Greeters are needed at the NW Family Service Center in Brooklyn Center to greet and direct visitors. Morning or afternoon shifts are available Monday through Friday from 8 to 5 PM. If you are interested in either of these positions, contact Hennepin County at 612-348-9900. For more information visit the [Hennepin County website](#).

[More on Volunteer Opportunities](#)

For Your Calendar

Saturday, February 15

The 9th Annual Volunteer Expo

10:00 AM to 3:00 PM - Presented by HandsOn Twin Cities and hosted by the Mall of America, Rotunda and First Floor



Volunteer Opportunities in the Twin Cities abound!

Find out about meaningful ways to make a difference through the power of volunteering. Find the perfect volunteer project for you, your family, or your group. Choose from one-time projects or longer-term commitments. Visit with representatives from 80 area nonprofit organizations. Participate in "speed volunteering" activities and attend the *Be the Change* Awards Ceremony. For more information, visit www.handsontwincities.org/expo2014.



Thursday, February 27

Elder Isolation in the LGBTQ Community: Concerns, Risks, Solutions

6:00 to 9:00 PM, Center for Changing Lives, 2400 Park Ave., Minneapolis.

Seniors in the LGBTQ community face a far greater risk of isolation and discrimination than other members of their generation. Even in our "enlightened" society, they are more likely to suffer physical and emotional abuse by their caregivers. Sadly, they are more likely to die alone, forgoing medical care in order to avoid humiliation and abuse. Offered by the Little Brothers - Friends of the Elderly. Visit LBFE's [website](#) for more information.

Monday, March 3 - 6:30 to 8:30 PM

Work with Me™: Developing Your Personal Value Proposition

Metropolitan State University-St. Paul Campus, 700 East 7th Street, St. Paul [Map](#).

If you're an older worker considering a career change or already looking for a new job, how do you position yourself as a strong, competitive candidate? Attend this SHIFT Forum with executive coach and career counselor, Debby Magnuson, to learn new career and leadership development strategies. Networking 6:30 to 7:00; program 7:00 to 8:30 PM. Fee: \$15. Parking is available onsite for \$2.50. For information or to register visit the [SHIFT website](#).

Sunday, Monday, Tuesday - April 6, 7, 8

2014 Minnesota Hospice & Palliative Care Conference: Improving Education - Improving Lives

**DoubleTree Bloomington South, 7800 Normandale Blvd.,
Bloomington, MN 55439-3147**

The goal of this conference is to advance the knowledge of healthcare professionals who provide end-of-life services, resulting in improved quality of care for patients, families and communities. [Download a brochure](#) or visit the [conference page on the MNHPC website](#) for information about keynote speakers, breakout sessions, schedules and registration.

Tuesday, March 4 - 6:30 PM

Screening of Warren MacKenzie: A Potter's Hands

Northern Clay Center (NCC), 2424 E Franklin Ave, Minneapolis, MN 55406

ART@HAND is NCC's series of accessible programs for enjoyment of the ceramic arts. Intended for individuals 55+ (and their families), ART@HAND incorporates lectures and tours, drop-in workshops, and hands-on activities. Join NCC for a screening of this

elegant documentary. The program is free but registration is required and is limited to 25 individuals. *Please note:* neither the film-makers nor the artist will be present at this screening. For information and to register visit the [NCC website](#).

March 5, 2014 - 12:15 to 1:15 PM

Strong Women: Change Yourself, Change the World

Engaging Midlife and Older Women to Budge the Population Needle on Nutrition and Physical Activity.

University of Minnesota, Room 2-690 Moos Tower, 515 Delaware St SE, Minneapolis, MN 55455

Guest Lecture by Miriam Nelson, PhD, Tufts University. Miriam E. Nelson, PhD is director of the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention and Professor of Nutrition at the Friedman School of Nutrition Science and Policy at Tufts University. For the past 19 years, Dr. Nelson has been principal investigator of studies on exercise and nutrition, work supported by grants from the government and private foundations. Co-sponsored by [The Powell Center for Women's Health](#).

Wednesday, March 12 - 8:30 AM to 3:30 PM

Film Festival on Aging

Wilder Center, 451 Lexington Parkway N., Saint Paul

Join Tubman's Elder Care & Rights Center in screening films and participate in workshops and discussions around the films' themes. Admission includes all materials and lunch and refreshments. CEUs available. Student and senior discounts offered. Professionals/CEU's: \$40.00; General Admission: \$35.00; Seniors/Students: \$25.00. Co-Sponsored by Tubman's Elder Care & Rights Center and Amherst H. Wilder Foundation. Download a flyer. Visit the [Tubman website](#) for information and tickets.

Six Wednesdays April 2 to May 7

Spirituality in the Second Half of Life

10:30 AM to 12:00 PM or 7:00 to 8:00 PM - The Well Franciscan Spirituality Center

This six-part class, led by Karen West is on Richard Rohr's book *Falling Upward: A Spirituality for the Two Halves of Life*. There will be two classes, one from 10:30 AM to 12:00 PM and one from 7:00 to 8:30 PM at The Well Franciscan Spirituality Center is at 1784 LaCrosse Ave (close to 94 and White Bear Ave.) in St. Paul. [Download a brochure](#). To register, visit www.womanwell.org or call 651-739-7953. Cost \$60, which includes the book. Call Karen at 651-399-9571 for more information.

Friday, April 25, 2014

MGS 2014 Conference

Earle Brown Heritage Center, Brooklyn Center, Minnesota. **"Recruiting, Retaining, and Retraining - Preparing the Workforce for an Aging Society"**. The Minnesota Gerontological Society (MGS) is uniquely positioned to bridge the continents of thought among academics, researchers, regulators, policy makers, and practitioners in the field of aging. The 2014 Conference will focus on areas of recruitment, generational differences in the workplace, technology, retraining the workforce, new models of service delivery, and caregiver resources. Please visit www.mngero.org for further