



## FROM THE CHAIR

### Welcoming Summer with Gusto

*By Pam Hayle, Chair, Vital Aging Network*

As we appear to be finally making a turn to warmer weather and the chance to enjoy Minnesota's wonderful summer, I feel re-charged and excited about the work the Vital Aging Network is engaged in this year, perhaps you could say I feel a little "Gusto" in my step.



The Vital Aging Network's [Aging with Gusto](#) program has been well received in our community. The name "Aging with Gusto" communicates our belief that aging should be approached with gusto--or "hearty enjoyment." Current demographics on aging tell us that the number of individuals age 65 to 84 will double by 2030. The fastest growing segment of our population is the 80+ age group. In the past 100 years, life expectancy has increased by almost 30 years.

The fact is, America is growing old. This is a positive fact that will benefit our communities with knowledge, inspired work and contributions that make a difference. So embrace this Minnesota summer with "Gusto," and spread the word: "growing old is a good thing!"

[Add a comment.](#)

## VAN FORUM

### Defining Home

*Conversations about housing, living and community*

The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration.

-- Pearl S. Buck

**Thursday, June 26, 2014**

1:00 to 3:00 PM

**Lenox Community Center**

6715 Minnetonka Blvd.

St. Louis Park, MN 55426

(Between Georgia and Hampshire Ave. S.)



Join us for this informative and engaging forum on the intersection of housing and community. Lynn Englund, PhD, will provide framing for the discussion, followed by opportunities for you to tell your stories and listen to others.

As we age, many of us find ourselves re-examining our living situations. Do I want to downsize? Move to another part of the country or world? Own or rent? Continue to live alone? Try a shared living arrangement? Lynn will help us examine our options with a focus on how we might live out our beliefs, values and ideals.

After the forum, join us for a tour of the [Monterey Cohousing Community](#), a unique collaborative community located on 2.5 acres of land, partly wooded, just east of the forum location.

**Lynn Englund**, PhD, is an instructor with the Department of Family Social Science at the University of Minnesota.

[Download a flyer.](#)

[Register now](#)

**This forum is free and open to the public.**

VAN FORUM

## Passions Into Action

*Share what you know and want to know about finding the*

## *right volunteer opportunity*

**Thursday, July 17, 2014**

1:30 to 3:30 PM

**Ramsey County Library - Roseville  
Community Room**

2180 North Hamline Ave.

Roseville, MN 55113

Have you found a route to satisfying volunteer engagements? Or experienced challenges that you would like to talk with others about?

This is an opportunity to share your views, learn from other volunteers and help organizations shape how they attract and involve volunteers.

This VAN Forum is co-sponsored by the Vital Aging Network and the [Minnesota Association for Volunteer Administration \(MAVA\)](#). MAVA will share tips on finding volunteering opportunities and take your ideas on what needs to change to organizations that engage volunteers.



### **Directions**

This forum is in the Community Room on first floor of the library. Turn right just after entering the main door. Free parking is available in the lot by building. The library is located at 2180 North Hamline Ave., just south of Highway 36 at the intersection of Hamline Ave. north and County Road B west. ([map](#))

[Register now](#)

**This forum is free and open to the public.** Space is limited.

**EVOLVE UPDATE**

## **Congratulations, Evolve Class of 2014**



This year's Evolve class ended with fanfare and commitments to stay in touch. Here are some comments from participants:



- "Evolve re-energized me after a major life shift."
- "I now understand that being true to my beliefs and values is the primary pathway to doing authentic community work."
- "I have made friends that will become lifetime friends."
- "Excellent class facilitation!"

Read the profile of Evolve grad, Judy Harvey, below. Watch future VAN e-Bulletins for additional profiles.

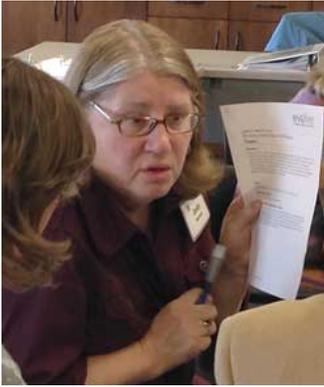
**New Evolve classes will start in the fall.** Course information available shortly. [Read more about Evolve.](#)

## EVOLVE PROFILE

### Judy Harvey: Inspiring Kids to Excel

"I am so excited about being a part of something that makes such a significant impact on kids," says Judy Harvey, a retired IT professional and 2014 [Evolve](#) grad.

Judy's Evolve project is working with the [Saint Paul Public Schools Foundation](#) to support the **Inspired Educator Grant Program**.



Judy is using her skills and talents as a project manager to help tell the stories of the great work the Inspired Educator program is producing.

At the AGAPE High School teacher, Anna Maria Gaylord, is helping teen moms make reading a way of life. At Central High School English teacher, Anthony Jacob, is helping students publish powerful pieces of writing that they are proud to share with their community.

Judy has an essential role in getting the word out. And, according to Judy, her Evolve experience has changed her

life. [Read the whole article.](#)

## In the News

### [How Exercise Will Help You Live Longer](#)

*The New York Times, April 2, 2014*

An encouraging new study finds that exercise may slash your risk of heart disease, regardless of your cholesterol numbers or waist size. [Read the article.](#)

### [Older Adults and Technology Use](#)

*Pew Research Center, April 3, 2014*

America's seniors have historically been late adopters to the world of technology compared to their younger compatriots, but their movement into digital life continues to deepen. [Read the article.](#)

### [Living to 90 and Beyond](#)

*60 Minutes, May 4, 2014*

What factors determine which of us will make it past age 90? Lesley Stahl reports on a groundbreaking study that has revealed some unexpected findings. [See the segment.](#)

### [Reap Higher Returns By Delaying Social Security](#)

*Kiplinger's Retirement Report, May 2014*

A retirement expert crunches the numbers on collecting benefits at 70. [Read the article.](#)

# Volunteer Opportunities

## **Kids 'n Kinship Mentors**

### ***Mentor Opportunities***

Kids 'n Kinship matches volunteer mentor families, couples and individuals with youth ages 5-16 in need of additional positive role models. Mentoring is a wonderful way to stay active and involved in the community while making a difference in the life of a child. Many of our mentors are empty nesters who just want to bring youth back into their life. You don't have to create time for a child - just include him or her in your hobbies and other activities you already do.

Training and on-going support is provided. Contact Kids 'n Kinship at 952-829-6368 or visit our website at [www.kinship.org](http://www.kinship.org).

## **Goodwill-Easter Seals Minnesota**

### ***Medical Equipment Loan Customer Service Assistant***

The Equipment Loan Program provides durable medical equipment to customers who have a temporary short term need. This position includes answering phones, answering questions about available equipment and hours of business and connecting people with other resources when Goodwill-Easter Seals Minnesota cannot meet their needs. Volunteer will possess telephone skills, customer service skills and the ability to learn about the nature of this Goodwill-Easter Seals Minnesota program to assist customers that call and request services. The ability to do light lifting is necessary. Operational hours are Monday through Friday 9AM to 4PM, preferably 10AM to 2PM with 2 hours per week on a consistent schedule at 553 Fairview Ave N, St Paul 55104. Contact Sara Triplett, Volunteer Coordinator, (651) 379-5800 Ext. 5824

## **SHIFT**

### ***Projects Coordinator***

Work with executive director, board committees and work groups to implement strategic projects and activities. Flexible hours, approximately 20 hours/month. Experience: Prefer prior successful project management experience working with volunteers and these skills: team-oriented, email and verbal communication, organizing, planning, problem solving. Apply with a letter of interest and resume to David Alley, [dalley@shiftonline.org](mailto:dalley@shiftonline.org).

### ***Accountant / Bookkeeper***

Work with executive director, treasurer, and board to carry out non-profit bookkeeping and accounting duties. Flexible hours, approximately 20 hours/month. Experience: Prior non-profit experience using QuickBooks for monthly bank reconciliations, accounts payable and receivable, oversee incoming donations, budget management and reporting. Assist with development and implementation of financial policies and controls. Apply with a letter of interest and resume to David Alley, [dalley@shiftonline.org](mailto:dalley@shiftonline.org).

### ***Videographer***

Audio/Video capture and edit monthly SHIFT Forum presentations and stories about midlifer work transitions for web viewing and special events. Flexible hours, approximately 20 hours/month. Experience: Access to their own video equipment and software. Experience in documentary or creative short film making. Outgoing and comfortable in all aspects of video making from storyboarding, to interviewing, to filming, and producing. Good time management and organization skills. Ability to work independently. Apply with a letter of interest and resume to David Alley, [dalley@shiftonline.org](mailto:dalley@shiftonline.org).

### ***Graphic Design Intern***

Design online graphics within the organization's brand guidelines. Create print pieces such as postcards, flyers and posters for mailings and distribution. Create online graphics design for email campaigns, newsletters, etc. Review previously designed documents for revisions and updates. Provide administrative support to staff members. 3 to 5 hours per week. Apply by submitting a cover letter, resume, availability, internship application and a portfolio to David Alley, [dalley@shiftonline.org](mailto:dalley@shiftonline.org). *Note: Interns must be willing to submit to a background check, as well as comply with all of SHIFT policies.*

### **[More on Volunteer Opportunities](#)**

## **For Your Calendar**

Thursday, May 22, 2014

### **Addressing Isolation Among Older Adults**

**12:30PM to 1:30PM - Webinar**

Join National Council on Aging and IlluminAge to better understand social isolation and loneliness and how they affect older adults. Discover how senior centers prevent social isolation and explore successful outreach strategies and resources organizations have used to connect with this population. [Register](#).

Saturday, May 31, 2014

### **Caring for a Person with Memory Loss Conference**

**8AM to 4:30PM - Mayo Memorial Auditorium at the University of Minnesota**

Topics will include family issues and dynamics in memory loss, different types of dementia, elder abuse and memory loss, and art therapy and dementia. Please visit the conference portal at [www.nursing.umn.edu/memoryloss](http://www.nursing.umn.edu/memoryloss).

Thursday, June 12, 2014

### **The Enneagram: A Tool for Transition and Transformation**

**7PM to 9PM - Carondelet Center, St. Catherine University,**

**1890 Randolph Avenue, St. Paul 55105**

The [Twin Cities Chapter of The Transition Network](#), a national organization for women age 50 and forward, will introduce you to the Enneagram. You'll learn about the nine personality types and their complex interrelationships. Learning about the Enneagram is life-changing. Tickets are \$10. Free Parking. For questions or to register, call Karen West at 651-399-9571. [Download a flyer.](#)

Sunday, June 15 at 1PM through Friday, June 20 at noon

**Collaborative Practices for Listening and Learning**

**Shalom Hill Farm, a retreat and conference center near Windom, MN**

Invest in yourself and expand your views while overlooking the prairie at this six-day conference and retreat. Lynn Englund (VAN Forum presenter for June 26, [Defining Home](#)) and others will lead this conference. Participation is limited to 12 individuals interested in collaborative, democratic educational strategies that nurture the development of complex, thoughtful, caring persons.

For a schedule, payment information, driving directions, and more, see the [Hopework website](#). Cost of \$500 includes a single room, all meals, and materials. Register by May 25. Questions? Contact [info@hopework.org](mailto:info@hopework.org).



This email was sent to j.roles@comcast.net by [info@vital-aging-network.org](mailto:info@vital-aging-network.org) | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Vital Aging Network | 2365 N. McKnight Rd. | North St. Paul | MN | 55109