

AUGUST 2014

FROM THE CHAIR

On Language

By Pam Hayle, Chair, Vital Aging Network

We all know the importance of language when we are defining important life principles, describing a beautiful experience or communicating difficult concepts to another human being. In this language-orientated world, I continue to be amazed by the negative language associated with aging.



Words that are condescending or ageist are so commonplace in our language that many of us barely recognize them as such. They have become the norm. They are accepted and, most often, unexamined.

Take for example the often-used phrase anti-aging, implying that we must fight the aging process in all ways possible because to age is to be less than, problematic, needy. According to a [BBC Research report](#), anti-aging products and services industry are

expected to reach \$345.8 billion by 2018. I recently received an email from an anti-aging organization providing me with all sorts of products, books and supplements to stop the aging process.

I can't help but wonder what *healthy* anti-aging would look like?

In my opinion our focus should not be on anti-aging but on *vital aging* with wisdom, power and energy to age well and enjoy the journey!

Add a comment

Legal Issues as You Age

Control your destiny. Don't let others do it for you.

Monday, October 20, 2014

1:00 to 3:00 PM

Shaller Family Sholom East Campus

740 Kay Avenue

St Paul, MN 55102

With

Kris Maser, Attorney at Law

Shareholder at Maser, Amundson,
Boggio, & Hendricks, P.A.



A discussion of legal issues that will help you prepare for the future. Learn about estate planning and how important documents such as wills, trusts, powers of attorney and health care directives will help you protect and maintain your relationships, independence and quality of life.

For more than 25 years, Maser, Amundson, Boggio, & Hendricks, P.A. attorneys have skillfully advised and represented clients on a wide range of legal services. The firm has deep roots in elder law and estate planning.

Register now

This forum is free and open to the public.

VOLUNTEER SPOTLIGHT

Join the Vital Aging Network Board of Directors

Are you passionate about advancing VAN's [mission, programs and initiatives](#)? Would you enjoy working to expand VAN's network? Are you able to attend monthly board meetings as well as actively participate on a task force or committee for 6 to 8 hours each month? Do you believe in [VAN's Core Principles](#)? If you answered yes to these questions, we would love to talk with you. VAN is looking to add a few more people to our Board of Directors. Specifically, we would love to add people with backgrounds in one or more of the following areas: finance, legal, fund raising, marketing. If you know of someone who would qualify for our board, please have them contact Mark Skeie at 651-917-4652 or mskeie@vital-aging-network.org. Thank you!

Volunteers Needed in Alexandria and Willmar

OASIS CATCH Healthy Habits is an intergenerational program that encourages

healthy eating and active living. We are looking for volunteers over 50 in Alexandria and Willmar to lead children in the lessons and games, and/or act in other supportive roles behind the scenes. Training is provided and program snack expenses are covered. It's a great way for an adult to make a difference in the lives of kids and improve their own health at the same time! [Read more.](#)

For Willmar, contact Jena Tollefson at tollefsonjl@willmar.k12.mn.us.

For Alexandria, contact Ruth Turner at rturner@alexandria.k12.mn.us.



What is summer without a concert in the park?

That's the question Jan Fillmore asked last fall when she started the Evolve class. She knew that music was an essential element of a good quality of life in a community.

St. Anthony Village has hosted the Salo Park Summer Concert Series for several years. Residents of the area run the series and, this year, Jan was the chair of a small committee charged with planning it. Jan had ambitious goals: Increase the ethnic diversity of the music, increase publicity, increase attendance, and improve overall satisfaction with the concerts.



Calhoun-Isles Community Band

The series ended last Thursday on a high note with [Ecuador Manto, an Andean band](#) with traditional rhythms from South America and pan flutes echoing over the pond on a beautiful evening. [Read the full article.](#)

Registration is now open!

The 2014-2015 [Evolve: Re-igniting: Self & Community](#) class is open for registration. The class will meet in the Community Room on the second floor of the [Affinity Plus Federal Credit Union](#) in Roseville. We extend our thanks to Affinity Plus for contributing the space.

Evolve: Re-igniting Self & Community
engages people 50+ in building strong communities. The class helps you focus your energies, build your skills and connect with a network of others who share your interest in making a difference.



In just eight days over eight months--one day a month--you will deepen your knowledge and expand your horizons.

- (Re) discover purpose
- Build your community leadership skills
- Plan and implement a project that contributes to the common good
- Become a part of a high-energy network for exchange of ideas, connections and support

Community Room
Affinity Plus Federal Credit Union
2750 Snelling Avenue N
(near Snelling & County Rd C)
Roseville, MN 55113

Classes meet 8:30 to 3:30 the second Friday of each month, October 2014 to May 2015 (except April). The April class will be on April 17.

[Download a flyer.](#) [Read more about Evolve.](#)

For information call Julie Roles, 651-690-4111 or email jroles@vital-aging-network.org.

insideout

a discovery workshop for boomers+

"We know what we are, but not what we may be."
--William Shakespeare

Who do you want to be now?

We grow and change as we move through life. But how do we thrive in each stage?

Join the Vital Aging Network for this fun workshop to explore what you "may be." We'll help you see yourself with new and expanded perspectives, inside to outside.

- Begin to explore your **core purpose**.
- Examine **what motivates you** to act.
- **Connect with others** who share your interest in thriving in all stages of life.
- Learn how the Vital Aging Network's **Evolve: Re-igniting Self and Community** program can help you further your goals. (This is a great way to get a taste of the Evolve program.)



Cost: \$10

August 28, 2014 - 1:00 to 2:30 PM
Affinity Plus Federal Credit Union
2nd Floor Community Room
2750 Snelling Ave N
(near Snelling and County Road C)
Roseville, MN 55431 [Map](#) | [Download a Flyer](#)
[Register for the Aug 28 workshop now!](#)

[Register now](#)

September 10, 2014 - 6:30 to 8:00 PM
Bloomington Civic Plaza
Council Chambers
800 W Old Shakopee Road
Bloomington, MN 55431 [Map](#) | [Download a Flyer](#)
[Register for the Sep 10 workshop now!](#)

[Register now](#)

Bloomington InsideOut Workshops are co-sponsored by the
[City of Bloomington's Human Services Division](#)

Questions: Contact Julie Roles at 651-690-4111 or info@vital-aging-network.org

In the News

[Low Vitamin D Levels May Boost Alzheimer's Risk, Study Finds](#)

A new study, based on more than 1,600 adults over age 65, found the risk for Alzheimer's and other forms of dementia increased with the severity of vitamin D deficiency. But the findings aren't enough to recommend seniors take vitamin D supplements to prevent mental decline. "Clinical trials are now urgently needed in this area," said study researcher David Llewellyn, a senior research fellow in clinical epidemiology at the University of Exeter Medical School in England.

[Medicare costs: How long can the good news go on?](#)

Medicare turned 49 years old last week, and the program celebrated with some good financial news for seniors: Premiums will not rise in 2015 for the third consecutive year.

Who's Moving In Now?

Family members sharing the old farmhouse, with Grandma and Grandpa helping to raise the young 'uns and then, when they get too frail to bake pies or go fishing, being cared for by their adult children?

Finding Work in Retirement

Many boomers and older Americans are interested in continuing to work after leaving or retiring from the field in which they've worked most of their lives. Some need the income while others wish to continue to be challenged and feel they need to continue to work to be happy. [See the list of tips and resources.](#)

Living at Home, But Not Home Alone

Older individuals are looking for a new way to live. They still want to remain at home, but they long for a sense of community-surrounded by caring people who watch out for each other. And many seniors also realize that getting help with the ordinary tasks-someone who can provide a ride to the doctor or pick up an item at the grocery store-can go far to preserve their independence. These [three housing options](#) let you age in place and preserve your independence.

Volunteer Opportunities

Urban Battle's Tutoring Program

Tutors for Grades 1-12

Tutors are needed to help children who are behind academically, socially, and maybe have poor attitudes. Our program tries to build the individual child's self-confidence and instill in them the belief that they have value. The program meets from 6:30 to 9:30 on Monday and Tuesday evenings at the Berean Church, 441 Rice Street, St Paul, MN 55103. Contact Geeta Vora at 763-780-8837 for more information or visit <http://www.voraservice.org/pages/urban-battles>.

Great River Greening

Restoration Volunteers and Volunteer Supervisors

Saturday, September 27, 2014

8:30 AM to 12:30 PM

Alimagnet Park, 211 Ridgeview Dr, Apple Valley, MN, 55124

Great River Greening, a community-based restoration non-profit that works to secure the legacy of Minnesota lands and waters. At the upcoming restoration event, 125 volunteers will drag and stack pre-cut trees and seed cleared areas in an attempt to rejuvenate wildflower populations that once thrived in this area before woody overgrowth and buckthorn overtook the park. Additionally, volunteers will be needed to help with registration, lunch, photography, and as Volunteer Supervisors. [Learn more.](#) Registration is required so [sign up](#)

today! See [flyer](#) for more details.

Normandale Center for Healing and Wholeness

Memory Companion Team Member

**Training sessions Tuesday, September 30, 2014, 5:00 PM to 7:00PM or
Saturday, October 11, 2014, 10:30 AM to 12:30 PM**

6100 Normandale Road, Edina, MN 55436

[The project's goal](#) is to provide safe and nurturing support for the person with memory loss while giving their caregiver an opportunity to take a break from his/her caregiving responsibilities.

Volunteers will be trained on and matched with a person with mild to moderate memory loss, dementia or Alzheimer's disease to provide socialization, meaningful activities, and friendly visiting. Two-hour visits, every other week for 3 months, will take place in the client's home in the west metro area. Teams of 2 volunteers will be matched to a client. To register for training, contact Marta Volbrecht, Volunteer Coordinator, at marta@normandalecenter.org or call 952-929-1697 ext 31.

[More on Volunteer Opportunities](#)

The following calendar items are presented as information only. They are not Vital Aging Network events.

For Your Calendar

September 8, 2014

[Chris Farrell speaks on Unretirement: How Baby Boomers are Changing the Way We Think About Work, Community and the Good Life](#)

6:30 PM to 8:30 PM

Minnesota State University Mankato - Edina Campus

7700 France Avenue South (Near I-494), Edina, MN

The Boomer generation is discovering "unretirement." Poised to live longer and healthier than any previous generation, Boomers are extending their working lives with new careers, entrepreneurial ventures, and volunteer service. Journalist Chris Farrell believes their experience, wisdom, and continued earnings will enrich the American economy and our whole society in the decades to come. Sponsored by [SHIFT](#), the Event Fee is \$10 for SHIFT Members and \$20 for Non-Members. [Register](#) for the event to ensure yourself a seat!

September 22-26, 2014

[Active Aging Week Celebration and Events at Logan Park](#)

Various Times

Logan Park Recreation Center

690 13th Ave NE, Minneapolis, MN 55413

612-370-4927

Active Aging Week is a campaign promoting healthy aging led by the [International Council on Active Aging](#). Held every year during the first week of September and hosted by community and senior centers, retirement communities, health clubs, churches and even corporate fitness centers across the country, the event is a chance to try new things for free

or almost free! Logan Park in Northeast Minneapolis is celebrating with activities that encourage healthy movement, healthy eating, and healthy social connections. No pressure, just fun! Activities include Nordic Walking with poles, a Master Gardener Talk, a balance skill building workshop, a multigenerational scavenger hunt with a naturalist, a protein power workshop and Aging with Gusto, a three-part discussion about changing the way we view aging developed by the [Vital Aging Network](#). Details for the activities can be found at the [Minneapolis Park and Recreation Website's Fall Brochure](#), page 31.

Would you like to receive the Vital Aging Network e-Bulletin? [Subscribe now.](#)



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