

# e-Bulletin

JULY 2014

VAN FORUM - Save the Date!

# 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 Location: TBD

With

Kris Maser, JD

Principal 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.

This forum is free and open to the public.

# Good Life Stories Feature Evolve Grads

Minneapolis StarTribune Good Life section, July 30, 2014, featured these stories about Evolve grads:



Most of the life changes that **Pola Rest** (2014 Evolve Grad) has undertaken over the past few years began as efforts to help her 89-year-old mother. Along the way, she wound up helping herself. Read the article.

After her son died from a rare disease,

**Lyn Culbert** (2012 Evolve Grad) took on the task of finishing and publishing his memoir. Read the article.

## Registration is now open!

The 2014-2015 **Evolve: Re-igniting: Self & Community** class is open for registration. The class will meet in the

beautiful Community Room on the second floor of the <u>Affinity Plus Federal Credit Union</u> 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 fiver. Read more about Evolve.

Get your questions answered at an information session: Wednesday, August 6, 2014 6:00 PM to 7:30 PM Room 2420, Wilder Center, Saint Paul - FULL

Wednesday, August 13, 2014 2:00 PM to 3:30 PM Suite 350 South (Aging Services) 2550 University Avenue West Saint Paul, MN 55114

Register

For information call Julie Roles, 651-690-4111 or email <u>iroles@vital-aging-network.org</u>.



# 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 14, 2014 - 6:30 to 8:00 PM
Bloomington Civic Plaza
Council Chambers
1800 W Old Shakopee Road
Bloomington, MN 55431 Map | Download a Flyer
Register for the Aug 14 workshop now!

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!

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** 

**Register now** 

Register now

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

# In the News

### **Elder Justice Roadmap**

This roadmap, announced July 9, 2014, by the Department of Justice (DOJ) and the Department of Health and Human Services (HHS), tackles the highest priority challenges to elder abuse prevention and prosecution. According to Kathy Greenlee, HHS' assistant secretary for aging, "Stemming the tide of abuse will require individuals, neighbors, communities, and public and private entities to take a hard look at how each of us encounters elder abuse-and commit to combat it." Download Red Flags of Abuse Factsheet (PDF)

### 65+ in the United States: 2010

As the large Baby Boom cohort ages, the United States will experience rapid growth in both the number aged 65 and older and their share of the total population. The social and economic implications of the aging of the U.S. population will be of significant interest to policy makers, the private sector, and individuals. This <u>report</u> examines a range of topics concerning the population aged 65 and older in five chapters.

### **Senior SNAP Outreach Materials**

Millions of low-income older Americans are missing out on benefits from the Supplemental Nutrition Assistance Program (SNAP) that could help them eat better. Use the <u>materials</u> to reach older adults in your community and encourage them to apply for SNAP.

### **Money Saving Tips for Seniors**

Economically, things are challenging for many Americans right now. Even dual-income households are struggling to cover the costs of living. This puts many seniors in an especially precarious position, having to deal with rising costs on fixed, and often small, incomes. Today's elderly people must navigate a much more challenging situation than those of past generations, so it's vitally important to arm yourself with the tools and resources you need to make sure that you can live comfortably. Check out these suggestions.

# <u>Baby Boomers: Here's How Digital Health Tools Can Save You Money --- And Save Your Life</u>

There are promising new digital health tools that provide cost-effective options for monitoring patients and promoting better health habits. The most successful devices in this market to date play on the "quantified self" trend, tracking how many hours we sleep and how many steps we take every day. But the opportunities run far deeper - and entrepreneurs are actively working on new technologies that are more engaging, utilizing tools that allow consumers to make tracking their health a daily habit. Read the article.

### 7 Cultures That Celebrate Aging and Repect Their Elders

Different cultures have different attitudes and practices around aging and death, and these cultural perspectives can have a huge effect on our experience of getting older. Here's what we can learn from other cultures, both past and present, about embracing the aging process. Read the article.

# **Volunteer Opportunities**

# FamilyMeans Caregiver Support Program

### Male Volunteers Needed

The FamilyMeans Caregiver Support Program is in need of male volunteers to spend time with another male senior being cared for by a loved one. The volunteer would be asked to volunteer 2-4 times a month for 2-4 hours. The volunteer would be providing companionship and supervision, so that the caregiver could get a break. The volunteer would not be providing any medical or daily living cares. Volunteers chat, play cards, go for a walk, watch a movie, talk about sports, cars, former roles, fishing, music you name it. Females are also needed. If you can help, please contact Dianne Vierling, FamilyMeans Volunteer Coordinator at <a href="mailto:dvierling@familymeans.org">dvierling@familymeans.org</a> or call 651-789-4055.

### Minnesota Reading Corps and Math Corps Reading and Math Tutors

Minnesota Reading Corps--the nation's largest state AmeriCorps program--and Minnesota Math Corps train tutors to impact students in schools across Minnesota. We are looking to place over 1,000 literacy tutors and math tutors in schools across Minnesota to commit a year of service and change the world of struggling students.

As a tutor, you will implement research-based strategies to help children believe in themselves and succeed in reading by the end of third grade, or in math by the end of eighth grade. You will receive training, a living allowance (about \$484 biweekly for full-time), an education award of up to \$5,645 and the reward of making a real impact in your community. Tutors who are 55 or older may choose to transfer their education award to a child, grandchild or foster child.

Give a year of service to grow our communities. Apply today to become a tutor! Go to <a href="www.MinnesotaReadingCorps.org">www.MinnesotaReadingCorps.org</a> or <a href="www.MinnesotaMathCorps.org">www.MinnesotaMathCorps.org</a>. Strong preference is given to tutors who can start serving August 10, 2014. Send questions to <a href="mailto:recruitment@servemnaction.org">recruitment@servemnaction.org</a>.

## **More on Volunteer Opportunities**

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

# For Your Calendar

Monday, Aug 11, 2014

### **Embracing Aging: How Do You Want to Grow Old?**

10:15 AM to 11:15 AM - Amherst H. Wilder Foundation, Community Services For Aging, 650 Marshall Avenue, St. Paul

Awaken an awareness of who you want to be in old age. Envision what passions you'd like to carry with you as you age. Explore how to age well with the help of a care partner. Come alone or bring a friend! The workshop is free and led by Kathy Klietz. Register by August 8, 2014, at <a href="mailto:caregiving@wilder.org">caregiving@wilder.org</a> or call (651) 280-CARE (2273). If you have questions, contact Kathy at <a href="mailto:kklietz@comcast.net">kklietz@comcast.net</a>.

September 25-27, 2014

### **Elder Mediation Training Session**

8:30 AM to 5:30 PM

#### 1600 Utica Avenue South, Suite 700, St Louis Park, MN 55416

As parents move from independence to dependence, adult children find themselves making difficult decisions about care of elderly or incapacitated parents, often without the support of siblings or parents themselves. You may feel caught in the middle of your children or your parents and often emotionally drained--this may result in more conflict and ruin the important relationships in our lives. A safe, respectful process is the answer. A durable, satisfactory resolution of these important issues rests on the ability of family members to hear and understand each other's concerns and wishes. Experienced mediators provide a safe and respectful forum that allows time for each person to be heard and have their concerns addressed. Register at <a href="https://www.mediationcentermn.org">www.mediationcentermn.org</a>. Contact Janeen Massaros at 952-831-5571 for answers to any questions you may have.

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