



FROM THE CHAIR

Want to Age Well? Use the Buddy System

By Pam Hayle, Chair, Vital Aging Network



Known throughout the world, the "buddy system" is a procedure in which two people, "buddies", work together to monitor and help one another when carrying out endeavors. The system is designed to reduce risk and to help the team successfully navigate whatever effort they undertake.

The buddy system is used in the United States Armed Forces and referred to by various names, such as "wingmen" in the Air Force and "shipmates" in the Navy. Health experts always encourage us to have a buddy when trying to increase exercise or lose weight. The idea is that the buddy provides an extra measure of encouragement, initiative and even fun to the challenge.

Maybe finding a buddy in one's aging journey would add the collaborative camaraderie needed to embrace the challenges and opportunities of growing older. I encourage us all to use the "buddy system." Find a buddy and take the Vital Aging Network's Evolve class this year, attend a forum or start a fitness routine. Regardless of the reason to "buddy-up" think of it as providing the potential for safe, enriching and meaningful aging.

[Add a comment](#)

VAN FORUM

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.



"I am not done yet. . ."

InsideOut Workshop Participant

**Use your lifetime of experiences
to make a better world . . .**

And do it with high-energy peers who will share your journey, challenge your perceptions and stretch your possibilities.

Join us for an **information session** about the Vital Aging Network's **Evolve** program on Tuesday, September 16 from 2:00 to 3:30 at the Ramsey County Library in Roseville. Email Julie at jroles@vital-aging-network.org if you plan to attend.



Scholarships are available! Deadline has been extended to September 19. [Download scholarship application.](#)



If you are interested in getting a taste of our Evolve program, join our next **[InsideOut: A Discovery Workshop for Boomers+](#)** in Roseville on September 25, 6:30 to 8:30 PM. [Register to attend.](#) [Download the flyer.](#)

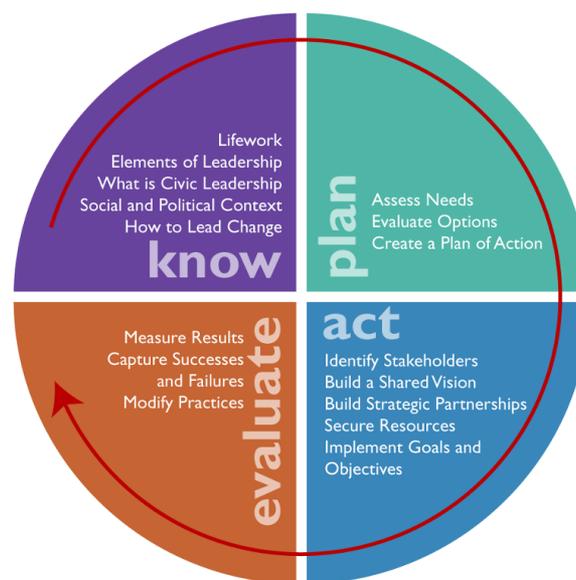
Registration is now open!

The 2014-2015 **[Evolve: Re-igniting: Self & Community](#)** class is open for registration.

Evolve 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.

Join Evolve grads and friends for a fun and engaging evening exploring the concepts and insight of a "book with buzz."

Thursday, September 18
6:00 to 8:00 PM
Northern Clay Center
2424 E Franklin Ave
Minneapolis, MN 55406 [\[map\]](#)

Book&Brew

This event is planned and led by Evolve program grads, Susan Hawkins, Joann Ellis and Earl McGovern. They will use a collaborative reading process to investigate: **The How of Happiness: A New Approach to Getting the Life You Want** by Sonja Lyubomirsky.

You don't need to have read the book to participate.

[Register](#)

The Boomers are Coming!

The Invisible Force continues to move forward as a collaboration of individuals and organizations who are working to promote and support civic engagement and volunteerism by those age 50 and over. As part of our collaborative work, we invite you to attend:

Perspectives from Volunteers on How to Tap This Talent
September 30
10 AM - 12 Noon
1800 White Bear Avenue, North St. Paul, MN

Come, hear, meet and engage with our panel of volunteers. Strategize with colleagues for putting the recommendations from the volunteers into action.

[Register now](#). This event is free, but space is limited.

Thank you to the Stevens Square Foundation for their support for the initiative of which this event is a part.

This workshop is co-sponsored by Minnesota Association for Volunteer Administration (MAVA), the Invisible Force, Hamline University School of Business, SHIFT, Twin Cities Public Television (tpt) and the Vital Aging Network (VAN).



Aging with Gusto

We have several Aging with Gusto discussions going on throughout our community in September and October. Join us for these discussions on what it means to age.



[Learn more about Aging with Gusto discussion dates and times.](#)

The discussions are best when participants are of mixed ages. Plan to bring a parent, adult son or daughter, aunt or adult grand-child.

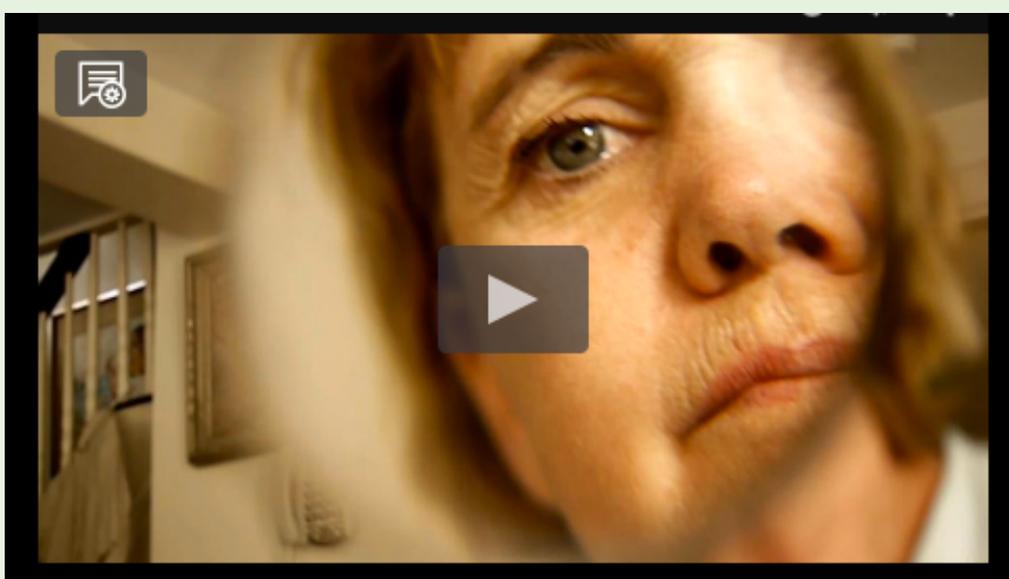
"As I grow old I intend to remain vital, healthy, independent, full of adventure and connected in a world where I am both valued and bring value.

--Aging with Gusto participant

In the News

[The Genius of Marian](#)

This PBS film is an emotionally complex story about one family's struggle to come to terms with Alzheimer's disease.



The documentary is available [online](#) and on tpt as follows:
Sunday, September 21 at 10:30 PM on tpt Channel 2.1
Saturday, September 27 at 9:00 PM on tpt Channel 2.3

[The Next Housing Crisis: Aging Americans' Homes](#)

The nation is facing a lack of affordable, physically-accessible and well-located homes for America's aging population - especially those with low incomes, according to a new, gloomy study released by the Harvard Joint Center for Housing Studies & AARP Foundation.

[How Brain Exercises Help Your Body](#)

New studies show surprising ways that training your brain can pay off. Brain exercises may be just as good for your balance as for your mental acuity, according to two recent studies.

[The Key to Living Happily Ever After in Retirement](#)

Couples need to discuss their expectations for retirement-and figure out a compromise when those goals do not align.

[Yoga for seniors can help with balance, agility and strength](#)

Seniors pose a special challenge for yoga instructors, because of their very mix of abilities and condition: Some 80-year-olds are still running marathons, and some 70-year-olds are unable to get up out of a chair.

[Moving to a Smaller Home, and Decluttering a Lifetime of Belongings](#)

Moving to a small apartment from a large house usually means digging through decades of accumulated "stuff" and deciding what must go.

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 7:00 PM 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 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.

October 2, 9, 16, and 23, 2014

Memory Movements - Designed for People with Mild Memory Loss

Thursdays - 1:00PM to 1:40 PM; \$60 per pair of participants

Normandale Lutheran Church

6100 Normandale Road, Edina, MN

Are you or a loved one living with mild memory loss? Join others with a similar life experience and feel the calming, meditative effects of T'ai Chi while enhancing your coordination, balance, and strength. This class is designed for those with memory loss along with a partner, friend, or family member. Instructor Brian Keebler is known for his gentle spirit and has a strong following of participants. To register, call the Normandale Center for Healing and Wholeness at 952-929-1697. For more information, contact Martha Anderson at 952-929-1697 ext 46 or martha@normandalecenter.org.

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