

## History of UMRA Workshops

*UMRA has been conducting workshops in a series entitled, "Living Well in Later Live," since April 2012. A couple of individual programs in the same vein during the prior decade might have served as precursors to the series. The following is a full list of workshops given to date.*

### **2005-06**

April 2006 Seminar: Financial Planning during the Retirement Years  
Andy Petril, President, local chapter of Financial Planners Association

### **2010-11**

Apr. 2011 New Tax Laws and Your Estate Planning  
Jane Goodnight, U of M Foundation

### **2011-12**

Apr. 2012 Surviving the Psychological Journey of a Loved One with Memory Loss  
Pauline Boss, Family Social Science

### **2012-13**

Sept. 2012 Caring for Ourselves  
Erik Storlie, Spirituality/Healing; Ron Anderson, Soc. (ret.); David Wark, Psy. (ret.)

Oct. 2012 Benefits of Volunteering  
Alexander Levitan, former chair, University Retirees Volunteer Center (URVC)

Nov. 2012 Aging and Becoming: Insights from Poetry  
Poets Michael Dennis Browne, , Ted Bowan, and Elizabeth Bourque Johnson

Jan. 2013 Robert Fisch, Pediatrics (retired)  
The Value of Life: Finding Joy, Love, Gratitude, Humor, and Meaning, Despite Suffering

Feb. 2013 Estate and Gift Planning Strategies: What You Should Know  
Jane Godfrey, U of M Foundation

Mar. 2013 Helping Families Cope with Financial Crises  
Jan Hogan-Schlitgen, Family Social Science (retired)

Apr. 2013 Gmail & Email Traing  
Reed Munson, CLA Technology Innovation Services

### **2013-14**

Sept. 2013 The Minnesota Achievement Gap Project  
Don Fraser, former congressman & Mpls. mayor,  
Grant Abbot, StP Area Council of Churches (ret.)

Oct. 2013 Changes Afoot for U's Retiree Health Plans  
Human Resources and provider representatives

Nov. 2013 Opportunities for Retirees in the U's Digital Conservancy  
Erik Moore, U of M Digital Conservancy

Jan. 2014 The Basics of Sustainability  
Clifton Ware, Music (retired), and Bettye Ware

Feb. 2014 International Volunteer Service  
Panel: Vincent Hunt, Karen Lilley, Josef Mestenhauser, and Robert Patterson

Mar. 2014 Weathering Loss in Later Life  
Janice Nadeau, licensed psychologist/marriage and family therapist/nurse

Apr.2014 Who Gets Grandma's Yellow Pie Plate?  
Shirley Barber, MN Extension (retired)

### **2014-15**

Sept. 2014 Tour of New Northrop  
Northrop Auditorium staff

Oct. 2014 Choosing Where to Live As We Age  
Marilyn Bruin and Becky Yust, Design/Housing/Apparel

Nov. 2014 Moving away from the Traditional' Single Family Residence  
Marilyn Bruin and Becky Yust,  
Design/Housing/Apparel

Jan. 2015 Where to Live? Homes Designed for Aging in Place  
Marilyn Bruin and Becky Yust, Design/Housing/Apparel

Feb. 2015 Stepping toward More Agile and Creative Minds  
Wilma Koustaal, Psychology

Mar. 2015 Life Is a Work of Art  
Lucy Rose, Sociology (and artist)

Apr.2015 Addressing Practical Problems in Giving Care  
Robert Kane, U of M Center on Aging

### **2015-16**

Sept. 2015 Walking Tour of the Weisman Museum  
Weisman staff

Oct. 2015 Will Your Cash Last? And How to Work with Your Planning Team  
Andy Whitman, Insurance, CSOM

Nov. 2015 Opportunities for 'Fine Tuning' Your Physical, Mental, and Social Health  
Martha Fedra, health coach

Jan. 2016 Financing Health Care Costs, Long-Term Care, and How Estate Planning  
Is Involved  
Andy Whitman, Insurance, CSOM

Feb. 2016 Health Care Directives: Are You Really Prepared?  
Marlene Stum, Family Social Science

Mar. 2016 How Asset Distributions Can Benefit You & Your Family...And Reduce  
Taxes  
Andrew Whitman, Insurance, CSOM

Apr.2016 Using Little Cameras Can Do Huge Things"  
UMRA Photo Club

### **2016-17**

Sept. 2016 Tour of Andersen Library Archives and Special Collections  
Kris Kiesling, Director of Archive Special Collections

Oct. 2016 University Health Plans for Retirees  
U of M Office of Human Resources representative

Nov. 2016 Redesigning Long- Term Care: Getting the Care We Really Want  
Robert Kane, Director, U of M Center on Aging

Jan. 2017 Opioids and Medical Marijuana for Pain Management  
Charles Reznikoff, U of M and HCMC physician

Feb. 2017 Non-Drug Practices in Managing Pain  
Sue Flannigan, Fairview nurse practitioner

- Mar. 2017 Sustainable and Responsible Investing  
Andrew Wetzel, F. L. Putnam
- Apr. 2017 Financial Challenges for One: Singles, Caregivers, Widows, Widowers  
Andy Whitman, Professor of Insurance, CSOM; and  
Susan J. Link, Maslon Law Firm

### **2017-18**

- Sept. 2017 Jay Haapala, Associate Director of Outreach, Minnesota AARP  
How to Avoid Fraud, Scams, and Identity Theft
- Oct. 2017 Melinda Soderberg, Senior Benefits Counselor, Employee Benefits  
Health Plans for U of M Retirees, 2018
- Nov. 2017 Greg Owen, Wilder Research, Amherst H. Wilder Foundation  
Challenges of Caregiving among Older Adults
- Jan. 2018 Ron Anderson and Panel of additional UMRA members  
Meaning and Purpose in Retirement
- Feb. 2018 Jean Wyman, U of M School of Nursing  
Falls Are Dangerous—*and* Preventable
- March 2018 Lisa Larson, U of M Office of Technology Assessment;  
Cathy Lee Gierke & Dave Naumann, UMRA  
Keeping up with Technology Tools, and Walkthrough of  
UMRA's Revamped Website, respectively
- April 2018 Joseph Gaugler, U of M School of Nursing  
Alzheimer's Disease: What It Is, and What Can Be Done

### **2018-19**

- Sept. 2018 No workshop
- Oct. 2018 Office of Human Resources  
Health Plan Options for Retirees
- Nov. 2018 Ted Bowman, Family Educator, Adjunct Professor, Family Social Science  
Loss and Resilience
- Jan. 2019 Panel: Michael Dennis Browne, Eric Storlie, Ron Matross  
Meditation and Mindfulness
- Feb. 2019 Office of Human Resources  
Changes in UM Retirement Plans
- March 2019 Muna Irfan, MD, Department of Neurology  
How to Get a Good Night's Sleep
- April 2019 Cancelled
- May 2019 Representatives from 1666 Coffman, and Pillars of Prospect Park  
Senior Housing Options

### **2019-20**

- Sept. 2019 Anastasia Faunce, LearningLife,  
Sandra Krebs Hirsch, OLLI, Julie Selander, Office of the Registrar  
Educational Opportunities for Seniors at the U of M
- Oct. 2019 Office of Human Resources  
Health Plan Options for Retirees

Nov. 2019 Joseph E. Gaugler, Public Health  
The Age Friendly University

Jan. 2020 Liz Anderson Center for Applied and Translational Sensory Science (CATSS)  
Understanding Hearing Loss

Feb. 2020 Panel with Cheryl Hennen, MN Board of Aging, Susan Farr, Ebenezer,  
Tetayana Shippee, UM Public Health, Ron Anderson  
Senior Housing and Long-Term Care Options

March 2020 Cancelled due to COVID-19

April 2020 Cancelled due to COVID-19

### **2020-21**

July 2020 Ted Bowman, Grief Educator  
Resilient Coping

Sep. 2020 Jenny Blaine, Security Analyst with UM Office of Information Security  
Cybersecurity: Safeguarding Your Data and Identity

Oct. 2020 UM Office of Human Resources  
OHR Annual Benefits Update

Nov. 2020 Lucy Rose Fischer, owner of Lucy Rose Designs  
The Best Age

Jan. 2021 Lisa Lemler, Associate Director of UM Recreation and Wellness  
Designing a Balanced Exercise Program

Feb. 2021 Peter J Watson, Associate Professor of Speech-Language-Hearing  
How not to Sound Old

March 2021 Erik Moore, Head of University Archives and Co-Director, UM Digital  
Conservatory  
Downsizing: Spotting and Donating Historic Treasures

April 2021 Sharon Stiteler, Ranger, Mississippi National River  
The Minneapolis Megamurder: A National Parks Mystery

May 2021 Ann Van Heest, Professor UM Dept of Orthopedic Surgery  
How to Keep your Hands and Wrists Healthy and Strong

### **2021-22**

July 2021 Drew Horton, Research Enologist, UM Dept. of Horticultural Science  
Discovering Minnesota Wines

Oct. 2021 U of M Human Resources  
2021 Health Care Workshop: How to be a Good Consumer of Health  
Insurance

Nov. 2021 Alice Larson, Prof. Biomedical Sciences  
Workshop: Fostering Your Creative Capital

Jan. 2022 Pam Schreiner, Director Center for Human-Animal Relationships  
Benefits of Human-Animal Interactions

- Feb. 2022 Julie Schumacher, Department of English Creative Writing Program,  
Thurber prize-winning author  
How to Ignore Your Inner Critic and Write without Fear
- March 2022 Catherine Van Hoecke and Jason Caitlin, Fidelity, Inc.  
Financial Planning for Retirees--Nice or Need to Have?
- April 2022 Eric Van Kuijk, Chair of Dept. of Ophthalmology  
A Tour of the Aging Eye
- May 2022 Arielle Courtney, Partnership Development Consultant, MN Dept. of  
Natural Resources  
MN State Parks: Portals to Health and Happiness