

History of UMRA Workshops

2005-2023

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

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 Traiing
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 Feda, 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 Virtual

- 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

- May 2021 The Minneapolis Megamurder: A National Parks Mystery
Ann Van Heest, Professor UM Dept of Orthopedic Surgery
How to Keep your Hands and Wrists Healthy and Strong
- 2021-2022** (Virtual)
- Sep. 2021 No workshop
- Oct. 2021 UM Office of Human Resources
How to be a Good Consumer of Health Insurance
- Nov. 2021 Alice Larson, Prof. Biomedical Sciences
Fostering Your Creative Capital
- Jan 2022 Pam Schreiner is a professor in the U of M School of Public Health (SPH) Division of Epidemiology and Community Health
Health benefits of companion animals for seniors: pros and cons
- Feb 2022 Julie Schumacher, Professor, UMN Creative Writing Program in the Department of English
How to ignore your inner critic and write without fear
- Mar 2022 Catherine Van Hoecke and Jason Callin, representatives of Fidelity’s financial planning services,
Financial planning services for retirees—nice to have or need to have?
- Apr 2022 Erik van Kuijk, MD, PhD, professor and chair of the University’s Department of Ophthalmology and Visual Neurosciences
A tour of the aging eye
- May 2022 Arielle Courtney, partnership development consultant for the Parks and Trails Division of the Minnesota Department of Natural Resources (DNR)
Portals to health and happiness: Minnesota state parks

2022-2023 (Virtual)

Sept 2022	UMRA SIG & URVC Leaders
Oct 2022	Katie Kolodge, Health & Wellness Consultant Office of Human Resources Health Insurance Update
Nov 2022	Janet Dubinsky Professor, Dept of Neuroscience Neuroplasticity in Aging

Jan 2023	Julie Kelly, Science Librarian (retired) Carissa Tomlinson, Libraries Director of Student Experience, Learning, Outreach How to get the most out of your UM library privileges
Feb 2023	Julie A. Switzer MD. Department of Orthopedic Surgery. Medical School TRIA, Park Nicollet Medical Center Aging and weakening of the bones
Mar 2023	Marti DeLiema, UMN School of Social Work Fraud/scams/elder financial exploitation
Apr 2023	Keri Ristic UMN Director of undergraduate admissions College Admissions Today: What your grandkids need to know
May 2023	Erica Schorr, PhD, BSBA, RN Associate Professor Adult & Gerontological Health Cooperative UMN School of Nursing Leveraging Digital Health Technologies to Support the Achievement of Optimal Health and Wellness

2023-24 (Virtual)

Sept 2023	Meredith E. Adams, MD MS, Associate Professor, Chief, Division of Otology & Neurotology Hearing and Aging and Over-The Counter Hearing Aids
Oct 2023	Webinar introducing new Regents
Oct 2023	Katie Kolodge, UMN HR UMN Health Insurance Update
Nov 2023	John Bantle and 3 PDGR recipients Keeping Active in Retirement: PDGR grants
Jan 2024	Dr. Laura Neidernhofer, professor in Medical School and CBS Therapeutic Approaches to Aging
Feb 2024	Dr. Elizabeth Arendt, orthopedics Knees, Knee Replacements and Arthritis
March 2024	Dr. Paul Schanfield, Neurologist, UMN The Brain Explained: Alzheimer's and Dementia
April 2024	Sarah Jerstad, Director of Outpatient Mental Health Services, Children's MN Children's Mental Health
May 2024	Jay Benedict, Outreach and Sales Director at Pillars (Ebenezer) and Janice Brown, Director of Marketing and Sales, Sholom Choosing Senior Living