History of UMRA Workshops

*UMRA has been conducting workshops in a series entitled, “Living Well in Later Life,” 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


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 Training  
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. 20Ne14  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 and 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 Specal 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 HMC 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
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<tr>
<th>Month</th>
<th>Presenter(s)</th>
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<td>Nov. 2017</td>
<td>Greg Owen, Wilder Research, Amherst H. Wilder Foundation</td>
<td>Challenges of Caregiving among Older Adults</td>
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<td>Jan. 2018</td>
<td>Ron Anderson and Panel of additional UMRA members</td>
<td>Meaning and Purpose in Retirement</td>
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<td>Feb. 2018</td>
<td>Jean Wyman, U of M School of Nursing</td>
<td>Falls Are Dangerous—<em>and</em> Preventable</td>
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<td>March 2018</td>
<td>Lisa Larson, U of M Office of Technology Assessment; Cathy Lee Gierke &amp; Dave Naumann, UMRA</td>
<td>Keeping up with Technology Tools, and Walkthrough of UMRA’s Revamped Website, respectively</td>
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<td>April 2018</td>
<td>Joseph Gaugler, U of M School of Nursing</td>
<td>Alzheimer’s Disease: What It Is, and What Can Be Done</td>
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