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
            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 Feda, health coach

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

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
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>Mar. 2017</td>
<td>Sustainable and Responsible Investing</td>
<td>Andrew Wetzel, F. L. Putnam</td>
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<td>Apr. 2017</td>
<td>Financial Challenges for One: Singles, Caregivers, Widows, Widowers</td>
<td>Andy Whitman, Professor of Insurance, CSOM; and Susan J. Link, Maslon Law Firm</td>
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<td>2017-18</td>
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<td>Sept. 2017</td>
<td>Jay Haapala, Associate Director of Outreach, Minnesota AARP</td>
<td>How to Avoid Fraud, Scams, and Identity Theft</td>
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<td>Oct. 2017</td>
<td>Melinda Soderberg, Senior Benefits Counselor, Employee Benefits</td>
<td>Health Plans for U of M Retirees, 2018</td>
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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—and 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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<tr>
<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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<td>2018-19</td>
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<tr>
<td>Sept. 2018</td>
<td>No workshop</td>
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<td>Oct. 2018</td>
<td>Office of Human Resources</td>
<td>Health Plan Options for Retirees</td>
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<tr>
<td>Nov. 2018</td>
<td>Ted Bowman, Family Educator, Adjunct Professor, Family Social Science</td>
<td>Loss and Resilience</td>
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<td>Feb. 2019</td>
<td>Office of Human Resources</td>
<td>Changes in UM Retirement Plans</td>
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<td>March 2019</td>
<td>Muna Irfan, MD, Department of Neurology</td>
<td>How to Get a Good Night’s Sleep</td>
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<td>April 2019</td>
<td>Cancelled</td>
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<td>May 2019</td>
<td>Representatives from 1666 Coffman, and Pillars of Prospect Park</td>
<td>Senior Housing Options</td>
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<td>2019-20</td>
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<td>Sept. 2019</td>
<td>Anastasia Faunce, LearningLife, Sandra Krebs Hirsch, OLLI, Julie Selander , Office of the Registrar</td>
<td>Educational Opportunities for Seniors at the U of M</td>
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<td>Oct. 2019</td>
<td>Office of Human Resources</td>
<td>Health Plan Options for Retirees</td>
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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