

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