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**

**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
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. 2014 The Basics of Sustainability Clifton Ware, Music (retired), and Bettye Ware
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 HCMC physician
Feb. 2017  Non-Drug Practices in Managing Pain
           Sue Flannigan, Fairview nurse practitioner
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<thead>
<tr>
<th>Month</th>
<th>Event Title</th>
<th>Speaker(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><strong>2017–18</strong></td>
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<td>Sept. 2017</td>
<td>How to Avoid Fraud, Scams, and Identity Theft</td>
<td>Jay Haapala, Associate Director of Outreach, Minnesota AARP</td>
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<td>Nov. 2017</td>
<td>Challenges of Caregiving among Older Adults</td>
<td>Greg Owen, Wilder Research, Amherst H. Wilder Foundation</td>
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<td>Jan. 2018</td>
<td>Meaning and Purpose in Retirement</td>
<td>Ron Anderson and Panel of additional UMRA members</td>
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<td>Feb. 2018</td>
<td>Falls Are Dangerous—<em>and</em> Preventable</td>
<td>Jean Wyman, U of M School of Nursing</td>
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<td>March 2018</td>
<td>Keeping up with Technology Tools, and Walkthrough of UMRA’s Revamped Website, respectively</td>
<td>Lisa Larson, U of M Office of Technology Assessment; Cathy Lee Gierke &amp; Dave Naumann, UMRA</td>
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<td>April 2018</td>
<td>Alzheimer’s Disease: What It Is, and What Can Be Done</td>
<td>Joseph Gaugler, U of M School of Nursing</td>
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<td><strong>2018-19</strong></td>
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<tr>
<td>September</td>
<td>No workshop</td>
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<td>October</td>
<td>Office of Human Resources</td>
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<td>Health Plan Options for Retirees</td>
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<td>November</td>
<td>Ted Bauman, Family Educator, Adjunct Professor, Family Social Science</td>
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<td>January</td>
<td>Michael Dennis Brown, U of M Department of English</td>
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<td>Meditation and Mindfulness</td>
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<td>February</td>
<td>Office of Human Resources</td>
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<td>Changes in UM Retirement Plans</td>
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<tr>
<td>March</td>
<td>Murfa Irfan, MD, Department of Neurology</td>
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<td>April</td>
<td>Cancelled</td>
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<td>May</td>
<td>Representatives from 1666 Coffman and Pillars of Prospect Park</td>
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<td>Senior Housing Options</td>
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