

Aging Matters

Aging, Wellness, Long Term Care

UW-L
Continuing Education
and Extension
Fall 2011

Offering fresh perspectives and leading edge information, our programs invite you to discover the many dimensions of the aging journey and the impact of our aging population.

Health care and elder care professionals, business owners and policy makers, students and midlife adults exploring careers, family caregivers, and life-long learners find our programs practical, creative and potentially transformative.

Register for individual programs or enroll as a Gerontology Certificate program participant for completion of a 60 or 120-hour certificate.

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www.uwlax.edu/conted



Pathways to Purpose: Exploring Potential in Later Life

Wednesdays
Nov. 2, 16, 30, 2011
Jan. 25, 2012

Designed for adults 50 plus and better, this program opens pathways for defining purpose, connecting with others, finding a new job or new resources, and creating a life-worthy legacy for the second half of life. Program supported in part by a UW-Extension workforce development grant.

6-8:30 p.m.
Franciscan Spirituality Center
920 Market St. La Crosse, Wis.
\$95, includes light supper and materials

Gerontology Certificate program

Gerontology is the multi-disciplinary study of aging which encompasses the biological, psychological, spiritual, sociological, and economic aspects of aging. UW-L CEE offers two certificate options:

- 1) the 60-hour Certificate Program of core workshops reflecting a breadth of knowledge related to aging and
- 2) the 120-hour Advanced Gerontology Certificate Program which includes a practicum and electives such as dementia care, legacy building, nutrition and fitness, and death and dying.

Core programs include:

Essentials of Gerontology
Drugs and Aging
Physiology of Aging
Psychology of Aging
Social Issues of Aging



change-growth-knowledge-creativity-memory-wellness-wisdom-legacy-caregiving-advocacy-community

Aging Matters Fall 2011 Programs



Essentials of Gerontology

(Core Gero Certificate Program)

Sept. 10 & 17 | 9 a.m.-4 p.m.

165 Morris Hall | UW-La Crosse

\$120, \$100 Gerontology Certificate participants

(1.2 CEUs or 12 contact hours)

This program will change the way you think about elders, the aging process, and our aging society. Whether you are a provider of elder services, a family caregiver, an employer or simply what to know more about the aging process, Essentials will deepen and enliven your understanding of what it means to grow old. Professionals will acquire current perspectives and skills to meet the physical, emotional, and social needs those in their care. Family caregivers will gain confidence and information to be resources for loved ones. Experiential and interactive, essentials is a lively environment for professional and personal growth. (Certificate Core Program)

Instructor: Sara Sullivan, Ph.D., UW-L Department of Psychology, creates responsive and engaged learning experiences in the classroom



and community settings.

Physiology of Aging

(Core Gero Certificate Program)

Nov. 11 | 4-9 p.m.

Nov. 12 | 9 a.m.-5 p.m.

165 Morris Hall | UW-La Crosse

**\$120, \$100 Gerontology Certificate participants
(1.2 CEUs or 12 contact hours)**

What are the usual physical and physiological changes that accompany the aging process? How do these changes impact elders' day-to-day activities and functioning? What strategies exist to help elders maintain physical and mental well-being? This program provides current information and practical knowledge that is personally helpful as well as applicable in all care settings. Nurses, nursing assistants, direct care workers, social workers, recreational therapists and family caregivers will benefit from this program.

Instructor: Judy Anderson, M.S.N., Ph.D., associate professor, Viterbo University. Anderson teaches graduate/undergraduate nursing courses with a special interest in aging. She travels and teaches internationally.

Hoarding & Depression in Elders: Digging Through the Facts and Fiction

Dec. 2 | 1:30-4:30 p.m.

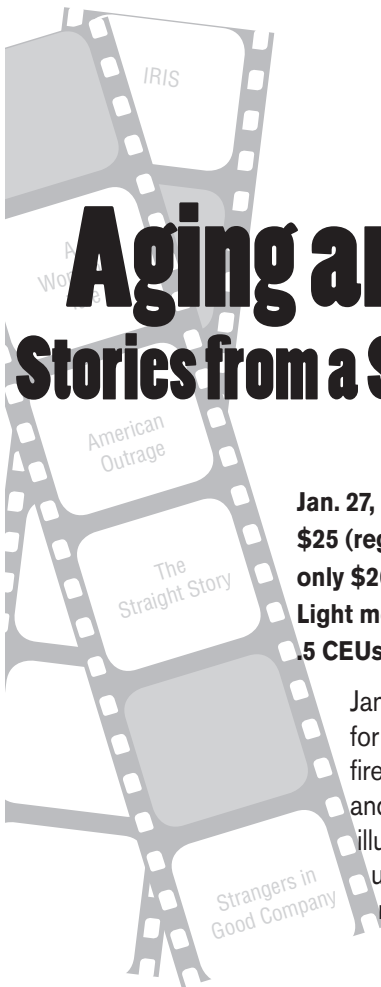
165 Morris Hall | UW-La Crosse

\$55; \$45 Gerontology certificate participants

.3 CEUs or 3 contact hours

"The person who removes a mountain begins by carrying away small stones." This program provides an overview the links between hoarding behaviors and other mental health issues in the elderly. Participants will identify the warning signs and diagnostic criteria for hoarding disorder, including several tools used to assess the severity of hoarding. Additionally, participants will learn about the treatment options available. The program is designed to help participants to develop empathy for behaviors that we all have to some degree, and learn ways to help our aged family members, friends, neighbors, or clients to live healthier lives.

Instructor: Ryan McKelley, Ph.D is a licensed psychologist and assistant professor of psychology at the UW-La Crosse. His teaching, research and clinical work include interests in health psychology, clinical/counseling psychology and alternative treatments in mental health.



5th Annual

Aging and Film: Stories from a Splendid Age

Jan. 27, 2012 | 4-9 p.m.
\$25 (register with a friend and pay only \$20 each)
Light meal and snacks included
1.5 CEUs

January is a great month for this annual program – a fireplace, hot soup, cozy chairs and our aging journeys illuminated through film. Join us for an evening of insights, reflections, and good energy

Love the World

*What I loved in the beginning, I think, was mostly myself.
Never mind that I had to, since somebody had to
That was many years ago.*

*Since then I have gone out from my confinements,
though with difficulty.*

*I mean the ones that thought to rule my heart.
I cast them out, I put them on the mush pile.
They will be nourishment somehow (everything is nourishment
somehow or other).*

*And I have become the child of the clouds, and of hope.
I have become the friend of the enemy, whoever that is.
I have become older and, cherishing what I have learned,
I have become younger.*

*And what do I risk to tell you this, which is all I know?
Love yourself. Then forget it. Then, love the world.*

-Mary Oliver

For the full poem, "To Begin With, the Sweet Grass" visit:
www.panhala.net/Archive/To_Begin_With.html

Programs may be taken as part of the UW-La Crosse Gerontology Certificate program. Information about our 60- and 120-hour programs can be found at www.uwlax.edu/conted/gerontology

Discounts on registrations are available for members of the Coulee Region LTC Workforce Coalition, senior citizens, and students. If you are a La Crosse County caregiver over the age of 60 or caring for someone over the age of 60, contact the La Crosse Aging Unit at 608.785.9710 for assistance with fees and respite services.

Aging Matters Registration Form

Name _____

Address _____

City _____ State _____ ZIP _____

Phone (____) _____

E-mail Address _____

Form of Payment (circle one): Visa Mastercard American Express
Check (made payable to UW-L)

Credit Card # _____

Exp. Date: ____ / ____

Cardholder's Signature _____

Print Name of Cardholder _____

Return this form and method of payment:

Online: www.uwlax.edu/conted

By Phone: 608.785.6504; toll-free 1.866.895.9233

By Mail: UW-L, 205 Morris Hall
1725 State St.
La Crosse, WI 54601

Requests for information:

- Please send me an application packet for the Gerontology Certificate Programs
- Please send me a membership form for the Coulee Region Long Term Care Coalition
- I prefer notification by email.
- I prefer notification by U.S. mail.

Essentials of Gerontology (\$120; \$100)

Pathways to Purpose (\$95; no discounts apply)

Physiology of Aging (\$120; \$100)

Hoarding and Depression in Elders (\$55, \$45)

5th Annual Aging and Film

(\$25; \$20 if registering with a friend)

Discounts:

Senior discount (1/2 regular fee)

Student discount (1/2 regular fee)

Coulee LTC Workforce Coalition (certificate fee)



Pathways to Purpose: Exploring Potential in Later Life

Wednesdays

Nov. 2, 16, 30, 2011

Jan. 25, 2012

6-8:30 p.m.

Franciscan Spirituality Center

920 Market St. La Crosse, Wis.

\$95, includes light supper and materials

Designed for third agers as they navigate the changes associated with aging – retirement or job loss, empty nest, new care-giving roles, life in a new community, loss of spouse or other loved one – this program opens new pathways for defining purpose, connecting with others, finding a new job or new resources, and creating a life-worthy legacy for later years. This program enables you to meet others who are at a similar point in their journeys who will share ideas and resources they have found helpful.

Each workshop begins with a light supper and includes group engagement activities, individual reflection, group discussions and opportunities for further independent exploration. The January workshop is designed as a reunion: a time to gather, review and evaluate our progress.

In this program, you will:

- Identify a purpose and direction for the next phase of your life that incorporates your values, priorities, dreams and interests.
- Learn how to use your skills, abilities, and experiences to your advantage.
- Learn new ways to connect with others, contribute, and make a difference.
- Develop a personal road map that identifies resources you have and those you will need, and creates strategies for how and where to get them.
- Create a new personal model of work/life balance for this phase of life and learn strategies for keeping the elements in balance.
- Begin the journey along your personal road map with the guidance of the facilitators and the support of the other group members.

This program is funded in part by a UW-Extension Workforce Development grant.

"Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable."

– Helen Keller

INSTRUCTORS:

Jo K. Glasser, Ph.D., workshop leader, trainer, and organizational consultant Glasser's background is in the fields of health care and higher education. As a health care manager and executive in Minneapolis, Minn., and La Crosse, she directed a broad range of programs and services for older adults and their families. As a consultant, Glasser managed process improvement projects, trained a broad cross-section of staff, and facilitated strategic and marketing planning and service excellence initiatives. Glasser holds a bachelor of arts degree in psychology from the University of Alberta, Canada; a master of science in gerontology from the University of Southern California; a master of business administration from St. Thomas University, Minneapolis; and a doctoral degree in organizational psychology from Capella University, Minneapolis. Her doctoral research and dissertation were in the field of conflict management and mediation.

Susan Ring is a retired teacher, writer and corporate executive. As a high school teacher, Ring created a new history course based on her master's thesis about 20th Century Wisconsin women reformers. After a move to western Wisconsin, she reported for regional newspapers, created a cooking column called First You Steal Two Eggs, and published a cookbook by the same title. She published a regional tourism magazine, edited a statewide UW campus-community magazine and worked in a creative role for a national direct marketing agency. With direct marketing and marketing management experience, Ring accepted a position with a La Crosse software firm. She was promoted to corporate vice president and ultimately, divisional president. She served on the team that opened Australia to U.S. postal technology. Ring took the same technology to Chicago, where she managed the transition of the mailing department of an international printer to Y2K-compatible computer systems.

Back in Wisconsin, she founded a consulting company, taught marketing at Viterbo, served on the United Way Board of Directors, and marketed health care educational services



Encore Careers: Working in the Next Stage

Many workers expect to work well into their 70s. They are motivated by many things—the need for continued earnings, a desire to be actively engaged in economic and social activity, and simply that they have the energy and health to continue to work. There is an important difference as people contemplate and plan for work as older workers: third agers are motivated by a drive to “do good work” and give back. Moreover, they want a work life that provides purpose and connection to others (Civic Ventures, 2005). This is a workforce that is positioned to fulfill critical social and community needs – experienced, disciplined, innovative, and motivated by a drive that reaches beyond financial compensation.

Web sites to help you plan your Encore Career:

- DinosaurExchange.com*: Lists short- and long-term job opportunities for what it terms “dinosaurs” (retirees with experience), including consultant and management positions all over the world, some in developing countries
- Enrge.us*: The Employment Network for Retirement Government Experts assists retired federal, state, and local government employees with continued employment
- ExecSearches.com*: Connects experienced nonprofit, government, education, and health workers with executive, mid-level, and fundraising positions
- Execunet.com*: Executives who make over \$100,000 annually can network with like-minded professionals and talk to recruiters
- Jobs4Point0.com*: Focuses on job seekers ages 40 and over
- RetiredBrains.com*: Offers nationwide job listings searchable by industry or state
- RetireeWorkForce.com*: Hosts virtual job fairs as well as job postings and résumé services
- RetirementJobs.com*: Certifies employers as offering a friendly work environment for older workers
- Seniors4Hire.org*: Seniors can apply for jobs, submit a résumé, or post a description of their ideal job
- ThePhoenixLink.com*: This nonprofit group connects experienced executives and technologists with short- and long-term management positions
- WorkForce50.com*: Lists jobs exclusively from employers who are enthusiastic about hiring workers over age 50
- YourEncore.com*: Connects retired scientists, engineers, and product developers with consulting and short-term assignments (Source: *U.S. News MONEY* website, 10/15/07)

**Programs related to healthcare career explorations after 55 are being scheduled now!
Check www.uwlax.edu/conted for updates or call 608.785.6509**

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Calendar of Events Fall 2011

Sept. 10 & 17	Essentials of Gerontology
Starts Nov. 2	Pathways to Purpose
Nov. 11 & 12	Physiology of Aging
Dec. 2	Hoarding and Depression in Elders
Jan. 27	5th Annual Aging and Film



Coulee Region Long Term Care Workforce Coalition

To develop regional strategies to improve the recognition, retention and recruitment of the long-term care workforce.

For membership information and meeting dates call 608.785.6502.

www.uwlax.edu/conted/humanservices/couleeregionlrcworkforcecoalition.html

Online: www.uwlax.edu/conted
 Phone: 608.785.6504 or 1.866.895.9233 (toll free)
 Mail: UW-L CEE
 205 Morris Hall | 1725 State Street
 La Crosse, WI 54601 USA
Programs added to Web site regularly

**Check for new programs added regularly:
www.uwlax.edu/conted**

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UW-La Crosse, WI 54601
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 University of Wisconsin-La Crosse
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