

MINNEAPOLIS AREA SENIOR WORKERS ASSOCIATION



Our Mission:

To develop a multidisciplinary community of professionals working in the field of aging who are educated, supported, and interconnected so they may improve services and advocate for older adults.

Monthly News

February 2008

February 2008 Membership Meeting

- Date:** February 28, 2008
- Location:** Regency Hospital
1300 Hidden Lakes Parkway
Golden Valley, MN 55422
Behind Courage Center and the Hidden Lakes development off Golden Valley Road
- Contact:** Leslie Plummer — 763-302-8326
- Schedule:** 2:25 Registration and Networking
2:40 Business Meeting
3:15 Program Presentation
4:15 Networking and Tour
- Topic:** The Power to be Well
- Speaker:** Cathy Feste, author, public speaker and internationally recognized expert in the field of self-management of health. She weaves personal experience, poignant anecdotes, humor and the latest research into an engaging presentation that will inspire you to make healthy choices for a better life.

For nearly three decades Cathy Feste has explored the psychosocial and spiritual dimensions of well-being. She is helping reshape the approach to treating and preventing chronic illness. Her own 50 year history of living with diabetes gives her work added depth and meaning.

Objectives:

1. Identify the “drains” in your lives.
2. List what “energizes” your lives.
3. Discuss the importance of stories in your lives.

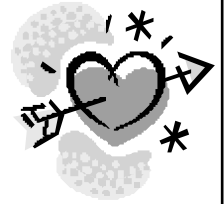
Certificates of Attendance (CEU's) available.

1 CEU credit Guest fee: \$5.00.

The President's Message

Dear MASWA members,

Brrrrr...rrr!! We are halfway through winter, but it is not going by fast enough.



MASWA has so many activities going on, and I must thank all of you who are participating in these activities.

The new Program Committee for the Fall Aging Conference has had their first meeting and their minds are already in high gear. A great group volunteered for this committee and I know they will come up with an interesting theme for this year's conference, which is being held on THURSDAY, October 30, 2008, this year. The Fall Aging Conference Steering Committee will have their first meeting on February 11th.

The joint Public Policy Committee is also in high gear. I have been a MASWA member for many years and I can not ever remember a more active Public Policy Committee. They are raring to go and welcome all members who would like to share their enthusiasm and activism. They will continue to keep us informed about the legislative activities and let us know when we need to contact our legislators.

The Spring Luncheon is also in its planning stage and will take place on May 15, 2008 at the Reserve in Plymouth, as it has in years past.

Your Board of Directors is also looking at re-writing the bylaws pertaining to length of time a Board member serves. Many feel that one year is only long enough to learn the job and then it is time to pass it on to the next Board member. The Board is considering two year positions. This change will require the membership to vote on the change. Please let your Board members know your feelings on this change, or any other ideas you may have to improve MASWA.

Sincerely,

Linda Debner

MASWA President

Minneapolis Area Senior Workers Association

P.O. Box 26630, Minneapolis, MN 55426

www.seniorworkers.org

Save the Date! Precinct Caucuses- Tuesday, February 5 at 7:00 PM

Precinct caucuses are the first step used by Minnesota's major political parties to select the candidates and issues they will support in the 2008 elections. Some examples of what happens at the local caucuses:

- Election of delegates and alternates to go the party conventions later in spring and summer
- Discussion of issues and resolutions that would go on to the party conventions to become part of their platform
- Election of local party leadership
- Completion of straw polls to indicate preference for presidential candidates

You can call your county auditor or one of the major political parties for precinct caucus location information:

Democratic Farmer Labor

651-293-1200

1-800-999-7457

www.dfl.org

Independent

651-487-9700

www.mnip.org

Republican

651-222-0022

1-877-467-6466

www.mngop.com

FEATURED BOARD MEMBER OF THE MONTH: Diane Rideout, Public Policy

Diane has been a member of MASWA for almost 3 years. Currently she serves as co-chair of the Public Policy committee, guided by the expertise of Judy Abbott from the St. Paul Area Senior Workers.

Diane's appreciation for the senior community began in 1989 when she volunteered at a local skilled nursing facility. "The authenticity, wisdom and sense of humor of the residents showed me an underappreciated genre of people. And it is a joy and privilege to meet and work within the senior industry every day." Diane has worked in the property management industry for the past 8 years, and has been employed by Walker Methodist since 2005. Currently, Diane is the marketing director for Walker Plaza in Anoka. She is the mother of three fabulous teenage girls and enjoys contemporary music, theater and writing in her free time.

As the Public Policy committee continues to grow, we welcome your input and participation. We will make every effort to keep you informed of local, state and federal legislation that impact the senior citizen population and those who work in the industry. You can check us out on the website by clicking the Public Policy icon on the home page.



CORRECTION FROM LAST MONTH: Marti Briest was the "Mystery Member of the Month." We apologize for inadvertently leaving out her name!



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