

## Area of Emphasis in Aging (AEA)

# aging and gero- social work

Academic Year 2024-2025



### Coordinator Welcome from Tanya Rand, AEA Program Director



Hello, my name is Tanya Rand. I am the Director of our Area of Emphasis in Aging (AEA) Program. I'd like to welcome you to the 2024-2025 AEA newsletter. This academic year has been full of so many wonderful leadership, engagement, skill-building, and scholarship activities. Thank you for visiting our page, reading our end-of-year reflection, and learning more about our [AEA](#) program. A special shout-out to our current council members and scholars below for an amazing year! Your engagement this year was inspiring. Also, a very warm welcome to our incoming 25-26 Scholars: Grace Dejno, Sarah Frenz, Elena Hicks, and Laurie McDowell!



Carol Ashwood  
AEA Alumni & Faculty  
Advisory Council



Diane Bauer  
Professor Emeritus  
Advisory Council



Beth Brown  
AEA Alumni  
Advisory Council



Stephanie Larson  
AEA Alumni  
Advisory Council



Amanda Thoof  
AEA Faculty  
Advisory Council



Krystal Bickel  
AEA Scholar



Annie Collins  
AEA Scholar



Victoria Keller  
AEA Scholar



Jenna Kress  
AEA Scholar

# A YEAR IN REVIEW



## 24-25 AEA Summary by Krystal Bickel, AEA Scholar

The past year has been a time of tremendous growth and enrichment for AEA scholars, who have actively participated in a wide range of learning experiences and professional development opportunities. Throughout the year, scholars attended workshops, conferences, and initiatives that deepened their expertise in gerontological practice and expanded their professional networks.

Highlights from the year included participation in the Minnesota Gerontological Society's Conference, the Geriatric Case Competition with the University of Minnesota's GWEP, the Minnesota Leadership Council on Aging Summit, Age-Friendly Blueprint Convenings, Age-Friendly Day at the Capital, the Whole Person Health Summit, the Minnesota Coalition for Death Education Conference, the Minnesota Hospice and Palliative Care Conference, UST receiving our Age-Friendly University designation, and of course the end-of-the-year AEA Workshop and Celebration!

Reflecting on these experiences, it is clear that this year has been marked by meaningful learning, professional advancement, and a renewed commitment to enhancing the lives of older adults across diverse communities. We are eager to build on this momentum as we look ahead to the coming year!

Photo of AEA scholars past and present at the AEA Workshop event



Photo of AEA Council Members at the School of Social Work 50<sup>th</sup> Anniversary celebration



Photo of AEA Scholars advocating for older adults at the Age-Friendly Day at the Capital Event

# AEA Workshop & Celebration

## Event Summary by Grace Dejno, Incoming AEA Scholar

This year, we hosted The Area of Emphasis in Aging Workshop and Celebration on April 25, 2025, with current and alumni AEA scholars, Dr. Tanya Rand (our AEA advisor), and many community members. Thank you for the support from the wonderful staff in the Morrison Family College of Health for helping this event come to fruition!



## Age-Friendly Minnesota

Mike Saindon and Farah Baig from the Minnesota Department of Health and the Age-Friendly Minnesota Council gave the first presentation, highlighting the impactful work of Age-Friendly Minnesota. They introduced participants to various grants available to community members interested in creating plans, policies, programs, and environments that foster dignity, autonomy, and inclusion for older Minnesotans, including the grant that enabled St. Thomas to become an Age-Friendly University. Mike and Farah also guided attendees through Minnesota's Blueprint on Aging, a comprehensive 10-year plan to make our state more inclusive for people of all ages.

## Health Equity & Older Adults

Our continuing education workshop also featured a presentation by Dr. Ben Rosenstein and Teresa Schicker from the Minnesota Northstar Geriatrics Workforce Enhancement Program, focusing on Age-Friendly Health Systems. They explained what it means to be an Age-Friendly Provider and introduced the 4Ms Framework: What Matters, Medication, Mentation, and Mobility with the addition of a fifth element—Multi-complexity. The session explored practical ways to apply this framework when working with older adults, offering real-world examples for each “M,” such as monitoring the medications clients take and identifying potentially inappropriate medication use.



## Ethics and Older Adults



The final presentation, led by George Baboila, faculty in the St. Thomas School of Social Work addressed ethical issues in Age-Friendly Services. He emphasized the importance of maintaining ethics in health care when supporting clients, highlighting key considerations such as individual preferences, ensuring equity in care, practicing cultural sensitivity, and prioritizing the avoidance of harm.

Each presentation underscored recent changes in services and policies related to the care of older adults. Staying informed in the near future about these developments is essential, as they can have a direct impact on the clients we serve.

# Graduate Spotlight

by Krystal Bickel, AEA Scholar

## Interview with Annie Collins

Annie Collins received her Masters in Social Work from St. Thomas in 2025. During her graduate studies, attending the MSW Program as a Hybrid student, Annie demonstrated leadership as part of the Area of Emphasis in Aging cohort from 2020 to 2025. After graduation, Annie joined the Stillwater Hospice team in Bozeman, Montana.



### What excites you about working with aging populations?

I was first drawn to working with older adults during an internship with a hospice agency during my undergraduate program. I admire the resilience, wisdom, and perspective many older adults have gained from the experiences they have lived through. I also enjoy providing a therapeutic presence to older adults with dementia and helping support their families through a difficult journey.

### Where did you do your internships, and what did you learn from them?

My first internship was at the Palliative Care Department at Bozeman Health Deaconess Hospital in Bozeman, MT. During that internship, I learned how to have the hard but important conversation with patients and their families about changing to comfort-focused treatment, and to help them navigate advanced directives and end-of-life wishes. I also learned how to provide counseling to older adults who were struggling with living with a terminal illness. My second internship was at Stillwater Hospice in Bozeman, MT. There, I learned how to follow patients and their families from admission to end of life, utilizing a bio-psycho-social assessment, obtaining advanced directives, setting up care conferences, and then meeting with patients as their disease progressed to provide social-emotional support and advocate for quality of life indicators. Additionally, I communicated regularly with family members, helping them navigate their loved one's end-of-life experience, including changes in condition and bereavement.

### What is your advice for others looking to work with the aging population?

There is such a need for dedicated social workers in the field of aging. The truth is, we are all aging, and everything you learn while working with this population will be applicable to you or your family at some point. I would encourage anyone interested to take gero-focused classes like Clinical Practice with Older Adults to see what it is like to work with this population.



### How did the AEA set you up for finding work after graduation?

Through hearing about all of the experiences that our alumni have had, I was able to further confirm my desire to work in hospice care. I value the wisdom that alumni and other scholars shared in helping work through difficult situations in my internships. Having Dr. Tanya Rand as my advisor, professor, and the facilitator of AEA helped steer me in the right direction as I went through the program. AEA also helped me build a lot of confidence as a leader and social worker.

### What is the number one thing you're taking away from your AEA experience?

The one thing I value most from my time in AEA was the leadership opportunities I had, including helping to plan and lead AEA meetings, coordinating AEA members to participate in various events, being on the MGS committee for two years, helping host MGS at St. Thomas, and co-presenting with Dr. Tanya Rand and fellow scholars at the MGS Conference. I also loved and appreciated all of the opportunities for learning through the various conferences I attended, along with alumni reports from the field.

### What are your interests & hobbies outside of Social Work?

I am the wife of a wonderful husband and mother of five amazing kiddos. I love to bake sourdough, read historical fiction, attend church and Bible study, hike and camp in the beautiful mountains of Montana, and play games with my family.



# Age-Friendly University Designation

by Tanya Rand, EdD MSW LICSW Area Emphasis in Aging Program Director



We are so grateful to [Age-Friendly Minnesota](#) for [the grant](#) they awarded the University of St. Thomas.

With this grant we were able to embark on a journey to become an [Age-Friendly University](#) (AFU) which included so many growth promoting initiatives such as the creation of advisory groups with internal and external key partners, conducting environmental scans to explore age-friendly campus activities and practices across populations and programs at St.Thomas, hosting focus group conversations, creating surveys to learn about experiences of age-inclusivity on campus, hosting age-friendly training events with community partners, developing micro-credential learning content for whole personal healthy aging, piloting several intergenerational conversation story circles, developing ideas for our lifelong learning center to engage a broader demographic reach, putting together an initial plan for next steps with our now new AFU 5-year designation, and so much more!

Our desire to become an AFU flowed directly from our university's mission: Inspired by Catholic intellectual tradition, the University of St. Thomas educates students to be morally responsible leaders who think critically, act wisely, and work skillfully to advance the common good. On January 27, 2025, the University of St.Thomas was welcomed into the Age-Friendly University Global Network!

"This moment marks a significant step forward in our collective commitment to creating an inclusive and supportive environment for individuals of all ages within our academic community. Together, we will work towards building a global community where individuals of all ages feel valued, respected, and empowered to thrive. By joining the Global Network, you have demonstrated your dedication to fostering lifelong learning opportunities and promoting active participation among older adults. We are thrilled to add your contributions, unique perspectives, expertise, and passion to our global initiative." -Aaron Guest, PhD, MPH, MSW- Chair of the Secretariat for the Age-Friendly University Global Network

To read more news about our AFU designation, please [click here](#) to learn more about our St.Thomas journey as Minnesota's first private university to receive this designation and check out the piece we wrote for the [Minn Post!](#)



Tanya Rand



Bob Shoemake



Karin Trail-Johnson



Jenna Kress



Krystal Bickel

## Internship Spotlight

by Victoria Keller, AEA Scholar

This year, my foundation internship involved working as an ARMHS (Adult Rehabilitative Mental Health Specialist) provider. In this role, I provided comprehensive mental health care skills within the community. I worked with my clients (many who were older adults) to reach their goals by utilizing interventions to help manage their mental health symptoms and live their lives to the best of their abilities.

I was able to work with clients who needed support with things like symptom management from social anxiety, depressive thoughts, or insomnia from PTSD that were interfering with their daily life. Sometimes this looked like helping them use deep breathing, stretching, or visualization skills or determining ways to neutralize triggers using CBT, ACT, or exposure therapy skills in the context of social work's strengths-based perspective.

ARMHS care is one of the most rewarding things I have done in my life. Every day, I learn more about my clients, human resilience (and sometimes frailty), and myself. The diversity of experiences with clients and documentation, whether in your foundation or clinical practicum, is outstanding. The insights you will glean about the human condition will propel you into your social work career.



# Geriatric Case Competition

by Annie Collins, AEA Scholar

*“A society that does not value its older people denies its roots and endangers its future.”*

— Nelson Mandela

The Minnesota NorthStar Geriatrics Workforce Enhancement Program (MNGWEP), a grant-funded program that seeks to increase the quality of life for older adults in Minnesota, hosts an annual Interprofessional Geriatric Case Competition, which I had the privilege of entering in 2024. Students from several schools, including the University of Minnesota and the University of St. Thomas, who enter the competition are put into interdisciplinary teams to collaborate on a plan of care for an older adult in a created case study. I was on a team with several students from U of M who represented the fields of occupational therapy, dentistry, nursing, physical therapy, and dietetics. As the social work representative, I was able to bring a bio-psycho-social lens to the case and help the team think about the older adult as a person-in-environment, including their family, community, living situation, finances, and the impact of their health.

The competition was high-level, with each team working together to create a whole-person, client-centered care plan for the older adult in the case study using the 4Ms framework (What Matters, Medication, Mentation, and Mobility). I thought we did a great job coming up with a realistic plan for an older adult in a rural setting, overcoming many barriers to care. It was a great learning experience, and some of the highlights included interviewing Julie Wilson from Care Partners of Cook County about rural social work in MN, learning about all of the innovative ways different disciplines are seeking to meet the needs of older adults, and hearing more about the challenge to care for older adults who desire to age in place in rural Minnesota.

## Age-Friendly Day at the Capitol

by Krystal Bickel, AEA Scholar



We kicked off the first Minnesota Age-Friendly Day at the Capitol with a delicious breakfast and an inspiring advocacy training session at the Wilder Center. Participants learned effective ways to share their stories and champion age-friendly policies. Energized and united, we then made our way to the State Capitol to meet with lawmakers and advocate for a more inclusive Minnesota. A highlight of the day was the announcement that Senator John Hoffman (DFL-Champlin) and State Representative Joe Schomacker (R-Luverne) had signed on as Chief Authors of new legislation to ensure the work of the Age-Friendly Minnesota Council has continued funding. Our efforts were met with growing bipartisan support, as additional lawmakers—including Senator Jim Abeler (R-Anoka) and Representative Mohamud Noor (DFL-Minneapolis)—joined as co-authors while we were at the Capitol. The day showcased the power of advocacy and the importance of working together to create a state where people of all ages across communities can thrive.

# Alumni Spotlight

## AEA Alumni Spotlight: Beth Brown, MSW, LICSW

by Annie Collins, AEA Scholar

### Why did you decide to work with older adults?

I grew up with a very close relationships with my grandparents whom I loved and adored very much. My dad also lived with a neuromuscular disorder and while he was under the age of 65, he navigated many of the changes and at times challenges that an older adult might. These experiences informed my love of working with older adults, wanting to learn from them, and support them.



### What challenges have you faced working with this population?

The greatest challenge in working with this population is the lack of resources available to support older adults. Our older adult population is greater than the availability of support resources. An example that comes to mind is supporting an older adult in connecting with either in-home caregiver services or supporting an older adult through the process of moving into long-term care. Whether in-home or a facility setting, the resources are already limited and most available resources are unaffordable for seniors. This can leave the options very limited during an already difficult time in one's life. A part of our role as social workers is the continued advocacy of older adults and their support needs!

### What excites you about working with older adults?

Older adults are such a wealth of wisdom, knowledge, and lived experiences. How lucky are we to learn from them and hear their stories! I have also found older adults to have some of the best senses of humor and I love getting to share laughter with one another.

### In what settings have you worked with older adults?

I have worked with older adults in a variety of healthcare settings from an outpatient memory clinic and inpatient hospital care setting to community-based palliative care and home hospice care.

### What role did your education play in this?

My AEA education played a significant role in supporting my passion for working with older adults. I felt like I finally found "my people" when I became a member of AEA! Before that, I had often been the only one in a class who expressed an interest in working with older adults until I became a part of AEA. Still to this day, it is my favorite professional group to spend time with.

### What advice do you have for incoming gerontological social workers?

Working with older adults very often means working with their family system, so be open to working with individuals across the lifespan. Older adults want to feel seen and valued (as they deserve), so your authentic presence and active listening goes farther than you might think!

## Lifetime Engagement Award

The 2025 AEA Lifetime Engagement Award was presented to Bob Shoemake, the retiring Director of the [Selim Center](#). Bob has been a key leader in the effort to make St. Thomas an age-friendly university and has shown unwavering dedication to serving older adults throughout his career.



# Conferences & Workshops

## Minnesota Hospice and Palliative Care Conference

by Victoria Keller, AEA Scholar

Thanks to the generosity of our School of Social Work, Krystal and I attended the Minnesota Network of Hospice & Palliative Care Conference. The conference was filled with practitioners, breakout sessions, providers, and phenomenal speakers. It provided opportunities to see the professional side of hospice and palliative care, meet service providers and vendors, and network with other professionals.



Judi Lund Person, of Lund Person & Associates, LLC, opened the conference with a keynote address about the history of hospice and palliative care titled “The Past Guides the Future.” From there, breakout sessions occurred in the morning and afternoon. The afternoon sessions focused on wellbeing, with the closing keynote address for the day titled “Enhancing Personal Wellbeing.” This was presented by Mariann Johnson of the Earl E. Bakken Center for Spirituality & Healing at the University of Minnesota. The second day started with the Volunteer of the Year Awards and a panel discussion, “Medical Aid in Dying.” After the three breakout sessions (with lunch!), the final keynote speaker, Rosie Gaston, gave her talk “Don’t Wait: Lessons on Living from the Dying.” The breakout sessions provided a wealth of education, from Minnesota Rules and Regulations to the impact of ritual for veterans to music therapy in hospice, palliative care, and bereavement. There was definitely something for everyone. If you are at all interested in late in life care, hospice, or palliative work, you do not want to miss this conference!



# Whole Person Health Summit

by Krystal Bickel, AEA Scholar

The April 30th Whole Person Health Summit, hosted by the University of St. Thomas Morrison Family College of Health, brought together 200+ attendees from diverse backgrounds, including health professionals, healthcare system leaders, community advocates, educators, students, and policymakers. The event underscored the importance of engaging directly with communities to ensure that health initiatives align with their needs and priorities. Speakers emphasized that when impacted community members are not included in decision-making, efforts often fail to gain traction or produce meaningful outcomes.

A central theme throughout the summit was the call to action for attendees to become change agents within their communities by focusing on solutions rather than simply highlighting disparities. Francisco Segovia from COPAL delivered a powerful message about balancing immediate needs with long-term social change. He invoked Martin Luther King Jr.'s words: "Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."

The breakout session I attended, titled "Meeting the Moment: Building the Workforce, Services, and Systems Needed to Support a Growing Aging Population," addressed the urgent need for a comprehensive, multi-level approach to care for an aging population that is living longer and striving to age well. The session highlighted opportunities not only to improve services for older adults but also to enhance accessibility, address social determinants of health, and develop innovative strategies that support physical, mental, social, and spiritual well-being.

The panel, moderated by Dr. Tanya Rand of the Morrison Family College of Health and Karin Trail-Johnson from the Office for Mission, featured experts including Dr. Manka Nkimbeng (University of Minnesota School of Public Health), Dawn Simonson (Trellis), Xavier Vasquez (Centro Tyrone Guzman), Jason Swanson (Minnesota River Area Agency on Aging), and Carol Anthony (Minnesota Department of Human Services).

Xavier Vasquez shared insights from Centro's Wise Elders program, which serves approximately 100 primarily Spanish-speaking elders. Their culturally tailored services include a Respite Program, Health Workshops, an Adult Day Care Center conducted in Spanish, and Alzheimer's and Dementia resources translated for their community. Notably, they employ Montessori methods adapted for Spanish speakers, underscoring the importance of culturally specific programming and peer learning spaces. Dr. Nkimbeng shared about her exciting research and I learned about many things about important culturally responsive practices with immigrant communities. Carol Anthony shared about work with New Americans in the Long Term Care Workforce and how to support training and job placement. Lastly, Dawn Simonson and Jason Swanson discussed the broader needs of Minnesota's aging population, highlighting ongoing projects and existing service gaps across the state. Their presentations reinforced the need for coordinated efforts to build a workforce equipped to meet the complex demands of aging care.

The Whole Person Health Summit highlighted the essential importance of collaboration, cultural competence, and community engagement led by dedicated change agents. The event combined inspiring speakers and personal stories with engaging discussions, delicious food, and opportunities for self-care through yoga, mindfulness, and Tai Chi. I especially appreciated how broad concepts were translated into practical actions, making the experience both meaningful and accessible.

## Key Takeaways

- Stay grounded in the community you are serving
- Make time to hear people's stories and try to get to know each other
- Mindfulness is a practice that allows us to be in the present rather than lamenting the past or worrying about the future
- It is critical for community members to be at the table and engaged as equal partners to develop meaningful policy and effective community strategies to improve wellbeing
- Whole-person care is an affirming practice that can help people see that they are not broken
- Navigating today's challenges will require resilience, adaptation, and deep collaboration





49TH ANNUAL CONFERENCE

# THE FUTURE IS AGE-FRIENDLY

APRIL 23, 2025 (VIRTUAL) & APRIL 24, 2025 (IN-PERSON)

## Minnesota Gerontological Society Conference

by Krystal Bickel, AEA Scholar



This year, the MGS conference offered a dynamic format with one virtual day and one in-person day, providing greater flexibility and access for attendees. With 28 different breakout sessions available, participants had the opportunity to explore a wide range of topics and engage with experts across the field.

The keynote for our virtual session featured Michael Saindon, MPA, and Farah Baig, PhD, who provided an in-depth update on the Age-Friendly Minnesota Blueprint and shared recent findings. Their presentation highlighted Minnesota's first Multisector Blueprint for Aging—a comprehensive, ten-year plan designed to ensure all residents are included, valued, and given equitable opportunities to thrive as they age. Attendees learned about the latest data and progress on age-friendly initiatives, as well as opportunities to get involved in advancing Minnesota's vision for a more inclusive and supportive environment for older adults.

On the second day, Chi-Ma'iingan delivered the keynote address on the topic "Living in 2 Worlds." He shared the unique challenges of living as an Ojibwe/Anishinaabe in today's society, emphasizing how his culture and way of life are deeply rooted in tradition. Chi-Ma'iingan described following a seasonal way of life, guided by the four seasons and the four phases of life. He highlighted how his strong connection to the land supports a healthy and fulfilling life.

The Minnesota Gerontological Society is a

## Thank You For Holding - The Caregiver Play Project



At the conference, attendees viewed a partial screening of the original performance, "Thank You For Holding." This impactful play, inspired by real-life caregiver stories, brought the caregiver experience to the stage through a series of interwoven scenes designed to prompt reflection and conversation. After the screening, Allison Breninger of Negative Space facilitated an interactive small-group discussion, encouraging participants to share their perspectives and engage in deeper dialogue about caregiving and how best to support caregivers.

## Homelessness Among Older Adults in Minnesota



One of the most informative breakout sessions I attended was "Homelessness Among Adults Age 55 and Older in Minnesota," presented by Rebecca Sales and Christin Lindberg from the Wilder Foundation. Their research revealed that adults 55+ were the only age group to see an increase in homelessness—a 7% rise—from 2018 to 2023. In fact, more older adults experienced homelessness in 2023 than in any previous year studied. The session also highlighted the large gap between the median monthly income of older adults experiencing homelessness and the income needed to afford a one-bedroom apartment in the Twin Cities. This is such an important issue that needs to be addressed.

# Minnesota Coalition for Death Education and Support

## Suicide and Overdose Loss as a Crisis of Meaning: Assessment and Intervention in Traumatic Bereavement

by Elena Hicks, Incoming AEA Scholar

On May 2nd, I had the opportunity to attend the Minnesota Coalition for Death Education and Support's (MCDES) Spring 2025 conference on Suicide and Overdose Loss as a Crisis of Meaning: Assessment and Intervention in Traumatic Bereavement, presented by Robert A. Neimeyer, PhD, and Carolyn Ng, PsyD, at the Eagan Community Center. Dr. Neimeyer and Dr. Ng were engaging speakers with a great turnout! The therapist and hospital chaplain I sat with shared that they prioritize MCDES's conferences because they have the best programming. I also had the pleasure of meeting a University of St. Thomas (UST) Adjunct Professor Ted Bowman, MDiv, who has taught the Master of Social Work (MSW) Grief Counseling and Therapy course



Dr. Neimeyer and Dr. Ng shared a wealth of knowledge from their research and clinical experience, including the Sudden-Bereavement Needs Inventory (SBNI) developed by Dr. Neimeyer's students (Bottomley & Smigelsky, 2022). The SBNI is a 20-item list that assesses pragmatic, informational, spiritual, relational, emotional, and meaning-based grief-specific needs and can be used as a therapeutic conversation starter, clinical screener, or research scale. I learned about the Nested Model of Traumatic Bereavement (adapted from Jordan & McIntosh), which illustrates how sudden deaths complicate grief with shock and unreality in addition to the sorrow and yearning of all deaths. In contrast, suicide deaths further compound the trauma and vulnerability of violent deaths with feelings of guilt and abandonment.

These clinical tools led to insightful discussions between the attendees and presenters on how to help clients overcome fixations on the event story of death through restorative retelling. Dr. Neimeyer and Dr. Ng shared clients' stories, videos, quotes, and emails from their clinical practices and research, noting that "while we're often concerned with confidentiality, as we should be, people often want to be given the opportunity for authorship of their hard work." To try this practice on for ourselves, Dr. Ng guided us through a meditation and restorative retelling art therapy exercise called "My Safe House in Times of Storms". We all put the safe house collages we created on the stage for the remainder of the conference to create a "village". Using Dr. Neimeyer's bracing, pacing, and facing method, we ended the day by role-playing restorative retelling with our tablemates through their stories' external, internal, and reflexive narrative strands.

One of my main takeaways is, in Dr. Neimeyer's wise words, "the core of grief therapy is to activate and recruit [the client's] participation, voice & values"... "[so] they can hold their loss in a way that doesn't hold them." As an incoming MSW student and AEA Scholar, I found this conference to be an excellent introduction to "the strange work we do as we stand with people at the edge," as Dr. Neimeyer puts it.

Many thanks to MCDES and UST's MSW AEA program for sponsoring my attendance!

## Area Emphasis in Aging Program Support

This year, the Area of Emphasis in Aging Program was grateful to receive generous donations totaling \$70,000 over the next 5 years to sponsor ongoing AEA Program Development. These funds help support scholars to attend important trainings such as MCDES and will help build a workforce prepared to walk alongside older adults and their families!

**To learn more about how you can support the AEA program, please reach out to Michelle Dingwall ([michelle.dingwall@stthomas.edu](mailto:michelle.dingwall@stthomas.edu)) Director of Development for Morrison Family College of Health.**

# CAMPUS ENGAGEMENT

## Whole Person Equity Initiatives

Each year, the Morrison Family College of Health hosts multiple events focused on whole-person, culturally responsive care to advance health equity. Please sign up for our listserv so you can learn about future events or get updates about our efforts. You can also contact Melanie Ferris at [melanie.ferris@stthomas.edu](mailto:melanie.ferris@stthomas.edu) for more information.



Whole Person Health Equity Breakfast



Lifelong learners at a Selim Center course

## Selim Center for Life Long Learning

The Selim Center for Lifelong Learning at the University of St. Thomas provides high-quality educational opportunities that help adult learners grow in mind, body, and spirit. The center's programs include non-credit lecture series on topics from across the liberal arts; Go-to-College, which allows student over 40 to audit undergraduate classes on a space available basis; and domestic and international Study Travel (think "study abroad for adult learners.") Pricing for the center's program offerings is on a sliding scale. Contact [selimcenter@stthomas.edu](mailto:selimcenter@stthomas.edu) to sign up for our monthly e-newsletter.

## Next Chapter

The Next Chapter Program is a 6-month guided cohort program for new retirees to explore what they want to do and who they want to be in retirement. The group meets one Saturday a month, completes readings and "homework" between sessions and learns from facilitators and each other. Participants leave the program with a personal next chapter plan for their retirement and report that they feel less anxious and more excited about this new phase of life. Consider joining us for the fall cohort which begins in September! The application (found here) priority date is mid-June and spots will be filled as available after mid-June. Contact [ustnextchapter@stthomas.edu](mailto:ustnextchapter@stthomas.edu) for more information.



Next Chapter retirees at monthly session



## Area of Emphasis in Aging Scholars Program

To develop specialized knowledge and skills to work with older adults and their families click above to learn more about the AEA Program. As a scholar you'll get to build relationships with classmates, faculty, alumni, and community members who are passionate about the field of aging!