



Classes & Presentations



Central Minnesota Council on Aging provides education and presentations to older adults, service providers, caregivers, community organizations, and employers. As our senior population grows so does the need to be equipped with knowledge and skills to address the unique issues of older adults.

The Community Development team are experts in the field of gerontology, and are available in-person or virtually to conduct these presentations at no cost.

For more information or to request a presentation contact melissa.lyon@cmcoa.org. To find presentations that are currently being offered, go to the [CMCOA Events](#) page on our website.

Age-Friendly Minnesota

By 2034 the United States for the first time in history will be comprised of more older adults than of children. This session will provide an over-view of the age-friendly efforts happening in our region, statewide, and nationally. Learn about current Minnesota Age-Friendly communities and how to start the process to making your community safe, secure, and livable for all.

Flourishing in the Second-Half of Life: A Strengths-Based Model

This presentation is designed to explore and invite discussion of the factors that promote flourishing in life, particularly individuals in the second-half of life. The intent is to engage communities on the systems (individual, relationships, community, state, and nation), which contribute or detract from assisting them. Participants will acquire the beneficial effects of evidence-based models that provide foundational elements that help facilitate flourishing and how the various systems elements can contribute.

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Social Isolation & Loneliness: A Community-Based Approach

While the impact of social isolation and loneliness is not new, recent events have brought the issues and problems associated to the forefront of our health concerns. This session will provide the tools for developing a local effort in your community, highlighting the process model of community development, and sharing strategies which were implemented by the Greater St. Cloud Coalition to End Social Isolation & Loneliness.

Ageism

Ageism is a pervasive issue in our society and culture, and it affects various aspects of our lives. This presentation aims to change the narrative on aging and ageism through strategic communication and awareness. By recognizing opportunities to promote positive views on aging, we can maximize the health and contributions of the growing population of older adults in our communities.

Writing Your Life Story

As a developmental process, life review allows a person to place the events of one's life into a meaningful narrative that can be shared with family and others. In the process of *Guided Autobiography*, individuals are led to create stories based on a series of themes that allow for the organizing of a personal life story. Participants not only write their own stories, but have the opportunity to share them and develop a deeper sense of engagement and community.

Men's Sheds

Men's Sheds began in Australia in the 1980s. Today they have expanded around the world as an opportunity for senior men to find a space in which to remain engaged. They provide the structure where men can come together for activities and events that provide a sense of community and support. This session provides an overview of the process by which a Men's Shed can be formed with examples of projects and activities.

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Mindful Stress Management: Tools for Care of Self & Others

Come prepared to actively participate as you try out some new strategies and have some fun in the process. This session will present a model for compassionate care for yourself and others that uses mindful stress management techniques to put us in a place where we can “hold” the significant others in our lives.

Dementia Friends Information Session

Participants in this session will learn the five key messages everyone should know about dementia and will be provided with practical tips on how they and community members can make a difference in the lives of people living with dementia. Learn how this can be accomplished through small actions and understanding as a Dementia Friend.

Aging 101

This presentation provides an overview of the aging process, including the physical, cognitive, and psychosocial changes that occur with age. It will also address common misconceptions about aging and will provide a solid foundation of knowledge to better understand and interact with older adults.

Demographics Aging

As the demographic makeup of our population changes, it is vital for healthcare professionals to understand the implications of demographics aging. This session will provide insights on the current and projected trends in our aging population. Discussion of the challenges and opportunities associated with these changes and how it may impact various sectors in our society will be included.