Creating the Second Half of Your Life

Intelligent Planning for Midlife Change

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Kirkwood Continuing Education and The UI Osler Lifelong Learning Institute Present

Intelligent Planning for Midlife Change

Kirkwood Continuing Education & Training Services

Life, Work, Family, Success
As we enter our mature years, we stand on the brink of... what?

Most of what we expected has vanished. Like the recently receded flood waters, recent economic shifts have left us in a new landscape. How long will we work and what will we do? Is work destined to be the same as before, all along the way? What about our long-postponed plans to develop the other parts of our lives?

Join John Trauth, Alan Bernstein and others for an exciting one-day conference to explore the opportunities and pitfalls that lie before us. John and Alan, co-authors of Your Retirement, Your Way, Amazon’s number one selling retirement book, have been researching the landscape of personal transition since before the flood (not Noah’s, but Iowa’s). They will help guide you—with humor and good sense—into an active engagement with your own transition.

Come with a dream, leave with a plan.
Alan Bernstein is a psychotherapist in New York City. For the last 30 years, he has been helping people develop the lives and careers they want. With him, you will develop a psychological profile to guide you in “creating the second half of your life.”

John Trauth is a strategic and financial planner. His career has involved helping people understand how to afford the lifestyles they want. He will demonstrate how to incorporate the insights gained from your psychological profile into a personal strategic plan for creating a meaningful and fulfilling life.

For more information on the presenters, please visit www.yourretirementyourway.com.
Thursday, November 5, 2009
Kirkwood Center for Continuing Education
7725 Kirkwood Blvd. SW
Cedar Rapids, Iowa

Conference Schedule

8-8:30 a.m.  **Registration**

8:30-9 a.m.  **Welcome** and Opening Remarks

9-10:15 a.m.  **Keynote Address**
*Preparing Psychologically and Strategically for the Years Ahead*

10:15-10:30 a.m.  **Break**

10:30 a.m.-12 p.m.  Memories Exercise and Small Group Breakout

12-1:30 p.m.  **Lunch**

1:30-2:30 p.m.  NewLife Visioning, Goal Setting & Prioritization

2:30-2:45 p.m.  **Summary** of Conference “Take Aways”

2:45-3 p.m.  **Break**

3-5 p.m.  **Breakout Sessions**

3-3:50 p.m.  Workshop Series 1

4-5 p.m.  Workshop Series 2
Keynote Address

Preparing Psychologically and Strategically for the Years Ahead
Alan Bernstein & John Trauth
Room 159   |   Suites A-F

What do I really want to do with the rest of my life and how do I make it happen? What have I achieved and what do I still want to achieve? Midlife is a time when many of us revisit some of the same life-defining questions we faced when we were in college. We ponder these questions but don’t know how to find the answers. Now you can find the answers! Spend the day exploring these exciting questions and leave with a plan.

Creating the Second Half of Your Life incorporates the psychological, strategic and financial aspects associated with life transitions. These are the key drivers for creating a satisfying, fully-engaged “second half.”

Topics include:

• The five major “myths” that distort realistic perceptions about later life;
• Preparing psychologically for change;
• Understanding your personality to determine the lifestyle that will make you satisfied and fulfilled;
• Creating your “NewLife Vision” based on the lifestyle and developing the initial personal strategy to make the vision a reality;
• The importance of sharing and validating your retirement plans with those closest to you;
• The process for reorganizing your finances to support your next lifestyle;
• Managing your life toward happiness and fulfillment.
1. **Eating to Protect Your Brain**  |  **Room 139**  
*Terry Wahls, MD, VA Hospital and UI College of Medicine*

Come hear the incredible story of Dr. Terry Wahls’ amazing recovery from multiple sclerosis. It doesn’t matter how much money we spend on health care if we don’t give our cells all the necessary building blocks for life. Dr. Wahls will teach you which foods your brain and body need to give you greater vitality, energy and better health.

2. **Part 1–Fork in the Road: Getting Ready for Change**  |  **Room 122**  
*Lois Bartelme, chair, Kirkwood Community College Board of Trustees*

Now is the time to start thinking about the changes involved with retirement. What are some of the challenges you may face as you create the next phase of your life? What changes might create the most problems for you and your family? How will you build on your skills and past accomplishments? Are you feeling totally unprepared for starting the journey into your retirement years? This two-part workshop is designed to stand alone—you may attend one or the other or both.

3. **The Peace Corps: A Viable Option at Age 45+**  |  **Room 123**  
*Miriam Kashia, MA, MSW, retired psychotherapist, Peace Corps volunteer*

Did you know volunteers who have a lifetime of experience are eagerly sought for the Peace Corps? Currently 5 percent of Peace Corps volunteers are over age 50. Miriam Kashia closed her psychotherapy practice in 2005 and served for two years with the Peace Corps in Namibia, Africa. Join Miriam for an informative visual presentation of her work in a small rural community on the edge of the Kalahari Desert helping orphans, vulnerable children and fighting AIDS. Find out if the Peace Corps is a viable possibility for you or just come to learn what the Peace Corps is doing to help developing countries.

4. **Easy Meals**  |  **Room 159, Suites A-F**  
*Lori Willett, Hy-Vee dietitian*

So you think you can’t eat well for less? Tired of the same old foods day after day? Let the Hy-Vee dietitians show you how to cook updated, easy and economical meals with flair every day of the month! Money-saving ideas, recipes, online resources plus a food demo and tasting are included.

5. **What are the Hot Careers? What Will Your Encore Career Be?**  |  **Room 124**  
*Kim Johnson, associate vice president, Kirkwood Continuing Education and Training Services*

As the nation’s workforce ages, labor shortages in many sectors of the economy are projected. The expertise, experience and skills of the midlife population provide a rich resource for industry, service organizations, non-profits, schools and faith-based groups. Stay engaged, pursue your career interests and start your encore career by learning about hot occupations in education, health care and social services.
Workshop Series 2  |  4–5 p.m.

6. Part 2–Fork in the Road: Planning for Change  |  Room 122
Lois Bartelme, chair, Kirkwood Community College Board of Trustees
This session is designed to help you start planning your retirement activities. Where do you want to apply your energy? What are the things that drive you to commit your time? How can you create a balanced, focused new life for yourself? What are some keys to successful retirement? This two-part workshop is designed to stand alone—you may attend one or the other or both.

7. eBay for Beginners  |  Room 159, Suites A-F
JoAnn Beer, Kirkwood Continuing Education facilitator support, eBay specialist
Do you want to be successful buying and/or selling on eBay, but don’t know how to get started? Find out from an experienced eBay seller and certified eBay education specialist. Learn how to get started, do research, create effective listings and complete your purchase or sale.

8. Super Foods to Fuel Your Life Journey  |  Room 123
Nicole Pfab, Hy-Vee dietitian
As you map out the rest of your life journey, don’t forget to include one of the most important keys to an active and productive life—the right fuel! Hy-Vee dietitian Nicole Pfab will provide a lively discussion of a common-sense approach to eating well and incorporating “super foods” into your busy lifestyle and exercise program. Helpful printed materials and Nicole’s own expertise will help you map out the road to a healthier diet.

9. Seafood at Home  |  Room 124
Lori Willett and Judy Fitzgibbons, Hy-Vee dietitians
Join Hy-Vee dietitians Lori Willett and Judy Fitzgibbons as they discuss and demonstrate how to select, store and prepare a wide variety of restaurant-quality seafood dishes at home. They will prepare at least three different dishes in one hour and provide many helpful tips along the way. It will be a fun, informative and sensory experience for the class! Printed information and recipes are included.
Conference Sponsors

The success of Creating the Second Half of Your Life: Intelligent Planning for Midlife Change is directly related to the participation and support of our conference contributors. We are proud to recognize the following sponsors:

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Johnson County Livable Community for Successful Aging Initiative

**Individuals**

Lois Bartelme
JoAnn Beer
Kim Johnson
Miriam Kashia
Terry Wahls

Thank You.
Individual Coaching Sessions

Join the Hy-Vee registered dietitians for a midlife health and nutrition exhibit and one-on-one mini-coaching sessions during the lunch break. Cedar Rapids Hy-Vee dietitians will be on-site to help you make realistic health and nutrition choices for your stage of life. Learn easy and tasty ways to get more of the nutrients you need such as calcium, Omega-3’s, fiber, antioxidants and other current health concerns.

- Sign up for a one-on-one mini-coaching session with a dietitian right at the conference.
- Browse Hy-Vee displays showcasing eating right for bone health, heart health, cancer and health, midlife weight management and more.
- Sample healthy foods and take home helpful information.
Three Easy Ways to Register:

**BY PHONE**
Call 319-398-1022 or 800-332-8833 between 8 a.m. and 4:30 p.m. any weekday.

**BY MAIL**
Fill out the enrollment form below and mail with payment to:
Continuing Education, Kirkwood Community College
PO Box 2068
Cedar Rapids, IA 52406

**BY FAX**
Fill out the enrollment form below and fax to 319-398-5432.

Please register me for:

___ $95 (includes lunch) Section #CBEM-830-SLI101
___ $80 OLLI member (includes lunch) Section #CBEM-830-SLI101

OLLI members, to receive your membership discount please call 319-398-1022 to register and reference discount number 0123975.

For more information about becoming an OLLI member, visit www.ollatiowa.org or call 319-384-4221 ($15 annual membership fee).

Circle your workshop series choice

**Workshop Series 1:**

First Choice: 1 | 2 | 3 | 4 | 5
Second Choice: 1 | 2 | 3 | 4 | 5
Third Choice: 1 | 2 | 3 | 4 | 5

**Workshop Series 2:**

First Choice: 6 | 7 | 8 | 9
Second Choice: 6 | 7 | 8 | 9

Name ____________________________________________________________________
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[ ] MasterCard    [ ] Visa       [ ] Discover Number
Credit Card Number ________________________________________________________
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Signature __________________________________________________________

Tuition Enclosed: __________________

Event is subject to cancellation if registration is insufficient. Registration is not complete until payment is received. Seating is limited and may fill prior to deadline.
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