Pam Glenn, CNM, MS
Position: Field Education Supervisor, School of Nursing
ISOLATION
Saying “I LOVE YOU” too soon
Controlling a partner’s identity

DEGRADING

Possessiveness

FEAR & INTIMIDATION

JEALOUSY
SEXUAL COERCION

CRAZY MAKING

MANIPULATION/DESERATION
Abusers act not because they are out of control, they act out of the need to control.

Murray, 2000; psfg
Lisa Cook
Position: Senior Director of Career Services
Living Alone, Living Connected

Lisa Cook, Senior Director of Career Services
Founder, Plan B Connections, www.planbconnections.com
Moving to Minnesota in 2007
Did You Know…?

Challenges of making adult friends post-college frequently featured in the media

28% of Americans live alone

50% of American adults are single

2010 AARP study – 35% of adults ages 45-55 lonely
Social Wellness Vital to Our Health!

300+ research studies show the strength of our social connections is as important to our health as keeping a healthy weight and not smoking
Be the Change!

• Launched Plan B Connections website
• NextDoor.com and Resilience Circle
• TEDxMahtomedi
• “Connections Through Conversation” and “Twin Cities Icebreakers” Meetups
• Basilica, Shift.org, and Community Ed Workshops
• Served as Parks and Rec Commissioner
• Webinar for AARP, “Using Tech to Connect”
“Friendship Over 40” Dinner
Next Up: the Friendship Challenge and Pickleball!
Keep Growing Strong and Flexible Social Ties!
Ken Gossett, Ph.D.
Position: Adjunct Faculty
The Story of Robert

Dr. Ken Gossett

“I believe in the power of words. I believe by standing up-, talking about what is going on, and being the voice for the voiceless, we raise awareness—and by raising awareness we can change the world. Words can be the most powerful weapons. Your words can make people survive.”
Apert’s Syndactylism
Robert’s Hands!
Summary/Conclusions:

1. Not just about Medicaid not paying for cosmetic surgery!
2. Never underestimate someone’s potential!
3. Sometimes, it takes an “outside solution” rather than an “inside solution” to help address a problem.
4. Making a difference in someone’s life can also change your life!
5. The power of actions can be just as powerful as the power of words!
Dr. Magdeline Aagard
Position: Core Faculty
Empowering the Maasai in Northern Tanzania to Improve their Health

Dr. Magdeline Aagard, EdD, MBA, RN
Core Faculty
College of Health Sciences
Aisha, one of our Community Health Workers.
Boma

Houses and the corral for the goats and/or cattle.

Houses

Chickens and some of the baby animals live in the house, or move in and out of the house.
Training

Learning how to feel for the fetus’ head and feet and how to listen for fetal heart tones.

Most of the women have children under age five who attended the training as well. It could become chaotic at times!!

One of the students demonstrating how to build a clean water delivery system.
Health Education

Created flip book with pictures of health education topics drawn by Maasai. We held a drawing contest and the two brothers who won the contest drew the pictures for the books.
iPads
Health Practice

Purifying water

Taking blood pressures
CHW Stories of Care
CHW, their stories
Action
Dr. Basil Considine
Position: Dissertation Editor and Contributing Faculty
Creating Gender Parity in Opera: Really Spicy Opera's 3-Year Plan for Opera by Women, About Women, Featuring Women

Dr. Basil Considine
Contributing Faculty, Academic Skills Center
Dissertation Editor, Writing Center
Opera and Gender

• Prior to 1750: Small, mostly gender-balanced casts.
• After 1750: Larger casts and production sizes, increased % of male roles.
• Most of the commonly performed operas today have significantly more male roles.
La Traviata

• The most-produced opera in the world in 2014-2015.
  – 10 principal roles:
    • 8 men, 2 women (both sopranos)
    • 6 of the 8 men are basses or baritones (the rarest male voice types)
La Bohème

• One of the most-produced operas in the world.
   – 12 principal roles:
     • 9 men, 3 women (2 sopranos, 1 mezzo)
     • 6 of the 9 men are basses or baritones (the rarest male voice types)
Carmen

• One of the most-produced operas in the world.
  – 12 principal roles:
    • 8 men, 4 women (2 sopranos, 2 mezzos)
    • 4 of the 8 men are basses or baritones (the rarest male voice types)
Tosca

• One of the most-produced operas in the world.
  – 9 principal roles:
    • 7 men, 1 woman, 1 boy’s part usually sung by a woman
    • 5 of the 7 men are basses or baritones (the rarest male voice types)
The Excuses

• “Yes, there aren’t many female characters, but ____ is such a GREAT role…”
• “I changed ____ [the cleaning person] to be a woman. I think that should satisfy your concern.”
• “I think audiences expect scientists to be women.”
• “I work with the materials that were given to me.”
• “Because this is a period piece, women don’t appear outside of the Act II finale.”
• “I hope that you’ll consider making an exception…”
It’s Not Just Opera

Source: Chris Ritter/Buzzfeed Media
...and It’s Not Just Onstage

From 1990–2015, the % of women in opera leadership positions at major U.S. opera companies has declined from 34% to 26% – despite the % of women enrolled in U.S. conservatory voice programs rising to approximately 75%.

Women in opera are most-represented in business, rather than artistic or onstage positions.

Source: Keith Cerny / TheaterJones
Our Step

A 3-year programming initiative in which 100% of all mainstage productions must be:

– World premieres.
– Written partly or wholly by women.
– Feature a **minimum** of 60% **substantive** women’s roles (more preferred).
  • Bit parts don’t count (no maids/background characters).
These works must:

– Be racially blind or racially diverse in nature.
– Pass the Bechdel Test.
– Pass the Mako Mori Test.
– Not adhere to longstanding opera stereotypes.

These works will be:

– Produced by a majority female creative team.
– Solicited via commissions and a competitive application process.
– Presented in conjunction with our opera outreach program.
Central Theses

• What we put on stage and watch on stage matters.

• Producing an opera once makes it easier to get it produced twice. An opera produced twice is likely to get much more performed.

• People writing operas want them to be performed – so we’ll only perform them if they pass muster.
Questions?

• Email: spicyopera@gmail.com
• Read About Us: http://spicyopera.com/
The Bechdel Test

• Does a work...
  – Have at least two named women...
    • ...who talk to each other...
      – ...about something besides a man?
The Mako Mori Test

• Does a work...
  – Have at least one female character...
    • ...who gets her own narrative arc...
      – ...that is not supporting a man’s story?
Lifelong Learning: A Daily Practice

Lisa Stirratt
Coordinator of Field Experiences for Richard W. Riley College of Education and Leadership
just listen
Beliefs are extremely important.

Make sure you question yours often.
Expose yourself to your deepest fear
After that...you are free
- Jim Morrison
Books:
https://www.theodysseyonline.com/10-books-all-college-students-should-read

One way signs:
http://www.bondepus.com/blog/

Time to reflect:
https://www.flickr.com/photos/timbodon/6043440613

Just listen:
http://nationalsculpturefactory.com/just-listen/

Question beliefs:

Wolf breathing:
https://rainierldc13.wordpress.com/tag/overcoming-fear/

Tight-rope walking:
http://www.marcandangel.com/2013/12/05/9-fears-you-will-regret-never-facing/
Dr. Wallace Swan
Position: Contributing Faculty Member
Broadening the Discussion of LGBT Homelessness

Dr. Wallace Swan
Contributing Faculty Member,
Walden University

Discussion summarized from national ASPA webinar (June 25, 2015), National Academy of Public Administration Social Equity Leadership conference presentation (San Francisco, June 2, 2016), and continuing research for inclusion in “Public Integrity” symposium.
"Gay, Lesbian, Bisexual and Transgender Civil Rights: A Public Policy Agenda for Uniting a Divided America"

This is a book copyrighted 2015 by Taylor and Francis press (a leading public administration publisher) available at <amazon.com>. This book neatly lays out the social change that is needed in the United States to achieve LGBTQIA equality.
The Message of the Book

• This book is about the current Civil Rights struggle that is going on in the United States, where 18 “empowered” states (Minnesota, New York, California, Oregon, Washington, Iowa, Northeastern states) have many if not all LGBT civil rights (including marriage). The remaining 30+ states now have marriage but they have no employment, education and housing protections for LGBT people; they have no protections for Transgender people; and they often have adopted “Religious Refusal”, and Nullification statutes.

• These “disempowered states” are geographically grouped into Rust belt states (Ohio, Pennsylvania, Michigan), Southern states, Plains states (North Dakota all the way down to Texas) and Mountain states (Wyoming, Montana, Idaho). The “disempowered” states have no protections for employment, education, prevention of bullying, among other issues; and they have differing socio-economic characteristics from the “empowered” states.

• The lack of the protections in these states is guaranteed by an alliance of powerful national organizations which raise tens of millions of dollars each time these rights are brought to a vote of the people. And they are a predominant force in the U.S. Congress.
What is Different about These States

- They are demographically different—more home ownership, more religious, more conservative, and if they are mountain states they tend toward being libertarian.
- They are more dependent upon Federal Assistance—The 17 “empowered states” typically get less than $1 for every $1 of federal tax money they collect while the “dis-empowered states” typically (but not always) get more than $1 for every $1 of federal tax money they collect (with some exceptions).
- A gay couple could get married in a disempowered state, but as soon as information appeared in the newspaper about their marriage, they could get fired from their job, lose their housing, and be kicked out of school because there are no civil rights protections.
- Hate crimes and discrimination are more prevalent in these disempowered states. Florida is one of those states and Orlando is in that state.
- Each of these groups of states is different—The Mountain states are libertarian conservative, while the South incorporates strong religious conservatism. The percentage of the population which is LGBT is generally lower than in empowered states, leading to less decision-making power.
The Creative Class draws from these Disempowered States

- The empowered states create more wealth
- The empowered states draw talented people (“the creative class”) of all types to “mega cities”, as urban theorist Richard Florida emphasizes.
- The dis-empowered states lose talented people (both those who are LGBT and a younger generation that supports their rights)
- The dis-empowered states create less wealth, and draw more Federal assistance. They also have different family configurations...
The Dark Side of the Great Reset

- The change from an Agricultural to an Industrial society, and Industrial to a Service Economy was gigantic. But now we have a huge transformation (what Richard Florida calls “the Great Reset) of the same magnitude, and there is a dark side.
- I live in downtown Minneapolis where this creative energy is flowing into the city, with thousands of new condos and apartments that are housing this creative class.
- I’ve experienced it first-hand: I have a room to rent in my condo for $595 per month (which pays my mortgage) but the applicants typify the problem. One applicant who lived in my building had his studio rent increased last month from $800 per month to $1100 per month.
- A friend of mine moved out of the city (his partner died) and left for northern Florida because his 1 bedroom apartment (rent=$900) was too expensive.
- Studios now rent for $1100 per month, 1 bedrooms rent for $1800 per month, 2 bedrooms rent for $2400, the 3 bedroom across the street rents for $4000 per month, and a proposed new building a block away with a 3 bedroom unit would rent for $5100 per month.
- But an even more significant problem is people (like my Florida friend) with a high school degree who are stuck in jobs with no opportunity, and the potential of loss of income around every corner.
Almost everyone in the LGBT community (and many of the remainder of the population) in the United States “knows” that somewhere between 20-40% of the homeless youth population in the country are L.G.B.T. youth. (Kimble, 2015). An author is our book summarized all of that literature.

I am in the process of doing a comparison between the homeless LGBT population in the Twin Cities and Greater Minnesota and contrasting it with the homeless LGBT population in San Francisco, using a U.N. standardized age definition of “youth”.
What I have found thus far is that...

• Minnesota Student study administered anonymously to 77,758 students in 9th and 11th grades (ages 15 and 17) showed 5.7% (283) of the LGBT population were homeless.

• Minnesota Rainbow Health Initiative Survey, administered at Pride Festivals to 1288 LGBT participants (ages 25-61+) showed that 5.75% (74) around the state were LGBT homeless.

• The San Francisco homeless study had 952 homeless participants of whom 29% (276) were LGBT. 1% (9.5 people) of the 952 population fell into ages 14-17 and 17% (161.8 people) fell into the 18-24 age range. An estimate: 29% of the people in those two age ranges were LGBT =50 people. So about 18.1% (50 people) fell into the 14-24 LGBT age range. The remainder of 81.9% (226 people) were LGBT adults and seniors.
LGBT Youth as well as Adults/Seniors are Homeless

- The data shows that we have overlooked the fact that LGBT adults and LGBT seniors, even in Empowered states, are significantly present in the data. And they are losing their homes.
- The L.G.B.T. community has, rightly so, dedicated an enormous amount of its time and effort to assisting L.G.B.T. youth. Money just pours in for youth issues…My late ex-partner and I started a LGBT youth scholarship program in 1993 in Minneapolis which has raised over $700,000. And the literature is overwhelming in its volume about LGBT youth. Before he died 3 years ago, he founded a scholarship for an LGBTQ senior that has raised thus far... $9,000. Following a dinner this year, we have raised $450 against a goal of $3500. There are over 50 applicants each year.
- The problems that I am interested in research, however, are (1) “What is the prevalence of homeless L.G.B.T. people who are not ‘youth’, but are ‘adults and seniors’?” and (2) “Is there a connection between homeless LGBTQ youth; and those studies which have shown a significant percentage of homeless adults and seniors?”
- I am proposing that we develop standardized data collection for homeless people (specifically including LGBTQIA people) that tracks homeless people throughout their lives. Without data, we can prove nothing and achieve nothing...
As a policy recommendation, I suggest that:

- We need to be more careful in our use of the word “youth” in order to make it conform to the United Nations definition (18-24). And, we need to stop attaching the nomenclature of “youth” to people who are really “adults”. Just because they look younger than we do does not mean they are “youth.”

- We need to identify the reasons, on a long-term basis, that LGBTQIA people begin to become homeless: (1) Gentrification, (2) Loss of a partner, (3) Insufficient income, (4) Loss of eligibility for governmental program, (5) Student debt, (6) Medical debt, (7) Foreclosure, (8) Bankruptcy, (9) Aging out of foster care at age 18, among other causes.

- Since homelessness is something that may happen multiple times during people’s lifetime, we need to make all studies of LGBTQIA homeless people longitudinal in nature: For instance, we must know (1) at what ages they became homeless; (2) we need to know if the person become homeless as an adult after a youthful period of homelessness, or if they had a home during most of their life, but then were gentrified out, among many other questions.

- We need to develop a standardized approach, nationwide, for counting homeless LGBTQIA youth, adults and seniors at the Federal, State, County and City levels.

- And then we need to start developing resources to house not only LGBTQIA youth, but also LGBTQIA adults and seniors...
M. Laurel Walsh, MFA, EdD
Position: Executive Director of the Center for Faculty Excellence
#writenowforalways

M. Laurel Walsh, MFA, EdD
Writing Encourager
ART SHOULD DISTURB THE COMFORTABLE & COMFORT THE DISTURBED
Language is supposed to complicate assumptions and when possible delight
Writing to discover

• Tell the story where you are the hero.
• What is the obstacle you want to overcome?
• Describe your problem and give it fangs.
• Writing is your first step toward solving your secret complication.
• If you do not tell your story, you will not fully know it.
Embrace it

Bad is the new good.
The Elements of Persuasion (Maxwell & Dickman, 2007)

- The passion or energy you have when you tell it.
- A hero to provide a point of view and allow your audience into the story.
- An antagonist or obstacle that presents problems to be overcome.
- A moment of awareness that reveals itself and allows us to learn from the story.
- A transformation that occurs because of what you—represented by the hero—have done.
SELF PUBLISH, BE HAPPY
THANK YOU
For coming to the Walden University Changemakers Talk!

We will send a link to the recorded webinar for people to review who could not attend today.