



## 2008–2009 ALVA Project Definitions

As of 2/2/09

### Century College

<b>Arnett, Carolyn</b>	Develop the Hope Center, a temporary housing center for pregnant teens with a focus on aiding them to become a better parent, teaching them necessary skills of parenthood and aiding to their GED achievement.
<b>Ellis, Joann</b>	Develop a working partnership between North East Neighborhoods Living @ Home/Block Nurse Program and Ramsey County Master Gardeners to help seniors to grow their own patio gardens. This project will give the senior participant something to do that will keep them active and get them outside, have another community person involved in the senior’s life and give the senior easy access to fresh vegetables.
<b>Gaard, Peggy and Gail Skoglund</b>	Create a planning guide “Pro Active to Stay Active” for building a life plan that will identify and incorporate the needs and desires of Hopkins area residents as they age.
<b>Gordon, Joy</b>	Create story card prompts, each with a topic and related words, to help families share and collect the stories of their elders. The goal is to bring together the generations around the stories and to affirm the wisdom and contributions of the elder to both the elder and his/her family as a life-review.
<b>Hassen, Caron</b>	Exploration of personal passions and interests and how they relate to work for the common good.
<b>Hill, Jettie Ann</b>	My project will develop cross-generational dialogue centers in senior settings. This will be a safe venue for the old, young and middle-aged public to speak freely about perceptions and beliefs about aging. The goal is to eliminate stereotypes on aging, and develop better communication and understanding across generations.
<b>Kavaney, Peg</b>	Bring together fifth grade students at KIPP Charter School with vital agers through class offerings in Saturday school.
<b>Laine, Debra</b>	Develop a tool kit to empower communities of faith to engage boomers in effective older adult ministry program that will encourage them to volunteer in their community and world to serve others.

<b>McElwee, Michael</b>	Provide assistance to organizations making organizational change. Organizational change most often results in dislocations and personnel losses. The overriding goal of Emergent Dynamics is to reduce the violence of organizational change.
<b>McGovern, Earl and Marianne Beers</b>	Help 15 organizations adapt their employment and hiring processes to accommodate experienced workers. Our approach is to develop a cadre of knowledgeable volunteers to help educate and be a resource for the organizations in this initiative.
<b>Olson, Anita</b>	Develop a financial scam prevention tool established within faith-based organizations (FIRM). The program will assist elders in making an informed decision about obtaining and maintaining a reverse mortgage.
<b>Overby, Robert</b>	Provide leadership in the community of Maplewood, through the Maplewood Area Historical Society and the City of Maplewood.
<b>Ramsey, Joyce and Robert Ramsey</b>	Apply ALVA learnings to enhance and expand our continued leadership for the common good in a variety of existing roles in our community and beyond.
<b>Tasto, John</b>	Create a community discussion around the topic of raising tuition costs with local advocacy groups. Using an open forum discussion with a handout describing the background and trends of rising tuition costs to help the group format an action plan/ recommendations for St. Cloud State University to consider.
<b>Wells, Margery</b>	Introduce health professionals, patients, and clients to an integrative medicine system along with a new model that avoids unwanted side effects and provides vital results. Establish as a successful business model that provides training modules.
<b>Wilcox, Phyllis</b>	Use leadership skills to lead self in three areas. Want work to be: 1) significant for my remaining years, 2) doable, 3) and will need strong personal leadership to achieve.

**Inver Hills  
Community College**

<b>Anderson, Elizabeth</b>	Legislative initiative to require visitability feature in new housing that is subsidized by government. Visitability refers to housing designed in such a way that it can be lived in or visited by people with disabilities.
<b>Arevalo, Guadalupe</b>	Golden Agers to discover the benefits, programs and services that are available in the community and encourage them to take advantage of them for a better quality of life. Work with social workers, caregivers and community organizations in Dakota, Ramsey, and Hennepin Counties to help ensure information is disseminated.
<b>Cherne, Virginia and Bill Read</b>	Create a plan to keep ALVA alumni connected and engaged.
<b>Donovan, Tracy</b>	To facilitate a successful 16-hour (in three days) “Future Search” conference that brings together 64 people from a cross-section of stakeholders in public and private workplaces in Dakota County. Our goal is to find common ground in the needs and preferences of workers and employers in responding to the imminent demographic transformation that will result in a labor-shortage and large-scale loss of experienced workers.
<b>Holland, Kathleen and Dee Elwood</b>	Increase education, community engagement, and participation in the Golden Girl Homes concept. Education will be advanced through engaging the media and networking with other aging agencies and initiatives. Community engagement will be achieved through increasing board development, connecting with key partners needed to address issues in advancing this model, and connecting members to furthering this idea throughout the community. Participation in a Golden Girl Homes will include developing a format for having an open house for those interested in this concept, refining a discernment process through workshops, and increasing the number of those actually living in a GGH home.
<b>Moore, Karen</b>	Develop a project/program to encourage parents to read aloud to their children, with a focus on underserved, less engaged, and/or less aware parents of young (pre-school) children. Miranda, a 23-year-old single mother of two, has agreed to assist in developing the project.
<b>Moratzka, Lynn and Sheggeby, Carol</b>	Prepare and execute a project that aims to assist people in the “summing up” which seems so be a nearly universal desire in people as we age. (According to “the Mature Mind” by Gene D. Cohen) We’ll do this by holding a workshop for people to write brief memoir pieces, assisted by writing prompts, timed writing and group discussion.
<b>Nelson, Joann</b>	Bring a SHiFT pilot satellite to Inver Hills Community College (IHCC), Academy of Lifelong Learning (ALL). SHiFT is a program for people in midlife (boomer ages 40 - 64) The SHiFT pilot satellite will offer Forums on timely and enlightening topics for boomers, through the Spring Semester. The Forums will serve two purposes: 1) To provide Inver Hills Community College and the Academy for Lifelong Learning, with a vehicle to introduce boomers to the Academy for Lifelong Learning and IHCC, and how to utilize those programs to achieve their goals, and 2) To provide SHiFT with a laboratory to

	try out the concept of offering satellites of SHiFT in different parts of the Twin Cities metropolitan area.
<b>Nonini, Nancy</b>	Do interviews with nursing home residents and save their stories and memoirs to ultimately increase respect for elders and their contributions in our society.
<b>Rukavina, Steve</b>	Develop a club for seniors that gives them the guidance they need to discover the benefits of Tai Chi and easily incorporate it into their daily lives.
<b>Schneider, Barbara</b>	Present a 45 - 60 minute public lecture/discussion to help people understand typical signs and symptoms of depression in elderly people, their causes, and different kinds of help known to be effective. Prepare a list of professional resources for follow-up.
<b>Tiedemann, Tom</b>	Build a network for turning self-interest into common interest by educating, planning and implementing a methodology for creating and utilizing individuals' participation in identifying, planning and developing the means to discover and solve shared problems, issues, conflicts, and opportunities.
<b>Ford Young, Julee</b>	Redesign the <i>Creating a Brighter Future Workbook</i> , which I previously designed, to focus on parenting rather than motherhood per se. Workshops will address the societal stigma associated with mental illness specifically bi-polar and depression.

**Northwest Technical College, Bemidji**

<b>Contos, Annette</b>	Create a collaboration of Lion and Lioness clubs and hearing aid dispensers to provide affordable hearing aids to low income seniors.
<b>Johnson, Gary</b>	Recognize the young men and women of our community who are on active duty in combat zones by sending a "Package From Home" 3 to 4 times a year. Call on the community churches to gather the names of the service personnel and their addresses, set up a collection point for items, and collect a special offering from the church members to be used for shipping.
<b>Kuha, Mar</b>	Facilitate the 2 <sup>nd</sup> Senior Celebration event in Walker. Involve an expanded base of providers, reach more Seniors, and start a conversation within the community about how we can prepare for the coming age wave.
<b>Rasmussen, Alvin</b>	Solicit team members and help community of Bagley build a house with the help of Northwoods Habitat for Humanity and Thrivent Financial.
<b>Stewart, Bonnie</b>	Develop a "vital aging community" model for small, rural communities in Fosston, MN. Develop a seminar for my healthy living business, LIA Institute. The seminar will be titled: <b>The Art of Aging: Creating the Masterpiece</b> and will address health issues that affect the aging process. Help develop a curriculum for and conduct a pilot project for " <i>Mapping Your Retirement – What's Next? Life Planning for Women</i> ".