



2009–2010 ALVA Project Descriptions

6/12/10

Century College

Michele Ann Flaherty	A House by the Side of the Road. Purchase a closed church in Pittsburgh in July 2012 and revitalize it within the community. A church property, even without the support of a denomination, still has much to contribute to its community. I will open this property so that it can once again be open to all to serve the needs that fall within the shadow of its steeple.
Sherry Gregor	Creating a Model Golden Girls Home. Develop and implement a business plan for Golden Girl Homes, Inc. to create a “house” that provides short-term rental housing for single women in transition, age 45-65, serves as a co-housing model, and as the headquarters for the organization.
JoAnn M. Hanson	Doing Oral History: A Workshop Curriculum and Supportive Materials. Revisit, revise, and update a workshop curriculum on doing oral history that I designed previously and presented to a local historical society and the MN Genealogical Society.
Lisa Harmon	Story Circles. Facilitate story circles with residents and staff at senior housing residences (e.g., independent living, assisted living). Ideally will ‘train-the-facilitator’ (e.g., perhaps activity director, staff member or resident) with intent of institutionalizing story circles to promote social engagement, to help build community and to have fun.
Lydia Jarmulowicz	www. homecaretwincities.com (A Blog). Develop a blog that will help a senior or family member to quickly find what they are looking for in their local area. The blog will make localize information and make it easy to find. It will also have a section that pays tribute to seniors their lives and contributions.
Susan Johnson	Open Arms MN Breast Cancer Outreach. Develop and implement a working partnership between Open Arms MN and case managers and/or social workers working with breast cancer patients in the Twin Cities area in order to increase the number of breast cancer patients being served by Open Arms MN, a nonprofit organization that prepares and delivers free meals to meet the nutrition needs of individuals living with serious and life-threatening diseases.
Richard T. “Dick” Kavaney	Fostering Communities for a Lifetime – Housing. Identify obstacles to universal design for housing in the Minnesota State Building Code. Communicate that information to DHS and other stakeholders.

<p>Mary Ellen Kennedy</p>	<p>Mentoring Children of Prisoners. The purpose of this project is to better the lives of children who have an incarcerated parent or family member. The emphasis is twofold: first, to provide meaningful, enriching activities for the children; and second, to provide support for the children’s mentors through the Big Brothers Big Sisters Program.</p>
<p>Kwangja Kwon</p>	<p>Expansion of Assisted Living Program, Grace Place, at Riverside Plaza. The Korean Service Center (KSC) operates a culturally competent assisted living program for Korean speaking elders in the Cedar Minneapolis public housing complex. There are about twenty elders who need services but do not receive them because they live in the Riverside Plaza. My project plan is to expand assisted living services including daily Korean meals, weekly home chore services, nurse visits, social activities, medication setup, etc., to the low income Korean elderly residents at Riverside Plaza.</p>
<p>Linda Lundquist Lintgen</p>	<p>Memoir Writing as Spiritual Practice. Create a model of writing process and publishing process for elders who wish to write their memoir leaving a spiritual legacy that conveys the beliefs they wish to pass on to family, friends, and others within their lives. I would like to copyright and publish this model for others to utilize.</p>
<p>Cathy Rettig, Linda Lundquist Lintgen, Susan Johnson</p>	<p>Innovation Hub. Innovation Hub is a replicable model of learning circles that inspires gifted Cultural Creative women to develop their innate innovative potential through collective and individual journeys. Members of these unique learning circles encourage one another to grow positively in areas of intellectual, spiritual, emotional, physical, professional, and financial interest. We wish to gather enough information to determine if the venture could be self-sustaining and at what scale.</p>
<p>Paula Watkins</p>	<p>When I Grow Up...Tracking Life’s Passions. Develop a large jar or container (kit) that contains the tools needed for parent(s)/guardian, and grandparents/close relatives to use to capture and highlight memorable, endearing and challenging life moments, phases and activities from small to significant of a child as he/she grows. The product/tool would be easy to incorporate into life’s routine and very accessible to individuals wrapped around a child’s life.</p>

**Inver Hills
Community College**

Kitty Engle	Senior Center Redesign, Living Longer and Stronger in Dakota County, Health and Wellness Team. This project will develop a model that can be replicated for use in senior center redesign. Different cities will participate to learn what seniors, especially the baby boom generation, want and need in order for the community to keep individuals healthy, active, vital and engaged.
Susan Hawkins	SHiFT Advanced Circle. The Advanced Circle Program will follow the process used in SHiFT Circles. It will forward the personal purpose actions begun by participants in the Circles through exercises designed to assist the individuals' understandings of their own paths, their values and their next steps in their move from one career/life identity to another.
Barbara Kilbourne	Arts Boost for Children of Poverty. Provide Twin Cities' children of poverty early learning exposure to the creative arts and culture that enhances their preparation to become achieving students.
Jerome Noel	Carnival. Increase seniors' level of physical fitness through increased range of motion and general physical activity level; slow down memory loss; increase opportunity for seniors to socialize and build a community by providing seniors with access to different types of intellectual and physical activities, such as Wii games, tai-chi, brain games, chair-aerobics, dancing, sing along.
Debbie Saunders	Comprehensive Plan for Narrative of Carolyn Britton. The outcome of my project will be a comprehensive plan to complete a narrative of the life of Carolyn Britton, the first woman to win an equal pay lawsuit in the State of Wisconsin University system. This comprehensive plan will define the format of the narrative (written, video, audio), the scope of the narrative (entire life, music profession, equal pay lawsuit) the time line for completion of the narrative, the resources necessary to complete this narrative, and intended audience.
Joan Southworth	Volunteer Sub-Committee Lead for Courage Center's 20-Year Celebration of the Americans with Disabilities Act (ADA), September 22 – 23rd, 2010. Courage Center, a non-profit organization based in Golden Valley Minnesota, is hosting a two-day conference to celebrate the 20-year anniversary of the Americans with Disabilities Act. The celebration will be held at the Minneapolis Convention Center on September 22 nd and 23 rd , 2010. My role will be to serve as a Sub-Committee Leader on one of the specific sub-committees established for the conference planning. In addition, I will provide high-level administrative support to the ADA Committee and will work with the volunteer leaders on the committee. Our objective is to ensure that volunteer resources are applied appropriately and effectively to the conference events.

Emily Strand	Intergenerational Mentorship/Friendship Program. I plan to create an intergenerational mentorship/friendship program between young adults (18-35) and older adults (60+) at my place of worship that will enhance the sense of community, fellowship, engagement, and connectedness with each other and the church. By building meaningful relationships across generations, people will feel more involved, debunk stereotypes of older/younger generations, and become more involved in church life.
Lori Terhaar	Intergenerational Philanthropy. Develop a process that will enable a group of young women and older women from a community to work together to find a common concern and then develop a project that will address that concern through a group project. The project will involve 4 high school girls from Prior Lake, 4 women from Keystone Communities of Prior Lake Assisted Living.

Minnesota State University, Mankato

Lul Ahmed	Empower and develop new immigrant women-lead household families in southern Minnesota. Empowering the new immigrant families will build up and advance the living conditions and social connection of these families. The work will be done in cooperation and collaboration among professionals, family members (moms, kids, youth and elders), social workers and officers in the community who interact direct and indirect to the families.
Michele Bisbee and Roni Dauer	Older, Bolder and Better. Organize the Mankato community’s first event specifically designed for to help those over 50 become knowledgeable of opportunities and options available to help them continue to lead independent and purposeful lifestyles as valued and contributing members of the community. We will create a user-friendly database, printed flier and website (linked to City, School, Chamber, etc) with these options to maintain easy accessibility to the information. As a result, local government and area service agencies will become more aware of the value of our aging population and benefits to being a “community for a lifetime.”
Sally Burdick	Senior Nutrition through Volunteerism. Recruit and train a volunteer coordinator to supervise and maintain five volunteer Meals on Wheels routes in the Mankato/North Mankato area. The volunteers will be recruited from RSVP, businesses, schools, churches, United Way Volunteer Solutions, and individuals. Paid drivers are currently delivering senior nutrition meals. Economic difficulties are putting the program at risk. A similar program, Hot Meals on Wheels, which I schedule and maintain, is working completely through volunteerism. I wish to train a volunteer leader to do the same job with the senior nutrition program.
Marilyn Frank	Tibetan Beliefs and Practices around Dying: Sharing the Stories. To share what I have learned about Tibetan elders and religious practices. I will write least one article about Tibetan religious practices and make decisions about next steps for research with Tibetan elders.

<p>Jim Hofflander</p>	<p>Hillcrest Guest Artist Performances. As a result of this project I want to create emotionally satisfied nursing home residents after having listened to regularly scheduled music performances by Mankato-area college-level musicians. I will achieve this outcome through a program at Minnesota State University, Mankato that enables its students to gain academic credit for community service. I will recruit music majors and minors to perform 30-45 minute performances at a local nursing facility. In the process I hope to foster intergenerational relations between students and residents with 15-30 minute coffee times following the performances.</p>
<p>Linda Jarvis</p>	<p>Minnesota Star Program-Mankato. Increase awareness among people living with a disability of the technology that is available to help them and how to obtain access to the technologies by pulling the resources together and publishing the information.</p>
<p>Marilyn Larson</p>	<p>“The Purple Cow” Community. Guide the process of evolving an Elite Independent Retirement community (Old Main Village) of totally independent living, private pay residents, into an Independent and Assisted Living Community. Many current residents of the community are strongly opposed to the introduction of assisted living services with in the community. The community will no longer be able to be an affordable retirement community unless there are some changes in the admission criteria requirements that will allow individuals to remain living in the community with health and physical limitations (i.e. allow the use of wheel chairs, electric scooters, walkers, assisted living services) or be newly admitted into the community with these allowances to keep the community viable.</p>
<p>Marilyn Lott</p>	<p>Mavericks READ. This project’s goal is to help reduce the percentage of children in the greater Mankato community who are considered “not ready for kindergarten.” By statewide measurements, a staggering 49% of our children lack the appropriate literacy, language, and mathematical skills essential for kindergarten (www.readyforkindergarten.org)</p>
<p>Armelia Willaert</p>	<p>Research innovative lending services being used in the USA and other Democratic English speaking countries to understand benefits, costs, and implementation processes. Make recommendations for best practices.</p>