



2010–2011 ALVA Project Descriptions

5/9/11

Century College

Teena Bacigalupi	Grandparents Raising Grandchildren Support Services. According to a PEW Research Center Study (2007), one in ten children in the US now lives with a grandparent and the number of children with a grandparent as primary caregiver continues to rise. The role of “parent” as opposed to grandparent at this stage of life often brings added physical, emotional, and financial stress. Isolation, especially in rural areas, is often a concern for the grandparents as well as the grandchildren in this situation. This project will help grandparents and grandchildren who live in Minnesota’s St. Croix River Education District and surrounding area get access to support services in order to reduce feelings of stress and isolation. Teena will collaborate with the schools (principals, social workers, ECFE, Community Education, PTA); local churches; known grandparents who are raising grandchildren; local social service organizations (Lions, Food Shelf, Lakes and Pines, Horizons) to distribute information and establish a network of support for grandparents/grandchildren/kinship caregivers.
Miriam Carter	English for Hmong Elders. Hmong elders often don’t know English and feel uncomfortable in western situations. As a result, they are isolated, younger Hmong see their elders as being backward, and Hmong seniors are not respected as in the old countries. This project will help Hmong seniors to learn some English and be comfortable relating to the majority cultures in their new country. Miriam has developed relationships with Hmong leaders and Kajsiab House, a Hmong community center, where she and others she recruits will befriend Hmong elders and teach them basic English words and phrases.
Kathy Fischer	Let’s Talk about Aging. Families don’t talk about aging. As a result there is often little preparation and any health issue can result in a family crisis. On the other hand, much could be done in the area of prevention and in preparation to avert a crisis. This project has two desired outcomes: To understand the barriers which prevent the conversations in order to determine how to remove those barriers and to gather stories that can be used as a tool for others to begin conversations. Kathy will conduct interviews of seniors and caregivers to gather information needed. She will collaborate with Jean Greener, Director of Church and Community Relations at Presbyterian Homes; Joy Vleim, Volunteer Coordinator at Metropolitan Area Agency on Aging; Jean Grams, former co-worker who has expressed interest in the topic.
Nancy Giguere	Yoga for Seniors. Longevity has been called the “next public health crisis.” Since 1900, life expectancy for the average American has increased by three decades, creating a host of medical, financial, and public policy challenges. Yoga has been shown to be an effective way for elders to maintain flexibility,

	<p>strength, and vitality. Many yoga studios, however, offer classes that are far too athletic for older and even middle-aged people. And chair yoga classes, which are well suited to many frail elders and disabled individuals, are rarely offers. This project will help local yoga teachers and studios have a better understanding of how to work with elders. They will also understand that working with elders makes business sense because it is a way of expanding the audience for yoga. As a result, they will begin to offer appropriate classes. Nancy will organize a one-day workshop for teachers to be held in October 2012</p>
<p>Burt Laine</p>	<p>ALVA in Northeastern Minnesota. ALVA is held throughout Minnesota, except in northeastern Minnesota. There are a large number of volunteer senior agencies in the region with no organized way to teach board members leadership skills. This project is to establish the ALVA program in northeastern Minnesota and to make it an ongoing method of training 50+ age persons leadership skills in the region. The goal is to start the ALVA course in northeastern Minnesota in October 2011.</p>
<p>Mary Lappegaard</p>	<p>Volunteers at the National Marrow Donor Program. Mary Minke Lappegaard and 6 members of the Volunteer Advisory Panel created from several different departments within the NMDP. The National Marrow Donor Program (NMDP) provides life-saving services that could be furthered with an increase in volunteers. The goal of this project is to organize a volunteer program that will help NMDP achieve its mission to save life's through cellular transplantation. Focus will be on encouraging staff to assist in creating meaningful and productive roles in which volunteers might serve.</p>
<p>Cathy Lue</p>	<p>Older Adults Social Connection Project. In the 2000 U.S. Census (2010 Census breakdown not yet available), there were 1,050 people over 60 living in the Hamline Midway community in St. Paul, MN. Of these, 48% were living alone, 42% had a disability, and 9% were below the Federal poverty level. Of the 1,050 elders, a number of them are isolated, due to many possible reasons: outliving friends and relatives, family members absent or estranged, poverty, poor health and/or mobility problems, depression, mental illness, asocial personalities, emotional problems, and alcohol or drug abuse. It is known that isolated older adults tend to have more health and mental health problems as a result of isolation from others, as well as the likelihood of loneliness and other unmet needs. This project will reach out to isolated elders living in the Hamline Midway community of St. Paul, MN.</p>
<p>David Merry</p>	<p>Helping Suicide Victims Cope. When a person takes their own life, it affects all of his/her family members, as well as friends. They are all victims. This project will help victims will know that there is a safe place to share their feelings, and thereby find the courage they need to move on with their lives. David will establish a partnership with the St. Paul Police Department, and current volunteer group facilitators, to become a facilitator or co-facilitator of support group meetings.</p>

<p>Norma Olson</p>	<p>Pathway to Family Caregiver Success. Family caregivers often try to find needed resources while in a crisis mode. At that point they are unprepared and often overwhelmed. This project will educate current and potential family caregivers through educational presentations. The presentation will provide a simple path for caregivers to self identify, determine the needs of their loved ones, and access knowledge of available resources. Norma will partner with the Metropolitan Area Agency on Aging, Senior Linkage Line, Minnesota Help.info, 211, and disease specific web sites.</p>
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**Inver Hills
Community College**

<p>Ertra Deressa</p>	<p>Reduction of isolation for Oromo Elders. Because of language barrier and isolation, many elders from the Oromo ethnic group of Ethiopia are showing the signs of physical & mental problems. This project will establish a partnership with service organizations working in the Oromo community to help Oromo seniors participate in community programs such as group health education class, group socialization time etc. Ertra will collaborate with the Oromo Community of Minnesota (OCM), Oromo Elders' Committee, Adults Services' section of Brian Coyle Center, Fairview Community Health Outreach, management offices of high rises around the Cedar Riverside area, and the Minnehaha Adult Daycare.</p>
<p>Cathy DeSutter</p>	<p>The Fresh Trust. Demand for food assistance has increased by 40% in the past year for Second Harvest Heartlands service area, which includes over 1,000 agencies in 59 counties throughout Minnesota and Wisconsin. Families in Minnesota miss out on 125 million meals each year and one in eight children are at risk of hunger every day. From the fall of 2008 to the fall of 2010 the metro area has seen a staggering 97% increase in visits to the 9-county metro area food shelves and Dakota County has outpaced its neighboring counties. In 2010 The Food Center's Cost/Benefit Hunger Impact Study found that hunger costs Minnesotans between \$1.26 billion and \$1.62 billion every year in direct and indirect healthcare and education costs. The most effective antidotes to these costs are the nutrition rich fresh foods that are the hardest for at-risk families to afford. Fresh foods equate to better nutrition and a more balanced diet. The challenge is to provide the storage capacity to offer more fresh and perishable food options at the Lakeville Resource Center Food Shelf that currently serves over 200 families from Lakeville, Apple Valley, Rosemount, Farmington and Burnsville.</p> <p>Cathy will create a partnership with the Lakeville Resource Center, Eagan Resource Center, Lakeville businesses and Lakeville civic organizations to raise money and purchase the appropriate commercial units for the number of food shelf families served and space allowances at the Lakeville Food Shelf.</p>
<p>Elizabeth Di Marco</p>	<p>Little Brothers Friends of the Elderly Intergenerational. According to the National Council on Aging and others, throughout life, mental and physical health is affected by the presence, absence and quality of ties to other people. Activities designed to bring the generations together can improve well-being</p>

	<p>and quality of life in older adults. Intergenerational programs allow people of all ages and abilities to share their talents and resources, supporting each other in relationships that benefit both them and society as a whole. These programs empower the young and the old by combining their assets, skills, interests, and backgrounds to address some of the societal issues that significantly affect their lives. This project will build an environment for an ongoing intergenerational relationship between middle school through 10th grade students and older adults and do this through the creation of a Little Brothers Friends of the Elderly (LBFE) intergenerational choir. Elizabeth will collaborate with Nick Zeimet, LBFE Elder Programs Manager and Minneapolis and Saint Paul schools and educational entities.</p>
<p>Dianne Feltham</p>	<p>Strengthening the Support System for at Risk Elders. Seniors, 85 and older, who are on a county/state program often have difficulties in making changes/renewals/updates to their programs once enrolled. This is especially problematic for seniors with a weak or no support system in place. This project will help to ensure that any senior in Ramsey County, age 85 and older, receive a phone call prior to any paperwork being sent to their home regarding changes/renewals/updates to their respective program. The goal is to ensure that seniors are not needlessly dropped from their respective programs due to noncompliance with paperwork deadlines. Dianne will collaborate with Little Brothers Friends of the Elderly, the Metropolitan Area Agency on Aging, and Catholic Charities Care Giver Support Program.</p>
<p>David Fink</p>	<p>Upright and Independent – A Fall Prevention Seminar For St. Louis Park. As the number of St. Louis Park residents age 65+ living independently increases, the number of falls also is increasing. The opportunity is to reduce the incidence of falls/person by increasing knowledge and use of fall prevention resources. This project will increase awareness (short term) and utilization (longer term) of fall prevention resources by St. Louis Park residents age 65+ living independently. Dave will organize and conduct a one hour fall prevention seminar for community members which will be video taped for cable TV and focus on four areas: Community fall prevention resources, the positive impact of balance and fall prevention exercise and attitudes, simple ways to reduce fall risk in the home, personal emergency response systems.</p>
<p>Susan Fink</p>	<p>Disabilities Awareness Program For Boy Scouts. People in the general community are often uncomfortable interacting with individuals with a disability. They may see the disability first and the person second. Community youth groups such as boy scouts, girl scouts, church groups request more information and on site visits to places like Courage Center to help children learn more about disabilities but agencies often do not have the staff to honor individual requests. Susan will develop and implement a day long disabilities awareness program that provides opportunities for Boy Scouts to interact with individuals with disabilities and participate in hands on learning activities to increase understanding of living with disabilities.</p>

<p>Lydia Kumssa</p>	<p>Assisting Oromo women immigrants in Twin Cities. There were many problems faced by newly arrived Oromo women immigrant, especially those who do not have family members or friends already in United States. First, many did not speak English very well. As a result, it had been difficult for many to find job and affordable housing. Third, most immigrant women do not have access to any kind of training that would help them develop their professional skills. As a result of this project, any newly arrived women immigrant will have access to resources and training programs to develop their professional skills. Also, they will have an opportunity to interact with their fellow Oromo women. These would bring positive outcome for all Oromo women immigrant in MN. Lydia will collaborate with Oromo Community in MN and Oromo Redeemer Evangelical Church in MN to provide necessary training and resources to all Oromo immigrant women to build better lives of their choice.</p>
<p>Denise Lewis</p>	<p>Grow fresh produce for at least one 360 Communities foodshelf. It is widely reported that US citizens do not eat enough vegetables. If people are financially stressed, and find it necessary to use a foodshelf, the availability of fresh produce is even more limited. In the case of 360 Communities in Dakota County, this is due to a lack of consistent sources/growers (relying on sporadic, small quantity donations from home gardeners) and extremely limited refrigeration capacity. This project will develop growing areas on the grounds of Spirit of Life Presbyterian Church, in Apple Valley, with all produce dedicated solely to the selected foodshelf. Denise will work collaboratively with 360 Communities to select a community and develop a plan for delivery of freshly harvested produce, following the model of CSA deliveries or neighborhood farmers’ markets. Denise will collaborate with 360 Communities foodshelf director, governing board of Spirit of Life Presbyterian Church, other local churches and Boy Scout troops (for manpower), Pahl’s Market (for supplies), Presbytery USA (for funding).</p>
<p>Marianne Moulson</p>	<p>Speakers Bureau – Greater Minneapolis Crisis Nursery. Many large companies support the Greater Minneapolis Crisis Nursery through monetary contributions and donations of clothing and supplies. In addition many employees contribute time to actually work at the Nursery providing child care, meals, painting and decorating. However, until now outreach to the larger community has been limited. By reaching out to the greater community we can expand awareness of the Greater Minneapolis Crisis Nursery through addressing businesses, church groups, and social and community organizations.</p> <p>This project will increase volunteer base for Child Care, Cook for Kids, and Painting and Decorating; increase monetary and in-kind donations, and improve the ability of the Greater Minneapolis Crisis Nursery to work in partnership with parents in crisis, to strengthen families and prevent child abuse and neglect. Marianne will establish a Speakers Bureau to go out into the community and raise awareness of the Greater Minneapolis Crisis Nursery.</p>

<p>Jan Nelson</p>	<p>Senior Caregivers Support Group – Maplewood Area. There is a growing need for Senior Caregiver Support with more people caring for seniors in their homes and in other facilities. There is an opportunity to provide a monthly support and resource-sharing meeting to be scheduled at an Ecumen assisted living facility in Maplewood. This project will create ongoing monthly Senior Caregiver support group meetings that attract members who share support, resources and educational content for the meeting. Jan will research the format for effective support group meetings; gather resources; and market the support group through the EldercarePartner web-site, Parish nurse groups, local churches, community centers, surrounding assisted living and care centers and other professional groups.</p>
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North Hennepin Community College

<p>Elsa Batica</p>	<p>Project Phoenix – a Support group for Women with Record (of incarceration). Minnesota has high recidivism among women who have been incarcerated. Follow up services are very important after an inmate is released to help them transition to being a productive member of society. This project will help women get on a path to be a positive, productive contributor to family and society/community. This project will create a framework and curriculum to support women in transition from incarceration. Elsa will partner with Charis, a non-denominational Christian ministry, made up of teams of laity and clergy who have experienced a Cursillo-type retreat and the Minnesota Department of Corrections (MN-DOC) – Shakopee, Office of Chaplaincy</p>
<p>Jim Betzold</p>	<p>Alternative Energy Resource. Energy costs have increased and will continue to Rise. This project will help people reduce energy consumption and, therefore, reducing the cost of living. Jim will design and publish a web site to market the products, services, and information people need to reduce their energy consumption and cost. He will collaborate with manufacturers and installers to gather information and resources.</p>
<p>Suzanne P. Campbell, Andrea Sander Connett, Deborah Pascuzzi</p>	<p>Telling Your Tale. People in hospice care are given a promise, which can be summed up in the words of Dame Cicely Saunders, founder of the first hospice, “You matter to the last moment of your life, and we will do all we can, not only to help you die peacefully, but to live until you die.” Hospice patients have stories to tell and may want to leave these as a legacy. Part of ‘living until they die,’ can involve learning how to tell these stories in an effective manner. This project will give tools and support to hospice patients, who wish to tell their stories. The project leaders will collaborate with Twin City hospice volunteer coordinators and volunteers.</p>

<p>Lynda Cannova, Janis Lambert</p>	<p>HOPE Farm. According to the National Institute of Mental Health one in four adults, around 57.7 million Americans, experience a mental health disorder in a given year. The National Alliance for the Mentally Ill (NAMI) gives Minnesota a C" overall rating on addressing mental illness from 2006 to 2009, identifying several urgent needs such as supported housing, supportive employment, and workforce development. Farm and work-based residential programs have proven successful for people afflicted with mental illness. No farm and work-based residential programs exist in the Midwest. This project will research existing successful models in the US and create a DVD presentation, "The Alternative Solution", depicting models of supportive therapeutic communities, in particular, farm and work-based residential programs. The long-term goal is to bring one of these models to the Twin Cities.</p>
<p>Nancy Eustis</p>	<p>Helping the Vital Aging Network Collaborate with Organizations Serving Active Older Adults. The Vital Aging Network's (VAN's) mission is to promote self-determination, civic engagement, and personal growth for people as they age, through education, leadership development, and opportunities for connection. Its vision is that people 50+ involved with the Vital Aging Network will be engaged and contributing throughout their lives. There are a number of other Minnesota organizations for and by active older adults. These include various retiree associations (University of MN Retirees, retired teachers association, union retirees) Shift, OLLI, Mature Voices of MN (MVMn), AARP, the "Invisible Force" group and MN Assoc. of Continuing Adult Education. There may be an opportunity for VAN to better accomplish its mission by closer collaboration by VAN with one or several of these organizations. Nancy will research and evaluate opportunities for collaboration. This project will help more Minnesotans 50+ be engaged and contributing throughout their lives and leaders of public and private organizations and the general public have greater awareness that older adults are an asset to their communities and organizations.</p>
<p>Larry Kaplan</p>	<p>Partnering with Hennepin County Library Outreach Department. Larry will work with the Hennepin County Library Outreach Department to provide home-delivery of books, CDs, and DVDs to people who cannot make it to a library. He will also participate in Book Talks, in which volunteers deliver and talk about book to seniors in assisted living and nursing homes.</p>
<p>Deborah Pascuzzi</p>	<p>Utilizing Community Access Television to Promote "Common Good" and Stimulate Volunteerism in the Northwest Community. Northwest Community Television (NWCT) is a nonprofit organization that operates a public access television production facility for use by community residents and organizations in Brookly Center, Brooklyn Park, Crystal, Golden Valley, Maple Grove, New Hope, Osseo, Plymouth and Robbinsdale. The mission is to provide area residents and organizations with the tools necessary to effectively communicate their ideas with the communities they live, work and play in. This project will establish a partnership with NWCT Volunteer Staff and Experienced volunteers to create a monthly studio production that mentors newly trained volunteers and spotlights organizations/individuals that support the common good of the Northwest Community.</p>

<p>Amy Unger</p>	<p>“The Balance Sheet” Blog. Falls in older adults occurs at a high rate in MN with both a high morbidity rate as well as the fall leading to loss of independent living. Amy will create a blog that will be a hub for fall prevention balance training resources and will expand access to statewide resources for fall prevention training and promote “good falls.” This project will reduce anxiety about falls by increasing resource awareness about fall prevention training for older adults. Amy will collaborate with St Paul Jewish Community Center, Block RN, and the Metropolitan Agency on Aging,</p>
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St. Cloud Technical & Community College

<p>John Bowden</p>	<p>An Intergenerational Reading Project for Clearview Elementary School. It is critical to help children develop their skills in the first and second grades. Seniors can have tremendous influence in helping children to read. In this project seniors from the St. Benedict Senior Community and Talahi Senior Campus will help first and second graders at Clearview with reading. The result will be improved reading development for the children and for the seniors a chance for them to enjoy working with children who very much want to interact with them. John, a foster grandparent, will seek a grant to fund the project from the Bremer Foundation.</p>
<p>Renee Ehlenz</p>	<p>Trails and Bike-Ways for Walking, Hiking and Biking in Sauk Rapids and Benton County. Based on the most recent data from the Statewide Health Improvement Program (SHIP), 26% of adults in Benton County are obese and the number of obese children has doubled in the last decade. Benton County ranks 86 out of 87 Minnesota counties for deaths due to heart disease, the second worst in the state. The best predictor of health behavior change is often the community in which a person lives. Walking and biking are not feasible transportation options in many neighborhoods because of safety concerns, poor lighting and unreasonable distances from residences to destinations i.e. supermarkets. Additional trails, sidewalks, paths and bikeways are a necessary component to the health of Sauk Rapids and Benton County.</p> <p>The immediate goal of this project is to build an awareness of the importance, and show a need for, additional sidewalks, trails and bike-ways in Benton County. Future goals are to work with community leaders to build the needed walkways and bike-ways. As a result of this work, children and adults will be inspired to get outside and walk/bike along safe adjoining trails designed for recreation and destinations to parks, supermarkets and safe routes to schools. Renee will collaborate with Sauk Rapids Community Development Director, Center for Changing Landscapes: U of MN, Statewide Health Improvement Program, SR Green Committee of Sauk Rapids, Dept of Natural Resources, Boy Scouts of America, VoxLiberi, Biking/Hiking Activists, Girl Scouts of America</p>

<p>Beverly Dunn, Agnes Town</p>	<p>Saturday Success. Plan and implement programs for English Language Learner families. Family members will participate in one of three literacy skill groups (Ages 0-4, Elementary students, Adults). The result will be family members with improve reading and math literacy skills. Beverly and Agnes will collaborate with Discovery School Principal; District 742 instructors and coordinators; Cultural Navigator; ING volunteers, St. Cloud Public Library; St. Ben’s college; other volunteers.</p>
<p>Wendy Hennes</p>	<p>Sartell Senior Connection Membership Expansion. The Sartell Senior Connection has been in existence and offering activities to area Senior Citizens for three years. During this time, the Sartell Senior Connection has attracted participants who have been retired for a number of years, as well as people who are sixty-five years of age and older, to participate in the programming. The Board of Directors of the Sartell Senior Connection has noted that there is a need for the baby boomers and early retirees to get involved in order for the Sartell Senior Connection to continue to thrive.</p> <p>Wendy will establish a committee to create programming to attract baby boomers and early retirees to participate in Sartell Senior Connection activities. She will collaborate with Sartell Senior Connection Board of Directors, Community Education, baby boomers, early retirees, Whitney Senior Center staff, and local churches.</p>
<p>Sandy Holck</p>	<p>Touch of Grace/Bringing Reiki Healing Energy to Knute Nelson Care Facility. Standard practice in caring for the aging population (in Care Centers and Nursing Homes) has been to rely heavily on medications, with little personal interaction or human touch. End of life experiences can be isolating, confusing and painful. Limited funding and rising costs for health care don’t allow for complementary healing options. This project will work with the staff at Knute Nelson to bring a complimentary form of healing to enhance the lives of the residents there. Sandy has committed to volunteer 8 hours per week and, if successful, expand the program with additional practitioners</p>
<p>Naima Jama</p>	<p>Flexible, Educational Day Care. Pre-Kindergarten immigrant children are lacking language and social skills needed to progress in school. In addition, there is a lack of jobs that work for immigrant women probably due in part to lack of day care. The goal of this project is to establish flexible, educational daycare for immigrant and second generation children. Immigrant women will obtain employment as childcare provider while children improve their language and social skills. Naima will collaborate with immigrant parents, Child Care Choices, Department of Human Services, Lutheran Social Services, SCSU Small Business Center, Morgan Family Foundation, Somali Business Leadership.</p>

<p>Chris Jones</p>	<p>PATH – Performing Alternative Therapies for Health. The Good Shepherd Community is a senior living campus in Sauk Rapids, MN. The resident satisfaction scores show an opportunity to improve the percentage of satisfaction score relating to resident activities. Expanding participatory activities will improve overall resident satisfaction and has the possibility of improving the level of pain and depression experienced by the Good Shepherd Community residents.</p> <p>This project will build a team of community volunteers properly trained and certified to provide Therapeutic Touch Therapy, Healing Touch Therapy and a Parish Nurse to increase resident satisfaction. The team is comprised of the Vice President of Nursing (nurse), Therapeutic Recreation Coordinator (social worker), Memory Lane Case Manager (Registered Nurse), Social Service Coordinator (social worker) and Volunteer Coordinator from Good Shepherd. Volunteers would be recruited from schools, colleges, agencies that provide like therapies and faith based organizations.</p>
<p>Susan Scarborough</p>	<p>The Boomer Age Wave: A Call for New Community Engagement. Adults 50+ represent the fastest growing age-group in Douglas County. Now representing 25 % of the population with a count of 9550 in 2010, this group is projected to grow by 25% by 2020. This project proposes a new program model for adult education. Susan plans to: Develop a new image for community education that speaks to broader interests of growing adult population; develop targeted outreach efforts to appeal to the unique interests of age groups and seasonal residents; plan kick-off event(s); develop new programming for more comprehensive offerings: civic engagement, encore careers, travel, time bank knowledge-sharing exchange program, and intergenerational opportunities.</p> <p>Susan will collaborate with partners who share community engagement vision and values, including Douglas County Historical Society, Runestone and Maritime museums, Theater Le Homme Dieu, Lakes Radio Theater, AAAA, art clubs, City of Alexandria and business sponsors or partners in program delivery such as Bursch Travel, Chamber of Commerce or Alexandria Hotels and Hospitality Association, as well as statewide and national organizations.</p>
<p>David Schlough</p>	<p>Free Ride Service. There is a lack of safe and affordable transportation in the St. Cloud area. Whereas there are several transportation services serving the St Cloud area there still seemed to be a number of people who simply fall through the cracks.</p> <p>The goal of this project is to create a sustainable service to meet transportation needs of individuals not able to be served by working with local agencies. The service will use volunteer drivers. The results will be that transportation will be available for those who need help through individual’s willing to donate services, vehicle and time. David will collaborate with TriCap, United Way, Central MN. Reentry Project, Great River Faith in Action, Salvation Army</p>

<p>Merodie Seykora</p>	<p>Your Tree, Your Life. Shifting demographics in the United States are affecting the aging services and arts fields: the population is growing old, more diverse and better educated. Because of this, seniors will be expecting more as they age. With the loss of physical and mental abilities plus proximity for some to activities there is an increasing challenge to senior services to combat isolation, depression, and maintain self worth among the older population. By providing Seniors with quality art experiences they can combat all of these issues and more.</p> <p>If quality art experiences were easily available to seniors, they would be using fewer medications, living a more satisfying and productive life, they would be learning and expanding their brains, increasing their physical and mental activity and satisfying their emotional well being. It gives them something to look forward to, and to be proud of. This project creates a partnership between Knute Nelson and myself by bringing art opportunities to the residents at Knute. Merodie will collaborate with the Alexandria Technical and Community College, School District 206, Lake Region Arts Council, and community participants.</p>
<p>Jan Sorell</p>	<p>Growth and sustainability of the Sartell Senior Connection (SSC). It is essential for aging adults to stay active and connected physically, socially, intellectually and emotionally in order to age artfully. A group of interested seniors with help and support from community education formed an organization nearly three years ago for the purpose of providing programming and opportunities to keep seniors active and connected. The Sartell Senior Connection is made up of energetic, creative, dedicated, highly qualified group of people who have worked hard to establish SSC and provide many activities and experiences for Sartell area seniors. SSC has been so successful that it needs paid staff in order to sustain what has been begun and to continue to grow.</p> <p>The goal of this project is to develop a plan to obtain funding for paid staff for the Sartell Senior Connection. Jan will work with administrators of the City of Sartell and a long list of community partners to achieve the goal. The City of Sartell will assume responsibility for paid staff for the Sartell Senior Connection, if not in the near future, at least in its long range plans.</p>
<p>Sue Stine</p>	<p>Visitor Information Kiosk for Long Prairie, Minnesota. Long Prairie is a small town that is unable to hire fulltime employee(s) to provide visitor information to tourists and others about interesting tourist destinations in town.</p> <p>This project is to design, build, and install an information kiosk will be installed in a central town location. Sue will collaborate with The Christie House Museum Board to achieve the goals of the project.</p>
<p>Mary Lee Traut</p>	<p>Blogging Connections. Individuals can experience overwhelming feelings, emotions, and thoughts following a death, divorce or other disturbing losses in their lives, which impede their ability to function and to be a contributing and</p>

	<p>productive member of one's family and community.</p> <p>This project will set up a blogging website and invite writers who can relate to personal loss, who can create hope, and inspire charity while restoring faith to contribute. Overwhelmed individuals can connect to the site, read insightful stories of overcoming challenges and losses, can receive compassionate ways to walk through the maze of complexities and have available inspiring quotes and simplified suggestions on how to persevere and get through the day.</p>
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Judy Wolters	<p>Central MN Performing Storytellers. Older adults have few opportunities to participate in expressive creative arts and often they do not get enough social interactions. By being involved in a traveling performing storytelling troupe participants will have an opportunity to perform and interact with their peers at senior facilities and with children at preschools, elementary schools, summer camps, and community events.</p> <p>This project will create a traveling performing storyteller troupe for adults 50 plus. The troupe will provide an opportunity for older adults in the St. Cloud area to participate in a creative endeavor that gives the participant an opportunity to write, rehearse, perform, and remain social. Judy will collaborate with Sartell Senior Center, Whitney Senior Center, Vital Aging Network, MN Creative Arts and Aging Network, local performers, older adults who want to try writing, storytelling, performing for the first time.</p>
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