

## Evolve Projects 2012–2013

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### **Wilder Center, Saint Paul, MN**

#### **Mary Abbey, Connie Bowen, Kathy Klietz, Elizabeth Kiekhafer**

##### **Design for Elder CarePartnering Forum**

Many of us have a vision in our minds of the type of care we'd prefer, what the optimal living situation would be, and how we define quality of life. Making this vision reality requires care partners start their planning earlier in life while the elder is still able to make clear decisions based on information instead of assumptions. We believe future caregivers and care recipients can experience less stress, save money and make better decisions. Even a minimal amount of preparation can improve the chances of a smoother transition and a better outcome. We want to provide information that can be used as a jumping-off point for a broad plan. The Evolve project team will develop and deliver a forum: Design for Elder CarePartnering. The forum will introduce the elder care landscape, the typical responsibilities of the care partners' roles and a broader-than-usual look at the cost of elder care and its impact. The goal is to offer probable care partners a look at the experience through the eyes of experienced family caregivers. Care partners will actively engage in discussing the issues faced by caregivers and their elders and commit themselves to a planning process to begin addressing these potential situations in the context of their own individual and family situations.

#### **Kathy Ahlers**

##### **Northeast Time Trade**

As the Great Recession settles in for the long haul, many are suffering not only from a lack of money, but a lack of social connection. Work means so much in our society. The Northeast Time Trade, a neighborhood skills exchange for Northeast Minneapolis and surrounding areas, redefines work and weaves community. It will heal some of the social ills that come from the recent economic devolution. In the Northeast Time Trade, everyone's hour is equal to everyone else's hour, and each person--young, old, formally educated or not, from every cultural background--has something of value to give. By encouraging the sharing of the services one most enjoys providing, and by cataloging these and making them manifest, the time trade re-values human caring (the "little" things one does on an everyday basis to be neighborly), raises self-esteem among un- and under-employed people, and restores hope and dignity to those most in need of help by reconceptualizing assistance in terms of reciprocity in community.

## **Wendy Danko**

### **The Advice Project**

The Advice Project is a program for adults to share their thoughts, insights and advice. Answering the question “What advice would I give my younger self?” This provides a starting point for people to think about what advice they want to share. Putting these thoughts, insights and advice to art, like words to music, is a fun way to get people involved in conversation and a great way to display these ideas. The finished artwork will be an opportunity to share and learn from this wisdom when viewed online at [www.theadviceproject/advice.org](http://www.theadviceproject/advice.org).

## **Scott Halstead**

The majority of the Roseville Area Senior Program (RASP) classes and activities are available at the Fairview Community Center in Roseville. Participation has generally been static. The population of seniors has increased greatly in the past 2 decades and is approximately 20% of the population in the district. The Fairview Community Center is located in the SW corner of Roseville, which is not very centrally located within the Roseville Area School District. A survey performed by the RASP advisor organization (North Suburban Senior Council) identified that most of the participants in RASP activities live nearby. Taxpayers throughout the Roseville Area School District pay for all school programs including Senior Programs, yet the programs are not accessible to many seniors who are in need, especially those that lack mobility. The goal of this project is to schedule and offer senior activities in Little Canada or Shoreview to bring activities closer to a broader range of residents.

## **Abdella Hersho**

As president of the Oromo American Islamic Community in Saint Paul, Abdella’s project is to complete fundraising for and building a new center for the organization.

## **Laurie Mattila**

### **The “One-Book” Book Group**

Many people who say they are interested in participating in a book group are unable, or unwilling, to commit to joining a group. This is an opportunity to participate in a book group, “one book” at a time. Participants sign up based upon their interest in the selected book. If the book doesn’t appeal or the date doesn’t work, they pass. The result brings together a small group of people who read the book and meet to talk about it. The “One-Book” Book Group will bring together readers who are expressly interested in reading and having a conversation about the selected book. The composition of the group will vary, book-by-book, depending on each reader’s interest and availability.

## **Marion McCarthy**

### **Aging with Gusto Pilot Sessions**

Aging with Gusto is a program being developed by the Vital Aging Network and St. Paul - Ramsey County Public Health. Aging with Gusto is a discussion guide for increasing awareness of ideas, behaviors and practices that are based on misconceptions and biases about older people. The discussions are also intended to heighten appreciation for the capacity of people of all ages to live full lives and contribute to their families and communities. Marion organized and implemented three discussion sessions in each of two locations involving groups of older-old adults (average age 87) in lively discussions about what it means to age successfully. Marion's discussion sessions provided a number of insights to the Aging with Gusto Task Force and were the impetus for a number of changes in the program. Two significant changes are that the program now includes three discussions rather than just one and the target audience will be mixed aged groups rather than individuals in one age group.

## **Jeanne Ravich**

### **Books to Grow**

Children who are read to at home and who develop a love of books and learning, get a head start in school. Most of the families served by Way To Grow, a Minneapolis nonprofit, suffer from lack of parental education, cultural differences and poverty. These families own very few children's books, often not even one. The problem is how to provide a collection of fun, age appropriate books for each family in need. This project will deliver a collection of 48 new children's books for each family in need over the course of a year with a book bin or case for easy access and storage. Jeanne will recruit book donors. Each book donor will become a "book buddy" to a designated Way To Grow family and will provide the funds necessary to buy 4 books per month and a book bin for their family.

## **Hal Schroer**

### **Helping Each Other to Receive, Give and Grow**

Hal is working to create a supportive community that helps people integrate the many pieces of "living our values and preparing for times we shall never see." The community will achieve its goals by "being intentional; being authentic; impacting issues we are about; finding peace; comfort and connection; and sharing our wisdom."