

Evolve Projects 2014–2015

Roseville, MN

Claire Henn

Help People Defrauded in Internet Dating Scams

Claire wants to find people who have been defrauded in an Internet dating scam and get them to participate in an educational video for AARP distribution. One person has been interviewed and Claire will do a newspaper interview in order to broaden her search area.

Don Nies

Help people with Food Issues

Don is interested in food issues such as hunger, lack of access to or knowledge of healthy diets, and reducing sugar intake. He intends to use his experience as a longtime reading tutor volunteer to create a project or a pursuit in an organization.

Kris Gjerde

Exercise Classes for People with Parkinson's Disease

Kris has conducted a Parkinson Wellness Recovery (PWR!) class two times a week. This is an exercise class for people with Parkinson's Disease. The class started 1/6/15 and continues through 12/31/15 at the St. Paul Parks and Rec. She is seeking additional participants, volunteers and instructors to increase flexibility. This class meets her personal needs as well as those of ten regular participants (maximum 20) with Parkinson's Disease.

Marcia Robert

Create Emergency Preparation Class

Marcia will create an Emergency Preparation Class which will be a one-hour presentation on steps to be prepared during an emergency. Using materials developed by the Federal Emergency Management Agency (FEMA) and Minnesota Department of Health (MDH), attendees of this class will learn seven steps they can take to become prepared. Individuals who do the seven steps will become more ready and resilient during an emergency. Emergencies include snow storm, tornado, flood, pandemic flu, etc. The audience will be volunteers and staff at the Landmark Center in Saint Paul.

Fun Fun Cheng

The Empty Bowl Project

Fun Fun has written a project plan for a community project to bring people together for a meal and to raise money for hunger organizations. Her next step is to find the community to launch it and the courage to lead it. The support of the class members by sharing their ideas and giving suggestions and feedback was extremely important. She found it extremely helpful to be with people who know what you are trying to do because they are going through the process too.

Bruce Seiber

Inspiring Girls in Science and Engineering

Bruce is working to get middle school girls in STEM (Science, Technology, Engineering, and Mathematics) and interested in careers in science and engineering. His project work will be contacting and supporting existing groups to accomplish this. He is already directly supporting several of these groups with his time and connections.

Cyndi Walter

Teach/Renew Driving Skills for People 55+

Cyndi is creating a course to teach/renew driving skills behind the wheel for 55+ individuals. Participants will use their own car with an instructor. Each skill will be taught incrementally, safely taking the driver outside his/her comfort zone to master the skill. Experts will check the fit of the car to the driver and recommend new equipment to show how adaptations could be made. In the end, participants will have updated driving skills, feel more comfortable in their cars, and be safer drivers.

Sheryl Furness

Evolve Facilitation

Sheryl wanted to become a facilitator. She investigated and prepared to facilitate the Evolve class. In April 2015 she kicked off the Bloomington class with co-facilitator Mark Rubbert. The class will be completed in November 2015.