

Evolve Projects 2013–2014

Roseville, MN

Georgia Anderson

Improve Volunteer Participation and Satisfaction

Chisago County residents are looking for something worthwhile to do for their community. At the same time, many volunteer opportunities are going unfilled. The problem is a lack of knowledge and communication. The objective of this project is to compile a list of volunteer opportunities in Chisago County and nearby locations, prepare printed lists, and distribute to public locations such as community bulletin boards located in public places. Social media will be used. Upon completion, information about volunteer opportunities will be available in one place and we will have successful volunteers and a better community.

Marie Arriga

Matching Older Adults and Tablets

Older adults are falling behind because they struggle to keep up with technology. As a graduate student at Walden University, Marie's focus was on adult learning with a specialization on online teaching. She believes that tablets offer a great opportunity for seniors to get on the technology bandwagon. Her goal is to create hands-on training on tablets for older adults.

Tracey Baker

Cataloguing Information about 19th and 20th Century Photographers

Tracey works for the Minnesota Historical Society (MHS) and tied her project to her current work. As a head of the reference department, she had watched a languishing volunteer project to add information to a database of 19th and 20th century photographers for some time. She recognized that the MHS had wonderful resources to share in this area and that the resources should be put in a format that would make them available to Minnesotans and others. She created a plan to evaluate the current status of the project, develop volunteer training for the project and recruit volunteers to complete the project.

Judy Beardsley and Lee Cunningham

End of Life Planning

End of life decisions seem daunting, complex and unpleasant to many, and educational programs alone have often not resulted in completed Healthcare Directives (HCD) by attendees. Judy would like to engage target communities of people to more effectively

Evolve Projects – 2013–2014 – Roseville, MN

bring HCD's into advance end of life planning. A team of presenters (Legal, Medical, Spiritual) along with trained facilitators will provide information and follow-up with participants to ensure completion of their Healthcare Directives. The goal is to have more HCDs completed for seniors and chronically ill people by engaging caring professionals and key trusted persons from their respective communities/families.

Jan Fillmore

Concerts in the Park

The 2014 Salo Park Summer Concert Series was targeted to be a greater asset to the community by an increase in the ethnic diversity of the music, an increase in publicity, an increase in sponsorships, an increase in concert attendance, and improvement in the overall satisfaction with the concerts. Jan brought together a team that made big changes. The 2014 series included community bands, smaller ensembles, and soloists, and represented a variety of musical genres: folk, country, rock, blues, pop, jazz and classical. The Salo Park amphitheater is now a favorite venue for many of these groups who want to return year after year. Now, more groups want to play at Salo Park than they have space for with a 10-concert series. The number of people at the 2014 concerts increased by 20% over 2013.

Diane Galvin

Lauderdale Dog Park

Lauderdale created a dog park by fencing in an area within the city's park, user #s and enthusiasm for a meeting place for the dog owning community were unexpectedly high but waned to almost nothing as conditions failed to improve beyond the bare minimum basics and in fact have deteriorated. This project involves designing, fundraising and building political and community support for physical and virtual improvements to the existing dog park. The desired outcome is to restored enthusiasm and user numbers along with the creation of a local landmark which the Lauderdale community can point to as proof of community pride and welcoming.

Judy Harvey

Inspiring Kids to Excel

The Saint Paul Public Schools Foundation is a nonprofit organization that supports the students, teachers and schools in the St. Paul School District. The foundation had awarded twelve 2013 Inspired Educator grants, and wonderful work was underway but they did not have the resources to tell the stories about the exciting activities and the real outcomes the program was producing. Judy took photos of each grant recipient and packaged the info for each teacher, ready for the foundation to prepare communications for the public, school officials and funders and summarize results for future use in evaluating grant applications. The project has be a resounding success both for Judy and for the Foundation. Judy has been invited to participate on the Foundation's Grant-making Committee and assist with a new gallery space displaying student art.

Jan Marie Lundgren

Help for Caregivers

Caregivers of the aged are not prepared for the complexities of helping aging parents, friends or relatives. That frequently results in caregiver stress, overwhelm and burnout

Evolve Projects – 2013–2014 – Roseville, MN

as well as lower-quality care. To provide care and to seek help or answers, caregivers frequently must use time at work, take unpaid time away from work, or stop working all together. The pressure often results in emotional, financial and health stress on caregivers, who work heroically but still feel they fall short of providing the quality of care they want to give. The goal of this project is to create a series of 12 (possibly extended) highly formatted articles on different aspects of caregiving, plus an introductory article setting the stage and a closing article on the joys of caregiving. The articles will provide readers with ways to understand caregiving issues they face, strategies to deal with them, specific helpful resources with phone numbers and websites, and tips on how to care for themselves so they can help others.

Pola Rest

Defeating Senior Mail Scams

All of us, including seniors, get too much mail. If this mail is unwanted, it is a waste of valuable resources, including trees, paper and the energy to print it and to move it around. In addition, some of the mail we receive can be deceiving or downright dishonest in its content. Seniors are more trusting, and especially trust something that comes in the mail. Pola developed materials to help illustrate current mail scams, and explain the methods people use to try to trick seniors as well as current mail fraud. Suggestions were given on how to get off of mailing lists. All of this material has been put into a presentation that can be given to groups or summarized in an article. She partnered with AARP-MN to make presentations to groups of older adults and get the word out!

John Sandgren

Helping People Use Medical Science for Their Betterment

Who doesn't get drawn in by the medical information disseminated in newspapers, magazines, television and the internet? Unfortunately, the media doesn't always get it right. They may quickly publish a finding that suggests something only to come back later and report that, well gosh, maybe the opposite is true. Busy medical professionals sometimes don't get it right either. The result is confusion and a feeling we've all been whipsawed. The problem is that the discoveries and controversies of medicine are nuanced and complicated. John is interested in developing a series of lectures on various health topics that lays out what medical science is telling us and not telling us in plain, understandable language. And he intends to start with a series of teaching sessions at Guild, a nonprofit in St Paul that serves clients with mental illness. People with serious mental illness live, on average, 20 years shorter than people without mental illness, and that discrepancy is often the result of neglected physical conditions. So, Guild is very interested in this. As the Evolve class ended, John was enrolling in Toastmasters to develop his public speaking skills and is starting to research his first health issue, heart disease.

Warren Wolfe

Working to Address Alzheimer's

Warren's original project plan was to help caregivers cope with issues that often are overwhelming as they struggle to care for frail parents, spouses or others. However that has taken a back seat to some other projects that he was already working on. Warren works with the ACT for Alzheimer's Roseville project to help normalize the conversation

Evolve Projects – 2013–2014 – Roseville, MN

about dementia and to make the community more dementia-friendly. He is also involved with a group looking at whether to form a senior citizens advisory panel for the city.