Community Responses to Aging - Panel Resources

The St. Paul Neighborhood’s ACT on Alzheimer’s team (SPN ACT) is one of over 50 Minnesota communities working to become dementia-friendly, characterized by being informed, safe, inclusive and respectful of anyone touched by dementia. The purpose of the SPN ACT team is to increase community awareness and capacity to support individuals with dementia and their families/care partners to live a life of meaning and joy. Minnesota’s Area Agencies on Aging continue to offer support and technical assistance to communities working to become dementia friendly. To learn more, please visit these websites or reach out to your local AAA.

- ACT on Alzheimer’s: actonalz.org
- Dementia Friends Minnesota: actonalz.org/dementia-friends-0
- Dementia Friendly Communities Toolkit: actonalz.org/dementia-friendly-toolkit
- St. Paul Neighborhoods ACT on Alzheimer’s:
  - Online: actonalz.org/st-paul-neighborhoods
  - Meghan Constantini, mconstantini@preshomes.org

The City of Eagan Parks and Recreation and the City of Eden Prairie Senior Center both offer a variety of activities and health and wellness programs aimed at keeping the 50+ Seniors active, challenged, connected and independent. The City of Eagan has more a nontraditional, decentralized “senior center” for the 50+ Seniors whereas the City of Eden Prairie operates out of a more traditional senior center. Both Cities work with community partners and the 50+ seniors to increase programs and resources and both seek to integrate current trends in aging and plan for the future needs and growth of the 50+ population.

- Louri Rivamonte - https://www.cityofeagan.com/seniors or email lrivamonte@cityofeagan.com
- Sue Bohnsack - https://www.edenprairie.org/community/senior-center or email sbohnsack@edenprairie.org

In rural Minnesota, the Silos to Circles (STC) Rural Aging Well Initiative is piloting four projects to improve the aging experience in Moorhead, Perham, Crosby, and Southern Chisago County.

Each pilot community is building awareness of resources, activities, and events for older adults and their families through multiple interconnected systems including:

- a community coalition of people, organizations, and resource providers;
- a local resource hub for older adults and those who support them;
- a person-to-person navigation service to connect people to activities and service to help them age well; and
- a community-facing strategies to improve awareness and community connectedness.

Contacts and Information:

- For Chisago Age Well: Lori Vrolson, Executive Director, Central Minnesota Council on Aging, Lori@cmcoa.org
- For Silos to Circles: Terri Foley, Program Officer, LeadingAge MN Foundation, tfoley@leadingagemn.org or Ben Kofoed, Program Manager, Collective Action Lab, ben@collectiveactionlab.com
- Website: www.stcmn.org

The Northland Foundation’s AGE to age Initiative brings generations together actively engages people 55 and older to ensure children and youth, including those at risk, achieve their potential and remain connected to their communities. The Northland Foundation is currently working with 18 rural communities, including three Tribal Nations. With a spirit of friendship and cooperation, the generations are working together to make northeastern Minnesota a better place to grow up and grow older.

https://www.northlandfdn.org/kids-plus/intergenerational-programs.php

Contact: Lynn Haglin, Vice President/KIDS PLUS Director lynn@northlandfdn.org

The AARP Network of Age Friendly Communities serves as a catalyst to educate, encourage, promote and recognize improvements that make communities supportive for residents of all ages. The network provides U.S. cities, towns, counties and states with the resources to become more age-friendly by tapping into national and global research, planning models and best practices. Nationally there are more than 400 cities, towns and counties that have designated in the Age Friendly Network and 3 states. Four Minnesota communities are enrolled – Alexandria, Maple Grove, Minneapolis and Northfield. To learn more:

- Age Friendly Alexandria, Dian Lopez, lopezdr@morris.umn.edu
- AARP Minnesota, for more information about the AARP Network of Age Friendly Communities: Jay Haapala – jhaapala@aarp.org OR Elyse Ruiz – eruiz@aarp.org
- AARP Livable Communities: www.aarp.org/livable
- AARP Livability Index: www.aarp.org/livabilityindex