2018 Summit
Forward Progress for Aging Well in Minnesota

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Community Responses to Aging
Will Phillips
MNLCOA Delegate

Moderator: Will Phillips, MNLCOA Delegate
• Lynn Haglin, Northland Foundation
• Lori Vrolson, Southern Chisago County Silos to Circles Rural Pilot Project
• Meghan Constantini, St. Paul Neighborhoods ACT on Alzheimer’s
• Dian Lopez, Age-Friendly Alexandria
• Loudi Rivamonte, MN Association of Senior Services & Sue Bohnsack, Eden Prairie Senior Center
Overall Goal — 

AGE to age: bringing 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.

Snapshot of Northeastern Minnesota

- 7-county region covers 18,000+ sq. miles – about 25% of Minnesota’s total land mass
- 1 urban hub of 86,238 people and 67 smaller towns with populations up to 16,000 and 3 Tribal Nations
- Outpacing state and national averages – 36% of population is 55 and older
- 25% of adults 65+ live alone
- Population in nursing homes is less than 4%
- 20% of the population is 18 and younger
AGE to age Research Phase

Conducted research in 2007 in the seven-county region of northeastern Minnesota.

Through face to face interviews and focus groups with 311 people 55 and older, two common themes emerged:

▪ Desire for more civic engagement opportunities
▪ Concern for children and youth – wanted a way to support them.

Launched AGE to age in 2008 in 10 communities

Our Model

▪ Identify a local coordinator to serve as a communication link and rally community participation
▪ Build an action team consisting of older adults, youth, and the generations in between
▪ Engage Action Team members in a community planning process to identify activities and projects that promote the well-being of people and enhance community
▪ Conduct Learning Community Meetings with 18 Coordinators
Community Organizing Framework

Intergenerational Coalition Building (AGE to age Team)

Introductory Community Meeting & Fact Finding

Speak-Outs (Intergenerational Community Dialogues)

Visioning

Action Planning

AGE to age Project Implementation

1. Aitkin (pop. 2,165)
2. Barnum (pop. 600)
3. Bigfork (pop. ranges from 123 to 447)
4. Bois Forte Band (pop. 657)
5. Chisholm (pop. 4,976)
6. Cloquet (pop. 12,124)
7. East Range Communities (pop. ranges from 30 to 2016)
8. Ely (pop. 3,477)
9. Floodwood (pop. 528)
10. Fond du Lac Band (pop. 3,728)
11. Grand Portage Band (pop. 557)
12. Hibbing (pop. 16,355)
13. International Falls (pop. 6,424)
14. McGregor (pop. 391)
15. Moose Lake (pop. 2,751)
16. North Shore Area (pop. 1,866)
17. Proctor (pop. 3,075)
18. Two Harbors (pop. 3,745)
Intergenerational Community Initiatives

- Community Service & Beautification
- Culture & Tradition Activities
- Recreation & Community Gatherings
- Health & Wellness
- Technology Learning
- Youth Enrichment & Education

Two Harbors, Minnesota

- Named “Best Intergenerational Community” in the country by Generations United in 2017
- Program Examples:
  - Tech and Coffee Program
  - Intergenerational Community Radio Station
  - Chore Service
  - Book Walk
  - Reading Pals
  - Walking Club
  - Trail Beautification
  - Intergenerational Activities as part of Community Events
Program Enhancements

- Peer Learning Community Meetings and Annual Intergenerational Training Summit
- AGE to age College Interns - 93 interns
- AGE to age Reading Pals - 7 sites
  74 older adults 65+ serving over 400 children

Impact on Older Adults

- Reduced isolation and strengthened connection to community
- Improved emotional and physical wellbeing
- Renewed sense of purpose
- Increased opportunities for leadership and mentoring
- Engaged in new volunteer opportunities to help children and youth thrive
Impact on Children and Youth

- Increased involvement in volunteer opportunities and healthy activities
- Strengthened relationships with caring older adults who listen compassionately and offer encouragement
- Increased leadership and teamwork skills
- Improved confidence and motivation to do better in school

Evaluation Highlights

188 older adults, 105 youth, 20 teachers, 16 program leaders, and 42 college interns responded to evaluations for AGE to age in 2017-2018:

- 95% of older adults report a renewed sense of purpose and community connections
- 94% of older adults report decreased feelings of isolation
- 97% of youth report increased leadership skills and opportunities to volunteer
- 95% of program leaders note that children and youth participating in AGE to age have increased motivation to do better in school
- 100% of teachers say students involved in the AGE to age Reading Pals program have increased self-confidence and reading skills
- 100% of college interns report improved understanding of how older adults can contribute to community
Overall Impact

- 18 AGE to age sites developed encompassing 32 communities
- 9,475 people ages 5 – 96 engaged annually across the 16 sites
- 1,000+ new intergenerational opportunities and activities
- 13,100 volunteer service hours per year across 16 sites valued at nearly $361,300
- Program expansion:
  - children’s reading program
  - community health initiatives
  - college interns
- $4 million in funding raised from state and national partners

Lessons Learned – Secret Ingredients

- Relationship-building and respect are at the core of all efforts and key to successful outcomes.
- Engaging older adults and young people in the planning process results in ownership of the program.
- Providing a range of opportunities that draw upon the talents, skills, and wisdom of older adults are key to success.
- Developing partnerships to weave an intergenerational lens into existing community projects and programs will help sustain intergenerational efforts.
- Creating a welcoming environment for people of all ages with food and fun are important ingredients for a successful program.
What is “Silos to Circles?”

Silos to Circles: A transformative, cross-sector collaboration, exploring how communities and systems can better foster the health and well-being of Minnesotans. Since inception, Silos to Circles has evolved into a unique forum and incubator with a two-prong focus:

1. **Collectively experiment and learn at the community level** to better understand what fosters health and well-being as people and families define it; and

2. **Aggregate and translate learnings** and evidence to inform a systemic approach to future policy, design and investments in health and well-being
Silos to Circles partners with communities to improve the experience of aging.

Pilots are active in four communities. Resources, events, and activities available in the communities coming later this year. Learn more about Silos to Circles.

Chisago Age Well
Chisago County, MN

Clay County Age Well
Moorhead, MN

Cuyuna Area Connections
Crosby, MN

Perham: The Connection
Perham, MN
Chisago Age Well

People
- 3 Senior LinkAge Outreach Sites
- 3 Volunteer Community Connectors
- 17 Coalition members

Paper
- Resource Guide
- Quarterly Newsletter

Digital
- Chisago Age Well Website
- Facebook

Community Connectors

Dine & Discover

Senior LinkAge Outreach Sites
Find what you need to live and age well in the Chisago area.

Chisago Area Resource Hub

Interested in creating your own Local Resource Hub project?

1. Build a coalition
2. Build a resource hub
3. Build community awareness and usage

The guide will help you plan and accomplish three main tasks:

- Identify and replicate best practices
- Work with local communities to develop, refine, and promote
- Support development

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St. Paul Neighborhoods

MN Leadership Council on Aging Summit
December 13th, 2018
Phases of Community Action

Convene key community leaders and members to form an Action Team. Sept ’12-Feb ’13

Assess current strengths and gaps within the community. March-June ’13

Analyze community needs and develop a plan to take action. July-Oct ’13

ACT Together to pursue priority goals to foster community readiness for dementia. Nov ’13-present

St. Paul Neighborhoods Action Plan

• Priority Area #1: AWARENESS
  Objective: Raise awareness about community organizations and resources available to people with dementia at monthly meetings and with bookmark, brochure and e-newsletter developed by SPN ACT.

• Priority Area #2: INFORMATION & EDUCATION
  Objective: Improve community members’ skills and knowledge about the warning signs and interacting with people with dementia by inviting people to become Dementia Champions and Dementia Friends.
Health Equity:
Our efforts are enhanced by the equity-based vision, rationale, principles, and practice outline in the Call to Action.

www.actonalz.org/health-equity
St. Paul Neighborhoods

Max Nesterak | MPR News
St. Paul Neighborhoods

ACT on Alzheimer’s
www.ACTonALZ.org

Dementia Friends Minnesota
www.actonalz.org/dementia-friends-0

St. Paul Neighborhoods ACT on Alzheimer’s
www.actonalz.org/st-paul-neighborhoods

Meghan Constantini mconstantini@preshomes.org

Age Friendly Alexandria – Applying
Gathering People and Organizations
What do 50+ residents need
Survey – Areas of Concern
What We Learned

- Residents wanted help in the following areas:
  - Health Care, Healthy Living
  - Transportation
  - Housing
  - Information

Health Care – Healthy Living

- Goals:
  Decrease readmissions to hospital
  - Promote the WRITTEN GIFT program
  - Promote healthy living
  - Establish a community hospice cottage
  - Promote Mental Health – Develop Resilience programs for schools, businesses, and the elderly
  - Partnered with Elder Network, Hospital, Horizon Health, Schools, police, emergency room, United Way, city, etc.
Transportation

Goals:
- Provide more transportation for rural residents
- Provide transportation for veterans
- Increase number of volunteer drivers

- Partnered with Rainbow Rider and WCMCA to develop Ready Ride

Housing

Goal: Safe and Livable Homes for 65+ residents with limited income

- Partnered with Habitat for Humanity to develop an Aging in Place Program with sliding fees, < $5000 projects
- Served 13 families the first year
- Added ramps, grab bars, contrast steps, lighting, weatherization enhancements, etc.
Information

Goals:

- Expand current information portals for our growing population of seniors

- Partnered with newspaper, radio, Senior Centers, Community Education, County Fair, libraries and churches

Community Programs for 50+ Seniors

LOUDI RIVAMONTE & SUE BOHNSACK
Eden Prairie Senior Center

Sue Bohnsack, CTRS

Program Participation

Center Based:

- 6 classrooms, kitchen, lounge, resource area
- 1 special event/exercise room holds 90+
- Large close parking lot

Participation:

- 2010: 10,800 visits
- 2014: 27,500 visits
- 2016: 34,500 visits
- Today we average 250 visitors per day
Live Well at the Senior Center

Physical
- Biking
- Fitness Classes
- Pickleball
- Walking

Social/Psychological
- Special Events
- Discussion Groups
- On-site social worker

Educational
- Wellness
- Drivers Safety Classes
- Life Long Learning

Recreational
- Cards
- Trips
- Crafts
- Shopping
- Games
- Socials

Senior Center Image

Active Independent Participants
Active Adventurous Trips
High Level of Physical Involvement
High Level of Intellectual Involvement
Newsletter Front Page Shows Active Adults
Worry Free Travel and Trips
Continue to offer a wide range of activity for all participation levels and needs
Warm welcoming and safe environment to join
Community Partnerships

EPPIA – Senior service organizations
Library
Meals on Wheels
PROP
Senior Community Services
Community Education
AARP – drivers safety
Let’s Go Fishing
South West Metro Pickleball
Eden Prairie Police and Fire
The Seniors

Trends in Senior Programming

- Average 100 new seniors each year looking for recreation and resources in our building
- They are active, diverse and don’t want BINGO
- They are knowledgeable & experienced
- We need to fill the void in retirement
Future of Senior Programming

Collaborative programs
- Art Center
- Outdoor Center
- Community Center - Pool

More innovative recreational activity
- Biking group – Short Riders
- Small groups
- Lifelong learning
- Technology
- Outdoor games and leagues

Summary

We are having FUN!!
City of Eagan

- Non traditional and decentralized “senior center”.

- One large room in the Eagan Community Center for daily activities.

- Utilize 8 other sites that are a combination of City and rental space.
Unique Partnerships

- Eagan 50+ Board
- Area Senior Center Directors
- MASS
- Senior Housing & Services within the City of Eagan
- Community Dialogues & Surveys
Power of Partnership

Participation Numbers
- 7,500 annual visits to the Lone Oak Room
- 36 CDBG classes per quarter
- Events, trips other 50+ classes
- Over 4,200 volunteer hours annually
Current Trends in Programming

50+ classes and socials
- Experiential
- Connectedness
- Marketing methods

62+ classes and socials
- Health and Wellness
- Socials
- Volunteerism
- Traditional clubs and games

Thank you!