

## **Evolve Project – 2014–2015 Class in Roseville**

### **Claire Henn**

My project is to find people who have been defrauded in an Internet dating scam and get them to participate in an educational video for AARP distribution. So far I have interviewed one person and I am going to do a newspaper interview in order to broaden my search area.

### **Estelle Fox**

Will Writing a Legacy Letter Improve Quality of Life for Women in Mid-life?

Having purpose is essential to happiness . . . yet we don't always know what that is. Writing a legacy letter allows for self-reflection and often gives insights into our values and purpose. Surveys of hospice patients have shown dramatic improvements in pain redirection both emotional and physical. Thus improving quality of life in their final days. My study will be replicating the process of this study---administer quality of life survey before writing legacy letter and after—to see if the same will be achieved for healthy women in mid-life. I believe it will.

### **Don Nies**

I haven't drafted and acted on a project proposal, but am interested in food issues—hunger, lack of access to or knowledge of healthy diets, reducing sugar intake. I also as a longtime reading tutor volunteer, and am thinking that somehow those issues/needs might work together in a project or a pursuit in an organization.

### **Kris Gjerde**

Parkinson Wellness Recovery (PWR!) two times a week exercise class for people with Parkinson's Disease. Class started 1/6/15 and continues through 12/31/15 at the St. Paul Parks and Rec. Seeking additional participants, volunteers and instructors to increase flexibility. This class meets my needs and ten regular participants (maximum 20).

### **Marcia Robert**

Emergency Preparation Class

I will give 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. The result will be that individuals may do the seven steps which will help them become more ready and resilient during an emergency. Emergencies include snow storm, tornado, flood, pandemic flu, etc. Audience will be volunteers and staff at the Landmark Center in Saint Paul.

### **Judy Lewis**

I have been struggling with what to do with the years I have left. The VAN Evolve class seemed worth doing. It has been more than I expected in opening my eyes to opportunities to contribute what skills I may have (or develop). I will keep in touch and am willing to help in staying connected.

**Fun Fun Cheng**  
**The Empty Bowl Project**

A community project to bring people together for a meal and to raise money for hunger organizations. I learned the process of writing out and planning a project. The project has been written. Now I need to find the community to launch it; the courage to lead it. The support of the class members through their sharing, their ideas and suggestions, and their feedback, was extremely important. It is so important to be with people who know what you are trying to do because they are going through the process too.

**Bruce Seiber**

I'm getting middle school girls in STEM and interested in careers in science and engineering. My project is contacting and supporting existing groups to accomplish this. I am also directly supporting several of these groups with my time and connections.

**Lila K**

Lila did not define a project.

**Cyndi Walter**

**Sheryl Furness**

Sheryl investigated and prepared to facilitate the Evolve class. In April 2015 she kicked off the Bloomington class with co-facilitator Mark Rubbert.