St. Louis Park ACT on Alzheimer’s inspires all citizens to take ACTion to create an inclusive and supportive dementia-friendly community by increasing knowledge, raising awareness and understanding of how the disease affects our community. Whether you crave fitness, fun or fellowship, there’s always something going on at Lenox Community Center.

August 2016

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Westwood Hills Nature Center
Summer Camp Week
City Council Meeting, 7:30 p.m.

National Night Out
Planning Commission, 6 p.m.
Environment & Sustainability Commission: Sustainable SLP, 6:30 p.m.
Act on Alzheimer’s
St. Louis Park ACT on Alzheimer’s inspires all citizens to take ACTion to create an inclusive and supportive dementia-friendly community by increasing knowledge, raising awareness and understanding of how the disease affects our community.

For the past two years our ACTion team has been working toward helping St. Louis Park become Dementia Friendly. We created an ACTion Plan that included two items. 1) To improve the life of people living with Alzheimer’s disease and other related dementias. 2) To raise awareness and reduce stigma of Alzheimer’s disease.

We provided training for all of the local St. Louis Park nursing homes, assisted living and memory care facilities to help professional caregivers provide higher quality of care for people living in those facilities. We trained over 100 people with this training.

In our awareness campaign we hosted a screening for the movie Still Alice and over 300 people attended. We created Book Club Kits with the book Still Alice and they were housed in 10 locations in the community.

We placed two books in all of the registered Little Free Libraries in St. Louis Park and had 100 percent distribution of those books. We hosted an event with the St. Louis Park Public Library.

Bring it Home
Filling out paperwork, sending kids back to school and attending conferences can be overwhelming enough for parents as it is, especially while learning a new language. The “Bring it Home” program provides English language learning families with community connections, support and resources to learn strategies to help their children with reading and math at home. The initiative started as a grant four years ago to provide strategies for Spanish and Somali first and second grade families to transition into Peter Hobart Elementary School. “Bring it Home” has now developed into a districtwide program available for all K-6 grade families at all of St. Louis Park Public Schools’ elementary sites. All elementary schools will be focusing on providing each family with access and explanations about the school system, structures and community resources aiming to bring more of English language learning families to leadership roles in the schools.

The “Bring it Home” program aims to engage, empower and create equal partnerships with English language learning families. “Bring it Home” focuses on creating an open, collaborative and helpful environment by providing a space for families and staff to complete school paperwork together, read discipline policies and discuss how to use the school attendance line. The first six weeks of school families will meet once a week, and continue gathering four to six times later in the school year to discuss topics such as the importance of reading, picking the right books and fluency tests. “It’s just about breaking down our education system and allowing all families to engage in it, and to feel successful, and to really work to create these equal partnerships between staff, teachers and families so that our kids can be as successful as possible,” said Peter Hobart’s 2nd Grade Teacher Meghan Malone. During the 2016-17 school year, the program will work on providing even more community events and outreach to build community support throughout St. Louis Park.

Central Clinic
Whether a high school athlete has to turn in a sports physical next week, or a Kindergarten student needs to take a stress test to go back to school, the Central Clinic ensures there is a place for young people to turn to if they do not have access to health care. The Central Clinic Dental provides free health care to youth who live in or attend school in either St. Louis Park or Hopkins starting as young as infancy through high school. Walk-in patients are helped upon the order of their arrival. The clinic is open during the school year on Tuesdays and Wednesdays from 1-4:30 p.m. The clinic opens in August and is closed during school breaks. The clinic aims at providing confidential and accessible health care to young people. “If we can have our kids healthy, they can be in school, and they can be more productive learners,” said Central Clinic Advisory Council Chair Karen Atkinson. Free services include well-baby checks, sexual health care, treatments for acute illnesses and injuries. Interpreters may be arranged by calling ahead. The clinic does not ask for or take insurance.

Low-cost dental care is also provided through the Central Clinic on the second Monday of each month during the school year. Children’s Dental Services provides services to ages from birth to 21 years of age. The nonprofit agency ensures accessible treatment and education is available to low-income families, diverse communities and pregnant women. Experts recommend children see a dentist as early as one year old. Children’s Dental Services offers a sliding fee scale in order to determine if families qualify for care at a free or reduced rate. The partnership between Park Nicollet, St. Louis Park Public Schools, Children First and Children’s Dental Services allows the vision of putting children first in the community to come to life.

For more information about clinic services, please call 952.993.1100 or visit bit.ly/CentralClinicSLP. Please call ahead of time if an interpreter is necessary.

Children First
Whether saying hello to a young grocery store employee or smiling while walking past a teenager on the sidewalk, Children First wants community members to know the large impact small actions can have on the healthy development of young people. Children First is an initiative to encourage all adults to model positive attributes and passions to young people in the St. Louis Park community. The program is based on the 40 developmental assets young people need in addressing relationships, experiences, and expectations throughout their lives. “St. Louis Park has really become known as a community that is focused on its kids and providing kind of this web of support” said Children First Coordinator Karen Atkinson.

The 40 Developmental Assets encourage common sense and positive qualities influencing young people to thrive as responsible, caring and respectful adults. The assets focus on support, empowerment, boundaries and expectations, constructive use of time, commitment to learning, positive values, social competencies and positive identity. Children First partners with businesses, city, education, health and faith communities to reach as many young people as possible. During the year, Children’s First sponsors projects such as the Children First Ice Cream Social, Champion’s Breakfast and Asset Champions Network. Each project works to make asset building a part of individuals everyday lives in St. Louis Park. These assets can be beneficial to young adults by reducing risk behaviors such as smoking, drinking and alcohol use. Children First encourages all adults to embrace their personal strengths, values and assets to contribute their unique attributes in encouraging young people to reach for their personal definitions of a successful future.

Learn more about Children First at children-first.org.

Cornerstone
Cornerstone’s mission is to help create communities where individuals and families are safe and children thrive. Cornerstone serves those residing in St. Louis Park who have been impacted by domestic violence, sexual violence and/or human trafficking. Founded in 1983, our comprehensive service continuum helps move families from crisis to sustainable self-reliance and includes:

- Day One is Cornerstone’s statewide program and supports the MN Crisis Line. Call 1.866.223.1111 for immediate access to safety and support.
- Emergency Services: 24 hour crisis line and advocate support, emergency safe housing for those in imminent danger, pet protection and all basic needs.
- The Children, Youth and Families Program: Gives male and female counselors the opportunity to promote positive youth development. Early Childhood Services include an on-site preschool and specialized services in our housing programs. School-based services provide critical prevention and early intervention classroom presentation and direct services for referred at-risk youth. There are specialized services offered for sexually-exploited youth.
- Clinical Services: Offers affordable, specialized mental health care for children and adults impacted by interpersonal violence.
- Community Services includes support groups, financial literacy, personal empowerment, job readiness cafes, housing resources, parenting support, home-based services and community outreach.
- Civil and Criminal Justice Intervention: Advocates write Orders for Protection and Harassment Orders. Advocates also function as a liaison between victims and the judicial system in criminal court proceedings. Our CCJI program facilitates a best practice Blueprint for Safety model.

We are committed to and passionate about mitigating the impact of that violence for each individual while also creating systems change for survivors and social change within our culture.

For additional information, please call 952.884.0376 or visit cornerstonemn.org.

Fare for All
Most grocery shoppers would agree putting food from the shelf into your shopping cart can add up quick when one rolls up to the cash register. Fare For All is a nonprofit program aimed at providing all community members with the opportunity to save money while buying prepackaged, quality and nutritious foods. This program provides all community members with an opportunity to shop with their friends and families while getting the most for their dollar. There are no income restrictions or qualifications to participate in the program. “It provides families with another option for food and also for savings, and it reaches community wide,” said Youth and Family Services Manager Mary Juberian. Fare For All sells fruits, vegetables and frozen meat in bulk to save shoppers up to 40% off groceries compared to store prices.

Fare For All finds the best deals by purchasing produce and frozen meat in bulk from wholesalers, manufacturers or growers. Volunteers pre-pack the produce and meat packages that cost between $10-25. The various packages customers can choose from include hot buys and produce, mini-meat, combo, and mega meat packs. Fare For All has site locations throughout the Twin Cities area.

For more information on food packs and prices, visit fareforall.org