



## UPDATE ARCHIVE - 2011

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**February 11, 2011: Meet our Volunteers!** We introduce to you Sheila Kahlert who is our first volunteer. Sheila is actively engaged in many of The Consortium's programs and endeavors and we are delighted that she has so many talents to share within the community.

*"When I read the story in The Villager community newspaper about the coming together of The Consortium at Carondelet Village, I wanted to be part of this new and exciting concept. I had just completed 12 years managing an assisted living program and was grateful for an opportunity to pursue community service. The staff was welcoming, interesting, talented, and I knew I could learn a lot. Georgia Lane, the program administrator, invited me to the next meeting of the Consortium Enrichment Team. As recorder for the meetings, I learned about the programming done by local organizations and the roles of their leaders who met monthly to collaborate, plan, and focus on enrichment activities in the six neighborhoods of The Consortium. I collaborated with the Consortium Enrichment Team on ideas for The Consortium's first special event called The Taste of Optimum Aging, held last fall. This community event highlighted the role of The Consortium's collaborators and its many health and wellness and enrichment classes, which are provided in the neighborhood. My next opportunity to volunteer with The Consortium came when I attended leader training for the health promotion programs called Healthy Eating and Chronic Disease Self Management. My co-facilitator and I have already taught two six-week sessions of a Healthy Eating class with more scheduled for the future. The members of these classes bring amazing insights, knowledge, and an eagerness to learn as much as they can about eating healthy and wellness. I am currently co-facilitating a Chronic Disease Self Management workshop and I am learning a lot! This workshop is an example of how meaningful health related decisions enhance longevity for each person in the aging process."*

Thanks again to Sheila for being an amazing volunteer! To learn about how you can become a volunteer at The Consortium at Carondelet Village, please contact Laurie at [lverseput@cvconsortium.org](mailto:lverseput@cvconsortium.org) or call 651-698-1310.

### **January 28, 2011: Living Well with Chronic Conditions**

***Living Well With Chronic Conditions*** is an evidence-based wellness education program supported by the Minnesota Department of Health and the Minnesota Board on Aging. This 6-week interactive workshop focuses on helping individuals manage chronic health conditions and problematic lifestyle issues by encouraging small steps to reach personal goals. Developed and licensed by Stanford University, the program has research-backed results of positive outcomes for one's health. Fifteen Sisters of St Joseph are currently participating in the class and two additional sessions will be offered this winter/spring:

**Dates:** Wednesdays: February 2, February 9, February 16, February 23, March 2, and March 9

**Time:** 9-11a.m.

**Location:**

Keystone Community Center  
2000 St Anthony Avenue  
Saint Paul, MN 55104

**Dates:** Wednesdays: April 6, April 13, April 20, April 27, May 4, and May 11

**Time:** 9-11a.m.

**Location:**

Carondelet Center  
1890 Randolph Avenue  
Saint Paul, MN 55105

Please contact Saint Paul Community Education at 651-293-8634 or visit <http://commedprograms.spps.org> to register for either workshop. Cost is \$15.