

Health/AIDS/Senior Citizens Volunteer Opportunities

HEALTH

Apollo Resource Center
313 North Dale Street #337
St. Paul, MN 55102
Vol. Coord: Katie Armstrong, (651) 288-3532
<http://www.peopleincorporated.org>

The Apollo Center serves adults with mental illness and assists them in achieving self-sufficiency. The length of commitment is flexible. In the past volunteers have helped with outings, parties, dances and socials. New ideas for programming are welcome.

Children's Hospital
345 North Smith Avenue
St. Paul, MN 55102
Vol. Coord: Molly Lamon 651-220-6093
<http://www.childrenshc.org>

Volunteers work with patients and families of diverse cultural and socioeconomic backgrounds. Opportunities range from working with infants, new mothers, the cardiac unit, the child abuse program and other units serving children.

AIDS

Clare House—AIDS Care Partners
2182 St. Clair Avenue
St. Paul, MN 55105
Vol. Coord.: Lee Haugee, (612) 236-9527
<http://www.clarehousing.org>

Clare House, one of AIDS Care Partner's sites, is a home for persons living with AIDS. Volunteers are needed to assist staff with providing supportive care, cooking, cleaning, laundry and companionship for residents, as well as lawn care and snow shoveling at the residence.

Minnesota AIDS Project
1400 Park Ave S
Minneapolis, MN 55404
Vol. Coord.: Michael Lee, (612) 373-9160
<http://mnaidsproject.org>

Minnesota Aids Project is an institution that works to fight AIDS, through advocacy work, education, and service. Volunteers can assist with "Tuesday Nitters," a group that meets to prepare for special events, including the annual Hollywood Gala. Other work includes grassroots organizing, education booths, and advocacy work.

Issue Area Coordinator: MaryBeth Grewe, x6040 or
mgrewe@macalester.edu

Updated February 2009

Open Arms of Minnesota
1414 Franklin Avenue East
Minneapolis, MN 5540
Vol. Coord.: Pete Fischer, (612) 872-1152
<http://www.openarmsmn.org>

This organization delivers meals to people diagnosed with HIV, AIDS and other chronic illnesses. Opportunities include working as a prep cook, packer, driver, data entry clerk, receptionist, or greeter.

SENIORS

Adopt-a-Grandparent (Living at Home Project)
1600 Grand Avenue (Lampert Building)
St. Paul, MN 55105

Vol. Coord.: Noreen Huntington, (651) 696-6882
Do you miss your grandparents? This program matches a student with a local senior citizen who lives in the Mac neighborhood. Volunteers often make friendly visits, provide transportation, perform yard work, or help with grocery shopping.

Merrick Community Services
715 Edgerton St
St Paul, MN 55130
Vol. Coord.: Donna Legato Hirte, (651) 771-8821
<http://www.merrickcs.org/>

Volunteers can participate in special projects such as seasonal outdoor work, minor home repair, and housekeeping for the elderly in the Macalester-Groveland neighborhood.

Lyngblomsten Senior Center
1415 Almond Avenue
St. Paul, MN 55108
Vol. Coord.: Melanie Davis, (651) 632-5356
<http://www.lyngblomsten.com>

Volunteer on a weekly, bimonthly, or monthly basis at this senior center with a Norwegian focus. Participate in events such as bingo and fun night.

Rakhma Joy Home
123 S. Wheeler Street
St. Paul, MN 55105
Vol. Coord.: Kris Rose, (612) 824-2345, x6
<http://www.rakhma.org>

This cozy neighborhood home is an alternative to nursing homes for senior citizens with Alzheimer's disease. Become a companion to seniors by cooking a special meal, playing an instrument, gardening, walking or participating in special events or projects with the seniors.

RELATED LINKS

AIDS.org

<http://www.aids.org>

The mission of AIDS.ORG is to help prevent HIV infections and to improve the lives of those affected by HIV and AIDS by providing education and facilitating the free and open exchange of knowledge at an easy-to-find centralized website.

Joint United Nations Programme on HIV/AIDS (UNAIDS)

<http://www.unaids.org/en/default.asp>

Tackles global problems and issues of HIV/AIDS through education and cooperation.

National Muslims AIDS Initiative

<http://www.angelfire.com/az/azizpage/nmai.html>

The National Muslims AIDS Initiative is a website developed at Bronx Community College of the City University of New York through funding from the Ford Foundation. Among other things this site contains information about the Islamic perception of AIDS prevention and Islamic guidance for Muslims afflicted with AIDS.

National Senior Citizens Law Center

<http://www.nsclc.org>

Advocates, litigates and publishes on low-income, elderly and disability issues including Medicare, Medicaid, SSI, nursing homes, and age discrimination.

World Health Organization

<http://www.who.int>

The World Health Organization, the United Nations' specialized agency for health, was established in 1948. WHO's objective is the attainment by all peoples of the highest possible level of health. Health is defined in WHO's constitution as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

AVERT

<http://www.avert.org>

AVERT is an international HIV and AIDS charity based in the UK, with the aim of averting HIV and AIDS worldwide. AVERT has a number of overseas projects, helping with the problem of HIV/AIDS in countries where there is a particularly high rate of infection, such as South Africa, or where there is a rapidly increasing rate of infection such as in the Russian Federation.

National Institutes of Health

<http://www.nih.gov>

The National Institutes of Health is the steward of medical and behavioral research for the nation. It is an agency under the U.S. Department of Health and Human Services.

HEALTH

- *In a 2004 Twin Cities Household Survey, 36% Experienced large increases in healthcare costs
18% Reduced the use of healthcare services due to cost.*
- *Obesity in the United States is reaching epidemic proportions. In the past 20 years, the percentage of overweight children ages 6 to 11 has nearly doubled and the percentage of overweight adolescents (ages 12-19) has nearly tripled. The increase is attributable to increasingly sedentary lifestyles coupled with unhealthy eating habits.*
- *Minnesota was the third healthiest state in the country in 2000.*
- *In Minnesota, 16.8% of the adult population is obese. This is up from 10.6 in 1991, and represents a 58% increase. Minnesota's rate is somewhat lower than the national average of 19.8%.*
- *As technology advances and the population ages, health care costs will continue to increase at rates three to four times the rate of inflation. At the same time, the number and proportion of people without any type of healthcare coverage will continue to increase.*

AIDS

- *Today, 40 million people are estimated to be living with HIV/AIDS. Of these, 37 million are adults and 2.5 million are children under 15.*
- *An estimated 5 million people acquired the human immunodeficiency virus (HIV) in 2003, including 4.2 million adults and 700,000 children under 15.*
- *During 2003, AIDS caused the deaths of an estimated 3 million people, including 2.5 million adults and 500,000 children under 15.*

SENIOR CITIZENS

- *By 2030, older adults will account for 20% of the population, compared with 13% today.*
- *The older population has seen some notable improvements in health and ability in the last two decades. Chronic disability is declining markedly and at an accelerating pace.*
- *Overall, the prevalence of disability among older adults dropped to 19.7% in 1999 from 26.2% in 1982. The decline is so dramatic that there are fewer disable elders now that there were 20 years ago, despite a 30% increase in the population. The improvement is attributed to improved fitness and nutrition.*