

# District 10 Como Community Council News

Your Neighborhood News

Summer 2011

## Staycation Event a Big Success!

A severe thunderstorm and excessive heat warning didn't dampen the fun-filled second annual Como Neighborhood Staycation held the weekend of July 15-17. Community members of all ages enjoyed a variety of activities during the three day event. The Staycation was sponsored by the Chelsea Heights PTO, The Coffee Grounds, District 10 Como Community Council, Living at Home Block Nurse Program and Saint Paul Parks & Recreation.

The weekend kicked off on Friday with a fun, interactive evening at The Coffee Grounds and Northwest Como Rec Center. Kid-friendly activities, including a jump castle and climbing tower, pleased the younger set while everyone enjoyed their neighbors' talents during the community Talent Show at The Coffee Grounds.

After the severe thunderstorm Friday night, Saturday dawned hot and humid, but that didn't dampen enthusiasm of everyone who visited the Flea Market at the Rec Center or enjoyed exploring the eclectic art and beautiful gardens showcased in 17 different homes on the Art Crawl and Garden Tour. Avid gardeners exchanged gardening tips and admired the hard work each gardener and artist put into their creations. Saturday concluded with a Summer Music Festival at The Coffee Grounds.

Sunday gave residents a chance to brush up on bike safety and enjoy Como Park. Free bike inspections and helmet checks were provided by St. Paul Smart Trips, the Sibley Bike Depot, and Twin Cities Bicycling Club. A fun and interactive self-guided tour of the Park and historical scavenger hunt encouraged bikers and walkers to learn more about the Park and surrounding neighborhood. Others enjoyed an outdoor kickball tournament at the Chelsea Heights school playground before a final evening of music at The Coffee Grounds.

Thanks to everyone who volunteered to make the second annual Como Neighborhood Staycation a success!

## Upcoming Neighborhood Events

### Neighborhood Cleanup

September 24

North end of State Fairgrounds, Camel Lot, enter on Larpenteur Avenue

### District 10 Annual Meeting and Board Election

October 18, 7 p.m.

Streetcar Station, 1224 Lexington Parkway North. Elections will be held to fill seven board positions including Chair, Secretary, Representatives from District 1, 2 and 3 and two at-large positions.

For more information visit [www.district10comopark.org](http://www.district10comopark.org)



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## Board of Directors

Jon Knox, Chair

Panod Klongtruatroke, Vice-Chair

Marsha Milgrom, Secretary

Penny Spence, Treasurer

Barbara Clark, Sub-district 1

Mike MacDonald, Sub-district 1

Pete Bolstad, Sub-district 2

Kim Moon, Sub-district 2

Matt Streit, Sub-district 3

Jack Roberts, Sub-district 3

Ted Blank, At-large

Chris Harkness, At-large

Jody McCardle, At-large

Dolores Rufenacht, At-large

Betsy Wehrwein, At-large

## Staff

Jessica Bronk,

Administrator and Coordinator

District 10 encompasses Como Park, Energy Park and the Como Campus including the zoo, park and lake and is divided into three geographic sub-districts.

The Como Community Council serves an important role in advising the City about issues that directly affect residents.

We work with residents and community partners to promote public safety, maintain good housing, improve environmental quality, foster a healthy business climate and maintain a desirable neighborhood.

Board Members are volunteers who dedicate their time to education and outreach in the community.

## Newsletter coordinators

Joan Brandwein & Katie Bruhn

### **Como Park/Falcon Heights Living at Home Block Nurse Program**

The mission of the Como Park/ Falcon Heights Living at Home Block Nurse Program is to provide care for neighborhood seniors and their caregivers in ways that enable them to remain living safely and joyfully in their own home.

Neighborhood services for seniors at no cost include friendly visitors, home safety checks, service coordination, transportation, respite volunteers, in-home anti-falling exercise program and medical advocacy.

We offer certified community-based home healthcare through Recover Health; insurance is accepted and a lower rate is offered to Block Nurse Participants who are private pay.

For more information about or program and services please visit [www.blocknurse.org/comobnp](http://www.blocknurse.org/comobnp) or contact Jody McCardle Executive Director at 651-642-1127/ [comobnp@mtn.org](mailto:comobnp@mtn.org).

### **Free Blood Pressure Clinics**

Falcon Heights Town Square  
651-644-1889  
1530 Larpenteur Avenue West  
2nd Monday of every month  
1-2 p.m.

Blomberg Pharmacy  
651-646-9645  
1583 Hamline Avenue North  
1st Wednesday of every month  
11-11:30 a.m.

Arbor Point Senior Apartments  
651-793-5177  
635 Maryland Avenue West  
St Paul, MN 55117  
3rd Monday of every month  
1-2 p.m.

### **Sholom Home Sold to Traditions SP Land, LLC**

The Sholom Alliance sold the Sholom East site building (1554 Midway Parkway) on Monday, June 6 to Traditions SP Land, LLC. The purchaser plans to establish a 170 unit senior housing facility at the location. 19 units will provide memory/dementia care and the remaining units will be assisted living. The property is currently zoned RM2, and the intended use of the property as an assisted living facility is permitted under RM2.

Attorney Rhett McSweeney, representative for Traditions SP Land, LLC, provided the below details in a meeting with District 10 in early June:

- 170 senior assisted living units will be available
- The highest level of care will be a monitored dementia wing; no nursing home unit is planned
- The facility will have staff or security on site 24 hours a day
- The group operates two other assisted living facilities in greater Minnesota
- Most of the renovation will be performed inside; the exterior will largely remain unchanged
- Construction and openings will operate in phases
- A Grand Opening is projected by January of 2012

Please be aware that the transaction is still new and details may change. District 10 will provide updated information as it becomes available.

Visit [www.district10compark.org](http://www.district10compark.org) for additional information.

**Neighborhood Safety Committee News**

by Dolores Rufenacht

The Neighborhood Safety committee has been very busy this summer!

On June 8, the St. Paul Police Department hosted a city-wide National Night Out Kick off Party at Phalen Lake Picnic Pavilion. Residents from all District Councils enjoyed food and door prizes and began preparations for National Night Out.

The Committee spent June and July we preparing for the Como Staycation Event. District 10 hosted information tables each day of the event and sponsored a Como Neighborhood Bike Tour.

The Bike Tour attracted residents from Como and surrounding areas. The tour started at Black Bear Crossing where participants could visit resource tables hosted by Smart-Trips, Sibley Bike Depot, Twin City Bike Club and District 10 provided maps, brochures and bike event information. Bikes and helmets safety checks were conducted and adults and children played a bike safety game.

The self-guided bike tour included a scavenger hunt and tour of historical markers on Como Park trails. The tour ended at The Coffee Grounds Cafe to share our answers to clues and draw for door prizes for all biking participants. The Neighborhood Safety

Committee would like to thank volunteers, door prize sponsors and participants for making a successful and fun event.

We had another successful National Night Out with about 30 of our 74 block clubs holding block parties on August 2. The St. Paul Police Department (SPPD) provided party bags with balloons and prizes to help celebrate. Others block clubs held parties at other times to get to know their neighbors, share safety ideas and help make their community safer.

The SPPD reports an increase in theft from auto and auto theft in the city, however, their statistics continue to show District 10 to have a lower crime rates compared to other areas.

In the fall and winter, we plan to invite speakers to some of our Block Club and Neighborhood Committee Meetings. We welcome input from the community regarding what safety issues and concerns they would like to see addressed. Some ideas include Internet/WiFi Safety, Dangerous and Repeat Offenders Program, etc.

If you have ideas or concerns, please contact Jessica Bronk at 651-644-6889 or [district10@district10comopark.org](mailto:district10@district10comopark.org)

**5 Simple Summer Safety Tips**

1. Keep house, garage and car windows and doors locked.
2. When on vacation, make it look and sound like you are at home by using timers on lights and radios. Ask a trusted friend or neighbor to mow and bring in mail and newspapers.
3. Unless you have arranged an appointment and checked references, do not open doors or let stranger or salesmen into your home.
4. Do not leave valuables, duffle bags, purses or cell phone in vehicles.
5. Children should play with at least one other child and preferably with parents nearby and never approach cars with strangers asking for information.

For neighborhood safety updates, visit [www.district10comopark.org](http://www.district10comopark.org)

## Hubert H. Humphrey Job Corps Center to Celebrate 30 years!

Cate Edlund, HHH Job Corps Community Liaison



Please join us this fall on the campus for a 30<sup>th</sup> Anniversary celebration!

Over the last 30 years, over 10,000 students have emerged from Hubert H Humphrey Job Corps Center with skills, training and nationally recognized certifications for real careers. They've completed high school or a GED and they have learned the soft skills that make someone a good employee who can get and keep a job.

Some of the soft skills training comes from participating in volunteer activities throughout the community.

This past quarter, students volunteered at the Festival of Nations, ushered at the Stepping Stone Theater and hosted a Red Cross blood drive on campus.

Our union-taught painting students spent five days volunteering for the Christmas in May project in Chaska during which union members and apprentices renovated homes for the elderly and disabled.

Our students were also out and about in our own neighborhood and surrounding blocks working on a Friends of the Mississippi stenciling project. You might have seen one of the four groups cleaning street drains and stenciling "Don't Pollute! Drains to the Mississippi!" Students also distributed door hangers with information about their project and tips for keeping groundwater clean.

42 students were part of the massive volunteer effort to clear trees and rubble following the tornado in North Minneapolis.

Most recently, twenty-one students volunteered at the Special Olympics Minnesota, held at Bierman Field at the University of Minnesota. This event always strikes a chord in our students. They are touched and inspired by the perseverance of the Special Olympians and return with great stories. John Witherspoon told me that one student was just swaying a little at the edge of the dance floor the night of their banquet. John taught him the Cupid Shuffle and was thrilled that the Olympian got it. John said it was his favorite moment.

The first annual HHH 5K run was held out at Central Park in Roseville, the site of our annual picnic. Participants slowed a little by the third round, but, in their first circuit of the lake, the lead runners were clocked at a little over seven minutes a mile. Between runners and walkers we had well over a hundred participants. This is part of a continuing campaign on campus to improve healthy living habits.

Please plan to visit our campus and talk to our students this fall and help us celebrate 30 years!

### Thank you!

Hubert H. Humphrey Job Corps Center  
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