



Aeon Final Report to Anoka County

SHIP Healthy Communities Initiative at Parkview Villa

Aeon is deeply appreciative for Anoka County's 2021 partnership. With your help, we were able to make significant improvements to the resident-led community garden at Parkview Villa. We purchased seeds, plants, supplies to improve the and protect the garden, and a new shed for long-term storage.

Our walking club also benefited from support from Anoka County. Participants enjoyed healthy snacks and used their water bottles to stay hydrated on walks. They enjoyed several off-site walks at area parks. Some residents have also enjoyed use of the light weights and resistance bands, as well as the silver and fit resistance balls. These items help our residents stay fit despite the long-time closure of the fitness room, and the continued risks of COVID-19.

Participants recently filled out surveys about their experience. For our community garden, 100% of resident gardeners said they enjoyed their time working on the garden, and 50% reported plans to return next year. Residents reported "watering, planting, and watching everything grow" to be their favorite aspects of the garden. Suggestions for improvement were "having more residents participate in gardening".

As for our walking club, 83% of residents reported enjoying the club. One resident who did not enjoy the club reported confusion about when walks were taking place, another resident encountered health issues that limited her from participating last minute. Favorite aspects of the walking club included "socializing with other residents; enjoying physical activity; visiting North Mississippi and Silverwood Parks; exploring new areas to walk; appreciating the outdoors; and the water and snacks provided". Suggestions for the future include, "providing pedometers to track steps; taking a walking trip to places aside for parks, like a zoo; and encouraging more residents to join". 86% of participants said they plan to join again.