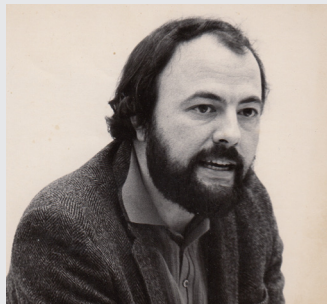


Fifty is Nifty: DARTS Celebrates 50 Years



Dick Graham, 1974

50 Years Ago: 1974 President Dick Graham

"I was thinking about those first rides, you know, and it was such a community effort. It was truly a community-based and community-owned organization from the very beginning – all the school districts were involved, Inver Hills Community College, all of the community education directors. Somehow, all these pieces started to fall into place. We got the airport limos. We focused on increased mobility and involvement of older people in community life, and it was really a community effort to get it there."



Dick Graham, 2024

DARTS Today: President Ann Bailey

2024 is a milestone year for DARTS, and we invite you to share the aging journey with us.

50 years ago, a young man heard the need that older people wanted to take classes and their only barrier was transportation. Dick Graham led the charge to locate a vehicle and provide the rides!

This began our rich tradition of creating connections that enrich aging.

Connection has been a part of DARTS mission throughout our 50 years. We move quickly to fill gaps and meet emerging needs. For example, our outreach to the Spanish-speaking community members facilitated bringing Spanish-speakers to Representative Craig's roundtable discussion, providing her voices she may not otherwise have heard first-hand.

Being consistent over a 50-year span is difficult. We are able to do so because we retain connections to our past, seek input from diverse voices, and collaborate with others.

During this year, we will celebrate the connections that makes us a key resource in creating a fulfilling aging journey.

The DARTS smart and compassionate team invites you to **Share the Aging Journey with Us.**

Nif·ty (nif-tē) adjective

1. very attractive or appealing
2. very pleasant or enjoyable
3. very interesting or clever
4. well-executed

Merriam-Webster, 2024



Ann Bailey, 1974

DARTS values collaboration.

The Breathing Space group respite originates from a Lyngblomsten program. This program eases caregiver strain.

Volunteers help extend our ability to deliver services. Spring Cleanup is a great one-time volunteer opportunity that makes light work of seasonal chores.

Your gifts support innovative program ideas and existing services. April's Breakfast Fundraiser is an opportunity to give back.

Read page two to learn more about these programs.

Thank you for being our partner.



Ann Bailey, 2024



DARTS volunteers holding DARTS newsletters, late 1970s



DARTS social services team meeting, 2023

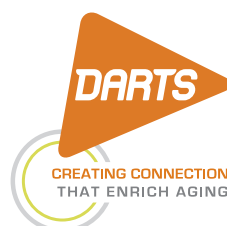
Connect with DARTS...

At the office:

- 1645 Marthaler Lane
West St. Paul, MN 55118
- info@darts1.org
- dartsconnects.org
- 651-455-1560

On social media:

- @DARTS.connection
- DARTS
- @dartsconnects



DARTS Extends Caregiver Ability to Provide Care

In 2023, Carol contacted DARTS. Carol was caring for her partner, Barb, whose dementia was getting worse and it was becoming harder to leave Barb alone for very long. Carol was struggling with balancing the stress of caregiving. She needed some time to herself and the chance to easily complete errands.

Carol heard about The Breathing Space, DARTS weekly group respite program. Barb wanted a social setting where she could engage with others and participate in activities, and Carol knew Barb needed a space where she would be safe and supervised. The Breathing Space was the perfect solution for them.

Barb started attending The Breathing Space in October and hasn't looked back. Barb engages in and enjoys the activities and social interactions. Her favorite activities are the walks in the garden and the music. In return, Carol receives a needed break.

Recently, Barb was officially diagnosed with Alzheimer's. The diagnosis has hit Carol hard and she needed extra support. She now attends DARTS caregiver support groups and connects individually with DARTS staff for an opportunity to talk in a safe space and process her feelings. Carol also worked with DARTS to schedule and facilitate a family meeting to talk about next steps. Now, Carol is feeling more relaxed and starting to plan for the future.



Activities at The Breathing Space

The Breathing Space

DARTS group respite provides supervision and social engagement for care receivers while caregivers receive up to a four-hour break. This program is designed for those with early- to mid-stage memory loss.

- Eagan | 2nd & 4th Fridays | 10AM – 2PM
- West St. Paul | 1st & 3rd Thursdays | 10AM – 2PM

Learn more at dartsconnects.org/caregiver-services

Upcoming Events

- Café, Pan y Conexión**
February 26 @ 9:30am
DARTS Office
- Scams & Fraud Prevention**
February 26 @ 2:00pm
DARTS Office
- Gender & Sexuality 101**
March 8 @ 2:00pm
DARTS Office
- Gender & Sexuality 101**
March 14 @ 1:00pm
Thompson Activity Center

- Café, Pan y Conexión**
March 25 @ 9:30am
DARTS Office
- Fundraising Breakfast**
April 17 @ 7:30am
Mendakota Country Club
Register online in March

Registration required!
Call 651-455-1560.

Learn more at
dartsconnects.org/events

Save the Date!

DARTS 10th Annual FUNDRAISING BREAKFAST

Wednesday, April 17, 2024
7:30 - 9:00am
Mendakota Country Club

With speaker *Jennifer Hellman,*
CEO/President of Goff Public

Registration opens March 4, 2024.
dartsconnects.org/event/annual-fundraising-breakfast/

Spring is Around the Corner!

Lend a Hand!
Volunteer with friends, family, or coworkers to help an older homeowner clean up their yard. With your help, local seniors can remain independent in their homes for as long as possible!

Flexible Scheduling!
Dakota or Washington County locations. April and May dates! Staff will help you schedule a date.

For more information or to sign up,
email volunteer@darts1.org or call 651-455-1560.

