

Make Nature & Time Outside Together a Priority Dancing Sky Area Agency on Aging 1/16/24

Resource List
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PLACES

LOCAL -

- Your own backyard or shared space, homes of friends, family or neighbors
- Libraries / Community education
- Nature centers / environmental learning centers
- Parks - Do a local parks challenge - research the parks in your city or county and see how many you can visit
- Senior center / community center

- Dancing Sky Region Focused
 - Agassiz Environmental Learning Center - Fertile, MN
<https://aelcfertile.org/>
 - MSU Regional Science Center - Glyndon, MN
<https://www.mnstate.edu/academics/colleges-schools/cshe/science-center/contact/>
 - Prairie Wetlands Learning Center - Fergus Falls, MN
<https://www.fws.gov/refuge/fergus-falls-wetland-management-district/visit-us/locations/prairie-wetlands-learning-center>

STATEWIDE -

- Minnesota Department of Natural Resources
 - Accessible Outdoors
https://www.dnr.state.mn.us/accessible_outdoors/index.html
 - State Public Lands
<https://www.dnr.state.mn.us/aboutdnr/publiclands/index.html>
 - State parks - Check out the passport and hiking club, I Can programs
 - State forests
 - State trails
 - Other: Wildlife Management Areas, Aquatic Management Areas, Scientific & Natural Areas

- Federal Lands
 - US National Parks / Monuments / Trails in MN
<https://www.nps.gov/state/mn/index.htm>
 - US National Forests in MN
 - Chippewa National Forest <https://www.fs.usda.gov/chippewa>
 - Superior National Forest <https://www.fs.usda.gov/superior>
 - US Fish & Wildlife Lands
https://www.fws.gov/our-facilities?state_name=%5B%22Minnesota%22%5D

PROGRAMS / ORGANIZATIONS

- Age Friendly Minnesota <https://mn.gov/dhs/age-friendly-mn/>
- Area Agency on Aging
<https://mn.gov/board-on-aging/about-us/area-agencies/>
- BIPOC Outdoors Twin Cities
<http://www.ashamarie.com/bipocoutdoorstwincities>
- Build a Pollinator Habitat
<https://bwsr.state.mn.us/residential-pollinator-habitat>
- Capable Partners <https://www.capablepartners.org/>
- Cycling without Age <https://cyclingwithoutage.org/>
- CBS Sunday Morning Moment in Nature
<https://www.youtube.com/@CBSSundayMorning>
- Diversity in the Outdoors: BIPOC Led Organizations and BIPOC Hikers Who Inspire Us
<https://www.52hikechallenge.com/blogs/blog/lets-diversify-outdoors-connect-with-these-adventurous-bipoc-organizations-individuals>
- Forest Therapy
<https://www.natureandforesttherapy.earth/about/the-practice-of-forest-therapy>
- Friends of the Mississippi <https://fmr.org/>
- Great River Greening <https://www.greatrivergreening.org/>
- Healing Gardens
<https://www.takingcharge.csh.umn.edu/explore-healing-practices/healing-environment/what-are-healing-gardens>
- Healing Waters Fly Fishing <https://projecthealingwaters.org/>
- Hiking Clubs in MN
<https://www.hikingproject.com/directory/clubs/minnesota>
- Let's Go Fishing <https://lgfws.com/>
- Mental Health Benefits of Bird Watching
<https://www.audubon.org/magazine/winter-2019/birding-benefits-how-nature-improves-our-mental>

- Midwest Outdoors Unlimited <https://www.midwestoutdoorsunlimited.com/>
- Minnesota Birder Looks to Make Nature More Accessible and Inclusive <https://www.axios.com/local/twin-cities/2022/08/17/minnesota-birder-nature-accessible-inclusive>
- Minnesota Leadership Council on Aging Member Organizations <https://www.mnlcoa.org/members>
- MN Master Naturalist <https://www.minnesotamasternaturalist.org/>
- MN Thrives Database <https://www.health.state.mn.us/communities/mentalhealth/mnthrives.html>
- Minnesota Rovers Outdoor Club <https://mnrovers.org/>
- Minnesota Veterans Outdoors <https://www.mnvetsoutdoors.org/>
- Nature on PBS <https://www.youtube.com/@naturepbs/videos>
- Park Rx America <https://parkrxamerica.org/>
- Parks & Trails Council of MN Outdoor Clubs <https://www.parksandtrails.org/outdoor-clubs-in-minnesota/>
- Phenology Report with John Latimer on KAXE <https://www.kaxe.org/podcast/phenology>
- Project GO (Get Outdoors) <https://www.mnprojectgo.org/>
- United Foundation for Disabled Archers <http://www.uffdaclub.com/>
- University of MN Extension <https://extension.umn.edu/natural-resources>
- Wilderness Inquiry <https://www.wildernessinquiry.org/>

APPS

- AllTrails <https://www.alltrails.com/>
- eBird <https://ebird.org/home>
- iNaturalist <https://www.inaturalist.org/>
- Merlin <https://merlin.allaboutbirds.org/>
- Wild Spotter <https://wildspotter.org/>
- Zooniverse <https://www.zooniverse.org/>

OTHER MISCELLANEOUS*

- 30 Minute Options:
 - Sit Spot: Find a closeby space you can visit often/easily (your backyard or in your neighborhood). Try to visit at least once a week and sit for at least 30 minutes. Be present and use all your senses to notice what is around you.
 - "Noticing Workout": Walk around, pay attention, take pictures, coined by Bill Keaggy
- Nature Journal: Sketchbook for writing and drawing, take notes of what you observe
- Notice with all your senses

- Individualize: Think about/learn how others have connected with nature (or not) in the past - remember, not everyone has positive experiences connected with the outdoors and we should respect and seek to understand. What are ways you/people you serve connect with (or connected with) nature?
- Prompts: I notice..., I wonder..., It reminds me of...
- Misc: Garden, watch clouds, watch fireflies, watch birds, skip rocks, tell me a story about... (a snake, a raccoon, a turtle, a storm, etc.)
- Find awe and wonder in nature to reset our brains at any age, get out of everyday concerns
- Make it simple: You don't have to go somewhere or spend money
- Inside ideas: houseplants, cut flowers, apps with nature sounds, natural light lamp, open the windows, wildlife webcams, birdwatching, bird feeder, binoculars, grow herbs, adventure books/movies/podcasts, cooking, aromatherapy
- Slow down.
- Do more things that make you forget to check your phone.

* some suggestions inspired by Forest Bathing - Mindfulness in Nature Tip Sheet, by Sara Holger