

SENIOR CONNECTIONS

2800 E. Lake St. • Minneapolis, MN 55406 • 612-729-5799



Holiday Celebration for Seniors on December 19

Longfellow/Seward Healthy Seniors and Minneapolis Community Education will hold their **Annual Holiday Party for Seniors on Tuesday, December 19, from 10:30 am to noon at Holy Trinity Lutheran Church, 2730 E. 31st St.**

The event will be held in the basement gymnasium and doors will open about 10:00 am. Join us for live music, lunch and door prizes! All area seniors are welcome to attend this free event (a \$2.00 suggested donation is appreciated.) No pre-registration is required. Hope to see you there!!

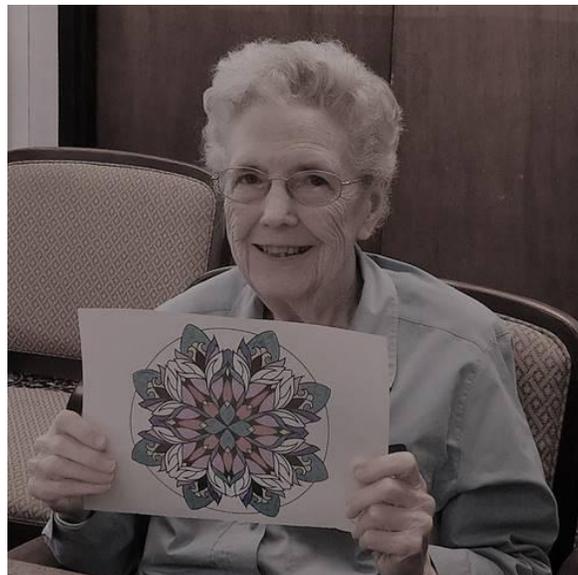


Evelyn Peterson Reflects on 96 Years

Evelyn Peterson appreciates her life. Not just the good memories, but also the difficult times. A favorite poem expresses it best:

For every hill I've had to climb,
For every stone that bruised my feet.
For all the blood and sweat and grime,
For blinding storms and burning heat
My heart sings but a grateful song –
These were the things that made me strong!

-Anonymous



Evelyn displays her project from a Healthy Seniors art class

Evelyn believes it was the “hills, bruises and storms” she encountered during her 96 years that gave her the strength and resiliency to become the gracious, independent person she is today, still active and enjoying life. “I don’t think about age,” she said. “Ninety-six is just a number.”

When she was born in Parkers Prairie, Minnesota on June 3, 1921, her name was Evelyn Erickson. Her father, whose family had emigrated from Sweden, was the first of his family to have been born in the United States.

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(Evelyn - continued from the first page.)

He was trained to repair Model T's, but when Model A's replaced them, he turned to farming to support the family that finally included eleven children. Evelyn was the third oldest and one of three girls. When Evelyn was seven the family moved from town to a nearby farm.

Evelyn recalls that the family didn't regularly attend church then because they couldn't all fit in one car. She remembers going into town with her dad in a horse drawn wagon. The family was poor, and the farm houses they lived in didn't have electricity or indoor plumbing. Evelyn never cared for barn chores, and especially disliked cleaning out the milk cans. Food was cooked in big kettles and Evelyn started baking bread when she was ten.

When she finished high school, Evelyn moved back into Parkers Prairie and got her first job in a restaurant where she did the baking. In 1943 she moved to Minneapolis with one of her sisters. World War II was going on, and the factory where they worked made uniforms for soldiers.

While living in Minneapolis, Evelyn met Paul Peterson at the church they both attended. He was a first generation Finlander, and a student at Northwestern Bible College. Their relationship was long-distance and based on correspondence for a couple years. Paul became the pastor of a church near Port Arthur in Canada. They were married right after his return to Minnesota in June 1954. In 1956 a daughter, Janelle, was born, and their son Sheldon followed in 1958. The family moved to Ohio and then to Massachusetts. Evelyn worked for Raytheon, an electronics plant in Waltham, Massachusetts, for close to ten years.

Evelyn ran a wire wrap machine and helped produce projects for the War Department, including the Poseidon Missile and lunar moon rockets. Looking back, she says it was "like a puzzle," and probably her favorite job.

The Peterson family moved back to Minneapolis in 1974, and Evelyn got a manufacturing job at Audio Research, making \$4.70 an hour. At one point she learned that a man was hired to do the same job and was being paid \$10 an hour.

Evelyn said that today's women have more rights and career options than in earlier times

when it wasn't popular for women to be working outside the home.

Evelyn enjoyed doing "small things" with her children when they were young, and reflects that those days were among her happiest times. They made weekly library trips and she had to limit each child to ten books, because they were (and still are) avid readers.

Evelyn began investigating her family's genealogy in 1985 and has traced some great uncles who fought in the Civil War. In her family, all eight of her brothers served in branches of the military, in conflicts including WWII, Korea and Vietnam.

In 1991 Evelyn and her husband Paul moved to Trinity Apartments. Paul had quadruple bypass surgery in 2001, and his health got worse until he died in 2008. "I learned to become a nurse fairly quickly," Evelyn said. "It was hard." Evelyn still lives in her tidy, cozy apartment, which she's now lived in longer than any one place in her life. She appreciates not having to worry when things need repairs. She participates in many building social activities. Evelyn was one of the kitchen volunteers when there was congregational dining in the apartment building.

Evelyn doesn't know many people who are as old as she is now, and although she sometimes misses having "someone she's known a long time to share things with," she's enjoying her later years. "The days go so fast!" Every Sunday friends pick her up to go to the Evangelical Free Church, and her daughter, son, nieces, nephews and friends check in with her. "I like people," she said, even though she recognizes that some can be "cantankerous."

Throughout her life it's been important to Evelyn to help people when they've needed help, and she continues to reach out, whether it's welcoming someone new to the building or listening to a nephew's problems during a phone call. Evelyn's strong faith, that has helped her through difficult periods of her life, still remains constant, as shown by one of her favorite verses, "As for God, His way is perfect."



Southside Singers in Concert

Longfellow/Seward Healthy Seniors and Holy Trinity Lutheran Church are co-sponsoring a concert featuring the Southside Singers on Tuesday, February 27 at 1:30 pm. The concert will last about an hour with refreshments following and will be held at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The concert is free, however, a suggested donation of \$3.00 per person is appreciated.

Southside Singers is a chorus of Minneapolis seniors who love to sing. Their repertoire includes music from the 30s and 40s, show tunes, spirituals, patriotic songs, dance numbers and vaudeville-style skits.

Services Provided to Seniors

Longfellow/Seward Healthy Seniors' mission is to enable community seniors to live healthy, independent and socially connected lives. Our community outreach, services, and health promotional activities include the following:

- “Nurse Is In”/Blood Pressure Clinics at nine community locations (*our newest location is the American Indian Center*)
- Nursing visits and vision consultations
- Rapid Screen and fall prevention assessments
- Foot care and home care services
- Monthly Senior Social & Health Talks
- Information and referral
- Caregiver support, education and respite
- Volunteer visits to isolated seniors
- Transportation and grocery shopping (limited availability)
- Diabetes Support Group
- Tai Chi Easy exercise classes
- Senior Art classes



Tai Chi Easy Winter Schedule

Tai Chi Easy classes are held on Mondays from 10:30 – 11:30 am at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. Classes will be held December 4, 11 and 18; will break over the holidays; and will resume January 22 and go through March 26. Most classes will be held in the library, with some classes being held in the Bartsch Room. Classes cost \$5/each. (Lower income seniors may qualify for discounted classes based on their income.)

Tai Chi is often described as “meditation in motion.” It’s low-impact, slow-motion exercise that’s adaptable to individual abilities. The classes vary between sitting and standing and include easy movements aimed at quieting the mind, improving breathing, coordination, flexibility and strength. Come and try it!

2018 Annual Dinner Event

Save the date for our Annual Italian Dinner and silent auction event. The annual dinner is scheduled for Thursday, April 26, 2018 at St. Albert the Great Church, starting at 6:00 pm. Adam Lindquist, a living history performer and three-time national champion, will portray President Teddy Roosevelt. Look for more details in our spring newsletter.

Diabetes Support Group

Healthy Seniors sponsors a monthly diabetes support group for adults with Type 1 or Type 2 diabetes. The group is facilitated by Elizabeth (Beth) Peltzer, MSW, and meets monthly, except for December and January. The group meets on the second Wednesday from 6:30 – 8:00 pm at the Hiawatha School Park Recreation Center, 4305 E. 42nd Street, Minneapolis. The meetings include education, support, discussion and occasional guest speakers. Upcoming meetings are scheduled for February 7 (note change in date) and March 14.

Senior Social & Health Talks

Senior Social & Health Talks are held the third Tuesday of each month at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The program begins at 10:30 am and the doors open around 10:00 am. Everyone is welcome. The events are co-sponsored by Longfellow/Seward Healthy Seniors and Minneapolis Public Schools Community Education. Suggested donation is \$2.00 for the holiday party on December 19 and \$1.00 for the January – March events.

December 19 – Annual Senior Holiday Party

Join us for live music, lunch and door prizes as we celebrate the season! (Note - this event will be held in the church's basement gymnasium and will last till noon or later.)

January 16 – Explore China

The birthplace of Tai Chi, gun powder, Taoism, and the magnetic compass, China is a dynamic country rich with history and tradition. Explore the Great Wall, Eastern China, and some of the recent cultural and political changes. Presented by Howard Root, a recent traveler to China.

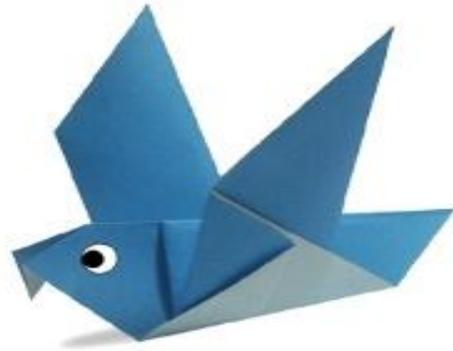
February 20 – Tai Chi Easy

Tai Chi Easy is basic motion exercises that open the joints and relax and strengthen the muscles. This ancient Chinese healing art improves your health, balance, flexibility, coordination and vitality. Learn easy breathing techniques and relaxation methods. Presented by Jan Cummings, certified Tai Chi instructor.

March 20 – Building a Strong Immune System

Learn the important role that vitamins and minerals play in your daily diet. Gail Johnson, Health and Wellness Manager at Common Bond, will review which fruits and vegetables contain great immune support power. Learn healthy habits that strengthen your resistance to germs, bacteria and other irritants.

“Senior Connections” is a publication of Longfellow/Seward Healthy Seniors, a non-profit organization serving older adults in the greater Longfellow and Seward neighborhoods, with offices at 2800 E. Lake Street. Our mission is to enable community seniors to live healthy, independent and socially connected lives.



Origami Art Classes for Seniors

Discover how to do origami – the Japanese art of paper folding, by participating in this three-part art series. The classes will be held on the first Wednesday of the month from 1:30 – 3:15 pm in the dining room at Trinity Apartments, 2800 E. 31st Street, Minneapolis. (You do not need to be a resident of the apartments to participate.)

- **February 7 – Valentine Cards & Heart Ornaments**

- **March 7 – Birds, Butterflies & Animals**

- **April 4 – Flowers, Stars & Mini Boxes**

Most participants will be able to complete 3-4 easy projects per class. Classes cost \$4.00 each (Trinity Apartment residents pay \$3.00 each) and include all materials. The instructor is Karen Franzmeier, a Seward neighborhood resident.

Pre-registration is required by emailing info@LShealthyseniors.org or by calling the Healthy Seniors office at 612-729-5799.

You can sign up for an individual class or all three classes. For the February 7 class – register by February 1; for the March 7 class – register by March 1; and for the April 4 class – register by March 29. Spaces are limited, so register early to reserve your spot!

Find Us on Social Media

You can follow us on social media to stay informed of upcoming events and resources!



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Longfellow Seward Healthy Seniors

Website: LShealthyseniors.org

Email us: info@LShealthyseniors.org