

Longfellow/Seward Healthy Seniors



SENIOR CONNECTIONS



Spring 2018



April 26 Annual Dinner Features Teddy Roosevelt: A Portrait of a Well-Lived Life

Enjoy an hour with President Teddy Roosevelt as he regales us with his favorite insights at Longfellow/Seward Healthy Seniors' 20th Annual Italian Dinner event! The dinner and silent auction is Thursday, April 26 at St. Albert the Great Church, which is on the corner of E. 29th Street and 32nd Ave. S. in Minneapolis. An Italian menu will be served with gluten-free, vegetarian options available. The reception and silent auction begins at 5:30 pm and the dinner, followed by the "living history" performance, is from 6:00 – 8:30 pm. A used book sale will also be part of the festivities this year.

We'd love to have you join us on Thursday, April 26! Tickets are \$35 per person and reservations should be made by Monday, April 23 by returning the registration form (found on page three of this newsletter).

Called "The Father of Conservation" and one of American's finest leaders, Teddy Roosevelt was a true force of nature. During his administration, five new national parks were created, as well as 18 national monuments, four national game refuges and 51 bird sanctuaries. His efforts protected 230 million acres of land and saved many species of animals. Roosevelt also signed into law the Pure Food and Drug Act. This legislation was the first of a series of consumer protection laws that eventually led to the creation of the Food and Drug Administration.

It was said of Teddy Roosevelt, "After you met him, you needed to wring the personality out of your clothes!" He is portrayed by three-time national champion "living historian" and Minnesota native, Adam Lindquist, who brings Roosevelt to life for audiences across the country. Presenting to over 150,000 people each year, Mr. Lindquist is eager to share Roosevelt's wit, wisdom and legacy with us. Don't miss this historic performance, "Teddy Roosevelt: A Portrait of a Well-Lived Life."

If you have questions about the 20th Annual Italian Dinner event, please contact Longfellow/Seward Healthy Seniors at 612-729-5799 or email us at info@LShealthyseniors.org. We hope to see you there!

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 at 10:00 am. Free blood pressure checks are conducted afterwards. Everyone is welcome! (There is a \$1.00 suggested donation.)

April 17 – Genealogy Can Be Fun!

Dr. Stephanie Branson will assist seniors in finding their roots, as well as leaving a trace of themselves for future generations. Basic methods for online and mail searches will be explained, and you'll have an opportunity to begin your own family tree.

May 15 – Vision Loss: Keep Your Independence

Susan Anderson from Vision Loss Resources will discuss major causes of vision loss often associated with aging. She'll cover the emotional impact of vision loss as well as tools, training and support that are available to help seniors remain living as independently as possible.

June 19 – All Stressed Out with Nowhere to Go: Creating Healthy Self Care

We'll look at the various stressors in our lives and how they affect our physical and emotional health. Then we'll explore healthy and positive ways of dealing with stress and caring for ourselves. Presented by Tony Del Percio, Grief Counselor with Bradshaw Funeral and Cremation Services.

July 17 – Anyone Can Fall

Minimize your risk of falling and get tips on how to prevent falls. Staff from the Metropolitan Area Agency on Aging will introduce you to evidence-based programs that help with fall prevention.

August 21 – Preventing Identity Theft

Learn how to protect yourself from identity theft. You'll receive information on how to detect and prevent identity theft, as well as repair any theft that's already happened. Presented by Cheri Kay Getz, Personal Banker with U.S. Bank.

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
- 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
- Friendly Visitor volunteers (companion service)
- Transportation and grocery shopping (limited availability)
- Diabetes Support Group
- Tai Chi Easy exercise classes
- Senior Art classes



Tai Chi Easy Classes

Tai Chi Easy classes are held on Mondays from 10:30 – 11:30 am at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The spring series will be held from April 2 to June 25, with no class on Memorial Day, May 28. Classes cost \$5/each. (Low to moderate income seniors may qualify for discounted classes.)

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.

“Senior Connections” is a publication of Longfellow/Seward Healthy Seniors, a nonprofit organization serving older adults in the Longfellow, Seward, Cooper, Howe and Hiawatha neighborhoods of south Minneapolis. Our office is at 2800 E. Lake Street, Minneapolis, MN (located inside the U.S. Bank building).

To register for the 20th Annual Dinner/Silent Auction fundraiser on April 26, please complete this registration form and return it along with your payment by April 23. Thank you!

- Yes, I will be there! I have enclosed \$35 per ticket (\$15/ticket is tax deductible).
- Request a gluten-free, vegetarian meal (# of GF/VEG meals needed _____).
- I'm coming AND I'd like to make a tax-deductible donation in addition to my ticket, of \$_____.
- I'm feeling generous — I would like to sponsor a table (seats 8 people)! I've enclosed my \$280.
- I'm unable to attend but I want to donate! Enclosed is my tax-deductible contribution of \$_____.

Reservations should be submitted and paid for by April 23, 2018.

***Make checks payable to Healthy Seniors and mail or deliver to 2800 E. Lake St., Minneapolis, MN 55406**

Name _____ Phone (_____) _____

Street Address _____ Apt # _____

City _____ State _____ Zip _____

Total # of people attending _____ Total enclosed \$ _____ *Grazie! Thank you!*



“Nurse Is In”/Blood Pressure Clinics

Healthy Seniors sponsors free monthly “Nurse Is In”/Blood Pressure clinics at various community locations: Trinity Apartments, Becketwood Cooperative, Riverside Apartments, Minnehaha Adult Daycare Service Center, American Indian Center, Brian Coyle Center, Korean Service Center, Holy Trinity Lutheran Church (after our Senior Social/Health Talks), and at our office.

In addition to getting their blood pressure and oxygen levels checked, participants have a chance to talk about health concerns with a registered nurse. The clinic that’s held in our office (in the U.S. Bank building at 2800 E. Lake Street) is on the first Tuesday of the month from 10:00 – 11:00 am. Call the Healthy Seniors office at 612-729-5799 for more information on clinic times at other locations. Clinics are not held if the regularly scheduled day falls on a holiday.

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. 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 April 11, May 9, and June 13. (Meeting location and/or date may change after June; call 612-729-5799 for more information.)

Contact Information

Follow us on social media to stay informed of upcoming events and resources!



Like our Facebook page:
Longfellow Seward Healthy Seniors

Website: LShealthyseniors.org

Email: info@LShealthyseniors.org

Phone: 612-729-5799

2800 E. Lake Street, Minneapolis, MN 55406

Get Involved: Become a Volunteer!

Whether you're attending college, working, raising a family, or retired, we need your help to provide services to seniors. If you're interested in any of our volunteer opportunities, please contact us at 612-729-5799 or info@LShealthyseiors.org. We have a number of volunteer options to choose from:

- Friendly Visitor – get matched with a senior and visit them on a regular basis.
- Driver – provide rides to local medical appointments and Senior Social/Health Talks.
- Group or Class Leader – facilitate support groups or lead “healthy living” classes.
- Respite Provider – give a “break” to a caregiver and their loved one.
- Graphic/Technology Designer – create graphic designs or enhance our social media.
- Data Entry Assistant – help staff enter data into software programs and databases.
- Nurse – staff blood pressure screenings and/or “Nurse Is In” Clinics.

Diabetes Prevention Program

More than 29 million Americans have diabetes. People with diabetes have an increased risk of heart attack, stroke, blindness, kidney failure and loss of limbs. A condition called prediabetes occurs when blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. An estimated one in three Americans has prediabetes, yet most do not know it. If you are at risk of diabetes and interested in making healthy changes, the **Diabetes Prevention Program** may be for you!

This is a year-long program led by a trained lifestyle coach who will introduce topics in a supportive, small group environment and encourage participants as they explore how healthy eating, physical activity, behavior changes and weight loss can help reduce their risk of developing diabetes.

If you are interested in finding a program starting soon near you, call the Prevention Connection at 888-643-2584.