



Longfellow/Seward Healthy Seniors Program

SENIOR CONNECTIONS

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406

612-729-5799

Spring/Summer 2024

A Helping Hand

A Conversation With Preston Howze



Preston believes in the importance of volunteer service. He genuinely cares about his community, and he shows that care through his work with a local food shelf, food delivery, and serving meals to his neighbors.

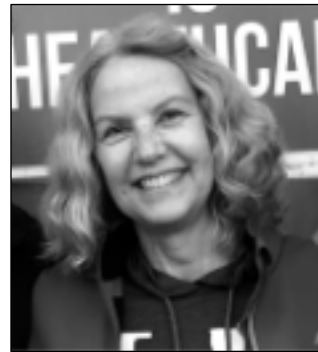
Preston grew up in Sterling, Illinois. He recalls

it as a pleasant small town with a good sense of community. Some of his most intense memories are the small things - hanging the clothes to dry, gathering with his family in the basement to chat and play games during tornado warnings, walking the family dogs, and playing flag football in the park. He enjoyed school, especially math, and recalls that his teachers were always there when he needed some extra help with an assignment.

Preston speaks of his mother with a great deal of love and admiration. He credits her with keeping him out of trouble, teaching him the importance of respect, and bringing him to church each morning – a practice that is still very important in Preston’s life today. He stayed with his mother in Sterling until he was in his early 30s, transitioning into a caregiver role as his mother’s arthritis made it difficult for her to manage daily tasks.

Preston’s sister eventually convinced him to join her in Minneapolis. He lived with her, then his

Welcome to our New Nurse



Barbara (Barb) deBorhegyi will start employment as our new Community Nurse in early April. She will be filling the vacancy left by Lynn Radecki, who has taken on a full-time caregiver role for a family member. Barb retired from her nursing position at Twin Cities

Orthopedics where she primarily worked with spine patients. Before that she was a nurse at MHealth Fairview Southdale Hospital. Barb has her Bachelor of Science Degree in Nursing from the University of Wisconsin.

Barb and her family immigrated from Switzerland to Madison, WI when she was eight years old. She and her husband recently returned from a “wonderful trip” to Switzerland. Her hobbies include traveling, gardening, cooking, and hiking. She enjoys working with older adults and looks forward to meeting seniors in the Longfellow/Seward community!

cousins, and he enjoyed the opportunity to be an uncle to his nieces and nephews.

The transition to Minneapolis was not as easy as he had imagined, but Preston still speaks with great gratitude for the help he received from his family, and the specialized training he got from community programs. He began work in manufacturing, which he enjoyed. Several years into his career, Preston was diagnosed with epilepsy. *(Continued on page 2)*

OUR SERVICES AND ACTIVITIES

Individual Support Services For Seniors

- Nurse visits and assessments
- Foot care services
- Transportation to local medical appointments
- Companion services
- Shopping services
- Food distribution/delivery
- Information, referral and advocacy
- Outreach to Somali elders
- Technology assistance

Community Health Promotion Activities

- “Nurse Is In” Clinics
- Senior Social & Health Talks
- Diabetes Support Group
- Exercise and art classes
- Solos Resource Group
- Chronic Disease Support Group



We're Looking for Board Members!

Longfellow/Seward Healthy Seniors is currently looking for passionate and dedicated individuals who are interested in helping older adults live independently. Board members play an integral part in guiding our mission, and ensuring that we are able to continue to serve our community for years to come!

“Ever since I was a young man I have had an interest in working with seniors. For the past six years, serving on the board of Longfellow/Seward Healthy Seniors has given me the opportunity to continue my mission advocating for seniors and making sure they have the resources they need. If you have a passion and want to make a difference for our seniors, then consider becoming a board member.”

- Tony del Percio
Longfellow/Seward Healthy Seniors
Board Member



Learn more and apply to become a board member by calling 612-729-5799, or by visiting www.LShealthyseniors.org/board.

A Helping Hand

(Continued from cover page)

Not long after, he was forced to leave his position. The official reason was his illness, but Preston still suspects the decision was connected to his union involvement.

Preston decided to settle in South Minneapolis, working in various positions that used his skillset and accommodated his illness. He is thankful for the connected community that existed in South Minneapolis in the 1990s. He was close to necessities, able to easily take the bus, and felt confident that he would be safe and receive help if he happened to have a seizure away from home.

Preston is inspiring. He speaks passionately about all the help he has received in his life, and the joy that he receives from helping others. As he puts it, “Learn what help you have to give, and what help is available to you. The help is there, so use it. And then give your help back too and show your appreciation. It’s not about money, it’s about appreciation.” Talking to Preston, you can imagine a world where everyone works together and the entire community benefits.

This shows in Preston’s relationship with Longfellow/Seward Healthy Seniors as well. Preston is a client, but also a volunteer, helping to deliver food to his neighbors. The world could use more people like Preston Howze, and we are grateful to have him as part of our community.

Contact Us!

Phone: 612-729-5799

Website:
www.LShealthyseniors.org

Email:
info@LShealthyseniors.org

Social Media: Find us on Facebook by searching for **Longfellow/Seward Healthy Seniors**, and on Instagram at **LShealthyseniors**



Snapshots

Enjoy these photos of events and activities from Longfellow/Seward Healthy Seniors!



Volunteers sort and pack personal care product bags for delivery to lower income seniors.



Instruction during our Silk Hoop Painting class with Anita White. Check out our upcoming events section for more art classes with Anita White!



Cheering for a bingo win at our annual Holiday Party!

Help us Fulfill Our Mission!

Please consider donating to Longfellow/Seward! Your donation provides services such as the following:

- \$50 pays for a Senior Social/Health Talk event.
- \$100 buys groceries for a lower-income senior.
- \$150 funds two in-home nursing visits.
- \$300 covers four "Nurse is In" Clinics.
- \$500 provides care coordination to ten seniors.

We are a small nonprofit that seeks to do a big job! Your support truly makes a difference in the lives of local seniors. You can contribute several ways:

- Online at LShealthyseniors.org/donate
- Via mail at **3131 Minnehaha Ave. Ste A, Minneapolis, MN 55406**
- By calling us at **612-729-5799**

Please give as you are able. Thank you for your support; we appreciate it!

VOLUNTEER



IN YOUR NEIGHBORHOOD

Longfellow/Seward Healthy Seniors

"Enabling community seniors to live healthy, independent and socially connected lives."

THE HELP WE NEED:

- Drivers
- Friendly Visitors
- Chore Assistance
- Food Shelf Delivery
- Technology Aid
- and more...

LEARN MORE:

612-729-5799
juliaockuly@LShealthyseniors.org
LShealthyseniors.org



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 3131 Minnehaha Ave - Suite A
 Minneapolis MN 55406

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 **Spring/Summer Activities & Classes!** 

The Numbers Are In!
2023 Community Impact

At Longfellow/Seward Healthy Seniors we track the services we provide to ensure we fulfill our mission of enabling community seniors to live healthy, independent and socially connected lives. The following is client services data for 2023:

- Total number of individual people served: 557
- Food Support: 168 people
- Nursing Services: 158 people
- Service/Care Coordination: 461 people
- Senior Social/Health Talks: 176 people
- Health Promotion Classes: 70 people

We also provide transportation, light chores and companion services. Thank you to all of our staff, volunteers, clients and donors for making this possible! We are grateful to be part of the greater Longfellow/Seward community!

Food for Older Adults



- Grocery delivery from food shelves
- Assistance with grocery shopping
- Grocery gift cards for lower-income seniors

Adults age 60+ who live in the Longfellow, Seward, Hiawatha, Howe and Cooper neighborhoods are eligible.

Enabling community seniors to live healthy, independent and socially connected lives.

Longfellow/Seward Healthy Seniors
 612-729-5799 · 3131 Minnehaha Ave, Mpls.
www.LShealthyseniors.org

Activities and Classes from Longfellow/Seward Healthy Seniors

Senior Social & Health Talks

Senior Socials are held the third Tuesday of each month and are co-sponsored by Longfellow/Seward Healthy Seniors and Minneapolis Community Education. A "Nurse Is In"/Blood Pressure Clinic is also offered. No registration necessary, unless noted. Suggested donation is \$1.00. **All socials are held at Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.**

Disaster Preparedness

Tuesday, April 16, 10:30 - 11:30 am

Meghan Burian, MPH, a Public Health Specialist with the City of Minneapolis Emergency Management Department, will discuss emergency preparedness topics including personal preparedness and resources for learning more.

Oral Health, Dental Care & Aging

Tuesday, May 21, 10:30 – 11:30 am

As we age, our oral health becomes increasingly important. Join President of the Minnesota Dental Association, Dr. Rosalie Perpich, as she shares ways to keep your teeth and gums healthy, so you can continue to enjoy the foods you love.

Toys - Playthings from the 50s, 60s and 70s

Tuesday, June 18, 10:30 - 11:30 am

Remember jacks, Twister, kick the can and Operation? Kate Roberts, Senior Exhibit Developer for the MN Historical Society, will take us down memory lane with a talk on toys.

Summer Spectacular: Bingo and Pie

Tuesday, July 16, 10:30 – 11:30 am

Join us for a special July Senior Social! In lieu of a speaker, we will have Bingo, prizes, pie and refreshments! **Registration is required for this event.**

Chronic Pain: Treatment Options and Management

Tuesday, August 20, 10:30 – 11:30 am

Learn about the many identifiers related to chronic pain and how to build a plan of care. Presented by team members from Nura Precision Pain Management.

Fundamentals of Tai Chi and Qigong

Four Sessions, May 7 - May 28

Tuesdays, 9:30 - 10:30 am at Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis



Learn slow flowing and meditative exercises designed to improve strength and balance. Instructor Howard Root will lead you through short forms in a non-judgmental and fun environment. The cost is \$3 per class, or \$10 for all four classes.

Yoga for Strength and Balance

Thursdays, 2:00 – 3:00 pm

April 18 – May 2 at Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis

Yoga is perfect for those who want to improve their flexibility, strength, and balance. The benefits include muscle improvement, management of some chronic conditions, and increased well-being. The class is taught by certified Yoga Instructor, Dyan Anunson. The cost is \$3 per class.

Tell us what you think!

What fitness classes would you like to see offered by Healthy Seniors? Us this address to take a quick survey and let us know!

<https://tinyurl.com/3w4czzpw>

Register for all classes and programs by calling Longfellow/Seward Healthy Seniors at **612-729-5799** or emailing juliaockuly@LShealthyseniors.org.

Floral Card Crafting Class

Thursday, May 16, 1:00 – 3:00 pm at Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis

Join artist Robbyn Overall for a seasonal spring card making-class. Use mixed media materials to create one-of-a-kind spring greeting cards to keep, or mail to friends or family. There is a \$3.00 supply cost.

Nature Collage with Anita White

Wednesday, May 8, 2:00 – 3:30 pm at Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis

In spring we enjoy the natural beauty blossoming all around us, and we will use this inspiration for our artwork. Use beautiful papers to create collages based on the flowers in season in early May. It is an easy and accessible class for those who wish to explore their creative life. There is a \$4.00 supply cost.

Drawing the Beauty Around Us with Anita White

Wednesday, June 5, 2:00 – 3:30 pm
Location TBD, possibly Longfellow Gardens

Weather permitting, we will go outside to do drawing and painting in the moment. Instructor Anita White will model easy step by step ways to portray the flowers, trees, and other natural beauty in early June. There is a \$4.00 supply cost.



Google Essentials: A Beginners Crash Course

Thursday, June 20, 2:00 – 3:30 pm at Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis

Google.com lets you search the internet, and Gmail can be used for email, but Google can do so much more! Learn some basics of using Google to safely get the search results you want, send emails, share files, save photos, type documents and more! Volunteers will be available after the class to answer questions and help you test your new skills!

Chronic Disease Support Group

Tuesdays, April 2, May 7, and June 4, 2:00 - 3:15 pm.
St. Peder's Lutheran Church, 4600 E. 42nd Street, Minneapolis.

Do you struggle with chronic and/or multiple diseases? Could you use some support and new ideas on how to cope with your diseases and improve your health outcomes? Meetings are held the first Tuesday of each month. No meeting in July or August. New members are always welcome!



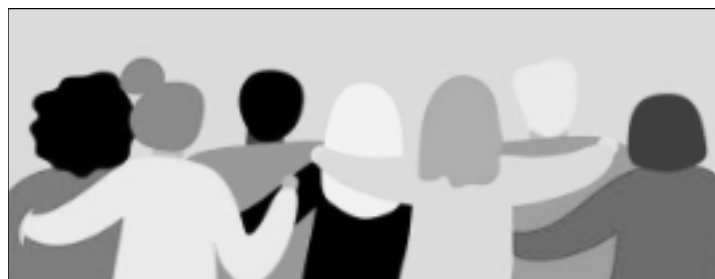
Diabetes Support Group

Meetings are held on 2nd Wednesdays - April 10, May 8, June 12, July 10, and August 14 from 1:30 – 2:30 pm in the Community Room at Trinity Apartments, 2800 E 31st St., Minneapolis.

Do you have Type 1 or Type 2 Diabetes? Interested in health information and a friendly community? Diabetes Support Group meetings are facilitated by Beth Peltzer, MSW. New members are always welcome!

Solos Resource Group

Meetings are on the 4th Wednesday of each month from 11:00 am - 12:30 pm. To join, contact Julia at 612-729-5799, or juliaockuly@LShealthyseniors.org.



The Solos Resource Group was formed to help individuals develop a community of support and to craft a personal plan for health and well-being, including creating a health care directive, power of attorney and a will. Each month we will cover a different aspect of planning, as well as have time to socialize and share resources. If you feel the term solo applies to you, we invite you to join our group!