



Longfellow/Seward Healthy Seniors

SENIOR CONNECTIONS

2800 E. Lake St., Minneapolis

612-729-5799

www.LShealthyseniors.org

SPRING/SUMMER 2020



WE'RE HERE FOR YOU

We hope you're doing well as we all adjust to the new reality of living with Coronavirus. Our lives have changed dramatically due to COVID-19. We're all in this together; and Longfellow/Seward Healthy Seniors is here for you.

Our office is still open, as we're considered an essential service. We've adapted how we deliver services so we can practice social distancing. We're providing many of our core services through phone calls now instead of in-person contact. We have temporarily suspended all group activities including our Senior Social/Health Talks, "Nurse Is In" Clinics, diabetes support groups, Tai Chi exercise and art classes, as well as in-home visits through the end of May (this date is subject to change depending on future federal/state guidelines.) We have also canceled our Annual Italian Dinner fundraising event that was scheduled for April 23. Hopefully we'll be able to reschedule the event sometime this fall.

Our volunteers are real troopers! When the news of the governor's "stay at home" order was first announced, our volunteers stepped up and helped with what was needed. Our first concern was our more isolated senior clients. Several volunteers helped by making friendly "check-in" phone calls or sent emails to clients. Volunteers and staff reached out to clients to remind them that we are here in the neighborhood to help them.

We asked volunteers to help make handwritten cards that we could mail to our clients. At the time this newsletter went to print, we've sent out cards to nearly 100 seniors so far. With new safety guidelines in place, volunteers are still providing some rides for seniors to attend essential medical appointments. They have also stepped up to pick up and deliver groceries and supplies for seniors. A number of volunteers and community members with sewing skills have made cloth masks for us to distribute. We've also received some donations of toilet paper, hand sanitizers and puzzles from several local businesses and individuals.

Even with all this kind outpouring, we still are in need of personal care items such as toilet paper, soap, disposable gloves, face masks, and alcohol wipes (for seniors who need to give themselves injections such as insulin). We're also looking for more volunteers who may be available to pick up groceries and supplies for delivery to isolated seniors.

Remember to take care of yourself! Your physical and mental health is important during these stressful and uncertain times. If you're an older adult who lives in the greater Longfellow/Seward community, please let us know how you're doing. Let us know if you would like a regular "check-in" call, a handwritten card, or if you need groceries and supplies delivered. Or if you just need a puzzle or a deck of cards to keep entertained.

Thank you for your continued support, whether through cash donations, donating personal care items, or volunteering. Your contributions to Longfellow/Seward Healthy Seniors at this time are greatly appreciated. Your support helps us to continue to provide services to 600+ seniors and caregivers each year.



SENIOR SOCIAL & HEALTH TALKS

Senior Social & Health Talks are held on the third Tuesday of each month at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The program begins at 10:30 am and doors open at 10:00 am. A Nurse Is In/Blood Pressure Clinic is held afterwards. (\$1.00 suggested donation.) For further information, call Longfellow/Seward Healthy Seniors at 612-729-5799.

Co-sponsored by: Longfellow/Seward Healthy Seniors and Minneapolis Community Education. Event space is donated by Holy Trinity Lutheran Church.

June 16 - Know Your Muslim Neighbor

Gain a better understanding of what Islam teaches and what Muslims practice. A speaker from the Islamic Resource Group will introduce basic terminology, demographics and differences between religion and culture. Learn about the beliefs and practices of Muslims as well as religious celebrations. Get your questions answered first hand.

July 21 – Allergies & Aging; Nothing to Sneeze At

If you find yourself struggling with itchy eyes, a running nose and dry skin, you may have an allergy. Mary Anne Elder, Nurse Practitioner with Allergy & Asthma Specialists, will explain what the most common allergens are that cause food, seasonal, and perennial allergies, and how your immune system changes as you age.

August 18 - Veterans' Benefits

There are benefits and opportunities for veterans you may not know about. Luke Erickson, Veteran Service Representative with the U.S. Department of Veterans Affairs, will provide a brief history of the Veterans Benefits Administration (VBA), and will shed light on what is available for seniors who have served in the military, or who have a loved one who have served.

SERVICES WE PROVIDE

- In-home nurse visits (including vision consultations and low vision products)
- Foot and home care services
- “Friendly Visitor” Volunteers
- Rides to local medical appointments (based on volunteer availability)
- Caregiver support, respite and education
- Information, referral and advocacy
- Grocery shopping services
- Fall prevention assessments
- Nurse Is In/Blood Pressure Clinics
- Senior Social & Health Talks
- Diabetes Support Group
- Tai Chi exercise classes
- Senior art classes
- Technology Clinic (1:1 help with tech.)

CONTACT US

If you have a question, want more information, would like to volunteer, or want to register for a class, please call us at **612-729-5799** or email us at **info@LShealthyseniors.org**.

Find us on Facebook by searching for Longfellow Seward Healthy Seniors.



Visit our website for more information or to join our email or mailing list!

www.LShealthyseniors.org

BECOME A VOLUNTEER

Help out in your community; be a volunteer. Volunteers play an essential role in helping us meet the needs of seniors and their ability to live healthy, independent and socially connected lives. We have a variety of ways people can volunteer such as visiting, helping with chores, transportation, shopping, etc. “Friendly Visitor” Volunteers can change someone’s life; it can be as simple as a Scrabble game or coffee and conversation.

For more information on volunteer opportunities and how to get involved, call our Volunteer & Service Coordinator at **612-729-5799**, or e-mail us at **info@LShealthyseniors.org**.

Thanks to your support, last year we provided services to more than 600 neighborhood seniors! We appreciate the part you play in helping us fulfill our mission of enabling community seniors to live healthy, independent and socially connected lives.

Due to the cancellation of our Annual Italian Dinner event, we are asking for your help in our fundraising efforts. Would you consider giving a financial gift to Healthy Seniors? You can give online or via mail. For online donations, simply visit our website www.LShealthyseniors.org and click on the **Donate** button along the top menu and then follow the instructions listed.

To give via mail, please fill out the form below, enclose check (made payable to Healthy Seniors) or cash, and mail to Healthy Seniors, 2800 E. Lake St., Minneapolis, MN 55406.

Thank you for your continued support!

\$25 \$50 \$100 \$250 \$_____ (other)

Name _____

Street Address _____ Apt # _____

City _____ State _____ Zip _____



EVERYONE COUNTS IN THE 2020 CENSUS

If you haven't yet responded to the 2020 Census, it's still not too late to reply. As individual citizens and government employees have had to redirect their focus to the Coronavirus pandemic, there is an underlying concern that many people will get missed in this census count. Under the recently adjusted census plan, area census offices will begin returning to full staff capacity on June 1 (depending on federal social distancing guidelines in place at that time).

You should have received either a traditional paper version of the census in March, or a postcard to respond via internet or phone. Responses to the 2020 Census will influence funding in our community for services that help every generation. It is especially important to get a complete count of people age 65+ as this affects funding for services to help people stay living independently at home. **Missing just one person in the census count will result in the loss of over \$27,000 of federal funding to Minnesota over the ten years until the next census.** Please do your part and be counted!

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 1:00 - 2:30 pm at Trinity Apartments, 2800 E. 31st Street, Minneapolis. The meetings include education, support, discussion, and occasional guest speakers. Upcoming meetings are scheduled for June 10, July 8, & August 12.

Longfellow/Seward Healthy Seniors
2800 E. Lake Street
Minneapolis, MN 55406

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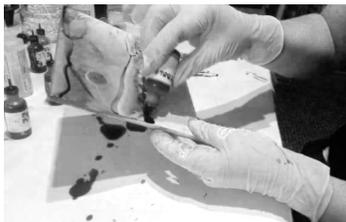


ART CLASSES



On Wednesday, June 24 from 1:00 – 3:00 pm, Sumi-e Artist and Instructor Collette Cumella will lead a class on Easy Eastern Asian Brush Painting. Learn to use simple and effortless brush strokes to depict the essence of a figure or scene.

Our July art class is a popular, fun one! Alcohol Ink Painting uses bright, fun, fast drying alcohol ink to create wonderful designs on tiles. This class will be held on Wednesday, July 15, 1:00 – 3:00 pm.



Art class locations are to be determined; we will let students know ahead of time pending building availability. Classes are \$5 each (\$4 for Trinity Apartment residents).

TAI CHI FOR HEALTH

Improve your balance while quieting your mind each Tuesday in June from 9:30 - 10:15 am at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. Instructor Howard Root will lead the Tai Chi class through low-impact, slow motion exercises that are adaptable to individual abilities. Classes cost \$5.00 each. Registration is not required.



There will be no Tai Chi for Health classes at Holy Trinity Lutheran Church for the months of July and August, but people interested in continuing Tai Chi should look for “Larkers in the Park” on Facebook, YouTube or Twin City meetups. They can also contact Tai Chi instructor Howard Root at howroot@gmail.com.