



Longfellow/Seward Healthy Seniors **SENIOR CONNECTIONS**

PO Box 17133, Minneapolis, MN 55417

612-729-5799

www.LShealthyseniors.org

FALL 2020



LAUGHTER YOGA

Laughter Yoga is a unique exercise routine which combines unconditional laughter with yogic breathing. Laughter yoga improves mood, reduces stress, and allows you to laugh during these strange and difficult times. This class is appropriate for every level of fitness, and will be done in a seated position. Join Volunteer & Service Coordinator and Certified Laughter Yoga Instructor, Julia Ockuly, in some fun, simple exercises which will have you laughing in no time. Join us on **Wednesdays, October 21, November 18, and December 16 from 10:30 - 11:15 am.**

If interested, please send an email to juliaockuly@LShealthyseniors.org to receive Zoom sign-in information.



TAI CHI

Tai Chi instructor Howard Root may not be able to hold his ongoing Tai Chi Easy classes at Holy Trinity Church at the moment, but he can now lead you through easy, flowing movements to help with balance, in your own home! You can join Howard and other Tai Chi enthusiasts **every Tuesday from 9:00 - 10:00 am** (please arrive 5 minutes early) through Zoom on your computer, laptop, tablet or phone.

If you are new to Zoom and would like some instruction on how to use it, please contact us and we will set you up with a volunteer who can help you over the phone.

Call us at 612-729-5799 or email us at info@LShealthyseniors.org for the link to attend or for help with Zoom.

FOOD DISTRIBUTION

Due to the Coronavirus pandemic, we have funds available to help seniors in our area buy groceries. Seniors that are 60+ who live in the Greater Longfellow and Seward neighborhoods and are lower income will be given priority.

An application is available to fill out on the last page of this newsletter; please send your filled out application to:

Longfellow/Seward Healthy Seniors
P.O. Box 17133
Minneapolis, MN 55417



ONLINE MONTHLY SENIOR SOCIAL & HEALTH TALKS

We are trying something new due to social distancing restrictions and the closure of many meeting spaces. We will be hosting Senior Social & Health Talks on Zoom each month. **You do not need a computer to join!** You can call in and participate via telephone **OR** computer. If you would like a volunteer to help you learn how to use Zoom, please let us know! **To register call 612-668-3775, or email juliaockuly@LShealthyseniors.org.**

Frauds, Schemes and Telephone Scams

Tuesday, October 20, 10:30 - 11:30 am

Diane Krez, Assistant Hennepin County Attorney, will help you identify scams such as IRS impersonators, "granny" scams, sweepstakes fraud and other common frauds to avoid being taken.

Cultivating Resiliency through Writing

Tuesday, November 17, 10:30 - 11:30 am

How can we rise above life's challenges when we feel over-whelmed? Wendy Brown-Baez, award winning writer, teacher, and performance poet, will share tips to cultivate resiliency and highlight simple writing techniques to relieve stress and improve well-being.

Childhood Toys: A Special Holiday History Talk

Tuesday, December 15, 10:30 -11:30 am

Kate Roberts, Senior Exhibit Developer for the MN Historical Society, will take us down memory lane with a talk on toys from the 40s, 50s, and 60s. She will share stories and photos of some of each era's most memorable playthings. There will be time during the presentation for questions and of course, reminiscing.

Co-sponsored by Longfellow/Seward Healthy Seniors and Minneapolis Community Education.

DANA COOK RETIRES

Dana Cook, R.N., FCN, has retired from her position as Community Nurse. Dana has worked for us for 11 years and she will be greatly missed! Dana provided nursing visits, health assessments, vision consultations, fall prevention assessments, and case management to hundreds of seniors over the years. She also conducted our monthly "Nurse Is In" Clinics at eight community locations. We wish her all the best in her retirement!

We have contracted with another Living at Home Program for their nurse's services until we get our new nurse on board. If you need a nurse visit or a health assessment, please contact us at 612-729-5799 or by email: info@LShealthyseniors.org.



WE NEED VOLUNTEERS!

Now more than ever, we need volunteers! 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 phone visits, delivering food, shopping, etc.

For more information on volunteer opportunities and how to get involved, call our Volunteer & Service Coordinator at 612-729-5799.

OFFICE UPDATE

As many of you know, our office (located in the U.S. Bank) was destroyed during the recent civil unrest due to extensive smoke and soot damage. Virtually all of our equipment, furniture and supplies were destroyed. We have a small, temporary office space that we've been using. The combination of COVID-19 social distancing and the office destruction has been challenging, but we have been able to continue providing services to seniors in our community. Now that the U.S. Bank has recently made the decision not to renovate and reopen the former bank building, we are "in the market" for a new suitable office location in the Longfellow/Seward community.



Longfellow/Seward Healthy Seniors is excited to be a part of Give to the Max Day 2020! It is one day a year that provides a great opportunity to support organizations that mean something to you. Much of our financial support comes from donations like yours!

By contributing, you're helping us provide services to community seniors in order to help them live healthy, independent and socially connected lives.

To give, go to <https://www.givemn.org/donate/Longfellow-Seward-Healthy-Seniors-Program> or click the "DONATE" button on our website.

PERSONAL CARE ITEMS AVAILABLE

We have received some one-time funding to purchase personal care and PPE items for lower-income seniors. The funds must be spent in a short period of time, so contact us if you could use any of the following items: incontinence supplies; fragrance free lotions and soaps, wound care supplies; elastic braces or supports for knees, ankles, elbows, and fingers; PPE (personal protection equipment) such as masks and disinfecting supplies.



NEW SOMALI ELDERS COORDINATOR



We are happy to announce that we have hired Ahmed Yusuf as our new Somali Elders Coordinator. This is a new position for our organization and part of our plan to enhance services to Somali elders. Most recently, Ahmed worked as the East African Community Organizer

for Minneapolis Community Education and the Midtown YWCA. Ahmed was born and raised in Mogadishu, the capital of Somali. He later moved to India to further his education. There he worked for the United Nations High Commissioner for Refugees. He moved to the United States in 2014 and settled in Minnesota. Ahmed currently co-owns and operates a group home for people with disabilities.

VOTING

You already know that you can exercise your right to choose your local and national leaders. But did you know that this year you have a lot of options when it comes to voting? For transportation resources, call us at 612-729-5799.



CURBSIDE VOTING: If you cannot easily leave your vehicle to enter the polling place, you can ask to have a ballot brought out to you. Two election judges from different major political parties will bring out a ballot to your vehicle. You can register or update your registration if needed. When you are finished voting, election judges will bring your ballot inside for you and put it in the ballot box.

VOTE BY MAIL: You can apply after October 20, but each day is less time to get and return your ballot in time to count. You can also drop your mail in ballot at an early voting location if you do not want to rely on the mail. After October 20, it is suggested that you vote early in-person or vote on Election Day at your polling place.

VOTE EARLY IN PERSON: Two early voting locations are open in Minneapolis, with two more opening Oct 27.

If you have any questions regarding voting, please call 612-673-3000.

CONTACT

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

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



Did you know we have an online newsletter? We have been sending out email updates to our volunteers, seniors, neighbors, and donors. If you would like to be added to our list, please email us at info@LShealthyseniors.org. We send out opportunities to connect, helpful information, and much more.

FOOD DISTRIBUTION/DELIVERY APPLICATION

Longfellow/Seward Healthy Seniors

email: info@LShealthyseniors.org

phone: 612-729-5799

Name: _____ Email: _____

Street Address: _____ Apt #: _____ City: Minneapolis

State: MN Zip: _____ Phone #: _____

Gender: _____

Date Of Birth: ____/____/____
Month Date Year

Race/Ethnicity (select all that apply):

- Black
- African American
- East African (i.e. Somalia, Ethiopia, Kenya, Djibouti)
- American Indian/Alaskan Native
- Native Hawaiian or Pacific Islander
- Latinx/Hispanic
- Asian
- White/Caucasian
- Other, please list _____

Do you have a disability? No

Yes (please describe) _____

Household Size: 1 2 3 4+

Monthly Income: \$ _____

(Include all wages, self employment income, social security, disability and veterans' benefits, and retirement/pensions.)

What type of service(s) are you applying for?

- Free distribution of perishable foods such as meat, dairy and fresh produce
- Delivery of food from food shelves or grocery stores
- Other: _____

Do you have special dietary needs? If so, please explain:

Are there other services you need to help you live independently?

Signature _____ Date _____

Seniors that are age 60+ who live in the Greater Longfellow and Seward neighborhoods and are lower income will be given priority.