



Longfellow/Seward Healthy Seniors Program

SENIOR CONNECTIONS

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406

612-729-5799

Fall 2023

AN ARTISTIC LIFE

A Conversation with Donna Miller

Donna Miller's home is full of art. Walking inside is like entering a gallery, the walls full of paintings and drawings, many expertly framed by Donna herself. Donna's life is like her art, full of color and stories that could leave you lost in conversation for hours. Talking to Donna, practical advice is interspersed with tales of bus trips to Mexico and art colonies on the beach. Donna has led, and continues to lead, a fascinating life.



Born in San Francisco, Donna moved around during her childhood. Her father worked as a government attorney, and his work took them from California to Colorado, Arkansas, and Montana, before landing in Minnesota during Donna's high school years.

Due to these relocations, Donna intersected with a pivotal moment in American history. Donna had just started kindergarten in Little Rock, Arkansas in September 1957. She loved school, especially getting to finger paint with her classmates. Her kindergarten classroom was connected to the local high school, and one day when she arrived at school, she was surrounded by an angry crowd of people. The U.S. Supreme Court had overturned racial segregation in schools, and the Little Rock Nine were attempting to attend class. Donna remembers yelling, anger, and being confused – those kids simply wanted to attend school just like she did. Donna's mother took her to safety, away

from the volatile crowd. Donna says that was the last day she attended school that year – kindergarten was canceled for the rest of the year, and she started school again in first grade in an entirely different building.

After that tumultuous start, Donna finished school and graduated from the University of Minnesota in 1972 with a fine arts degree. She then went to the St. Paul Technical College and got a degree in Computer Aided Drafting. She worked a series of contract jobs before settling in a position with Target doing structural engineering drafting. She got to travel throughout the United States, making sure that new stores were being built to technical specifications. Donna recommends that everyone attend technical school alongside getting a degree in the humanities – it gave her the opportunity to travel and have a rewarding career.

Throughout her life, Donna created beautiful paintings and drawings, work that she continues today. She also cares for her garden and enjoys the mental meditation and physical exercise provided by working outdoors. Donna loves to read a wide variety of books, especially fiction and books about World War 2 – not about the battles themselves, but about the lives surrounding
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NEED HELP WITH FOOD?

Longfellow/Seward Healthy Seniors has a limited number of grocery store gift cards available for lower-income adults age 60+ who live in the greater Longfellow and Seward neighborhoods. **If you are having trouble affording groceries, please email juliaockuly@LShealthyseiors.org or call 612-729-5799.**

Our Mission: *To enable community seniors to live healthy, independent and socially connected lives.*

Activities and Classes from Longfellow/Seward Healthy Seniors

CHAIR YOGA

Sept. 28 - Nov. 16, Thursdays

9:30 – 10:30 am

*Holy Trinity Lutheran Church,
2730 East 31st St., Minneapolis*

\$3.00 per class



Chair yoga is a modified, more accessible version of traditional yoga that allows you to participate while seated. This is ideal for those who have balance issues or need additional support. Chair yoga can improve flexibility, strength, and balance. Benefits include muscle improvement, management of some chronic conditions, and increased well-being. The class is taught by certified Yoga Instructor, Shalon Johnson. Eight-week series. Join for the entire series or for individual classes.

MOBILE TECHNOLOGY CLASS

Thursday October 26, 3:00 – 4:30 pm

*Holy Trinity Lutheran Church, 2730 31st St.
2nd Floor Library*

Do you have questions about your cell phone or tablet? This 90-minute program teaches the basics of using modern cell phones and tablets.



Learn how to access email, download and run apps, make phone calls, send text messages, and more. Presented by Free Geek Twin Cities Trainer, Adam Blevins. The event is free, but registration is required. Space is limited. **To register, call Julia at 612-729-5799 or email juliaockuly@LShealthyseniors.org.**

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. Suggested donation is \$1.00.

All socials are held at Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.

Social Security: An Overview

Tuesday, September 19, 10:30 - 11:30 am

Learn the basics about Social Security, including eligibility, enrollment, the difference between Supplemental Security Income (SSI) and Social Security Retirement (SSA), as well as Social Security related fraud and scams. Presented by Gordon Solo from Mid-Minnesota Legal Aid's Senior Law Project.

Annual Medicare Update

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

Learn about the most recent changes in Medicare benefits and coverage. A presenter from Trellis (formerly the Metropolitan Area Agency on Aging) will help you to understand the enrollment process and options that impact personal costs.

Hearing Loss and Hearing Technology

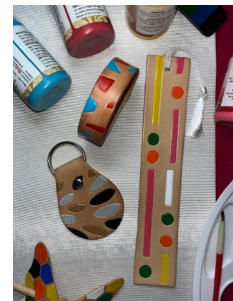
Tuesday, November 21, 10:30 - 11:30 am

Gain a better understanding of hearing loss and how it affects daily life. Learn the facts about hearing aids, assistive technology, and ways in which we can work to preserve the hearing that we have. Presented by hearing and health consultant, Monique Hammond.

LEATHERCRAFTING CLASS

Choose either Wednesday, Oct. 25 or Wednesday, Nov. 15. Classes are from 2:00 - 3:30 pm in the Community Room at Trinity Apartments, 2800 E. 31st St., Minneapolis.

Leatherworker Robbyn Overall will assist you as you create original designs on a wristband, bookmark, ornament, or gift tag using acrylic paint, stencils, and your imagination. No sewing required!



Register for either class by emailing juliaockuly@LShealthyseniors.org, or calling 612-729-5799. Classes cost \$5 each for materials (\$3 for Trinity Apartment residents).



IN-PERSON LAUGHTER YOGA

Mondays, September 11, 18, and 25

10:30 – 11:30 am

Holy Trinity Lutheran Church, 2730 E. 31st St., Mpls.

Start your week off with a good laugh! This four-week session will introduce you to the fun and energizing practice of laughter yoga. Volunteer & Service Coordinator, and certified Laughter Yoga instructor, Julia Ockuly, will lead the class in some simple and childlike exercises which will get you laughing and breathing deeply. Laughter Yoga can increase focus, improve energy levels, and reduce stress. This class is for all fitness levels and can be done seated. Free! **Call 612-729-5799, or email juliaockuly@LShealthyseniors.org to register.**

DIABETES SUPPORT GROUP

Meetings are held on 2nd Wednesdays, September 13, October 11, November 8 and December 13 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!

TECHNOLOGY CLINIC



Wednesday, October 18, 10:30 am - 12:00 pm, in the Community Room at Trinity Apartments, 2800 E 31st St., Minneapolis.

Do you have questions about your computer or cell phone? Need help with social media, sharing photos, video chatting, or internet security? Join us for a free technology clinic for older adults! Bring your device, and volunteers will be on-hand to help you with your questions. **Free, but registration is required. Email Julia at juliaockuly@LShealthyseniors.org, or call 612-729-5799 to register.**

SOLOS RESOURCE GROUP

Meetings are on the 4th Wednesday of each month from 11:00 am - 12:30 pm.



Solos are individuals who by choice or circumstance do not have the traditional family structure to help support and plan for incapacities and transitions which can occur later in life.

The Solos Resource Group was set up to help individuals develop a community of support and to craft a personal plan for health and well-being, including decisions required for creating a health care directive, power of attorney and 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!

To join, call Julia at 612-729-5799 or email juliaockuly@LShealthyseniors.org.

CHRONIC DISEASE SUPPORT GROUP

*Tuesdays, September 5, October 3, and November 7 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? Meeting are held the first Tuesday of each month. New members are always welcome! **To register, email maryalbrecht@LShealthyseniors.org, or call 612-729-5799.**

CARD CRAFTING

*Wednesday, November 8, 2:00 – 3:30 pm
Holy Trinity Lutheran Church Community Room
2730 E 31st St, Minneapolis*

Join artist Robbyn Overall in a holiday inspired card making class. Use mixed media materials to create one of a kind greeting cards to keep, or mail to friends or family. \$3.00 for supplies.

Register by calling 612-729-5799 or email juliaockuly@LShealthyseniors.org

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



GIVE TO THE MAX DAY!

Support Longfellow/Seward Healthy Seniors on Give To The Max Day, November 17, 2023! Visit givemn.org to donate!



Save The Date!

Healthy Seniors Holiday Party!

Date: December 12, 2023

Time: 10:30 - 11:30 am

Location: Holy Trinity Lutheran Church, 2730 E 31st St., Mpls.



Contact Us!

Phone: 612-729-5799

Website: www.LShealthyseniors.org

Email: info@LShealthyseniors.org

Social Media: Find and follow us on Facebook and Instagram at @LShealthyseniors.



(An Artistic Life - Continued from front page)

the conflict. She says she feels a special connection to that era because of how her parents met. Donna's mother worked for the Department of War in Washington, DC during the 1940s. Her father noticed her in the cafeteria one day. He said she had the most beautiful brown hair, and he felt sorry for her because she was sending all the money she earned home, and thus had only a candy bar to eat.



Painting of Loring Park by Donna Miller

Donna enjoys the resources and social opportunities offered by Longfellow/Seward Healthy Seniors. She became connected to the organization through the Solos Resource Group. She was able to set up a health care directive and power of attorney using information shared in the group. She would advise that anyone join the Solos Resource Group, even if they don't feel like they are a "solo" adult, for the supportive community and practical advice. She also enjoys the art classes and social opportunities offered by Healthy Seniors. She wants to remind people that if you feel isolated, there are lots of other people out there just like you with similar lives and interests – you just have to take advantage of opportunities to connect with them. Donna recommends to everyone that they know their worth. And remember to smell the flowers.

COME VOLUNTEER WITH US!

Older adults in our community rely on our volunteers to provide a variety of services. Interested in becoming part of our team? Some of our most urgent needs include:

Tuesday Food Shelf: Pick up and deliver groceries to local seniors from the Minnehaha Food Shelf on Tuesday mornings - only 2-3 stops.

Snow Removal/Yard Work: Assist with seasonal yard work, including snow shoveling.

Driver: Provide transportation to seniors for medical appointments.

Shopper: Provide grocery shopping or deliver food.

Friendly Visitor: Provide companionship to a senior via visits, letters, or phone calls.

To volunteer, call Julia at 612-729-5799, email juliaockuly@LShealthyseniors.org, or visit our website at www.LShealthyseniors.org.