



Longfellow/Seward Healthy Seniors Program

SENIOR CONNECTIONS

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406

612-729-5799

Winter 2023/24

Lighting A Candle

A Conversation with Anita White



Walking into Anita White's house is magical; it is full of color, pattern, tapestry, art and life. Conversation with Anita is full of the same vibrancy. Her

stories exude positivity and enthusiasm for art, teaching, community, and the people she has met along the way.

Anita grew up in the Twin Cities and has lived in the Longfellow neighborhood since 2006. She swims in Lake Nokomis every day during the summer, enjoys walking to the waterfall at Minnehaha Park, and cherishes her community of family and friends, both old and new.

Identifying herself as a "documentary drawer," Anita employs art to "pay attention to people not seen." Her art is rooted in community. Past projects have ranged from drawing neighborhood visions for the old Lake Street K-Mart site to illustrating frontline workers during the pandemic. During winter she focuses on creating large-scale paintings, translating past travels and family portraits into vibrant works of art.

Anita's father hailed from Texas where he worked on a farm picking and baling cotton. He was a storyteller, teacher, and railroad clerk. Her mother was a poet, painter, and therapist from Vienna. Anita's childhood

Holiday Party!

Tuesday, December 12

10:30 am - 12:00 pm

**Holy Trinity Lutheran Church
2730 E. 31st Street, Minneapolis**

***Bingo, sing-a-long, gift bags, drawings,
prizes and refreshments!***

Older adults age 60+ who live in the greater Longfellow-Seward community are welcome to attend! Space is limited. Please register by Tuesday, December 5.

Suggested donation for the party is \$2.00.
Masks are encouraged.

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

***Join us for some
holiday fun!***



was infused with art, lively conversation, and poetry. She pursued education at the Minneapolis College of Art and Design, and spent many years teaching art. Her imaginative teaching methods, such as dressing up and portraying various artists to engage her grade-school students, were a source of delight. She would lay on the floor to paint like Henri Matisse or mimic Toulouse-Lautrec by walking on her knees. *(Continued on page 4.)*

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

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. Suggested donation is \$1.00. Want to join us virtually in January or February? Email juliaockuly@LShealthyseniors.org for a Zoom link.

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

Avoiding Technology Fraud

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

Technology is useful, but it can also be used to scam people. Amanda Jacobson, a Technician with Free Geek Twin Cities, will help us identify signs of fraud and suspicious activity, as well as provide tips which will keep our information safe.

Understanding Loss and It's Impact

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

Throughout our lives we experience loss ranging from aging, loss of income, loss of independence and more. We will focus on these losses and how they can impact our lives. Presenter Tony Del Percio is the Director of Bradshaw Grief Resource Center and has been providing counseling for 38 years.

Medical Cannabis Pros and Cons for Adults 60+

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

Learn about Minnesota's Medical Cannabis program and the benefits and side effects for older adults. Presenter Sarah Overby, LPN, is the Director of Medical Education for Vereo Health.

Disaster Preparedness

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

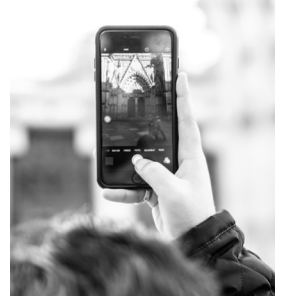
Meghan Burian, MPH, a Public Health Specialist with the City of Minneapolis Emergency Management Department, will discuss emergency preparedness topics including personal preparedness and resources for learning more.

MOBILE PHOTOGRAPHY CLASS

Thursday, March 14, 2:00 - 3:30 pm

Holy Trinity Lutheran Church Library, 2730 East 31st Street, Minneapolis

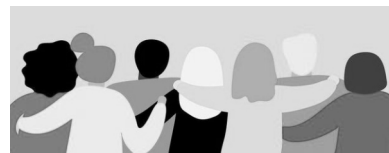
Sharing photographs through text messages, email, and social media has become the norm—but how do you preserve these digital



memories? This class will cover the basics of taking quality photos with your cell phone, and how to share, save, or print the photos you take. We will also discuss options for saving and printing the photographs that are sent digitally from friends and family. At the end of the class we will have a tech clinic to help you with individual questions about photos on your personal devices.

SOLOS RESOURCE GROUP

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



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!

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

CHRONIC DISEASE SUPPORT GROUP

Tuesdays, December 5, February 6, March 5, and April 2. 2:00 - 3:15 pm. No meeting in January. Meetings are held at 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?

Join us for our December 5 meeting to hear guest speaker Tony Del Percio's presentation on dealing with losses in our lives. Tony is the Director of the Bradshaw Grief Resource Center, and has been providing counseling for 38 years.

At our February 6 meeting, we will be joined by representatives from Nura Precision Pain Management, who will discuss their approach to treating simple to complex chronic pain conditions.

Meetings are held the first Tuesday of each month. New members are always welcome!

DIABETES SUPPORT GROUP

Meetings are held on 2nd Wednesdays, December 13, January 10, February 14, March 13, and April 10 from 1:30 - 2:30 pm in the Community Room at Trinity Apartments, 2800 E 31st Street, 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!

ONLINE LAUGHTER YOGA

Wednesdays, January 17, February 21 and March 20 10:30 - 11:00 am

Laughter Yoga can:

- increase focus
- improve energy levels
- reduce stress



Certified Laughter Yoga instructor, Julia Ockuly, will lead the class in some simple and playful exercises which will get you laughing and breathing deeply. This class is for all fitness levels and can be done seated.

ART CLASSES WITH ANITA WHITE

Classes are held at Holy Trinity Lutheran Church, 2730 E 31st Street, Minneapolis. Class size is limited- register today! See the article on the front page for more about Anita White.

Silk Painting on Hoops

Class 1: Wednesday, February 21, 2:00 - 3:30 pm

Class 2: Wednesday, February 28, 2:00 - 3:30 pm

This series of two classes offers the opportunity to learn how to paint simple or complex designs on pre-made silk hoops. Using a liquid resist we will create lines that are filled in with silk dye. It is an easy process open to many creative interpretations. *The two-part class costs \$8.00.*



Each One in Their Own Way Finding Their Way to Beauty: Drawing and Painting in the Moment

Wednesday, March 20, 2:00 - 3:30 pm

Simple watercolor techniques are explored in order to create a painting. Our goal is to feel comfortable drawing and painting in the moment. Motifs include flowers and self portraits. Each person can find joy and beauty as we create together combining skill and imagination. *Class costs \$4.00.*

PLEASE CONSIDER HEALTHY SENIORS FOR YEAR-END GIVING!

Please consider donating to Longfellow/Seward Healthy Seniors this holiday season! 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. Please give as you are able. Thank you for your support; we appreciate it!

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



VOLUNTEER WITH US!

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

Food Support: Provide grocery shopping, deliver food, or assist with Tuesday food shelf distribution.

Snow Removal: Assist with snow shoveling. This is an urgent need for older adults every winter!

Driver: Provide transportation to seniors for medical appointments.

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

Household Help: Assist with tasks such as trash removal, laundry, changing sheets, or light dusting and vacuuming.

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

Right: Volunteers pose with part of our weekly food shelf delivery. *Are you in need of food delivery or grocery gift cards? Contact us!*

A Conversation With Anita White

(Continued from cover page)

Later, Anita taught art classes in elder and memory care, recounting heartwarming stories of how people created art with love and excitement. She likens teaching art to lighting a candle, and emphasizes that people who said that they weren't artistic always made the most amazing creations. Throughout her life, Anita has enjoyed "giving people a creative door to enter through."

Anita has lived a dynamic and artistic life, and "along the way she has gotten older." She has utilized Longfellow/Seward Healthy Seniors for referrals and questions about house maintenance and other practical life matters.

Anita emphasizes the importance of cultivating a sense of humor as one grows older. She views humor as an incredible tool, often found in situations that might not seem humorous at first glance. Her advice to everyone is to maintain a light heart.

We are very excited to announce that Anita White will be teaching two classes for Longfellow/Seward Healthy Seniors this winter! The first is a two-part class on silk hoop painting, which Anita describes as something that seems complicated, but is actually very simple. She will also be leading a class on drawing in the moment. Refer to page 3 for more class information.

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**

