



Longfellow/Seward Healthy Seniors

SENIOR CONNECTIONS

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406

612-729-5799

SPRING/SUMMER 2021

ONLINE LAUGHTER YOGA

Have you tried Laughter Yoga? It might not be what you think! The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. Sustained, unconditional laughter has many health benefits. Not surprisingly, laughter helps to change your mood within minutes by releasing endorphins. You will remain cheerful throughout the day. It also encourages deep breathing which supplies more oxygen to the body and brain, thereby making one feel more energetic and relaxed. Laughter Yoga also reduces stress and strengthens the immune system. 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.

Classes will be held on **Wednesdays, April 21, May 19, and June 16 from 10:30 - 11:00 am**. If interested, please send an email to juliaockuly@LShealthyseniors.org to receive Zoom sign-in information.

SOLOS PEER SUPPORT GROUP

A growing portion of the 60+ population is composed of "solos." These are individuals who cannot or choose not to rely on family to help them navigate life events and make health decisions. If the term "solo" applies to you, and you're interested in being part of an ongoing peer support group — this new program is for you! It is designed to help you assess how well equipped you are right now to handle health events. You will learn how to craft a personal health decision safety net. Monthly peer support group meetings will keep you on track to create your own backup plan.

Support group meetings will be online or over the phone until we are able to meet safely in person. Please contact Julia Ockuly at 612-729-5799 or juliaockuly@LShealthyseniors.org if you are interested in participating or would like to learn more.

FOOD DISTRIBUTION



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. We also deliver food from the Minnehaha Food Shelf on Tuesdays for greater Longfellow residents. If you need some extra food support, please contact us!

Please call 612-729-5799 or send an email to juliaockuly@LShealthyseniors.org to receive more information.

ONLINE MONTHLY SENIOR SOCIAL & HEALTH TALKS

We will continue to host virtual 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.** There will be time to socialize with fellow participants and the instructor, if you choose to, before and after each session. More information will be sent upon enrollment.

Classes are co-sponsored by Longfellow/Seward Healthy Seniors and Minneapolis Community Education (MCE). **To register, please call MCE at 612-668-3775, or send an email to Helene.Gauthier@mpls.k12.mn.us.**

Curbs, Floors and Chairs: The Key to Independence

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

All movement and activity, including stepping onto curbs, getting off the floor or rising from low couches, requires good balance, joint mobility and coordination. Learn tips and exercises that you can practice to get up and over the physical obstacles in your life.

Attracting Pollinators to your Garden and Lawn

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

Hennepin County Master Gardener, Beth Beck, will show us how to create beautiful and healthy pollinator habitats in our backyards and community. Learn the types of plants, flowers and lawn alternatives that attract pollinators, how to identify the common varieties in your neighborhood, and why they are critical to our planet's health.

Sun to Sun, Tribute to Our Mothers

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

John Sweeney, a former John Deere dealer and longtime family man, will share a tribute to our mothers and grandmothers from the first half of the 20th century. He will remind us about how hard they worked, without modern conveniences, to care for their families. You will see images, video segments and hear sounds that will bring back memories of your childhood.

Six Pillars of Brain Health

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

In this interactive session, you will learn about the six pillars of a brain-healthy lifestyle, share your brain-boosting activities and be inspired by others. This session is a good overview for anyone interested in improving their brain health; it will give you steps that you can implement along with resources to learn more.

Bug Bites, Sunburns and Stings

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

Summer brings sunburns, stings and bug bites. Longfellow/Seward Healthy Seniors' Community Nurse, Noreen Reding, RN, will explain how to determine if these irritations can be treated at home or if more medical assistance is necessary.

WELCOME TO OUR NEW NURSE

Noreen Reding is our new Community Nurse. She joined our staff in February 2021. Noreen has a master's degree in Leadership and Nursing and is a registered nurse. She was a school nurse in both Iowa and South Dakota. Noreen was the clinical director for Community Healthcare Association of the Dakotas. She taught community health nursing at Augustana University in Sioux Falls and is currently teaching nursing at Minnesota State University. She is looking forward to meeting seniors in the Longfellow/Seward community. Our area is special to Noreen because her daughter, son-in-law and two-year old grandson live here!

If you need a nurse visit (currently conducted by phone) or a health assessment, please call us at 612-729-5799 or email Noreen at noreenreding@LShealthyseniors.org.



COMMUNITY SURVEY

If you are a senior that lives in either the greater Longfellow or Seward neighborhoods, we would love to hear from you!

We are sending a survey out to all local seniors in order to better serve the community. We would appreciate it if you could take a few minutes and complete the survey.

If you prefer, the survey is also available on our website. It can be found at: www.LShealthyseniors.org/survey

Please pass along this survey to other area seniors so that we can better serve everyone in our community. Thank you!