



Longfellow/Seward Healthy Seniors Program

SENIOR CONNECTIONS

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406

612-729-5799

Spring/Summer 2023

FINDING JOY WITH CAROL

BEHMLANDER

Carol Behmlander lives a joyful life. She grew up in the small, beachfront community of Bay City, Michigan. As a child she loved to swim, and she began cooking at age five. In college she studied art, and after graduating she taught art, worked in marketing, and became a chef - eventually teaching other chefs how to cook. In the midst of all these accomplishments, she states she is the most proud of her daughter, two grandchildren, and four great-grandchildren.



When it came time to retire, Carol decided to move to Minnesota to be near her family. The tallest building in Bay City was six stories, so Minneapolis was a big cultural change. In spite of this, Carol is greatly enjoying the variety that the city has to offer.

She is still fond of cooking. She visits restaurants and museums with her family and loves taking photographs and adding them to Google Maps, where over 250 million people have viewed her contributions. She also competes in trivia games, creates art and makes her own jewelry. Her favorite holiday is Halloween, and every year she designs her own costumes, going as everything from a lampshade to Dorothy from the Wizard of Oz

Carol shares her home with a fluffy bunny named Shredder – originally called Baby Love, but renamed due to his occasional destructive tendencies.

WELCOME TO OUR NEW NURSE!

Lynn Radecki, RN, will be our new Community Nurse starting in May. She will be filling the vacancy left by Noreen Reding, who is retiring. Lynn has worked with older adults much of her nursing career and enjoys her interaction with them. Lynn has a bachelor's degree in Nursing from the University of Minnesota, and a master's degree in Health and Human Services Administration from St. Mary's University. She grew up in Green Bay, WI and currently lives nearby in Nokomis neighborhood.



Lynn was a RN Care Coordinator for Fairview Partners for 16 years, where she coordinated health care for seniors on Medicare and Medical Assistance. Prior to that, she held nursing positions at a residential hospice and the Phillips Eye Institute. She is a caring and compassionate individual who is skilled at finding resources for clients. She is looking forward to meeting seniors in the Longfellow/Seward community!

Shredder also visits with Carol's great-grandchildren.

Talking to Carol, you are immediately taken by her joy and excitement about life. Carol loves trying new things, and expressed her gratitude for the classes, programs, and opportunities to socialize that she has found through Longfellow/Seward Healthy Seniors - many only a short walk from her apartment door.

Carol has some great advice to share with the world, "Never give up. Get out and have fun. If things don't work, redirect your energy – there are always other options".

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

HELP SUPPORT OUR MISSION!

When you contribute to Longfellow/Seward Healthy Seniors, you help support seniors like “Amy.” Amy has many health and mobility issues. She uses technology to connect with the outside world. Amy first contacted us when she needed computer help. We matched her with a volunteer who answered her technology questions, provided transportation to medical appointments, and helped with household repairs. We placed a second volunteer with her who did dusting, vacuuming, and laundry. We’ve also provided groceries for Amy.

Your donation has a local impact by helping community seniors live healthy, independent, and socially connected lives. Here are some examples of what your donation can provide:

- \$50 pays for a grocery store gift card for a lower-income senior
- \$75 buys a culturally appropriate “food box” for a Somali elder
- \$100 covers two monthly Senior Social & Health Talks
- \$150 pays for two home visits from our Community Nurse
- \$300 covers four “Nurse Is In” Clinics at various community sites
- \$500 allows us to provide care coordination to 10 seniors

You can donate by several means:

1. By Going to **LShalthyseniors.org** and clicking on the “Donate” tab, or
2. By going to **GiveMN.org** and searching for “Longfellow/Seward Healthy Seniors”, or
3. By mailing a check payable to L/S Healthy Seniors to: **L/S Healthy Seniors, 3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406**

Please give as you are able. Thank you for your support; we appreciate it!

Thank You!

IN MEMORY OF LEE GREENFIELD



We want to thank Lee Greenfield for his dedicated service on Healthy Seniors’ Board of Directors, including his time as our Board Chair.

Leon “Lee” Greenfield, former State Representative, passed away in February at the age of 81. Lee served as a Minnesota State Representative for 22 years and was the Chair of the House Health and Human Services Finance Division. Lee represented West Bank, Seward, Longfellow and Phillips neighborhoods.

Lee was a tireless advocate for many social and economic justice issues, particularly universal health care, and was best known as one of the “Gang of Seven” who created Minnesota Care in the early 1990s, which provides access to healthcare for thousands of Minnesotans. After retiring from the Minnesota House of Representatives, Lee worked on health care policy issues for Hennepin County.

Lee demonstrated a great understanding of health care needs of diverse communities and served on the board of directors for the Minnesota AIDS Project, Elderberry Institute (now called Living at Home Network, a state coalition of Living at Home/Block Nurse Programs) and Longfellow/Seward Healthy Seniors. Lee was known as a kind and caring person who acted on his beliefs to make the world a better place. He will be missed by many.

NEED HELP WITH FOOD?

Longfellow/Seward Healthy Seniors has a limited number of Cub Foods and Aldi 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@LShalthyseniors.org or call 612-729-5799.**



CHRONIC/MULTIPLE DISEASE GROUP

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? Healthy Seniors will be holding free monthly in-person support group meetings starting Tuesday, May 2.

The first one or two meetings will be a time to find out what type of support participants are interested in receiving and what information or topic discussions would be helpful to improve their coping skills. We may bring in occasional guest speakers and/or facilitators in the future depending upon needs expressed by participants.

Spring and summer support group meetings will be held the first Tuesday of the month from 2:00 - 3:15 pm on May 2, June 6, July 11 (second Tuesday due to Independence Day holiday), and August 1. The meetings will be held at St. Peder's Lutheran Church, 4600 E. 42nd Street, Minneapolis. **To register, call 612-729-5799, or contact Mary Albrecht at maryalbrecht@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/Blood Pressure Clinics
- Senior Social & Health Talks
- Diabetes Support Group
- Exercise and art classes
- Solos Resource Group
- Chronic & Multiple Disease Support Group



PREVENTATIVE CARE FOR OLDER ADULTS

More than half of adults 65 years of age and older are not up to date with the preventive services doctors recommend. Skipping these services can be dangerous as some diseases and conditions may not be found in time for effective treatment.



Preventive services include screenings, vaccinations, and health advice. The following preventive services are especially important for older adults:

- Annual wellness exam
- Cholesterol screening
- Diabetes screening
- High blood pressure screening
- Osteoporosis screening
- Influenza vaccine
- Pneumococcal vaccines
- Breast cancer screening
- Colorectal cancer screening

Some questions for your doctor:

- How often do I need to have each screening?
- How is each screening done?
- Can I get all these tests done at my yearly wellness visit?
- Are there health factors that make me more likely to have a certain disease or condition?

If you have Medicare, be sure to schedule a yearly wellness visit with your doctor. At the visit, the doctor or nurse will give you a short written plan, like a checklist, to take home with you. This plan will include any screening tests and other preventive services that you'll need over the next 5 to 10 years. With Medicare Part B, you can get a wellness visit once a year at no cost to you. Check to make sure the doctor or nurse accepts Medicare when you schedule your appointment.

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Spring/Summer Activities & Classes!



HOLIDAY PARTY SCENES

Thank you to everyone who made it out to our annual holiday party in December! It was wonderful to see everyone and share some cheer!



Contact Us!

Phone: **612-729-5799**

Website: **www.LShealthyseniors.org**

Email: **info@LShealthyseniors.org**



Social Media: Find and follow us on **Facebook** by searching for **Longfellow/Seward Healthy Seniors**, and on **Instagram** at **@LShealthyseniors**.



COME VOLUNTEER WITH US!

Interested in helping out? Here are our current urgent volunteer needs!



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

Driver: Take older adults to medical appointments.

Grocery Shopping: Assist neighborhood seniors by shopping with them, or by picking up their groceries.

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

Activities and Classes from Longfellow/Seward Healthy Seniors

CREATIVITY AND WELLNESS

ART CLASSES

This three-week class uses art projects and the creative process to promote positive health.

Creative expression can boost immune systems, increase happiness, and improve problem solving. Classes are taught by Ruth Mason, an artist and mural designer.



Serenity Landscapes:

Wednesday, April 19, 2:00 to 3:30 pm

Visualize a landscape, and use that imagery to create a painting on a canvas board. Bring the painting home to promote serenity and calm.

Windows of Trust - Experimentation Exercises:

Wednesday, April 26, 2:00 - 3:30 pm

Use bleeding tissue paper to make and embellish colorful abstractions on watercolor paper. The process of creating this abstract piece can help to relieve anxiety.

Celebration Still Lifes:

Wednesday, May 3, 2:00 - 3:30 pm

Sketch, paint, and then devour desserts! Using pictures and real treats, create a still life, and then eat your subject matter. Create community using food and art!

*Participants are welcome to attend all three classes, or to attend individual classes. Class size is limited to 12 participants. **Register by emailing Julia at juliaockuly@LShealthyseiors.org, or call 612-729-5799.** Classes are held in the Community Room at Trinity Apartments, 2800 E 31st Street, Minneapolis. Classes cost \$5 each for supplies.*

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

Minnesota 150: The People, Places and Things that Shape Our State

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

Join Kate Roberts, Senior Exhibit Developer with the Minnesota Historical Society to learn about 150 people, places and things that have shaped our state!

The Senior LinkAge Line

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

A speaker from Trellis (formerly Metropolitan Area Agency on Aging) explains how the Senior Linkage Line connects older adults to programs that can help them live independently longer - such as Medicare options or housing and support services in your neighborhood!

Free From Clutter

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

Certified Professional Organizer, Christine Daves, will show you how to identify which items merit space in your home, and then where to place the items to make finding and putting away simple. Also learn how and where to pass on things you don't want any more.

Best Foot Forward

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

Our feet are one of the most often used parts of our bodies, but most of us neglect and mistreat them. Learn about preventing foot injuries, increasing circulation in your feet and toes, and what to consider in selecting foot care. Presented by Certified Footcare Nurse, Angela Weldon.

SUMMER SENIOR SOCIAL SPECTACULAR!



Join us for a special August Senior Social! In lieu of a speaker, we will have desserts, fruit, games, music, and a chance to relax and socialize. *Tuesday, August 15, 10:30 - 11:30 am, at Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis. **Register by August 9. Call 612-729-5799 or email juliackuly@LShealthyseiors.org to register.***

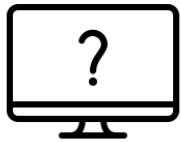


TAI CHI FOR HEALTH



Tuesdays from 9:30 - 10:30 am at Holy Trinity Lutheran Church, 2730 E 31st Street, Minneapolis.

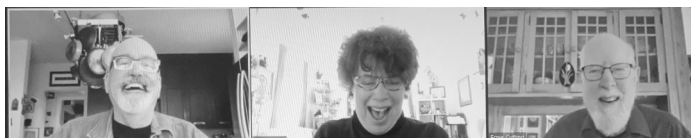
Longfellow/Seward Healthy Seniors sponsors Tai Chi classes for older adults. Classes cost \$3 each. The instructor is Howard Root, a retired Community Education Specialist. The classes vary between sitting and standing and include slow, easy movements. *Classes run through June 6 and then break for the summer. To register, email juliaockuly@LShealthyseniors.org, or call Julia at 612-729-5799.*



TECHNOLOGY CLINIC

Wednesday May 31, 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 Rose at rjames@LShealthyseniors.org, or call 612-729-5799 to register.**



ONLINE LAUGHTER YOGA

Wednesdays, April 19, May 17, June 21, July 19, and August 16. Classes are held from 10:30 - 11:00 am.

Try our free monthly Laughter Yoga class. Sustained, unconditional laughter promotes deep breathing, improved mood, and reduced stress! This activity can be done in a seated position and is appropriate for all fitness levels. Led by Volunteer & Service Coordinator, Julia Ockuly. **Email Julia at juliaockuly@LShealthyseniors.org to register.**

SOLOS RESOURCE GROUP

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

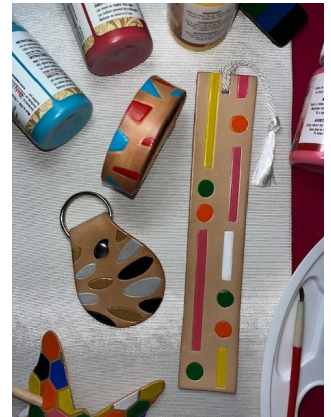


A growing portion of the 60+ population is comprised of "solos",

individuals who cannot or choose not to rely on family or friends to help them navigate life events and health decisions. If you feel the term solo applies to you, we invite you to join our group! Share resources and join a supportive and welcoming community. **To join, contact Julia at juliaockuly@LShealthyseniors.org or call 612-729-5799.**

LEATHERCRAFTING CLASS

Choose either Wednesday, May 17 or Wednesday, May 24. Classes are from 2:00 - 3:30 pm, and held 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 and key chain 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. Class size is limited.

DIABETES SUPPORT GROUP

Meetings are held on Wednesdays, April 12, May 10, June 14, July 12, and August 9, 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!