Longfellow/Seward Healthy Seniors

SENIOR CONNECTIONS

3131 Minnehaha Ave. Suite A, Minneapolis, MN 55406 | 612-729-5799 | Spring 2026

Introducing Joani Essenburg

Longfellow/Seward Healthy Seniors is excited to introduce our new Executive Director - Joani Essenburg. Joani comes to LSHS with over 25 years of nonprofit experience in Minneapolis.

As an Executive Director, Joani brings a passion for community. She says "I love it when the community is centered, and using the brilliant ideas, assets, talents of the community to support dreams and visions."

Joani moved into the Longfellow neighborhood in 2024, and is enthusiastic about being part of an organization that allows her to give back to her new community. She looks forward to helping Longfellow/Seward Healthy Seniors grow and remain a vital and engaged organization.

Joani is married to TIm, has six adult children, and three grandchildren. She loves to camp, hike, and walk her yellow lab puppy, Winnie.

OUR SERVICES AND ACTIVITIES

Individual Support Services For Seniors

- Nurse visits and assessments
- Foot care services
- Transportation to medical appointments
- Friendly visitors
- Grocery shopping assistance
- Food distribution/delivery
- Information, referral and advocacy
- Outreach to Somali elders
- Technology support

Community Health Promotion Activities

- Nurse Is In Clinics
- Senior Socials & Health Talks
- Diabetes Support Group
- Solos Resource Group
- Exercise, art, and tech

Did you know that LSHS offers free in-home visits and phone calls from our Community Nurse?

Interested in meeting with Barb deBorhegyi, our Community Nurse?

Give her a call at **612-449-7536.**

Here are some services that we can provide:

- Fall risk assessments
- Health review/concerns
- Referrals for health services
- Blood pressure checks
- Vision loss screenings & free low-vision products

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

Interview With A Volunteer: Barb Yanish

Barb teaches weekly Chair Yoga classes for Longfellow/Seward Healthy Seniors. Classes are every Wednesday, 10:00 - 10:30 on Zoom, and are offered free of charge. Join us!

Tell us a little bit about your path to becoming a yoga instructor.

My path to becoming a yoga instructor grew out of my own desire to feel more grounded and at home in my body. Over time, yoga became less about poses and more about presence, breath, and nervous system support. I felt called to share that experience with others, especially in a way that feels accessible and supportive for real bodies through all seasons of life.

What drew you to volunteering with Longfellow/Seward Healthy Seniors?

I believe that movement, connection, and caring for our energy should be available to everyone. Volunteering with Longfellow/Seward Healthy Seniors felt like a beautiful way to support community members in staying active, connected, and balanced, especially in a season of life where those things matter so deeply.

What is your favorite part of volunteering with LSHS?

My favorite part is the sense of connection. There's something special about moving and breathing together in a supportive environment. I love seeing participants grow in confidence and ease, and sharing moments of laughter and warmth along the way. The students are so gracious and appreciative, it is a joy spending time together.

Would you recommend this type of opportunity to others, and why?

Absolutely! Volunteering with LSHS is deeply rewarding. It's a meaningful way for me to give back, build relationships, and be part of something that strengthens the community. The ripple effect of steadily showing up and offering presence can be more powerful than we realize.

Help Out Your Neighbors

Longfellow/Seward Healthy Seniors delivers food from the Minnehaha Food Shelf weekly to older adults throughout our community. We would love to suppliment the food deliveries with other needed items! We are currently looking for donations of:

- Toilet Paper
- Paper Towels
- New toiletries
- Paper grocery bags

Call 612-729-5799 to schedule a time to drop off supplies

Thank you for your support!

Volunteer With Us!

Learn more by calling
612-729-5799

or visit us at
LShealthyseniors.org

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 free Nurse Is In/Blood Pressure Clinic is also offered. No registration necessary. Suggested donation is $1.00. ***All socials are held at Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.***

Women & Aging: Pelvic Health
Tuesday, March 17, 10:30 - 11:30 am
As we age, changes in our bodies can affect pelvic health — but these challenges don't have to be accepted as a normal part of life. Join Rachael Jarman, PA-C, from Herself Health for a discussion on common pelvic floor concerns such as bladder leakage, prolapse, and discomfort. Learn strategies to maintain strength, comfort, and confidence at every stage of life.

Recycling 101
Tuesday, April 21, 10:30 - 11:30 am
Are you a pro-recycler? A wish-cycler? A recycling skeptic? Learn what happens to your recyclables, pick up helpful resources, and get your questions answered by Minneapolis Recycling staff.

Grey Matters: Understanding Anxiety in Older Adults
Tuesday, May 19, 10:30 - 11:30 am
Mental illness is not a normal part of aging. Persistent symptoms that significantly interfere with daily living and relationships may be a sign of anxiety or another mental health concern. A presenter with NAMI (National Alliance on Mental Illness) will cover risk factors, warning signs, treatment, recovery, suicide prevention, and resources for supporting older adults managing anxiety.

Saving Your Stuff: How to Care for Art, Heirlooms, and Personal Collections
Tuesday, June 16, 10:30 - 11:30 am
Presented by Megan Narvey, Outreach Conservator at the Minnesota Historical Society. Learn about the "ten agents of deterioration" and how to preserve and protect the things you value, both big and small.

An Introduction to PolkaSol!
Tuesday, July 21, 10L30 - 11:30 am

Mark your calendars now for a special performance! PolkaSol musicians Ann Reed, Joan Griffith and Anita Ruth will play polkas, waltzes and old time songs on accordion and violin. Sing, dance, and share stories. PolkaSol wants to bring a smile to your face and a light to your eyes. This performance is brought to us by COMPAS arts.

Coffee Connections Club

Third Wednesdays, 1:30 - 3:00 pm
March 18, April 15, May 20
Minnehaha Communion Lutheran Church
4101 37th Ave. S, Mpls.

Join a fun and social group for coffee, pastries, and pleasant conversation! All are welcome!

Discover Artifical Intellegence

Thursday, May 14, 2:00 - 3:30 pm
Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis.

Join us for a special class from Free Geek Twin Cities to learn about the impacts of atrifical intellegence (AI) technology. Free!

Technology Clinic

Wednesday, May 20, 10:00 am - 12:00 pm
Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis.

Ask questions about your computer, tablet, or phone. Recieve one-on-one assistance from trained tech volunteers. Free!

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

Diabetes Support Group

Second Wednesdays, 2:30 - 3:30 pm
December 10, January 14, February 11
Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.

Do you have Type 1 or Type 2 Diabetes? Interested in health information and a friendly community? Join facilitator Beth Peltzer, MSW, for LSHS Diabetes Support Group meetings. New members are always welcome!

Solos Resource Group

Fourth Wednesday of each month
11:00am – 12:30pm
Brackett Field Park Community Center
2728 S 39th Ave, Minneapolis

Solos are individuals who, either by circumstance or choice, are not relying on traditional family supports to facilitate aging. Each month we will cover a different aspect of planning, either with a presentation or group discussion, as well as time to socialize and share resources. All are welcome!

Spring meeting topics:
March 25: Home Repair with Rebuilding Together
April 22: Hearing loss & Hearing Aids
June 24: Finding Your Story & Writing with COMPAS Arts

Chair Yoga Online

Ongoing Class
Wednesdays, 10:00 - 10:30 am via Zoom.

Chair yoga will focus on the breath, linking breath to movement, stretching, and balance. No experience is necessary. All you need is a chair and comfortable clothes! Instructor Barb Yanish is a certified yoga teacher who aims to make yoga accessible to all. Free. Registration required. **Join at any time!** *Not sure how to access classes via Zoom? Call Healthy Seniors at 612-729-5799 and we will help you get set up!*

Low-Impact Exercise Program

Thursdays, 11:00 – 11:45 am.
Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis.

The Arthritis Foundation Low-impact Exercise Program (AFEP) is a low-impact, recreational exercise program for people with or without arthritis. Trained AFEP instructor Julia Ockuly will cover range-of-motion, endurance-building activities, relaxation techniques, and health education topics. All exercises can be modified to fit your activity level. **Join at any time!**
Suggested donation of $2.00 per class. *No class Thursday, April 16.*

Community Rock Painting

Wednesday, May 6, 10:30 - 12:00 pm
Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.

Want to help spread joy to your community? Join us for a fun rock painting class! Paint messages, mandalas, or pictures on rocks leave them in your neighborhood, park, lawn, or give them as gifts to share a bit of delight this spring!

Buying & Selling Online

Wednesday, April 15, 10:30 - 12:00 pm
Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.

Increasingly, shopping is taking place entirely online. Learn how to find what you are looking for, pay for things safely, and avoid scams when shopping online. We will also cover online options for selling items such as books and crafts! Free.

Floral Card Crafting

Monday, April 13, 2:30 - 4:30 pm
Holy Trinity Lutheran Church, 2730 East 31st Street, Minneapolis.
Join artist Robbyn Overall for a seasonal spring card making-class. Use mixed media materials to create one-of-a-kind spring greeting cards to keep, or mail to friends or family. There is a $2.00 supply cost.

THANK YOU to everyone who attended this year's holiday party! Here are a few highlights:

Longfellow/Seward Healthy Seniors

2025 Impact Report

2025 Highlights

- New services and programs, including Nurse Is In clinics at Soup for You and in Cedar-Riverside, a Volunteer Caregiver Training, and Healthy Eating classes in both English and Somali.
- Expanded food support services to help meet the basic needs of older adults in our neighborhoods.
- A truly joyful and well-attended Holiday Party with LSHS members.
- Improved internal systems, including new financial management tools, office space organization, and updated technology.

Impact Snapshot

731	**335**
Total Members Served	**Members Recieved Health Services**
585	**326**
Members Recieved Support Services	**Members Joined Social Activities**

Looking ahead to 2026

- Increasing Somali language services and programs
- Identifying a new office space which better supports our community
- Strengthening our reach to adjacent neighborhoods
- Investing in our organization's planning, partnerships, volunteers, and community participation.
- Engaging our members in shaping our work into the future.

Thank You for being part of the Longfellow/Seward Healthy Seniors Community

Contact Us!

Phone: **612-729-5799** ● Website: **www.LShealthyseniors.org** ● Email: **info@LShealthyseniors.org**

Find us on Facebook at **Longfellow/Seward Healthy Seniors**, and on Instagram at **LShealthyseniors**

Longfellow/Seward Healthy Seniors Program
3131 Minnehaha Ave - Suite A
Minneapolis MN 55406

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Spring Activities & Programs!

Food for Older Adults

- Grocery delivery from food shelves
- Assistance with grocery shopping
- Grocery gift cards for lower-income seniors

Adults age 60+ who live in the Longfellow, Seward, Hiawatha, Howe and Cooper neighborhoods are eligible.

Enabling community seniors to live healthy, independent and socially connected lives.

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www.LShealthyseniors.org

Your Donation Helps!

Any donation of any size helps Longfellow/ Seward Healthy Seniors provide essential health, social, and support services to your neighbors.

LSHS provides food, rides to medical appointments, technology assistance, social opportunities, and so much more to our community!

Thank you for your generosity!

Thank You...