Senior Connections

Longfellow/Seward Healthy Seniors

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

Introducing Hassan Aden

When Hassan thinks of his family, he thinks of his entire clan. He was born in a state within Somalia called Puntland. His father was a 4 star general, his mother was a medical doctor, and he had a cat, dog, and monkey as pets. Hassan says that his family was extraordinary, and he often got a better education at home with them than he did at school.

In fact, according to Hassan, he was a bit of a menace as a school pupil. He recalls finding a snake, and sneaking it to school in an umbrella case, then putting it in his math teacher's purse. He says that the teacher found it and started running, and all the kids ran after her. Ironically, that math teacher eventually married his brother.

In January of 1991 a civil war began in Somalia, and Hassan's family was forced to leave their home. Hassan and his wife came to the United States as refugees, eventually settling in Minnesota in 1998. He raised four children here.

After coming to the United States, Hassan worked with Southern Minnesota Regional Legal Services, Opportunity Community Services, and the Minneapolis Community Development Agency. He also provides cultural translation services for the Minnesota Star Tribune. Hassan has joined the team at Longfellow/Seward Healthy Seniors as our Bilingual Elders Coordinator.

Hassan says his goal is to put as much of his energy and thoughts as possible into doing the best he can for the community. He wants to create a space where elders have a voice. Since joining LSHS, he has launched a Diabetes Support program for Somali Elders, and is excited to continue expanding services to the elders in our community.

A Jot from Joani

Thank you all for welcoming me to Longfellow Seward Healthy Seniors. I am enjoying getting to know you all and I am here to serve you. I have been learning about what it means to be a part of Longfellow/Seward Healthy Seniors. I like to call us "members."

Here is what I see: Our members are a wide variety of people, yet what we all have in common is that we are 55 wise years old+. We may speak different languages, or be from different cultures, or be different in our sexual orientation or gender identity (LGBTQIA2S+), yet we are all members.

We are all part of a wonderful group that cares for each other, learns with each other, eats lots of great food, exercises and laughs a lot. We are welcoming and strong, yet sensitive and gentle. We are healthy seniors and I am so blessed to be included by each of you.

Last year- in 2025 we served 700 members and this year it will be more- because we are a great group of people with a great staff. Thank you for being you and welcoming me. :)

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 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.***

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, 10:30 - 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.

Senior Social Summer Spectacular!
Tuesday, August 18, 10:30 - 11:30 am

Join us for a special August Senior Social! In lieu of a speaker, we will have Bingo, prizes, pie, refreshments, and fun social atmosphere. All are welcome!
Registration is required for this event.

Coffee Connections Club

Third Wednesdays, 1:30 - 3:00 pm
June 17, July 15, August 19
Minnehaha Communion Lutheran Church
4101 37th Ave. S, Mpls.

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

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, and relaxation techniques. All exercises can be modified to fit your activity level.
Join at any time!
Suggested donation of $2.00 per class.

Technology Clinic

Wednesday, July 29, 3:30 - 5:30 pm
Holy Trinity Lutheran Church, 2730 East 31st St., Minneapolis.
Ask questions about your computer, tablet, or phone. Receive one-on-one assistance from trained volunteers.
Free!

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

Solos Resource Group

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

No meeting in July

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!

Summer meeting topics:
June 24: Finding & Writing Your Story- with Jen Scott, COMPAS
August 26: Learn about companion animals and volunteering with the Animal Humane Society - with AHS VP of Community Engagment Michaela Baltasar-Feyen

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!*

• Volunteer With Us •

Help out your community - Volunteer

Volunteering with LSHS is fun, flexible, social, and fulfilling!

Visit LShealthyseniors.org to find out more!

Diabetes Support Group English Language

Second Wednesdays, 2:30 - 3:30 pm
June 10, July 8, August 12
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. Refreshemnts available. New members are always welcome!

Diabetes Support Group Somali Language

June 3, July 1, July 29, August 26
3:00 - 4:00 pm
Seward Towers East *- Community Room*
2910 E Franklin Ave, Minneapolis

June 17, July 15, August 12
3:00 - 4:00 pm
Seward Towers West *- Community Room*
2515 S 9th St, Minneapolis

Connect with others, learn health information, and discuss strategies for living a healthy life with diabetes. Refreshments available. Facilitated by Hassan Aden, LSHS Bilingual Elders Coordnator. All are welcome!

Kooxda Taageerada Sonkorowga Afka Soomaaliga

Juun 3, Luulyo 1, Luulyo 29, Agoosto 26
3:00 - 4:00 galabnimo
Seward Towers East *- Qolka Bulshada*
2910 E Franklin Ave, Minneapolis

Juun 17, Luulyo 15, Ogosto 12
3:00 - 4:00 galabnimo
Seward Towers West *- Qolka Bulshada*
2515 S 9th St, Minneapolis

La xiriir kuwa kale, baro macluumaadka caafimaadka, oo kala hadal xeeladaha nolosha caafimaadka leh ee sonkorowga. Cuntooyinka la heli karo Waxaa fududeeyay Xasan Aadan, Xiriiriyaha Odayaasha Labada Luuqadood ee LSHS. Dhammaan waa la soo dhaweynayaa!

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

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Summer Activities & Programs!

WE ARE MOVING!

July 1, 2026

Longfellow/Seward Healthy Seniors offices are moving to a new location in the neighborhood!

Come visit us in our NEW space

4600 E 42nd Street, Minneapolis

(Inside St. Peder's Church)

Watch for an invitation to our open house this summer!

LSHS programs/services will continue to take place at Holy Trinity Lutheran Church & throughout the greater Longfellow/Seward neighborhoods

SERVICES AND ACTIVITIES

Individual Support Services For Seniors

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

Community Health Promotion

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