



Longfellow/Seward Healthy Seniors

SENIOR CONNECTIONS

2800 E. Lake Street, Minneapolis, MN

612-729-5799

www.LShealthyseniors.org

WINTER 2019/20



Holiday Celebration

for Seniors on Dec. 17

Longfellow/Seward Healthy Seniors and Minneapolis Community Education will host the annual Holiday Celebration for Seniors on **Tuesday, December 17, from 10:30 am to noon** at Holy Trinity Lutheran Church, 2730 E. 31st St., Minneapolis.

The event will be held in the basement gymnasium and doors will open about 10:00 am. Join us for live music, lunch and door prizes! All area seniors are welcome to attend this free event (\$2.00 suggested donation is appreciated). No registration is required. We hope to see you there!



Pictured: Jeffrey Ballman and Flo Entzel

GOING WITH THE “FLO”

When asked to describe her mother, Flo Entzel painted a picture of a woman who was strong, determined, and hardworking — someone who was very much a caregiver and a doer. Flo’s mother was curious and active, so if she didn’t know something, she would do what it took to figure it out. This also happens to be a perfect description of Flo.

Flo Schmidt was born on a dairy farm in North Dakota. Her family — there were eleven altogether — provided dairy products to their small town of Napoleon (pop. 900). She would ride with her father when he’d make his rounds carrying the metal containers of six glass quarts of milk (She can still hear the clanging sound the quarts of milk made).

Hard work was the essence of Flo’s family, as it is with most farmers. It was a challenging way to make a living and the daily chores were never ending. One can’t easily take a day off when raising cattle or other livestock — they need to be cared for daily.

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Pictured: 2018 Holiday Party Participants

(Going with the Flo - continued from page 1)

Her parents were a good example of living a life of hard work, while loving and caring for one another.

Flo's ancestors were from Germany, and Flo's family spoke only German at home. It didn't take her long to learn English, once she started school in a one-room schoolhouse which she attended until moving to another farm in Steele, ND and then to Bismark in 5th grade.

Flo married out of high school and moved with her husband, who was serving in the military to Clarksville, Tennessee. With the promise of good-paying work in Minnesota, Flo, her husband, and their growing family moved to Minneapolis in 1962. The family settled in the Longfellow neighborhood, where she has lived for 52 years.

Flo and her husband raised their five children, and Flo ran a childcare business from her home. She also made time for volunteering, which is her passion. She has volunteered in various schools in the neighborhood, soup kitchens, and at her church, St. Albert the Great.

The fact that Flo has been so active volunteering for her church — even when dealing with family and health issues — prompted Father Joe Gillespie of St. Albert the Great Church to give her the moniker "Go With the Flo."

Flo has also been a volunteer with Longfellow/Seward Healthy Seniors, where she has helped with mailings and special events. She began helping a client in the neighborhood with rides to senior functions, and bringing her groceries. They became great friends — and are still the best of friends today.

However, in the last few years, Flo has been faced with some health challenges, which have made it difficult to drive and get to where she needs to go. With determination to stay active and upbeat, Flo turned to L/S Healthy Seniors to see if she could get rides to medical appointments from a volunteer, and was quickly matched with Jeffrey Ballman. Jeffrey has lived in Longfellow for nearly 20 years. Like Flo, he has a passion for volunteering. He has

always had a desire to give back to the community, whether through scouting, serving in the military, or coaching kids.

Healthy Seniors was fortunate the day that Jeffrey walked into the US Bank Building on Lake Street and saw the L/S Healthy Seniors office. He was searching for a new opportunity to help out in his neighborhood, and he decided to become a volunteer with us.

Jeffrey accepted the assignment to drive Flo to a nearby doctor's appointment, and they hit it off immediately. Pretty soon he was not only providing rides, but Jeffrey became Flo's Friendly Visitor Volunteer as well. Flo often refers to Jeffrey as her "angel." Jeffrey — without hesitation — has been there to take her to her appointments, or grocery shopping, or to just sit and chat for awhile.

Flo has always believed that life is good, and that on days when one wants to complain because of health issues or other drama, it's worth remembering that there are always others with even more to deal with. And sometimes life also brings you a friend, like Jeffrey, when you need it most — and it makes the challenges a little bit easier to bear.



Pictured: Flo Entzel's Family (1975) at parent's 50th anniversary in Bismark, ND. Flo had the honor of playing the pipe organ while her brother sang at the Cathedral of the Holy Spirit.

To learn more about the Friendly Visitor program, either as a volunteer or as someone who could benefit from having a visitor, contact Julia Ockuly, Volunteer & Service Coordinator, at 612-729-5799.

SENIOR SOCIAL & HEALTH TALKS

Senior Social & Health Talks are held on the third Tuesday of each month at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The program begins at 10:30 am and doors open at 10:00 am. A Nurse Is In/Blood Pressure Clinic is held afterwards. (\$1.00 suggested donation.) For further information, call Longfellow/ Seward Healthy Seniors at 612-729-5799.

Co-sponsored by: Longfellow/Seward Healthy Seniors and Minneapolis Community Education. Event space is donated by Holy Trinity Lutheran Church.

December 17 – Annual Holiday Celebration

Celebrate the season with old friends and new! Come enjoy live entertainment, lunch, and door prizes. (Please note – this event lasts till noon or later and is located in the church gymnasium.)

January 21 – When Do You Need to Hang Up the Keys?

How do you know when it is time to stop driving? AARP Driver Safety presentation can give you practical tips on evaluating driving skills, alternatives to driving and tips on how to maintain independence and deal with the emotions you may face when you give up the car keys.

February 18 – Using What You Have: Self Defense for Seniors

Learn a simple, intuitive self-defense system that can help anyone improve their chances of surviving a dangerous encounter. Gail Boxrud, Owner/Instructor of Krav Maga Minneapolis, will discuss awareness and avoidance scenarios, as well as conduct some simple hands on training that anyone can master.

March 17 – Save Energy, Save Money

Would you like to learn how you can save money on your energy bills and/or reduce your environmental impact? The Citizens Utility Board of Minnesota will help you better understand your electric bills, share energy saving tips, programs and rebates and outline programs to assist those who struggle to pay their energy bills.

SERVICES WE PROVIDE

- In-home nurse visits (including vision consultations and low vision products)
- Foot and home care services
- “Friendly Visitor Volunteers”
- Rides to local medical appointments (based on volunteer availability)
- Caregiver support, respite and education
- Information, referral and advocacy
- Chore/shopping services (limited)
- Fall prevention assessments
- Rapid Screen assessments
- Nurse Is In/Blood Pressure Clinics
- Senior Social & Health Talks
- Diabetes Support Group
- Tai Chi exercise classes
- Senior Art Classes
- Technology Clinic (1:1 help with tech)

CONTACT US

If you have a question, want more information, would like to volunteer, or want to register for a class, please call 612-729-5799 or email us at info@LShealthyseniors.org.

Find us on Facebook by searching for Longfellow Seward Healthy Seniors.



Visit our website for more information or to join our email or mailing list!

www.LShealthyseniors.org

BECOME A VOLUNTEER!

Help out in your community; be a volunteer. Volunteers play an essential role in helping us meet the needs of seniors and their ability to live healthy, independent and socially connected lives. We have a variety of ways people can volunteer such as visiting, helping with chores, shopping, etc. Friendly Visitors can change someone's life; it can be as simple as a Scrabble game or coffee and conversation. For more information on volunteer opportunities and how to get involved, call our Volunteer & Service Coordinator at 612-729-5799.



TAI CHI

“Tai Chi for Health” exercise classes are held weekly on Tuesdays from 9:30—10:15 am at Holy Trinity Lutheran Church, 2730 E. 31st Street. **There will be no class held on December 24, December 31, and March 31.** Classes cost \$5.00 each. Registration is not required—come and try it!

NURSE IS IN/BLOOD PRESSURE CLINICS

Our service that reaches the most number of people is our monthly Nurse Is In/Blood Pressure Clinics. We hold these clinics at eight community locations: Brian Coyle Community Center; American Indian Center; Korean Service Center; Trinity Apartments; Riverside Apartments; Becketwood Senior Housing Cooperative; after our monthly Senior Social & Health Talks (at a local church); and at our office.

The Nurse Is In Clinic held in our office (inside the U.S. Bank building at 2800 E. Lake St) is scheduled for the first Tuesday each month 10:00—11:30 am, January 7, February 4, March 10, and April 7.

COMMUNITY EVENTS

EMPOWERING SELF THROUGH LIFE'S TRANSITIONS—FREE Thursdays, February 6 & March 5, 10:00 – 11:30 am

As we age we will experience losses that can cause negative emotions and behavior. Learn how to empower yourself, change your thoughts and find healthy ways to express your feelings. Join Tony del Percio, Grief Counselor with Bradshaw, for this monthly discussion series. Held at Bradshaw Funeral Home, 3131 Minnehaha Ave.

SNOWBALL! SOCIAL DANCE—FREE Wednesday, February 19, 2:00 – 4:00 pm

You can't beat winter - so dance instead! Waltz, tango, rumba, rock 'n' roll, march, cha cha slide, or even macarena: this is a social dance for all skill levels and abilities. Bring a friend or make a new one dancing to the music you love. Sponsors: Longfellow Community Council, Tapestry Folkdance Center, MPLS Community Ed, & Healthy Seniors. Held at Tapestry Folkdance Center, 3748 Minnehaha Ave.

Please register online at www.mplscommunityed.com or call 612-667-3775.

SAVE THE DATE: April 23, 2020

Annual Dinner Event

Speaker: Sue-Hunter Weir

Topic: “Peanuts, Popcorn & Preemies:
Minneapolis Wonderland Amusement Park”

TECHNOLOGY CLINIC

Need help with your technology? Our staff and volunteers are here to help. Get 1:1 help with whatever you might need. We can help you with writing a long e-mail, navigating social media, how to use your tablet or computer, how to use your smart phone, and more!

This next season, we will be meeting on Tuesdays from 11:00 am - 1:00 pm at Trinity Apartments, 2800 E. 31st Street, Minneapolis. Upcoming Dates are January 14, February 11, and March 10.

DIABETES SUPPORT GROUP

Healthy Seniors sponsors a monthly diabetes support group for adults with Type 1 or Type 2 diabetes. The group is facilitated by Beth Peltzer, MSW.

The group meets on the second Wednesday of each month from 1:00—2:30 pm at Trinity Apartments, 2800 E. 31st Street, Minneapolis. Upcoming dates are January 8, February 12, March 11, and April 8.

MIXED MEDIA ART CLASS

Join us for a mixed media art sampler! We will be doing **Card Making, February 12, Alcohol Ink Painting, March 18,** and **Mandala Stencil Painting, April 15.** Classes are \$5 each (\$4 for Trinity Apartment residents).



Card Making will involve mixed media materials for you to create some lovely cards to bring home (or send in the mail after class). **Alcohol Ink Painting** uses bright, fun, fast drying alcohol ink to create wonderful designs on tiles. **Mandala Stencil Painting** is a fun art project which allows you to easily create

intricate, colorful designs on canvas. Classes are designed for students of all levels so come and join us!

Classes will be held **Wednesdays, 1:00 —3:00 pm** at **Holy Trinity Lutheran Church 2730 E. 31st St.** *Please note this is a different location than previously used for art classes.*

To register, email info@LShealthyseniors.org or call 612-729-5799. Please register by Feb 7 for Feb 12 class; March 13 for March 18 class, and by April 10 for the April 15 class.