

Longfellow/Seward Healthy Seniors
2800 E. Lake Street
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Longfellow/Seward Healthy Seniors

Spring 2015

SENIOR CONNECTIONS

*Join Us on April 23 for Our 17th Annual Italian Dinner Event
with Mike Lynch Speaking on “Minnesota Starwatch”*



Mike Lynch: MN Starwatch

Mike Lynch, WCCO Meteorologist, Stargazer and Author, will be speaking at Longfellow/Seward Healthy Seniors 17th Annual Italian Dinner on Thursday, April 23 at St. Albert the Great Church. Mr. Lynch will be speak on “Minnesota Starwatch,” the great celestial show over the Twin Cities and Minnesota. He enjoys hosting “star parties” to help individuals make the stars their old friends.

Tickets are \$35/each and can be reserved through April 20 by calling the Healthy Seniors office at 612-729-5799 or by emailing: info@lshealthyseniors.org. Please refer to the front cover for more information. Hope to see you there!



Make the stars your old friends! Come hear Mike Lynch, WCCO Meteorologist, Stargazer and Author, speak about the great celestial show over the Twin Cities and Minnesota at our 17th Annual Italian Dinner event on Thursday, April 23 at St. Albert the Great Church, located on the corner of East 29th Street and 32nd Ave. S. in Minneapolis. Handouts with user-friendly star maps and constellation charts will be available, while supplies last. A silent auction will be held, and an Italian menu will be served. There’s a reception from 5:30 - 6:00 p.m. and the dinner event starts at 6:00 p.m. The evening will conclude at 8:00 p.m. Mike Lynch will be selling his books and t-shirt at the event – cash and checks only.

Mike Lynch is a native Minnesotan who grew up in Richfield. Mike has been a broadcast meteorologist at WCCO Radio for over thirty years. He’s covered all types of weather from deadly tornados to record cold snaps. In fact, on February 2, 1996, he broadcasted from Tower, MN when the temperature dropped to -60°, an all-time record low for the state of Minnesota!

Mike’s other passion since he was a teenager has been astronomy. He built his first telescope when he was 15 years old. For over forty years he’s been teaching astronomy classes and putting on star parties. Mike’s written several books on astronomy and stargazing. He also writes a weekly starwatch column for the St. Paul Pioneer Press and more than two dozen other newspapers across the U.S.

We’d love to have you join us on Thursday, April 23, 2015! Tickets are \$35/person and can be reserved through Monday, April 20 by calling the Longfellow/Seward Healthy Seniors office at 612-729-5799 or emailing us at: info@lshealthyseniors.org.

Senior Social & Health Talks

Senior Social & Health Talks are held the third Tuesday of each month at Holy Trinity Lutheran Church, 2730 E. 31st Street, Minneapolis. The program begins at 10:30 a.m. and the doors open at 10:00 a.m. Free blood pressure checks are conducted afterwards. Everyone is welcome. For further information, call Longfellow/Seward Healthy Seniors at 612-729-5799.

Co-sponsored by: Longfellow/Seward Healthy Seniors, Minneapolis Public Schools Community Education and Holy Trinity Lutheran Church.

April 21 – Spring Forest Qigong for Health

Qigong (pronounced chee-gong) is an ancient practice which promotes healing and vitality. Easy, gentle movements help balance energy to relieve pain, improve mental focus, strength, balance and well-being. SFQ Certified Instructor, Rhonda Battisto, will discuss the basics of Qigong and lead a demonstration of some of the movements commonly used.

May 19 – “Financial Smarts” for Seniors

This presentation will cover common scams targeted at seniors and how to avoid being a victim. Learn about the “too good to be true” concepts along with other information and tips. The presenter is Debra Budinger, Senior Fraud Investigator with U.S. Bank Corporate Security.

June 16 – Healthy Bladders = Healthy People

How does a healthy bladder work and what steps can you take to keep it healthy? Mary Dierich, PhD, RN, CNP, Associate Clinical Professor with the University of Minnesota School of Nursing, will cover some simple treatments for common problems and explain how to talk to your health care provider about bladder issues.

“Senior Connections” is a publication of Longfellow/Seward Healthy Seniors, a non-profit community-based organization serving seniors in greater Longfellow and Seward neighborhoods, with its office located at 2800 E. Lake Street (inside the U.S. Bank), Minneapolis. Our mission is to help seniors live independently at home with a high quality of life. Call us at 612-729-5799 for more information or check our website at: longfellowsewardhs.org.

Services Provided to Seniors

Longfellow/Seward Healthy Seniors is a member program of the “Living at Home Network” and its mission is to help seniors live independently at home with a high quality of life. Our typical services include the following:

- “Blood Pressure-Nurse is In” Clinics at many community locations
- In-home nursing visits and coordination
- Rapid Screen and fall prevention assessments
- Foot care services
- Monthly Senior Social/Health Talks
- Service coordination and referrals
- Caregiver support and education
- Volunteer visits to isolated seniors
- Transportation (limited availability)
- Gentle Yoga Classes
- Diabetes Support Group
- Low-Vision Support Group

Diabetes Support Group

Longfellow/Seward Healthy Seniors sponsors a free monthly diabetes support group for adults of all ages, Type 1 and Type 2 diabetes. The group is facilitated by Carol Engelhart, R.N., CDE (Certified Diabetes Educator), and meets monthly, except December, on the second Wednesdays from 6:30 – 8:00 p.m. at Hiawatha School Park Recreation Center, 4305 E. 42nd Street, Minneapolis.

The meetings include education, support, discussion and occasional guest speakers. Upcoming dates include April 8, May 13 and June 10. For more information, contact Carol Engelhart at 612-437-8003 or email her at carolengelhart@gmail.com or contact Healthy Seniors at 612-729-5799.

Low-Vision Support Group

Healthy Seniors Low-Vision Support Group meets monthly on the second Tuesday of the month at 1:30 p.m. at Trinity Apartments and is facilitated by staff from Vision Loss Resources. (You do not have to be a resident of Trinity to participate). Upcoming group dates are April 14 and May 12. The group does not meet during the summer months. Call Healthy Seniors at 612-729-5799 for more information.



All We Need is You!

Women and men of all ages are needed to help seniors live independently in their own homes. Whether you're a college student, busy working, raising a family or retired, we need your help to provide services to seniors. If you're interested in any of our volunteer opportunities, please email us at: info@lshealthyseniors.org or call us at 612-729-5799.

- Friendly Visitor – get matched with a senior and visit them on a regular basis
- Driver – provide rides to local medical appointments and Senior Socials
- Group or Class Leader – facilitate support groups or lead “healthy living” classes
- Caregiver Respite Provider – give a “break” to a caregiver and their loved one
- Phone Tree Caller – make reminder calls for monthly Senior Social/Health Talks
- Data Entry Assistant – help staff enter data into software programs and databases
- Nurse – staff blood pressure screenings and other nursing support

Gentle Yoga Classes

The last Healthy Seniors Yoga class before breaking for the summer will be May 18. The Gentle Yoga class is every Friday at 10:00 a.m. and the Yoga for Strong Bones and Spine class is every Monday at 10:00 a.m. Both classes meet at Holy Trinity Lutheran Church, 2730 E. 31st St. and cost \$4.00 each. Call Healthy Seniors at 612-729-5799 for more information.

Conference for Caregivers

The annual “Caring for a Person with Memory Loss” conference will be held Saturday, May 30, 2015 from 8:00 a.m. to 4:30 p.m. in the Mayo Memorial Auditorium at the University of Minnesota. In the past, the conference has been free unless CEU credits are needed. Topics for this year's conference are still being finalized, and more details such as speaker information and program schedule should be made available soon. If you would like Healthy Seniors to email you the conference flyer once it's available, please call us at 612-729-5799 or send us an email at: info@lshealthyseniors.org.



Blood Pressure-Nurse Is In Clinics

Healthy Seniors sponsors free “Blood Pressure-Nurse Is In” clinics at many community locations including our office, Trinity Apartments, Becketwood Cooperative, Seward Towers – East & West, Franklin Terrace Apartments, Minnehaha Adult Daycare Service Center, Brian Coyle Center, Korean Social Services, and at our monthly Senior Social/Health Talks. Please call Healthy Seniors for more information.

Nutrition Assistance

Do you find it difficult to afford groceries on a limited income? If you're age 60+ and your monthly gross income doesn't exceed \$1,605 for one person or \$2,163 for two people, you may qualify for food assistance through the Supplemental Nutrition Assistance Program (SNAP.) If your gross income exceeds these monthly limits but you have high medical expenses, you may still qualify.

A simplified one-page application for seniors is available at the Healthy Seniors office or at Hennepin County Social Services offices. If you'd like a SNAP application mailed to you, please contact the Minnesota Food Hotline at 1-888-711-1151.