



Southeast Seniors

HELPING SENIORS LIVE WELL AT HOME

Southeast Seniors Remembers the Life of Mary Anne Page

By Ann Carter, Volunteer Coordinator



Mary Anne Page on safari in 2011

Mary Anne Page, a longtime Prospect Park resident, died peacefully in June 2021 at the age of 89. Mary Anne was a remarkable woman who was connected to Southeast Seniors for many years. Both she and her husband, Roger Page, were Southeast Seniors volunteers, board members, and clients. In fact, Roger (who passed away in 2008) was Southeast Senior's first ever volunteer!

Mary Anne loved adventure, travel, learning and politics. She worked as a chemist for 20 years before getting heavily involved in politics and the MN DFL party. After many wonderful travel adventures with Roger both in the US and abroad, Mary Anne took a trip-of-a-lifetime to Tanzania and Kenya on safari in 2011, at the age of 80. She is survived by her four step-children, five grandchildren and one great-grandchild. Southeast Seniors celebrates the life of Mary Anne Page and we are grateful for the long-standing involvement of both she & Roger in our organization.

Snow Angel Superstars

Interview by Ann Carter, Southeast Seniors' Volunteer Coordinator

As we say often, we couldn't fulfill our mission without the help of our wonderful volunteers. Ruth Olkon, a lifelong Prospect Park resident who is now raising her three children in that same neighborhood, first started volunteering with Southeast Seniors over 25 years ago. As a young adult she was a Friendly Visiting Volunteer and later, a Board Member. She and her husband David have been consistent financial supporters of Southeast Seniors, and this past year Ruth responded to a request we put out looking for more volunteers for our Snow Angel Program. And that is how Ruth's three kids became Snow Angels for their longtime neighbor, Mary Anne Page, who recently passed away at the age of 89. As Snow Angels, the Olkon kids--Joseph (age 15), Zev & Shoshana (both age 12), and sometimes their father too, would head over to Mrs. Page's every time it snowed enough to warrant snow removal. It became a part of their winter routine, and when Spring came, they all agreed to do her Spring Clean Up as well (which was a whole family project!)

Ruth, who currently works as the CEO of Jewish Family Service of St Paul, says she is so grateful her kids had this volunteer opportunity, especially during the long Covid winter. "It was accessible; it provided structure & purpose during the pandemic". And when speaking of the overall Southeast Seniors model of neighbors helping neighbors, Ruth said: "It's one of my favorite programs. It's a beautiful, effective model".

It is bittersweet to learn that during their time as Snow Angels, the Olkon kids all lovingly referred to Mrs. Page as "the Snow Angel" herself. We are warmed by the fact that during what turned out to be Mrs. Page's final winter she was so well cared for by her kind neighbors. We know she felt much gratitude because at winter's end she brought the Olkons a cake that said: "Thank you, My Snow Angels".

Southeast Seniors echoes that deep gratitude for the Olkon family, and for all of our wonderful volunteers. For more information on becoming a SES volunteer or being the recipient of our Volunteer Services, please reach out to Ann Carter at ann@seseniors.org or call 612-331-2302.



Southeast Seniors Connects!

By Moira Olson, Service Coordinator



Southeast Seniors' Volunteer Deb & Executive Director Betsy at National Night Out

Despite extra challenges posed by the pandemic, Southeast Seniors enjoyed summer opportunities to connect with longtime friends, as well as new ones, at three special community outreach events:

On a beautiful June day, the **SECIA Bikefest** took place at Van Cleve Park. It was attended by SE Como neighbors of all ages. It was fun to see the variety of bikes attendees rode to the event! Southeast Seniors handed out masks and personal protective equipment to our table's visitors. Attendees asked about the services we provide for older adults, volunteer opportunities, and how long we'd served the Como Neighborhood. Several older adults and caregivers who participated in our May picnic lunch delivery recalled the delight of their meals from Kafe 421! Others expressed appreciation for our caring volunteers. They noted the fun of chatting with drivers during rides to their doctor's appointments, plus the relief of getting help with fall raking. All around, the event was a "wheel" good time!

National Night Out 4th Street Community Festival was a lively August event with music, speeches, and area resident performances. It was a fantastic opportunity to introduce Southeast Seniors' services to neighbors surrounding our new office. Amid aromas of grilling food and the enthusiasm of kids playing in the street, we celebrated the diversity of residents from 4th Street, Prospect Park, and beyond. Many visitors to our table learned about Southeast Seniors for the first time. They expressed delight that we exist and curiosity to learn more about us. We heard about current needs of neighborhood residents, including more caregiver support and better senior transportation options. Luckily, we assist with both concerns! And, in the model of neighbor helping neighbor, several people signed up as new volunteers.

Our third summer event is yet to take place as this article went to press. Southeast Seniors will launch our new summer outreach event, called **Share the Word!** In the spirit of the times, we launched the event virtually, sharing heartwarming stories online about three special seniors we have helped over the years. On August 25th, we will staff a table outside of our office at the Pillars of Prospect Park, meeting folks in person to discuss our service offerings, volunteer opportunities, and support options. We will again distribute masks and protective equipment, and look forward to meeting many special neighbors!

Thanks to those who supported or stopped by our outreach tables this year! Southeast Seniors looks forward to connecting with YOU again soon!

Please stay in touch by calling **612-331-2302**.

Support a Local Restaurant During COVID-19!

By Wasima Farah, Southeast Seniors Communications Intern



U Garden Restaurant and Event Center 2725 University Ave SE, Minneapolis, MN 55414

The U Garden Restaurant and Event Center is officially back in business! U Garden is a local family restaurant established in 1993 with 5 star ratings, known for their popular traditional dishes, various delicious chicken options, fried rice, fried noodles, specialty dishes consisting of seafood combinations, and more! They offer lunch buffets, dine-in or take-out, Monday to Friday from 11am to 2:30pm.

Updated hours of operation:

- **Monday-Thursday: 11am to 9pm**
- **Friday: 11am to 10pm**
- **Saturday: 11am to 10:30pm**
- **Sunday: Closed**

Want to order online? Visit: tinyurl.com/U-Garden-Online-Order and receive 10% off your first online purchase of \$20 or more! U Garden also provides a great place to host all your private events from wedding receptions, birthday parties, work-related events, anniversaries, fundraisers, benefits, meetings and cultural activities. U Garden Restaurant and Event Center is located at 2725 University Ave SE, Minneapolis, MN 55414. You can contact them by calling 612-378-1255 (Restaurant phone number) or 612- 296-5160 (Event Manager) to discuss event details or by visiting their website: ugardenrestaurant.com for more information.

Note: The U Garden Restaurant and Event Center has been a long-time supporter of Southeast Seniors annual fundraising event. Please consider supporting them during this challenging time if you are able to. We thank them for their generosity!

Grocery Shopping Companion for Neighborhood Seniors

Southeast Seniors is looking for volunteers to assist neighborhood seniors with their grocery shopping 1-2x times per month at nearby grocery stores. A fun opportunity for someone who likes to shop and wants to make a difference! Some clients would like to come along to the store with the volunteer, and others are looking for someone to do the shopping on their list and then deliver the groceries. **Please contact Ann at Southeast Seniors: ann@seseniors.org or 612-331-2302 to learn more.** Thank you!



2020-2021 Annual Report

- 366 seniors and caregivers were served, including 214 who were first time service recipients!
- Over 573 hours of service coordination were provided to 148 seniors and caregivers, connecting them to resources and programs like Metro Mobility, SNAP, and Hearts & Hammers
- 95 seniors received over 511 hours of nursing services and over 865 hours of home health aide services, helping them to stay safe, healthy and out of the hospital
- Over 1766 hours of volunteer services were provided by 174 wonderful volunteers- a value of over \$50400
- 57 seniors and caregivers received at least 1 volunteer service
- We provided 292 one-way rides, an enormous health and safety benefit to the 22 older adults who used our volunteer driver program during the COVID-19 pandemic instead of public transportation or ride-sharing services
- 243 people were served through community outreach & health promotion contacts were made. This included everything from flu and COVID vaccine clinics to free blood pressure checks and in-home foot care!
- 95 older adults and caregivers received at least one holiday meal delivery
- 30 caregivers received individualized support including home visits and/or phone calls, and connection to services such as adult day care or respite

Fall Yard Clean-Up

Could you or someone you know use a hand with raking this fall? Southeast Seniors is offering fall clean-up for people over the age of 65 who live in the 55414-zip code. Please call Southeast Seniors at 612-331-2302 if you'd like to sign up. If you are interested in volunteering to help a senior with fall clean-up, please call our office at 612-331-2302 or email our Volunteer Coordinator, Ann Carter, at ann@seseniors.org. This is a flexible opportunity that can be completed on an evening or weekend. You can sign up to help with one yard or several! Southeast Seniors will provide compostable yard waste bags to volunteers, and we also have rakes available to borrow if you need one!



Upcoming Events:

Please note that September programs will be held virtually via Zoom, and other programs scheduled for later this fall may be moved to a Zoom format depending on COVID-19 conditions.

Older Adult Resource Series

Wednesdays from 1:30-2:30 pm

Van Cleve Park, 901 15th Ave SE

- September 8th: Medicare Market for 2022 & Beyond

- October 13th: Dinkytown Uprising of 1970 **This class runs from 1-3 pm**

- November 10th: We're in America Now: A Survivor's Story

- December 8th: Managing Diabetes

Southeast Lifelong Learners

Wednesdays from 1:30-2:30 pm

Prospect Park United Methodist Church, 22 Orlin Ave SE

- September 15th: Self-Defense for 55+

- October 20th: Running Away to Join the Circus

- November 17th: Curbs, Floors & Chairs-The Key to Independence

- December 15th: Discover Square Dancing

To register, call Southeast Seniors at 612-331-2302 or email us at info@seseniormpls.org with your name, email address, and phone number. Registration closes at midnight the night prior to each program.

Serving people 65 and older and their caregivers in Southeast Minneapolis since 1988!

Services Include:

Volunteer services
Resource coordination
Transportation
Nursing services on a sliding fee scale
Health promotion
Services for caregivers

Please contact us at 612-331-2302 or info@seseniormpls.org if you are interested in receiving services or if you would like to volunteer