



Southeast Seniors

HELPING SENIORS LIVE WELL AT HOME

On the Move with Carol!

Photo & Interview by Moira Olson, Service
Coordinator



Will you please share highlights of your history with Southeast Seniors?

I lived in the Marcy Holmes neighborhood for over 40 years; it seems I've always known about Southeast Seniors. I heard about their helpful and caring staff, I knew people on the board, and I supported them with donations. Then I stopped driving. For years I've asked Southeast Seniors to help with rides. Their volunteer drivers are so friendly! I always enjoy getting to know them.

You've joined two of our intergenerational programs. How have these impacted you?

Since joining Connection Club, I've been matched with four college students. They represented diverse walks of life and nationalities; one student even came from Malaysia. I've enjoyed learning about our similarities and differences, and about their special interests. One of my students played the tuba; he even treated me to personal concerts! I encouraged his playing, as I've encouraged all of my students in their respective endeavors. I've also enjoyed getting to know my younger Pen Pals students. They have been smart, creative, and caring. I like being part of their lives, noticing their unique characteristics, and being able to applaud their efforts.

Will you please tell us about a big change you welcomed into your life last year?

I moved to the Pillars of Prospect Park! I knew I would need more care, and I made the decision for myself. I'd already been downsizing for some time. Although I miss my former neighbors, I stay in touch with them, and the timing to move was really perfect. I've still enjoyed my familiar home health aide and my personal trainer of 20 years working with me since I moved.

What have been some happy surprises you've found in living at the Pillars?

I'm getting to know many interesting people who I otherwise wouldn't have gotten to know. I enjoy the camaraderie of my new group of dining companions. We're different, yet we find much in common. I also love seeing so much light and nature outside my window. Of course, it's also fun to walk down the hall to visit Betsy in the Southeast Seniors office!

Now that you "share a home" with Southeast Seniors, is there anything you would like to highlight about the program?

Yes! Southeast Seniors is run by caring and supportive people. Their free ride service gives you helpful options. Some people may think they should "let someone else get the services", but this truly is a neighborhood program hoping to connect with ALL seniors (and caregivers) in our community. I think of it like this...sometimes it's okay to be "dependent" to stay independent! They help seniors form new connections; plus, neighborhood volunteers feel good by helping others. Call them at 612-331-2302. Your life can be better in so many ways!

How to Support Our Local Restaurants During COVID-19

By Jane Baron, Southeast Seniors Volunteer

Kafe 421

If the name Kafe 421 sounds familiar, there's a good reason: the restaurant was a favorite in Dinkytown for 16 years. Founded by Georgia Sander, who emigrated from Greece as a teenager, Kafe 421 was known for its signature Mediterranean food, reasonable prices, and welcoming ambience.

In July 2019, the restaurant closed its doors and opened a catering business. Run by Georgia and her daughter, Antigone, Kafe 421 services the Twin Cities area. Whether you're planning an intimate wedding of 10 at home, a wedding of 200 or a corporate event of 1,000, Kafe 421 has built their business on providing great attention to detail.

I spoke to Antigone and asked her what she most wants her clients to know about Kafe 421. "We spend time talking with our clients so we can bring their vision to life. It's our goal not to just meet, but to exceed their expectations."

There is a vast and varied menu, giving clients the opportunity to host an event that will please every guest. Here are a few selections that caught my eye: spinach pie (Antigone's favorite), beef paprika with egg noodles; rack of lamb; tiger shrimp and poached salmon. Devils on Horseback is an appetizer that I will have to try. It's created from crispy prosciutto-wrapped dates, stuffed with lemon and honey-spiked mascarpone cheese. I also want to try the mango cheesecake for dessert.

Special dietary requests including vegan, vegetarian, gluten-free and Kosher can be accommodated. The team at Kafe 421 will work with you to ensure that all guests will be happy with their menu selections.

Boxed meals are also available. Choices range from casual breakfasts and lunches to elaborate dinners.

Covid precautions as mandated by the state are strictly adhered to. Wait staff wears masks at all times, and points of contact are frequently cleaned and sanitized. Kafe 421 discourages buffets at this time.

You can contact Kafe 421 at 612-623-4900 or visit their website at www.kafe421.com



Appetizers from Kafe 421

Longfellow Grill

The Longfellow Grill is one of four Blue Plate restaurants in the metro area. Offering traditional American food, they describe their fare as "comfort food with a twist." They pride themselves on making everything on site. It's the go-to place when you're thinking about a casual date, girls' night out, a working lunch or a family Sunday dinner (the kids' menu comes in handy). A full bar is available.

Serving breakfast, lunch, dinner and brunch, the menu list is extensive: Eggs Benedict, killer banana waffles, Honey Lime Chicken Salad, tacos, tomato basil soup, plus sandwiches and savory burgers like the Velvet Burger, made with Velveeta cheese, roasted poblano peppers, poblano peanut pesto aioli, sandwiched on brioche. How about adding bacon cheddar tots made from bacon sour cream, chopped bacon and green onions? Take your time and enjoy the fare because the portions are generous.

For St. Patrick's Day, they made Muddy Paws Cheesecake, 2 Gingers Whiskey Cheesecake, and Lucky Charms Cheesecake available by special order.

Vegan, Gluten-free, and vegan options are available.

Longfellow Grill is following stringent Covid-19 precautions. Tables are placed 6 feet apart, and there are partitions in place. Staff is required to perform a Daily Health Assessment before coming to work, and their temperature is taken upon arrival. Customers must wear masks before being seated, when getting up from the table, and when speaking to staff. For anyone arriving without a mask, a mask will be provided one for one dollar.

Outdoor dining on their large terrace has already started. Currently, the Longfellow Grill offers dining in, curbside pickup, and delivery.

Hours of operation change, so call ahead. Reservations are required.

Longfellow Grill is located at 2990 W River Parkway in Minneapolis. You can contact them by calling 612-721-2711 or going to their website at longfellowgrill@blueplateco.com.



Longfellow Grill's Bacon Burger

How to Support Our Local Restaurants During COVID-19 (continued from page 2)

Zakia Deli

The Zakia Deli in Minneapolis is a family-owned and operated delicatessen serving Lebanese, Greek, and American food. It features a homemade menu that offers breakfast, lunch, dinner, and catering options for small parties.

With 4 out of 5 Yelp customers reviewing the Zakia Deli, one customer started her review with "Yummy, yummy, yummy!" Another praised it saying, "The service was friendly and quick. The mjadra sandwich and baklava were amazing...!"

You might recognize some classic mediteranean menu items like falafel, spinach pie, and beef gyros. Have you ever tried fresh-baked za'atar and mini feta pies ? Or kibi meat squares? Order your selection with mint lemonade, and enjoy some coconut cake for dessert with American or Lebanese coffee.

The deli menu offers dozens of selections from hummus and grape leaves to kafta kabob and beef cabbage rolls.

Zakia Deli offers vegetarian, vegan, and gluten-free options.

The Deli is open for in-person dining at 50% capacity, and outdoor ding when the weather is warmer. Covid 19 guidelines are followed at all times. Customers must enter wearing masks, and are expected to keep them on when they are not eating. Staff wears masks and has their temperature taken upon arriving at work.

Call for hours of operation. Pickup and free delivery are available.

Zakia Deli is located at 2412 Kennedy Street NE. You can contact them by calling 612-379-0288, or going to their website at zakiadeli.com.



Spinach Pie from Zakia Deli

Birchwood Cafe

The Birchwood Cafe, located in the Seward neighborhood of Minneapolis, has been called "the quintessential example of a neighborhood cafe." Starting out as a grocery store, it has received 4 out of 5 stars on Yelp, and has been ranked #19 by Tripadvisor among 1,702 restaurants in Minnesota. It prides itself on offering all locally-sourced food, including their cheese.

The restaurant offers an ever-changing seasonal menu that includes breakfast, lunch, dinner and brunch. What are you in the mood for: blueberry pancakes? Avocado toast? Bacon pizza (I can practically taste it) ? What about a cilantro lime turkey salad, chicken wings or a savory burger? Top it off with sweet and salty peanut butter pie and you're all set. Vegan, vegetarian, gluten-free and organic choices are available. Before you leave, bring home a bag of their original granola.

Right now, because of Covid-19, Birchwood Cafe is open only for takeout and curbside pickup. All staff members follow rigorous CDC recommendations including wearing masks and having their temperature taken when they arrive for work.

Call for hours of operation.

Birchwood Cafe is located at 3311 East 25th Street in Minneapolis. You can contact them by calling 612-722-4474 or visiting their website at birchwoodcafe.com/



Mother's Day Brunch at Birchwood Cafe & their garden

* Note: All restaurants featured have been long-time supporters of Southeast Seniors' annual fundraising event. Please consider supporting them during this challenging time if you are able to. Most also offer gift cards that can be used at a later time! We thank them for their generosity and hope to see everyone in 2022 for our Taste of Southeast fundraiser. Be well!

-Betsy Snyder, Executive Director

Boost Your Stress Resilience with Laughter!

By Moira Olson, Service Coordinator



We are living through stressful times, but there are tried and true ways to protect our mental and physical health. Let's get corny and focus on laughter! Chuckling over a funny story, you unleash a host of physical, emotional and mental health benefits for yourself and others joining in (even via Zoom)! Try it out... Andy: What do you call Mondays without any Zoom meetings? Ann: Meetless Mondays!

What Happens When You Laugh

Laughing triggers many positive physiological responses, including:

- Lowered blood pressure
- Relaxation of the entire body, relieving muscle tension and stress
- Release of endorphins, brain chemicals which make you feel happy and content
- Stimulation of your immune system by activating T-cells and immunoglobulin A

Humor and Mental Health

The ability to laugh is closely tied to cultivating a positive outlook on life, a protective factor against mental health issues such as depression and anxiety. It also helps people maintain an upbeat mood throughout the day. Plus, optimism is linked to improved resiliency; coping with stressful situations despite obstacles such as disease, financial stress or the loss of a loved one.

"Injecting" More Humor into Your Day

Make laughing a habit to enjoy its many health benefits. Set a goal to laugh daily! Boost humor in your routines by getting "Joke of the Day" emails, reading comics in the newspaper, watching a funny television show, or doing whatever gets you giggling! Call Southeast Seniors' office to share jokes from these fun websites with us...we'll laugh right along with you!

- A Joke A Day – Sign up free to get their joke of the day via email: <https://www.ajokeaday.com/>
- Geezer Guff – A collection of senior-related humor sites: <https://geezerguff.com/funny/senior-humor-sites/>
- Everyday Wisdom – Online collection of clean jokes and fun short stories: <http://www.everyday-wisdom.com/senior-humor.html>

Article adapted from: <https://www.seniorhomes.com/p/humor-and-laughter-health-benefits-for-seniors-resources/>

Spring Clean-Up

By Ann Carter, Volunteer Coordinator

"I glanced out the window at the signs of spring. The sky was almost blue, the trees were almost budding, the sun was almost bright."

— Millard Kaufman, American Screenwriter & Novelist

Spring is officially here!

Did you know that Southeast Seniors offers basic spring yard clean-up to residents of Southeast Minneapolis who are age 65+?

If you are interested in this free service OR if you would like to be one of our volunteer cleaner-uppers, please contact us!

We usually set this up for late April, depending on what happens weather-wise in early spring. Please contact Ann Carter, Southeast Seniors' Volunteer Coordinator, at 612-331-2302 or ann@seseniors.org for more information.

And Happy Spring from all of us at Southeast Seniors! Life might not be back to 'normal' just yet, but as Laura Ingalls Wilder wrote:

"Some old-fashioned things like fresh air and sunshine are hard to beat."

Upcoming events held virtually via Zoom:

Older Adult Resource Series: Held on Wednesdays from 1:30-2:30 pm

April 14th: Gender Identity & Pronouns

May 12th: Better Sleep for Better Health

June 9th: A Backup Plan for Minnesota's "Solo Seniors"

June 16th: Recycling- What's the Deal?

Lunch Bunch Reconnect: Held on Wednesdays from 12-1:30 pm

April 21st: Elder Abuse & Financial Exploitation

May 19th: Minnesota Gems to Visit this Summer

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

COVID Vaccine Updates

In partnership with the Living at Home Network and Trellis (formerly Metropolitan Area Agency on Aging), Southeast Seniors co-hosted a mass COVID vaccination clinic at Lauderdale City Hall on March 15th. We are excited to announce that a total of 330 older adults and caregivers were vaccinated at this event!

If you need assistance with making an appointment for a COVID vaccine, please call Southeast Seniors at 612-331-2302 or email us at info@seseniormpls.org. We can also provide transportation to vaccine appointments for people over the age of 65 who live in the 55414 zip code.



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