



Southeast Seniors

HELPING SENIORS LIVE WELL AT HOME



LIFELONG LEARNING RETURNS TO IN-PERSON

James W. Oberly (**photo at left**) fielded numerous questions on how to best research your family history during an April workshop at Van Cleve Park in Minneapolis.

About 16 lifelong learning students from the area community attended the afternoon program, called “Making the Most of Ancestry.com Library Edition for Seniors Researching their Family History.”

Oberly, professor emeritus of history at the University of Wisconsin-Eau Claire, is a Prospect Park resident and a volunteer driver for Southeast Seniors.



The genealogy course is one of many programs co-sponsored by Southeast Seniors and Minneapolis Community Education throughout the school year. The hour-long programs are usually held in the afternoon, to accommodate as many adult learners as possible. Southeast Lifelong Learners programs are offered on a sliding fee scale, with a suggested contribution of \$0-5 per course. **For information on our upcoming programs, see page 4.** (Also, our Book Club is meeting monthly throughout the summer! **Photo at left.**)

SENIORS AT HOME: COMFORTABLE, CONNECTED & SAFE

Do You “Fit” Your Car?

What: CarFit is a FREE opportunity created via the collaboration of AARP, AAA, and the American Occupational Therapy Assoc. It offers older adults opportunities to learn how well their own vehicles “fit” them. While older drivers represent the “safest” category of drivers for honed safety habits, they are more likely to be killed or seriously injured if a crash occurs, due to greater vulnerability of aging bodies. (Source: NHTSA)

At our CarFit event, a team of trained technicians can educate YOU (or an older driver you care about) on ways to best “fit” your/their vehicle properly for max comfort and safety. You’ll also get info and materials about adaptive equipment and community resources to boost driver safety.

When: Thursday, Aug 18, 8:30-11:30 am, Van Cleve Park.

How: Each CarFit check takes only 15-20 minutes. Please call our office at 612-331-2302 or email Moira at moira@seseniors.org to learn more and/or to sign up for your appointment!

“I’ve been so grateful. I wouldn’t have known where to start [finding help] without you!”

~SES client



Our monthly services include free blood pressure screenings!

LOVE BEING OUTSIDE? VOLUNTEER NOW!

Southeast Seniors, a neighborhood agency helping older adults stay living independently in their homes, is seeking volunteers for occasional yard work assistance for neighborhood seniors. This could include trimming bushes, weeding, mowing, and other light yard chores throughout the season. If you enjoy working outside and want to make a difference in your community, please consider this opportunity! For more information, contact Ann Carter at ann@seseniors.org or 612-331-2302.



LAUGHLINES

By Jane Baron, SES Volunteer

From the time my niece, Amy, started to talk, she kept us in stitches. This one particular day was no exception.

Connie, my sister, was preparing Amy's lunch. "So, Ames, what would you like to eat?"

"Funatish and bopaglops," Amy answered decidedly. My sister was puzzled. "*What do you want, Amy?*"

"Mommy, I said I want funatish and bopaglops." Connie mulled this over for a minute, Funatish... funatish... ah, yes! Amy wanted tuna fish. *But bopaglops... what on earth?*

"Ames, I'm sorry, but I don't understand; can you show me what you want?"

My niece got down from her chair and led Connie to her room. She opened up the closet door and pointed to her favorite red-and-white polka dot dress.

"Mommy, I want the bopaglops! Please, Mommy?"

Finally, Connie got it. She bent down, scooped up Amy in her arms, and laughed. "Oh, Amy! Do you want me to put on your polka dot dress while you eat the tuna fish sandwich?"

Amy jumped up and down with unbridled delight. "Yes, Mommy, *yes!!*"

Funatish and bopaglops, anyone?

SOUTHEAST SENIORS

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@seseniors.com if you are interested in receiving services or you would like to volunteer!

**MARK YOUR CALENDAR! JOIN US FOR UPCOMING
PROGRAMS WITH SOUTHEAST LIFELONG LEARNERS**

“Count Me in Como” Games Group

**Thursdays, 10:30-11:30 am, Southeast Christian Church (960 15th Ave SE)
(Sept 8, Oct 6, Nov 3, Dec 1)**

Join us for this monthly social opportunity to gather with neighbors for friendly conversation while playing cards and board games together!

Gardens as Art

**Wednesday, Sept 14, 1:30-2:30 pm, 1st Floor Cafe at Pillars of Prospect Park
(22 Malcolm Ave SE)**

Learn about the Giverny, France-based gardens of renowned artist Claude Monet – the natural spaces where he lived, gardened and painted. Become a garden artist yourself by creating a colorful flower arrangement to take with you. Vases and flowers provided. This class is led by Becca Norris, Master Gardener.

MN Medicare Market for 2023 and Beyond

Wednesday, Sept 21, 1:30-2:30 pm, via ZOOM

Whether you are already on Medicare or will be enrolling soon, learn about the basics of Medicare, the different types of supplemental plans, and which is right for you. Instructor Chris Abbott is a Medicare specialist for the North Star Medicare Supplement Division of North Star Resource Group.

Being Aware of Your Surroundings

**Wednesday, Oct 12, 1:30-2:30 pm, 7th Floor Community Room, Pillars of
Prospect Park**

This presentation will cover the steps needed to create a safety plan, and key takeaways that can be used for a variety of incidents that may happen in the community. There will also be time to ask questions of the University of Minnesota Department of Public Safety.

Presented by Nick Juarez, Community Engagement Liaison with UMN Public Safety Department, and colleagues.

Understanding Natural Burial

Wednesday, Oct 26, 1:30-2:30 pm, Van Cleve Park (901 15th Ave SE)

Natural burial is among the most ancient of rituals to honor a body after death. Join this session to learn how it's making a comeback, the three designations of natural burial cemeteries, and how your after-death choices can reflect the values of your life. Presenter Marilaurice Hemlock is a funeral celebrant, pastoral minister, ritualist, death educator, and lover of words.

Making Holiday Cards

Wednesday, Nov 9, 1-2:30 pm, Van Cleve Park

Come and join your friends to create and assemble personalized holiday cards using papers, inks, embellishments, and stamps. Kits provided. Instructor Anne Frazer is certified as a Copic Alcohol Ink Marker instructor.

Chair Yoga

Wednesday, Nov 16, Noon-1 pm, via ZOOM

Chair yoga is a gentle yoga practice where poses are modified to be done seated in a chair. Chair yoga can improve flexibility, strength and mindfulness, as well as many other health benefits. Instructor Alex La Belle has learned that yoga can help people change their relationship with themselves for the better.

The Power of Friendship & Gratitude

Weds, Dec 7, 1:30-2:30pm, 1st Floor Cafe, Pillars of Prospect Park

Join us for this fun, interactive spotlight on the power, purpose and pleasure of friendship. We'll kick things off with a gratitude circle. Then hit "pause" and reflect on the role social connections play in our lives. Presenter Georgia Afton is Community Outreach Director with Little Brothers-Friends of the Elderly.

Holiday Square Dancing with Ann Carter

Wednesday, Dec 14, 1:30-2:30 pm, Van Cleve Park

"Hand over hand, heel over heel, the more you dance the better you feel!" Come join us for a fun, beginner-friendly hour of good, old-time square dancing! Professional caller Ann Carter will lead us in some fun, simple dances. No partner required. Instructor and Square Dance Caller Ann Carter is the Volunteer Coordinator at Southeast Seniors .

SES SAFETY TIP: MEDICATION MATTERS

By Jane Baron, SES Volunteer

You receive a prescription medication, assume it's safe and take it as usual. But are you practicing safe medication administration techniques?

As an RN, I learned to strictly follow the five "rights" :

- 1) Right name
- 2) Right medication
- 3) Right dose
- 4) Right time
- 5) Right route



Whenever you open a new bottle, tube, vial or other container of medication, check for the following before you use it:

- 1) Your name is on the prescription
- 2) The medication is the one your doctor has prescribed
- 3) The amount of medication is correct: 10 mg; one drop; one patch
- 4) The right time is indicated: in the morning; every 6 hours; as needed
- 5) Right route: by mouth, applied to the skin, injected

If the pill is a different color or shape than you've taken before, check with your pharmacist. There may be a new manufacturer or a host of other reasons why a medication looks different.

Following these basic rules maximizes your safety and reduces complications that might harm you. Do remember that side effects from any medications can develop at any time. Always consult with your doctor. In an emergency, such as trouble breathing, call 911.



WELCOME
LAURA

We are excited to welcome Laura Rowe as our new Program & Communications Assistant! She has worked as a communications consultant for numerous non-profit organizations. She holds a MA in Social Gerontology and a BA in Communications/ Journalism.

Feel free to reach out to Laura with any ideas to promote our vibrant clients, volunteers, services and programs at Southeast Seniors!

READY, SET, LEARN. OLLI MAKES IT EASY!

By Bev Bachel, SES Neighbor

Are you interested in learning and meeting new people?

If so, let me introduce you to the Osher Lifelong Learning Institute, affectionately known as OLLI.



UNIVERSITY OF MINNESOTA

Housed at the University of Minnesota (and more than a hundred universities across the United States), OLLI makes it easy and affordable for those of us ages 50+ to take a wide range of classes with other interesting people.

“We offer hundreds of high-quality, noncredit courses ranging from art, music, history, science, sports, wellness, electric vehicles and more, all taught by retired professors, current doctoral students and other knowledgeable instructors,” says Kate Schaefer, director of OLLI at the University of Minnesota.

Courses are offered at both University of Minnesota Twin Cities campuses, as well as other convenient locations, including nature centers, art museums, movie theaters and more. You can even sign up for tours of everything from metro-area gardens to Huntington Bank Stadium. And if you prefer learning from the comfort of your own home, classes are also offered online..

OLLI also offers dozens of special interest groups (SIGs) that meet regularly and provide opportunities for both learning and socializing on everything from birding to Bananagrams, from movies to tinnitus.

“Not only do we want to foster lifelong learning, we want our members—no matter their age—to build connections with others who are just as curious and motivated to learn about the world around us,” says Schaefer.

A yearly membership costs \$300, which enables you to enroll in as many courses as you’d like and participate in any of OLLI’s SIGs. Scholarships are available, and if you are a University of Minnesota Alumni Association member, you save \$20 on your first year of membership. To learn more, visit Osher Lifelong Learning Institute online or call 612-624-7847.

*A Marcy-Holmes resident, Bev Bachel serves on AARP Minnesota’s Executive Council and writes for **Retirement Wisdom** and other blogs. She is the author of **What Do You Really Want? How to Set a Goal and Go for It. A Guide for Teens.***

SHARE THE WORD: Join us for fun, food and live drumming in July!

Stop by for light refreshments, beverages and drumming performances by Smiling Drum Studio.

What: 2nd Annual Share the Word event with Southeast Seniors!

When: Thursday, July 28, drop by anytime between 6-7:30 pm.

Where: Outside at The Pillars of Prospect Park, 30th Ave SE streetside patio. (In case of rain, 7th Floor Community Room at Pillars.) Please contact us for more information.

Who: YOU! Join Southeast Seniors staff, volunteers, neighbors and supporters to learn more about what we do in the Southeast Minneapolis neighborhood!



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