



# Southeast News

Southeast Seniors, A  
Living at Home/Block  
Nurse Program

Spring 2014

## **Celebrate Southeast!** **Sat., April 26, 2014, 1:00—4:00 p.m.** **Prospect Park United Methodist Church** **22 Orlin Avenue SE, Minneapolis**

**1:00—3:00 p.m.**

### **MUSIC & SILENT AUCTION**

Music by Jody Ouradnik, Stu Anderson, & Jan Stroup. Bid on a MN Twins box; fine art including prints by Gustav Klimt and local artists; pottery; MN Twins autographed item; \$100 MacPhail gift certificate, gift cards to restaurants, entertainment, hotels and activities; & more!

### **TASTE OF SOUTHEAST**

Sample delicious food donated by Southeast area restaurants: Applebee's, Blarney Pub & Grill, Burrito Loco, Café Biaggio, Caspian, Espresso Royale, Gardens of Salonica, Green Spoon, Kafe 421, Kramarczuk's, Loring Pasta Bar, Profile Center, Vescio's, Village Wok and more! Check our website for updates!

**3:00—4:00**

### **SOUTHEAST HONORS KATIE FOURNIER**

Program honoring Katie Fournier, long-time Como resident and community activist

### **TICKET PRICES**

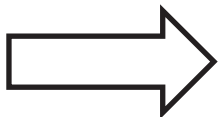
Adults \$15, Seniors \$10 (65 and older), Children \$5 (10 and under)

This event is a fundraiser for Southeast Seniors

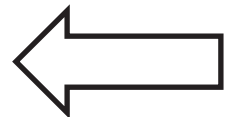
Information: 612-331-2302, [seseniors@mtn.org](mailto:seseniors@mtn.org), [www.seseniorsmpls.org](http://www.seseniorsmpls.org) & facebook

If you have time on April 26, we are still looking for a few volunteers to help us with set up, the silent auction, help with serving food and takedown.

Please call us if you are interested in volunteering. Thank you!



**Coupon—Free Foot Care!!!**



Do you have trouble trimming your toenails? This is a common problem we face as we age. Southeast Seniors has the answer. Through our contract with Fairview Home Care, we have a nurse who is able to come to your home to trim your nails. To make arrangements, call Southeast Seniors, 612-331-2302. Contact will need to be made with your physician to authorize the Foot Care. Clients need to be 65 or older and live in the 55414 zip code. Limit one coupon per person. Expires 10/1/2014.





## Welcome Judy Houck, LGSW

Judy Houck, Licensed Graduate Social Worker, joined our staff in January 2014 as our new Service Coordinator/Social Worker. Judy received her Master's Degree in Social Work from Augsburg College in 2010. She interned while in graduate school at Little Brother's Friends of the Elderly and West 7th Community Center, where she was later employed before coming to Southeast Seniors. Other career highlights include working for South Washington County Schools and Rise Inc. in Spring Lake Park.

Judy became a social worker because of her love of working with the elderly, a career that she went into after caring for elderly parents and in-laws before they passed away. Entering school at age 50 she received a Hartford Scholarship for her commitment to working with the elderly and for her academic performance.

In her spare time, Judy enjoys spending time with her husband, children, grandchildren and friends. She is active in her church and is vice-president of the board of her area food shelf. Judy also enjoys several hobbies including traveling, reading and spending time with her grandchildren.

Judy has jumped right in and is busy helping connect seniors to a wide range of services; organizing inter-generational programs, pen pal program and Ask a Nurse/Blood Pressure Clinics; and getting to know many seniors in Southeast. She states that she loves her job and working with Southeast Seniors. To reach Judy, call Southeast Seniors at 612-331-2302.

## A few tips from Sara

Many of you have probably run into Sara Tufvesson Doure, teaching fitness classes at Pratt or at local fitness centers helping someone with a Personal Training session. Sara has led exercise classes for Southeast Seniors for over 15 years. She has a faithful following from seniors living at Holmes Park Village and the Labor Retreat apartments. Many seniors have said they don't know what they would do without their weekly visits from Sara. She has helped many with questions they have about exercises they have received from a Physical Therapist after rehab. Others want to know what exercises to do to prevent falls, avoid back pain, or just help them to feel better.

Here are a few "BEE FIT" tips from Sara: Do not underestimate the power of ingesting adequate water! It promotes healthier skin, hair, nails, finger-tips and heels. Helps prevent dry eyes and lips. Some headaches are due to dehydration. Foggy thinking? Grouchy? Insomnia? Drink some water.

Do your veins a favor: lie down on the floor with your feet and lower legs on a chair. If you spent all day pushing blood upwards against gravity, you would appreciate a breather too.

Thank you Sara for all you have done for seniors in Southeast!



## Celebrate Southeast

Under the direction of Fundraising Chair, Susan Anderson, volunteers and staff of Southeast Seniors are busy planning our 3rd Annual Celebrate Southeast event. The event will take place on April 26, 1—4 p.m., at Prospect Park United Methodist Church.

We are fortunate to receive such great support from the Southeast community for this event and throughout the year. We especially want to thank Georgia Sander, Kafe 421, and Greg Pillsbury, Burrito Loco, for their encouragement and tremendous support of our event. We appreciate every item we receive for the silent auction and all the fabulous food for our Taste of Southeast. There are too many names for us to list everyone here. For a complete list of items please check our website, [www.seseniormpls.org](http://www.seseniormpls.org).

### Resources and Activities for Seniors in Southeast

These are just a few of the many resources and activities for seniors in Southeast. For more ideas or assistance, please give us a call at 612-331-2302.

Eastside Meals on Wheels, 612-277-2529

Van Cleve Seniors—meets weekly in Como, 612-370-4926

JOY in Learning—monthly gatherings, Pratt Community Education, 612-668-1100

MacPhail Center for Music, 612-232-0100

ArtSage—a convener, connector and catalyst for the field of arts and aging. [Artsagemn.org](http://Artsagemn.org)

OLLI, Osher Lifelong Learning Institute, U of M, 612-624-7847

Pratt Community Education, wide variety of classes offered throughout the school year, 612-668-1100

## Are we building the right type of housing to ‘age in place?’

*Material from Southwest Journal, March 13—26, 2014 issue, by David Brauer*

Are we building the “right” type of housing for the Senior Boom? Housing researcher Mary Bujold, estimates the city loses 30% - 40% of its seniors to the suburbs, partly because of a shortage of single-level, stair-free homes, and partly due to fewer assisted living facilities.

Minneapolis recently added specific goals to its housing policy. Among them: create one senior housing project in each of the 13 wards over the next 12 years. The city will also allocate 30% of its affordable housing trust fund and 25% of its housing revenue bonds to senior projects. Bujold estimates a mere 1.7% vacancy rate metro-wide for affordable senior-only housing—tighter than already-tight overall market.

...the very thing that makes Minneapolis attractive to Millennials—walkability, transit and amenities—applies to seniors.

If you need assistance in “aging in place” in your home, please contact Southeast Seniors.

A few websites to help with Aging In Place and more!

[aging2.com](http://aging2.com), Innovators in aging

[asaging.org](http://asaging.org), American Society on Aging

[medminder.com](http://medminder.com)

[reminder-rosie.com](http://reminder-rosie.com)

[coa.umn.edu](http://coa.umn.edu), Center on Aging

[eldercarelink.com](http://eldercarelink.com)

[caregiver.com](http://caregiver.com)

[aplaceformom.com](http://aplaceformom.com)

[livewellathome.com](http://livewellathome.com)

[mnaging.org](http://mnaging.org), MN Board on Aging

[seseniormpls.org](http://seseniormpls.org)



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**Celebrating  
26 years  
Of service**

**Celebrate Southeast! April 26, 2014**

### **What is Southeast Seniors?**

**Southeast Seniors is a non-profit, 501c3, organization of health care professionals and neighbors who help people 65 and older** remain independent and safe at home. Our service area includes the neighborhoods of Como, Marcy Holmes and Prospect Park in Southeast Minneapolis. **Our vision—Seniors at home: comfortable, connected, empowered, safe.**

**Through a contract with Fairview Home Care, we provide nursing services:** care after hospitalization, care in chronic illness, management of medications, care of feet and nails, nutritional advice, blood pressure checks; and **home health aide services:** bathing, shampooing, skin care, changing bed linens, meal preparation, light housework, and laundry. **We work with Medicare and all insurance companies in providing these services. We also have a sliding fee scale available.**

**Other services provided: visiting volunteers; services by our Outreach Nurse; connecting seniors with services** such as Lifeline, Vision Loss Resources, grocery shopping, Meals on Wheels, support for hearing loss; and assistance with chore services, home maintenance and transportation. **We also sponsor intergenerational activities and health seminars in the community.**

**We have a staff of three: Marji Miller—Executive Director/Volunteer Coordinator; Judy Houck, LGSW, Service coordinator; Darla Wexler, PHN, Outreach Nurse; & many volunteers.**

**Thank you to our many wonderful donors  
and supporters listed on the insert!**