

4th Annual Taste of Southeast/ Celebrate Southeast

DATE: Sat., April 18, 2015

TIME: Noon—3 PM

LOCATION:

St. Frances Cabrini Church
1500 Franklin Av SE
Mpls., MN 55414

**TASTE OF SOUTHEAST,
& SILENT AUCTION**

Noon—2 PM

Sample delicious food
from area restaurants,
while shopping the
silent auction

Food provided by: Kafe
421, Kramarczuk's,
Gardens of Salonica,
Loring Pasta Bar,
Vescio's, Applebee's,
Blarney Pub & Grill,
Burrito Loco, Espresso
Royale, Caffé Biaggio,
Caspian, Profile Center,
Zakia Deli and more!

FOR MORE INFO:

612-331-2302

seseniors@mtn.org

www.seseniorsmpls.org

Check website and Facebook for updates on
food and auction items and to order tickets!

This community event is a fundraiser for
Southeast Seniors.
We coordinate services for seniors living in
Southeast so that they may
live well at home

SOUTHEAST CELEBRATES:

Program honoring
Tom Sengupta
and Darla Wexler
2:00—3:00 p.m.

TICKET PRICES

Adults \$15
Seniors \$10 (65 & older)
Children \$5 (10 &
younger)



Linda Neal, RN, joined our staff on March 2, 2015. Linda will be working as our Outreach Nurse, taking the place of Darla Wexler who is retiring from Southeast Seniors. Darla has been with our program since 1988 and we will all miss her!

Linda brings over 40 years of nursing experience to our program. She has worked with Hennepin County Medical Center, Church of the Assumption as a Parish Nurse, Hospice of the Twin Cities, and as an RN Case Coordinator for UCare SNBC (Special Needs Basic Care) Clients.

In her spare time, Linda enjoys volunteering with various organizations including SoleCare for Souls which provides free foot care.

Linda has jumped right in and is busy getting to know many seniors in Southeast. She states that she loves her job and working with Southeast Seniors. To reach Linda, call Southeast Seniors at 612-331-2302.

Pick up the phone! Give us a call!

Southeast Seniors is just a phone call away and able to provide whatever assistance that is needed to help someone 65 and older live well at home. We can:

- make referrals to Fairview Home Care for Medicare certified nursing care in the home; provide volunteers who offer companionship, rides and other assistance;
- coordinate other services in the home such as chore services, housekeeping, and grocery delivery;
- help with completing forms necessary for applying for Medical Assistance or other programs;
- offer workshops on a variety of topics;
- Care coordination following hospitalization in addition to other services.

Call us if you have questions; we'd be happy to chat on the phone or make a home visit.

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We are interested in hearing from you about services or programs you would like to receive. Southeast Seniors' Program Committee has been meeting to discuss ways in which we can provide outreach and more services for seniors in Southeast Minneapolis. Some of the things we are discussing include: classes on the use of technology, health care directives, downsizing, exercising your brain, and more; caregiver support groups; neighbor helping programs; monthly seminars on a variety of topics... the list is endless. Please let us know what interests you whether you are 65 or 95, we are here to help.

Phone: 612-331-2302

Email: seseniors@mtn.org

Website: www.seseniorsmpls.org

Like us on Facebook

Taste of Southeast/ Celebrate Southeast

Under the direction of Fundraising Chair, Susan Anderson, board members, volunteers and staff of Southeast Seniors are busy planning our 4th Annual Taste of Southeast/Celebrate Southeast fundraising event. The event will take place on April 18, Noon—3:00 p.m. at St. Frances Cabrini Catholic Church, 1500 Franklin Av SE, Minneapolis.

We are fortunate to receive such great support from the Southeast community for this event and throughout the year. We appreciate all the items that were donated for the silent auction. For a complete list of items please check our website, www.seseniormpls.org.

This year for our Celebrate Southeast program we will be honoring Tom Sengupta, former owner of Schneider Drug, and Darla Wexler, Outreach Nurse with Southeast Seniors. Tom has done so much for our program and seniors in Southeast. Darla is retiring from our program after working with us for over 25 years.

Please join us on April 18 for a community event to Celebrate Southeast!

Volunteers always needed!

If you have a skill or talent to share with our neighborhood seniors we'd love to hear from you! We're always looking for people who love to visit with seniors in their home, provide rides, help with chores in the home, play cards, or even help out in our office! It doesn't take a lot of time to make a real difference in the life of a senior. Please give us a call if you are interested: 612-331-2302

National Healthcare Decisions Day

April 16, 2015

If something were to happen to you or a loved one that left you unable to communicate, how confident are you that the right medical treatment choices would be made? April 16, 2015 is National Healthcare Decisions Day: take time to talk with your family and friends about your healthcare choices; visit www.HonoringChoices.org to hear stories and download a Healthcare Directive; talk with your healthcare provider about your healthcare choices, or call Honoring Choices Minnesota at 612-362-3704 for more

University of Minnesota Center on Aging

Southeast Seniors is collaborating with the University of Minnesota's Center on Aging. The Center on Aging is a University-wide center for research and education focused on aging. Their mission is to foster basic and applied gerontology research and education that will inform public-policy, prepare students at the undergraduate and graduate level for work within an aging society, and provide information and outreach to help address the health and well-being of older adults.

We will be hosting our first event on Thursday, April 9, from 1:30—3:30 p.m. in D325 Mayo at the University of Minnesota with a panel of community and student volunteers from Southeast Seniors. Students will be able to learn more about our organization and how to get involved with seniors in their community. Opportunities include: serving as a visiting volunteer, participating in intergenerational activities, developing and facilitating health seminars with a faculty member, and participating in other programs. Students are asked to register for this event at coa.umn.edu.

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Southeast Seniors
 66 Malcolm Avenue SE
 Minneapolis, MN 55414
 Phone: 612-331-2302
www.seseniormpls.org
seseniormpls@mtn.org
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**Celebrating
 27 years
 Of service**

Taste of Southeast/Celebrate Southeast April 18

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, toe nail care, nutritional advice; and **home health aide services.** 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. We also sponsor intergenerational activities and health seminars in the community. Call us if you, a friend or neighbor would like more information, or if you would like to volunteer: 612-331-2302.

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

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. New clients only. Expires 10/1/2015.