



Celebrate Southeast! and Celebrate Southeast Seniors' 25th Anniversary—April 27, 2013

Over 100 neighbors, friends and supporters of Southeast Seniors joined together on Saturday, April 27 to celebrate Southeast Seniors' 25th Anniversary and to enjoy the Second Annual Celebrate Southeast/Taste of Southeast fundraising event.

We have so many people to thank for this wonderful day, the list is endless. Thank you to Susan Anderson, Board Chair, for coordinating the event; University Lutheran Church of Hope for providing the venue; Kris Felbeck for coordinating the Silent Auction; board, staff, volunteers, businesses and neighbors who contributed items for the silent auction and food for the Taste of Southeast. With everyone's help we were able to raise over \$7,000!

During the silent auction and while everyone was sampling the delicious food from the Taste of Southeast, we enjoyed listening to music provided by Jody Ouradnik and Stu Anderson, and Jan Stroup.

During the program, our founders, board members, staff and former staff, and volunteers shared their memories of all the energy and hard work that went into developing and sustaining Southeast Seniors for 25 years. Senator Amy Klobuchar started our program with a video message; Susan Anderson and Kay Jones shared a bit of history; Bruce Graff honored our early funders; Bob Distad honored our board members; Jan Stroup and Mary Anne Page shared stories about our many volunteers; Mary Quirk discussed the importance of our public support and awareness; Michelle Lichtig and Jeanne Hanson shared highlights from our programs; Darla Wexler gave an overview of our nursing program; Tom Weist reviewed the wonderful support we receive from our neighborhood churches, businesses and associations; Lisa Barnhill gave a very touching account of her experience as a family member and the help they received from our program; Marji Miller thanked the entire community for all their support. The program concluded with a few words from Hennepin County Commissioner Peter McLaughlin.



Special video message from
Senator Amy Klobuchar



Bruce Graff sharing a bit of our rich history



A great time was had by all!

Creative Arts and Aging



Ginia Klamecki, Robert Laudon and pen pals

“In study after study, arts participation and arts education have been associated with improved cognitive, social, and behavioral outcomes in individuals across the life-span: in early childhood, in adolescence and young adulthood, and in later years”.*

Over the course of the history of Southeast Seniors, we have come in contact with numerous older adults who have had their lives richly influenced by their participation in the arts. One person is Robert Tallant Laudon. Bob said that his love for writing and poetry started at a young age. He was three when he would recite excerpts from *The Tale of Peter Rabbit*. Bob is Prof. Emeritus of Musicology and Harpsichord at the Univ. of MN. He has written several books, including “Among the Displaced”, “The Era after the Baroque, Music and the Fine Arts, 1750—1900”, and “The Dramatic Symphony.” Bob Laudon never expected to be publishing a book at age ninety but is thankful for a long life and for the opportunity to enjoy and study the arts. He credits his writing group with helping to provide constructive criticism for his writing over the years. Bob enjoyed his participation in the Southeast Seniors/Pratt Community School Pen Pal Program, where he and his student, Irena, both enjoyed writing poetry.

Whether you enjoy dance, pottery, water color, poetry, drumming, photography, music or other arts, several studies report improvements in cognitive function and self-reported quality of life for older adults who engage in the arts and creative activities, compared to those who do not. So write a poem, pick up a paint brush, learn or re-learn how to play a musical instrument and enjoy yourself!

Proverbs of a Nonagenarian

Blessed are they whose life is long for they shall depart in the richness of their days.
 Strange are those who live in history long past while the young flourish in utter abandon.
 Stalwart are those who resist the nostrums, the chemistry labs of risk and commercials.
 Absent are those whose brains, wired and weird, have flown away in flights of oblivion.
 Fanciful yet are the nonagenarians who flow between chores and departure.
 Blessed the aged gardeners who value the plants and the beasties.
 Gossamer each hair of the elders, strands tossed by the winds of the decades.
 Afterword hovers over Everyman may Good Deeds suffice at the end.
 Ponderous is the speech of the centuries, stamped in the King James manner.
 Shaky the knees and trembling the hand, yet tap tap toes still dream of the ballroom of love.
 Stormy is the speech of the young, rock, rock, while oldsters wrestle with tempests unseen.
 Blessed are they whose life is long for they shall depart in the richness of their days.

By Robert Tallant Laudon

**(A white paper based on “the Arts and Human Development: Learning across the Lifespan,” a convening by the National Endowment for the Arts in partnership with the U.S. Department of Health and Human Services, March 14, 2011, Washington, DC)*

Marcy Open School and Southeast Seniors' Time Together Project Celebrates 10th Anniversary



The Marcy Open School/Southeast Seniors' Time Together Project began in 2003. Marcy Open School was looking for opportunities for their students to interact with older adults in the neighborhood. Eve Parker, a parent of a Marcy student, contacted Southeast Seniors. Our program was already assisting many seniors living in the Holmes Park Village apartments across the street from Marcy. We contacted the building manager and they thought it was a great idea to collaborate, and so the program began.

The students and seniors share a lunch, work on service projects and enjoy learning about each other's lives. The program has made an impact on the lives of the students as well as the seniors. The students are amazed to learn that some of the seniors actually grew up in a log cabin without electricity or running water. The seniors are amazed at how knowledgeable the students are especially in the area of technology. Mark Hirsch and Sara Dotty, Marcy Open School teachers, coordinate the program on behalf of Marcy School. Jeanne Hanson, Service Coordinator, represents Southeast Seniors. We appreciate the support of Marcy Open School faculty, staff and parents, and the support of the managers of Holmes Park Village. We especially appreciate the enthusiasm and on the part of the seniors and students involved in the program.

Annual Report

Providing services to help seniors in Southeast Minneapolis live well at home since 1988.

Vision: Seniors at home: comfortable, connected, empowered, safe

In 2012—13 we received funding from individuals, businesses, and churches; grants from the State of Minnesota, Hennepin County, the City of Minneapolis, MAAA; Allina Health System Foundation, Prospect Park Legacy Fund, James R. Thorpe Foundation, WCA Foundation, and the Wilder Foundation.

During our fiscal year of 2012—13, with YOUR help we have provided the following services:

291 people served (51 by nursing, 79 by volunteers, 84 by service coordination, 93 by Ask a Nurse/Blood Pressure Clinics, 25 by Exercise with Sara, 57 by other services)

749 nursing & home health aide visits

324 service coordination hours

3,187 hours from volunteers

338 rides to doctor appointments, grocery shopping, etc.

421 Intergenerational contacts

19 seniors kept out of nursing homes



Southeast Seniors
 66 Malcolm Avenue SE
 Minneapolis, MN 55414
 Phone: 612-331-2302
www.seseniormpls.org
seseniormpls@mtn.org
Friend us on facebook!

NONPROFIT ORG
 US POSTAGE
 PAID
 TWIN CITIES, MN
 PERMIT 21369



**Celebrating
 25 years
 Of service**

If you would like to share an electronic version of our newsletter with a friend or neighbor, please go to our website.

Save the Date—Celebrate Southeast 2014— April 26!

What is Southeast Seniors?

Many seniors prefer to live in their own homes. **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.

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.**

Call us if you, a friend or neighbor would like more information, 612-331-2302.

Thank you to the Prospect Park Legacy Fund for providing a grant to assist with publishing costs of this newsletter.