



Southeast Seniors

HELPING SENIORS LIVE WELL AT HOME

NEWSLETTER FOR SENIORS, THEIR NEIGHBORS AND CAREGIVERS

Autumn 2015

“A Little Help can Help a Lot”- 2014-15 Annual Report

When talking to our seniors they will quite often say how the years fly by when you are getting older. That also applies to the staff of Southeast Seniors. It seems like just a few months ago we were celebrating our 25th anniversary and now we are in our 27th year of providing services so seniors can live well at home.

During the past year our program provided services for 271 seniors. Here are examples of a few of the services we offer:

- * Help to coordinate care in the home after a hospitalization or stay in a rehab facility;
- * Connect seniors to resources such as home chore services, Vision Loss Resources, Store to Door and more;
- * Offer volunteers who can provide rides to doctor appointments or grocery shopping and friendly visiting;
- * Set up foot care in the home;
- * Give seniors and grade school children an opportunity to interact and share their life stories through intergenerational programming;
- * Provide help for families or neighbors who are concerned about someone but don't know where to turn to for help.

During 2014–15 we provided the following services for seniors. 57 received help from our Fairview nurses and from our Outreach Nurse; 86 received assistance through Service Coordination; 95 were helped from volunteers providing a visit, ride or other assistance; 94 attended a weekly exercise class, Ask a Nurse clinic, or seminar; 25 were involved in inter-generational programming.

Funding for our program is provided by a variety of sources— State of Minnesota DHS, Hennepin County, grants from foundations including Stevens Square Foundation, James R. Thorpe Foundation, Catholic Community Foundation, Prospect Park Legacy Fund, Mendon F. Schutt Foundation; contributions from our Annual Fundraising Campaign; and our Annual Fundraising event Taste/Celebrate Southeast.

We are very fortunate to have such wonderful support from so many who helped start our program in 1988, and those who continue to contribute so that our program will be able to help seniors live well at home into the future.

“Southeast Seniors was there when we were out of town and our father needed help.”

“My brother passed away, my last living relative, I knew I wasn't alone because I have the support of Southeast Seniors.”

In This Issue

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Community members enjoying “catching up” at Taste/Celebrate Southeast



Save the Date!

Community members and supporters of Southeast Seniors spent an enjoyable afternoon in April at our 4th Annual Taste and Celebrate Southeast fundraising event.

Folks enjoyed sampling food from 12 restaurants; shopping for items at the silent auction; listening to music provided by Jan Stroup and Dean Johnson; and enjoying a program where we honored Tom Sengupta for his many years of community support through his work at Schneider Drug, and Darla Wexler who retired as Outreach Nurse for Southeast Seniors. We raised \$7,650 at this event!

Mark your calendars for the 2016 Taste of Southeast/ Celebrate Southeast event which will take place on April 23, 2016 in the afternoon at St. Frances Cabrini Catholic Church, 1500 Franklin Av SE in Minneapolis.

2015 Taste of Southeast/Celebrate Southeast community gathering

Welcome Lydia!

New to Southeast Seniors, but not new to Southeast Minneapolis is Lydia McAnerney who was recently hired as the Volunteer Coordinator. Lydia has worked with volunteers for most of her working life and we welcome her energy and ideas for recruiting and working with volunteers.

Lydia is familiar with all three neighborhoods served by Southeast Seniors. She worked at Marcy Open School as the Parent Liaison in the 90's. She lived in the Como neighborhood for 11 years, and has lived in Prospect Park for the past 14 years. Lydia has two adult children who both live nearby. John Orrison, her husband, does landscaping work in the neighborhood.

"I am happy to be working with such a great team of people at Southeast Seniors, and work for such a great organization that impacts the lives of so many seniors in Southeast. I've worked with volunteers for many years and know how important they are to this organization. I look forward to meeting many more people in the communities where I've lived and worked for the past 25 years, as well as strengthening the support to seniors who live here. We are always looking for people to get involved as friendly visitors on a longer term basis; to do short-term tasks like household chores or give a ride to a senior; or a one-time activity such as fall or spring clean up. Since we are a small organization we can use help in many areas including fundraising, office assistance, website and Facebook support, and other areas."

Lydia works part-time and can be reached on Monday and Wednesday mornings at the Southeast Seniors office, 612-331-2302. Messages for Lydia can be left at any time.



Lydia McAnerney

Fraud Protection: The Basics

Posted By *Seth Boffeli* On June 2, 2015 @ 11:25 pm In Money & Work, AARP
The scam is sometimes deceptively simple, as easy as stealing a credit card offer from your trash. Other times it can be far more complex, like the infamous con preying on worried grandparents. No matter the form, the impact is devastating. Identity theft, investment fraud and scams rob millions of Americans – last year there were 12.6 million victims of identity theft alone.

There are a number of things you can do to protect you and your loved ones from online or offline identity theft and fraud. Here are five to get you started:

1. **Avoid easy PINs or passwords:** that means no family birth dates or names, no SSN or phone numbers, and no consecutive numbers 1-2-3.
2. **Beware of emails that claim to come from your bank or Internet service provider asking you to confirm your personal information or account number.** Forward suspicious emails to spam@uce.gov ^[2].
3. Call 1 (888) 5-OPT-OUT or visit optoutprescreen.com ^[3] to **stop pre-approved credit card applications** that a thief could steal and use to get credit in your name.
4. **Never give personal information to telemarketers.** To cut down on unwanted telemarketing calls, sign up for the Do Not Call Registry at donotcall.gov ^[4] or call (888) 382-1222.
5. **Double-check references for door-to-door sales,** home repair offers and other products. Verify that businesses and others who contact you are who they claim to be before you provide any personal information.

The Tools You Need to Protect Yourself When it comes to protecting your pocket book from scammers, you are the first line of defense. By learning the common strategies criminals use so you can be on your guard and protect your hard-earned money. AARP has spent hundreds of hours of interviews with victims and con artists so we can bring you the tools you need to defend yourself against their tricks. Fight back against identity theft and fraud. Learn about active scams, and find out how to spot and avoid them. Visit aarp.org/fraudwatchnetwork ^[5]

The Best Care Possible

Book review by Marji Miller, Executive Director

I have been reading a book by Ira Byock, MD, “The Best Care Possible.” This is a compelling and passionate meditation on medicine and ethics. One of the chapters talks about “Imagining a Care-Full Society” which resonated with me about the work provided by Southeast Seniors. Byock states, “A decade of gerontology research confirms what most of us instinctively knew: social connections are often as important as medical treatment in preventing physical, mental, and functional decline. Mental and physical exercise, gardening, and pets delay the progression of memory loss among many older adults and work as well as drugs in alleviating depression. Programs that pair frail elders with schoolchildren have been shown to enrich the lives of young and old.” He goes on to say, “Too often the exaggerated emphasis on privacy in today’s culture results in people not visiting others, even though they feel an urge to do so. I hear people say, “I didn’t want to intrude,” when the visit or call would simply have been the natural thing to do. Proper respect for people’s privacy does not preclude a friend or neighbor calling or stopping by to see how another person is getting along.” We are so fortunate in Southeast to have so many neighbors who truly care about their fellow neighbors and want to make sure they are okay. We receive calls quite often from a neighbor who is concerned about someone who might need more services to help them stay at home.

Working Together

Thanks to the work of one of our board members, Charlie Lakin, Southeast Seniors has started working with the U of M Center on Aging and Wilderness Inquiry. Our partnership with the Center on Aging has brought us many new student volunteers who are participating in our program. We look forward to working with Wilderness Inquiry as we share opportunities for trips and volunteer opportunities with seniors. *****We also have started working with Senior Community Services and their Household & Outside Maintenance for Elderly (HOME) program. This program provides many needed services so that seniors may continue to live in the homes they love. Seniorcommunity.org *****Through a James R. Thorpe Grant, we are receiving technical assistance from Nancy Henkin, former Professor with Temple University, to help enrich our inter-generational programming. ***** We appreciate these and many more opportunities to enrich our program and the lives of the seniors we serve.

Southeast Seniors
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Upcoming Dates

August 14: Social Security turns 80

September—May : concerts at Prospect Park United Methodist Church, ppumc.org. Each concert benefits an individual non-profit organization including Southeast Seniors.

September 12: Como Cook-out Noon to 3:00 p.m.

September 12: The Great River Race at Hidden Falls, fundraiser for Wilderness Inquiry, wildernessinquiry.org

September 19: Prospect Park neighborhood clean up and celebration

September 23: Falls Prevention Awareness Day

November 12: Give to the Max day. A day to focus on donating to non-profit agencies throughout Minnesota. **We appreciate all the contributions we receive throughout the year from individuals, businesses, churches, foundations, The State of Minnesota DHS, Hennepin County and people who give a memorial, a donation in honor of a special person, or leave a legacy to Southeast Seniors in their will or estate planning.**

April 23, 2016

Taste of Southeast/Celebrate Southeast at St. Frances Cabrini Catholic Church located at 1500 Franklin Av SE in Minneapolis, MN. Check our website for details

Contact Us

For more information or if you or a neighbor could use our services.

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612-331-2302

seniors@mtn.org

Visit us on the web at
seniorsmpls.com

Friend us on Facebook!

Part-time staff: Marji Miller, Executive Director; Judy Houck LGSW, Service Coordinator; Linda Neal RN, Outreach Nurse; Lydia McAnerney, Volunteer Coordinator

Seniors at home: comfortable, connected, empowered, safe