



Southeast Seniors

HELPING SENIORS LIVE WELL AT HOME

NEWSLETTER FOR SENIORS, THEIR NEIGHBORS AND CAREGIVERS

Spring 2016

5th Annual Celebrate Southeast with A Taste of Southeast

Annual fundraising event for Southeast Seniors
Saturday, April 23, noon—3:00 p.m.
St. Frances Cabrini Catholic Church
1500 Franklin Avenue SE, Minneapolis



A Taste of Southeast & Silent Auction Noon—2:00 p.m.

Sample delicious food from area restaurants including Blarney Pub & Grill, Burrito Loco, Caffe Biaggio, Gardens of Salonica, Kafe 421, Kramarczuk's, Loring Pasta Bar, New French Bakery, Profile Center, Vescio's, Zakia Deli and more! Shop the Silent Auction for great gifts for others and even yourself!



Celebrate Southeast with a program honoring

Former Marcy Holmes residents
Bob Distad and Linda Messenger
2:00—3:00 p.m.



For more information! 612-331-2302
info@seseniors.org, www.seseniors.org

Check our website to:

⇒ Order tickets

⇒ Begin online bidding (3/28) for auction

⇒ Sign up to volunteer—we need you!

⇒ Get updates on silent auction donations

In This Issue

- Wilderness Inquiry Trip
- Thank you donors!
- Heart Health
- You can help!



SERVICE WITH A SMILE!

Judy Houck, LGSW, Service Coordinator

It is hard to believe that Spring is almost here and we will be helping many seniors with cleaning up their yards. It seems like the University of Minnesota students were just helping to rake leaves for seniors! These are just a few of the services that I help coordinate for seniors living in our service area. Others include finding resources for home services, home delivered meals, minor repairs for your home or making your home more accessible. In this issue of our newsletter I would like to concentrate on transportation. As someone ages, it gets harder to drive. Sometimes after surgery a person is unable to drive for a short time. There are many options out there to help. We have many volunteers who provide rides for seniors to doctor appointments, shopping and other errands. Metro Mobility is another option available to help people who, due to disability, are unable to utilize regular fixed route buses. Cost of utilizing Metro Mobility is between \$3 and \$4 each way. Salvation Army provides bus cards and gas money. For information on these and many other services to help you or someone you know live well at home, please give me a call at 612-331-2302.

VOLUNTEERS ARE VITAL TO SE SENIORS!

Lydia McAnerney, Volunteer Coordinator

Dear friends of Southeast Seniors:

Without volunteers, Southeast Seniors would be like a body without arms. Our volunteers hold those elders in their hearts and minds as well as in their passenger seats, board game chairs, as errand and grocery shopping buddies, doctors' offices companions and much more.



Do you have a few hours a week to help make our neighborhood stronger and safer? Our biggest need right now are people to help with driving during the week. Many seniors need rides to appointments. If you are available to help with this, let us know.

Are you a knitter? A reader? A tea/coffee/juice drinker? Like to play board games? Southeast Seniors would like to develop some **Gather Groups with a Focus (GGF)** in the 55414 area. We are hoping people in their 60's and older would like to get together and share their time and talents. You don't have to be skilled at any one thing, just willing to hold down the first chair and welcome those who join in.

Would you like to help with a special project or provide assistance in the office? We are open to hearing your ideas.

Please give me a call at 612-331-2302 if you are interested in any of these activities.

Minute with Marji

This has been a busy six months for Southeast Seniors with moving our office from Pratt School to our new location with the Prospect Park



Neighborhood Association at 2828 University Avenue SE, #200; our fall Annual Fundraising Campaign; working on our three year Strategic Plan; and starting to work on our 5th Annual Celebrate Southeast with A Taste of Southeast fundraising event.

In the meantime, our great staff of Judy Houck, Lydia McAnerney, and Linda Neal have been setting up services for seniors, matching seniors with volunteer visitors, coordinating transportation, visiting with seniors in their homes, providing seminars and Ask a Nurse clinics, providing support to caregivers, coordinating services with our great team at Fairview Home Care (2015 Home Care Elite recipient) and whatever is necessary to help seniors at home be comfortable, connected and safe.

I feel privileged to have worked with Southeast Seniors, our great staff, fabulous volunteers, and excellent board of directors for the past 13 years.

I have a few inspirational poems, and quotes from our clients and their caregivers in my office and I shared a few in this newsletter. I hope you will enjoy them .

Taking Steps for “Heart Healthy Living”

This was the topic for the February JOY in Learning program, sponsored by Pratt Community School and Southeast Seniors. The presenter, Lynn Hoke, NP RN, MSN, U of M Heart Care at Fairview, shared small changes you can make to prevent heart disease, and improve or maintain your heart health.

One of the suggestions was to add the “Healthy Eating Plate” to your day. Five Quick Tips for Following the Healthy Eating Plate include: Stay active; Eat a variety of fruits and vegetables every day; Pick healthy protein sources like fish, poultry, beans and nuts; Make your grains whole grains; Drink water, coffee, or tea –not sugary beverages.

For more healthy eating tips visit csh.umn.edu/wellbeingseries.

“Between my boys and Southeast Seniors, I feel like I will be able to stay in my home.” A client

“Even if we gain nothing else from Southeast Seniors—it is a wonderful feeling to know we are no longer alone.” A client



OUT AND ABOUT IN SOUTHEAST

Linda Neal, RN, Outreach Nurse

Hello! The birds are chirping and spring is in the air. It is so nice to be outside and not have to worry about slipping and sliding. It is hard to believe that I have been working with Southeast Seniors for almost a year. I am really enjoying getting to know so many of the seniors in our service area and being able to provide

wellness checks for several seniors, support for caregivers of seniors, and provide health promotion activities in our area including ASK A NURSE/Blood Pressure clinics and other workshops.

There are about 12 seniors who receive monthly wellness checks from me. I provide help for them and for their caregivers. Listening to the stories they share of their lives is interesting and heartwarming. I love taking photos of the seniors I work with to share with their family. Here is a shot of Tom and me. It is so great to work with such a wonderful team here at Southeast Seniors and our nurses at Fairview Home Care so that we can provide a wealth of services for seniors.



Wilderness Inquiry and Southeast Seniors Mississippi River Canoe Trip

Come join us as we enjoy a Mississippi River Day Canoe Trip on Saturday, June 11th, 10—3, in 12 Voyageur canoes from Hidden Falls Regional Park to Harriet Island. This trip is a collaboration between Wilderness Inquiry and Southeast Seniors. Seniors and their guests welcome. We will enjoy a day of canoeing and stop for lunch along the way—only \$35 per person. If you are interested in learning more about this trip, call 612-331-2302 or info@seseniors.org.



HOME Program

Senior Community Services' HOME (Household and Outside Maintenance for Elderly) program mobilizes open-hearted people to bring affordable home maintenance and chore services to seniors, delivered by trusted professionals and community volunteers. The HOME program is currently looking for people who are interested in part-time work helping seniors. Opportunities include: lawn care; home repair including minor plumbing and electrical repairs, masonry, painting, landscaping and general labor; and housekeeping including general cleaning and errands like grocery shopping.

If you are interested in part-time work that helps seniors live well at home, contact Senior Community Services at home@seniorcommunity.org, or 952-541-1019.

2828 University Av SE #200
Minneapolis, MN 55414
Phone: 612-331-2302
www.seseniors.org
info@seseniors.org
Friend us on Facebook!

APRIL IS NATIONAL VOLUNTEER MONTH!

THANK YOU TO ALL OUR VOLUNTEERS!

"I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy." Kahlil Gibran

Upcoming Neighborhood Events:

April 9, 7:00 p.m.

Calliope Women's Chorus at PPUMC, 22 Orlin Av SE, 612-378-2380 for info.

April 9, 6:00 p.m.

Marcy Arts Gala, Minneapolis Event Center, 212 2nd St SE, art, music, food and great fun. marcyarts@gmail for more information.

April 23, Noon—3:00 p.m.

Taste of Southeast/Celebrate Southeast at St. Frances Cabrini Catholic Church, 1500 Franklin Av SE, Minneapolis, MN. Check our website, seseniors.org, for details as we get closer to the event! info@seseniors.org, 612-331-2302.

May 6, 10:00 a.m.

GGF Gathering at Dunn Bros with Lydia. 2650 University Avenue SE. Stop by to enjoy conversation; bring a game if you like; buy a cup of coffee or tea.

June 11, 10:00 a.m.—3:00 p.m.

Mississippi River Day Canoe Trip, Wilderness Inquiry and Southeast Seniors. Paddle the Mississippi River in 12 Voyageur canoes from Hidden Falls to Harriet Island. info@seseniors.org, 612-331-2302.

September, date TBD

Como Cookout. Call 612-676-1731 for more information.

Services Include:

Volunteer services
Resource Coordination
Transportation
Nursing services on sliding fee scale
Health Promotion
Services for caregivers

Part-time staff:

Marji Miller, Executive Director,
marji@seseniors.org
Judy Houck LGSW, Service Coordinator,
judy@seseniors.org
Lydia McAnerney, Volunteer Coordinator,
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Linda Neal RN, Outreach Nurse,
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