



Sharing the Health

NOKOMIS HEALTHY SENIORS

4120 17th Ave. S., Minneapolis, MN 55407

www.nokomishealthyseniors.org

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Could It Be Depression?

Excerpted from the National Alliance on Mental Illness Depression in Older Persons Fact Sheet
www.nami.org (search “depression in seniors”)

How common is depression in later life?

Depression affects more than 6.5 million of the 35 million Americans aged 65 or older. Most people in this stage of life with depression have been experiencing episodes of the illness during much of their lives. Others may experience a first onset in late life—even in their 80s and 90s.

Why does depression in the older population often go untreated?

Depression in elderly people often goes untreated because many people think that depression is a normal part of aging—a natural reaction to chronic illness, loss and social transition. For the elderly population, depression can come in different sizes and shapes. Many elderly people and their families don't recognize the symptoms of depression. Others may mistake the symptoms of depression as signs of dementia, Alzheimer's disease, arthritis, cancer, heart disease, Parkinson's disease, stroke, or thyroid disorders.

“Depression is more than just a passing mood. Rather, it is a condition in which one may experience persistent sadness, withdrawal from previously enjoyed activities, difficulty sleeping, physical discomforts, and feeling “slowed down.”

source: www.cdc.gov/aging/mentalhealth

Depression in older persons is at times characterized by the following issues:

- memory problems
- confusion
- social withdrawal
- loss of appetite
- weight loss
- vague complaints of pain
- inability to sleep
- irritability
- delusions (fixed false beliefs)
- hallucinations

Some general clues that someone may be experiencing depression are:

- persistent and vague complaints
- help-seeking
- moving in a slower manner
- demanding behavior

Elderly persons are more likely to seek treatment for other physical ailments than they are to seek treatment for depression.

How can clinical depression be distinguished from normal sadness and grief?

It's natural to feel grief in the face of major life changes that many elderly people experience, such as leaving a home of many years or losing a loved one. Sadness and grief are normal, temporary reactions to the inevitable losses and hardships of life. Unlike normal sadness, however, clinical depression doesn't go away by itself

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It's almost spring!

Get ready for Nokomis Healthy Seniors'

Annual Clean-A-Thon!

Saturday morning, May 3rd!

Here's how it works: Like any "a-thon" (bowl-a-thon, walk-a-thon, etc.), volunteers form teams, raise pledges from sponsors, and take part in an event. But instead of walking or bowling, Clean-A-Thon volunteers spend a Saturday morning



cleaning the homes of our neighborhood seniors. They do yard work and heavy cleaning, the type of work the seniors can't do themselves. It's not glamorous—typical jobs include washing kitchen cabinets, scrubbing and washing floors, cleaning carpets, washing windows, and, weather permitting, doing some yard work. But time and again volunteers say it's a rewarding experience and that they would be happy to do it again.

The Clean-A-Thon raises critically needed funds for the Nokomis Healthy Seniors program while working within our mission "to enhance the lives of our community elders by helping them continue to live independently in the homes they love". This year's goal is \$5,000. Won't you join us as a volunteer or a donor for this event?

Every bit of help really does make a difference! Form a team of friends, family, or coworkers, or volunteer on your own.

Call our office at (612) 729-5499 for more information today.

Correction: In the Fall 2013 newsletter Ellen Abbot's donation should say **In honor of Gerald Krause**. Nokomis Healthy Seniors is grateful for the support of our donors and apologizes for this error.

Plant Sale

**Thursday, May 15,
9:30–3pm
Saturday, May 17,
9–11am**



We're excited to announce our Second Annual Nokomis Healthy Seniors Spring Plant Sale in partnership with Minnehaha Falls Nursery. A full 25% of the profits go directly to benefit NHS. Please stop by the office or visit the website for an order form or call us at (612) 729-5499 for the list of plants and to place your order. All orders need to be prepaid. Pick up your plants at Bethel Church on Thursday, May 15, 9:30am–3pm or Saturday, May 17, 9–11am.

Estate Planning

By Karie Svien, Attorney

Start the New Year by establishing an estate plan. Now is the time to reflect on everything from your home to your finances.

Take this opportunity to decide what is important to you. What kind of legacy do you want to leave? Is there an organization that has helped you? Do you want to ensure that the organization (e.g. nonprofits, churches, colleges) is able to continue with their mission, or do you need to provide for the special needs of someone, or do you have grandchildren you want to inherit your family heirlooms? You can decide how you want your assets distributed after you die, rather than having a judge decide for you. There are two kinds of assets: Nonprobate and Probate.

Nonprobate assets are those that have a beneficiary designation, such as life insurance policies and retirement accounts. Check to make sure that you have designated a beneficiary and a successor (secondary) beneficiary on these accounts. You can name a person, a charity, or your estate as a beneficiary, or multiple beneficiaries that share in a percentage of the assets.

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A Moment with Megan

By Megan Elliasen

Greetings! It is hard to believe another new year has begun! I am so grateful for all the amazing work that happens at Nokomis Healthy Seniors. NHS does so much to assist the seniors of our community, and all at low to no cost to the seniors.

Are you one of almost half of all Americans who make resolutions every year? I know I am. Over the years I have learned to keep it simple. It doesn't have to be life changing; it can be something simple that brings a smile to your face. Nokomis Healthy Seniors can help with many of the top 10 resolutions Americans make.

For those wanting to get fit and healthy: We offer exercise class four days a week, making it easy for you to be active. Whatever level you are at, it is the right level for our classes; they are designed to accommodate everyone.

Get Organized: Each spring we have our annual Clean-A-Thon event. This is a fundraiser and a service project rolled into one. Volunteers clean the homes of clients who are no longer able to get everything done that they would like to. Please consider volunteering and/or donating for this event on May 3. Also, our Plant Sale is coming up on May 15 & 17—give us a call at the office or go to our website for the order form.

Enjoy life more: NHS offers a variety of fun activities, from Bingo parties where you can win prizes, to a quarterly Lunch and a Movie day with lunch and viewing of a movie in a small, cozy theater with seats from the original Guthrie Theater!

Learn something new: We have a variety of ways to stimulate your mind. Join us for monthly Health and Enrichment programs held on the second Wednesday each month at Nokomis Square. We also offer Matter of Balance, an eight-week fall prevention class, at different times through the year. We also collaborate with Nokomis Library, which has a monthly 55+ book club.

Help others: Nokomis Healthy Seniors has countless ways to help. We are always looking for great volunteers! We can use volunteer drivers, who bring clients to medical appointments, or bring people grocery shopping. We have volunteer opportunities for friendly visitors, special events, or to help with mailings. We need people who bake for events, phone callers who let people know of upcoming activities, and even dog walkers. No matter what you do, we'd be glad to have you volunteer with NHS.

For questions about any of our activities, or to volunteer please call our office at (612) 729-5499. We'd love to tell you more about our program! We hope to see you soon!



Transportation

NHS provides transportation to medical and dental appointments. Just give us a call at (612) 729-5499 at least a week in advance to make arrangements. A \$5 donation is greatly appreciated.

QUOTE OF THE DAY

"A day without sunshine is like . . . you know . . . night."
—Steve Martin

Could It Be Depression? (cont. from page 1)

and lasts for months, and needs professional treatment. Any unresolved depression can affect the body. For example, depression, if left untreated, is a risk for heart disease and can suppress the immune system, raising the risk of infection.

Are some older persons at higher risk for depression?

Older women are at a greater risk for depression: women in general are twice as likely as men to become seriously depressed. Biological factors, like hormonal changes, may make older women more vulnerable. The stresses of maintaining relationships or caring for an ill loved one and children also typically fall more heavily on women, which could contribute to higher rates of depression. Unmarried and widowed individuals as well as those who lack a supportive social network also have elevated rates of depression.

Conditions such as heart attack, stroke, hip fracture or macular degeneration and procedures such as bypass

surgery are known to be associated with the development of depression.

What can be done?

A physical exam can determine if depressive symptoms are being caused by another medical illness. A review of medications is important: in some cases a simple medication change can reduce symptom intensity. A clinical and psychiatric interview is a key aspect of the assessment. Speaking with family members or close friends may be helpful in making a diagnosis.

Can depression in older persons be treated?

Fortunately, the treatment prognosis for depression is good. There are a variety of medications and other therapies,

as well as psychological counseling to assist a senior on the road out of depression.

Reviewed by Ken Duckworth, M.D., National Alliance on Mental Illness, October 2009

Did you know?

“Depression is one of the most successfully treated illnesses. There are highly effective treatments for depression in late life, and most depressed older adults can improve dramatically from treatment.”

source: www.cdc.gov/aging/mental_health

Nokomis Healthy Seniors Wish List

NHS operates mainly on donations—please help if you can! We need:

- Sponsors for Lunch & a Movie
- 2- and 3-pound handweights; also stretchy bands with handles for the exercise classes
- Bingo prizes

We need volunteers! Can you help?

- Bingo Organizer—a person or group to run Bingo parties and bring treats and prizes
- Drivers
- Volunteer callers

Contact Becky at (612) 729-5499 if you can help.



Probate assets do not have a beneficiary designation (e.g. automobiles, house, cabin, personal property). You can set up a will or a trust to distribute your Probate assets according to your wishes. You will nominate a Personal Representative in your will. A Personal Representative is someone who agrees to help distribute your assets when you die. After you die, your Personal Representative will take your will to the court located in the county you resided in at the time of your death. Your will is filed with the court in an informal Probate procedure and your estate pays a nominal fee to file the paperwork. In certain circumstances, the will may have to go through a formal probate procedure with the court, which costs more.

There are several kinds of trusts, depending on your needs. A trust does not go through a probate procedure; however, it is a more complicated document and requires that you put all of your assets into the trust.

Whatever you decide, now is the time for you to set up an estate plan that best represents you and the legacy you choose to leave. You may wish to contact an estate-planning attorney to share your goals and discuss your options. It's also a good time to review your beneficiary designations to ensure that they support your plan. You can do it. Here's your chance.

Karie Svien can be reached at kariesvien@yahoo.com.

Are you interested in making Nokomis Healthy Seniors a beneficiary in your will? Here are some samples of the kind of language to use:

Sample bequest language for an unrestricted gift:

I give _____ [the sum, percentage, or description of property] to **Nokomis Healthy Seniors Program; tax ID 41-1889344**, Minneapolis, Minnesota, to be used for its general tax-exempt purposes, but without other restriction as to use.

Sample bequest language for a restricted gift:

I give _____ [the sum, percentage, or description of property] to **Nokomis Healthy Seniors Program; tax ID 41-1889344**, Minneapolis, Minnesota, to be [used to support _____] [to be added to the _____ endowment fund].

NHS Weekly Calendar

MONDAYS

10–10:45am Exercise at Faith Church

TUESDAYS

10–10:45am Exercise at Bethel Church

WEDNESDAYS

10–11am Yoga at Bethel Church

10am Women's Art Group at Bethel Church

1:30pm Health and Enrichment Program (*Second Wednesday only*) at Nokomis Square

3pm 55+ Book Club at Nokomis Public Library (*First Wednesday only*)

Pedicures at Nokomis Square (call for appt.)

THURSDAYS

9:30–11:30am Nurse Is In at Bethel Church

10–10:45am Exercise at Bethel Church

10am Low Vision Support Group at Nokomis Square (*Second Thursday Only*)

1pm Caregiver Support Group at Bethel Church (*Fourth Thursday only*)

FRIDAYS

1–3pm Diabetes Support Group at Nokomis Public Library (*First Friday Only*)

NHS Special Events 2014

Annual Clean-A-Thon

May 3

PLANT SALE

May 15 and 17

Lunch & a Movie

(Lunch starts at 11:15 am; movie to follow)

May 29, July 31, October 30

BINGO Parties

April 10, September 25

Holiday Party

December 18

Locations

Bethel Church,
4120 17th Ave S
Faith Church,
3430 E. 51st St.
Nokomis Public Library, 5100
34th Ave S
Nokomis Square,
5015 35th Ave S

Health and Enrichment Programs at Nokomis Square Cooperative

All programs are free (unless otherwise noted) and open to the public. They are held at Nokomis Square, 5015 35th Ave S.
Beverages and treats are provided. If you need a ride to any activities please call the NHS office at (612) 729-5499.

March 12

1:30pm

“Oh My Aching Back! Simple Ways to Relieve Back Pain.” Nichole Borell, South Side Chiropractic

May 14

1:30pm

Managing Hearing Loss.” Mary Bauer, Deaf and Hard of Hearing Services

April 9

1:30pm

“Basic Dietary Needs of the Older Adult, and How to Read Food Labels.” Mary Erickson, Registered Dietitian

June 11

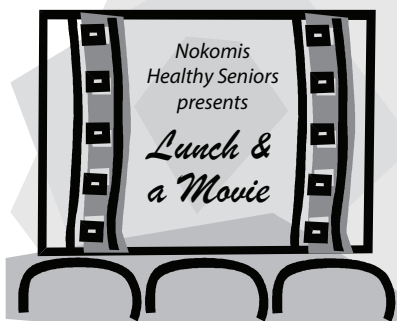
1:30pm

“Know the 10 Signs of Alzheimer’s Disease—Early Detection Matters.” Marcia Berry, Education Manager with the Alzheimer’s Association

Visit www.nokomishealthyseniors.org for other upcoming events

Spring Bingo
April 10th

Have faith that spring is just around the corner! Join us for BINGO fun at Bethel Church between 11am and noon.



Join us for the next
Lunch & a Movie!
Thursday, May 29 at 11:15 am.
Call the office to reserve your spot.

WORDS OF WISDOM

“No person knows his true character until he has run out of gas, purchased something on the installment plan, and raised an adolescent.”
—Mercelene Cox

Would you like to receive this newsletter electronically? To get this newsletter as a PDF, please send your email address to info@nokomishealthyseniors.org, and include your name and address so we can remove you from the newsletter mailing list. This will save us time, money, and help the environment. You can also find past issues online at www.nokomishealthyseniors.org.

Nurse Is In

You can get your blood pressure checked, consult with a nurse, or schedule a pedicure. You can also just stop in to chat over a cup of coffee and baked goods. The clinic is free, but there is a \$30 charge for a pedicure.

When: Every Thursday morning from 9:30am to 11:30am at Bethel Evangelical Lutheran Church, 4120 17th Avenue South.

Exercise Classes

NHS offers various exercise classes Monday–Thursday at Bethel Evangelical Lutheran Church, 4120 17th Avenue South, unless otherwise noted.

Exercise: Mondays (at Faith Lutheran, 3430 E. 51st St.), Tuesdays & Thursdays (at Bethel), 10 to 10:45am.

Chair Yoga: Wednesdays (at Bethel), 10 to 11am.

All classes are tailored to each participant's abilities. A donation of \$2 for exercise is appreciated. Yoga is \$4 per class.

Support Groups

These groups are free and open to the public.

Diabetes Support Group

Nokomis Public Library, 5100 34th Ave. S

The first Friday of each month, 1:00–3:00pm.

Low Vision Group

Nokomis Square Cooperative, 5015 35th Ave. S

The second Thursday of each month at 10:00am.

Facilitator: Julie Rindelaub, Vision Loss Resources

Caregiver Support Group

Bethel Lutheran Church, 4120 17th Ave. S

The fourth Thursday of the month at 1:00pm.

Open to all who are caregivers for loved ones.

Bathing Assistance?

We partner with Fairview Home Care for all our seniors' nursing homecare needs. Fairview has a Community Wellness Division that will provide an hour-long visit for a

bath for Nokomis Healthy

Seniors clients at a

substantially reduced cost.

Please call the office at

(612) 729-5499 for details.



DO YOU KNOW THE SERVICES WE OFFER?

Home Care by RNs and Home Health Aides

- Assessments and health teaching
- Personal care—bathing assistance, light housekeeping, and footcare
- Medication management

Senior Helpline

- Referrals and resources for almost any need
- Handyman help

Support Groups, Health, and Education

- Caregiver support group
- Low vision and diabetes support groups
- Monthly health programs
- Weekly exercise and yoga classes
- Weekly women's group

Blood Pressure Clinics /

Nurse Consultation / Health Support

- Nurse Is In* blood pressure clinic (Thurs. am)
- Community blood pressure clinics
- Health and Enrichment programs (second Weds./month)
- Footcare, by appointment, Thursdays or in-home

Transportation

- Medical/dental appointments
- Other transportation needs

Volunteer Matches

- Friendly visiting
- Grocery shopping

For information on any of these services, please call the NHS office at (612) 729-5499



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ANNUAL CLEAN-A-THON

Saturday, May 3

Rev up your vacuum cleaners, it's time for the Annual Nokomis Healthy Seniors Clean-A-Thon! Are you ready to form a Clean Team? Or sponsor a team? Please call the NHS office at (612) 729-5499 to join in the fun!

See page 2 for details.

Cleaning never felt so good!



NHS is on Facebook! Search for Nokomis Healthy Seniors and LIKE us while you're there!

For the latest information, VISIT www.nokomishealthyseniors.org