



# Sharing the Health

## NOKOMIS HEALTHY SENIORS

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

[www.NokomisHealthySeniors.org](http://www.NokomisHealthySeniors.org)

Fall 2016

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## Election Day Is Tuesday, November 8

Your vote counts! . . . and if you don't vote, you can't complain!

The national election will be held on Tuesday, November 8th. In Minneapolis, there have been some changes with polling places. You should have received a notice if your polling place changed.

For information about how to register or to find out which polling place is yours, contact the Secretary of State:

Metro Area: 651-215-1440

MN Relay Service: 711

Staffed Monday–Friday, 8 a.m.–4:30 p.m.

Email: [secretary.state@state.mn.us](mailto:secretary.state@state.mn.us)

Visit: <http://lwmpls.org/voter-information/> or

<http://pollfinder.sos.state.mn.us/>

Or, you can contact

League of Women Voters Minneapolis at 612-333-6319 or online: <http://lwmpls.org/>

### Get Help Voting

Did you know curbside voting is available for those who can't easily leave their vehicle to enter the polling place? You can ask to have a ballot brought out to

you. Two election judges from different major political parties will bring out a ballot to your vehicle. If you need to register or update your registration, they

will bring you an application as well. When you're finished voting, election judges will bring your ballot inside and put it in the ballot box.

#### **DID YOU KNOW?**

Curbside voting is available for those who can't easily leave their vehicle to enter the polling place.

### Early Voting

Early voting is new in Minnesota this year. Minneapolis residents can vote in the 46 days up to election day by absentee ballot without a reason. You can vote by mail or vote early in person.

#### ***Vote Early in Person***

There are two South Minneapolis Early Vote Locations and they are open Monday–Friday from 8 a.m.–4:30 p.m:

Downtown Early Vote Center  
217 South 3rd St (near City Hall)

South Early Vote Center  
Roof Depot Building  
1860 East 28th Street

#### ***Vote by Mail, Fax, Email, or Online***

If you want to vote by mail, request an absentee ballot by completing an absentee ballot application online

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# Meet: Rachelle Evenson, Board Member and Volunteer

Interview by Tricia Theurer, Outreach Manager

Although she's new to the Nokomis Healthy Seniors' Board of Directors, Rachelle Evenson is a familiar face to many area older adults.

Rachelle, who grew up in Appleton, Wisconsin, moved to Minneapolis for a job after graduating from Luther College in the late 1990s. She learned about Nokomis Healthy Seniors when NHS held a hot dog sale at Bergan's Supermarket a few years ago, and she was encouraged to share her time and talent. For the first two years she was paired with a woman whom she drove to the hairstylist each Saturday when her daughter spent the winters in a warmer climate. The two bonded over their drives and chats over coffee and coffee cake.

Since then, she has given rides to other older adults as needed and has used her organization skills and resourcefulness to help others by decluttering their houses.

She has seen through the years that others appreciate her perspective as an objective person when it comes to deciding which belongings to keep. Rachelle values recycling, re-purposing and re-using items, so the people she works with know that she will look for ways to repurpose their items, rather than throwing them away.

She describes her volunteering as "rewarding; the people I work with are friendly and always appreciate the help." Rachelle says it's interesting to meet new people and hear their stories.

Another of Rachelle's values is getting involved in her neighborhood: "It's important to make a difference in your neighborhood. You never know . . . the person in the house down the street might need some companionship and attention."

Rachelle and her husband, Dan, have a 13-year-old dog and a 16-year-old cat. One of her passions is traveling and she doesn't like to go to the same place twice. At last count, she had visited 30 countries, four of which she visited in just the last year!

She also enjoys canning and pickling *everything*. She jokes that she hasn't had to buy a can of tomatoes in five years. You might have already heard her

favorite joke about her hobby: "I bought too many cucumbers and I'm in a real pickle!"

Rachelle encourages others to connect to their community and get to know people.

Since she's a transplant to Minneapolis, she says doing this "has helped me get to know Minneapolis better."



## Here's What NHS Is Wishing for Right Now

- 2- and 3-pound hand weights
- Jigsaw puzzles
- New or like-new bingo prizes
- Volunteer drivers
- Gift Cards (Cub, Target, Wal-Mart, Oxendale's, etc.) for bingo prizes or to offset general program needs

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

# A Moment with Megan

By Megan Elliasen, Executive Director of NHS

As the air cools down, I love to cuddle up with a good book. I already know what I'm going to read: *Patty Jane's House of Curl* by local author Lorna Landvik. I hope you'll read it too. Nokomis Healthy Seniors will host a Book Club to discuss the book on Thursday, December 8. We have a few extra copies if you need one, so check with the office. Plus, you can meet Lorna Landvik in person as she entertains us at our Holiday Party on December 15! Call the office to reserve your spot for the Holiday Party and join us for a lovely warm lunch.



We have a few more fun events coming up, including our annual fundraiser, Give to the Max Day Bingo Party, on November 17 from 11 am-1 pm. We'll have lunch, play bingo, and give away some fun prizes. You can also bid on silent auction items so you can start your holiday shopping while supporting a good cause.

In 2017 we'll be increasing the number of social events that we offer, with both Bingo parties and Lunch and a Movie each month. On the second Thursday of the month we'll have Lunch and a Movie and on the fourth Thursday, we'll play Bingo and serve a light lunch. These are just a few of the things I am grateful for this fall!

## A HUGE THANK YOU TO INDEED BREWING COMPANY!

On August 31 all proceeds from their taproom were donated to NHS. This generous donation will help NHS continue to provide the services our community's seniors count on! Indeed We Can! Indeed We DID!



### Election Day (cont. from page 1)

or as a paper form. You can request a ballot for the General Election. Requested ballots for the General Election are being mailed out now. Remember to request your absentee ballot at least 7 days before Election Day to allow yourself time to complete the absentee voting process.

You can apply online or submit an absentee ballot application by mail, email, fax, or in person. Absentee ballot requests not completed online should be returned in one of the following ways:



/ABSENTEE or call "311," Minneapolis' non-emergency service

### Mail or in-person:

Minneapolis Elections and Voter Services

350 S. 5th St., Room 201  
Minneapolis, MN 55415

**Email:** [minneapolisabsentee@minneapolismn.gov](mailto:minneapolisabsentee@minneapolismn.gov)

**Fax:** 612-673-2756

For more information, visit [vote.minneapolismn.gov/voters](http://vote.minneapolismn.gov/voters)

# All About Organics Recycling

By Janet Myers, NHS Volunteer

In the spring issue of *Sharing the Health*, we reminded you that Minneapolis had begun collecting organics (a.k.a. compostable household materials—not yard waste) and the program would be available to all households later this year. If you're interested in participating but haven't signed up yet, you can do so now (keep reading for more information!).

About 30 percent of what we throw away is organic waste, which includes food scraps and food-soiled paper products. Organics recycling programs involve collecting fruits, vegetables, bones, meat, bread, eggshells, paper towels, tissues, and more for recycling into compost. Compost is a nutrient-rich soil additive used in landscaping and road construction projects. Organics recycling is an easy way to reduce waste and create a valuable resource that improves soil, reduces soil erosion, and decreases the need for chemical fertilizers.

Here are some things you need to know about the organics recycling program.

## Containers for organics recycling:

Recyclable organics are collected in a green rolling bin provided free by the city. Note: Yard waste, such as leaves and weeds, is collected seasonally; set it out in compostable lawn & leaf bags. Do not put yard waste in the green Organics Recycling bin.

- Green bins are not delivered automatically. To get yours, call the City of Minneapolis at 612-673-2917.
- Except for a few items, organics must be bagged before you place them in the bin. Pizza boxes and egg cartons do not need to be bagged.
- Bags must be certified compostable plastic or paper grocery bags. Certified compostable plastic bags are identified with the Biodegradable Products Institute (BPI) logo (see next column) and are available in most grocery and hardware stores.
- Close plastic bags either by tying the top in a knot or with cotton string. Do not use twist ties, rubber bands, tape, or plastic.

## What to collect for organics recycling:

- Food scraps: whatever you scrape off your plate at the end of a meal, spoiled food such as moldy bread, fat, bones, cheese rinds, egg shells, and fruit and vegetable peels.

- Used tissues, paper towels, and cotton swabs with paper or wood sticks that do not contain chemicals (such as nail polish remover or cleaning solutions).
- Hair, nail clippings, dust bunnies.
- Paper food packaging that does not contain plastic or foil and can't go in the regular recycling. For example, pizza boxes and paper egg cartons.
- Take-out containers, paper boxes, cups, plates, and food-safe paper that includes either of these logos:



## DID YOU KNOW?

Using a garbage disposal puts extra processing burdens on our wastewater treatment facility. Recycling food waste through the organics program can reduce energy usage and maintenance costs.



## Do not put these in organics recycling:

- Dryer lint, softener sheets, or dusting/sweeping cloths (may contain non-organic fibers)
- Freezer/butcher paper or other food packaging that may be plasticized (shiny) or foil lined
- Anything that can go into regular recycling
- Yard waste

## Tips for collecting organic materials

- Keep a covered bucket for food scraps near where you prepare food. You can line it with a compostable plastic bag, or wait till it's full, then dump it into the bag before taking it out to the bin.
- Instead of throwing out paper lunch bags or grocery-type bags when they're empty, use them to collect dry organics such as tissues, dust bunnies, and compostable paper.

## Get help sorting it all out

- If you use a computer, check out the Minneapolis solid waste website <http://www.minneapolismn.gov/solid-waste/organics/index.htm>
- Call Nokomis Healthy Seniors at 612-729-5499 or send us an email at [info@nokomishealthyseniors.org](mailto:info@nokomishealthyseniors.org). We can help you order a bin, show you how to separate recyclables, or find a source for compostable bags.

## GIVE TO THE MAX DAY NOVEMBER 17



Each year a one-day fund drive is held to support the non-profit and education organizations in our state that make Minnesota a great place to live. On Thursday, November 17, we'll reach out to you to ask for your continued support of our mission to keep our community's older adults in the homes they love.

Not convenient to give on the 17th? You can schedule your donation to NHS at your convenience between November 1 and Give to the Max Day at <https://www.givemn.org/organization/Nokomis-Healthy-Seniors-Program>.

Prefer not to give online? Join us from 11 am to 1 pm at Bethel Church for our annual Give to the Max bingo party—it's a great opportunity to have lunch, play bingo, see friends, and make a donation!

Whether you give on November 17th, or schedule a donation in advance, please Give to the MAX!

### Are you a Thrivent Choice member?

You can direct your Choice Dollars to NHS!

Please visit [www.thrivent.com/making-a-difference/living-generously/thrivent-choice/](http://www.thrivent.com/making-a-difference/living-generously/thrivent-choice/) or call 800-847-4836 and when prompted, say "Thrivent Choice" to see how. NHS can also help you with your Action Plan—call our office at 612-729-5499.



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## Health & Enrichment Programs at Bethel Church

All programs are free (unless otherwise noted) and open to the public. They are held at Bethel Church, 4120 17th Avenue South. Beverages and treats are provided. If you need a ride to any activities, please call the NHS office at 612-729-5499.

**Programs are at 11:00 am on the First Thursday of the month in the Parlor Room**

### November 3

#### Keeping Your Brain Healthy

Mary Ann Schoenberger, Volunteers of America

### December 1

#### Medication Therapy Management

Fairview Pharmacy Services

### January 5

#### Starting a Healthy New Year

Julie Rhein, RN, Minnehaha Senior Living

### February 2

#### Hear for the Health of It

Mary Bauer, Deaf & Hard of Hearing Services,  
MN Department of Human Services

### March 2

#### Shingles

Debra L. Condon, MSN, RN, CCRP,  
Minneapolis VA Health Care System

### April 6

#### Book Club: *To Kill a Mockingbird*

Reread the classic!

# Health & Enrichment Programs at Nokomis Square Cooperative

*All programs are free (unless noted) and open to the public on every Second Wednesday 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.*

**All programs start at 1:30 pm**

## November 9

### The Value of Home Care

James Zenk, Synergy HomeCare

## December No Meeting

## January 11

### Dental Care as We Age

Speaker to be announced

## February 8

### Community Update

Minneapolis City Council Member

Andrew Johnson, Ward 12

## March 8

### Arthritis Care and Prevention

Arthritis Foundation

Visit [www.NokomisHealthySeniors.org](http://www.NokomisHealthySeniors.org) for other upcoming events



Older adults and NHS staff tossed candy to kids along the parade route during St. Helena's Autumn Daze in September.

## Legacy Giving

One way to help the mission of Nokomis Healthy Seniors is to remember NHS in your will or estate plan. Just add our name and the amount: Nokomis Healthy Seniors Program, Minneapolis, MN (tax ID 41-1889344). Please call our office at 612-729-5499 if you'd like more information. *Thank you so much for your support!*

## Nurse Is In

Get your blood pressure checked, consult with a nurse, or schedule a foot care session. Or, just stop in to chat over a cup of coffee and baked goods. The clinic is free, but there is a \$30 charge for foot care.

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

## Exercise Classes

NHS offers exercise classes Monday–Friday at Bethel Church, 4120 17th Ave S, unless noted.

**Exercise:** Mondays (at Faith Lutheran, 3430 E. 51st St.), Tuesdays & Thursdays (at Bethel), 10 to 10:45 am, \$2 suggested donation

**Yoga:** Wednesday 10–11 am, and Friday 11 am–12 pm (at Bethel), \$4 suggested donation

**Chair Exercise:** Thursdays (at Bethel) 11–11:30 am, \$1 suggested donation

## Support Groups

Free and open to the public

### Diabetes Support Group

*Nokomis Public Library, 5100 34th Ave. S*  
The first Friday of each month, 1–3 pm.

### Low Vision Group

*Nokomis Square Cooperative, 5015 35th Ave. S*  
The second Tuesday of each month at 1 pm.  
Facilitator: Vision Loss Resources representative

### Caregiver Support Group

*Bethel Lutheran Church, 4120 17th Ave. S*  
The fourth Thursday of the month at 1 pm.  
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?

### Blood Pressure Clinics /

### Nurse Consultation / Health Support

*Nurse Is In* blood pressure clinic (Thurs. am)  
Health and Enrichment programs  
Foot care, by appointment, Thursdays or in-home

### Transportation

Medical/dental appointments, pharmacy,  
grocery shopping

### Volunteer Matches

Friendly visiting, grocery shopping, dog walking

### Senior Helpline

Referrals and resources for almost any need  
Handyman help

### Home Care by RNs and Home Health Aides (provided through Fairview Health Services)

Assessments and health teaching  
Personal care—bathing assistance,  
light housekeeping, and meal preparation  
Medication management

### Support Groups, Health, and Education

Caregiver support group  
Low vision and diabetes support groups  
Monthly health programs  
Weekday exercise and yoga classes

### Social Activities

Lunch & a Movie, Bingo, 500 Club, Women's Art  
Group

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



## **NOKOMIS HEALTHY SENIORS**

**4120 17th Avenue South  
Minneapolis, MN 55407**

**Phone: 612-729-5499**

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**[www.NokomisHealthySeniors.org](http://www.NokomisHealthySeniors.org)**

**Email: [info@nokomishealthyseniors.org](mailto:info@nokomishealthyseniors.org)**

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### ***Mark Your Calendars!***

## **Give to the Max Day Bingo Party & Lunch**

**Thursday, November 17**

**11 am–1 pm at Bethel Church**

## **NHS Holiday Party**

**Thursday, December 15**

**10:30 am – 1 pm**

***Join us at Bethel Church for pictures with Santa at 10:30, lunch at 11:15, and special guest author Lorna Landvik. Call the office to reserve your spot!***



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