



Sharing the Health

NOKOMIS HEALTHY SENIORS

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

www.NokomisHealthySeniors.org

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Healthy Snacks—Tips for Eating Better

By Molly Bray Yunek, RDN, LDN, Manager, Health & Wellness Marketing, Davidson's Safest Choice Eggs

Snacking can be the key to a healthy diet when done properly. But according to the USDA, the average snack for US adults tends to have higher proportions of carbs and total sugars than beneficial nutrients like protein and fiber. The best snacks are those that fill you up quickly, keep you feeling full until mealtime and add relatively few calories to your daily total. When picking a snack, keep these simple goals in mind:

- **Few calories.** Most fruits and vegetables are low in calories. Even when you eat a portion that satisfies your hunger, the calorie count is low.
- **High in protein.** Quality protein can increase satiety, help manage weight and prevent chronic disease.
- **Lots of fiber.** Fiber digests slowly so it fills you up and helps you stay satisfied longer.

- **Lots of nutrients.** Fruits and vegetables provide vitamins, minerals and other beneficial nutrients like antioxidants.

Snacks that work for you

Healthy snacking involves some planning. Here are some tips to make sensible snacking choices:

- Prepare smoothie bags and store them in the freezer for a quick snack packed with fruits and veggies.
- Have a handful of mixed nuts when hungry, which will help with soothing any hunger urge.
- Keep your kitchen stocked with fresh vegetables. Wash and slice carrots, celery, and peppers as soon as you bring them home so they are ready for snacking.
- Prepare snacks in the evening for the next day.
- Add herbs or spices to make

vegetables more interesting. Try making whole grain egg toasts with mashed avocado (the recipe is above in the box). Avocado is chock full of monounsaturated fats, which is a healthy good-for-you fat.

The secret to healthy eating is planning ahead. With just 10 minutes of prep and planning you can ensure snacking success!

Avocado Toast with Egg

- 1 slice whole grain bread, toasted
- 1/3 avocado, sliced or mashed
- 1 egg
- salt and pepper to taste

Directions: Slice or mash avocado and place on toasted whole grain bread. Poach the egg or cook in a skillet until whites are set. Season with salt and pepper. Enjoy!

(Calories: 218, Fat: 13g, Carbs: 21g, Protein: 11g, Sodium: 243mg)

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Profile: Jayne and Laurie Balzer

Interview by Julie Toth, NHS Volunteer

On a lovely spring evening I chatted with Jayne and Laurie Balzer, two of our neighbors who enjoy the spirit and camaraderie of Nokomis Healthy Seniors.

Jayne and Laurie have lived in Minneapolis for pretty much all their lives. They went to the same junior and senior high schools, but it wasn't until after Laurie graduated a couple years ahead of Jayne that they really noticed each other.

They fondly recall living near Elliot Park and attending events for the neighborhood kids and teens at Pillsbury House. Although they lived in Elliot Park, both attended South High. Laurie "played ball" all through school. When I asked what kind of sports, he said "almost any!"

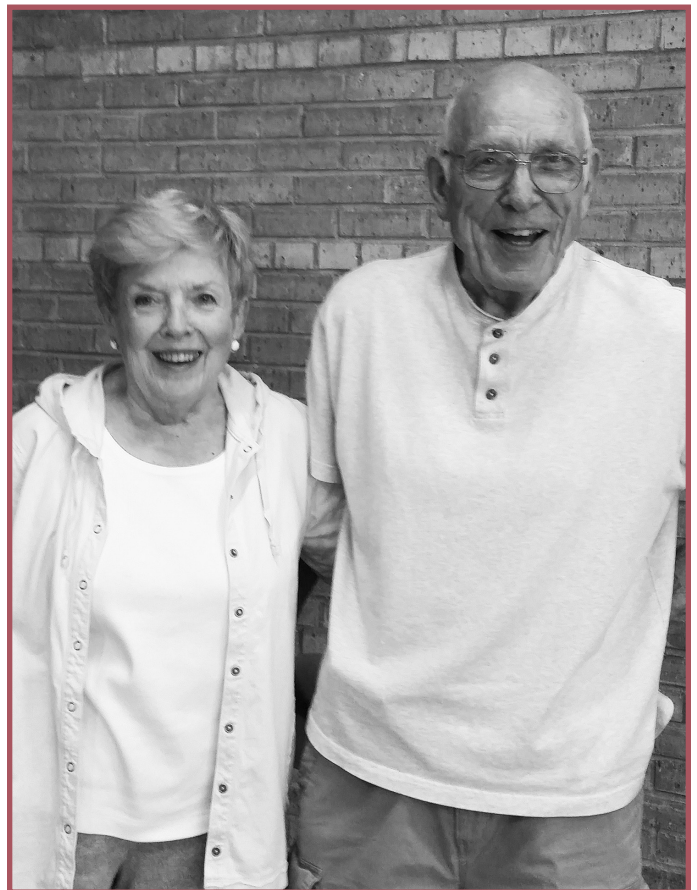
He has continued being active over the years, including playing senior volleyball—his team won the gold in the National Championship for the 75-and-older age group just a few years ago.

Laurie retired following 42 years with the Soo Line Railroad, but he kept busy by coaching football, basketball, and baseball at South High for 12 years. He fondly recalls both playing and coaching, and both Jayne and Laurie remain avid supporters of South High.

Both Jayne and Laurie love dogs, particularly boxers. They've had 6 boxers over their 67 years together, and now have (slightly) broken with their tradition with a delightful 11-year-old boxer/Jack Russell terrier mix named Libby whom they've had since she was a year old. It's easy to see their affection for this dedicated and well-behaved pooch.

The Balzers have lived in their Ericsson neighborhood home for over 30 years. Their daughter, Gwen, conveniently lives just a few blocks away.

I asked the Balzers how they became acquainted with NHS. They said about 5 years ago they saw a sign for the Nurse Is In blood pressure checks and slid into the 2 chairs closest to the door. They chuckle as they say this, as those are still their usual chairs,



all these years later. They've enjoyed NHS exercise classes, Lunch and a Movie, and Health Programs. After a surgery when driving wasn't possible, a volunteer from NHS gave them a ride to their doctor appointments. Jayne comments, "The great thing about NHS is the people. They make it a great place—they're like another family to us!"

Jayne and Laurie have introduced several seniors from our neighborhood to NHS. They said they've told friends and neighbors in the community, and they encourage other seniors to let people know of the variety of services and activities available. "Nokomis Healthy Seniors has really gotten very creative these past few years," noted Jayne, with a nod of approval. The Balzers hope you, too, will tell others about NHS so that it can continue to grow creatively for years to come.

A Moment with Megan

By Megan Elliasen, Executive Director of NHS

I have to confess, I love ALL the activities of summer! BBQ, getting out on the water, ice cream and farmers markets! Will you join me for some summer activities?

We're going to be out and about in our community this summer and we would love to see you at some (or all!) of the events.

We'll be telling people about NHS at the **Nokomis Farmers Market** on July 20th. Please stop by our table to say hello!

Please join us for a special celebration, ***We Honor Veterans***, on July 13th at 1:30 pm at Nokomis Square Cooperative. This is open to everyone. The next day is the ***Bancroft Ice Cream Social*** on July 14th at 6 pm on the lawn of Bethel Church. On that same evening, July 14th, our new NHS Outreach Manager, Tricia Theurer, will be spreading the word about our services at the Keewaydin–Morris Park Festival at Morris Park. The fun continues at our Lunch and a Movie, featuring ***Bridge of Spies***, a spy thriller starring Tom Hanks and directed by Steven Spielberg, on July 21st starting at 11:15 am.

To round out the summer we will have a table at the family-friendly Picnic in the Park at Pearl Park on the evening of July 28th. The Lake Hiawatha Festival will be the next week on August 3rd.

We still have a few spots left for our ***Let's Go Fishing!*** outing on August 22nd. If you'd like to join us for fishing on a pontoon, please call our office.

On August 31st, from 3–11 pm, we'll have a great fundraiser at Indeed Brewing in Northeast Minneapolis as part of their ***Indeed We Can*** program. All proceeds from beer sold in their taproom on this day go to Nokomis Healthy Seniors! That's right, you can drink beer and feel really good about supporting a cause you believe in. You can say you volunteer by drinking beer! Come on down, have a cold one, sit on the beautiful patio and socialize with other NHS supporters!

I hope to see you one of these glorious summer days!



**Wed.
AUG 31**



**INDEED
WE CAN™**

3-11 pm

Indeed Brewing
711 NE 15th Ave, Minneapolis

COLD BEER—WARM FUZZIES—INDEED WE CAN!

Proceeds from the taproom will be donated directly to Nokomis Healthy Seniors

Remembering Marcia Maderious



On May 20th we lost our friend and former colleague Marcia Maderious to complications of Alzheimer's disease at 69 years of age. Marcia was NHS's foot care nurse from 2010 to 2012 and provided such a spark to the foot care room. When she cared for clients in their homes Marcia often stayed long after the foot care was done, just visiting, as she knew how important social time can be and enjoyed connecting with people. Anyone who came into contact with Marcia left knowing that someone cared about them. Marcia was a true listener. She will be missed. ✨

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!*

Nokomis Healthy Seniors Wish List

NHS operates mainly on donations—please help if you can! Here's what we are wishing for right now:

- Sponsor of NHS Holiday Party in December
- Target gift cards to help buy decorations for themed NHS parties

Our biggest continues to be DRIVERS

If you have a car and are willing to drive even just occasionally to the doctor, grocery store, or pharmacy, we'd love to sign you up as a volunteer driver. Our volunteers drivers are what make NHS go!

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

HEALTH PROGRAMS 2016

All programs are at **BETHEL CHURCH**,
First Thursday at 11:15 am in the Parlor

July 7

“The Benefits of Physical Therapy”
by John Sanchez, Physical Therapist

August 4

“Skin Cancer” by American Cancer Society

September 1

“Shingles” by Debra Condon, RN,
Minneapolis VA Health Care System

October 6

“Crime Prevention Topic”
by Karen Notsch, Crime Prevention Specialist,
Minneapolis Police Department

November 3

“Keeping Your Brain Healthy”
by Mary Ann Schoenberger, Area Manager of
Senior Services, Volunteers of America

December 1

“Medication Therapy Management”
by Fairview Pharmacy



Women’s Art Group

Do you have unfinished art projects?
Bring them to the weekly women’s art group
and work on them in a group environment.
Every Wednesday from 10–12 at Bethel Church.
Must bring your own supplies. We’ve had
everything from painting to whittling.



Senior Card-Playing Group

NHS hosts a **500 Club!** The card-playing group
meets every Monday at 9–11:15 am at Bethel
Church, Room 10. New Members Welcome!



NHS Upcoming Events

July 13 at 1:30 pm

We Honor Veterans program to celebrate our
veterans, Nokomis Square Cooperative

July 14 at 6–8 pm

Bancroft NA Ice Cream Social, Bethel Church lawn

July 20 at 4–8 pm

Nokomis Farmers Market, 5167 Chicago Ave

July 21 at 11:15 am

Lunch and a Movie: *Bridge of Spies*

July 28 at 5:30–8:30 pm

Picnic in the Park at Pearl Park

August 3 at 5-8 pm

Lake Hiawatha Festival

August 22

Let’s Go Fishing! Fishing on a pontoon boat—call
the NHS office for more info

August 25

BINGO and Games, starts at 11 am

August 31 at 3–11 pm

Indeed We Can/NHS fundraiser at Indeed Brewing

September 29

Lunch and a Movie: *The Blind Side*

October 17 at 11:45 am–1:45 pm

Health Fair and Flu Shots (Lunch available \$5)

October 27

Lunch and a Movie: *The Trouble with Harry*

November 17

Give to the Max Day BINGO Party

December 10 at 11 am

NHS Holiday Party (call for reservation, meal incl.)

Health and 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

July 13

We Honor Vets: Party and Recognition

All are welcome! Call ahead for recognition.

Lisa Harrell, AseraCare Hospice

August 10

Scams—Safeguarding Our Seniors

Kathleen Moore, Better Business Bureau

September 14

Talking With Your Doctor

Fairview Home Care & Hospice

October 12

The Benefits of Physical Therapy

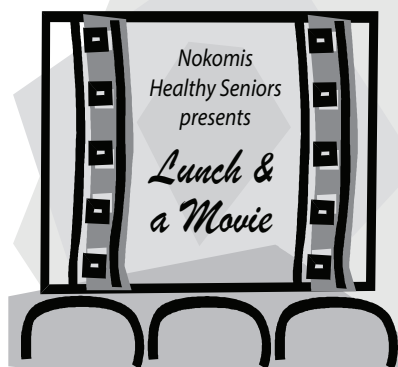
John Sanchez, Physical Therapist

November 9

The Value of Home Care

James Zenk, Synergy HomeCare

Visit www.NokomisHealthySeniors.org for other upcoming events



Join us for Lunch & a Movie!

Bridge of Spies

July 21, 11:15 am (lunch then movie)

At Bethel; call the office to reserve your spot.



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

Nurse Is In

Get your blood pressure checked, consult with a nurse, or schedule a pedicure. 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 a pedicure.

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, \$2 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 (second Weds./month)
Foot care, by appointment, Thursdays or in-home

Transportation

Medical/dental appointments
Other transportation needs

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 foot care
Medication management

Support Groups, Health, and Education

Caregiver support group
Low vision and diabetes support groups
Monthly health programs
Weekday exercise and yoga classes
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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POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 29280

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JOIN US FOR A COLD BREW AND SUPPORT NHS!

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For the latest information, VISIT www.NokomisHealthySeniors.org