



Sharing the Health

NOKOMIS HEALTHY SENIORS

4120 17th Ave S, Minneapolis, MN 55407

www.NokomisHealthySeniors.org

Fall 2017

Volume 21, Number 3

You're Not Alone: Low Vision Support Group

By Tricia Theurer

When we're facing challenges related to aging, we often look to expert resources, such as books, and physicians and therapists, to help us understand what's ahead of us. But for many people, words of wisdom from those who are experiencing what you are can make the difference in going from thoughts of "Why me?" and "I'm Alone!" to thoughts of "These friends know what I'm going through" and "They give me hope."

Our previous two newsletters featured the Diabetes Support Group and the Women's Art Group. In this issue, we're focusing on our Low Vision Support group.

No matter if you've been living with a specific diagnosis or if your vision loss is more recent, NHS offers help through its Low Vision Support Group. The Low Vision Support group, which is free and is open to anyone in the community, meets the second Tuesday of each month from 1–2:30 pm at Nokomis Square Cooperative; they don't meet in the summer. It's been in existence for about 20 years.

The afternoon I visited, there were two men and

five women who gathered, along with the facilitator, who works for Vision Loss Resources. Like most informal support groups, the discussion proceeded at an easy pace, so the participants could ask questions and talk about things that came up naturally.



The members made introductions and shared their diagnoses and vision challenges. One woman was a first-time visitor who was grieving the loss of her mother, whom she had cared for. With this major life change, she was ready to focus on her vision issues and challenges and seek solutions. She said she was open to hearing suggestions from the others in the group, who were happy to share their experiences and advice.

Much of the talk centered around resources, such as medications, taking advantage of large print books from the Hen-

nepin County Library system, and lighted magnifiers, to large print checking account registers and calendars and gadgets that make using computers easier. The facilitator, Tim, pointed out that people with low vision usually find that lighting in most areas is not adequate for them. Plus, he pointed out that every few months, he introduces new items to the group and even brings samples.

One woman said, "I'm living for Thursdays" (the day she goes to Vision Loss Resources for their weekly

DID YOU KNOW?
Nokomis Healthy Seniors also hosts support groups for caregivers and those with diabetes.

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Meet Amanda Webb

Interview by Tricia Theurer

Amanda Webb is a good example of a Nokomis Healthy Seniors (NHS) volunteer who has found activities she can do as a volunteer that match her interests and her schedule.

Amanda started volunteering for NHS as a dog walker, often bringing along her own dog, Lilly, with her as she walked neighbors' dogs. She has since expanded her time to bring her love of crafting to others. About once every three months, she hosts a free greeting card-making session, and she even plans the designs and provides the materials to make them (note: spots are limited).

A Minnesota resident for most her life, Amanda grew up in a suburb and was not familiar with the Nokomis area until she became involved with Big Brothers Big Sisters,

and her little sister lived in the neighborhood. She liked the neighborhood so much that she and her husband,

Ben, put down roots here and bought a house about three and a half years ago. Amanda says she volunteers because "I like forming relationships with those in the neighborhood." She especially loves the area because of "the sense of history and all the various businesses."

An office manager for a small software firm, Amanda enjoys traveling, reading, and running; she recently ran in the Twin Cities Marathon.

If you'd like to discuss volunteer opportunities and ideas with us, please call NHS at 612-729-5499.



Here's What NHS Is Wishing for Right Now

- Decorations for parties/events
- Large-print books
- Volunteer drivers
- Gift Cards (Cub, Target, Wal-Mart, Oxendale's) for bingo prizes or to offset program needs

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

A Big Thank You to Oxendale's Market!

Oxendale's generously donated all the food and fixings for our hot dog fundraiser (and part of their parking lot!) as well as \$100 worth of meat for our annual meat raffle. The continued support of Oxendale's means a lot to NHS and our seniors. Please remember to support them in return.

A Moment with Megan

By Megan Elliasen, Executive Director

As it turns out, working at Nokomis Healthy Seniors is a lot like herding cats—literally! One of the fellows we work with found a cat in his yard that had kittens in his shed. He was worried about them and asked if we could help. We asked a few volunteers to help catch as many kittens as they could. Fortunately, each of the kittens now has a home. So you never know what we might be able to help you with! And if we can't help you, we'll connect you with resources that can.

Please join us on November 16 at our annual fundraiser Give to the Max Day Lunch and Bingo Party! We'll have a delicious lunch, bingo prizes, a silent auction and lots of fun! Give to the Max is an important fundraiser for NHS, so we encourage you to please support us on November 16th, or any day, at www.NokomisHealthySeniors.org!

Our holiday party on December 14 will be very merry with a hot holiday meal and live entertainment courtesy of Rick and the Resistors, along with gifts. Please call the office to reserve your spot; space is limited!

As we head into the holiday season and count our blessings, I want to thank the staff of Nokomis Healthy Seniors and all of our volunteers who do so much to make this program such a success. Keep up the amazing work!



Nokomis Healthy Seniors was thrilled to connect our volunteer Cub Scout Troop with Minnehaha Senior Living to do projects together!

Our recent Apple Orchard outing was funded by a Thrivent Financial Action Team. If you're a Thrivent member, you can organize an Action Team to help fund other NHS projects.



Keep Your Feet Healthy with Foot Care

During your lifetime, your feet could walk the equivalent of 4 times around the world!

Keeping our feet in good condition is even more important as we get older, but it can also become more difficult with age. That's why Nokomis Healthy Seniors specializes in foot care for older adults. Foot care benefits all older adults and can be especially helpful for those with diabetes, vision problems, nails that are difficult to trim, and those with physical limitations that make it hard to reach the toes. Foot care at NHS is not like a pedicure you can get at a salon. Our sessions are provided by registered nurses who have received special training in foot health, and their main focus is on the medical issues related to feet.

A 45-minute foot care session includes:

- A below-the-knee assessment
- We look for problems with skin condition and circulation, foot structure, and pain issues
- Feet are soaked in warm, soapy water to soften skin and nails
- We trim the nails and remove calluses
- We end with a long foot massage, using reflexology techniques, where we gently stretch the muscles and tendons. This holistic approach relaxes the foot, decreases pain, and feels wonderful.

**“It makes you
feel like you’re
floating on air.”
—Foot Care client**

Education and Prevention

The nurses will also teach you how to take care of your feet. We believe prevention is the best medicine. They'll let you know if they think you'd benefit from a visit with a podiatrist.

Some of the topics we cover:

- Increasing circulation
- Preventing foot injuries
- How to get rid of nail fungus
- How to pick the right shoes

Nokomis Healthy Seniors offers foot care at our office within Bethel Lutheran Church and also at Nokomis Square for those residents. If it's difficult for you to get to the clinic, we will try to provide a ride or come to your home. For more information or to schedule a session, call us at 612-729-5499. Appointments are required. Cost is \$30 for foot care at Bethel or Nokomis Square and \$33 for in-home.



About Our Foot Care Nurses

Michael Bowen, a registered nurse, has specialized in foot care for more than seventeen years. Kay Miller is a registered nurse who has recently joined the NHS staff. She has trained specifically in foot care as well.

Kelly
Kamowski

***Could you use a little help
with downsizing, decluttering, or housekeeping?***

**Nokomis Healthy Seniors has someone to help with that!
\$25/hour. Call NHS at 612-729-5499 for more information.**

sessions). The first-time attendee said, “This has been very helpful. It has helped to calm down my apprehension and fear . . . and it’s helpful to hear about what’s available.”


Vision Loss Resources

612-871-2222


www.visionlossresources.org

1936 Lyndale Ave S, Mpls, MN 55403



Vision Loss Resources offers many programs and education for those facing low vision. They help people with every-day living challenges, such as cooking, travel, and using technology. They offer peer mentoring, support groups, volunteers to assist with activities, and a Community Center that offers monthly educational and recreational activities.



Join us for our
**ANNUAL
HOLIDAY PARTY
DECEMBER 14**



Meet Santa: 10–11 am
Lunch and Entertainment by Rick and the
Resistors: 11 am–1 pm.
Reservation required: 612-729-5499





Each Week at NHS

These activities happen regularly; no RSVPs needed

MONDAYS

9–11 am 500 Club (Bethel)
10–10:45 am Exercise (Faith)

TUESDAYS

10–10:45 am Exercise (Bethel)
1 pm Low Vision Support Group
(Nokomis Sq., 2nd Tues. only)

WEDNESDAYS

10 am Women’s Art Group (Bethel)
10–11 am Yoga (Bethel)
1:30 pm Health and Enrichment Program (Nokomis
Square, 2nd Wed. only)
Foot care (Nokomis Square): Call 612-729-5499 for appt.

THURSDAYS

9:30–11:30 am Nurse Is In (Bethel): Blood pressure
clinic, meet one-on-one with nurse, coffee and treats
9:30–11:30 am Adult coloring, puzzles, social time (Bethel)
10–10:45 am Exercise (Bethel)
11–11:30 am Chair Exercise (Bethel)
11 am Health and Enrichment (Bethel, 1st Thurs. only)
1 pm Caregiver Support Group (Bethel, 4th Thurs. only)

FRIDAYS

11 am–12 pm Yoga class (Bethel)
1–3 pm Diabetes Support Group (Nokomis Library, 1st
Friday Only)

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

Special Events in 2017–18

Lunch and a Movie, Lunch at 11:15 am,
followed by the movie. Reservations required. Call the
office at 612-729-5499.

November 30: *Joyeux Noël*

January 11: *The Zookeeper’s Wife*

February 8: *Moonstruck*

March 8: *McFarland, USA*

April 12: *Going in Style*

Lunch and Bingo, Lunch at 11:15 am, followed
by Bingo. Reservations not required.

November 16: **A Special Give to the Max Day
Bingo**

March 29

Holiday Party, December 14: See details at left.

Health & Enrichment Programs

All programs are free (unless noted) and open to the public. Beverages and treats are provided. If you need a ride to any activities, please call the NHS office at 612-729-5499.

@ Bethel Church

4120 17th Ave S
11:00 am,
on First Thursdays

November 2

Medicare Part D

Metropolitan Area Agency on Aging

January 4

Book Club: *The Zookeeper's Wife*
by Diane Ackerman (then join us to
watch the movie the following week)

February 1

Healthy Feet, Michael Bowen, RN

March 1

**Visit with and Learn about
Companion Rabbits**

April 5

Book Club (book to be announced)

May 3

**Reverse Mortgages—All You Need
to Know**, Legal Aid

@ Nokomis Square

5015 35th Ave S
1:30 pm,
on Second Wednesdays

November 8

Health Care Directives

January 10

Crime Prevention, Community Police

Jennifer Neal

February 14

**Letters to Your Family: What
Documents to Pass On**

March 14

**Gentle Transitions: Decluttering Your
Home**

April 11

The Wonderful World of Faberge

Carol Rudie, The Russian Museum of Art

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–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), 10–10:45 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

For more about
low vision group,
see page 1.

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 support group
Diabetes support group
Monthly health programs
Weekday exercise and yoga classes

Social Activities

Bingo, Lunch & a Movie, 500 Club, 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

NONPROFIT US
POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 29280

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HEALTHY SENIORS on
GIVE TO THE MAX DAY!**

give
TO THE
MAX 
NOV. 16, 2017

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or **www.NokomisHealthySeniors.org** for details.



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Call the NHS office to learn more. 612-729-5499.



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Healthy Seniors and LIKE us while you're there!**