



# Sharing the Health

**NOKOMIS HEALTHY SENIORS**

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

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

**Spring 2017**

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## Spotlight on Support Groups

By Janet Myers, NHS Volunteer

### Finding Support

Have you ever looked at the Nokomis Healthy Seniors website or glanced through the newsletter and wondered “What are these support groups all about?” I have and I decided to investigate two of them. The Diabetes Support Group meets once a month and the Women’s Art Group has a weekly schedule.

#### *DID YOU KNOW?*

Nokomis Healthy Seniors also hosts support groups for Caregivers and People with Low Vision.

### Diabetes Support Group

On our website, the description says “Meet with others in the community for support and resources for living well with diabetes.” What does that mean?

I attended the December meeting and understand that the format is similar each month, but what you learn changes. The six participants all seemed to “know the ropes” and one another well enough to catch up on their personal lives as we settled down. I think a few of the attendees were early in their diagnoses of diabetes and were attending their third or fourth session. Others have been attending for quite a while.

Cathy, the NHS nurse, opened the session with information about carbohydrates in diet and why we should limit certain types of them. We then par-

ticipated in a multiple-choice exercise that helped us understand how to estimate how many carbohydrates we consume. We learned about simple and complex carbohydrates and how we could make choices to

improve our health. Cathy also offered us handouts about different diet options, some which included menus and even recipes. I brought home one handout that will help me make good choices when I dine out.

After this general discussion, which took about 30 minutes, Cathy asked each participant how they were doing in their quest to control their diabetes. Participants were not pressured to talk more than they wanted to, though a couple were very forthcoming and detailed. The general atmosphere was very supportive, and participants offered each other both general encouragement and specific ideas for making progress toward goals. If you’re dealing with diabetes, you will find this group a relaxed, supportive place to check in and socialize as well as to learn new coping skills.

Cathy Bray moderates the diabetes support group on the first Friday of each month from 1-3 pm at the Nokomis Library (5100 34th Ave. S).

### Women’s Art Group

I enjoyed my initial visit with the Women’s Art Group so much that I’ve gone back two more times, and hope to go again. When I came, I didn’t know what

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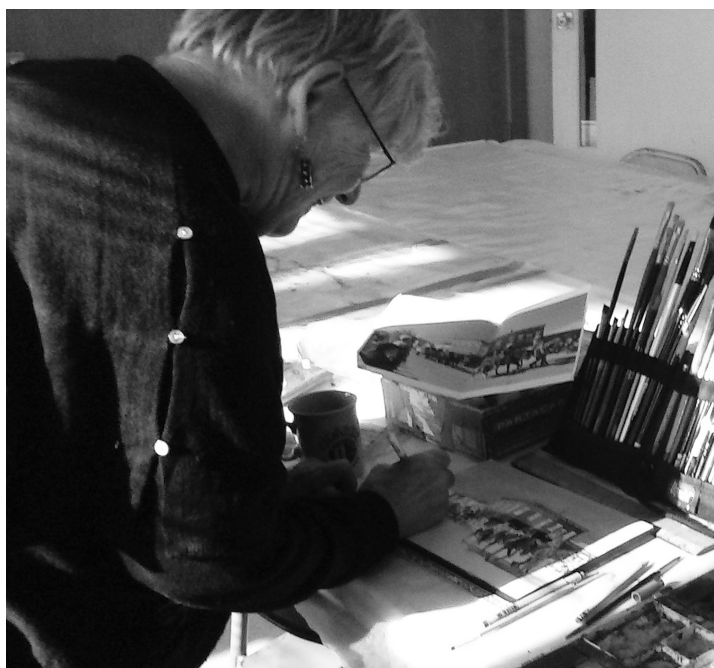
## Spotlight on Support Groups (cont. from page 1)

to expect—were the participants working on a group project? Did they have individual projects? What do they mean by “art”?

The answer to the first two questions is that each artist brings her own tools, ideas, and ongoing projects or requests for inspiration to start a new project. I brought knitting because I didn’t have a “traditional” art project. As it happened, one of the other artists had also brought knitting, though she also does watercolor painting. Let me introduce you to the first five artists I met:

- Ruth was painting a scene she’d photographed of a parade in Spring Green, WI.
- Pat brought a sketch book and an assortment of artist’s pens to create colorful abstract designs.
- Diane was knitting a shawl.
- Antonia brought an array of beads and notions and worked on a necklace.
- Betty didn’t stay to work on a project but told me that she paints watercolor cards that she sends to friends and family.

At my second session, Margaret, one of the group’s founders, stopped by just to socialize and let her friends know that she was moving to the other side of town.



Ruth working on her art project.

Her past projects were wood carvings. Margaret and Pat started the group at NHS’s office space in 4200 Cedar Ave., when they advertised that they would host a regular time for women with artistic interests to meet for inspiration and support. Margaret is not the only regular artist who can no longer attend. The group has been as large as 20, but now consists of six or so regular attendees.

While group participation is limited to women, one of the regular observers is male. Digby, Ruth Cain’s dog, comes along with her and provides occasional amusement and silent, but obviously keen, critiques. In the week after Christmas during school break, Pat’s son brought her granddaughters and was allowed to stay to work on his own sketching. Betty’s granddaughter also attended that session.



Digby

The group has its own storage space where they keep plastic to cover the large work tables, containers for water for the painters, some art books, and a coffee supply. As women arrive, they spread the plastic on the work tables, fill water containers for the painters, and start the coffee. Then they settle into ongoing projects, get help with starting new ones, and converse for a couple of hours. Often they adjourn to continue conversation over lunch at Turtle Bread on 48th and Chicago.

If you’re a woman who wants to explore your artistic side or revisit past interests in color, form, and design, this group is a lovely place to begin the adventure. You’ll find a warm welcome and friendly interest and advice. The Women’s Art Group meets at 10 a.m. every Wednesday at Bethel Lutheran Church.

**Note:** We’ll cover other Support Groups in a future issue. See page 7 for more information on Support Groups and other activities and services at Nokomis Healthy Seniors.

# A Moment with Megan

By Megan Elliasen, Executive Director

For me, the cold nights are the perfect time to start planning my garden revisions. Imagining warm days and pops of color are just what I need to make spring a reality. This year I'm not just planning the garden in my backyard, but the one at Nokomis Healthy Seniors as well. We have a plot in the gardens that the Bancroft Neighborhood Association coordinates and we grow vegetables that we serve at some of our events. If you like to garden, please stop by with suggestions or to help water, weed or plant. We're also hosting a talk by the Hennepin County Master Gardeners, "The Evolving Garden," at Bethel Church on June 1st. Another spring presentation, "Growing a Monarch Habitat and Other Pollinator Tips," will take place on April 12th at Nokomis Square. Did you know we have a monthly talk at Nokomis Square that's free and open to the public? All are welcome—you don't need to be a Nokomis Square resident to enjoy the talk and a warm cup of coffee.



This year we're changing Clean-a-Thon a bit. Instead of having one day when all the teams go out, we'll match people one-on-one with a volunteer team and have the team set up a time that works for both the homeowner and the cleaning team. That way we can include our corporate teams who want to volunteer on weekdays.

I recently read in *Perspectives on Psychological Science* about a study that found that "prolonged isolation can be as bad for your health as smoking 15 cigarettes a day." It's hard to believe, but true. Which is why we're excited to offer more social events than ever. We're hosting "Lunch and a Movie" and "Lunch and Bingo" more often. We will serve a meal with Bingo to give people a chance to socialize. See the upcoming schedule below. I hope to see you in the near future!

## Featured Events

Studies show that social interaction is crucial to our health. Yet many older adults are at risk for isolation. That's why we've set aside additional time for get-togethers on the NHS calendar.

We're hosting "Lunch & a Movie" on the second Thursday of each month and "Lunch and Bingo" on the fourth Thursday of each month, after exercise classes and "Nurse is In." Join us for lunch, starting at 11:15 am (usually in rooms 8 and 9), followed by Bingo in the same room or followed by a movie across the hall in the theater. Please let us know if you plan to come. All are welcome! Free-will offering.

## Upcoming Schedule

- |                                                                 |                                                       |
|-----------------------------------------------------------------|-------------------------------------------------------|
| <b>March 9:</b> Lunch & a Movie, <i>Brooklyn</i>                | <b>May 11:</b> Lunch & a Movie, <i>Hidden Figures</i> |
| <b>March 23:</b> Lunch and Bingo                                | <b>May 25:</b> Lunch and Bingo                        |
| <b>April 13:</b> Lunch & a Movie, <i>To Kill a Mockingbird*</i> | <b>June 8:</b> Lunch & a Movie, <i>Airport</i>        |
| <b>April 27:</b> Lunch and Bingo                                | <b>June 22:</b> Lunch and Bingo                       |

\*Join us for Book Club on April 6 at 11 am, when we'll discuss the classic novel.

# Resources for Those Struggling to Afford Food

If you're struggling to afford food, there are resources locally that can help you. Please don't feel ashamed; you have every right to receive help.

## Food Shelf

In our neighborhood, the closest food shelf is at Minnehaha United Methodist Church. Pick up on Tuesday afternoons; no proof of income needed.

- Minnehaha United Methodist Church  
3701 East 50th St. • Minneapolis, MN 55417  
612-721-6231 • [www.minnehaha.org](http://www.minnehaha.org)

## Discounted Food

Fare for All buys fresh fruits, vegetables, and frozen meat in bulk to save you up to 40% off grocery store prices. It's community supported and open to everyone. Fare For All has 30 locations in the Twin Cities metro area, including two in South Minneapolis, where food packages are sold once per month. Cash and carry, no need to register in advance. Call 763-450-3880 / [info@fareforall.org](mailto:info@fareforall.org)  
[www.fareforall.org](http://www.fareforall.org)

### *Fare for All Distribution Sites in So. Mpls*

- Holy Trinity Lutheran Church, 2730 East 31st St, Minneapolis 55406; 3:30–5:30 pm: Mar 15, Apr 12, May 10, Jun 14, Jul 12, Aug
- Open Arms, 2500 Bloomington Ave S., Minneapolis 55404; 1–3 pm: Mar 17, Apr 14, May 12, Jun 16, Jul 14, Aug 11

### *Fare for All Warehouse Sales*

Every other Monday, the Fare for All warehouse in New Hope, MN is open 9:30 am–7 pm., selling individual meats, produce, and dry goods. They accept cash, credit, debit, and EBT cards. Fare for All Warehouse Sale: 8501 54th Ave North, New Hope. Enter through the west doors on the right side of the building.

## Senior Congregate Dining

Volunteers of America (VOA) operates many congregate (group) dining programs for those age 60 and older. The suggested donation for lunch is \$4, but no one will be turned away if they can't pay. They offer a full, nutritionally balanced, sit-down style lunch with varied menu options. Call 612-824-5512  
[www.voamnwi.org/senior-nutrition](http://www.voamnwi.org/senior-nutrition)

*South Minneapolis locations: Contact each location for hours, days and details.*

- Horn Terrace, 3110 Blaisdell Ave. S., 612-822-1367
- The Riverside (Franklin high-rise), 2728 East Franklin Ave., 612-269-8462
- Southwest Senior Center, 3614 Bryant Ave S., 612-824-5512
- Trinity Apartments, 2800 East 31st Street, 612-724-4535

## Governmental Food Support: Supplemental Nutrition Assistance Plan (SNAP)

*Formerly called "Food Stamps" or "Food Support"*

The Supplemental Nutrition Assistance Program (SNAP) helps Minnesotans with low incomes get the food they need for sound nutrition and well-balanced meals. Approved participants get a debit card to use to buy food at many stores, senior dining sites, and farmers markets.

SNAP eligibility depends on your household's income. A county worker can give you more information about income limits and deductions when you apply. Call the SNAP Hotline at 651-431-4050 or the Minnesota Food HelpLine at 651-486-9860 in the Twin Cities metro area. <http://mn.gov/dhs/people-we-serve/children-and-families/economic-assistance/food-nutrition/>

***Don't miss the May 4 Health & Enrichment program when we'll learn more about SNAP (see page 5).***

*Continued on next page*

## Prepared Food / Meals Delivered to Homes

### **Metro Meals on Wheels**

Phone: 612-623-3363 / [www.meals-on-wheels.com](http://www.meals-on-wheels.com)

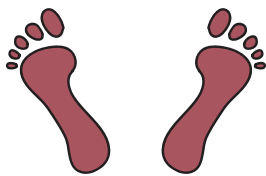
### **Volunteers of America**

Home-delivered meals are offered to more fragile individuals who need hot meals delivered to their door. Many of these meals are delivered directly from Volunteers of America (VOA) dining sites or delivered through community-based programs. For more information, or to inquire about waived home-delivered meals, contact Nancy Christianson, Program Director, 952-945-4156 or [nchristianson@voamn.org](mailto:nchristianson@voamn.org).

## Grocery Delivery

### **Store to Door**

Volunteer-based shopping and delivery service for those 60 and older, of all income levels, who can't shop for and carry groceries. Grocery order is shopped by volunteers at one of six metro area Cub Food Stores. Prescription delivery is also available from Cub Pharmacy. Phone: 651-642-1892. <http://www.storeto-door.org/contact-us/>



**Got a Nose for Toes?**

**Got a Nursing Degree?**

**Nokomis Healthy Seniors needs a**

**FOOT CARE NURSE**

**flexible hours / paid, part-time position**

**Call 612-729-5499 for more info.**

## Health & Enrichment Programs at Bethel Church

All programs are free (unless otherwise noted) and open to the public. Bethel Church, 4120 17th Avenue South. Beverages and treats provided. Need a ride?—please call the NHS office at 612-729-5499.

**11:00 am on first Thursdays in Parlor Room**

### **April 6**

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

### **May 4**

**Accessing the Supplemental Nutrition Assistance Program (SNAP)**

Colleen Moriarty, Hunger Solutions Minnesota

### **June 1**

**The Evolving Garden—Ideas and Practices to Allow You and Your Garden to Age Gracefully Together**

U of M Extension Master Gardener, Hennepin County

## **2017 Paint-A-Thon Applications Available**

The Metro Paint-A-Thon matches homeowners in Hennepin and Ramsey County with volunteer teams who will scrape, prime and paint the exterior of their home, garage or other structure at no cost to the homeowner. Call Metro Paint-A-Thon at 612-276-1579 for an application.

# 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**

**March 8**

**Arthritis Prevention and Care**

The Arthritis Foundation

**May 10**

**Keeping Your Brain Healthy**

Volunteers of America

**April 12**

**Growing a Monarch Habitat and Other  
Pollinator Gardening Tips**

Vicki Bonk

**June 14**

**Microwave Cooking 101**

**August 9**

**Taking Care of Your Mental Health**

Fairview Health System

## NEIGHBORHOOD NEWS

### **File Your Taxes for Free!**

Prepare + Prosper is a local nonprofit that provides free tax preparation, financial services and financial coaching to individuals and families from IRS-certified volunteers. From Jan. 21 to April 15, they operate eight tax sites in the Twin Cities. For more information or to make an appointment, contact them at 651-287-0187 or [www.prepareandprosper.org](http://www.prepareandprosper.org).

### **34th Avenue Construction**

In 2018, 34th Avenue South from East 50th Street to East 58th Street will be rebuilt. Look for updates from the City of Minneapolis, John Quincy, Council Member of Ward 11 and Andrew Johnson, Council Member of Ward 12.

### **Nokomis Post Office Update**

The Nokomis post office on 34th Avenue has outgrown its location. Council Member Andrew Johnson led an effort to find a solution: delivery operations will be moved to the Airport Post Office, while retail operations will stay in the present location. It is expected the change will happen this Spring.

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

- Hand-held vacuum
- Volunteer drivers
- 2- and 3-pound hand weights
- New or like-new bingo prizes
- 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.**

## 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 support groups, 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  
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PERMIT NO. 29280

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

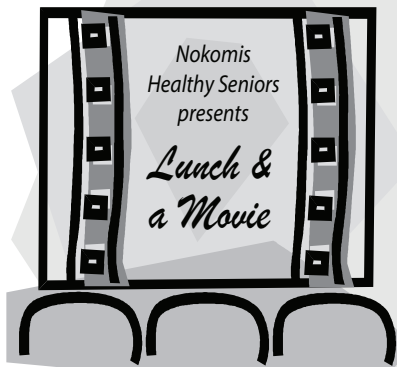
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Join us for *Lunch & a Movie!*

## Brooklyn

March 9, 11:15 am (lunch then movie)

At Bethel; call the office to reserve your spot.

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



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