

NOKOMIS HEALTHY SENIORS

4120 17th Ave S, Minneapolis, MN 55407

www.NokomisHealthySeniors.org

Fall 2018

Volume 22, Number 3

Exercise Is the Key to Staying Healthy

By Tricia Theurer and Becky Beeskow

Nokomis Healthy Seniors strives to offer programs and services that address all needs of older adults: physical, mental, and social. To celebrate Wellness Month, we're focusing on our exercise programs. NHS offers several types of exercise classes, designed for any fitness level. Join us to strengthen not only your body but your social connections! Participants appreciate that Becky, our fitness instructor for all classes except yoga, keeps up on the latest exercise trends and research, and incorporates new movements. No reservations are needed, and no special equipment or clothes are necessary—just wear clothes you can move in. Just bring yourself and water!

Suggested donations are collected at each class. Below is information on each class to help find the right one for you. We hope you'll try them all! For days, times, and locations, see page 7.

Exercise Class

Exercise class is 45 minutes and focuses on stretching, balance, weight resistance, and aerobic movement. We do a variety of exercises that work your body from your head to your toes! The class is geared for people 60 and older (but anyone is welcome to attend) at any fitness level.



Modified/Chair Exercise Class

This class meets for 30 minutes once a week. Everything is done in a chair. We work on stretching, balance, weight resistance and aerobic movement. It's geared for 60 and older who have balance issues.

Music and Props

You'll hear a variety of music, ranging from the 1950s all the way to current music. We use scarves, weights, resistance bands, hula hoops, and balls as equipment to make the class fun and to keep things fresh.

Yoga

This class, which is taught by Nancy, is geared toward people 60 and older and of various fitness levels. It's offered twice a week and the instructor is specially trained in yoga. Everyone starts out in a chair doing yoga moves. There are some standing stretches, with the chair close by for those who need support standing. For those who are able, some moves are done on the floor. For others, the instructor will modify floor yoga moves for sitting in a chair.

Social Benefits of Exercise

Becky says, "For those who come on a regular basis, I have seen and heard about improvements in their health. The social aspect is just as important as the physical activity. There have been a lot of friendships

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Meet Brianna Gallett

Interview by Julie Toth

I recently spent a beautiful early autumn afternoon chatting with Brianna Gallett, a Nokomis Healthy Seniors volunteer and one of NHS's newest board members. Allow me to introduce you. . . .

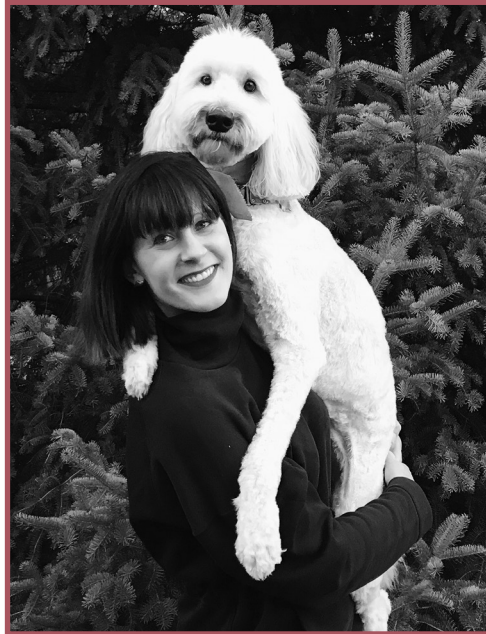
Brianna hails from a small town in west central Wisconsin, population just 412. Her parents and siblings still live there, and she enjoys getting back regularly to visit with them and her six young nieces and nephews.

She now lives in the Regina neighborhood with her “goof-ball” dog, Pickles, who is a poodle/golden retriever mix. She says Pickles loves everyone. He feels he's being left out when she tries to hug someone and doesn't include him, and then he tries to nose his way in to the hug. He's delighted to join her when she's visiting seniors as a volunteer, and they like him, too!

Brianna has been in the Twin Cities since 2005, and works in marketing and public relations. She has quite a busy job, but in talking with her, I sense that she's a woman who can handle a lot going on.

Brianna contacted NHS almost two years ago when she was looking for a local organization to volunteer her time. She saw the mission of NHS of helping people remain safe and happy in their homes as they age as a good fit, and she really values her increased connection to the community in which she lives. She

regularly gets together with two seniors in particular. They run errands, do laundry or grocery shopping, play checkers, go out to breakfast, or just chat. She's had some great conversations and really enjoys the connections they've developed. When she joined the board, she started thinking about how she could contribute to making NHS even better. She's committed to spreading the word among her peers and others about the value of the program and how they can support it. She bubbles with enthusiasm for



what's to come—it's infectious!

Says Brianna, “I'm so glad I found NHS!” We're sure glad she did, too!

Free Tech Help!

Need help with your
cell phone,
tablet, or laptop?

Call the office at **612-729-5499**
to set up a one-on-one appointment with
our friendly volunteer.

give TO THE MAX 

NOV. 15, 2018

Visit givemn.org or
NokomisHealthySeniors.org
for details.

A Moment with Megan

By Megan Elliasen, Executive Director

Some people think of the new calendar year as a time of renewal and change. I've always associated fall with change. Going back to school as a child, I got excited about picking out my new school supplies. And now as a parent—as much as I like summer—I appreciate getting my boys back into a more structured routine during the school-year. I hope that you can enjoy the cooler weather and the beautiful fall foliage before the busyness of the holidays come around.

October is Wellness Month, so our main article outlines the exercise classes that Nokomis Healthy Seniors offers to help participants maintain or improve their health. It's also Breast Cancer Awareness Month, so you'll be seeing lots of pink items in the stores to remind us of those we've lost to the disease as well as the importance of detection. It's also **National Book Month**, and our Book Club is going strong. Plan now to join us in February to discuss the popular and thought-provoking book, *Crazy Rich Asians*.

We have a lot going on this fall, including a nice variety of movies for our popular "Lunch and a Movie" program. We always have fun and raise funds on **Give to the Max Day**, which is November 15. And mark your calendars for our popular **Holiday Party** on December 20. More and more people have been attending our holiday celebration over the past few years, and space is limited, so please call the NHS office to make your reservations soon. As you read this, we're firming up our plans for fun, holiday entertainment to complement the delicious hot meal, visits with our favorite Santa, festive decorations, and the time spent with precious friends that we enjoy each year.



Nokomis Healthy Seniors in the Community

Nokomis Healthy Seniors was out in the community this fall! You may have seen us at Nokomis Days (the Nokomis Block Party) selling tickets for the meat raffle. The next weekend, Nokomis Healthy Seniors continued its tradition of having a presence at the St. Helena's Autumn Daze Festival & Homecoming event, where NHS participants rode a float in the parade and tossed candy to children.



THANK YOU

to **Nokomis Yoga** and its participants for their generous summer fundraiser for NHS!

www.nokomisyoga.com

Do you or someone you know like to help with housekeeping chores?



NHS is looking to hire someone to assist elders in their homes with housecleaning. Call us at 612-729-5499 for more information.

Election Day Is Tuesday, November 6

Your vote counts!

Vote Early by Mail or in Person Early voting is happening now until November 5th. See contact information below to find out more.

Polling Places Minneapolis has made some changes with polling places. You should have received a notice if your polling place has changed.

Curbside Voting Curbside voting is available on election day 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 major political parties will bring out a ballot to your vehicle.

Races

All Minnesota voters will have these races on their ballot:

- U.S. Senator
- U.S. Senator (special election)
- U.S. Representative
- Governor & Lt. Governor
- Secretary of State
- State Auditor
- Attorney General
- State Representative
- Judicial offices

Voters may have one or more of these races on their ballot:

- County Officers
- City Officers
- School Board Members
- Township Officers
- Hospital Board Members
- Park Board District Members
- Local ballot questions

For more information, Contact the Secretary of State:

• 651-215-1440 • MN Relay Service: 711 • Email: secretary.state@state.mn.us

Web: <http://lwvmpis.org/voter-information/> or <http://pollfinder.sos.state.mn.us/>

Or Contact the League of Women Voters: 612-333-6319 or online: <http://lwvmpis.org>



Join us for *Lunch & a Movie!*

The Intern

November 18, 11:15 am

Call the office to reserve your spot.



created through this socialization. I have heard from a few that this class and the social part has helped with depression, helped them to recover more quickly from an illness or surgery, and helped shorten the number of physical therapy sessions they need. This is because we use a lot of exercises that are used in physical therapy.”

It’s never too late to start exercising, so please pick the class that fits your needs and come join us! We’d love to see you.

October Is Breast Cancer Awareness Month

Mammograms are still the best detection tool available. Consider taking the opportunity to get a mammogram this month if it’s been a while since you had one. Most insurance plans cover mammograms. If your plan doesn’t cover them or you don’t have insurance, you may qualify for free cancer screenings.

SAGE: Minnesota’s Cancer Screening Program



The Sage Screening Programs help keep Minnesotans healthy through screening and early detection of breast, cervical, and colorectal cancers. Screenings are provided at participating locations free of charge to people who qualify.

Call 888-643-2584, Monday–Friday, 8 am–5 pm, to learn more.

Note: This information was excerpted from their website: www.health.state.mn.us/divs/healthimprovement/working-together/who-we-are/sage.html

Other Cancer Screening Resources

- **Susan G. Komen**
www.komenminnesota.org
Local office: 952-746-1760
- **American Cancer Society**
www.cancer.org
Cancer Helpline 800-227-2345
Local office: 651-255-8100

Each Week at NHS

No RSVPs needed unless noted.

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. Nokomis Square residents only.

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)
Foot care (Bethel) on Thursdays by appt. Call Office.

FRIDAYS

11 am–12 pm Yoga (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 2018–19

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

November 18: *The Intern*

December 13: *The Man Who Invented Christmas*

January 10: *Coco*

February 14: *Roxanne*

March 14: *Blue Hawaii*

April 11: *Crazy Rich Asians*

Lunch and Bingo, Lunch at 11:15 am, followed by Bingo. Call 612-729-5499 for a reservation today!

November 15 (Give to the Max Day)

January 31

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 1

Medicare Cost Plan Changes

No Presentations in December

January 3

Simple, Healthy Eating for One
or Two People

February 7

Learn All the Ins and Outs of Uber
and Lyft!



February 21

Book Club: *Crazy Rich Asians*
by Kevin Kwan

(Join us to watch the movie on April 11)

March 7

Find Out How the New Tax Laws
May Affect You

@ Nokomis Square

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

November 14

Medical Cannabis in Minnesota
Minnesota Medical Solutions

No Presentations in December

January 9

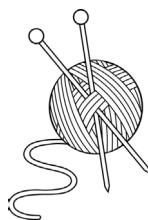
Simple, Healthy Eating for One
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February 13

Learn All the Ins and Outs of Uber
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March 13

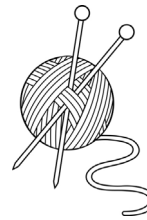
Find Out How the New Tax Laws
May Affect You



Knitting Group

Tuesdays, 1:30–3 pm
at Bethel

(note later start time)



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

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 / Health Support

Nurse Is In blood pressure clinic (Thurs. am)
Health and Enrichment programs
Foot care, by appointment, Thursdays at Bethel or in-home; Wednesdays at Nokomis Square (available only to Nokomis Square residents)

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 (minor chores)

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

Lunch & a Movie, Lunch & Bingo, 500 Club, Art Group, Knitting Group, Nurse Is In, Outings

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



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4120 17th Avenue South
Minneapolis, MN 55407

Phone: 612-729-5499

NONPROFIT US
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TWIN CITIES, MN
PERMIT NO. 29280

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Join us for our

ANNUAL HOLIDAY PARTY DECEMBER 20



Meet Santa: 10–11 am

Lunch and Entertainment : 11 am–1 pm

Reservation required: 612-729-5499



ENTERTAINMENT BY **THE LOONEY LUTHERANS!**

Using music, comedy, and some help from the audience, these gals love to share their tips for living a long and healthy life, the Lutheran way. All original material is comedic, family friendly, and interactive. The Looney Lutherans are also the authors of the (fictional) cookbook and lifestyle guide, *Use Your Food: A Guide to Healthy Living Inside and Out, From Our Kitchen to Yours, Eat Like a Lutheran!*

Helping people
improve their
health through
music, laughter,
and FUN!



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