



Winter 2017 Edition

A newsletter for East Side Seniors and their Families

Hello winter!

We knew it was coming and it has not disappointed us! At East Side Elders, we are working hard to make sure that Old Man Winter doesn't make life too difficult for our clients. We would like to send a big thank you to our volunteers from Harding High School Junior Navy ROTC for helping clear steps and sidewalks for our clients.

Winter also brings other challenges such as slippery sidewalks and steps. See page 3 in this issue on how to reduce the risk of falling on icy streets. East Side Elders can help arrange trips to the grocery store or arrange for a volunteer to do some shopping for you.

Winter months can also be hard on seniors who are not able to get out and about. Because it may be difficult to get around, many seniors have less contact with others and this can lead to feelings of loneliness and isolation. East Side Elders can arrange for a friendly phone call or a visit from a volunteer. On the other hand, if you know of someone who could do with some cheering up, why not pick up the phone or drop by to see how they are doing?

And don't forget the monthly Elder Café (see page 5 for upcoming events!) where seniors can meet old friends and make new ones, and enjoy a delicious meal and fun entertainment!

The East Side Elders Team,

Rebecca, Janet and Kala

In This Issue

Supporting Future Healthcare Professionals

Page 2

Don't Go Head Over Heels

Page 3

National Volunteer Week

Page 4

The Elder Café

Page 5

Interesting Things to Do!

Page 6

Planning a Trip?

Page 7

Chicken Soup!

Page 10

Winter Wonderland Word

Search Puzzle

Page 11



Supporting Future Healthcare

Professionals

Every year we are fortunate to have students from the Century College Nursing Program join our team! This partnership is a wonderful opportunity for the students to get to know just what it is like to be a senior -- and for a senior to help a student get acquainted with some of the joys of aging!

The students are required to spend a minimum of 16 hours with their senior and during that time they can do whatever activity they agree upon. Some students enjoy just playing cards or playing Bingo while others simply sit and chat.

Here is what one senior wrote about her experience with a student.

In the last couple of months, I had the opportunity to work with a nursing student and volunteer connected to Eastside Elders. Natalie is interested in specializing with geriatric patients. We had great talks, she took me to run errands, and we spoke about the differences in my life since moving into a 55 years and over apartment building.

It was nice to meet regularly with someone younger who was interested in my life and experiences. During our last meeting, we went to lunch. She asked if I would be interested in meeting with another volunteer student, as there are quite a few that need someone to visit for a few weeks. I told her and Eastside Elders that it would be wonderful to, again, meet weekly with another student.

If you get a call asking if you are interested in a temporary volunteer, I highly recommend the experience of getting help from and helping someone who is getting ready to start their career.

Rhonda Wood

If you are interested in participating in this valuable and rewarding

Our Wish List

We accept other donations that we can use to help our seniors. Please call Janet at (651) 683-2326 if you would like to donate any of the following items.

Transportation (A 15 passenger accessible van, gas cards)

Clothing (Warm socks, hats and gloves)

Games (Large print books and puzzles, playing cards, jigsaw puzzles)

Household (Postage stamps, note cards, small flashlights, batteries)

Personal (Bars of soap, talcum powder, hand cream, after shave, hand sanitizer)

Snacks and Treats (Sugar-free candy and chocolate, regular candy and chocolate)

Gift Cards (Cub, Target, beauty salon, books)



Don't Go Head over Heels! (You might hurt yourself!)

Winter in Minnesota can be beautiful and can be a little dangerous for those of us who are not quite as steady on our feet as we once were!



have walked. Snow and ice from other people's shoes will most likely have melted into messes on the floor. Watch where you are walking for your first few steps inside to avoid these potential slipping hazards.

Look Before You Step!

The best way to keep from falling is to watch where you are stepping. If that wet patch up ahead looks like it might be ice, avoid it. It is also important to look ahead at what you might be walking into. Find the path of least resistance, or in this case, the least snow-covered ice.

Wear the Right Shoes!

Ladies, high heels and ice don't mix. Wear boots with rough or textured soles to trek through the snow and ice to give you more traction than a dress shoe. While changing into and out of different shoes might seem like a hassle, it is much more important to protect yourself from falling. And remember to hold onto something before you try to yank off those boots!

Use Handrails!

Whether you're inside or outside, handrails are available to you for a reason. Think of the streets like an ice skating rink. Seems accurate, right? Well, ice skating rinks have railings! They obviously work. Whenever a railing is available to you, use it. Railings have been proven to keep people upright when they begin to slip.

Watch the Floors!

Even after you have made it inside, watch out for places that other people



Get Your Eyes Checked!

It may seem simple, but keeping your eyesight in good condition can help prevent potential falls. Seeing everything in front of you will help you to determine where to walk and where to avoid.

Exercise to Improve Your Balance!

There are several exercises you can do to help improve balance, increase flexibility and make yourself stronger. Yoga and T'ai Chi are great for improving balance. Exercises like toe stands, knee curls, leg extensions and simple movements in swimming pools can make your muscles stronger.

Stay Inside - and Pick Up the Phone!



If the weather has gone from bad to worse and you're not sure if your car can make it up that hill, stay inside. That trip to the mall or grocery store can wait. If possible, staying indoors and out of the elements will be your best defense against winter spills. Many grocery stores offer a delivery service that will bring food right to your door. **Or, better yet, call East Side Elders at (651) 683-2326 for help!**

Thanks to Unity Point Health, Fort Dodge, Iowa, for allowing us to extract this article!

National Volunteer Week

April 23-29, 2017

Yes – there is such a thing! And East Side Elders will be recognizing all our wonderful volunteers and all the great work they have done over the past year! We couldn't do it without you!



East Side Elders



Thank You!

EastSideElders.org



East Side Elders can only provide the wide range of services to clients and their loved ones because of the help of volunteers. Being a volunteer is a great idea if you want to meet new people and try new things. Here are some ways you can volunteer with East Side Elders that you might not have thought of:

- Drive someone to the post office
- Organize a room
- Clear snow from walkways
- Help someone with light housekeeping
- Rake leaves
- Take someone grocery shopping
- Make a friendly visit to a senior
- Help cook a meal
- Change a lightbulb

Coffee with KARE 11

Check out East Side Elders featured in the **Coffee with KARE** during the morning show on Thursday, February 9th at 5:30 am and again at 6:30am! We will also be mentioned during the 5pm news that day. Our "Volunteer Driver for Seniors" feature will be the KARE 11's Opportunity of the Month.





The Elder Café - Fine Dining and Entertainment!

Who would have imagined in September 2015 when we had 17 guests for our first Elder Café that it would grow to host between 60 and 90 guests every month? That's just what has happened over the past year. And let's not forget about the amazing food we have been served and the interesting presentations and performers we have been so lucky to have.

The events scheduled for 2017 are just as varied and entertaining as last year – and perhaps, (if possible), even more fun.

February	Native American Drumming
March	John Dingly - Irish Storyteller
April	Amy and Adams – Musical Entertainment

The Elder Café is held on the second Thursday of each month with lunch served at 12:00 noon (unless otherwise noted) with the entertainment to follow. So that we may be sure to have enough food and tables, we ask that guests make a reservation by calling the East Side Elders office at (651) 683-2326. We can also arrange transportation for those who request a ride.



Thanks to our wonderful volunteers who helped serve!



Guests enjoying a nice lunch and great company!

Hope you can join us for a nourishing meal and great conversation!

Call (651) 683-2326 to make a reservation* or to request a free ride!

Event is **free** for seniors 60 and older who reside in the Dayton's Bluff, Payne-Phalen and Conway Battle Creek areas of Saint Paul.

All others are welcome to make a \$10 donation to East Side Elders.

*We cannot guarantee a meal without a reservation!

Indoor Gardening and Other Interesting Things to Do

Keeping busy during the cold winter months can sometimes be a challenge! How about bringing some greenery into your home to remind you that spring is just around the corner? How about sorting through old photos and reliving your travels, or planning a trip for the summer?

Edible Windowsill Gardening

For all of us who love to garden (and those who don't) windowsill gardening is easy and you get to eat what you grow! Find a sunny windowsill, pick out some containers like empty coffee cans, jars, or decorate a plant pot (another project!) Consider easy to grow herbs like dill, cilantro, lavender, parsley, mint, thyme, oregano, and chives. Seed packets are available year round at the hardware store. Be sure to use potting mix rather than soil and choose a fertilizer that is specifically for edible plants! You do not need to water herbs very often – just keep the soil barely moist to keep the roots from getting soggy. Cut and use the herbs to brighten up salads and other dishes. Bon Appetite!



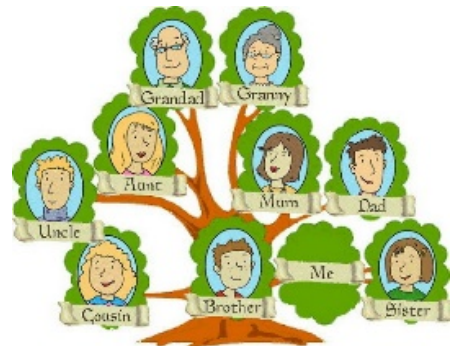
Photographs

Everyone has boxes or envelopes full of photographs that they have been meaning to sort through. What better time than now to start looking at them and putting them in order? Write names and dates on the backs so that your family and friends can share your memories. Large sized scrapbooks are an inexpensive and fun way to display your photos. If you have a computer, try scanning your photos and create a mini-movie to share.



Family History

Whether it's telling your story or finding out about your family, creating a family history is a lot of fun. Putting together a family tree can be challenging once you get past your immediate family members but there are resources at the library or online that can help you. Make a recording of your own story or write your history in a notebook for your family to keep.



Planning a Trip?

Now is a great time to start planning a spring or summer trip. Whether you are traveling far or near, it is important to make sure that you and your loved ones are prepared. Here are a few tips, suggestions and resources that may help make your travels safe and fun!

Check out Discounts

Many hotels, airlines, cruise lines, car rental companies, travel vendors and travel services offer discounts to seniors. Don't be shy about asking if there is a discount available for a senior as there are many unadvertised discounts. Bring your AARP or AAA card as there are all kinds of discounts for members.

Let someone know you are going away

Even if you are going away for a long weekend or an extended trip abroad, it is important that someone knows that you are away, and when you are expected home. It is often a good idea to give someone your itinerary with phone numbers in case of emergency. Have someone check on your home while you are gone - watering the plants, feeding the cat or turning on lights can be a great way to make sure your house is safe while you are away.

Keeping yourself organized!

Carry an extra pair of eyeglasses if you wear them, and bring along a magnifying glass if it will help you read detailed maps and small-print schedules. A small notebook is



handy for jotting down facts and reminders, such as your hotel-room number or Metro stop. Doing so will lessen your anxiety about forgetting these details, keeping your mind clear and uncluttered.

Traveling by Car

There's a lot to be said for just jumping into the car and taking a drive. Having the car serviced

before a long trip might be a good idea and keep your AAA card handy. If you are planning to stay in a hotel during your trip, make reservations ahead of time so that you know your evening's destination and can be sure that a room is waiting for you. Always ask for senior discounts or use your AARP or AAA cards!

Traveling by Air

We have all heard about the long waits at airport security so the TSA urges all travelers to arrive at MSP Airport well in advance of your flight's departures. Check with your airline for ticket counter wait times as well as possible changes to your flight schedule on your day of travel to help you decide how early to arrive at the airport.

The TSA has made several changes to its security policies to make it easier for senior travelers. Passengers 75 and older can leave on their shoes and light jackets when going through security. Passengers in wheelchairs who are unable to stand can request an alternative screening process, based on available screening equipment. Seniors with medical devices like pacemakers should

request a pat down at security rather than going through the scanner.

There can be a lot of walking and standing at the airport and if you think that you may need some assistance, contact your airline to arrange for a wheelchair or cart rides to help getting to the departure gate. Arrange for assistance if you are making a connecting flight as well as when you arrive at your final destination. Keep some dollar bills handy for tips!



Medications and Oxygen

Seniors traveling with medications will have no trouble transporting them

through security as long as they bring a valid prescription for anything not sold over the counter. Packing everything together in a clear plastic bag will make it easier to get through the baggage check.

Seniors with oxygen tanks should prepare in advance as these devices cannot be used on board a plane due to pressure inconsistencies making the tanks unstable.

If the traveler will need oxygen during a flight, you must notify the airline within 48 of flight departure. Portable oxygen concentrators are available for short-term

rental from any oxygen supply company. These machines are battery-operated, so make sure you bring enough 12-cell batteries for one and half times the anticipated length of the flight. Alternatively, some airlines provide oxygen in an oxygen canister packaged in a flame proof "super box."

Pack All Medications in Hand Luggage

Make sure you follow all airport guidelines for carry-on luggage, and carry medications in these bags for easy retrieval. Make sure to include all prescription information and other supplies needed to take the medication. Packing everything together in a clear plastic bag will make it easier to get through the baggage check.

Traveling by Rail

Travel by rail is a fun and relaxing way to travel and for those of us who don't like to sit for too long, a great way to keep moving. As an added incentive, Amtrak travelers 62 years of age and over are eligible to receive a 15% discount on the lowest available rail fare on most Amtrak trains. On cross-border services operated jointly by Amtrak and VIA Rail Canada, a 10% senior discount is applicable to travelers aged 60 and over.

Did you know?

- The U.S. Department of the Interior offers U.S. citizens 62 and older a Senior Pass, with lifetime access to government-recognized recreation areas for just \$10. Information is available online at <https://store.usgs.gov/pass/senior.htm> or by phone at 1-888-ASK-USGS and press 3. (888-275-8747, option 3), or by email at fedrepass@usgs.gov
- The AARP provides an extensive online library of travel-related articles and advice for seniors, including destination guides, budget travel recommendations, and an interactive trip finder. The AARP also offers info on retiring abroad.

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Chicken Soup for What Ails You!

Chicken soup is one of the oldest “home remedies” around. Sometimes thought of as an old-wives’ tale, chicken soup is said to “cure” the common cold. Does it really cure anything? Well, it can’t hurt!

We are told to drink plenty of clear fluids when we are sick to encourage the flow of mucus – and chicken soup has a lot of broth! And the hot steam can help clear your sinuses. When you’re not feeling well, it is easy to eat to keep your strength and spirits up. However, there’s more to chicken soup than meets the eye. It may reduce your cold or flu symptoms through its anti-inflammatory and anti-histamine qualities as well.

While store-bought chicken soup will do the job just as well, having a bowl of homemade soup that has simmered on the stove all day may be just what the doctor ordered!

Here is our recipe for homemade chicken soup that is easy to prepare and there’s enough to share!

Ingredients

1 small pre-cooked rotisserie chicken. Skin removed and chicken diced into bite-sized pieces
1 onion, diced
3 carrots, chopped
32 ounces of store-bought low sodium chicken broth
1 teaspoon each Dried herbs – Thyme, Rosemary and Sage
Red pepper flakes, to taste
½ - 1 cup of Pasta of your choice (broken up spaghetti, tortellini, orzo or other small pieces.
Salt and pepper, to taste

Directions

Place all ingredients except pasta in a large pot and bring to a boil.

Reduce heat and slow simmer for 2 hours. Add more broth or water if it seems too thick.

Add pasta. Put in as much or as little as you want. Cook until done - about 10 minutes.

Season to taste.

Serve with rolls and a salad. Enjoy and feel better!

Winter Wonderland?

Note: Answers are forward, backwards and diagonal

D	R	A	Z	Z	I	L	B	C	P	J	J	M	O	Q	ARCTIC BLIZZARD CHILL COCOA COMFORTER GLOVES MITTENS SCARVES SHOVEL SNOWFLAKE SNOWMAN SOUP WIND WINTER
G	D	N	I	W	X	R	D	H	B	K	F	S	B	M	
C	K	A	M	G	T	G	S	I	Z	P	H	N	P	I	
U	O	D	F	I	N	U	S	N	L	F	X	O	V	T	
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M	Z	W	I	E	J	L	A	H	E	I	G	F	M	L	

Give Help

As an IRS 501©(3) tax-exempt non-profit agency, we depend on the generosity of our community and supporters, so please consider making a donation today.

Go to <http://eastsideelders.org/donate/> today or mail your contribution to our office at 463 Maria Avenue, Suite 201, St. Paul, MN 55106. Call (651) 683-2326 for more information.

Thank you!
Federal Tax ID Number: 26-3060419

East Side Elders NEWS is a

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Our mission

is to create a circle of care around the elders in Dayton's Bluff and Payne-Phalen neighborhoods, empowering seniors to live safely and independently in their homes.



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