



Summer 2017 Edition

A Newsletter for East Side Seniors and their Families

Welcome to our new neighbors in Conway-Battle Creek!

East Side Elders is expanding its geographic area – again! Effective immediately, we will be serving seniors in the Conway-Battle Creek communities, and we are delighted to welcome Lynn Rabbitts and Tamara Pavlov to our team! Lynn, who will be serving as East Side Elder’s Program Director, led the Conway-Battle Creek Healthy Seniors program until recently, and Tamara, our new office assistant, has worked at CBC Healthy Seniors since 2015.

We have been working closely with Lynn and Tamara for some time, so when the CBC Healthy Seniors Board of Directors decided to close their program, it was an easy decision for us to step in and support their clients. We will continue to offer the same services that our new clients are used to, including the Footcare Clinic, and we will introduce some new ones – specifically the Elder Café and our Friendly Visitor program.

We would also like to welcome our new volunteers from this community – they have helped make a smooth transition for all the clients.

If you would like to hear more about our programming in Conway-Battle Creek, please give us a call at (651) 683-2326, or check out our website at www.EastSideElders.org

What Does East Side Elders Do?

We served over 440 clients last year and this year looks to be even busier!

- Social Events
- Transportation
- Yard work
- Snow removal
- Home repairs
- Errands
- Grocery shopping
- Wills and Healthcare Directives
- Flu and Wellness Clinics

And we will be adding

- Home Visits
- Footcare clinics
- Referrals to skilled nursing and home care
- Caregiver Support

Call the office at (651) 683-2326
to learn more about our
services.

Views of the East Side

Thanks to our very talented and creative volunteer, Hans Mouritzen, we are putting together a coffee table book of photographs of the East Side.

But we need *your* help.

Do you have any interesting stories or memories about growing up or living on the East Side? Would you be interested in sharing these stories? If so, please give us a call at (651) 683-2326 and let us know!



We will be selling the book online, at local businesses, at the Elder Café and other venues and events. Start your holiday gift shopping early -- you can reserve your copy now by calling us at (651) 683-2326

Elder Café

We have some exciting events planned for the Elder Café!

2:00 pm, Wednesday, July 19th, 2017

Meet the Author!

William Kent Krueger is an American author and crime writer, best known for his series of novels featuring Cork O'Conner, which are set mainly in Northern Minnesota.

NOTE: This is a different date and time than usual for the Elder Cafe

Thursday, August 10th, 2017

Update on the Lower Phalen Creek Project

Melanie Kleiss will give an update on the Wakan Tipi Center and the work being done by the Lower Phalen Creek Project.

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

Please make sure to make a reservation by calling the office at (651) 683-2326. The event is FREE for seniors 60+ residing in our service area. All others are welcome to make a \$10 donation to East Side Elders.

Volunteer Opportunity Highlight:

Friendly Visitor

Did you know that there are more than twenty different ways you can volunteer your time with East Side Elders?

Each issue, we will highlight one of our many volunteer opportunities – this month we discuss how you can become a **friendly visitor**.



Friendly visitors are some of the most important volunteers East Side Elders has on the team. These volunteers are matched with seniors and then visit to chat, look at old photographs, watch TV, eat lunch, or play a game of cards. This may not seem like a lot, but these visits can make a world of difference to a senior who might otherwise go months without a visit from a friend or family member.

Loneliness is not the only downside of not having regular visitors. In a study reported on by TIME in 2013, it is noted that “being isolated may mean that no one else is aware of the first signs of illness, or worsening symptoms of a disease, which can delay medical attention and lead to earlier death”

(<http://healthland.time.com/2013/03/26/social-isolation-not-just-feeling-lonely-may-shorten-lives/>). Friendly visitors might notice that their matched senior is having trouble hearing, walking slower than usual, or is experiencing a new pain. When those changes are reported, East Side Elders can work to get the senior the help they need.

Get involved today by applying online (<https://eastsideelders.org/volunteer/>), calling us at 651-683-2326, or emailing us at Volunteer@EastSideElders.org. All friendly visitor volunteers must come in for a short interview and pass a background check before being matched with a senior. This is a flexible opportunity – contact us today to get started!

Benefits of Eating Well

Eating well is vital for everyone at all ages. Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.



Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol, and manage diabetes.

Eating well gives you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy throughout your life. These nutrients include vitamins, minerals, protein, carbohydrates, fats, and water.



Check out the local farmers' markets* and challenge yourself to try some different foods and veggies! See our recipe on page 7 for Parmesan Kale Chips!

Sundays	Tuesdays	Wednesdays	Thursdays	Saturdays
Downtown St. Paul 290 E. Fifth Street, St. Paul MN 55101	St. Paul 7th Place Mall St. Paul, MN 55101	Aldrich Arena Market 1850 White Bear Ave N Maplewood, MN 55109	St. Paul 7th Place Mall St. Paul, MN 55101	Downtown St. Paul 290 E. Fifth Street, St. Paul MN 55101
8:00 am – 1:00 pm April 30 – Nov 18	10:00 am – 1:30 pm June 13 – Oct 10	8:00 am - Noon May 10 – Oct 25	10:00 am – 1:30 pm June 13 – Oct 10	6:00 am – 1:00 pm April 29 – Nov 18

* Source: St. Paul Farmers Market.



PARKWAY GARDENS

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1145 Hudson Road
St. Paul, MN 55106

MOVE-IN SPECIAL
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No Application Fee!

AFFORDABLE PRICES starting at
\$850.00-1 Bedroom
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(Income Guidelines Apply)

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Come meet us and take a tour!
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Paid Advertising

Summer Time Word Search

B	A	S	E	B	A	L	L	H	V	R	E	C	G	Z	BARBECUE
C	P	N	C	P	C	A	N	O	E	C	M	A	C	I	BASEBALL
E	R	L	A	D	Q	E	P	E	N	L	L	B	X	C	CABIN
N	S	I	M	W	L	A	K	E	E	F	Z	I	O	E	CAMPING
I	A	I	P	F	F	H	D	N	L	S	N	N	F	C	CANOE
M	C	X	I	Y	J	N	I	D	I	O	N	J	Y	R	FIREWORKS
W	G	F	N	L	E	H	H	S	I	O	K	F	L	E	FLAG
P	T	L	G	P	S	B	K	T	L	R	R	L	L	A	FLOWERS
R	U	N	E	N	A	R	A	E	M	D	L	O	S	M	ICECREAM
I	T	D	U	S	O	C	M	R	D	L	N	W	N	D	INDEPENDENCE
N	N	S	C	W	A	R	T	D	B	U	T	E	G	Y	LAKE
I	M	D	E	V	E	W	W	X	J	E	O	R	P	J	SUNSHINE
W	G	R	L	T	E	Q	U	S	F	R	C	S	P	H	VACATION
E	I	J	A	Q	D	J	R	D	H	Y	T	U	S	X	WATERMELON
F	E	W	R	B	D	M	Y	I	L	S	Q	N	E	S	

Comedy Corner

Ole had been slipping in and out of a coma for several months. Yet Lena had stayed by his bedside every single day. One day, when he came to, he motioned for her to come nearer. As she sat by him, he whispered, eyes full of tears, 'You know vat? You have been with me all tru da bad times. Ven I got fired, you vere dare to support me. Ven my business failed, you vere dare. Ven I got shot, you vere by my side. Ven we lost da house, you stayed right here. Ven my health started failing, you vere still by my side... You know vhat Lena?'

'What dear?' she gently asked, smiling as her heart began to fill with warmth.

'I'm beginning to tink you're bad luck....'

Parmesan Kale Chips

Ingredients

- 1 bunch of kale, cleaned and torn into small pieces
- 2 tablespoons grated parmesan cheese
- 1 teaspoon of olive oil
- ½ teaspoon of salt
- ¼ teaspoon crushed red pepper flakes, optional

Directions

- Preheat the oven to 350 degrees F.
- Line 2 sheet pans with parchment paper.
- With a sharp knife, remove and discard the hard rib from the center of each leaf, leaving the leaves as intact as possible.
- Place them on the sheet pans, drizzle or brush them with olive oil, and toss to coat lightly.
- Sprinkle generously with salt and bake for 10 minutes, until crispy.
- Sprinkle lightly with Parmesan cheese and bake for another 5 minutes.
- Cool and serve.



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!
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East Side Elders NEWS is a

publication of East Side Elders, a non-profit organization serving seniors in the Dayton's Bluff, Payne-Phalen and Conway-Battle Creek neighborhoods with offices at 463 Maria Avenue, St. Paul.

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



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East Side Elders



Get Help. Give Help

463 Maria Avenue, Suite 201

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(651) 683-2326

www.EastSideElders.org