



Fall 2017 Edition

A Newsletter for East Side Seniors and their Families

What a Great Way to Greet Fall - With Breakfast!

A huge thank you to the wonderful students from Hamline University who did a great job serving breakfast to some of our clients! A group of just over 30 seniors enjoyed coffee, eggs, mini pastries, fruit, and more. This was our second year hosting a group of Hamline students through their LEAP program, and we can't wait for next year!



This year we are also hosting students from the University of Minnesota School of Nursing, St. Kate's and Century College. Over 25 nursing students will be visiting seniors in their homes and participating in arts and crafts projects and other activities. If you, or anyone you know, would be interested in having a student visitor, please let us know!

We truly appreciate the dedication and enthusiasm these future leaders bring to East Side Elders!

Walk on the East Side

Walk on the East Side™

Pictures and stories from residents of St. Paul's East Side.



Hans Mouritzen & Carol MacAllister

Raising funds and awareness for East Side Elders has long been a challenge. Anyone who has been involved with a non-profit knows how hard it can be to get the word out about the work they do and ask for financial support. With that in mind, we decided that we were going to do something completely different for our annual fundraiser this year. A book.

“Walk on the East Side” is a compilation of pictures and stories from residents of St. Paul’s East Side. We are fortunate to have two extraordinarily talented volunteers who have stepped up to create this project.

Photographer Hans Mouritzen and writer Carol MacAllister have spent countless hours walking the East Side to photograph and interview some of the more colorful and interesting residents and locations. You can “meet” your neighbors as they talk about their lives, interests and backgrounds.

Having only recently relocated to this area, Carol leapt at the opportunity to be involved. “This project has introduced me to my new city and the uniqueness of the East Side,” she states.

Hans Mouritzen, an award winning artist, embraced this project as an opportunity to tell the story of St. Paul’s East Side. It is the story of immigrants seeking their American dream. He knows this story first hand. He immigrated to St. Paul from Denmark 40 years ago.

The first edition of our book “Walk on the East Side” will be ready for distribution in early November. A copy can be yours for a \$20 donation to East Side Elders. Reserve your copy today by calling us at (651) 683-2326.



© Hans Mouritzen
Photography

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Volunteer Spotlight: Rebecca Molloy

With such an amazing team of volunteers, it's almost impossible to choose just one to highlight every quarter for the newsletter. For this issue, we celebrate Rebecca Molloy, a volunteer whose kindness, dedication, and hard work makes her an absolute star. Along with taking countless seniors to medical appointments, shopping trips, and other errands, Rebecca has also stepped up to help with Brown Bag grocery deliveries and all of the tasks that need to get done to make the Elder Café a fun, inviting event for seniors on the East Side. Read on to learn more about what makes Rebecca such a special volunteer.

Tell us a little about yourself.

I'm a native East Sider, raised near Phalen Park, with family roots in the area dating back four generations. (When my great-grandparents built their house in the Conway neighborhood in 1921, friends asked my great-grandmother how she could stand to live so far out in the country -- not something you would hear today!) Professionally, I have been a computer support technician, a secretary and a lawyer, and now work as a freelance writer. I am doing research for a novel set in the early days of St. Paul, and I'm learning a lot of fascinating things about our city. My husband and I live in Woodbury.



What is the most rewarding part about volunteering?

I love all the people I've been able to meet as a volunteer driver. Everyone has a story to share, and as someone interested in history, I really enjoy hearing about my clients' life experiences. Serving as a driver has brought me into parts of the Twin Cities I didn't know very well before and given me a greater appreciation for the diversity of cultures here.

What advice would you give to a new volunteer driver?

Be flexible, especially when dealing with doctors' appointments. You never know when an appointment will take longer or, occasionally, go faster than expected. Also, try to be a good listener. I'm surprised how many appreciative comments I've heard from people for no greater reason than showing a little interest in their lives.

What have you learned from volunteering with East Side Elders?

It's a little cliché, but serving others really does make a person happier. Even on days when I'm tired or have other things I'd rather be doing, I always feel better after spending an hour with someone who needs a little help.

.....And just for fun - what is your favorite thing about autumn? Hot apple cider, the many colors of leaves on my street, and being able to turn off the air conditioner.

....And the Leaves Come Tumbling Down.

They say that all good things must come to an end, but we say that when one good thing ends, another starts! This is the time of year we look forward to the holidays, to crisp, cool evenings, the site of the geese leaving for warmer climates. To turkey and pumpkin pies. And leaves. Lots of leaves.



So how many leaves does a tree drop each year? According to the Wisconsin County Forest's website, "It depends on the tree's species and age, but a mature, healthy tree can have 200,000 leaves. During 60 years of life, such a tree would grow and shed 3,600 pounds of leaves, returning about 70% of their nutrients to the soil." So now you know.

And you should also know that we can help with leaf raking and snow removal. The Old Farmer's Almanac predicts *"Winter will be warmer than normal, with the coldest periods in late November, early and late December, early January, and early February. Precipitation and snowfall will be below normal, with the snowiest periods in mid- to late December and early to mid-February."*

However, give us a call at (651) 683-2326 and we can get you on our snow removal list (not that we don't believe the Old Farmer's Almanac!

Exercise for Seniors



- Begin by standing on a comfortable surface, where you have plenty of room at each side.
- With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them as long as you can, then relax.
- Each day you'll find you can hold this position longer. Try to reach a full minute.
- After a couple of weeks, move up to 10-lb potato bags and then 50-lb potato bags.
- Eventually you will be able to lift 100-lb potato bags and hold your arms straight for a full minute. (We're at this level now!)
- After you feel confident at that level, put a potato in each bag.

Calling All Caregivers! 20 Ways to Take Care of Yourself

1. Laugh about something every day.
2. Take care of yourself physically.
3. Eat a well-balanced diet.
4. Talk with someone every day.
5. Let family and friends help. Give them printed material on any medical conditions your loved one has so they can better understand your relative.
6. Give yourself permission to have a good cry. Tears aren't a weakness, they reduce tension.
7. Exercise. A brisk walk counts.
8. Get adequate rest.
9. Try a bowl of Cheerios and milk before bed to promote sleep.
10. Avoid noisy and/or tension-filled movies at night. The late news itself can add to stress. Skip it.
11. Reduce daily caffeine intake.
12. Get professional help if you feel your support system isn't adequate, or if you feel overwhelmed.
13. Take a break very day, even if it's only 10 minutes alone in the backyard.
14. Explore community resources and connect yourself with them.
15. Listen to music.
16. Learn relaxation techniques.
17. Regularly attend one or more support groups and education workshops.
18. Give yourself a treat at least once a month: an ice cream cone....a new shirt or dress, a night out with friends



If you are a caregiver, call us at 651-683-2326 or email us at Info@EastSideElders.org for more information. One way we can help is by providing volunteer help with chores or visits with your loved one, giving you time to take a walk, relax, or watch a movie. Contact us today for help.

Interested in writing for the East Side Elders Newsletter?

Do you know what would make this newsletter even more interesting? You!

We'd love to share your stories and memories. Send us your stories, poems and pictures and we will publish them in The News!

Call us at (651) 683-2326 or email us at Info@EastSideElders.org



Check out East Side Elder's Online Auction!



Here's another way you can support East Side Elders!

Visit www.EastSideElders.org/Auction after November 21st and get ahead with your holiday shopping! The E-Auction will close on December 15th, 2017. Help support

East Side Elders' programming by bidding on exciting, and even adventurous items. Bid on a package to drive heavy earth moving equipment through a giant sandbox! Or perhaps chocolate is more your idea of fun! Maybe a piece of artwork will catch your eye, or possibly an afternoon wine tasting is more your cup of tea.

If you would like to donate an auction item, please call us! Your gift will be tax deductible!

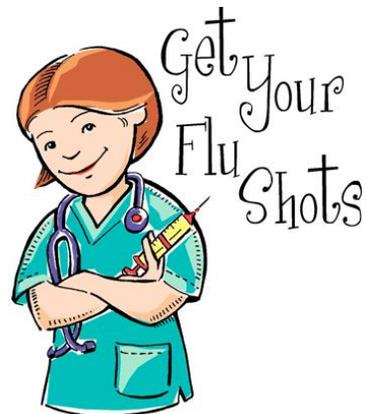
If you don't have access to the internet, no problem. You can call us at (651) 683-2326 and we will place a bid for you on your favorite item.

Free Flu Shot Clinic

Thanks to our partner, Recover Health, we will be offering a free flu shot clinic at the October 12th Elder Café!

If you wish to get your flu shot, please remember to bring your medical insurance information.

**The Flu Shot Clinic will start at 11:00 am at
463 Maria Avenue, St. Paul, MN.**



Stop by Tongue in Cheek and enjoy the company of a Cheeky East Side Elder!

Visit [Tongue in Cheek](http://www.tongueincheek.biz) here on the East Side of Saint Paul and try the "Cheeky East Side Elder" - cucumber infused gin with St. Elder, black currant, Tattersall Americano and mint. For every drink sold, they will donate \$1 to East Side Elders! Check them out at their website at www.tongueincheek.biz. 989 Payne Ave, St Paul, MN 55130.



Thank you to Tongue in Cheek for supporting our mission and helping to build a community that supports and values seniors.



Our Wish List

We accept other donations that we can use to help clients. Please call us at (651) 683-2326 if you would like to donate any of the following items. Only new toiletries please! New or gently used other items gladly accepted.

- ✓ **Transportation** (A 15 passenger accessible van, gas cards)
- ✓ **Clothing** (Warm socks, hats and gloves)
- ✓ **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)





PARKWAY GARDENS

55 & Better Senior Living
1145 Hudson Road
St. Paul, MN 55106



MOVE-IN SPECIAL
\$99.00 Security Deposit
No Application Fee!

AFFORDABLE PRICES starting at
\$850.00-1 Bedroom
\$895.00-2 Bedroom
(Income Guidelines Apply)

- * Community Rooms
- * Garden Plots
- * Exercise Room
- * Game Room with Billiards
- * Laundry Facility on every floor
- * Underground Parking
- * Walk-in Shower & much more
- * Heat, water, sewer and trash removal included.

Come meet us and take a tour!
(651) 771-0267

Paid Advertisement

Fall Word Search

L	E	S	N	I	T	S	E	V	R	A	H	N	Y	T
M	U	F	W	R	S	H	T	A	E	R	W	N	O	D
I	F	O	R	P	A	H	A	N	N	U	K	A	H	T
S	A	K	A	U	R	Z	I	S	N	O	W	M	A	N
T	K	B	K	M	O	W	G	Z	P	X	W	D	G	B
L	A	S	I	P	P	R	E	S	E	N	T	S	I	E
E	Z	C	N	K	D	R	H	A	H	C	N	W	F	Y
T	N	H	G	I	A	T	N	Q	M	R	C	T	T	N
O	A	I	I	N	H	D	E	L	E	A	V	E	S	L
E	W	M	H	S	H	S	N	O	W	F	L	A	K	E
F	K	N	H	C	O	R	N	U	C	O	P	I	A	B
L	H	E	B	Y	E	K	R	U	T	P	N	P	L	T
S	C	Y	K	S	A	N	T	A	R	E	D	I	C	J
H	L	E	D	I	E	R	D	R	C	J	I	E	D	X
T	H	A	N	K	S	G	I	V	I	N	G	N	W	B

CHIMNEY
 CIDER
 CORNUCOPIA
 DREIDEL
 GIFTS
 HANNUKAH
 HARVEST
 KWANZA
 LEAVES
 MISTLETOE
 PRESENTS
 PUMPKINS
 RAKING
 SANTA
 SNOWFLAKE
 SNOWMAN
 THANKSGIVING
 TINSEL
 TURKEY
 WREATHS

Answers go forwards, backwards, and diagonal!

Interested in Volunteering at East Side Elders?

There are a lot of opportunities to volunteer at East Side Elders! Here's how!

- ✓ Provide rides to medical appointments, grocery store trips, and more
- ✓ Help with chores such as laundry, changing a lightbulb, or shoveling snow
- ✓ Make a connection with seniors by making friendly visits
- ✓ Make weekly check-in calls
- ✓ Help at the Elder Café
- ✓ Be part of the future – join the Board of Directors



Apply today!

<https://eastsideelders.org/volunteer/>

Email us for any questions: Volunteer@EastSideElders.org or call 651-683-2326

East Side Elders by the numbers.....

As of June 30, 2017

472

Clients Served

589

Service Coordination Calls

73

Companion Services and Respite Sessions

52

Chores and Housekeeping Visits

89

Rides to the Store

152

Rides to Medical Appointments

597

Visits to the Elder Café

130

Visits to the Wellness Centers

Elder Café

Thursday, October 12th, 2017

Amy + Adams

Back by popular demand, this wonderful singing duet will entertain us with their wide range of songs! Thanks to Mississippi Market for their generous donation to support this event!



Mississippi Market
Natural Foods Co-op

Thursday, November 9th, 2017

The Minnesota Wildlife Rehabilitation

Center's Executive Director, Phil Jenni will introduce us to the wonderful work done by his agency helping Minnesota's orphaned wildlife.

Hope you can join us for refreshments and great conversation!

Lunch is served at 12:00 Noon

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

Cranberry Relish

No one knows for sure how cranberries became associated with holiday feasts, but historians guess that it had something to do with the Native Americans, who used cranberries not only for food and medicine but also to make dyes for clothing and blankets. As far as healthy foods go, cranberries are at the top of the list due to their high nutrient and antioxidant content and are often referred to as a "super food." Not to mention, half a cup of cranberries contains only 25 calories! The possible health benefits of consuming cranberries include lowered risk of urinary tract infections, prevention of certain types of cancer, improved immune function, decreased blood pressure and more.

Ingredients

- 1 large orange
- 12 ounces of fresh cranberries
- 1 cup of sugar



Directions

- Wash the outside of the orange, dry well, and coarsely chop it – skin, pith, flesh and all
- Place the orange pieces into a food processor; add the cranberries.
- Pulse the fruit until you have a grainy mixture and then place in a medium-sized bowl
- Using a spatula, fold in the sugar – add more sugar if you like it a little sweeter
- Cover and refrigerate overnight or longer
- Serve chilled or at room temperature – however you like it!

Falls Prevention Programming Coming Soon!

Falls are the leading cause of injury for children and for adults 35-years and older. Falls and fall-related injuries among adults over age 65 are on the rise. Currently Minnesota ranks fifth among states in the number of fall-related deaths. Having a fall can change one's life forever.



MANAGING CONCERNS ABOUT FALLS

Staff and volunteers have trained as coaches for an evidence-based falls prevention program called "A Matter of Balance." This program is designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-12 participants. Those who:

- Are concerned about falls jeopardizing their independence
- Have had a fall in the past or know someone who has
- Restrict their physical and social activities due to concerns about falling

If you are interested in participating in a program, please let us know. We will set up classes once we know how many people would be interested in participating.

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.

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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East Side Elders



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