



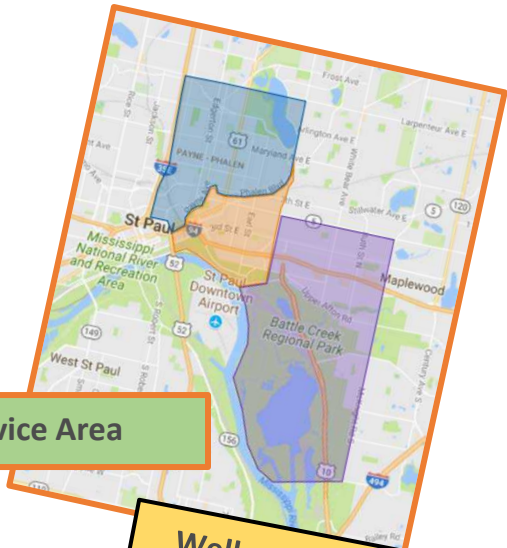
Spring 2018

A Newsletter for East Side Seniors and Their Families

## Looking Back at 2017!



**Our First Book!**



**Expanded Service Area**

**Intergenerational programming!**



**659 persons served!**

**Wellness Centers and Flu Shot Clinic!**



**1,190 Rides!**

**The Elder Café!**



**Arts and Crafts**



**Fabulous Volunteers!**

## Why We Love Minnesota!

*(Even when it's below freezing!)*

Just in case you were wondering why you stayed in Minnesota during winter each year, we thought it would be fun to look at all the inventions that were made here in our home state!



- The pacemaker was invented in 1957 by Medtronic founder Earl Bakken in his garage.
- The “Black Box” – the flight recorder found in every commercial airliner today – was developed by Minnesota based General Mills in conjunction with the University of Minnesota in 1953.
- The oxygen mask was invented by three Mayo Clinic physicians in 1935 for Northwest Airlines.
- Wet/Dry Sandpaper, Masking tape and Scotch tape were created by Minnesota based 3M.
- Wheaties, Bisquick, HMOs, the Bundt pan, Aveda beauty products, and Green Giant vegetables.
- The first practical water skis were invented in 1922 by Ralph W. Samuelson, who took his first ride behind a motorboat on a lake in Lake City.
- The Automatic Pop-up toaster was marketed in June 1926 by McGraw Electric Co. in Minneapolis.
- Rollerblades were the first commercially successful in-line Roller Skates in Minneapolis by two hockey players, Scott and Brennan Olson.
- Tonka Trucks were invented and developed in Minnetonka (hence the name “Tonka”).
- Polaris Industries of Roseau manufactured the first practical snowmobile in 1956.
- The first snow blower designed for home use, was created by Bloomington, MN based Toro in 1951.
- The automatic retractable seat belt (for automobiles) was first patented in 1963 by University of Minnesota Professor James J. Ryan.
- Zubaz, the loud, loose trousers made specifically for bodybuilders, were invented by Minneapolis gym owners Dan Stock and Bob Truax in 1991.

## Volunteer Spotlight: Molly Meyers

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 Molly Meyers a volunteer whose kindness, dedication, and hard work makes her an absolute star. Many seniors have had the pleasure of meeting Molly and have enjoyed her energy and enthusiasm. Read on to learn more about what makes Molly such a special volunteer.



### **Tell us a little bit about yourself.**

Hi! My name is Molly, I am a senior at Concordia University St. Paul studying health science. I have been volunteering for East Side Elders for about 6 months now and I love it! I love helping others, which is one of my main goals I want to accomplish in life. I am currently taking CNA (Certified Nursing Assistant) classes as well to continue to help others.

### **As part of your volunteer role, you provided caregiver respite. Why do you think it's important for caregivers to get a break?**

I think it is important to give caregivers a break because caregivers do so much more than many think. Like I said before, my main goal is to help others and by helping the seniors, I am helping them and the other caregivers as well.

### **What do you find most rewarding about volunteering?**

I find a lot of things to be rewarding while helping the seniors; the most rewarding thing I find is the appreciation that they have for my help. They really show how much they appreciate it! They also always put a smile on my face and treat me like a friend.

### **What advice would you give someone interested in volunteering to help seniors?**

Talk to them! Literally talk to them about anything! They love to hear about you and they love when you ask about themselves!

### **And just for fun - what are you most looking forward to when spring arrives and it finally warms up outside?**

In the spring I am looking forward to being back outside, going hiking at The Falls. I also can't wait to graduate from Concordia University in the Fall!

## Get out and About and Beat the Winter Blahs!

There are several activities and events that are free for Seniors! Even if you have lived in St. Paul all your life, it's fun to get out and revisit the famous landmarks! Exploring Saint Paul doesn't have to cost you much. Here's a list of some things to do that won't break the bank and get you out and about!

**Como Zoo:** one of the state's most-visited attractions is family-friendly, free and open 365 days a year. Como Zoo and Conservatory is an easy day of entertainment and education.

**Landmark Center:** This castle-like building began its legacy as a federal post office and courthouse. Famous gangsters were tried here, and two US Supreme Court Justices practiced here. The act that enforced Prohibition was written upstairs.

**Cathedral of Saint Paul** is the highest point of the city. Stop by to check out the beautiful 101-year-old building -- see where JFK sat when he attended Mass here, observe the shrine that represents countries across the world. There is a free tour every weekday at 1 p.m.

**Summit Brewing Company Tours.** The craft beer scene in Minnesota boasts more than 120 breweries, and Summit has brewed in Saint Paul since 1986. Take a free tour of the facility and taste-test a few brews – but check out the tour schedule before you go.

**Union Depot:** Renovated in 2012, Union Depot is a 1920s train station that today serves as a transportation hub, event center,

architectural inspiration, bike shop and much more. The building is open to the public, and you can catch the free tour of the building every other Tuesday at 11 a.m.

**Minnesota Museum of American Art** has found its home in the historic Pioneer Endicott building. The museum's history dates back to 1894, and the work it possesses reflects the American experience through the Twin Cities art scene.



### SmartPass

SmartPass is an arts access program open exclusively to Twin Cities metro area public library patrons. You can use your library card to get tickets to performances and museums. The library has partnered with cultural organizations that have generously agreed to offer a substantial number of free admissions. You must have computer access to reserve your seats, and the program runs through August 2018 only so check it out at your library today!

Coming soon to the

# Elder Cafe



**Thursday, March 8** Janet Egge and Dr. Charles Kemper will share their musical talents as we celebrate the wonderful month of March.



**Thursday, April 12** Sounds of Sinatra! Bill Rasmussen has performed across the country from his hometown, New York, New York, to California, doing it "His Way" stopping along the way in Las Vegas and Reno. Bill has been "Singing Sinatra Favorites" since 1988.



**Thursday, May 10** Jim Eckert will talk to us about the 1st Minnesota Volunteer Infantry Regiment at Gettysburg.



**Thursday, June 14** It's time to talk: End of Life (*rescheduled from January*). Join us for a candid and informative panel presentation on end of life decision making, health care directives, hospice and burial options.

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

**12:00 – 2:00 pm**

**463 Maria Avenue, St. Paul, MN**

**Call (651) 683-2326 to make a reservation\***

**or to request a free ride!**

**The cost of the event is \$5.00 per person.**

**Punch cards for 12 meals may be purchased at the door for \$50.00**

**We accept cash, check and card.**



## Why it's Important to Stay Active During the Winter

It is so important to stay active during the winter months, especially for those of us that aren't quite as young as we were! The effects of inactivity can take a toll on both our physical and mental health. Therefore, it is essential to make sure you and your loved ones stay active during the colder months when you can't go out like you did in the summer.

Exercise is important for everyone, but seniors are especially prone to the ill effects that occur when they're not active. For example, inactivity can lead to:

**Reduced muscle mass** – your muscles aren't quite the same as they were before! Loss of muscle mass can be the result of immobilization after an injury or illness. A couple of weeks not taking the dog for a brisk walk or other exercise is enough to decrease muscle mass or strength.

**Intolerance for physical activity** – also known as “Your get up and go just got up and went!” Periods of decreased activity can become a vicious cycle. Muscle strength decreases, resulting in greater fatigue and making it more difficult to return to normal activity.



However, exercising and staying active help reduce the chances of conditions such as cardiovascular disease and can help regulate blood pressure. In addition to the physical advantages of staying active during the winter months can also ward off depression or stress.

Just because many of us spend time indoors during the winter doesn't mean that we are limited in what we can do. There are many indoor social and physical activities available at home or in the community that can prevent the consequences of prolonged inactivity. Check out Silver Sneakers at the St. Paul Eastside YMCA where they also have an indoor walking track. (Your medical insurance may cover the membership.) Square dancing, line and swing dancing area also a lot of fun and great exercise! But don't overdo it!

Social activities such as the Elder Cafe and arts and crafts programs, weekly card games or friends gathering for coffee can also keep both the mind and body active. Picking up the phone to call a friend to meet for a healthy lunch is a great way to get out and about!

Q: What should We be Serving at the Great Seed Buffet this Winter?

A: Variety of Bird Food

**Black-oil sunflower seed.** This seed will attract almost any bird.

**Peanuts.** Woodpeckers, blue jays, nuthatches, chickadees, and titmice, even cardinals and finches will eat peanuts.

**Suet.** Woodpeckers, nuthatches, chickadees, jays, and starlings. Wrens, creepers, kinglets, and even cardinals and warblers occasionally visit suet feeders.

**Nyjer seed.** All the small finches—goldfinches, house, purple, and Cassin's finches, pine siskins, and redpolls

**Cracked corn.** Sparrows, blackbirds, jays, doves, quail, and squirrels are just a few of the creatures you can expect at your feeders if you feed cracked corn

**Mealworms.** Most feeder birds, except goldfinches, will eat mealworms if you offer them. Mealworms aren't even worms; they are the larval stage of a beetle!)

**Fruit.** Set out grapes, slices of citrus fruits, apple or banana slices, and even melon rinds. If you want to feed raisins, chop them up and soak them in warm water first to soften them up a bit. Offering fruit to tanagers and orioles is a traditional spring and summer feeding strategy, but many winter feeder birds will eat fruit, too.



Source: WeScapes

Have you Picked up Your Copy of "Walk on the East Side" yet?

The book is available online, in our office during business hours, and at our monthly Elder Cafe.

\$20 donation! We accept cash, check, or card - pick yours up today!

Just call the office at (651) 683-2326 to reserve yours!



# Free Tax Filing



## Clinics Offered by Prepare and Prosper

If you qualify, it is possible to get free tax help by an IRS-certified volunteer! All tax returns are checked for accuracy to make sure they are getting you the maximum refund. They do Federal and Minnesota returns, including property tax refunds for renters and homeowners.

### You qualify if

- You're filing as a single and make less than \$35,000 a year
- You are a family whose household income is \$55,000 or less a year.
- You are self-employed (with no employees) and make \$55,000 or less a year, we can help you with your taxes.

You can make an appointment by calling **651-287-0187** or visit a drop-in center in the community. Please allow 2 hours to have your taxes completed!

<h3>Appointments</h3> <p><b>Prepare + Prosper</b> <b>2610 University Ave. W. Ste. LL</b> <b>St. Paul, MN 55114</b> January 20—April 14, 2018 Mondays self-employment only Tuesdays 9 a.m.—7:30 p.m. Wednesdays 9 a.m.—3:30 p.m. Thursday: 9 a.m.—7:30 p.m. Saturday: 9 a.m.—3:30 p.m.</p>	<h3>Drop in Center on East Side</h3> <p><b>Eastside Financial Center</b> 965 Payne Avenue, St. Paul, MN 55130 Tuesdays 9 a.m. to 7:30 p.m. Wednesdays 9 a.m. to 3:30 p.m. Thursdays 9 a.m. to 7:30 p.m. Saturdays 9 a.m. to 3:30 p.m.</p> <p><b>Note:</b> At walk-in locations, everyone there at the start has an equal chance to be served, no matter your spot in line. The order is determined through a randomized computer drawing.</p>
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Call **651-287-0187** to make an appointment and find out what your need to bring with you.



## Make a Difference by Shopping at the East Side Elders on-line store and on Amazon.com!

You can make a real difference in the life of a senior in our community simply by purchasing a service!

Do you know someone who could use some foot care? \$25 will cover the expense of a nail trim and lotion!

Perhaps you know of someone who would like to come to the Elder Café but can't afford it. A donation for Senior Meals will help provide a meal and entertainment for one event.

Do you use East Side Elders for rides? You can prepay for your rides – or better yet, have a loved one donate rides for your birthday or anniversary!

Check out [WWW.EastSideElders.org/ESE-Shop](http://WWW.EastSideElders.org/ESE-Shop). All donations are tax deductible as allowed by law.



donate to the office!

You can also help East Side Elders by checking out our wish list on Amazon! Simply type in our special link <http://a.co/iXHCtHD> and you will be able to purchase much-needed items and they will be delivered directly to our office! Not an Amazon user? No problem! Check out our wish list on page 10 and bring any items you wish to

## Thrivent Financial's Thrivent Choice® program.

If you're an eligible Thrivent Financial member and have Choice Dollars® available to direct, please keep us in mind. For more info or to direct Choice Dollars, call 800-847-4836 and say "Thrivent Choice." Or type in: <http://bit.ly/XJrPZN> online.

# Springtime Word Search!

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

- ROSES
- HEARTS
- VALENTINE
- CANDY
- SPRING
- DAFFODILS
- BLOOM
- CUPID
- SAINT
- PATRICK
- SHAMROCKS
- SODABREAD
- PARADES
- LEPRECHAUN
- RAINBOWS

## Our wish List

We get requests from clients for a wide range of items. Please consider making a donation of any of the items below. New or gently used items only please!



- Paper towels
- Toilet Paper
- Shampoo and Conditioner
- Dish soap
- Toothpaste
- Mouth wash
- Dental Floss
- Denture cleaner
- Shaving Cream
- Deodorant
- Copy paper
- File folders
- Books and puzzles
- Non-perishable foods
- Hand sanitizers
- 2-pocket folders
- Paper Plates
- Epsom Salts
- Postage stamps (Forever and Global Forever International for Welcome Packets)
- Gift Cards (Cub, Target, gas)
- Non perishable food items

## Irish Soda Bread

Contrary to popular belief, soda bread did not originate with the Irish. It originated with the Native Americans before European colonization. Native Americans made “soda bread” using ash (a forerunner to baking soda) instead of traditional leavening agents like yeast.



Soda bread was adopted in Ireland in the 1800s due to increased poverty and hunger after the potato famine. Irish soda bread required few ingredients, making it an economical choice for staple breads. Baking soda also produced a more consistent result for increased efficiency and reduced waste during those trying times.

Original Irish soda bread recipes contained nothing more than flour, buttermilk, baking soda, and salt. Legend has it that, in some areas of Ireland, a cross was cut on the top of the Irish soda bread with a knife to ward off the devil and protect the household. Families generally had kitchens with open hearths instead of ovens, so the soda breads that developed were baked on griddles or in iron pots. This resulted in a loaf that was dense, slightly sour, and with a hard crust. Today's versions sometimes include ingredients like butter, sugars, raisins, or seeds to enhance flavor. Traditional Irish soda bread is heartier than most yeast breads, and pairs well with soups and stews.

Ingredients	Directions
<p>4 cups all-purpose flour 4 tablespoons white sugar 1 teaspoon baking soda 1 tablespoon baking powder ½ teaspoon salt ½ cup margarine, softened 1 cup buttermilk 1 egg ¼ cup butter, melted ¼ cup buttermilk</p>	<ol style="list-style-type: none"><li data-bbox="626 1224 1419 1297">1. Preheat oven to 375 degrees F. Lightly grease a large baking sheet.</li><li data-bbox="626 1318 1419 1514">2. In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup of buttermilk and egg. Turn dough out onto a lightly floured surface and knead slightly. Form dough into a round and place on prepared baking sheet.</li><li data-bbox="626 1535 1419 1650">3. In a small bowl, combine melted butter with 1/4 cup buttermilk; brush loaf with this mixture. Use a sharp knife to cut an 'X' into the top of the loaf.</li><li data-bbox="626 1671 1419 1816">4. Bake in preheated oven until a toothpick inserted into the center of the loaf comes out clean, 45 to 50 minutes. Check for doneness after 30 minutes. You may continue to brush the loaf with the butter mixture while it bakes.</li></ol>

**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!  
Federal Tax ID Number: 26-3060419

## 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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