



# Sharing the Health

**NOKOMIS HEALTHY SENIORS**

**4120 17th Avenue South  
Minneapolis, MN 55407**

**Fall 2009**

**Volume 13, Number 4**

## Board of Directors

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## Ranked Choice Voting is Coming

On November 3, 2009, voters in Minneapolis will be able to rank their choices for Mayor, City Council, Board of Estimate and Taxation, and Park and Recreation Board when they go to the polls on Election Day.

This fall will be the first time that Minneapolis voters will be using this new voting method. Minneapolis is making the change because voters approved using Ranked Choice Voting for municipal elections by referendum in 2006.

This new voting process will combine the Primary and General Elections into a single Election, so there is no primary this year. All the candidates that filed for the election will appear on the November ballot.

### How to Vote

Much like the current method, voters will vote by filling in an oval on a paper ballot. Instead of just marking one candidate on the ballot, voters will be able to rank up to three candidates for the same office. However, voters are not required to rank more than one candidate. Voters will mark their first choice by filling in the oval next to the candidate's name in the column that says first choice, then a different candidate for their second choice, and a different candidate for their third choice.



It is important to remember that you vote the same way whether you are voting for a single seat race like Mayor or a multi-seat race like, Parks and Recreation Board at-large.

### How votes are counted

The counting process begins by sorting and counting the first choice votes for all candidates. If no candidate receives the required number of votes to win, a process of eliminating candidates and considering subsequent ranked choices begins. Under Ranked Choice Voting, a voter's second and third choice cannot harm a voter's first choice because election officials will not count a voter's second or third choice unless the voter's first choice has already been eliminated.

For additional information visit [www.voteminneapolis.org](http://www.voteminneapolis.org) or ask a question about Ranked Choice Voting by calling 311.

## News From the Board Chair

Greetings!

On behalf of the Nokomis Healthy Seniors Board of Directors, I invite you to our annual Fall Frolic! This all-ages event is at 4 p.m. on Saturday, October 17 at Bethel Evangelical Lutheran Church (4120 17th Avenue South, Minneapolis). This year is extra special because we'll be celebrating our 15th anniversary! We'll host a pasta dinner accompanied by musical entertainment, a silent auction, and games. (Back by popular demand: bingo and cakewalk!) Find out how to purchase tickets on the back page.

Moving offices has not slowed down the staff and volunteers at NHS. We settled in quickly at Bethel and spent the summer networking at neighborhood festivals, fund-raising for our programs, and welcoming new clients. We continue to seek new volunteers to provide services for our community's seniors. Demand for our services is up 7 percent and we expect that number to increase. Thank you to our amazing staff members and volunteers for their hard work.

Did you know that you can give a gift to Nokomis Healthy Seniors in honor or in memory of someone? If you would like more details about how to make such a donation, read the article on page 3 by board member Colleen Connolly Swope.

Again, we hope to see you at the Fall Frolic on October 17! And one more thing: Don't forget to snatch up your Herberger's Coupons for Community Day on November 14. Booklets are \$5 and can be purchased from any board or staff member. You will also be able to purchase coupon booklets at the Fall Frolic. Thank you, as always, for your generous support for NHS.

Sarah Tellijohn  
Board Chair

## Our Apologies

Nokomis Healthy Seniors would like to apologize to Bernice Eisfelder, the featured senior in the Summer newsletter. Her name was misspelled and Nokomis Healthy Seniors regrets the error.

### NHS Welcomes Nurse Marcia Maderious

Nokomis Healthy Seniors wanted a nurse for foot care who could bring warmth, a kind smile and their outstanding nursing skills to our foot care clients needing a nurse. To meet this need, NHS has hired Marcia Maderious who will do home visits and will be able to do pedicures twice a month at our Nurse Is In clinic on Thursday mornings. If you would like more information or to schedule a pedicure with Marcia or Judy, please call the NHS office at 612.729.5499.

## Respite Volunteers Needed

We have a growing need for Respite Volunteers: NHS is looking for people willing to spend a few hours once a week with a senior while their caregiver (usually a spouse or adult child) is able to get out of the house and run errands, shop or just have some time to themselves. No special skills are needed, just a willingness to help. Please call Becky at 612.729.5499 to volunteer.

# Year-End Giving

By Colleen Connolly Swope

For most of us the autumn brings many requests for year-end donations from organizations such as Nokomis Healthy Seniors. So often these requests enter the house with the mail and leave via the recycling bins. But for charitable organizations, year-end giving is the true lifeline for preparing for the financial goals for the next year. As we come to the end of 2009, the need is greater than in the past.

The recent economic downturn resulted in a significant rise in the needs of those served by Nokomis Healthy Seniors. Personal resources were quickly depleted. Cuts in federal and state funding to various aid programs compounded the problem, resulting in more seniors without safety nets when they need them most. This has brought about an increased need for services with a decreased supply of funding, leaving the finances of many charitable organizations drastically reduced.

We ask for your support to maintain and improve our programs for the seniors of our south Minneapolis community in 2010. Year-end giving is more than saving on your taxes. There are many organizations that could use your support. Here are some things to consider:

- Make a list of the charitable organizations you support and compare administrative costs. It is considered good practice to keep costs below 17%. NHS has consistently been at 8%, an accomplishment of which we are very proud.
- Most cash contributions are deductible up to 50% of your adjusted gross income (AGI), if you



itemize deductions. Always check with your tax specialist; you may be able to donate more than you originally thought.

- Turn the last donation of the year into a gift to family or a friend, by making a donation in their name. Many of us are not looking for more ‘things’ at the holidays.
- Regularly scheduled donations instead of a lump sum are greatly appreciated. Please contact our office to discuss structured donations such as monthly or quarterly donations for 2010. This structured planning allows you to set your budget and ours.
- Consider adding NHS to your will or trust. At Nokomis Healthy Seniors we are grateful to be recipients of those who have named us in their will.

Please consider Nokomis Healthy Seniors in your year-end fiscal and gift-giving plans. We maximize donations to help support our seniors to stay in their home. If you have any questions about gift options, please call our office at 612.729.5499. Thank you for your support of the NHS mission.

## Flu Shots Available

Flu shots will be available at the CoAM Health Fair on October 26th, from 11:45am to 1:30pm at Bethel Evangelical Lutheran Church. All insurances or vouchers will be accepted, so be sure to bring your insurance card or voucher with you. Please call NHS with any questions at 612.729.5499.

## Senior Profile: Martha Marlowe

By Zinda Piskolich

Martha has been involved with Nokomis Healthy Seniors for over ten years. She takes advantage of many of the services offered, especially the volunteer drivers. She has four regular drivers that she counts as her friends. The drivers take her to doctor's appointments throughout Minneapolis and Edina as well to the "Nurse Is In" blood pressure clinic at Bethel Evangelical Lutheran Church every Thursday for a regular blood pressure check and visit with Nokomis Healthy Seniors nurse, Tess. She also appreciates the support of a few regular volunteers who help her with small projects around her house including changing light bulbs, cleaning, taking down curtains, and doing minor repairs. Her ringing endorsement speaks volumes: "NHS is tops in my book. It is the greatest organization where I meet talented, smart people from all walks of life. Without their help I could not be in my home".

Martha grew up in Spooner, Wisconsin. It was the Great Depression and she was the eldest of eleven children on a small family farm. The family was so poor that the children were usually barefoot and only wore shoes during school. There were no presents for Christmas for many years, but she remembers the holidays as a very happy time with family venturing into the forest to cut their own tree. Her favorite Christmas was when all of the children got a blue wagon with real ball bearings to share amongst them. With warmth and a laugh, she reflects, "we survived."

At the age of 16 Martha set out alone seeking a life with more security and opportunity, hoping to earn her way and eventually send gifts and money back home. She boldly set out for the big city and became a nanny for several families over time. Through her own initiative she completed high school at North High during the day while working as a nanny during the evening and weekends to earn room and board. She states, "I learned day by day and broadened my horizons." After high school she worked for an insurance company while continuing to nanny.

Martha met her husband of 53 years, Raymond, at the Prom Ballroom in St. Paul. Raymond worked for NSP and served in WWII and the Korean War while Martha focused on raising their son and daughter, often while her husband was overseas. Martha's



daughter became an employee at Northwest Airlines, and Martha has taken advantage of opportunities to travel to Hong Kong, the Philippines, Japan, Hawaii, Taiwan, and this past summer for a birthday party in Mesa, Arizona to visit a longtime friend.

In her 40s she made another life-changing decision. She got her driver's license and bought her first and only car, a 1976 Dodge which she drove for 15 years before passing it on to her daughter. While she drove she enjoyed antiquing, but because she no longer has her car she has found other pursuits. Today she walks 12 or more blocks most days to the post office, the farmers' market or maybe to catch the bus to go to the dentist or other destinations. She also regularly supplies home-baked goodies for her church's coffee hour on Sundays and is a devout Christian who finds peace within her faith. She is a friendly neighbor and enjoys spending time maintaining her immaculate yard and home.

Everyone has a story, and Martha humbled me with her energy, sense of hard work, responsibility and faith. She loves her family and appreciates her friends and memories. We can only try to keep up with her and hope to have as much going for us at any age, much less at 85 years old.

# Why We Volunteer with NHS

By Rob Baas

My journey of volunteering with Nokomis Healthy Seniors began in early 2007, but the feeling that I wanted to participate with a good cause began long before that time. For years, my wife and I would learn of volunteer opportunities with different organizations and say “It would be so good for us and our girls to participate in activities like this.” But, the busyness of everyday life, with both of us working and raising two daughters, kept us from volunteering.

My wife Dawn knew Kristen Whittenbaugh well for several years prior to us volunteering with Nokomis Healthy Seniors. It was in early 2007 that I learned from my wife that Kristen was the Executive Director of NHS and that she was looking for volunteers for their annual “Clean-a-Thon”. While my daughters, Sarah and Annie, were initially a bit hesitant with the idea of cleaning as a volunteer activity (okay, me too!), we went with an open mind and a positive spirit! We met so many wonderful people that day – seniors, such as Martha Marlowe who is spotlighted in this newsletter, and all of the NHS staff, board and other volunteers. It was obvious that the seniors enjoyed the energy and spirit of having us there to help them and visit with them. But, equally important was the energy we got from being there for the seniors! The car ride home

(after some great pizza!) was full of conversation about the morning, the people we met, and that we wanted to continue volunteering with Nokomis Healthy Seniors.

Since then, my daughters and I have bused dishes at the pancake breakfast, served hot dogs at Bergen’s, helped with the cake walk, bingo and game room at the Fall Frolic, helped paint Martha’s garage and, of course, continue to have a great time with the annual Clean-a-Thon. In early 2008, I joined Nokomis Healthy Seniors’ Board of Directors and am now the organization’s Treasurer.

As a volunteer and now a Board member, I appreciate the dedication of Kristen, the entire NHS staff, the other Board members, and all of the organization’s tremendous volunteers. The needs of our seniors continue to grow and, although not yet a senior myself, it is comforting to know that an organization like NHS exists to be there not only for these individuals, but also for the community as a whole.

And today, a few years into our volunteering with NHS, I can positively confirm that “It **is** so good for us and our girls to participate in activities like this.”

## Summer Hot Dog Sale a Success

Continuing a fine tradition from summers past, Bergen’s SuperValu again hosted and sponsored Nokomis Healthy Seniors’ annual hot dog sale, which was held at the neighborhood grocery store over two weekends in July and August. Nearly 250 brats and 200 hot dogs were sold during the event to an array of hungry customers. The smell of the grill enticed one boy riding by on a bicycle to stop in and purchase hot dogs for himself and his friend. Another youngster came over from the park and ordered six or eight hot dogs to go. One enthusiastic supporter reportedly came all the way from Brooklyn Center just to enjoy a brat!

In addition to raising approximately \$1,200 to support services to area seniors, the hot dog sale was a great way for NHS to raise awareness of its programs within the community. The event also resulted in more than a dozen people signing up to volunteer with the program.

Many thanks to Bergen’s SuperValu and its owners, Steve and Marsha Bergen, for their longstanding support of Nokomis Healthy Seniors. Many thanks, too, to the 18 volunteers who helped make this year’s hot dog sale a success.

# Kristen's Korner

Nokomis Healthy Seniors is busy getting ready for the upcoming Fall Frolic on October 17th from 4pm- 7pm. Please come and enjoy the evening with us at Bethel Lutheran Church. There will be music, a delicious spaghetti dinner, a silent auction, games and prizes. All the details are listed in this newsletter. Also coming up this fall: Herberger's Community Day on November 15. Nokomis Healthy Seniors is selling coupon booklets for \$5 and inside this booklet is a \$10 coupon and eight other coupons for you to use. The entire \$5 of each coupon book sale goes to Nokomis Healthy Seniors. You can purchase one of the \$5 coupon booklets at the NHS office, and they will be available for sale at the Fall Frolic.

We want to thank everyone who attended our Grandparents Raising Grandchildren ice cream social. Fun was had by all and valuable information was learned about how NHS might assist these seniors in our community. Did you know that NHS holds a support group for Grandparents Raising Grandchildren monthly? Please call us at 612.729.5499 for all the details.

Please remember that we have medical equipment to loan. Before you buy, ask us – we'd be glad to share this donated equipment with you. We do have a limited number of items, so cannot guarantee we will have the item you need, but please call us to check. If you have items to donate, please call Kristen or Gloria.

I want to remind you of our Caregiver Support Group. This group is a great way for care givers to "take a break" and feel supported. There is no charge for the group sessions and they're right here in your community. NHS can help provide care for your loved one, if needed, so you may attend the group.

It's that time of the year when we ask for year-end donations. Please give if you can so Nokomis Healthy Seniors can help keep seniors in their homes and communities for a lifetime.

I wish everyone a happy Fall and I hope to see you at the Fall Frolic October 17th!

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## DO YOU KNOW THE SERVICES WE OFFER?

### Home Care by RNs and Home Health Aides

- Assessments and health teaching
- Personal care --bathing assistance and light housekeeping
- Medication management

### Blood Pressure Clinics/ Health Education

- Nurse Is In* blood pressure clinic every Thursday morning with pedicures
- Congregate Dining
- Blood pressure clinics at Standish Green Apartments (open to residents and nonresidents)

### Senior Helpline

- Referrals and resources for almost any need (e.g., snow removal)
- Handyman help

### Support Groups and Education

- Caregiver support group
- Low vision support group
- Monthly health programs

### Transportation

- Medical/dental appointments
- Flu shots
- Prescription pick-up
- Voting
- Food shelves

### Volunteer Matches

- Friendly visiting
- Grocery shopping

**For information on any of these services, please call the NHS office at 612.729.5499**

## Health Programs and Other Notes

**October 28, 2009 1:30pm**

Cooking for One  
Molly Bray and College of St. Benedict  
dietetics students

**November 25, 2009 1:30pm**

Southside Singers

*Both meetings are held at Faith Lutheran Church, 3430 East 51st Street*

*These programs are free and open to the public. Beverages and treats will be provided. If you need a ride to any activities please call the office.*

### **Nurse Is In**

Every Thursday morning from 9a.m. to noon at Bethel Evangelical Lutheran Church, 4120 17th Avenue South.

Get your blood pressure checked, consult with a nurse or schedule a pedicure. You can also just stop in to chat over a cup of coffee and baked goods. The clinic is free, but there is a \$28 charge for a pedicure.

### **Exercise Program**

Every Tuesday and Thursday from 10 to 11am, NHS offers exercise classes at Bethel Evangelical Lutheran Church.

All classes are tailored to each participant's abilities. A donation of \$1 per class is appreciated.

### **Blood Pressure Clinics**

*These blood pressure checks are free and open to the public.*

#### **Standish Green Apartments**

*2210 East 40th Street*

The fourth Thursday of every month at 12:30 p.m.  
Open to all community members

#### **Holy Cross Lutheran Church**

*1720 East Minnehaha Parkway*

The first Thursday of every month at 12:30 p.m.  
The church has Congregate Dining every weekday.  
If you would like to make a meal reservation, call Evelyn at 612.729.6668. The cost of the meal is \$3.

### **Support Groups**

These groups are free and open to the public.

#### **Low Vision Group**

*Ebenezer Lutheran Church, 1830 East 41st Street*  
The second Thursday of each month at 10:00a.m.  
Julie Rindelaub from Vision Loss Resources facilitates.

#### **Caregiver Support Group**

*Bethel Evangelical Lutheran Church, 4120 17th Avenue South*

The last Thursday of the month at 1:00 p.m.  
This group is open to anyone who is a caregiver for a loved one. Aggie Sorenson, parish nurse, is the group facilitator.

#### **Grandparents Raising Grandchildren**

*Nokomis Presbyterian Church, 1620 East 46th Street*  
The fourth Monday of the month at 4:00 p.m. Child care is available, please call the office if needed.



**NOKOMIS HEALTHY SENIORS**  
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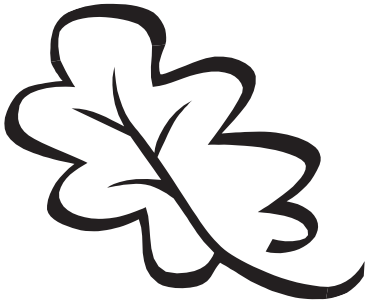
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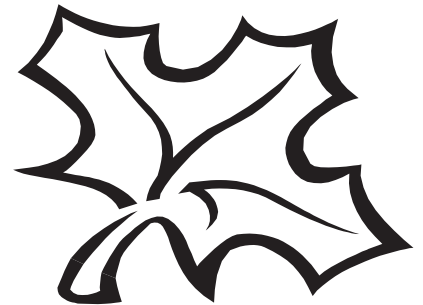


## Fall Frolic!

**Saturday, October 17**

**4pm – 7pm**

Bethel Evangelical Lutheran Church  
4120 17th Avenue South, Minneapolis



*Please attend our Fall Frolic and support the organization dedicated to assisting our community's seniors to continue to live safely in their homes.*

*There will be games, a silent auction, a raffle and prizes for all ages!*

**Cost for spaghetti dinner, music & fun:**

\$10 adults            \$7 seniors    \$4 kids (12 & under)  
\$4 for students            \$25 for a family of four

**Call Nokomis Healthy Seniors at 612.729.5499 with questions or to volunteer.**