



Sharing the Health

NOKOMIS HEALTHY SENIORS

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

Spring/Summer 2010

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Beat the Heat this Summer!

Now that summer is practically upon us, Nokomis Healthy Seniors would like to remind seniors and their families and friends of the need for caution when the temperatures start to climb.

The elderly (people aged 65 years and older) are more prone to heat stress than younger people for several reasons:

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that upsets normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

There are two types of heat related heat-related illnesses: Heat Exhaustion and Heat Stroke. Heat Exhaustion is a milder form of a heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Signs & Symptoms of Heat Exhaustion

Warning signs vary but may include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness

- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Cool and moist skin
- Fast and weak heartbeat
- Fast and shallow breathing

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106° F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs & Symptoms of Heat Stroke

Warning signs vary but may include the following:

- An extremely high body temperature (above 103° F)
- Red, hot and dry skin (no sweating)
- Rapid, strong heart beat
- Throbbing headache
- Dizziness
- Nausea

Beat the Heat, continued on page 3

News From the Board Chair

Greetings!

I want to begin by telling you, those who care about and support Nokomis Healthy Seniors, how much we appreciate YOU! We received a wonderful response to our request for donations at the end of 2009. Your donations totaled \$9,118, a sum that will go far in supporting the seniors of this community. Our annual Clean-A-Thon in April provided some much-needed spring-cleaning help while raising additional funds totaling \$. We thank you!

There are changes to the Board of Directors for 2010. Let me introduce myself: I am Sharon Rodi, the new Board Chair. This is my fifth year as a Board member. I joined NHS after retiring from a position coordinating volunteers in a care center. The Vice Chair is now Colleen Swope, Secretary is Julie Toth and Rob Bass is our Treasurer. We're pleased to welcome three new board members; you can meet them in an article on the right.

The Board and staff will be developing a strategic plan for Nokomis Healthy Seniors. The strategic plan will guide Nokomis Healthy Seniors to better reach the seniors of the community and improve the services offered to them. In addition to gathering data about seniors and services in the area, board members, staff, and community seniors will participate in focus groups. If you are called to participate in a focus group, I encourage you to say "Yes" and share your thoughts.

Looking forward to summer, I invite you to stop by Bergen's SuperValu for a hot dog or brat on July 24-25 and August 28-29. This is an opportunity to support Nokomis Healthy Seniors plus meet our neighbors, board members, and volunteers.

Gratefully,
Sharon Rodi
Board Chair

Meet the Three New Board Members

Nokomis Healthy Seniors is pleased to welcome three new members to the board of directors. They were elected at the January meeting.

Jean Gotfredson has been volunteering with NHS for over four years. When she retired from her position as a legal assistant for Social Security she needed to find a new way to contribute so, fortunately for us, she joined NHS. She has been a driver, friendly visitor and provides manicures at the Nurse Is In blood pressure clinic. She joined the board because she thought it not only could be an interesting experience but to offer her opinion and voice. Her husband, Jerry, is also kept busy as a volunteer handyman for NHS. When not volunteering for NHS, the couple enjoys traveling. This past summer they were in Norway and they spent the winter in Florida (without any snow-related parking restrictions).

Lisa Dunn moved to the Nokomis area when she married in 2004. She discovered NHS at the Bergen's Super Valu Hot Dog Sale. Since that time she has volunteered throughout the year, especially in the fall and winter when her real estate business is slower. She is hoping that her business talents may be put to good use by the board. Lisa is a full time realtor with Edina Realty where her primary customers are seniors. Lisa enjoys working with seniors and is very pleased to find an opportunity to volunteer with NHS. In her leisure time she enjoys reading, beading and walking the lakes.

Mark Warpmaecker has been the pastor of Bethel Church for over two and a half years. At that time, the Nurse Is In blood pressure and foot care clinic was already being held at Bethel, which was his introduction to NHS. Since that time he has promoted the sharing of Bethel's facilities and resources. He is hoping that by being a board member he may be better able to put the greater resources of the church to use supporting NHS's mission to serve seniors in the neighborhood. When not at Bethel, Mark spends his time with his wife Beth, who is a pastor at Bethlehem Lutheran Church on Lyndale Ave. and his two boys, Nathan and Jacob. They enjoy traveling, biking and golf.

What You Can Do to Protect Yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, non-alcoholic, non-caffeinated beverages. Avoid very cold liquids as they can cause stomach cramps.
 - If your doctor generally limits the amount of fluid you drink or has prescribed “water pills”, ask him/her how much you should drink when the weather is hot.
- Rest.
- Take a cool shower, bath or sponge bath.
- If possible, seek an air-conditioned environment. If you don't have air-conditioning at home, consider visiting a library or shopping mall to cool off for a while.
- Wear lightweight clothing.
- If possible, remain indoors during the heat of the day.
- Do not engage in strenuous activities.
- Use a fan. For more effective cooling moisten arms, legs, face, etc. and sit in front of the fan.

What You Can Do to Help Protect Elderly Relatives and Neighbors

If you have elderly relatives and friends you can help them protect themselves from heat-related stress:

- Visit older adults at risk at least twice a day and watch for signs of heat exhaustion or heat stroke.

- Take them to air-conditioned locations if they have transportation needs.
- Make sure older adults have access to an electric fan whenever possible.

What You Can Do for Someone with Heat Stress

If you see any signs of severe heat stress you may be dealing with a life-threatening emergency. Have someone immediately call for medical assistance while you begin cooling the affected person. Do the following:

- Get the person to a shady area.
- Cool the person rapidly using whatever methods you can. For example, place the person in a tub of cool water or in a cool shower, spray them with cool water from the garden hose, sponge them with cool water, or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until it drops to 101°-102° F.
- Do not give the person alcohol to drink.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Get medical assistance as soon as possible.

8th Annual Clean-a-Thon a Success!!

The Nokomis Healthy Seniors Program held its 8th Annual Clean-A-Thon on Saturday, April 24th, 2010. The event was a great success, with xx teams clean getting pledges to work together to spring clean 17 seniors' homes in the community. Through the efforts of these teams, we raised over \$xxx to support the services of Nokomis Healthy Seniors. This event continues to be a great way to reach out and help seniors within the Nokomis community stay in the homes they love. The teams of volunteers provided a thorough cleaning as requested by the seniors, helping them to get ready for the arrival of spring!

Thank you to the volunteers for all their hard work, to the sponsors for their contributions, and a big thank you to the seniors who opened their homes for this great event. Mark your calendars to join us for the 9th annual Clean-A-Thon to be held Saturday, April 23rd, 2011!

Senior Profile: Joanne Bondy

Joanne Bondy is a feisty, fun and entertaining retired librarian. During her 30-year career she worked at Walker, Weber Park and Franklin libraries. She has been an enthusiastic and energetic storyteller to many, many audiences, both young and old.

Joanne was born in Indiana and moved to Duluth with her parents and sister when she was about 3 months old. Her father was a friendly, well-liked air traffic controller. Sadly, he died too young at age 42. Some time later, the family dynamic changed when her mother married a dentist with four children of his own. Eventually, the new family moved to Richfield where Joanne attended high school and studied Spanish.

Joanne has lived in the Nokomis neighborhood home for 25 years and loves sitting on her deck enjoying the beauty of her magnificent magnolia tree and conversing with her neighbors. She was once a world traveler, visiting England, Italy, Mexico, Australia and the Yucatan. Although she's no longer able to travel, her many books take her to fascinating places. Joanne bubbles with delight about her current "obsession": the study of the most widely known female pharaoh, a 3000-year-old mummy named Hatshepsut. Now who but a librarian or an Egyptologist would get so excited about a mummy?



Forced by multiple sclerosis to stop driving, Joanne depends on Nokomis Healthy Seniors for trips to the doctor and the grocery store. She is immensely grateful for the help she receives, without which she would be unable to stay in her home and be independent.

There are so many interesting things to say about Joanne that it would take many more pages to tell you about her. She is so bright and inquisitive that at times I wondered who was interviewing whom! It was my pleasure to sit and talk with her.

Contributed by Judy Grimes.

Making Gardening Easier

It's finally spring! It's time to get out and enjoy the nice weather. One way to do that is to spend time in the garden working with plants and getting our hands dirty. Gardening is good exercise and keeps those bones movin'! However, if you are like me it just seems to get harder and harder on the knees and back. Here are some suggestions that may help you enjoy the activity and joys of gardening while minimizing aches and pains.

- ☀ Use raised planting boxes and pots or hanging bags for planting. Last year I planted all of my tomato plants this way and had a bounty of tomatoes throughout the summer. I put a pot on raised legs and used a cage to support the plants.
- ☀ Make sure your garden utensils are clean, sharp and lubricated appropriately. Wipe each tool with rubbing alcohol to clean off any fungus, etc., that

may be present from last year's use. Also, lubricate and sharpen each tool. If your tools are sharp the cuts on the plant will not only be cleaner but you will be able to more easily manipulate a sharp, well-lubricated tool, rather than trying to close a dry, dull hinge.

- ☀ Use mulch, even in the pots, and you will find you need to make fewer watering trips.
- ☀ As always, while you are outside be sure to protect yourself from the sun and drink plenty of fluids.

Not able to get outside much? How about indoor gardening? It can also be fun to tend to plants indoors. Indoor gardening opportunities include herbs, peppers, and greens such as arugula. There are even kits to grow delicious mushrooms. Do you have a cat? Plant a pot of grass or catnip for your little friend to snack on.

Creativity and Conversation

By Sharon Rodi

Each Wednesday morning local artists gather at Bethel Church to pursue their chosen artistic outlet. Take a walk around the long table and you'll see wood block prints, watercolors, pastels, ink drawings, colored pencil drawings, mixed media pieces, wood carvings, knitting, needle felting, recycled media collage and more. The artists seek each other's advice on subjects ranging from technique to which shade of blue looks best. I saw one woman paging through a magazine for specific pictures to be used in another artist's collage.

Pieces by Kathleen, Wyn, Margaret and Ruth are currently displayed in "Foot in the Door," an art exhibit

at the Minneapolis Institute of Art. Their works include an ink drawing, watercolor, wood block print and mixed media sculpture and are among over 4,000 pieces submitted by Minnesota artists. The "Foot in the Door" show ends June 13.

The participants say this time together is very therapeutic; not only in the creative sense but also in the support they personally give and receive. There are conversations across the table, at the snack table and in the kitchen. This is a friendly group who enjoy their creative time together. If you're interested in joining them, please call the NHS office at 612.729.5499 for details.

Help Raise Money for Nokomis Healthy Seniors While You Shop for Groceries

Kowalski's grocery store at 5615 Chicago Avenue, is sponsoring an ongoing program, "Groceries for Good Causes," that makes quarterly donations to Nokomis Healthy Seniors and other select local charities.

As you finish shopping and leave the store there is a box on the right hand side labeled "Nokomis Healthy Seniors" where you can deposit your receipts. The goal is to collect as many receipts as possible as the size of the donation is based on the number of receipts, not the amount spent on groceries.

Thank you in advance for your participation and support of NHS!

Low Vision Support Group Now at Bethel!

Nokomis Healthy Seniors hosts a Low Vision Support Group each month for people with limited vision. It now meets on the second Thursday of each month at 10:00 am at Bethel Evangelical Lutheran Church, 4120 17th Ave South. Julie Rindelaub from Vision Loss Resources facilitates the group.

Vision Loss Resources is a wonderful resource for people facing changes in their vision. The staff visit the home of a senior experiencing vision changes, do an assessment, make recommendations and arrange for the necessary equipment to create a safer and

better functioning home environment.

Coffee and treats are served during the support group. This group has met for several years and has recently relocated to Bethel church. We are proud to continue this successful collaboration between Nokomis Healthy Seniors and Vision Loss Resources.

If you would like to know more about this group or need a ride to attend, please call the NHS office at 612.729.5499.

Kristen's Korner

Spring is finally here!! Nokomis Healthy Seniors wants everyone to know that our Fall Frolic event will include a book sale this year. When you are doing your spring cleaning, please set aside any books to donate to NHS for this event. Please bring them to the NHS office and we will take it from there. The next newsletter will contain more details regarding the Fall Frolic.

We want to thank everyone who participated in our 9th annual Clean-a-Thon. Please see the article on page 3.

Our summer hot dog sale is coming up in July and August. Just a reminder that NHS holds a support group for Grandparents Raising Grandchildren on the 4th Monday of each month at Lake Nokomis Presbyterian Church and our Vision Loss Support group is now located at Bethel Church (where the NHS office is located).

Please enjoy this newsletter and check out all of our upcoming events, their location and dates. Have a great spring and summer!

Books, Books, Books!

We are going to be having a book sale as part of our Fall Frolic in October. Please bring any books you'd like to donate to the NHS office anytime between now and October 1. Thank you!

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

May 26 1:30 p.m.

Reverse Mortgages
Paula Norgaard, Wells Fargo

June 30 1:30 p.m.

Sing-a-long
Mark & Nancy Anderson

**No programs in July and August.
Enjoy the summer!**

September 29 1:30 p.m.

Fall Prevention/Home Safety Checks
John Sanchez, Physical Therapist

***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 NHS office.*

Nurse Is In

Every Thursday morning from 9 a.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 11a.m., 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 10:00 a.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 6:00 p.m. Child care is available, please call NHS to arrange.



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Get Your Red Hots!

Each summer Nokomis Healthy Seniors holds two weekends of hot dog fundraising madness in cooperation with Bergan's SuperValu. This neighborhood grocery store has sponsored this event for six years, helping NHS raise funds to support services to area seniors.

This year we'll be grilling them up outside Bergan's front door. Please stop by and show your support for NHS by purchasing a brat or hot dog, chips and a soda to round out the experience. To-go containers will be available if you want to take your meal on the run.

Mark your calendars:

Saturday, July 24 & Sunday, July 25
10:00 AM to 5:00 PM

and

Saturday, August 28 & Sunday, August 29
10:00 AM to 5:00 PM

Hope to see you there!