



Sharing the Health

NOKOMIS HEALTHY SENIORS

4120 17th Ave. S., Minneapolis, MN 55407

Summer 2015

www.nokomishealthyseniors.org

Volume 19, Number 2

Staying Safe in the Summer Heat

Summer weather can pose special health risks to older adults and people with chronic medical conditions. It is critically important that adults particularly susceptible to hyperthermia (severe overheating) and other heat-related illnesses know how to safeguard against problems. The National Institute on Aging (NIA), part of the National Institutes of Health, has some tips to help avoid the hazards of hot weather.

Hyperthermia is caused by a failure of the heat-regulating mechanisms of the body. Heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion, and heat stroke are forms of hyperthermia. Older adults are at risk for these conditions, and this risk can increase with the combination of higher temperature, individual lifestyle, and general health.

Lifestyle factors can include not drinking enough fluids, living in housing without air conditioning, lack

of mobility and access to transportation, overdressing, visiting overcrowded places, and not understanding how to respond to hot weather conditions. Older people, particularly those with chronic medical conditions, should stay indoors in cooler spaces on hot and humid days, especially when an air pollution alert is in effect. People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters, and libraries. Cooling centers, which may be set up by local public health agencies, religious groups, and social service organizations in many communities, are another option.

Factors that increase the risk of hyperthermia may include:

- Dehydration.
- High blood pressure or other health conditions that require changes in diet. For example, people on salt-restricted diets may be at increased risk. However, salt pills should not be used without first consulting a doctor.
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever.
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.

What to do

Drink Plenty of Liquids

Wear Appropriate Clothes

Stay Indoors during Midday Hours

Take It Easy

Watch the Heat Index

Seek Air-Conditioned Environments

Know Warning Signs of Heat-Related Illness (see page 4)

Index

Page 2: Interview: Fred Johnson

Page 3: Moment with Megan; Johnson cont.

Page 4: "Staying Safe in the Summer Heat" (cont.)

Page 5–7: Services, Programs, and Calendar

Continued on page 4

Introducing Fred Johnson

By Janet Myers

Fred Johnson *loves* to drive. So, it was fortunate that I was talking about Nokomis Healthy Seniors service to provide rides to seniors in our neighborhood when Fred was looking for a retirement project.

Fred and his wife, Linda, have lived across the alley from Rich and me for 20 years ... which doesn't seem possible. With work taking up our daily lives, we didn't really start to know each other until several years after they moved in. Even after a concentrated hour of gathering information for this article to bolster what I already knew about Fred, I know I'll learn something interesting the next time we meet. Allow me to introduce you to your friendly driver, piano player, and NHS board member—

Fred grew up in Bemidji tasting the joys of life Up North with his twin sister, Susan (now living in Brainerd), and two much older brothers. He loved school—especially grade school classes at the Laboratory School of Bemidji State University. The Lab School had small classes and a variety of knowledgeable instructors, both student teachers and professors from the university. In high school, his teachers noted Fred's proficiency in math and guided him toward considering a career in actuarial science. On this recommendation he enrolled at Drake University in Iowa ... but the Vietnam war intervened. Instead of waiting to be drafted, Fred chose to join ROTC in college and went on to become an Air Force officer. In the Air Force, he learned about computers and decided to continue working with them in civilian life. He lead computer departments for several companies over the next 30 years, until he found a new career as an advisor and computer software designer specializing in financial planning programs.

Fred has a passion for the piano. He began taking lessons from Mrs. Budge in 3rd grade and switched to organ lessons in 7th grade. He played the organ at First Presbyterian Church, where his family attended,



Here are a few ideas for starting a conversation next time you see Fred:

- Ask him why the Mazda is great for road trips and the Prius for hauling groceries and local passengers. Ask him about his first car or his favorite car.
- Let him tell you about boogie-woogie music.
- Brainstorm with him about how to stay comfortable and active as you age—he's got some great ideas!

until he graduated from Bemidji High. His involvement in music lead him to discover the enjoyment of driving. One of his duties was to pick up Mrs. Budge and her husband on his way to church. Over the years, he became the driver first for his parents in Bemidji, and later for aunts and uncles in the Twin Cities. He

Continued on following page

A Moment with Megan

By Megan Elliasen

Ah, summer! There really is nothing like a Minnesota summer. It always feels so hard won after our long, cold winter. As the poet William Carlos Williams wrote, “in summer, the song sings itself.” For me, sprinklers and watermelon are the fondest memories of hot days. This year you can come over to Nokomis Healthy Seniors and enjoy both! We’re growing watermelon and other treats in the community garden behind Bethel Church. Come on over to help water and see all that we have growing. We’ll even let you play in the sprinkler! On Thursday mornings during Nurse Is In we’ll be harvesting our produce. We invite you to help us pick the crops and enjoy some of the harvest as a snack, or take some home!

Later this month baseball will be our theme: On Thursday, July 30, *Million Dollar Arm*, the story of a baseball agent who goes to India looking for a cricket player to become the next baseball star, will be featured at Lunch & a Movie. Call the office to sign up.

Keep an eye out for NHS at the Lake Hiawatha Neighborhood Festival on the evening of August 5—it’s fun for the whole family! On September 13 come by the NHS booth at the Nokomis Block Party for our silent auction. We’ll be having a meat raffle there, too!

Please make sure to look at the important information in this newsletter regarding heat safety. We want to make sure everyone has a safe and enjoyable summer.

Enjoy these glorious days!



Introducing Fred Johnson (cont. from previous page)

particularly remembers being pleased by Uncle Martin’s compliment: “Boy, you’re a good driver!”

This brings us to 2009, when I was explaining my volunteer work and the NHS mission to a group of neighbors. Fred voiced an interest and said he’d like to find out more when he retired the following year. Fred entered retirement with a plan: to continue learning, to travel, and to use his skills to help his neighbors. So far, he’s keeping up with it! He and Linda take classes through Osher Lifelong Learning Institute, and they’ve seen the country and the world. Last year they toured Italy, and they often visit Fred’s son in Austin, Texas, his daughter in San Francisco, and Linda’s family in Illinois. He’s using his love of driving to deliver bread to the food shelf and NHS clients

to their appointments. His piano skills are nurtured in a keyboard club at Plymouth Congregational Church and in volunteer gigs at NHS events. He’s a dedicated performer for the students of Whittier public school every Thursday afternoon while the kids are preparing to go home. In fact, he’s due to star at NHS’ *Name That Tune* event on Thursday, August 27th at 11:15 am at Bethel Church. Come take a trip down memory lane as you listen to Fred tickle the ivories!

As a board member for NHS, Fred recently attended a conference on aging that was held in Duluth. He attended presentations about qualifying for nursing home assistance, alternatives to long term care insurance, and health care directives.

IT’S A FACT

The word “silent” contains exactly the same letters as the word “listen.”

Staying Safe in the Summer Heat (cont. from page 1)

- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs.
- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.
- Being substantially over- or underweight.
- Alcohol use.

Here are some guidelines for keeping safe in hot weather:

Drink Plenty of Liquids

Dehydration is the root of many heat related health problems. Drink plenty of water or other beverages, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.

Wear Appropriate Clothes

An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes, and a wide-brimmed hat.

Stay Indoors during Midday Hours

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm, when the temperature tends to be cooler.

Take It Easy

Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.

Watch the Heat Index

When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.

Seek Air-Conditioned Environments

Seniors whose houses aren't air-conditioned should consider finding an air-conditioned place to spend time during extreme heat. The mall, library or movie theater are popular options. During heat waves, many cities also set up "cooling centers" in public places, for seniors and other vulnerable populations. Seniors without convenient access to any air-conditioned place might consider a cool bath or shower.

Know the Warning Signs of Heat-related Illness

Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting, and breathing problems are all warning signs that help should be sought immediately.

Source: National Institute on Aging <http://www.nih.gov/news/health/jul2015/nia-07.htm>

NEW CLASS COMING SOON!

A Matter of Balance

"A Matter of Balance" class will be offered this fall by NHS. The class helps reduce the fear of falling and increases activity levels of older adults who have concerns about falling. The class is six weeks for 2 hours each week. Dates of class will likely be October–November. Call the office at (612) 729-5499 to reserve a place in the class. Class size is limited to 15 people, so please contact us soon.

Nokomis Healthy Seniors Wish List

NHS operates mainly on donations—please help if you can! Here's what we are wishing for right now:

- Cordless microphones for exercise instructor
- Phone Tree Callers (20–30 minutes/month, from the comfort of your own home!)

Our biggest need is still **DRIVERS**

If you have a car and are willing to drive even just occasionally to the doctor, grocery store, or pharmacy, we'd love to sign you up as a volunteer driver. Our volunteers drivers are what make NHS go!

Contact Becky at (612) 729-5499 if you can help.

Join Us for **Name That Tune!** 
Thursday, August 27, 11:15, at Bethel, 4120 17th Ave S.



Join us for *Lunch & a Movie!*

Million Dollar Arm

July 30th, 11:15 am (lunch then movie)

Call the office to reserve your spot.

Mark Your Calendars! Next Lunch & a Movie: October 29th, *My Big Fat Greek Wedding*

Get rid of your household hazardous wastes

NHS will help you to dispose of **old paint, chemicals, antifreeze, cleaners, and more** safely through the City of Minneapolis' hazardous wastes collection days.

Need a hand getting some items to the collection point?
Call the NHS office at (612) 729.5499 by August 10th to make arrangements.

Are you able to lend a hand by driving items to be dropped off?
Please let us know by calling our office.

9am – 4pm
August 20–22
Public Works Garage Snelling Ave.
3607 44th St. E, Minneapolis, MN 55404



A full list of what can, and can't, be taken to the collection site is located at: <http://www.hennepin.us/~media/hennepinus/residents/recycling/hazardous-waste/HHWCollectionEvents2015.pdf>.



All-Purpose Non-Toxic Cleaner Recipe

$\frac{1}{4}$ cup white vinegar
 $1\frac{1}{2}$ teaspoons liquid dish soap
In a 16 ounce spray bottle, add the vinegar and fill with water. Add the dish soap last.

Stop by the NHS office for a free reusable bottle with the recipe on it.

Health and Enrichment Programs at Nokomis Square Cooperative

All programs are free (unless otherwise noted) and open to the public. They are held at Nokomis Square, 5015 35th Ave S.
Beverages and treats are provided. If you need a ride to any activities please call the NHS office at (612) 729-5499.

August 12

1:30pm

“What’s Happening in the City”

Discussion of the City involving senior issues

Andrew Johnson

Minneapolis City Council Member

September 9

1:30pm

“Rabbits, Rabbits, Rabbits—Fascinating Facts!”

Luke from MN Companion Rabbit Society will enlighten us on the wonderful world of living with rabbits. *There will be rabbits to enjoy that day.*

October 14

1:30pm

“Do I Need Help with My Finances?”

Chris Mathews, Home Instead

Visit www.nokomishealthyseniors.org for other upcoming events

FOOD FOR THOUGHT

16 Things That It Took Me Over 50 Years to Learn by Dave Barry

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. If you had to identify, in one word, the reason why the human race has not achieved and never will achieve its full potential, that word is “meetings.”
3. There is a very fine line between “hobby” and “mental illness.”
4. People who want to share their religious views with you almost never want you to share yours with them.
5. You should not confuse your career with your life.
6. Nobody cares if you can’t dance well. Just get up and dance.
7. Never lick a steak knife.
8. The most destructive force in the universe is gossip.
9. You will never find anybody who can give you a clear and compelling reason why we observe daylight savings time.
10. You should never say anything to a woman that even remotely suggests that you think she’s pregnant unless you can see an actual baby emerging from her at that moment.
11. There comes a time when you should stop expecting other people to make a big deal about your birthday. That time is age eleven.
12. The one thing that unites all human beings, regardless of age, gender, religion, economic status, or ethnic background, is that, deep down inside, we ALL believe that we are above-average drivers.
13. A person who is nice to you but rude to a waiter is not a nice person. (This is very important. Pay attention. It never fails.)
14. Your friends love you anyway.
15. Never be afraid to try something new. Remember that a lone amateur built the Ark. A large group of professionals built the Titanic.
16. Men are like fine wine. They start out as grapes, and it’s up to the women to stomp the crap out of them until they turn into something acceptable to have dinner with.

Nurse Is In

You can 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 \$30 charge for a pedicure.

When: Every Thursday morning from 9:30am to 11:30am at Bethel Evangelical Lutheran Church, 4120 17th Avenue South.

Exercise Classes

NHS offers exercise classes Monday–Thursday at Bethel Church, 4120 17th Ave S, unless noted.

Exercise: Mondays (at Faith Lutheran, 3430 E. 51st St.), Tuesdays & Thursdays (at Bethel), 10 to 10:45am.

Chair Yoga: Wednesdays (at Bethel), 10 to 11am.

Chair Exercise: Thursdays (at Bethel) 11–11:30 am.

All classes are tailored to each participant's abilities. A donation of \$2 for exercise is appreciated. Yoga is \$4 per class.

Support Groups

These groups are free and open to the public.

Diabetes Support Group

Nokomis Public Library, 5100 34th Ave. S

The first Friday of each month, 1:00–3:00pm.

Low Vision Group

Nokomis Square Cooperative, 5015 35th Ave. S

The second Thursday of each month at 10:00am.

Facilitator: Vision Loss Resources representative

Caregiver Support Group

Bethel Lutheran Church, 4120 17th Ave. S

The fourth Thursday of the month at 1:00pm.

Open to all who are caregivers for loved ones.

Bathing Assistance?

We partner with Fairview Home Care for all our seniors' nursing homecare needs. Fairview has a Community Wellness Division that will provide an hour-long visit

for a bath for Nokomis

Healthy Seniors clients at a

substantially reduced cost.

Please call the office at

(612) 729-5499 for details.



DO YOU KNOW THE SERVICES WE OFFER?

Home Care by RNs and Home Health Aides

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

Senior Helpline

- Referrals and resources for almost any need
- Handyman help

Support Groups, Health, and Education

- Caregiver support group
- Low vision and diabetes support groups
- Monthly health programs
- Weekly exercise and yoga classes
- Weekly women's group

Blood Pressure Clinics /

Nurse Consultation / Health Support

- Nurse Is In* blood pressure clinic (Thurs. am)
- Riverview Apartments (second Wed./month)
- Standish Green (fourth Thurs./month)
- Health and Enrichment programs (second Weds./month)
- Foot care, by appointment, Thursdays or in-home

Transportation

- Medical/dental appointments
- Other transportation needs

Volunteer Matches

- Friendly visiting, grocery shopping, dog walking

For information on any of these services, please call the NHS office at (612) 729-5499



NOKOMIS HEALTHY SENIORS
4120 17th Avenue South
Minneapolis, MN 55407

Phone: (612) 729-5499

NONPROFIT US
POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 29280

www.nokomishealthyseniors.org

Email: info@nokomishealthyseniors.org

Nokomis Healthy Seniors Staff

Megan Elliasen, Executive Director
Becky Beeskow, Service Coordinator
Michael Bowen, RN, Foot Care Nurse
Cathy Bray, RN, Program Nurse
Gloria Everson, Administrative/Service Coordinator
Tess Larrabee, RN, Nurse In Program
Joan Schesvold, LPN, Foot Care Nurse

Newsletter Contributors

Lindsay Brown
Zan Ceeley
Megan Elliasen
Janet Myers
Julie Toth

Visit Nokomis Healthy Seniors at These Events!

Wednesday, August 5

Lake Hiawatha Festival

Lake Hiawatha Park
2701 E 44th St
5–8 pm

Sunday, August 9

**Bethel Church's Annual
Picnic and Concert**

4120 17th Ave S
5–7pm
Free and open to the public
Food! Games! Music!

Sunday, September 13

Nokomis Block Party

NHS Silent Auction
and Meat Raffle
50th St at 34th Ave S
11am–3pm



NHS is on Facebook! Search for Nokomis
Healthy Seniors and LIKE us while you're there!

For the latest information, VISIT www.nokomishealthyseniors.org