



# Sharing the Health

**NOKOMIS HEALTHY SENIORS**

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

[www.nokomishealthyseniors.org](http://www.nokomishealthyseniors.org)

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## Recycling— It's Getting Easier All the Time

Reference: Minneapolis Recycles, <http://www.ci.minneapolis.mn.us/solid-waste/recycling/index.htm>

According to the Environmental Protection Agency (EPA), every person in the U.S. produces almost 4½ pounds of waste each and every day. The good news? More and more of it is being recycled every year. About 90% of Minneapolis households participate in the city's recycling program. That's impressive!

You may remember when the City of Minneapolis began their recycling program over 20 years ago. We separated cardboard from newspaper, aluminum cans from glass jars, and so on. In recent years, however, it's become much easier to recycle with One-Sort Recycling. With only a few exceptions, all bottles and jars, cartons (such as for milk), cardboard, cans, and paper can all go into the One-Sort blue bin beside your garbage bin. Just look for the recyclable symbols on the bottom of containers to know if they can go in the bin.

### Did you know you can recycle these items?

- empty medicine bottles
- empty toilet paper rolls
- paperback books
- cat litter jugs
- frozen juice cardboard cans
- soup and broth boxes
- pie tins

*Organics recycling is coming!* Organics recycling is another way of saying composting. You may even already have it in your neighborhood. If not, you can sign up to receive an organics recycling cart later this Spring by calling the City of Minneapolis at 612-673-2917. The new city composting bins can take items that our own backyard compost heaps can't handle. In addition to fruit and vegetable waste, organics recycling through the city can accept bones, meat, dairy products, bread, and eggshells. They'll recycle paper that isn't suitable for regular recycling, like food-soiled paper and facial tissues, plus toothpicks and nail clippings ... even dust bunnies from under your couch! If you

choose to take part in the Minneapolis Organics Recycling program, you'll receive a full list of what can and can't go into your organics recycling bin.

Here are some pointers to make recycling easy:

- Put a recycling bin, bag or box next to every garbage can in your house.
- Label your bins with color-coded signs so that everyone knows how to sort their recycling and trash. (Order free labels at [www.hennepin.us/recycleeverywhere](http://www.hennepin.us/recycleeverywhere).)

*Continued on page 4*

## Contents

**Page 2:** Profile: Tricia Theurer

**Page 3:** Moment with Megan; Recipe

**Page 4:** "Recycling"  
(cont.)

**Page 5–7:** Services,  
Programs, and Calendar

# Profile: Tricia Theurer

Interview by Lindsay Brown

Nokomis Healthy Seniors is proud to introduce one of our newest volunteers, Tricia Theurer. Tricia has been volunteering with Nokomis Healthy Seniors for about 6 months. She has lived in the neighborhood for a while and knew about the program from driving by the prior NHS office location and seeing NHS mentioned in newspaper articles. She cared for her own parents in their later years, and has turned that caring toward volunteering at NHS. Coming from a big family, she has a special place in her heart for those people who don't have family to rely on, or could use an extra hand. After seeing firsthand some of the things seniors struggle with, she knew she wanted to get involved.

Tricia is in her last year as a student in the Master of Gerontology program at Bethel University. One of her requirements for her degree was to profile a non-profit that works with seniors. She immediately thought of Nokomis Healthy Seniors and contacted the NHS office to learn more about the program. For her thesis she has been interviewing seniors, staff, and volunteers to gather more information about NHS. While learning about NHS has helped her to pursue her academic goals, it's also allowed her to get to know the program and become an active volunteer.

Although she's very busy with school work, she volunteers as a member of NHS' Development Committee, which focuses on ensuring that NHS has the funds it needs to continue providing services to the



community's seniors. She is hoping to be a part of growing the programs NHS offers, and building its vital volunteer base. After she graduates from her master's program in May, she would like to spend more time volunteering with NHS, getting to know the seniors of NHS more personally, and lend a hand where she's needed.

Tricia is an animal lover and has a cat named Sam. She loves living near the lakes and parks, and also enjoys reading, watching movies, and playing tennis.

Please help us give a warm welcome to Tricia Theurer!



## CLEAN-A-THON 2016



**Saturday, May 21 at 9 am at Bethel Church**

**9 am**—enjoy coffee and treats, pick up cleaning supplies, and get house assignment  
**11:30 am**—head back to Bethel Church for a **PIZZA PARTY provided by Fat Lorenzo's**

Each May Nokomis Healthy Seniors organizes a flurry of spring cleaning for some of the seniors in our community. This service project would be a great opportunity for school clubs, scouts, and others to help those who anchor our community stay in the homes they love. And did we mention there's PIZZA! Please call the Nokomis Healthy Seniors office at 612-729-5499 to register a team or for more information.

# A Moment with Megan

By Megan Elliasen

The days are getting longer and the sun is shining brighter. Spring is on its way! Before you know it, it will be time to start spring cleaning. This year for Clean-A-Thon we are hoping to have more teams than ever! Clean-A-Thon is a Nokomis Healthy Seniors tradition in which volunteers form teams to help seniors in our community get a start on spring cleaning in their homes or yards. This is a great opportunity for those in our community to lend a hand for a few hours of service that can make such a big difference. Scout troops and school clubs are welcome. Please consider forming a team to help out this year! Call the office at 612-729-5499 to sign up today!



Soon the kids will be on spring break, which reminds me of our Lunch & a Movie feature on Thursday, March 31st: *Roman Holiday*, which is a delightful film starring Gregory Peck as a reporter and Audrey Hepburn as a royal princess out to see Rome on her own. Hepburn won an Academy Award for Best Actress for her performance; the screenplay and costume design also won. We will have an Italian Feast for lunch prior to the movie! This event is free of charge, but our theater only seats 35, so call the office soon at 612-729-5499 to reserve your spot.

We have had more calls than ever requesting rides through our transportation program, so we're looking for a few more volunteer drivers. If you or anyone you know may be interested, please let us know. Even providing just one ride a month would be extremely helpful!

Please see our monthly social event calendar on page 5. We hope to see you at one of our events soon!

## Crustless Spinach Pie

Yield: 2 servings

### Ingredients

2 tablespoons butter or margarine	2 garlic cloves (minced or $\frac{1}{2}$ teaspoon garlic powder)
2 eggs	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup flour	4 ounces mozzarella cheese
$\frac{1}{2}$ cup milk	2 cups spinach (chopped, fresh)

### Preparation

Preheat oven to 350 degrees.

Melt butter or margarine in an 8-inch baking pan.

Beat eggs well. Add flour, milk, garlic, and baking powder. Pour into baking pan. Stir in cheese and spinach. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.



## **Recycling—It's Getting Easier All the Time** (cont. from page 1)

Get creative if you have limited space:

- Hang a small bag on the door knob in the bathroom
- Place a bag inside a cabinet in the laundry room or bathroom

You'll be amazed by how much you can reduce the amount that goes into your garbage can!

### *Helpful Links*

Minneapolis Recycles <http://www.ci.minneapolis.mn.us/solid-waste/recycling/index.htm>

*Tips and tricks to Recycle Everywhere in Your Home*  
[http://www.hennepin.us/~media/hennepinus/residents/recycling/recycle-everywhere/Recycle\\_Everywhere\\_TipsTricks.pdf?la=en](http://www.hennepin.us/~media/hennepinus/residents/recycling/recycle-everywhere/Recycle_Everywhere_TipsTricks.pdf?la=en)

*Minneapolis Residential Organics Recycling* <http://www.minneapolismn.gov/solid-waste/organics/>

### **FREE SAFETY CHECK**

#### **No-Cost Home Assessment, including these checks:**

- ✓ Tripping hazards
- ✓ Grab-bars and handrails
- ✓ Smoke detectors
- ✓ Lighting
- ✓ Other safety components

HOME also provides housekeeping, minor repair, and mowing/snow removal services on a sliding fee scale.

The HOME (Household & Outside Maintenance for Elderly) Program supports elders 60+ residing in Minneapolis and suburban Hennepin county

**For more information call:  
952-746-4046  
or email:  
[home@seniorcommunity.org](mailto:home@seniorcommunity.org)**

### **Senior Card-Playing Group Coming to NHS**

NHS will be hosting a **500 Club**.

Starting March 21, the card-playing group will meet every Monday

9–11:15am

Bethel Church, Room 10

**New Members Welcome!**



### **Nokomis Healthy Seniors Wish List**

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

- Gift cards to Target, Cub, Walmart, etc.
- Seniors who want to write for the newsletter
- Bingo prizes
- Adult coloring books

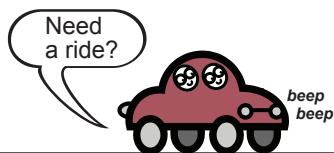
### **Our biggest need right now is DRIVERS**

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.**

# Legacy Giving

One way to help the mission of Nokomis Healthy Seniors is to remember NHS in your will or as a memorial in memory of loved ones. Just add our name and the amount: Nokomis Healthy Seniors Program, Minneapolis, MN (tax ID 41-1889344). Please call our office at (612) 729-5499 if you'd like more information. *And thank you so much for your support!*



## Transportation

NHS provides transportation to medical and dental appointments. Just give us a call at (612) 729-5499 at least a week in advance to make arrangements. A \$5 donation is greatly appreciated.



### Got a pup who needs a walk?

We have two volunteers who would love to help a senior walk their dog. If you have a pooch who would appreciate extra exercise or know a senior with a dog who might benefit, please contact Becky at (612) 729-5499.

## NHS Weekly Calendar

### Locations

Bethel Church, 4120 17th Ave S
Faith Church, 3430 E. 51st St.
Nokomis Public Library, 5100 34th Ave S
Nokomis Square, 5015 35th Ave S

### MONDAYS

10–10:45am Exercise at Faith Church

### TUESDAYS

10–10:45am Exercise at Bethel Church

1pm Low Vision Support Group at Nokomis Square (*Second Tues. only*)

### WEDNESDAYS

10am Women's Art Group at Bethel

10–11am Yoga at Bethel Church

1:30pm Health and Enrichment Program at Nokomis Square (*Second Wednesday only*)

Foot care at Nokomis Square (call for appt.)

### THURSDAYS

9:30–11:30am Nurse Is In at Bethel Church (blood pressure clinic, coffee and treats)

9:30–11:30 Adult coloring and social time

10–10:45am Exercise at Bethel Church

11–11:30am Chair Exercise at Bethel Church

1pm Caregiver Support Group at Bethel Church (*Fourth Thursday only*)

### FRIDAYS

11am–12pm Yoga class at Bethel Church

1–3pm Diabetes Support Group at Nokomis Public Library (*First Friday Only*)

## NHS Special Events 2016

(all events at Bethel Church)

### Annual Clean-A-Thon

May 21

### Lunch & a Movie

(Lunch starts at 11:15 am; movie to follow)

Mar. 31, May 12, July 21, Sept. 29, Oct. 27

### BINGO and GAMES

(Starts at 11:00 am)

Apr 21, June 30, Aug 25

### GIVE TO THE MAX DAY BINGO

Nov. 10

### Holiday Party 2016

December 15

# 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.

### March 9

1:30pm

“Planned Giving”

Sonja Greenwaldt, Attorney

### April 13

1:30pm

“Planning for the Unexpected:  
Resources to Know”

Jill Fitzpatrick

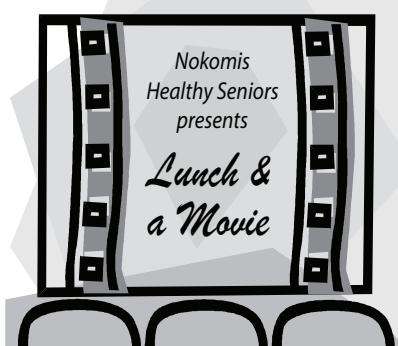
### May 11

1:30pm

“Hearing for the Health of It”

Mary Bauer, Deaf and Hard of Hearing Services

Visit [www.nokomishealthyseniors.org](http://www.nokomishealthyseniors.org)  
for other upcoming events



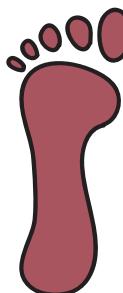
*Join us for Lunch & a Movie!*

## Roman Holiday

March 31, 11:15 am (lunch then movie)

Call the office to reserve your spot.

### About Foot Care at NHS by Michael Bowen, RN, Foot Care Nurse



Keeping our feet in good condition is even more important as we get older but can also become harder with age. That's why NHS offers senior foot care. Each session with a foot care nurse lasts 45–60 minutes. During this time a below-the-knee assessment is made, including looking at skin condition, circulation, foot structure, and pain issues. Feet are soaked in warm soapy water to soften the skin and nails. Nails are trimmed and calluses are removed. The session ends with a foot massage using reflexology techniques in which the muscles and tendons are gently stretched. This holistic approach relaxes the foot, decreases pain, and as one person commented, “makes you feel like you are walking on air.” During foot care, you will also be advised about how to take care of your feet, including how to increase circulation, prevent foot injury, get rid of nail fungus, and pick the right shoes. Call (612) 729-5499 for an appointment.

## 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, \$2 suggested donation

**Yoga:** Wednesday 10 to 11am, and Friday 11am–12pm (at Bethel), \$4 per class

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

## 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 Tuesday of each month at 1pm.  
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?

### Blood Pressure Clinics /

### Nurse Consultation / Health Support

*Nurse Is In* blood pressure clinic (Thurs. am)  
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

### Senior Helpline

Referrals and resources for almost any need  
Handyman help

### Home Care by RNs and Home Health Aides (provided through Fairview Health Services)

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

### Support Groups, Health, and Education

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

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



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Minneapolis, MN 55407

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Flex your cleaning muscles—it's time for the Annual Nokomis Healthy Seniors Clean-A-Thon! Are you ready to help out? Please call the NHS office at (612) 729-5499 to join in the fun!

***Cleaning never felt so good!***



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

***For the latest information, VISIT [www.nokomishealthyseniors.org](http://www.nokomishealthyseniors.org)***