



Sharing the Health

NOKOMIS HEALTHY SENIORS

4120 17th Ave S, Minneapolis, MN 55407

www.NokomisHealthySeniors.org

Summer 2018

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It's Just Stuff! Tips for Downsizing

By Christine Daves, Certified Professional Organizer®

Are you one of the millions of people trying to downsize after living in your home for 25–50 years? This is not an easy transition. Deciding what to keep and what to let go can be emotionally exhausting and also physically taxing. But you CAN do it!

Here's a few tips to help you get started:

- **Assess the size (or expected size) of your new space.** If you're downsizing from 3,000 square feet to 1,000 square feet, consider letting go of two-thirds of your belongings.
- **Start early.** The sooner you start the process, the easier it will be. Waiting until a few months before a move means you won't have time to be thoughtful in your decision-making.
- **Don't take on a whole house at once.** Start with one corner of the basement this month, and next month focus on part of the garage. (Plan for the seasons! Organizing an unheated garage in Minnesota in January isn't fun.)

For a list of resources, download *Twin Cities Donation, Discard and Recycling Resources* at www.Think-Organized.com

This list includes donation sites, moving companies and haulers, consignment resources, and much more!

- **Take care of yourself.** Downsizing can be draining! Make sure you drink lots of water, eat protein, and get plenty of rest.
- **It's OK to be sentimental.** You don't need to get rid of everything that isn't strictly utilitarian. If you're attached to too many things, though, consider how items fit your priorities and values.
- **Don't keep things out of guilt or obligation.**

Regardless of how an item came to you, you're only obliged to say "thank you" and keep it as long as it fits your lifestyle.

- **Donate to organizations you feel good about.** Locating an organization that will match your things to people in need can make it easier to let items go.
- **If you want to sell things,** make sure it is worth the time, energy, and emotion that will go into that process.
- **Manage well-intentioned family members, volunteers, or neighbors.** Helpful family members can be an asset, but be clear about what they can do that will help—not hinder—progress. Then stick to that! You need support, not judgments.
- **When gifting items** to friends and family, don't add to their future burdens. Tell them to enjoy it

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Meet Wendy Nilsson

Interview by Jan Myers

A Family Tradition

Wendy Nilsson has been a regular volunteer with Nokomis Healthy Seniors for about a year. Her parents, Bill and Marion Nilsson, volunteered since the beginning of the program—her father drove, and her mom accompanied him to provide some of the welcome social contact we all need. Eventually, they also used NHS's services and regularly attended "Nurse Is In." Now, Wendy is following in their footsteps, driving folks to appointments, providing a smiling face and helping hands during "Nurse Is In," and baking treats for NHS events. She also enjoys Lunch and a Movie and is happy to help with outings. In fact, I remember meeting her last October as we helped apple pickers get in and out of the hay wagon on the NHS orchard trip.

Because she saw the difference her parents' volunteering made and she understands the challenges of caregiving, Wendy was motivated to volunteer with NHS. She finds positive reinforcement not just in doing what she knows helps but in the social interaction and appreciation she receives. She loves to hear the stories of your lives and appreciates the courage it takes to be a caregiver—not just for others but for yourselves as well.

After Wendy received her B.S. from Augsburg College in music education, she discovered that teach-

ing was not her vocation. For a while, she edited for a music publisher, but when that business moved, she found other work. She eventually settled into coordinating surgeons' schedules and retired last year after 30 years in the field. She lives in the neighborhood in the house where she grew up—and where she eventually cared for her parents. She has established a routine that includes supporting the community and time to be creative every day.

Besides her work with NHS, Wendy is active in volunteer activities at her church, including packing food for the food shelf and sewing necessary and comforting articles for those in need. She's also a public member of the board of the National Association of Schools of Art and Design; there, she represents the public as the board grants accreditation. As you can tell, her volunteer activities often coincide with her creative impulses.

Although her music education didn't become a career, music is a thread in her life. She's a member of her church choir and plays the ukulele. With other members of the Twin Cities Ukulele Club, she helps lead sing-alongs at the Veterans' Administration memory care unit.

Oh, another thing Wendy appreciates about NHS—she's able to work on jigsaw puzzles. One of her two cats makes this activity impossible at home!



Do You Enjoy Teaching Others How to Knit?

We're looking for a volunteer to teach older adults how to knit.

Weekday hours, Monday–Thursday. Contact Megan for more information:

612-729-5499 or melliasen@nokomishealthyseniors.org.



A Moment with Megan

By Megan Elliasen, Executive Director

Summer is definitely here! The kids are out of school and the ice cream trucks are driving through the neighborhoods. But we'll still be learning new things at Nokomis Healthy Seniors. We have some great topics planned for our monthly education programs this summer. One especially interesting topic is "Medical Cannabis in Minnesota" on August 2 at Bethel Church. Medical marijuana may help ease pain, nausea, and loss of appetite in people who have chronic pain, and it may reduce seizures in people with epilepsy or ease multiple sclerosis symptoms such as muscle stiffness, spasms, and pain. Learn what conditions medical cannabis is prescribed for and the regulations regarding its use.



Did you know that 1 in 3 American adults is at risk for kidney disease? Major risk factors include diabetes, high blood pressure, a family history of kidney failure, and being age 60 or older. Kidney disease often has no symptoms, and it can go undetected until it's very advanced. Learn more on September 6 with the presentation of "Your Kidneys and You" by the American Kidney Foundation. And at Nokomis Square, learn about vertigo ("Vestibular Disorders") on August 8.

We'd love to have you join us for our next book club on July 19. We'll be reading the true story of Queen Victoria and her aide Abdul. The book, *Victoria and Abdul*, covers the Queen's close friendship with Abdul, which caused friction between the Queen and members of the Royal household, who felt superior to him. Class snobbery and racism have been cited as reasons for their dislike of Abdul. After Queen Victoria's death, her son Edward VII sent Abdul back to India and instructed that all of their letters be destroyed. The following month we'll present the movie based on the book at our August "Lunch and a Movie" event.

We're looking for individuals to join the board of Nokomis Healthy Seniors. Board members have oversight of the planning and programming of NHS and help guide its future. Please get in touch if you or someone you know would like to get involved.

The summer seems to go by so quickly, but we hope you'll stop by often to see us!

Give Your Time and Talent to Make NHS Even Better!

Nokomis Healthy Seniors is seeking 2-3 candidates to serve as Board Members.

Skills and Qualities Sought:

- Board experience
- Financial management
- Community outreach
- Marketing
- Development/fundraising

Time Expectation: 5–7 hours per month. Service on a Committee is required. We meet every other month, on the second Wednesday, from 4–6 pm at Bethel Church. Two-year term.

How to apply: Please email letter of interest and resume to the Director, Megan Elliasen at melliasen@nokomishealthyseniors.org.

NEW!

Drop-In Tech Clinic

FREE!

2–4 pm, 4th Wednesday of Every Month

Need some help with your cellphone, tablet, or laptop? Come to our Drop-In Tech Clinic for some friendly, free help. First come, first served.

Upcoming Sessions:
June 27, July 25, August 22
Bethel Church Gym at 4120 17th Ave S
Call 612-729-5499 to confirm schedule.

A Market on a Bus!

Every other Wednesday from 4–5 pm, take advantage of low-cost and fresh groceries at the Mobile Market, which will be parked at the Bossen Park Apartments at 5717 31st Ave S.

Upcoming dates: June 20; July 18; August 1, 15, and 29

Groceries include dairy, frozen meat, fruit, vegetables, dry goods—even locally grown produce!

Payments accepted: *Cash, major credit cards, debit cards, and SNAP-EBT. No personal checks accepted.*



Help for Renters

Do you have questions about your rights as a renter? Are you facing a dispute with your landlord?

There's free legal help available! Contact the HOME Line's Tenant Hotline: 612-728-5767.

All calls are free and confidential.

**A HUGE Thank You
to Oxendale's Market
for making our
annual Hot Dog Sale
a success and for
supporting Nokomis
Healthy Seniors!**

and then pass it on when it no longer brings them pleasure. This will ensure your items are always serving someone, not just taking up space.

- **Get help when needed.** Hire movers to remove heavy items from your home. It's convenient when family can help, but sometimes it's easier and quicker to hire people who can work with your timeline.

Want to Learn More about Downsizing?

Downsizing Class Coming in October

Christine Daves is offering a 3-session Community Education class on downsizing where you'll discover how to make choices about your stuff that align with your priorities and values. By the end of the class, you'll have a personalized, step-by-step plan for confidently completing your downsizing goals. The class will be on Mondays, October 8, 15, and 22, from 1–2:30 pm at Bethel Lutheran Church. For more information and to register, call 612-668-3939 or visit mplscommunityed.com.



Each Week at NHS

No RSVPs needed unless noted.

MONDAYS

9–11 am 500 Club (Bethel)
10–10:45 am Exercise (Faith)

TUESDAYS

10–10:45 am Exercise (Bethel)
1 pm Low Vision Support Group
(Nokomis Sq., 2nd Tues. only)

WEDNESDAYS

10 am Women's Art Group (Bethel)
10–11 am Yoga (Bethel)
1:30 pm Health and Enrichment Program (Nokomis Square, 2nd Wed. only)
Foot care (Nokomis Square): Call 612-729-5499 for appt. Nokomis Square residents only.

THURSDAYS

9:30–11:30 am Nurse Is In (Bethel): Blood pressure clinic, meet one-on-one with nurse, coffee and treats
9:30–11:30 am Adult coloring, puzzles, social time (Bethel)
10–10:45 am Exercise (Bethel)
11–11:30 am Chair Exercise (Bethel)
11 am Health and Enrichment (Bethel, 1st Thurs. only)
1 pm Caregiver Support Group (Bethel, 4th Thurs. only)
Foot care (Bethel) on Thursdays by appointment. Call 612-729-5499.

FRIDAYS

11 am–12 pm Yoga class (Bethel)
1–3 pm Diabetes Support Group (Nokomis Library, 1st Friday only)

Special Events in 2018

Lunch and a Movie, Lunch at 11:15 am, followed by movie. Reservations required. Call the office at 612-729-5499.

July 12: *In America*

August 9: *Victoria and Abdul*

September 13: *Quartet*

October 11: *The Glass Castle*

November 18: *The Intern*

December 13: *The Man Who Invented Christmas*

Lunch and Bingo, Lunch at 11:15 am, followed by Bingo. Call 612-729-5499 for a reservation today!

August 30 and November 15 (Give to the Max Day)

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

Health & Enrichment Programs

All programs are free (unless noted) and open to the public. Beverages and treats are provided. If you need a ride to any activities, please call the NHS office at 612-729-5499.

@ Bethel Church

4120 17th Ave S
11:00 am,
on First Thursdays

July 19

**Book Club: *Victoria and Abdul*
by Shrabani Basu**

(Join us to watch the movie on August 9th)

August 2

Medical Cannabis in Minnesota

Minnesota Medical Solutions

September 6

Your Kidneys and You

Lynda Carlson, National Kidney Foundation

October 4

**Book Club: *The Glass Castle*
by Jeannette Walls**

(Join us to watch the movie on October 11th)

November 1

Ways to Cope with the Holidays

Randy Somody, Minnehaha Senior Living

@ Nokomis Square

5015 35th Ave S
1:30 pm,
on Second Wednesdays

June 13

**Who Will Pay for My Care
If I Run Out of Money?**

Genevieve Gaboriault, Legal Aid

July 11

Essential Oils for Seniors

Sherry Graham

August 8

Vestibular Disorders (Vertigo)

Eileen McIsaac, PT, Fairview

September 12

**Transitional Care Options:
The Choice Is Yours!**

Leslie Williams, Patient Care Liaison

November 14

Medical Cannabis in Minnesota

Minnesota Medical Solutions

Nurse Is In

Get your blood pressure checked, consult with a nurse, or schedule a foot care session. Or, just stop in to chat over a cup of coffee and baked goods. The clinic is free, but there is a \$30 charge for foot care.

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

Exercise Classes

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

Exercise: Mondays (at Faith Lutheran, 3430 E. 51st St.), Tuesdays & Thursdays (at Bethel), 10–10:45 am, \$2 suggested donation

Yoga: Wednesday 10–11 am, and Friday 11 am–12 pm (at Bethel), \$4 suggested donation

Chair Exercise: Thursdays (at Bethel) 11–11:30 am, \$1 suggested donation

Support Groups

Free and open to the public

Diabetes Support Group

Nokomis Public Library, 5100 34th Ave S
The first Friday of each month, 1–3 pm.

Low Vision Group

Nokomis Square Cooperative, 5015 35th Ave S
The second Tuesday of each month at 1 pm.
Facilitator: Vision Loss Resources representative

Caregiver Support Group

Bethel Lutheran Church, 4120 17th Ave S
The fourth Thursday of the month at 1 pm.
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 / Health Support

Nurse Is In blood pressure clinic (Thurs. am)
Health and Enrichment programs
Foot care, by appointment, Thursdays at Bethel or in-home; Wednesdays at Nokomis Square (available only to Nokomis Square residents)

Transportation

Medical/dental appointments, pharmacy, grocery shopping

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 meal preparation
Medication management

Support Groups, Health, and Education

Caregiver support group
Low vision support group
Diabetes support group
Monthly health programs
Weekday exercise and yoga classes

Social Activities

Lunch & a Movie, Lunch & Bingo, 500 Club, Art Group

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



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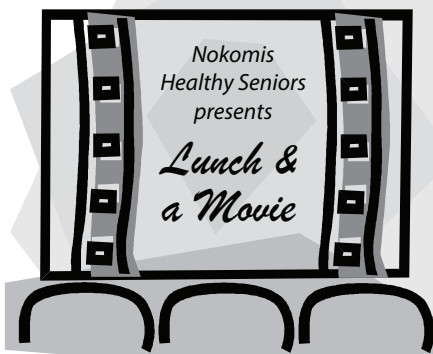
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Join us for *Lunch & a Movie!*

In America

July 12, 11:15 am

Victoria and Abdul

August 9, 11:15 am

Call the office to reserve your spot.

Go Digital and save a tree (or branch)! If you'd like to receive your NHS
Sharing the Health Newsletter as a PDF emailed to you, please call 612-729-5499
or email info@nokomishealthyseniors.org.



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