



Volunteers
of America®

MINNESOTA

Park ElderCenter Newsletter

Multi-cultural center | Committed to your cultural, emotional and physical wellness

Building Hope for Seniors and Families

June/July/August 2010 Edition

Funding Cuts Impact Center

Recently, Volunteers of America – Minnesota, like many agencies, learned that United Way made a significant cut to funding for senior programs. Staff at the Center and other Volunteers of America – Minnesota sites have been working together to determine the best way to address the cut. As a result, we will be implementing a number of cost cutting measures.

The biggest impact of the cost reductions is the need to eliminate the ElderRide Transportation Program. The last day for ElderRide service is June 11, 2010.

In addition to eliminating ElderRide, the Center will be reducing hours for some of our full time staff. As a result, Center hours will change to 8:30 am to 3:00 pm beginning July 1, 2010.

We will continue to search out grant funding and individual and corporate donations to support programming and to help with our ongoing operating costs. We will also strive to continue to offer high quality, affordable programs. Thank you for your understanding during this transition.



Homerun to Health

Wednesday, June 16, 12:00pm to 2:00pm

A fun, baseball-related health fair which provides seniors with activities, awareness and information about improving and maintaining mental and physical health. The event will have a ballpark theme featuring health information, blood pressure check, eye-hand coordination activities, Wii Baseball, therapeutic massage, “mind”games healthy snacks & beverages, photos and prizes.

Each base on the baseball diamond will offer a health-related activity or service and information. At check in, participants will be given a baseball diamond card (for check off) and a bag for collecting information, and will be encouraged to visit each of the four bases. After they have visited all bases, they have hit a “Homerun to Health” and receive a prize and photo. (Health/wellness information will be available in English, Hmong and Somali languages.)

Special guests from the Minnesota Twins, Nick Punto and Kevin Slowley are scheduled to participate in the event. Please call Ahmed Bani at 612-455-2928 for more information or if your interested in volunteering at the event.

Park ElderCenter | 1505 Park Avenue South, Minneapolis, MN 55404 | ph. 612-339-7581

Center Hours | 8:30am–3:00pm Monday–Friday | With activities and services to support your vitality and independence

Park ElderCenter Newsletter is published quarterly | Dec/Jan/Feb | Mar/Apr/May | June/July/Aug | Sept/Oct/Nov

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Intergenerational Program Celebration

On May 20th the Center hosted a celebration to recognize and honor the students who contributed their time and talent to supporting many center activities as well as teaching a variety of classes, such as English and computer basics. It has been very beneficial to have the students and elders work together which has fostered better understanding and cooperation between the different generations. The staff and program participants have truly appreciated having all of them at the Center and look forward to working with them next year.



Fatimah Irshat receiving her certificate from the Park ElderCenter staff.



Doris Christopher, Ahmed Bani, and Richard Bain presenting **Lina Abdo** her certificate.

Somali American History Month

You are cordially invited to the Somali American History Celebration

Tuesday, June 8, 12:30pm to 2:30pm

We will focus on Pan-Somali education with a panel discussion by re-examining the history from Somalian perspective and return to traditional concepts and culture.

Tuesday, June 29, 12:30pm to 2:30pm

We will culminate the month long festivities with a celebration. Please call Ahmed Bani at 612-455-2928 for more information.

Computer Classes for Beginners

We are pleased to announce **free computer classes for anyone 55 years of age or older.** Jewish Family and Children's Services is sponsoring the classes with support from Senior Service of America

The instructors use the Generations Online Program that was designed especially for seniors who have little or no experience with computers. Participants will learn the skills needed for basic computer use as well as how to search for information on the computer and use email. Classes are kept small, 2-4 people, so that each learner gets the personalized attention they need. Participants learn at their own pace.

Classes are ongoing. Class will meet every Monday and Wednesday. **Registration is required**, please call 612-339-7581 or register in person at the front desk.



Birthday Celebration

Last Thursday of each month 9:45 am

Please join Park Elder Center seniors for breakfast and cake as we honor the special people who are having birthdays. Everybody is welcome. Suggested donation: \$3.00.

Bible Study

Every Tuesday 10:00 am-11:00 pm

Come and enhance your knowledge of Bible Scriptures and join in the Bible commentary covering a wide range of topics. Register at the front desk or call 612-339-7581.

Pool Players

Monday, Tuesday, Thursday, Friday 12:00 pm–3:00 pm.
Come and enjoy a game of billiards in our well-equipped pool room. Please register at the front desk.

Movie Time

First and Third Monday of each Month

11:00 am – 12:00 pm

June 7th, 14th, July 5th, 19th, August 2nd, 16th

A series of vintage films which will entertain as well as educate you about the birth of African American filmmaking. Come step back in time to the movies of yesteryear. Register at the front desk or call 612-339-7581.

Nutrition

Here's your chance to eat a good tasting, healthy meal while enjoying the friendly folks in the dining room. In addition, Halal meals are served on Mondays and Tuesdays. Menus are available the first day of each month in the dining room. Please call 612-339-8629 at least two weekdays in advance to make your reservation. Suggested donation: \$3.50

Food Distribution Program

First and Third Tuesday, 10:30am

June 1st, 15th, July 6th, 20th, August 3rd, 17th

We are very fortunate to receive fresh produce, canned goods, and other items every other week from the Greater Lake Country Food Bank. Come for the food and find out what else is going on at the Center. Register at the front desk or call 612-339-7581.

MAC/NAPS Programs

Second Wednesday of every month, 3:00-5:00 pm

June 9th, July 14th, August 11th

MAC/NAPS (Mothers and Children/Nutrition Assistance Program for Seniors) is a free commodity supplemental food program for seniors 60 years and older, and mothers with children up to age 6 who are income eligible. To enroll you must call 1-800-365-0270 or 651-484-8241. Mark your calendar with the pickup dates and times.

Blood Pressure and Blood Sugar Check

June 8th & 22nd at 10:00 am, July 13th and 27th

at 10:00 am, August 10th & 24th at 10:00 am

Keeping track of your blood pressure is a very important way to stay healthy. A blood sugar test will help you monitor your risk for diabetes. It is best not to eat for several hours before the blood sugar test. You can have one of these test – or both, if you like. Provided by Benedictine Health Center of Minneapolis. Register at the front desk or call 612-339-7581.

Services

Information and Assistance.

ParkElder Center's Outreach/Social workers, Pat Jones and Dorothea Harris can meet with individuals over age 55 at the Center or within the privacy of their own homes to discuss a variety of matters affecting well-being. Please feel free to contact or refer seniors to them if they have any questions about available resources in the community. Our staff can also help seniors work through more complicated issues such as: Medicare and Health Care Issues, Housing Options, Financial Concerns or Legal Issues.

For more information:

- Call Pat Jones at 612-455-2925
- Call Dorothea Harris, LSW at 612-339-7583

Family Memory Care Project

This new program focuses on support for African American spouses who provide care to a spouse with Alzheimer's disease. Contact Dorothea Harris, LSW, a Family Memory Care coach and consultant, who can help answer questions, and provide you with support and resources, at 612-339-7583 or dharris@voamn.org

Hmong Elder Connections

We offer culturally appropriate services that include individual assistance for Hmong elders in accessing community resources. Bilingual staff are available to meet at the Center or within the privacy of their own homes. Staff understand what it's like to face cultural and language barriers. One day a week, Wednesdays, there are also opportunities to participate in social activities and build relationships with others. Contact Bee Vue at 612-377-4472 or bvue@voamn.org for more information.

DayElders: an Adult Day Service

This program is for Hmong elders who may be experiencing problems with mobility, endurance and/or cognitive functioning. DayElders services include daily health monitoring, exercise program, group discussions and activities, information about a variety of topics and culturally appropriate food. The program operates Monday through Friday from 9:00 am to 3:00 pm. Transportation and meals/snacks are included in the fee. Most public and private health plans including Medicare, MA, and HMO's may cover our adult day services. Contact Chuseng Vue at 612-455-0530 or chvue@voamn.org for more information.

Choices-Senior Day Treatment Program

Senior Day Treatment is a structured and intensive outpatient program serving older adults whose specialized mental health treatment needs are underserved. Groups meet Monday, Wednesday and Friday. Most public and private health plans including Medicare, MA, and HMO's can cover our mental health services, depending on individual policies. Contact Katie Perzel MSW, LICSW at 612-617-7847 or kperzel@voamn.org for more information.

Health-A-Thon – Optimize Your Health

Tuesday and Thursday, 9:00am

Learn how participating in our health-a-thon will help you optimize your health and fitness levels by providing you with:

- Tuesday and Thursday exercise classes at 9:00 am
- Weekly health information sessions
- Individual coaching and goal setting
- Blood pressure and weight checks

This program is made possible through the generous support of Medica and UCare. Register at the front desk or call 612-339-7581.

Ongoing Activities

AA Chemical Support Group

Fridays, 11:00 am – 12:00 pm

This group respects the confidentiality of all who attend, provides a very supportive environment, and welcomes anyone 50 years of age or older. For more information call Otto at 612-331-1415.

Men's Club

Second and Fourth Monday, 12:00pm

June 14th, 28th, July 12th, 26th, August 9th, 23rd

Come and join a group of men who will discuss lively topics ranging from past to current events, to health, self-reliance and self-sufficiency. Register at the front desk or call 612-339-7581.

Senior Law Advice

Second Tuesday, 12:00 pm – 2:00 pm

June 8th, July 13th, August 10th

An attorney from the Senior Law Project will be available for intake appointment at Park Elder Center. The Senior Law Project is part of the Legal Aid Society of Minneapolis and is partially funded by Hennepin County. Project staff will provide advice and referrals on a broad range of legal topics. However, due to limited resources, it will focus on representation of seniors who legal problems are affecting a basic, critical need such as housing, medical care, and the denial of loss of public benefits. Register at the front desk or call 612-339-7581.

Stitch In Time Quilting Circle

Every Thursday, 9:00am – 11:30am

Join the needle craft and quilting crew! This group of talented ladies work together to create beautiful needlework projects. They also do knitting and other needlework arts. New people are always welcome. Register at the front desk or call 612-339-7581.

Breakfast in the Park

Every Thursday, 10:00 am

Join us for a delicious breakfast prepared by our staff and our own Robertha Carrington. The food is good and the company is even better and both are guaranteed to start your day off in great spirits! Suggested donation \$3.00. Register at the front desk or call 612-339-7581.

Black Genealogy

Every third Monday, 12:30pm – 2:30pm

June 21st, July 19th, and 16th

Join us as we learn and share our techniques for researching family history. Beginners are always welcome and sessions are open to everyone. Register at the front desk or call 612-339-7581.

Open Computer Lab

Monday through Wednesday 9:00am – 2:30pm

Feel free to use our computer lab during Center hours except when another group is meeting there. Check with the front desk receptionist for available times.

Wellness Luncheons:

Living Safely In a Changing World

Friday, June 11th-11:00 am

Minneapolis Police Department will share information concerning personal safety in a changing world. They will discuss ideas for seniors to increase awareness of personal safety on the street including: what to do while walking to the car, how to respond when you think someone is following you and information on protecting yourself in your own home.

Wellness Luncheon Barbecue

Friday, July 9th -11:00am

Join us as we celebrate our annual senior barbecue. This fun filled event of games, music and surprises you don't want to miss. Please call Pat Jones for reservations at 612-455-2925.

Somali Cultural Circle

Tuesdays beginning July 13 at 1:00 P.M.

The Somali Cultural Circle is a bilingual educational session for Somali Elders to support their health and cultural wellness. For more information about these sessions, please call Ahmed Bani at 612-455-3928 or email abani@voamn.org.

JUNE 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Food Distribution 10:30 Pool Players 12:30-3:00	2 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	3 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	4 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
7 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Movie Time 11:00-12:00 Pool Players 12:30-3:00	8 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Pool Players 12:30-3:00 Somali-American History Celebration 12:30-2:30	9 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 MAC/NAPS 3:00-5:00	10 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	11 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Wellness Luncheon 11:00 AA 11:00-12:00 Pool Players 12:30-3:00
14 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Men's Club 12:00 Pool Players 12:30-3:00	15 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Food Distribution 10:30 Pool Players 12:30-3:00	16 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Homerun to Health 12:00-2:00	17 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	18 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
21 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Movie Time 11:00-12:00 Pool Players 12:30-3:00	22 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Pool Players 12:30-3:00	23 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	24 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	25 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
28 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Men's Club 12:00 Pool Players 12:30-3:00	29 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Pool Players 12:30-3:00 Somali-Am. History Celebration 12:30-2:30	30 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00		

JULY 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	2 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
5 Closed	6 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Food Distribution 10:30 Pool Players 12:30-3:00	7 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	8 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	9 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Wellness Luncheon Barbecue 11:00 AA 11:00-12:00 Pool Players 12:30-3:00
12 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Men's Club 12:00 Pool Players 12:30-3:00	13 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Somali Cultural Circle 1:00 Pool Players 12:30-3:00	14 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 MAC/NAPS 3:00-5:00	15 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	16 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
19 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Movie Time 11:00-12:00 Black Genealogy 12:30-2:30 Pool Players 12:30-3:00	20 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Food Distribution 10:30 Somali Cultural Circle 1:00 Pool Players 12:30-3:00	21 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	22 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	23 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
26 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Men's Club 12:00 Pool Players 12:30-3:00	27 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Somali Cultural Circle 1:00 Pool Players 12:30-3:00	28 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	29 Computer Lab 9:00-2:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	30 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00

AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday
2 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Movie Time 11:00-12:00 Pool Players 12:30-3:00	3 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Food Distribution 10:30 Somali Cultural Circle 1:00 Pool Players 12:30-3:00	4 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	5 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	6 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
9 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Men's Club 12:00 Pool Players 12:30-3:00	10 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Somali Cultural Circle 1:00 Pool Players 12:30-3:00	11 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 MAC/NAPS 3:00-5:00	12 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	13 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
16 Computer Lab 9:00-2:00 Movie Time 11:00-12:00 Black Genealogy 12:30-2:30 Pool Players 12:30-3:00	17 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Food Distribution 10:30 Pool Players 12:30-3:00	18 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	19 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	20 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
23 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Men's Club 12:00 Pool Players 12:30-3:00	24 Health-a-Thon 9:00 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Bible Study 10:00-11:00 Blood & Sugar Check 10:00 Somali Cultural Circle 1:00 Pool Players 12:30-3:00	25 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00	26 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Health-a-Thon 9:00 Quilting Circle 9:00-11:30 Breakfast in the Park 10:00 Pool Players 12:30-3:00	27 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 AA 11:00-12:00 Pool Players 12:30-3:00
30 Computer Lab 9:00-2:00 Hmong DayElders 9:00-3:00 Pool Players 12:30-3:00	31 Computer Lab 9:00-2:00 Hmong DayElders Somali Cultural Circle 1:00 Pool Players 12:30-3:00			

WISH LIST

Large Flat Screen LCD or Plasma TV
DVD Player
LCD Computer Projector
Large Card Bingo Game
Small token gift prizes for
Bingo games

VOLUNTEERS NEEDED

Computer lab attendants
Activity helpers
Kitchen helpers
Office Assistants

For more information, please call Ahmed Bani, Center Director, 612-455-2928 or email: abani@voamn.org.



Leave A Legacy...

Gifts that make a difference for years to come.

**Would you like to help those in need,
but don't think you can?**

**Did you know you can make a gift
that pays steady income?**

Charitable Gift Annuities offer a “win-win” for donors and Volunteers of America-Minnesota. They offer great returns, plus your income taxes may be reduced and your spendable income may go up.



Please contact Laura Wagner, Volunteers of America–Minnesota, at 952-945-4061 or lwagner@voamn.org

Consult your tax advisor regarding these types of gifts and estate planning.

Park ElderCenter
Volunteers of America–Minnesota
www.voamn.org

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Minneapolis, MN 55404
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