



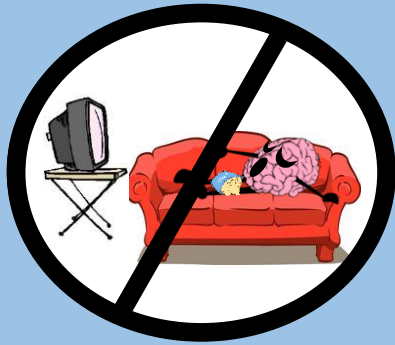
Volunteers
of America®

MINNESOTA

Southwest Center Newsletter

Activities and Programs for Older Adults

March, April, May 2017 Edition




Get Your Brain Off The Couch!

By Mary Ann Schoenberger, Area Manager for Senior Services

Southwest Senior Center's 2017 Brain-a-thon is putting the focus on getting off the couch for the sake of both your waistline and your brain. The three-month long Brain-a-thon is designed to teach people about the latest in

brain health research, to motivate them to engage in brain healthy activities, and to track their activities. Through the Brain-a-thon Challenge, participants can win prizes by tracking their brain healthy activities such as exercising, eating well, doing brain games, playing a musical instrument and more. This year's participants will earn twice as many points for an hour of exercising compared to an hour of playing scrabble or working on crossword puzzles. "We want to encourage people to engage in all kinds of brain healthy activities, but research is showing that aerobic exercise appears to have the biggest benefit for brain health, so we are really stressing that," said Laura Campbell, the center's adult day program manager.

Brain-a-thon activities includes speakers from AARP, North Point Clinic, the Minnesota Historical Society; a variety of group Brain Game activities including "Is Your Brain in Jeopardy?" (May 12) and "Brain Bingo" (April 18); and a number of activities led by professional artists including poets, painters, and actors. In addition, participants can take part in 15 exercise classes a week including everything from Tai Chi, to seated weight lifting classes to aerobics. Brain-a-thon events begin on March 10 with a brain healthy lunch followed by a keynote address by Dr. Nicole Winbush from North Point Health and Wellness Center.

In order to participate in the Brain-a-thon and to be eligible for fun prizes, people must register during the March 10 Kick-Off or register with Mary Ann or Robbie. Be sure to list your T-shirt size on the registration sheet. Center activities that count towards the Brain-a-thon will be marked with  in the newsletter. Each activity counts for one point, except for exercise classes, which count for one point for each half hour. Each participant will fill out a Brain-a-thon Tracking Sheet to keep track of his/her points for eligible activities. Tracking sheets should be handed in to the front desk on a regular basis and the final day for handing in points is Friday, May 12.

Southwest Center | 3612 Bryant Avenue South, Minneapolis, MN 55409 | ph. 612-822-3194
Center Hours | 8am-3pm Monday-Friday | with activities and services to support your vitality and independence
Southwest Center Newsletter is published quarterly | Dec/Jan/Feb | Mar/Apr/May | June/July/Aug | Sept/Oct/Nov

©2017 Volunteers of America-Minnesota®



Thank you so much for financial contributions from the following people: Nancy Goldstein, Adele Bergstrom, Anonymous, Armita Milla, Avalon Welch, Avi Mieshar, Barbara Boyd, Barbara Mahler, Barbara Olson, Bernice Folz, Carol Bouska, Brian Krasnow, Catherine Johnson, Catherine Prusynski, Cecilia Newton, Charlotte Moses (In honor of Laverne Willis), Darlene O'Neill, Donald Seifert, Donald Hjelle, Donna Herback, Edward Pettit, Elizabeth Ofstead,

Elizabeth Jacobsen, Ellen Archibald, Evelyn Ahlberg, Heider Haner, Janet Krook, Jean Rossi, Jeffrey Hill, Joanne Zimmerman, John Kettering, John Kohring, John Sherman, John Erickson, Judy Ferguson, Kathryn Faville, Laverne Stryker, Lawrence Trooien, Leatrice Schwartz, Lee and Josephine Jacobs, Lorraine Rovig, Mary Stoick, Mary Rose, Mary Ann Schoenberger and Darrick Hills (In honor of Laverne Willis), Nancy Benson, Nancy and Chris King, Nancy and Peter Fritz, Patsy Kahmann, Reiko Komoto, Rita Younger, Robert Bollweg, Ronald Meyer, Rosella Mulcahy, Russell Bremner, Ruth Linehan, Sue Wilmarth, Susan Hartman, Susan Wiesner, Tom Maciejko, Toni Budke, Vernon Maetzold, William Elkigton.

In addition, the following people made contributions to the center: Theresa Ernst for home baked goodies, Bruce Evans and Dan DeJaegar for running bingo and bringing prizes on the first Friday of each month, The Blake School, & Medtronic for sponsoring pancake breakfasts, and Angie Renee for hands on art presentations.

ASK LINDA

QUESTION: What is the Medicare Savings Program?

ANSWER: The Medicare Savings Program helps lower income people pay their Part B Medicare premium – currently between \$108-134 per month (and in some cases eliminates Medicare co-insurance and deductibles). There are 3 Medicare Savings programs: 1) QMB (Qualified Medicare Beneficiary); 2) SLMB (Service Limited Medicare Beneficiary); and 3) QI (Qualified Individual. Every July, the government sets new income guidelines for the Medicare Savings Program. Currently the monthly income limits are as follows:

QMB \$990 per month for a household of 1
\$1337 per month for a household of 2

QMB pays the Part A and B premium and the Part A and B deductibles and Part B co-insurance (20%)

SLMB \$1188 per month for a household of 1
\$1604 per month for a household of 2

SLMB pays the Part B premium

QI \$1357 per month for a household of 1
\$1825 per month for a household of 2

QI pays the Part B premium

The 3 programs also have asset guidelines of \$10,000 for a household of 1 and \$18,000 for a household of 2.

People who qualify for one of these programs, also qualify automatically for “Extra Help” or a subsidy with Medicare Part D.

If you think you may qualify for QMB, SLMB or QI, stop and see me. I have the application forms in my office and can help you to complete them.

Linda Walker, LSW

Southwest Center Programs & Services

Center activities bring people together for educational, health, dining and social opportunities. Attend a class or one of our special events. Programs listed in this newsletter are held at Southwest Senior Center, 3612 Bryant Avenue South, unless otherwise noted. If you have an idea for a program that you would like to present or see at the Center, please contact Robbie Kress, Site Manager.

Outreach information, referral and advocacy services are designed to keep you living independently. Linda Walker, our social worker, can visit you in your home or at the Center to discuss your needs and suggest community services available to you. Special assistance is available for people of all ages who are caring for a senior age 60 or over.

DayElders Adult Day Program is an adult day service that offers a warm environment that supports physical, emotional and spiritual health. DayElders provides activities and services for people 30 and older who need support during the day and/or whose family could benefit from opportunities for care giving respite.

HEALTH AND WELLNESS

Mobile Food Shelf 1:45 pm – 3:00 pm

Fridays: March 10, April 14, and May 12

The Salvation Army and Southwest Center collaborate on this program, which is open to persons 55 and older who are not receiving food from another food shelf and who find it difficult to afford nutritious food. Call Robbie to fill out a registration form. Please call by the Tues. before the 2nd Friday of each month to order your food. Each month, the bag will include one pound of meat & possibly some fresh produce.



Senior Dining 12:00 pm

Everyday, Monday – Friday

Come to the center and enjoy a nutritious & delicious noon lunch service. Please call (612-824-5512) at least three business days in advance to reserve a meal. Recommended donation is \$4.00.



Mindfulness 10:00 am

Wednesdays (in the library)

Cal Appleby leads ongoing mindfulness workshops which focus on many aspects of mindfulness.



Become a Southwest Center Member!!
Only \$15/year

Members receive discounts on some programs and a newsletter mailed to them each quarter.

GET TOGETHER

Men's Group Breakfast 10:00 am

Thursdays: March 9, April 13 and May 11

Come for a hearty breakfast and good conversation. Cost: \$4.00 Please R.S.V.P by Monday the week of the breakfast.

Conversations with Cora



Mondays 11:00 am

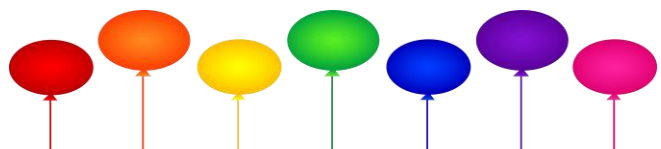
Each week Cora shares a topic of interest and leads a group discussion about it.

Let's Do Crafts



Mondays 10:00 am

Doris Strong is facilitator and can provide beginning instruction on crochet, knitting & plastic canvas. Bring your current project to work on or materials for a new project.



Birthday Celebrations

Wednesday, March 29 1 pm

Animal Ambassadors

(Sponsored by Pearson's Candy Company)

Wednesday, April 26 1 pm

to be announced

Friday, May 26 – DATE CHANGE 1 pm

Jim Berner

EXERCISE YOUR BODY

Tai Chi Club



Wednesdays 10 am

Tai Chi helps you connect the mind and body through gentle flowing motion. It has been shown to help reduce stress, improve feelings of well-being and increase flexibility.

Silver Sneakers FLEX – Cardio/Strength Exercise Class



Tuesday and Thursdays 9:45 am and 1 pm

This class includes light cardiovascular conditioning with strength training. Nancy Fritz-Whalen, a certified group fitness instructor, will lead you as you get fit and have fun in this hour long class. There is no charge for UCARE for Seniors members. Cost for non-UCARE members is \$2 per class (paid on a quarterly basis to the instructor). Paperwork must be filled out the first day of class or before the participant begins.

Strengthen and Stretch



Tuesdays and Thursdays 10:45 am

Strengthen and stretch your muscles. Participants will work to increase the number of repetitions and the amount of weight they use over the course of the classes. Taught by Nancy Fritz-Whalen. Cost is \$2 per class (paid on a quarterly basis to the instructor).

30-Minute Upper Body Weight Workout



Mondays and Wednesdays 11:00 am

Meet in the DayElder room for this fun class geared to increase your upper body strength. Taught by DayElder staff.

Exercise at Martin Luther King, Jr. Park



Mondays 10:15 am

4055 Nicollet Avenue S, Minneapolis
This class combines strength training, stretching and light aerobics in this fun class. Taught by Nancy Fritz-Whalen. Cost is \$2 per class (paid on a quarterly basis to the instructor).

Treadmill & Recumbent Bike Available in Exercise Room



Please sign in at front desk each time you use the treadmill. See Mary Ann before using treadmill or recumbent bike for the first time to learn the easy operating instructions.



Earning Brain-a-thon Points & Prizes

- Each person who earns at least 26 points will receive a Brain-a-thon t-shirt. There will be additional prizes for various point levels.
- You must register for the Brain-a-thon by attending the Brain-a-thon Kick-Off or by talking with Mary Ann or Robbie. All DayElders are automatically registered. You must hand in the tracking sheet with your t-shirt size to be entered into the Brain-a-thon Challenge.
- All tracking sheets due by May 12.
- You may earn a point by:
 - Attending any of the Brain-a-thon Events (record on Tracking Sheet)
 - Attending any of the On-going Brain-a-thon Opportunities listed below (record on Tracking Sheet)
 - For each half hour of exercise (Record on Tracking Sheet)
 - For each hour of volunteering, reading, working on the computer, playing an instrument or game, engaging in crafts or arts activities (up to 2 points/day/activity)
 - For each crossword puzzle, word search, or Sudoku puzzle that you complete and hand in to the front desk (Maximum of 2 puzzles per day). Hand in completed puzzles to front desk when you hand in your tracking sheet and the receptionist will record them
 - Please report your numbers to the front desk weekly

Ongoing "Brain-a-thon" Opportunities

Monday's 10:15 am	Exercise at Martin Luther King Park (2) 4055 Nicollet Avenue S
Monday's 11 am	Conversation Circle (1)
Tuesday and Thursday – 9:45 am & 1pm	Silver Sneakers FLEX – Cardio/Strength Class (2)
Tuesday & Thursday – 10:45 am	Strengthen and Stretch (2)
Monday and Wednesday – 11 am	30 Minute Upper Body Weight Workout – DayElders Room (1)
Wednesday's 10:00 am	Tai Chi Club (2)
Wednesday's 10 am	Mindfulness (1)
Friday – 10 am	Scrabble (1)
3/23, 4/13, 4/27, 1 pm	Poetry Sessions with Rachel (1)
3/9, 5/11, 10 - Noon	Art Classes with Michelle (1)
Mondays 3/27 - 5/15	Theater Classes (1)

March 2017

Radon – What's the Story?

Wednesday, March 1, 1:00 pm

Staff from the MN State Indoor Air program will give us the basics about this odorless, colorless gas that's found in the soil & can seep into buildings & may cause health problems.

Favors for TRUST

Thursday, March 2, 1:00 pm

St. Patrick's Day is the theme.

Bingo

Friday, March 3, 1:00 pm

Diabetes



Monday, March 6, 1:00 pm

Learn how this disease impacts the body and how your lifestyle can make a difference.

Conversation w/ City Council Member

Lisa Bender



Tuesday, March 7, 1:00 pm

Learn what's coming up at Council meetings, issues that might affect seniors & take the opportunity to ask her questions.

Probiotics, Prebiotics & Other Nutritional Supplements



Wednesday, March 8, 1:00 pm

There has been a lot of advertising of pro & pre biotics in different foods. Is this just marketing hype? Do these nutritional supplements really have proven health benefits?

Staff Cooks – Brain Healthy Style

Friday, March 10, 12:00 pm

Watch bulletin boards for menu.

Signup at the FRONT DESK by Tuesday, March 7th.

Brain-a-thon Kickoff



Friday, March 10, 1:00 pm

Our Kick-off will include information about how you can participate in the Brain-a-thon plus a keynote talk from Dr. Nicole Winbush who will discuss how your lifestyle impacts your brain.

Women & Music

Monday, March 13, 1:00 pm



Listen & learn about some well-known & some lesser known women musicians, whether composers, instrumentalists, or vocalists.

Social Work & Workers Appreciation

Tuesday, March 14, 1:00 pm

Many people use services provided by social

workers. Come learn about some of the early movers & shakers, the barriers faced and how field was shaped into what we have today.

Socialization & Brain Health



Wednesday, March 15, 1:00 pm

Presented by Robbin Frazier, Alzheimer's ASSN

Healthy Cooking



Thursday, March 16, 1:00 pm

St. Patrick's Day Celebration



Friday, March 17, 1:00 pm

Cats – "The Cat's Meow"

Monday, March 20, 1:00 pm

Charlotte Helseth will talk about smaller felines, house cats, and includes my stories of living w/ 7 cats over a 40 years, general characteristics of cats and other interesting facts.



Bingo

Tuesday, March 21, 1:00 pm

YWCA – Celebrating It's 125 Anniversary

Wednesday, March 22, 1:00 pm

Mary Jones, Chief Advancements & Program Officer, will tell us about the history of the local YWCA and answer question, too.

Poetry Project with Rachel



Thursday, March 23, 1:00 pm

Celebrate Spring

Friday, March 24, 1:00 pm

Discussion & activities relating to this season of rebirth & renewal.

Playing Around with Theater



Monday, March 27, 12:30 pm

Theater Artist May Lee Yang conducts a series of workshops (7 + performance) that explore different aspects of theater.

Brain Games



Tuesday, March 28, 1:00 pm

Birthday Celebration with the Animal Ambassadors



Wednesday, March 29, 1:00 pm

Come enjoy hearing their stories and meeting a variety of animals & birds. \$1 suggested donation if March isn't your birthday month.

Favors for TRUST

Thursday, March 30, 1:00 pm

We'll be crafting secular Easter favors for home-bound elders who receive meals from TRUST.

Art Talk with Angie: Mary Cassatt



Friday, March 31, 1:00 pm

Playing Around with Theater – session 2

Monday, April 3, 12:30 pm

Stress Awareness & Reduction

Tuesday, April 4, 1:00 pm

Stress comes in many forms. Learn some ways to recognize your stressors and some techniques & practices that help relieve stress.

MN Historical Society

Wednesday, April 5, 1:00 pm

Learn about the programs that the MN Historical Society is offering for people with memory loss and engage in some interesting activities designed to inspire memories. Presented by Maren Levad from the MN Historical Society.

Friends & Staff Cook Eastern European Style

Thursday, April 6, 12:00 (noon)

Please sign up at the **FRONT DESK** by Friday, March 31.

Watch bulletin board & see back of calendar for the menu.

Romanian/Ukrainian Easter Eggs

Thursday, April 6, 1:00 pm

Cherie Petterson will display a collection of already decorated eggs. She will discuss some history, and then teach & help participants make a decorated egg in this style.

Bingo

Friday, April 7, 1:00 pm

Playing Around with Theater -session 3

Monday, April 10, 12:30 pm

History of Wells Fargo Bank

Tuesday, April 11, 1:00 pm

Felicia & Erik, from the branch at Chicago Ave. and 47th St., will take us back through time to learn how the bank started & what's kept it going strong into our time.

Stepping On Booster Session

Wednesday, April 12 10 am

It's been a couple of months since the last class so today provides the opportunity for participants & leaders to meet and check out how everyone's been doing, answering questions, and helping solve problems as a group.

Decision Making & Letting Go

Wednesday, April 12, 1:00 pm

Most people spend their lives gathering possessions. At some point it's no longer feasible

to have more than you use or love. Maureen Heinen, Send Maureen, is back to continue the discussion on organizing and downsizing.

Poetry Project with Rachel

Thursday, April 13, 1:00 pm

Medical Marijuana & Other Pharmaceutical Concerns

Friday, April 14, 1:00 pm

Jason Varin, U of MN School of Pharmacy, returns to talk about medical marijuana and other pharmaceutical issues.

Playing Around with Theater – session 4

Monday, April 17, 12:30 pm

Brain Bingo

Tuesday, April 18, 1:00 pm

Join Mary Ann to enjoy another fun Brain-a-thon program. Bingo is played using "special" cards & prizes are brain related.

Celebrate Earth

Thursday, April 20, 1:00 pm

Earth Day is the 22nd but we'll "celebrate" a little early by viewing pictures, learning about & discussing some of the issues involving climate & environment & have some fun.

Cognitive Benefits of Doodling

Friday, April 21, 1:00 pm

Learn the benefits of free hand drawing and scribbling with Laura.

Playing Around with Theater – session 5

Monday, April 24, 12:30 pm

The Brain and Nutrition

Tuesday, April 25, 1:00 pm

This program will help you fine-tune your shopping list and give you tips about a brain healthy diet. It also will include an opportunity to test out some tasty, brain healthy snacks.

Birthday Celebration

Wednesday, April 26, 1:00 pm

Entertainer to be announced.

\$1 suggested donation if April isn't your birthday month.

Poetry Project with Rachel

Thursday, April 27, 1:00 pm

Volunteer Recognition

Friday, April 28, 1:00 pm

Southwest Center would NOT be such a GREAT place without the many people who volunteer their time & talents. Come join the staff as we say a very public THANK YOU.

May 2017

Playing Around with Theater – session 6

Monday, May 1, 12:30 pm

Favors for TRUST

Tuesday, May 2, 1:00 pm

We'll be crafting secular Easter favors for home-bound elders who receive meals from TRUST.

Bingo

Friday, May 5, 1:00 pm

Playing Around with Theater – session 7

Monday, May 8, 12:30 pm

Adult Coloring Day

Wednesday, May 10, 1:00 pm

Coloring isn't just for kids! Coloring and drawing have stress reduction benefits. Take your pick of design & enjoy making a colored picture/design.

Visual Art with Michele Coppin

Thursday, May 11, 10-12 am

Join Michele for a lively session of visual art.

55 Alive 4-hour Defensive Driving Refresher Class

Thursday, May 11, 1-5 pm

Pre-Registration REQUIRED – deadline is Tuesday, May 9th.

Cost: AARP member -\$15 not AARP member - \$20 This is the Refresher course that keeps you up to date & allows your insurance discount to continue. You must have taken the initial 8- hour class three or more years ago.

Is Your Brain in Jeopardy?

Friday, May 12, 1:00 pm

A fun, interactive way to test your knowledge about the brain and to learn new things.

Playing Around with Theater – Performance

Monday, May 15, 12:30 pm

A great opportunity to see the result of seven weeks of fun, exploration and work from the program participants. Come cheer them on!

Healthy Cooking

Tuesday, May 16, 1:00 pm

Museum Exploration

Wednesday, May 17, 1:00 pm

Using the internet, we'll explore some museums from around the world.

American History Reading Group

Thursday, May 18, 1:00 pm

Christina (Hosmer Librarian) will be discussing

the Reconstruction period following the Civil War. If you want to do some research first, articles about this subject will be available at the front desk to look at.

Staff Cooks – Brain Healthy Style

Friday, May 19, 12:00 pm

Sign up at the **FRONT DESK** by Monday, May 15 Watch bulletin boards & calendar for the Brain Healthy menu.



Brain-a-thon Awards

Friday, May 19, 1:00 pm

It's the end of the Brain-a-thon Challenge, time to discover the BIG point winner, and cheer everyone's efforts to maintain or improve their brain health.

Guatemala with Linda

Tuesday, May 23, 1:00 pm

Join Linda to learn about her experiences on a Church mission trip to this Central American country.

Tea at the Park

Thursday, May 25, 1:00 pm

Cost \$7 non- Center members \$6 Center members

Sign up deadline – Tuesday, May 23 Enjoy an outdoor "High" Tea at Lyndale Farmstead Park with savory & sweet treats and hot tea served using glass plates & cups. Hats are encouraged!

Birthday Celebration – DATE CHANGE

Friday, May 26, 1:00 pm

Jim Berner returns with a variety of songs everyone enjoys. Come celebrate all the May birthdays.

\$1 suggested donation if May isn't your birthday month.

CENTER CLOSED –

Memorial Day, Monday, May 29 

Essay Contest Awards – Barton School Combined 5-6th Grade Class

Tuesday, May 30, 12:30 pm

Mary Austin's combined 5-6th grade class comes to the Center to learn who wrote the BEST essays. Come support & encourage these students in their writing efforts. Conversations & light refreshments are offered following the program.

NOTE: Judges needed – if interested please talk to Robbie by the 1st week in May.

IMPORTANT DATES

- 3/7 Conversation with City Council Member
Lisa Bender
- 3/10 Brain-a-thon Kickoff
- 3/15 Alzheimer's ASSN - Socialization and the Brain
- 3/27 Playing Around w/ Theater –
7 sessions & Performance
- 4/5 MN Historical Society – The Intersection of
History & Memory
- 4/6 Friends & Staff Cook Eastern European Style
- 4/28 Volunteer Recognition
- 5/19 Brain-a-thon Awards
- 5/25 Tea at The Park

PHOTO CORNER



Stepping On Workshop participants
with leaders Jessica and Becky.

Southwest Center
Volunteers of America – Minnesota
www.voamn.org

3612 Bryant Ave. South
Minneapolis, MN 55409
Main | 612-822-3194
Fax | 612-822-0627
Email | mschoenberger@voamn.org

Mary Ann Schoenberger
Area Manager for
Senior Services

Laura Campbell
DayElders Southwest
Program Manager

Sarah Lemke
DayElders Southwest
Program Assistant

Linda Walker, LSW
Outreach/
Social Worker

Robbie Kress
Site Manager

Senior Dining
Social Worker Services
Adult Day Program
Educational Activities
Health Services
Computer Lab
Exercise Classes

Southwest Center
3612 Bryant Ave. South
Minneapolis, MN 55409

Volunteers
of America®
Minnesota

