St. Anthony Park Area Seniors July 2021 Newsletter:
Working to Keep the Community Strong!
www.sapaseniors.org  651-642-9052
Find us on Facebook at https://www.facebook.com/sapaseniors/

The mission of St. Anthony Park Area Seniors is to enrich the lives of community seniors and provide assistance in maintaining independence and interdependence through professionals and volunteers providing at-home living assistance, wellness activities, nursing care, and caregiver support.
May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.
Helen Warren

Helen recently retired and contacted St. Anthony Park Area seniors regarding volunteer opportunities. She brings a wealth of talents and expertise to this program.

She grew up in Kansas City, Missouri, and earned her B.S. in Education at a nearby university. Helen went to North Carolina for her M.A. in Communications. After teaching at her alma mater and at a university in Missouri and following her doctoral studies in Kansas, she moved to Minnesota to follow a career in grant writing.
Helen has lived in St. Anthony Park since 2004. She enjoys reading, quilting, gardening, writing, knitting and cooking. She has also recently joined the Park Bugle board of directors. We are lucky to have her in this community and fortunate to have her as a volunteer at St. Anthony Park Area Seniors.
### St. Anthony Park Area Seniors (651-642-9052) [www.sapasniors.org](http://www.sapasniors.org)

**July 2021**

<table>
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<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
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<td></td>
<td>New policy as of 1/29/2019: If St. Paul Public Schools are cancelled due to inclement weather, SAPAS exercise and yoga classes will also be cancelled.</td>
<td>Other SAPAS activities may be cancelled due to inclement weather. Please call the office.</td>
<td>1 Caregiver &amp; Bereavement Support Groups; Tai Ji Quan</td>
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<td>4</td>
<td>Tai Ji Quan</td>
<td>Lunch Bunch</td>
<td>Tai Ji Quan</td>
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<td>11</td>
<td>Guitar Concert with Dave Lee</td>
<td>Tai Ji Quan</td>
<td>Tai Ji Quan</td>
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<td>18</td>
<td>Tai Ji Quan</td>
<td>Lunch Bunch OARS</td>
<td>Tai Ji Quan</td>
<td>23</td>
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<td>25</td>
<td>Vocal Concert with Ivory Doublette</td>
<td>Tai Ji Quan</td>
<td>Tai Ji Quan</td>
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<td>31</td>
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Caregiver & Bereavement Support Groups: 10-11:30 AM online; call office or e-mail office@sapasniors.org for Zoom link.
Chair Yoga (no charge): 11 am-noon online; place is full.
Guitar Concert with Dave Lee (no charge): 10 am online; call office or e-mail office@sapasniors.org for Zoom link.
Vocal Concert with Ivory Doublette (no charge): 10 am online; call office or e-mail office@sapasniors.org for Zoom link.
Lunch Bunch (no charge): Online gathering from noon-1 PM; call office or e-mail office@sapasniors.org for Zoom link.
Older Adult Resource Series (OARS) "Technology for Older Adults and Those They Care For", 1:30-3 PM online; call or e-mail for Zoom link.
Tai Ji Quan Moving for Better Balance 1 (no charge): 10 am online; call office or e-mail office@sapasniors.org to see if space is available.

SAPAS does not charge for any of its activities or events. However, sponsoring these activities and events does have a cost to it, so twice a year we send a letter to participants asking for a financial contribution to help offset our costs. We encourage you to participate with St. Anthony Park Area Seniors whether or not you make a financial contribution.
JOB POSTING:
EXECUTIVE DIRECTOR for the LIVING AT HOME NETWORK!

As a member of Minnesota’s Living at Home Network, we are very interested in who leads the network as Executive Director. The position will soon open and we’d appreciate your help in finding good candidates. The Executive Director’s duties include giving overall leadership to the network, providing resources and communication to network members, being a fiscal agent for grants, and coordinating legislative advocacy on behalf of members and older adults. This ¾ time position supports our network of 32 small nonprofits that help older Minnesotans continue to live at home. Experience with nonprofit management and aging services is required. Applications are due July 19, 2021. Find more information here.
Job Description

Online Concerts through St. Anthony Park Area Seniors!

Thanks to Dave and Elizabeth Lee for sharing their musical talents with us since February! It's been a fabulous way to be together during the pandemic.
Listen to the recording of Elizabeth's June 21 concert here: Concert Passcode: k7#6@A%+

We have scheduled two more concerts for July.

On Monday, July 12 at 10 am Dave Lee will share another helping of guitar music.

On Monday, July 26 at 10 am Ivory Doublette, MacPhail vocal artist, will share showtunes and gospel music with us.

To receive the link so that you can join the concerts, send an e-mail to office@sapaseniors.org or call the office at 651-642-9052. Be sure to include your name and the e-mail address where you would like us to send the link.
OARS: Older Adult Resource Series
Technology for Older Adults and Those They Care For

Virtual live presentation by experts and vendors of products and services to facilitate healthy and safer living. Medication administration, communication, and tools that enable a remote family member to be notified if/when a loved one needs assistance will be discussed with time for Q & A. Those registered receive contact info for presenters and lists of other technology resources.

Online meeting via Zoom:
Wednesday, July 21, 1:30-3:00 PM

Call us to get the Zoom link!

www.sapaseniors.org | 651.642.9052
St. Anthony Park Area Seniors has items to give away and others to lend! We have lots of masks and puzzles available for interested seniors. We also have equipment such as iPads (with internet connection), canes, walkers and wheelchairs that we lend out on a short-term basis.
Ideas for Activity During this Time of Isolation

- Do a crossword puzzle.
- Keep learning by learning some Portuguese.
- Send a thank you card to someone who isn't expecting it.
- Exercise - Is it a good day for a walk or a class on TPT?
- Take a virtual vacation.
- Tour the US Space & Rocket Center.
- Call at least one or two people each day. If appropriate, place one of these calls to a loved one in an isolated care facility.
Caregiver Corner:

Consider attending the online concerts we have scheduled this month. You might hear music that you recognize and can sing along to! We'll have a guitar concert on July 12 at 10 am and a vocal concert on July 26 at 10 am. Contact our office to get the online link.

In August he St. Anthony Park Caregiver Support Group will start a hybrid format through a combination of Zoom and people meeting in person. It meets on the first Thursday each month from 10-11:30 am. We have iPads and connected hot spots to lend if you need a device and/or internet connection in order to participate in this opportunity. If you would be interested in learning how to participate in this support group, call 651-642-9052.

Check out the next few slides for other events and opportunities that
Watch the Dementia: Caring & Coping episode "What's your Plan? Legal Considerations when Facing a Dementia Diagnosis" presented by Leah Gilbert, J.D. and hosted by Lori La Bey.

Check out the upcoming shows in the series.

To download a PDF of "Tips to offer families as they care for someone with memory loss", click here.
The University of Minnesota is announcing the launch of The Thinking Ahead Roadmap, a comprehensive toolkit that walks aging adults through the process of selecting their financial advocate and having open conversations with that person about their future financial needs and expectations. The Roadmap educates people about durable powers of attorney and how to obtain one, and provides tips on getting financial affairs in order. There are handouts for "solo agers" and a downloadable financial inventory in addition to other informative handouts to help someone understand the roles and responsibilities of financial advocates. You can check out the website and the downloads here.
Our Lunch Bunch is moving right along this spring. In June we celebrated flamingo day and Alisa’s trip to the west coast. We play BINGO at each gathering and check in with all of the participants. In July Mary will help us celebrate macaroni and cheese day.

The Lunch Bunch gatherings in July will be on Wednesdays, July 7 & 21. If you would like to be part of our Lunch Bunch, please call us at 651-642-9052 to receive the Zoom invitation and some BINGO cards.

Are there other services or activities that you wish St. Anthony Park Area Seniors would offer? Let us know. We would love to work with you to provide what YOU want.

Cyberseniors is a great resource that some of our seniors have tried and been pleased with the assistance they have received.
East Side Elders, a fellow Living at Home Network program, has developed coloring pages for all ages. Look [here](https://us13.campaign-archive.com/?e=__test_email__&u=f53271076272e6c75271ad6b6&id=1b18ee30e4) for Volume 13. Color your world!
We’re happy to announce our new class:

Walk With Ease

Create a routine to stay active and healthy!
You’ll learn from a certified instructor a safe and enjoyable way to make walking part of your everyday life while helping you increase balance, strength and walking pace.

Group will meet for nine weeks at Como Lake on Mondays and Wednesdays at 10 am starting on August 4.

Call the office to register.

www.sapaseseniors.org  |  651.642.9052

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June Nutrition Nugget

It's Too Hot to Cook!

by Kara Sommerfeld
This newsletter format makes it difficult to read our nutrition columns, especially the recipes. Please click on the link below to go to a full-page version of this month's article:

**It's Too Hot to Cook!**

Speedy Market Partnership
St. Anthony Park Area Seniors has a partnership with Speedy Market to provide free delivery on Friday for seniors who can't make it to the store due to conditions such as the pandemic, weather, injury, recent surgery or general physical condition. Contact the St. Anthony Park Area Seniors office at 651-642-9052 to find out how to get on the list. Thank you, Speedy Market!
### Juniper Online Classes

Classes are offered virtually via HIPAA-secure video-conferencing. No video experience necessary. We'll teach you!

#### UPCOMING CLASSES

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Times</th>
<th>Register</th>
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</thead>
<tbody>
<tr>
<td>Living Well with Chronic Conditions</td>
<td>July 13 – Aug 24; Tuesdays</td>
<td>1:00 PM to 3:30 PM</td>
<td><a href="#">Register</a></td>
</tr>
<tr>
<td>Living Well with Chronic Pain</td>
<td>Jul 13 – Aug 24; Tuesdays</td>
<td>9:00 AM to 11:30 AM</td>
<td><a href="#">Register</a></td>
</tr>
<tr>
<td>Social Connect</td>
<td>Jul 26 – Aug 30; Mondays</td>
<td>9:00 AM to 10:00 AM</td>
<td><a href="#">Register</a></td>
</tr>
<tr>
<td>Stay Active and Independent for Life</td>
<td>Jul 5 – Aug 25; Mon, Wed &amp; Fri</td>
<td>8:30 AM to 9:30 AM</td>
<td><a href="#">Register</a></td>
</tr>
<tr>
<td>Tai Ji Quan: Moving for Better Balance - Beginner</td>
<td>July 19 – Sept 10; Mon, Wed &amp; Fri</td>
<td>9:00 AM to 10:00 AM</td>
<td><a href="#">Register</a></td>
</tr>
<tr>
<td>Living Well with Diabetes</td>
<td>Aug 12 – Sept 16; Thursdays</td>
<td>1:00 PM to 3:30 PM</td>
<td><a href="#">Register</a></td>
</tr>
<tr>
<td>Aug 3 – Sept 7; Tuesdays</td>
<td>2:00 PM to 4:30 PM</td>
<td><a href="#">Register</a></td>
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<tr>
<td>Aug 31 – Nov 19; Tues &amp; Thurs</td>
<td>10:00 AM to 11:00 AM</td>
<td><a href="#">Register</a></td>
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To register, or search for additional classes, visit [yourjuniper.org](http://yourjuniper.org) or call 1-855-215-2174

Juniper is a statewide network that helps people live well, get fit, and prevent falls.

[Your Juniper](http://yourjuniper.org) | Toll Free 1.855.215.2174
This month's Donation Spotlight is on:

St. Anthony Park United Church of Christ

We thank St. Anthony Park United Church of Christ (2129 Commonwealth Ave.) for their donation to St. Anthony Park Area Seniors. By making this donation they are making this community stronger every day.
Stats Check-In:

A service that experienced a break for the pandemic was in-person technology assistance. We weren't sending volunteers into seniors' homes. But.....now we can if the senior and volunteer are both comfortable with the situation and at least one of them is fully vaccinated! So if you would like to engage one of our volunteers to give you some instruction on how to use your cell phone, tablet or computer, please contact the SAPAS office at 651-642-9052.

COVID-19 Update:

· Gathering together for excises classes or group activities
- In August the SAP Caregiver Support Group and Bereavement Support Group will try a hybrid model of gathering. So participants can join in person or through Zoom.
- We have resumed meeting individually with seniors in their homes under certain conditions.
- We will be offering a WalkWithEase outdoor exercise option starting on August 4.

We look forward to "seeing" you soon. Stay tuned for new developments.

Thank you for your donations!

Many individuals and businesses have given donations throughout the years because they find value in helping seniors maintain their independence and remain in their homes if it is safe and what the senior wants to do. We began a new fiscal year on July 1, 2021, so this is our first donor list for the fiscal year.

Donations can be made by check, online or through electronic bank transfer.

For a complete listing of donors who do not wish to remain anonymous, please visit the donate tab on our website.

St. Anthony Park Area Seniors also greatly appreciates the financial support from local businesses, government and private foundations.
Leave a Legacy:
Remember St. Anthony Park Area Seniors in your Will

If St. Anthony Park Area Seniors is important to you, a simple but profound way to express your appreciation by making a planned gift. Bequests through a will or other planned giving options provide much needed funding for St. Anthony Park Area Seniors.

Matching Gifts are Welcome!

Many local companies will provide matching gifts when their employees support non-profits such as St. Anthony Park Area Seniors. with either a donation or volunteer time. Check with your employer to see if you have a matching gift program.

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