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.

The brilliant poppy....adds her voice to sell the song that August's here again.
Celebrating Mary Hayes

Very soon, instead of being the coordinator of volunteers in the St. Anthony Park Area Seniors office, Mary Hayes will transition to being a volunteer herself! This will be an easy transition for her because she knows all of the forms to complete as well as all of the possible assignments. She is particularly looking forward to being a volunteer caller, visitor and driver.

A St. Paul native, Mary has dedicated the past twenty years to St. Anthony Park Area Seniors in a variety of roles. Starting out as the program's service coordinator in 2001 she arranged a lot of rides and friendly visitors. Six years later she became the St. Anthony Park Area Seniors program director and led the program in its expansion to offer more wellness activities such as daily exercise classes, movies, and game days. She also led the effort to earn the Charities Review Council "Meets Standards" seal and to expand the office staff. After eight years as the program director Mary transitioned into the half-time volunteer coordinator position where she enjoyed meeting new volunteers and finding appropriate assignments for them. She also enjoyed recognizing volunteers by writing thoughtful Thanksgiving cards to each of them and spotlighting them for this e-newsletter!
Mary always begins her tasks with the end in mind. She works hard to make sure that she understands the assignments well before she relays the information to volunteers because she wants the volunteer AND the senior to be pleased with the results. Mary has always been willing to jump in to help her office mates if her help is needed, such as doing a last minute Meals on Wheels run if the driver was sick or teaching an exercise class when the leader was absent.

The SAPAS Board of Directors and office staff heartily thank Mary for her twenty years of service. Since large parties are not Mary's style, we will quietly celebrate her accomplishments within our team. Mary's last day in the office will be Monday, August 16 and then she will be taking her accumulated vacation time through the end of September. Instead of "good-bye", it will be "see ya' later" because we know that Mary will come back after her vacation and will be excited to begin her new role as a volunteer!

The office staff will be doing a bit of a "fruit-basket upset" when Mary leaves her desk. Our current service coordinator, Alisa Jesse, will be assuming the role of volunteer coordinator. Our current board member and chair yoga instructor, Niza Hanany, will be assuming the role of service coordinator. Watch next month's e-newsletter for an introduction of Niza Hanany!
Lana Herskovitz

Lana has lived in Minnesota since 1989 but grew up in the Bay Area. She went to Utah for her Bachelor’s in Social Work and then Minnesota for her Master’s in Health and Human Services Administration. She moved to the St. Anthony Park neighborhood a year ago.

Recently retired from her health services research and data collection position at the University of Minnesota, Lana has used this program’s transportation services and grocery delivery services for a year. She became a volunteer at the beginning of July as a member of the SAPAS Board of Directors. She brings a unique perspective to the board as a recipient of our services.

Lana has served as a volunteer for Feed My Starving Children and for Brilliant Moves. She is currently volunteering on the Garden Committee for her senior residence in a portion of Falcon Heights which is served by SAPAS. We appreciate her generous spirit and look forward to her serving in her new leadership position.

Zack Zehrer

Zack also offers a unique perspective as he begins his tenure on the SAPAS Board of Directors. He has been a direct service volunteer four years. He has met and talked to many seniors as he provided rides and assisted them in many other ways. Additionally, he resides with his young family in Lauderdale, another area SAPAS has always served.

Zack is originally from central Minnesota and attended the University of North Dakota. He moved to St. Anthony Park when he first came to the metro area because his fiancée was in school and worked close by and they loved the park-like feel. They moved to Lauderdale about six years ago.

He is a very involved dad and busy realtor, but he is no stranger to devoting his time to others, especially youth. He has also worked with Minnesota Life College, the Tree Trust, Habitat for Humanity and the Conservation Corps. We in this community are fortunate that he has chosen to live, work and contribute here.
August 2021 St. Anthony Park Area Seniors E-Newsletter - Working to Keep Your Community Strong!

St. Anthony Park Area Seniors (651-642-9052) [www.sap seniors.org](http://www.sap seniors.org)

**August 2021**

<table>
<thead>
<tr>
<th>SUN</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<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. Other SAPAS activities may be cancelled due to inclement weather. Please call the office.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Tai Ji Quan
- Walk With Ease; Lunch Bunch; Tai Ji Quan
- Caregiver & Bereavement Support Groups; Tai Ji Quan
- Walk With Ease
- Guitar Concert with Barbara Burk; Walk With Ease
- Walk With Ease
- Guitar Concert with Dave Lee & Tim Smith; Walk With Ease

*Carried with Bereavement Support Groups: 10-11:30 AM online; call office or e-mail office@ sap seniors.org for Zoom link
- Chair Yoga (no charge): 11 am-noon online; class is full
- Concert with Dave Lee (no charge): 10 am online; call office or e-mail office@ sap seniors.org for Zoom link
- Concert with Ivory Doublette (no charge): 10 am online; call office or e-mail office@ sap seniors.org for Zoom link
- Lunch Bunch (no charge): Online gathering from noon-1 PM; call office or e-mail office@ sap seniors.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 I (no charge): 10 am online; call office or e-mail office@ sap seniors.org to see if space is available
- Walk With Ease (no charge): 10 am at Como Lake; call office or e-mail office@ sap seniors.org to see if space is available

SAPAS does not charge for any of our 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.

Download the August 2021 calendar [here](http://www.sap seniors.org).
Online Concerts through St. Anthony Park Area Seniors!

SAPAS participants have been enjoying online concerts since February! It's been a great way to be together during the pandemic.

Listen to the recording of Ivory Doublette's July 26th concert here: [Concert](#)  Passcode: x1%Xib$3

We have scheduled two more concerts for August. (see Bugle ad below).

To receive the link so that you can join the concerts, send an e-mail to office@sapaseriors.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.
Summer Music

ясн Barbara Burk, a folk-song writer and performer, will share an online Guitar concert on Monday, August 16 at 10 am.

 unanimously Dave Lee and Tim Smith, local musicians who are engaging the community through popular music, will share an online concert on Monday, August 30 at 10 am.

Contact us to get the Zoom links.

www.sapaseニアors.org | 651.642.9052

Seniors Share!

Sometimes seniors like to share something that they have been working on. St. Anthony Park Area Seniors would like to provide a space here to highlight one senior's offering each month.

This month a local senior, Rose Rinder, entered a music contest and wanted to share her recorded performance with this audience.

You can watch it here.

If you would like to share something with this virtual audience, send you submission to Katharine Tondra at office@sapaseniors.org.
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

- Watch the Olympics.
- Keep learning by learning some German.
- Send a thank you card to someone who changed your life.
- Exercise - Is it a good day for a walk or a class on TPT?
- Watch some fireworks.
- Tour famous art galleries from home.
- Call at least one or two people each day. Ask them how they are doing and what they have been doing. Ask about what they like to cook/make to eat during this hot weather. If appropriate, place one of these calls to a loved one in an isolated care facility.
We enjoyed getting out and about at the end of July as we attended the Falcon Heights Ice Cream Social and the Lauderdale Health & Wellness Fair. We reconnected with people we haven't seen during the pandemic and met some new people too! Thanks to Lauderdale and Falcon Heights for including us in these events!

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 August 16 at 10 am and a two-piece combo concert on August 30 at 10 am. Contact our office to get the online link.

In August the 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.
Check out the next few slides for other events and opportunities that might interest you.

Watch the Dementia: Caring & Coping episode "The End of Life Journey" presented by Jeanne Bain 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...
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 July we celebrated macaroni and cheese day and hot dog day. We play BINGO at each gathering and check in with all of the participants. We learned about the word macaroni in the Yankee Doodle song. :)

The Lunch Bunch gatherings in August will be on Wednesdays, August 4 & 18. 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 for Volume 14. Color your world!

August Nutrition Nugget

Nuts about Nuts!

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:

Nuts about Nuts!
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!
Research participants needed for a study on body awareness

We are looking for adults between the ages of 50-79 years old with no current injury to either the left or right foot or ankle.

If you choose to participate:
- We will ask some questions about your health history
- You will do the following:
  - Make judgements about ankle positions presented by a researcher
- Total time commitment is approximately 60-90 minutes

This study is led by Dr. Juergen Konczak, Professor in the School of Kinesiology at the University of Minnesota. If you are interested in this study or want further information, please contact Jacquelyn Sertic: phone: 612-625-3313 email: jsertic@umn.edu

The location of the research study is at the University of Minnesota, Twin Cities (1900 University Ave SE). Each participant will have their parking validated and will be given $20 for their participation in the study.
Juniper Online Classes

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

UPCOMING CLASSES

**Living Well with Chronic Pain**
Aug 17 – Sept 28; Tuesdays
2:00 PM to 4:30 PM – [Register](#)

Sep 13 – Oct 18; Mondays
2:00 PM to 4:30 PM – [Register](#)

**Living Well with Diabetes**
Aug 12 – Sep 16; Thursdays
1:00 PM to 3:30 PM – [Register](#)

Sep 10 – Oct 15; Fridays
10:00 AM to 12:30 PM – [Register](#)

**Social Connect**
Sep 13 – Oct 18; Mondays
10:30 AM to 11:30 AM – [Register](#)

**Aging Mastery Program**
Sep 13 - Oct 25; Mondays
6:00 PM to 7:30 PM - [Register](#)

**Walk with Ease**
Aug 23 – Sep 30; Mon Wed Fri
11:30 AM to 12:00 PM – [Register](#)

**Powerful Tools for Caregivers – Adults**
Sep 14 – Oct 19; Tuesdays
4:30 PM to 6:00 PM - Cost $25 – [Register](#)

**A Matter of Balance**
Sep 22 – Nov 17; Wednesdays
1:00 PM to 3:00 PM – [Register](#)

**Tomando Control de Su Salud**
Sep 23 – Oct 28; Thursdays
6:00 PM to 8:30 PM - [Register](#)

To register, or search for additional classes, visit [yourjuniper.org](http://yourjuniper.org) or call 1-855-215-2174

Class dates and times are subject to change.

---

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

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

Thrivent Financial

We thank Thrivent Financial for their matching donations to St. Anthony Park Area Seniors. By making this donation they are making this community stronger every day.
Stats Check-In:

Our fiscal year ended on June 30, 2021. We are pleased to report that through efforts of the staff, board of directors and volunteers we were able to serve 372 seniors and caregivers throughout the year with activities and services such as rides, grocery shopping deliveries, poetry classes, concerts, Lunch Bunch gatherings and friendly phone calls. Thanks to everyone who participated and provided service.....during a pandemic!

COVID-19 Update:

Gathering together for excises classes or group activities continues to be uncharted territory for St. Anthony Park Area Seniors. However.......

-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
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.
Copyright © 2021 St. Anthony Park Area Seniors, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.