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.

All the months are crude experiments, out of which the perfect September is made.

-Virginia Woolf
Welcoming Niza Hanany

On August 16, Niza completed the trifecta and joined the office staff after serving as a volunteer for ten years and additionally as a board member for the past four years!

She accepted the half-time service coordinator position in the office which requires several hours of entering service data each week as well as helping with daily requests from participants. Rest assured, Niza will continue to teach
Niza brings her energy, work ethic and great sense of humor to the office staff. She has a passion for the program and the seniors we serve. We are thankful and fortunate that she has taken the giant leap and joined our team!

Kathy O’Connor

One of our newest volunteers, Kathy O’Connor is a St. Paul native, trained in computer technology, who worked for United Way for 20 years. Currently residing in the Minneapolis area, she followed a suggestion of a friend and called St. Anthony Park Area Seniors to see if there might be a volunteer opportunity for her. We were delighted!

Kathy has offered to help as a volunteer visitor and to assist seniors by running errands, helping them with their computers, and delivering meals. In addition, she will be working with program staff in the office. We appreciate her versatility and look forward to getting to know her better in the months ahead.
September 2021 St. Anthony Park Area Seniors E-Newsletter - Working to Keep Your Community Strong!

**St. Anthony Park Area Seniors (651-642-9052) [www.sapaselectors.org]**

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<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 Walk With Ease; Lunch Bunch</td>
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Blood pressure clinic: 3:30-5:30 AM in the community room at Seal Hill-Rise (625 Seal St.)
Chore Yoga (no charge):
- Concert with Dave Lee (no charge): 10 am; call office or e-mail [office@sapaselectors.org](mailto:office@sapaselectors.org) for Zoom link
- Tai Ji Quan; Blood pressure (no charge): 10 am; call office or e-mail [office@sapaselectors.org](mailto:office@sapaselectors.org) for Zoom link

SAPAS does not charge for any of our activities or events. However, sponsoring these activities and events does have a cost to us, 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 September 2021 calendar [here](mailto:Download the September 2021 calendar).
St. Anthony Park Area Seniors will be the recipient of the Park Perks at Sunrise Banks at 2300 Como Ave. Stop in to buy a coffee, which in turn makes a donation to St. Anthony Park Area Seniors!
Online Concerts through St. Anthony Park Area Seniors!

We have been fortunate to have online concerts to listen to since February! It's been a great way to start the week and "be" together.

Listen to the recording of Dave Lee & Tim Smith's August 30 concert here: Concert Passcode: v?Xwp&?6

We have scheduled one more concert for September.

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.

Seniors Share!
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, Linda, requested that our community share single-serving recipes. We invite you to post one of your recipes on our Facebook page.

If you would like to share something with the virtual audience of this e-newsletter, send your 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
Ideas for Activity During this Time of Isolation

- Eat lunch outside or open the windows and enjoy this gorgeous weather we are having these days.
- Send a thank you card to someone who helped you learn something.
- Exercise - Is it a good day for a walk or a class on [TPT](https://www.pbs.org/tpt)?
- Watch some [smart videos](https://www.pbs.org/video/) for curious minds of all ages.
- Tour [famous museums](https://www.pbs.org/video/) from around the world from your own home.
- Call someone each day. Ask them how they are doing and what they have been doing. Ask about what they like to do in the fall. If appropriate, place one of these calls to a loved one in an isolated care facility.
Throughout the pandemic we have offered several exercise class options. Online, we offered Tai Ji Quan: Moving for Better Balance Parts I & II and Chair Yoga. In August we began our first session of Walk With Ease at gorgeous Como Lake.

On September 7 we will begin our next session of Tai Ji Quan: Moving for Better Balance Part II, which will run for 24 sessions on Tuesdays and Thursdays. Chair yoga will resume on Friday, October 1 and will run through December 17.

Call the St. Anthony Park Area Seniors office at 651-642-9052 if you would like to join either of these online classes.
Caregiver Corner:

Consider attending the online concert or the online chair yoga class. Contact our office to get the online links.

The St. Anthony Park Caregiver Support Group continues to meet 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.

The series "Dementia: Caring & Coping during the Pandemic" is alive and well. Check out the flyer that describes the upcoming sessions and how to access previous sessions here.

To download a PDF of "Tips to offer families as they care for someone with memory loss", click here.
Our Lunch Bunch has a terrific following! We play BINGO at each gathering and check in with all of the participants. It's fun to have participants even tune in from their cabins, road trips or fantasy virtual backgrounds.

The Lunch Bunch gatherings in September will be on Wednesdays, September 1, 15 & 29. If you would like to be part of our Lunch
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.

**September Nutrition Nugget**

**Making Convenience Meals Better for You**

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:

[Making Convenience Meals Better for You](#)
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!

Cyberseniors is a great resource that some of our seniors have tried and been pleased with the assistance they have received.

Read about Habitat for Humanity's grant to do updates to seniors' homes to help them age in place.

East Side Elders, a fellow Living at Home Network program, has developed coloring pages for all ages. Look here for Volume 15. Make your world prettier!
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

Approved for use by UMN IRB
Effective on 8/11/2021
IRB Study Number: STUDY0013044

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. Call the St. Anthony Park Area Seniors office at 651-642-9052 if you have questions about this study.
This month's Donation Spotlight is on:

Falcon Heights-Lauderdale Lions Club

We thank the Falcon Heights-Lauderdale Lions Club for their generous donation to further arts programming. 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 provide an average of 17 hours and 13 services per participant. Thanks to all of the volunteers, board members and staff for putting in that effort during this pandemic year!

COVID-19 Update:

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

- We have resumed meeting individually with seniors in their homes under certain conditions.
- We have been offering a WalkWithEase outdoor exercise group since August 4.

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

Falcon Heights–Lauderdale Lions Club
MN Department of Human Services

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