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.
In the entire circle of the year there are no days so delightful as those of a fine October.

-Alexander Smith

Your St. Anthony Park Area Seniors staff!
From left to right: Niza Hanany (Service Coordinator), Katharine Tondra (Program Director), and Alisa Jess (Volunteer Coordinator).
### October 2021

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**Blood pressure clinic:** 3:30-4:30 PM in the community room at Sea Hi-Rise (825 Seward St.)

**Caregiver & Bereavement Support Groups:** 10:30-11:30 AM online; call office or e-mail office@sapaseniors.org for Zoom link

**Chair Yoga (no charge):** 3-3:30 PM online; call office or e-mail office@sapaseniors.org to see if space is available

**Concert with Dave Lee (no charge):** 10 am online; call office or e-mail office@sapaseniors.org for Zoom link

**Lunch Bunch (no charge):** Online gathering from noon-1 PM; call office or e-mail office@sapaseniors.org for Zoom link

**Older Adult Resource Seminar (OARS) Medicare 2022 with Chris Altobell on Zoom:** 1-2 pm; call office or e-mail office@sapaseniors.org for Zoom link

**Tai Ji Quan-Moving for Better Balance II (no charge):** 10 am online; call office or e-mail office@sapaseniors.org to see if space is available

**Walk With Ease (no charge):** 10 am at Como Lake; call office or e-mail office@sapaseniors.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.*

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**Download the October 2021 calendar** [here](https://us13.campaign-archive.com/?e=__test_email__&u=f5327107627e6c75271ad6b6&id=6d365de499)
Fall Raking for Seniors!

We offer fall raking for seniors registered with our program. Our service area includes the Saint Anthony Park Neighborhood, Lauderdale and Falcon Heights, west of Cleveland. Please contact us by **Friday, October 8th**, if you need help with raking. We offer volunteer service to rake your yard, for a one-time cleanup, before the snow falls. You supply the yard bags, we supply the volunteers. You can reach St. Anthony
Make Your Own Thanksgiving Cards!
Our October Do-It-Yourself home project is going to be making your own Thanksgiving cards. We purchase the supplies and assemble a packet for you so that you can create to your heart's content. Delivery available for seniors in our service area.
We have continued to offer several exercise class options during the pandemic!

Our first Walk With Ease class will come to an end next week. Participants enjoyed meeting at Como Lake and walking and talking together. One participant remarked that it was lovely that in nine weeks there were no "bad weather mornings" to prevent them from walking!

On September 7 we began 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 soon on Fridays and will run through December 17.

Call the office to find out more!
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's September 13 concert here: [Concert](#) Passcode: Vv7*Tz*C

Thanks, Dave!

**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, Linda M. Mainquist, invites you to read her piece on what to do with your heirlooms.

If you would like to share something with the virtual audience of this e-newsletter, send you submission to Katharine Tondra at office@sapaseniors.org.
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.
- Collect some pretty leaves.
- Send a thank you card to someone who was important to you as a child.
- Exercise - Is it a good day for a walk or a class on TPT?
- Listen to a favorite radio station.
- Write a reflection of what the past 18 months have been like during this pandemic.
- 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.
Borrow an iPad from Us!

We have purchased a few iPads to lend at no charge to seniors and caregivers for:
- virtual doctor visits
- caregiver support groups
- our exercise and poetry classes
- our Older Adult Resource Series presentations
- ordering groceries online

Delivery available within our service area.

Can be borrowed for a day or two at a time.

www.sapaseniors.org | 651.642.9052

Caregiver Corner:
The St. Anthony Park Caregiver Support Group continues to meet virtually 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.

A resource that was mentioned at the most recent Caregiver Support Group meeting was Cynthia Orange's Take Good Care.

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.

Another great resource that was developed by Roseville Alzheimer's/Dementia Community Action Team is the Memory Minder kits, available at the Roseville Library. Kits are available in several difficulty levels.
Memory Minders: A Kit for Caregivers

Of Those with Alzheimer’s, Dementia, or Memory Loss

Now available at Ramsey County Library—Roseville and Shoreview!

Memory Minders Kits are filled with books, CDs and activities for anyone who is caring for a loved one experiencing memory loss. Ask a librarian for more information or go to www.rclreads.org.

To download a PDF of "Tips to offer families as they care for someone with memory loss", click here.
Thanks to everyone who stopped in at Sunrise Banks on the corner of Como and Doswell to purchase a cup of coffee or tea to support St. Anthony Park Area Seniors during the month of September. Your purchase helps to perk up the Park!
Our Lunch Bunch has been going strong for 15 months now! We play BINGO at each gathering and check in with all of the participants. BINGO winners can choose from a variety of donated items that are hand-delivered, hopefully before the next Lunch Bunch. Participants check in from anywhere and everywhere. With the help of her iPad, Mary Hayes checked in last week from the Oregon coast!

The Lunch Bunch gatherings in October will be on Wednesdays,
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.

October Nutrition Nugget

Keeping Active in Colder Months

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:

Keeping Active in Colder Months
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!
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.

You have the opportunity to have your voice be heard by completing the Statewide Age-Friendly Needs Assessment survey.

The results of the survey will be used to set priorities and develop strategies for the State Plan on Aging and by the Age-Friendly MN Council. Results will also be used by other State agency partners as well as by regions, sovereign nations, and community organizations.

In addition to answering the specific questions, there are opportunities in the “Please share any other thoughts or information related to…” box of each section of the survey to describe any unique gaps or challenges you see. Service providers may have insight into administrative, provider enrollment or funding challenges they encounter. Older Minnesotans may have insight into unique challenges they or members of their own community face. Make your voice heard with as many specifics as possible.

Take the survey today! (click on the “Take the Community Survey” link).
East Side Elders, a fellow Living at Home Network program, has developed coloring pages for all ages. Look [here](#) for Volume 16. Color your world!
This month's Donation Spotlight is on:

**Thrivent Financial Foundation**

We thank Thrivent Financial for their generous matching contribution policy. By making this donation they are making our community stronger every day.

**Stats Check-In:**

In mid July we masked up and began offering blood pressure checks again at Seal Hi-Rise (825 Seal St.). To date, we have hosted six clinics and plan to continue offering them in the Community Room there. Stop on down to get your blood pressure checked and maybe even receive a free giveaway!

**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 been offering a WalkWithEase outdoor exercise group since August 4.

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

October 2021

Dear Friend of St. Anthony Park Area Seniors,

What a year it’s been! As we yo-yoed from the depths of the coronavirus surge to the pinnacle of the vaccine roll-out, community organizations like St. Anthony Park Area Seniors (SAPAS) have kept us anchored and connected. In turn, SAPAS depends on our community for funding to continue our calling to promote senior well-being and independence, and we now ask for your support.

SAPAS has marked the 40th anniversary of our founding by responding with remarkable agility to meet the challenges of the pandemic. From the earliest days of COVID-19, SAPAS kept seniors connected by buying tablets and internet hotspots and making them available to seniors. We also tailored technology to keep seniors engaged. We Zoomed two poetry seminars, numerous guitar and piano concerts, and two Older Adult Resources Series presentations. We used Zoom to initiate the Lunch Bunch—biweekly weekly get-togethers sharing meals and fellowship—and to continue our popular Tai Ji Quan: Moving for Better Balance exercise regime and chair yoga classes.

Moreover, despite COVID-19 restrictions, our staff mobilized 113 volunteers to maintain essential services that keep seniors safely independent. Last year, our volunteers donated more than 900 hours of time: performing 534 chores, giving 193 rides to medical appointments, and delivering 1058 meals through Meals on Wheels.

Most meaningfully, in March and April SAPAS undertook the major task of vaccinating 330 seniors and caregivers by organizing and staging initial and follow-up Moderna vaccine clinics.

- One of our chief partners, the Lauderdale City Hall, opened its building to host the clinics.

- SAPAS staff and board, notified program participants of the vaccine’s availability, reserved time slots for them, and ensured they were able to get to both clinics.

- We coordinated with four other senior programs in the metropolitan area to schedule participants in their programs for vaccines.

- We marshaled volunteers to guide and assist seniors and to help handle the logistics of moving clinic participants expeditiously.

In the face of a once-in-a-century pandemic, our flexibility, organization, and skill enabled SAPAS to adapt and take advantage of opportunities to keep seniors independent and also linked to our community.

THANK YOU for supporting SAPAS so we can continue serving seniors.

St. Anthony Park Area Seniors Board of Directors

https://us13.campaign-archive.com/?e=__test_email__&u=f53271076272e6c75271ad6b6&id=6d365de499
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
Thrivent Financial Foundation
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