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.
Judy Bloom Martinez joined our volunteer team last spring. She is originally from Washington D.C. She came to Minnesota in her 20’s and never left, loving the outdoors and many MN friends. She graduated from University of St. Catherine with a Bachelors degree in medical interpreting. She is currently retired and living with her husband and two cats, in a Northern Suburb.

Judy worked as a case manager for the National Marrow Donor Program before she retired. She enjoys many hobbies including kayaking, gardening, knitting and spending time with her family, including grandchildren. She spends time volunteering with several programs other than Saint Anthony Park Area Seniors. She is also active with a weekly food shelf program, 10,000 Villages, and is an active board member for the Community Support Center. Currently, Judy volunteers with us, to deliver groceries, from Speedy Market. We are very appreciative of the time she volunteers for our program.
November 2021 St. Anthony Park Area Seniors E-Newsletter - Working to Keep Your Community Strong!

Download the November 2021 calendar [here](https://us13.campaign-archive.com/?e=__test_email__&u=f53271076272e6c75271ad6b6&id=35c4c1d6f8)
“Is it time for a new place?  Making the Case.”
by Dr. Ben Rosenstein
Monday, November 15
10-11 am on Zoom

In this presentation Dr. Rosenstein (family physician and geriatrics physician and faculty member at the University of MN St. John's Family Medicine Residency Program) will review the various options for nonindependent living arrangements, the advantages of different types of arrangements, and what to consider when making a choice about a move. He will also discuss what signs may alert you and your family to strongly consider making a change of place and steps needed in this process.

Seniors as well as family members of seniors will likely gain insight and
This presentation will be followed by a brief overview of what St. Anthony Park Area Seniors offers. Zoom participants may choose to remain online for this presentation or tune out.

Contact the St. Anthony Park Area Seniors office at 651-642-9052 for the Zoom link.

Some seniors in the St. Anthony Park area need shoveling assistance for the winter. Since shoveling is such an unpredictable chore, it is difficult to find volunteers who are available to help on a regular basis. So, in order to be a resource for seniors who call to find shoveling help, we keep a list of people who would be willing to be on our list of reliable PAID shovellers. We keep the list and give out names and phone numbers when seniors call for shoveling help. The seniors make their own contacts to make arrangements. You would help these seniors keep their property safe and walkable by shoveling after each snowfall. You will feel good knowing that you will be helping seniors stay in their homes. As a bonus, you will get exercise too! Call SAPAS at 651-642-9052 or e-mail the office at office@sapaseniors.org to get more information and to let us know how you would like to be involved.
Make Your Own Holiday Cards!
Our November Do-It-Yourself home project is going to be making your own winter holiday 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.

Call the St. Anthony Park Area Seniors office to get on the list for this fun, creative project.
Chris Abbott, North Star Resource Group, presented another comprehensive overview of Medicare for St. Anthony Park Area Seniors. This year it was again through Zoom complete with a slide presentation of slides.

You can view this presentation for a couple of weeks through this link with passcode: w%Rg9L.8.
We have continued to offer several exercise class options during the pandemic!

On September 7 we started our next session of Tai Ji Quan: Moving for Better Balance Part II, which will end on November 30. Our next session of Tai Ji Quan will start in the new year. Call us to reserve a spot.

Chair yoga has resumed and will continue through December 17. Another session will be offered in the new year.

Call the office to find out more about our exercise classes.

**Ideas for Activity During this Time of Isolation**

- Change your smoke alarm batteries when you change your clocks next weekend.
- Take a [virtual tour of a museum](https://example.com/virtual-tour).
- Collect fall memories outside - leaves, bark, feathers.
- Exercise - Is it a good day for a walk with a friend or a class on TPT?
- Listen to some music you haven't listened to in a while.
- Write about something you are thankful for and share it with someone this Thanksgiving.
- Call someone each day. Ask them how they are doing and listen to their answers. Ask about what they have done this fall. If appropriate, place one of these calls to a loved one in an isolated care facility.

Saint Anthony Park Area Seniors

**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.

The series "Dementia: Caring & Coping during the Pandemic" is alive and well. Lori La Bey's Alzheimer's Speaks teamed up with Dementia: Caring & Coping during the Pandemic to have a conversation with Pauline Boss about "Ambiguous Loss in a Time of Pandemic". Watch it 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, cards 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.
St. Anthony Park Area Seniors is part of a larger network, the Living at Home Network, that exists to support seniors who are living independently in Minnesota. Read the 2021 Annual Report here.

People were once fooled into thinking that Pasta grew on trees! On April 1, 1957, BBC aired a prank documentary about spaghetti crops in Switzerland that showed farmers, harvesting spaghetti from bushes. The humorous video was met with confusion, including a portion of viewers wondering where they could buy their own spaghetti bush.

Our Lunch Bunch has been going strong for 16 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
We also like to celebrate different national days. In October we celebrated World Pasta Day by watching a couple of videos. Check out this {British spoof} on harvesting spaghetti from 1957! Scroll down the page and click on the red rectangle from this photo above.

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.

**November Nutrition Nugget**

**Vitamin D: The Sunshine Vitamin**

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:

[Vitamin D: The Sunshine Vitamin](https://us13.campaign-archive.com/?e=__test_email__&u=f53271076272e6c75271ad6b6&id=35c4c1d6f8)
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!
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 17. Color your world!
This month's Donation Spotlight is on:

Sharrett's Liquors

We thank Sharrett's Liquors (2389 University Ave. W.) for their generous donation. By making this donation they are making our community stronger every day. When you make a purchase in their store, please thank them for supporting seniors in the community.
Stats Check-In:

Once again this fall we offered our volunteer raking services to seniors in our service area. Fifteen households are signed up to receive this service and some of the yards have already been raked by one of our enthusiastic volunteers.

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 hope to "see" you in person in 2022. 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.

Community Development Block Grant
Falcon Heights–Lauderdale Lions Club
Thrivent Financial Foundation
MN Department of Human Services
Otto Bremer Trust
Ramsey County
Sharrett’s Liquors
Tim & Tom’s Speedy Market

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.
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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