



**Volunteers
of America®**

MINNESOTA

Seniors Place Newsletter

Activities and Programs for Older Adults

December 2011/January/February 2012 Edition



Seasons Greetings from Seniors Place!

By Trista Garceau, Program Manager

As the year 2011 comes to a close, it's hard to imagine a full year has passed since Volunteers of America has taken over the operations at Seniors Place! It was a year ago last November that the reigns were handed to us from East Side Neighborhood Services who operated Seniors Place for many years prior. We weren't sure what the future had in store for us or if we would be accepted into the existing space but overall, it has been a wonderful and positive experience as we continue to grow and develop the programming. The past year has been filled with a flurry of activity complete with programming that was in existence when we took over and new activities that we have added to our monthly calendar. A few of the new activities that we are proud to announce are a music group that meets every other Thursday, Dr. Trevor, the Chiropractor, who will be returning in December to perform adjustments, and Gus the Weimaraner dog who loves people!

When we reminisce about the past year, we are thankful that we have been able to serve so many wonderful seniors in the NE neighborhood. It has been a true honor to make a difference in the lives of the seniors we encounter everyday whether it is just a simple "Good Morning" or problem solving and advocating for someone in need, it feels good! We hope we have made an impact in the lives of those we serve because we can definitely say that you, the people at Seniors Place, have made an impact in our lives this past year and we look forward to working with you in the upcoming year!

Celebrations

Seniors Place kicked off the month of September by sponsoring a Make Your Own Pizza Party. Everyone who participated got to create their own pizza using meats, vegetables, and tons of cheese! After they were baked everyone shared their special creation with one another and all the left-overs were taken home to enjoy as a midnight snack!



The first annual Seniors Place Halloween party was held on the afternoon of October 31st. Mostly everyone showed up in costume but if someone didn't have a costume, we provided them with one! Along with the mounds of candy on the tables, there was a costume contest, Halloween themed games, spooky music, punch containing worms and bloody hands, spider and witch hat cookies, and crescent dog mummies!



Seniors Place | 1801 Central Ave NE, Minneapolis, MN 55418 | ph. 612-781-5960

Center Hours | 8:30am-3:00pm Monday-Friday | With activities and services to support your vitality and independence

Seniors Place Newsletter is published quarterly | Dec/Jan/Feb | Mar/Apr/May | June/July/Aug | Sept/Oct/Nov

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Activity Calendar

At Seniors Place, there is a monthly calendar with all of our activities. These are the current activities we provide which are open to anyone who is interested in participating. There is no need to sign up in advance, just stop by at the designated time and enjoy yourself!

Health-A-Thon Exercise

Monday, 9:00 am – 10:00 am

Art Group

Monday, 1:00 pm – 3:00 pm

Bingo

Tuesday, 1:00 pm – 3:00 pm

Cribbage

Wednesday, 1:00 pm – 3:00 pm

Music Group (every other Thursday)

Thursday, 12:30 pm – 2:30 pm

Various activities such as Movie Matinee, Board Games, Wii Bowling, Listening to favorite tunes *Friday, 1:00 pm – 3:00 pm*

Seniors Place Dining

As a reminder, lunch is served congregate style Monday – Friday at 11:30 AM at Seniors Place. The dining program is run by Volunteers of America and is available to all seniors or persons with a disability. A donation of \$3.50 is recommended but is not required in order to receive a hot, nutritious meal. Please stop by or call Ellen or Brita at 612-789-5960 to register.

Seniors Place Foot Care Clinic

Seniors Place will be holding a Foot Care Clinic on January 23rd from 8:30 AM – 3:30 PM. Dr Picha, a doctor of podiatry, will be on site to provide the foot care and write prescriptions if there is a need for follow up care. People with diabetes are encouraged to attend this free clinic. This is a very popular event so be sure to register by calling 612-781-5960.

**For more information
contact us at: 612-781-5960**

Featured Staff – Deene Harris

Deene Harris is our featured staff person for this newsletter. Deene works as an Assisted Living Aide at Parker Skyview and has been with Volunteers of America since August of 2005.

Deene grew up in Chicago, Illinois and lived in Iowa for a few years before moving to Minneapolis. She has six children ranging in age from 27 years to 6 years old! They are as follows: Harmon – 27, Gregory – 22, Jordan – 18, Darnell – 13, Joisah – 11, and Charlene – 6. When Deene was asked what she likes to do in her free time she naturally responded “spend time with my kids”. Together they enjoy video games, bowling, and spending time together for family nights. Deene and her family also share their home with 2 Parakeets, Charlene and Carmen, who were named by her daughter Charlene!

Deene also shared with us that she loves to cook especially her favorite dish chicken and pasta! Those of you who have enjoyed Deene’s cooking will probably agree that she is an exceptional cook!

When Deene was asked to recall her favorite memory over the past 6 years while working at Parker Skyview she didn’t bat an eye and said all of the memories have been good! She told us she truly enjoys getting to know all of the clients and she feels they really appreciate her and the work she does for them. We at Volunteers of America feel blessed to have such a dedicated and caring person on our team who is always upbeat, smiling, and willing to go the extra mile any day of the week!



Beating the Holiday Blues

The busy holiday season of Christmas, Kwanzaa, and Hanukkah is fast approaching. It is a time for joyous celebrations, gift giving, and gatherings with family and friends but it can also produce a case of the Holiday Blues with over extended schedules and commitments. Here are some tips for Beating the Holiday Blues during the upcoming holiday season.

Tip #1 - Stay Connected - The worst thing you can do for the holiday blues is to be isolated from those who love you - or even like you a little bit:) Many people who are depressed during the holidays are also - lonely.

Tip #2 - Write A Gratitude Letter - Haven't you ever complained about someone or something in your life to only later hear about a way more terrible story about someone else's life? Write a letter of gratitude to your parents, God, or yourself - detailing all the things that ARE great about your life today. Although it may be difficult at first, it will help you keep perspective once you complete it.

Tip #3 - Get Moving - I think I have talked about this in a million other articles, but the statistics don't lie. Exercise - even mild exercise - helps alleviate the symptoms of depression. Taking a brisk walk in the am before your day or to wind down after your day - is a great way to beat the blues.

Tip #4 - Avoid Drinking/Drugging - You need to stay away from things like alcohol or recreational drugs if you are feeling down. While you do experience a temporary numbing effect - your feelings of "the blues" will only become magnified once you come down off of your drug of choice.

Tip #5 - Pull Out The Photos - You will not avoid the pain of losing a loved one or an ex by avoiding talking about them, looking at them, or thinking of them. It just doesn't work. This year, consider honoring the "good times" with that person by pulling out the old photos or movies and having a good laugh or cry.

Tip #6 - Pace Yourself - If you are feeling depressed, don't say "yes" to everything. Take on one thing or nothing if need be. Do what you feel is realistic.

Tip #7 - Tell someone - Did it ever occur to you that it would be much easier to get through the holidays if someone else knows how hard it is for you. People that love you - want to help. Even if they don't necessarily know what to do - just having the distraction of someone "trying to help" you in your life could be the solution.

BONUS TIP! Talking about what is going on with you emotionally (in talk therapy) has and still remains one of the best ways to get through a depression of any kind. It's a drug-free, long-term solution to getting past feeling depressed during the holidays. Ask your primary physician for a referral to a great mental health counselor/therapist in your area.

courtesy of: <http://www.bellaonline.com/articles/art54075.asp>

Top 25 Christmas Movies

With Christmas just around the corner, the holiday season can be a stressful and busy time! If you get a chance to unwind or relax in the next 30 days check out the top 25 Christmas movies to warm your hearts, lift your spirits and bring some joy into your life!

- #25 'The Polar Express' (2004)
- #24 'We're No Angels' (1955)
- #23 'The Muppet Christmas Carol' (1992)
- #22 'Joyeux Noel' (2006)
- #21 'Gremlins' (1984)
- #20 'The Santa Clause' (1994)
- #19 'Bad Santa' (2003)
- #18 'The Dead' (1987)
- #17 'The Shop Around the Corner' (1940)
- #16 'Die Hard' (1988)
- #15 'Love Actually' (2003)
- #14 'The Bishop's Wife' (1947)
- #13 'The Nightmare Before Christmas' (1993)

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Top 25 Christmas Movies - continued

- #12 'Holiday Inn' (1942)
- #11 'A Christmas Carol' (1951)
- #10 'National Lampoon's Christmas Vacation' (1989)
- #9 'Babes in Toyland' (1934)
- #8 'Home Alone' (1990)
- #7 'Christmas in Connecticut' (1945)
- #6 'Elf' (2003)
- #5 'White Christmas' (1954)
- #4 'Scrooged' (1988)
- #3 'Miracle on 34th Street' (1947)
- #2 'It's a Wonderful Life' (1946)
- #1 'A Christmas Story' (1983)

Courtesy of: <http://www.moviefone.com/2009/11/04/best-christmas-movies/>



Leave A Legacy...

After providing for loved ones, imagine how *Your Legacy* can change lives. Consider naming Volunteers of America of Minnesota as a beneficiary in your will. Contact Laura Wagner at 952-945-4061 for specific bequest language.

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