



Volunteers  
of America®

MINNESOTA

# Southwest Center Newsletter

## Activities and Programs for Older Adults

December 2011/January/February 2012 Edition

## Southwest Senior Center Completes Second Mosaic

By Mary Ann Schoenberger, Center Director

Thanks to the efforts of 59 school age children, 66 people between 19 and 54 and 60 seniors, Southwest Senior Center completed its second mosaic. One hundred and eighty-five volunteers spent almost 1000 hours creating the piece, which is now installed at Bryant Avenue Market at 3200 Bryant Avenue South. If you haven't seen it yet, you are in for a treat.

Thanks to everyone who worked on the mosaic and to all the people who put up with some displacement, as the mosaic took up a lot of space at the Center for a couple of weeks. I think that you will agree that the temporary changes were worth it in the long run. Not only did we create a beautiful piece of art, we helped to build community by bringing together people of many ages to work on a common project.



With participants ranging in age from five to ninety-nine, artist Sharra Frank was amazed by the final result. "I was really impressed by how consistent and professional the final piece looks." Sharra was instrumental in the process in terms of creating the design, teaching the volunteers various techniques, leading the installation process, and

putting the final touches on the mosaic. She came up with the winter scene featuring large snowflakes, a bicyclist, and sledders based on neighborhood input at two community meetings.

Volunteers were key to the project. Each one of the forty-three snowflakes required numerous hours of work and we are grateful to everyone who worked on them. I'd like to give special recognition to Art Dupey, who spent countless hours cutting the stained glass into manageable pieces. As a person who tried to do this herself, I can vouch that it really does help to have an expert working on it.

The project was funded by an Innovative Graffiti Prevention Micro Grant from the City of Minneapolis, Calhoun Area Residents Action Group (CARAG), and Volunteers of America - Minnesota.

## Special Winter Programs

It's always fun to have some special activities to look forward to during the winter. On December 8 we'll be hosting our second annual **Snowflake Tea at Lyndale Farmstead Park**. Due to limited space, be sure to sign up early for this unique event. This year, in addition to our usual celebrations around the winter holidays, we're adding a **week long celebration of the 1950s**. Get ready for 50s food, 50s music, 50s movies and much more the week of January 9. To keep your mind sharp, we're introducing a lecture series known as the **TED talks**. These short talks give you a chance to hear from the world's leading thinkers and doers. On Saturday, February 11, college students from Institute of Production and Recording will hold a **Pancake Breakfast**. In addition, Locus Architecture is loaning us some newspapers from its exhibit, **Lost Headlines Revealed!** You'll see scores of newspapers from the 1940 Star Journal and Times Tribune which were unearthed while renovating their offices at 40th and Lyndale. Hope to see you at the Center!

Southwest Center | 3612 Bryant Avenue South, Minneapolis, MN 55409 | ph. 612-822-3194

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

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

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## Ask Linda! – Center Social Worker

**QUESTION:** *My husband is starting to show some signs of memory loss. Is this normal as we get older or should I bring this information up with his doctor?*

You should definitely mention your observations to his doctor and try to give specific examples of what you are noticing. Significant memory loss is NOT a part of normal aging. While we all have an occasional lapse in memory or trouble finding the right word, people with dementia experience these problems on a daily basis and the problems interfere with their ability to function.

It is important to discuss memory concerns with the doctor because there are medications that can help slow cognitive decline and the sooner one starts taking them the more likely they are to be of benefit.

Some other symptoms to be aware of are: 1) difficulty performing familiar tasks; 2) disorientation to time, place, or life circumstances; 3) poor judgment or decisions that compromise personal safety; 4) problems with abstract thinking and reasoning; 5) changes in personality; and 6) loss of initiative.

There are multiple medical conditions that can cause dementia symptoms. It is important to get an accurate diagnosis and to determine whether the symptoms are caused by a condition that is

easily treated and perhaps reversible. If it is determined to be Alzheimer's Disease or another form of dementia, it will be important to get the support you and your husband need. Equally important is to get legal and financial documents in place, to ensure that decision-makers are appointed, in the event that your husband cannot participate in financial and health care decisions.

– **Linda**

## Thank You

Many people make financial and in kind donations to the Center each month. Thanks to: Art Dupey (box of coffee filters), Jim and Gerry Blackowiak and Ebenezer Loren on Park for birthday party treats, East Harriet Farmstead Neighborhood Association (coffee), CARAG – mosaic grant, City of Minneapolis – mosaic grant, all 185 mosaic volunteers, Sharra Frank, our mosaic lead artist. A special thank you goes to Victor's 1959 Café and Victor, Jr. for the delicious meal that the café prepared and donated to the Center. The following people made financial donations to the Center this quarter: Evelyn Arbo, Mary Banyard, Nancy and Peter Fritz, Darrick Hills and Mary Ann Schoenberger, Pat Hjelle, Lee and Jo Jacobs, Kathleen Keeler, Jim Larson, Donna Pool, James Ronne, Lois Schurke, Sue Wilmarth, Lunds (in memory of Grace Jarrett). Thank you to Lil Hipp for donating a new laser jet printer and Craig Wiester for donating a new flat screen computer monitor.

## Southwest Center Programs and Services

Center activities bring people together for educational, health, dining and social opportunities. Attend a class or one of our special events. Programs listed in this newsletter are held at Southwest Senior Center, 3612 Bryant Avenue South, unless otherwise noted.

Outreach Information, Referral and Advocacy Services are designed to keep you living independently. Our outreach staff can visit you in your home or at the Center to discuss your needs and suggest community services available to you. Special assistance is available for people of all ages who are caring for a senior age 60 or over.

DayElders Adult Day Program is an adult day service that offers a warm environment that supports physical, emotional and spiritual health. DayElders provides activities and services for people 50 and older who need support during the day and/or whose family could benefit from opportunities for care giving respite.

## Health and Wellness Services

### On-going Health and Wellness Services Provided Each Month

#### Mobile Food Shelf

Fridays, 10:00 am – 12:00 pm

Fridays: December 9, January 13, and February 10

The Salvation Army and Southwest Center collaborate on this program, which is open to persons 55 and older who are not receiving food from another food shelf and who find it difficult to afford nutritious food. Call Linda, the Center social worker, to fill out a registration form. Please call by the Tues. before the 2nd Friday of each month to order your food.

– Pick up is between 10 am & 12 pm

#### Diabetes Club

Tuesdays, 10:30 am

The group includes ½ hour discussion of diabetes-related topics & ½ hour of exercises. Discussions will be held in the dining room/library and exercise will be held in the DayElders room.

#### Senior Dining

Everyday, Monday – Friday, 12:00 pm

Come to the center and enjoy a nutritious and delicious noon lunch service. Call 612-824-5512 at least three business days in advance to reserve your meal. Recommended donation is \$3.50

#### Special Dates:

Tuesday, December 13

**Holiday Meal**

Wednesday, January 11 – 12:00 pm (noon)

**Staff Cooks 50s style**

#### Blood Pressure Checks

Thursdays, 12:30 pm

Thursdays: December 15, January 19, February 16

Provided by Walker Methodist Health Care

Please sign in at front desk to get a number.

## Get Together

### Services provided each month.

#### Men's Group Breakfast

Thursdays, 10:00 am

December 15, January 12, February 9

Come for a hearty breakfast and good conversation. Please R.S.V.P by Monday the week of the breakfast.

#### Birthday Celebrations

Wednesday, 1:00 pm

**December 28**

**Shirley Spanhanks**

**January 25**

**To be announced**

**February 29**

**The Senior Commodores**

#### Bryant Singers

Tuesdays, Day Elders Room 11:30 am

Put a little joy in your Tuesday. Join the "Bryant Singers". It may be old time mountain music or campfire favorites one morning or hip shakin' Elvis the next. Come find out for yourself!

#### Gospel Pearls

Wednesdays – DayElders Room 11:30 am

Lift up your voices and your spirits are sure to follow. Wednesdays we join together to sing the good ole Gospel songs. These are songs that have warmed our hearts since we sat in the pews a long time ago.

#### Hymn Sing

Fridays – DayElders Room 11:30 am

On Fridays come sing and celebrate tradition in song. We'll sing old and new hymns, the melody and harmony lifting us up for a Friday morning fix.

**For more information contact us at: 612-822-3194**

## Exercise Your Body

### Tai Chi Club

Wednesdays at 10:00 am

Tai Chi helps you connect the mind and body through gentle flowing motion. It has

been shown to help reduce stress, improve feelings of well-being, improve muscles, and increase flexibility and agility.



### Strengthen and Stretch

Tuesdays and Thursdays, 11:00 am

Strengthen and stretch your muscles. Participants will work to increase the number of repetitions and the amount of weight they use over the course of the classes. Recommended donation is \$1.50 per class paid on a quarterly basis to the instructor.



### 30-Minute Upper Body Weight Workout

Mondays and Wednesdays 11:00 am

Meet in the DayElder room for this fun class geared to increase your upper body strength.

### UCARE – Enhanced Fitness Class

Tuesdays and Thursdays, 9:45 am & 1:00 pm

This class includes strength training, flexibility and balance, and light cardiovascular conditioning.

Nancy Fritz-Whalen, a certified fitness instructor, will lead you through the exercises and provide individual attention. There is no charge for UCARE For Senior members. Recommended donation for non-UCARE members is \$1.50 per class (paid on a quarterly basis to the instructor). Paperwork must be filled out the first day of class or before the participant begins



### Exercise at Martin Luther King Park

4055 Nicollet Avenue S, Mondays at 10:15 am

No classes December 19 – Jan. 2, 16, Feb. 20

Combine strength training and light aerobics in this fun class. Recommended donation is \$2 per class, paid on a quarterly basis.

### Treadmill Available in Exercise Room

Please sign in at front desk each time you use the treadmill. See Mary Ann before using treadmill for the first time to learn the easy operating instructions.

## Exercise Your Brain

### Computer Class

2nd Friday each month at 11:00 am

### Scrabble

Fridays, 10:00 am – Meets in the library.

### Computers

Computers are available for use by people 50 and up Monday to Friday from 9:00 am – 3:00 pm except for when classes or tax assistance are in session.

## December

### TED Talks

Thursday, December 1, 1:00 pm

We'll watch a series of short videos about several different topics presented by well known people including Steve Jobs, photographer Paul Nicklen (Tales of Ice-bound Wonderlands), Graham Hill (Less Stuff, More Happiness, and David Gallo (Underwater Wonders).

**Fun Friday – Bingo** – Friday, December 2, 1:00 pm

### Favors for TRUST

Monday, December 5, 1:00 pm

We'll be making winter holiday themed favors for homebound meals-on wheels clients.

### All Day Movie – Meet Me in St. Louis

Tuesday, December 6, 10:30 – 11:30 am, 1 – 2 pm

Judy Garland stars in this holiday classic directed by Vincente Minnelli.

**The Nobel Prizes** – Friday, December 7, 1:00 pm

One hears the ‘sound bite’ on the radio about the winner of a Nobel prize but what do we really know about the categories, the prizes, how winners are selected, and the ceremony? Do you know who instigated them, when and why? Come find out!

### Snowflake Tea at Lyndale Farmstead Park

Thursday, December 8, 1:00 pm

Registration is limited, so please sign up early. Cost: \$5 per person. We'll be celebrating the winter season with warmth, great location and decorations, tasty treats with hot teas and good conversation among friends.



### **Neighborhood Mosaic Project**

*Wednesday, December 9, 1:00 pm*

Mary Ann will talk about & show pictures of the mosaic project that the Center, CARAG, and the artist developed, crafted and installed on the Bryant Ave. Market at 32nd Street & Bryant Ave. S.

### **Medicare Fraud – Monday, December 12, 1:00 pm**

Our speaker, a volunteer through MAAA, will provide information about the fraud that plagues Medicare – the scope, types, who is committing the fraud, and some information about what individuals can do to help prevent it.

### **Frank Sinatra – The Man & His Music**

*Tuesday, December 13, 1:00 pm*

### **Healthy Cooking**

*Wednesday, December 14, 1:00 pm*

Healthy cooking and eating can be tough during the holidays. Join Robbie to try out some tasty, healthy recipes that will help you get through the holidays.

### **Take Flight – Early “Birds”**

*Thursday, December 15, 1:00 pm*

We’ll take a look at the early aviation pioneers in America, some of the science that encouraged the inventors, and talk about what the ability to fly “like a bird” did for mankind.

### **Holiday Party**

*Friday, December 16, 1:00 pm*

An opportunity to celebrate the winter holidays just ahead with friends, traditions from around the world, music and refreshments.



### **Meet Beethoven**

*Monday, December 19, 1:00 pm*

Learn a bit about the life and music of this composer/musician. We’ll do some talking and lots of listening!

### **Bingo – Tuesday, December 20, 1:00 pm**

Meets in Day Elder Room.

### **Winter Holidays & Traditions**

*Wednesday, December 21, 1:00 pm*

Here’s a chance to welcome the winter season as we learn about the solstice and accompanying traditions, Hanukah & its traditions, and Christmas traditions, too.

### **Brain Games**

*Thursday, December 22, 1:00 pm*

See if Robbie can add a holiday “twist” to help keep you in the holiday spirit and in good mental health!

### **Fun Friday – Music with Chris Chestnuts Roasting on an Open Fire...**

*Friday, December 23, 1:00 pm*

You’d have to be a “Scrooge” not to love Christmas music. Come and join Chris Jones as he sings some of the best Christmas songs and carols. Don’t forget your holiday cheer and singing voices. Cocoa and cookies will add to this holiday affair.



### **CENTER CLOSED – Monday, December 26**

### **Kwanzaa**

*Tuesday, December 27, 1:00 pm*

This relatively new holiday with African American roots has ideas & traditions useful to all peoples. Come learn & explore.

### **Birthday Party**

*Wednesday, December 28, 1:00 pm*

Shirley Spanhanks & friends are our musical entertainers as we celebrate December birthdays. A \$1 donation encouraged if it’s NOT your birthday month.

### **New Year Welcome**

*Friday, December 30, 1:00 pm*

Yes, we’re celebrating a few days early but that gives you time to consider what YOUR new year’s resolution(s) will be! What were the “big” events of 2011 & what impact did they have on your life?

## **January – Membership Renewal**

**It’s membership renewal time! \$15 brings the quarterly newsletter to your mailbox & helps support Southwest Center. It’s a quick & easy step - just stop at the front desk and let the receptionist know you want to renew your membership or become a member.** Several member only events will be scheduled during the year to thank you and keep you up to date on Center happenings.

## January

**CENTER CLOSED – Monday, January 2, 2012**

### **Art & Science – Motion & Energy**

*Tuesday, January 3, 1:00 pm*

Join Robbie in using some simple art projects to learn some every day science principles.

### **HAVE YOU MADE YOUR NEW YEAR'S RESOLUTION YET? – Wednesday, Jan. 4, 1:00 pm**

How about resolving to complete that Health Care Directive you have been putting off?

Linda Walker, Center Social Worker will give a presentation on why it is important to have a health care directive and instructions on how to complete one. Health care directive forms will be available. If you need more help to complete the form, Linda will be available for individual appointments.

**DON'T MISS THIS OPPORTUNITY TO GET THIS IMPORTANT TASK DONE.**

**Favors for TRUST – Thursday, January 5, 1:00 pm**

**Fun Friday – Bingo – Friday, January 6, 1:00 pm**

### **It's 50's Week! "At the Hop!" Monday, Jan. 9, 1:00 pm**

Whether it's Bobby Darrin or the Big Bopper, the 50's brought to life some of the greatest of all American Music. Gals grab your poodle skirts. Guys grab some Brille Cream (if you still have any hair left!). We're gonna rock around the clock to some of the songs of Buddy Holly and Elvis. Squares should STAY AT HOME!



### **50's Trivia Challenge**

*Tuesday, January 10, 1:00 pm* –Join Mary Ann for this memory challenging hour of trivia fun!

**Staff Cooks 50's Style – Wed., Jan. 11, 12:00 pm**

### **50's Technology or Do You Remember...**

*Wednesday, January 11, 1:00 pm*

Start thinking about what "technology" changed everyday life. What impact did TV & TV dinners have? What happened with daily "chores", entertainment, transportation...

### **50's Movie "Some Like It Hot"**

*Thursday, January 12, 12:30 – 2:30*

*(Please note that lunch starts at 11:45 am)*

Tony Curtis and Jack Lemmon have joined an all girl band after witnessing a murder. Add in Marilyn Monroe and you've got screwball comedy at its best.



### **Let's Go to The Hop! 50's Dance Party**

*Friday, January 13, 1:00 pm – \$2.00*

at the door. Our live band will feature music for your dancing & listening enjoyment.



**CENTER CLOSED: Monday, January 16**

**Bingo – Tuesday, January 17, 1:00 pm**

### **Piano Memories with Vern**

*Wednesday, January 18, 1:00 pm*

Come enjoy live piano music performed by Center participant, Vern Maetzold. Vern took piano lesson as a child and appeared on the Cedric Adams Young Performers Talent show numerous times. (Ask him if he "won?") The music selection is Vern's and he says he'd going to play some of his father's favorites, a little classical, and...



### **Brain Games with Optum Health**

*Thursday, January 19, 1:00 pm*

Optum Health employees are our hosts today as we work to keep our brains in good working order.

### **MLK – The Man & His Legacy**

*Friday, January 20, 1:00 pm*

Our national recognition of this man took place earlier this week. We'll be taking a look back at Dr. King's life and how history describes his legacy. Discussion of what impact Dr. King and his message had on individuals & society.

**Dominos Fun – Monday, January 23, 1:00 pm**

Come learn how to play. Ray & Ruth Reynolds (senior diners from Windom) will be joining us as out teachers.

**TED Talks – Tuesday, January 24, 1:00 pm**

Come watch some short videos featuring cutting edge ideas from some of the worlds leading thinkers & doers.

**Birthday Party – Wednesday, January 25, 1:00 pm**

### **Stress Reduction & Relaxation**

*Thursday, January 26, 1:00 pm* Join Mary Ann for a discussion of stress, and methods you can easily use to enhance relaxation and reduce stress.

### **ravel Portugal & Spain with Paul & Rachel**

*Friday, January 27, 1:00 pm* Come learn some more about Spain & Portugal through this PowerPoint slide show of pictures taken on their recent vacation.

**Healthy Cooking – Tuesday, January 31, 1:00 pm**

## February

### Poetry Workshop

Wednesday, February 1, 1:00 pm

Librarian Emily Lloyd will lead a poetry workshop that will help you tap into your creative side.

### Favors for TRUST

Wednesday, February 2, 1:00 pm

Valentine's Day is close at hand so we will be making themed favors for homebound meals-on wheels client.

**Fun Friday – Bingo** – Thursday, November 3, 1:00 pm

### Music with Chris: *Raindrops on Roses and Whiskers on Kittens...*

Monday, February 6, 1:00 pm

Join together for a great sing along to the music from the "Sound of Music."

We'll sing all the classics from "Edelweisse" to "How do you solve a Problem like Maria?" You'll have so much fun you'll have to wipe the strudel off your chin!



### Art Talk with Laura: Louise Nevelson

Tuesday, February 7, 1:00 pm

Join Laura in celebrating artist Louise Nevelson, an American sculptor known for her monumental, monochromatic, wooden wall pieces and outdoor sculptures.

### Tax Assistance

Tuesdays, beginning February 7 through April 10, 9:00 am – Noon. The Tax Aide volunteers are back to help you complete and e-file your 2011 taxes. Its first come first served – stop at the Front Desk to get a number. Please bring the following documents with you: Copy of last year's tax return, W-2 forms from employers, SSA 1099 if paid Social Security, ALL 1099 forms (INT, DIV, B, Misc), Original purchase price of sold assets, Unemployment compensation statements, Social Security cards for self and dependents, Receipts or cancelled checks if itemizing deductions, Records of Estimated Taxes paid Certificate of Rent Paid or 2012 Property Tax Stmt.

### How to Stay Independent

Wednesday, February 8, 1:00 pm

Star Tribune senior issues writer, Warren Wolfe, presents some ideas, choices, and mental stimulation involving how older adults can remain independent.

**Hearts &...** – Thursday, February 9, 1:00 pm

Join Robbie for a layman's review of the circulatory system.

**Healthy Cooking** – Friday, February 10, 1:00 pm

I say potato, you say potato but we all agree that February is National Potato month! Come learn some basic and easy ways to cook this versatile vegetable, plus nutrition information and a little history.

**Saturday Pancake Breakfast**– Sat., Feb. 11, 10:00 am

IPR college students are hosting a delicious pancake breakfast. \$2 recommended donation to be paid when you register. Seating is limited, so please register early.

**Brain Games** – Monday, February 13, 1:00 pm

### Valentine's Day Square Dance

Tuesday, February 14, 1:00 pm

\$2.00 at the door. Shades of red, pink and purple plus white brighten the dance floor! Live music and an experienced caller make this a real treat. Don't stay away because you don't know how to square dance – we'll start out with a lesson on the figures. Light refreshments will be served.



### Wire Wrapped Jewelry

Wednesday, February 15, 1:00 pm Cost \$5.

Come join us for some wire wrapping. You can turn a stone, washer or shell into a necklace by learning the art of wire wrapping

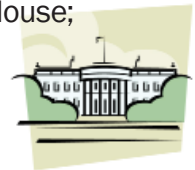
### Art & Science – Reactions & Change

Thursday, February 16, 1:00 pm

Indoor art projects that have science on their side! Come discover what some simple art projects can teach about science principles used in everyday life.

**Presidential Living** – Friday, February 17, 1:00 pm

We're celebrating U.S. presidents in a slightly different way as we learn about the White House; its history and some of the stories about the presidents and their families who made it their home.



**CENTER CLOSED** – Monday, February 20

**Bingo** – Tuesday, February 21, 1:00 pm

**TED Talks** – Wednesday, February 22, 1:00pm

View several short videos featuring ideas and discussion from leading movers and shakers.

**Introduction to Somalia** – Thursday, Feb. 23, 1:00 pm

Li Muse, a Senior Dining employee, will talk about Somali culture and about the country, too.

**More February events on back page**

## February *continued*

**Fun Friday – Caribbean Cruise**– Friday, Feb. 24, 1:00 pm  
Join our mid-winter pick me up as the Center staff hosts a landlubber’s Caribbean cruise. Music, games, humor, and refreshments plus a best tropical “outfit” award are on deck (Overboard?) Sunglasses & sun screen are required.

**Black History – The Arts** – Monday, Feb. 27, 1:00 pm  
Several short videos introduce us to African Americans who helped shape and influence the arts in the United States and around the world.

**Birthday Party with the Senior Commodores**  
Wednesday, February 29, 1:00 pm  
This birthday day happens only once every four years! We’ll be celebrating all February birthdays but hope that those leap year birthday folks will join us, too. A \$1 donation is encouraged if it’s NOT your birthday month.

## Photo Corner



**Senator Al Franken returned to Southwest Senior Center back in October. He spoke to a room full of seniors and asked for their support for the Home Care Consumer Bill of Rights Act, which is a bill he wrote.**

# Southwest Center Volunteers of America–Minnesota

[www.voamn.org](http://www.voamn.org)

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**Special Dates**  
Holiday Meal 12/13  
Membership Renewal January  
Staff Cooks 50's Style 1/9  
50's Dance Party 1/13  
Valentine's Day Square Dance 2/14

**Southwest Center**  
3612 Bryant Ave. South  
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