



Volunteers
of America®

MINNESOTA

Southwest Center Newsletter

Activities and Programs for Older Adults

March/April/May 2012 Edition

Brain-a-thon Features Exciting Speakers, Games, Competition

The Brain-a-thon is here again. This is a great time to re-dedicate yourself to making lifestyle choices that will help you improve your chances of keeping your brain healthy. As usual, the Center will host a number of programs during March, April and May, that will inform you about the latest in brain research, challenge you to stretch your heads during Brain Games, and give you practical ways that you can help your brain. Be sure you come to hear Dr. Fang Yu, a professor at the University of MN, speak about Exercise and the Brain on March 27 at 1pm. This November she received the Spring Publishing Award in Geriatric/Gerontological Nursing for her article about exercise and Alzheimer's. How lucky we are to be located close to a top research university.



We'll also be hosting our annual **Brain-a-thon competition**, a friendly competition that helps you record the good things you are doing for your brain and gives you prizes for doing so. Everyone who attends the Kick-Off will be signed up for the Brain-a-thon, or you can register with the front desk. Participants will get one point each for the following:

1. Completed crossword, word search and Sudoku puzzles (must be completed March 14 or later. Please do not bring in anything completed before then)
2. Attending an exercise class, Tai Chi or doing 1/2 hour of exercise on your own (for those attending classes at the Center, we will automatically

record your points, for those exercising on your own, please write down the dates that you exercise)

3. Attending a computer class, Diabetes Club, or playing scrabble at the Center
4. Attending any of the programs in the newsletter that are marked with **B** including all of the Brain-a-thon programs.

The program will begin with the Brain-a-thon Kick-Off and a "Staff Cooks Brain Healthy Food" lunch on Wednesday, March 14. Please sign up for lunch by Friday, March 9. The Brain-a-thon Celebration and Awards Ceremony will be held on Wednesday, May 16. The final day for handing in crosswords and fitness journal is Friday, May 11. Get your brains and your bodies ready to work!

Matter of Balance Workshops

Even though we have had a mild winter, a fear of falling can prevent people from doing things they love any time of year. This fear can result in seniors being less active, which can in fact increase the risk of falls because of decreased muscle strength and mobility. Matter of Balance is a program designed to reduce the fear of falling, stop the fear of falling cycle, and increase activity for seniors living in the community. This 8 week workshop is a great way for you to set realistic goals about increasing your activity, to address fall risk factors, and to learn exercises that will increase your strength and balance. Classes will held on Mondays at 1 pm beginning March 5 and continuing through April 23. Please talk to Robbie if you have questions or would like to register for the class.



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

What changes are happening with Medicare in 2012?

There are several changes worth noting:

- 1) The Medicare Part B premium is \$99.90 this year. For most seniors that is an increase from \$96.40
- 2) The Part A Hospital Inpatient stay deductible is \$1156.00. If you have a Medicare supplement policy, it is likely that plan pays all or most of that deductible.
- 3) The Part B deductible is \$140.00. Again, if you have a supplement plan, that deductible is likely covered by the plan.
- 4) Under the Medicare Part D benefit, there is a new Special Enrollment Period for “5 Star” Medicare Advantage and stand alone Part D plans. Beginning 12/8/11 and ending 11/30/12 you can switch to a “5 Star” plan” once during the year if you are dissatisfied with the plan you are enrolled in. There are very few “5 Star” plans nationwide, but MN does have one plan.
- 5) Medicare Advantage and Part D plans are now required to use a single, uniform exceptions and appeals process for prescription drug coverage.
- 6) People who hit the “donut hole” in their drug coverage during 2012 will receive a discount on both name brand and generic drugs.

7) Medicare Advantage plans cannot charge enrollees a co-pay for preventive services, if there is no cost sharing for that service under Original Medicare.

As always, if you have questions about your insurance coverage or experience a problem, please stop by to see me or call for an appointment

Thank You

Each month many people contribute to the Center. Please let the following people know that you appreciate their efforts. Bob and Dorothy Meyer, for coffee; Teresa and Don Ernst for Christmas table decorations and many delicious treats; Don Seifert and Incarnation Church for flowers; Craig Wiester for a flat screen computer monitor; Rachel and Paul Santos for their presentation about travel in Portugal and Spain; Vern Maetzold for his piano recital; Ruth and Ray Reynolds for leading the program on dominoes; Ray Reynolds and Hazel Hole for donating the dominoes and rack; and John Lundgren for VCR musicals,

Many thanks to the following for financial contributions: Stephanie Borden-Kirch, Peter and Nancy Fritz, David Hendey, Pat Hjelle, Avis Hoffman, Reiko Komoto, Charlotte Moses, James Ronne, Nancy Schoenberger King and Chris King.

Thanks also to all of our wonderful volunteers, who will be recognized at Volunteer Recognition Day on Friday, April 20th.

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

Services provided each month.

Mobile Food Shelf

Fridays, 10:00 am – 12:00 pm

March 9, April 13, and May 11

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

B 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:

Wednesday, March 14

Staff Cooks Brain Healthy Style

Blood Pressure Checks

Thursdays, 12:30 pm

March 15, April 19, and May 17

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

Thursdays: March 8, April 12, and May 10

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

March 28

Aero Yoga

April 25

Animal Productions

May 30

To Be Announced

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

B Tai Chi Club - Intermediate

Wednesdays, 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 to increase flexibility, energy and agility.



B 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.

B 30-Minute Upper Body Weight Workout

Mondays and Wednesdays 11:30 am

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

B 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.

B Martin Luther King Park Exercise

4055 Nicollet Ave. S., Minneapolis
Mondays, 10:15 am

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

B Scrabble

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

Computer Lab

The computer room is closed on Tuesdays through April 10 from 8:30am until the Tax Aide volunteers have completed their work.

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

B Generations On-Line with Cora

Thursdays, 10:00 am – 12:00 pm

This program teaches one basic use of the mouse, set up an e-mail “account”, and basic Internet searches.

B Travel Arrangements

March 9 at 1:00 pm

B Word Processing Basics

April 19 at 1:00 pm

B Searching the Internet

May 21 at 1:00 pm

TAX ASSISTANCE

Tuesdays from 9:00am to 12:00 noon

March 1 through April 12.

Service is provided by volunteers from the AARP Tax Aide Program. Specially trained volunteer tax counselors are available to help you complete your forms. No appointments necessary. Stop at the front desk to get a number, as service is first come first served. To provide adequate assistance, the tax counselors require the following information:

1. copies of last year's returns and any state or federal refunds
2. records of 2010 income
3. a list of all itemized deductions and substantiating records
4. appropriate Property Tax Statement or Certificate
5. records of estimated taxes paid in 2010
6. security transaction records showing the date purchased, the date sold, and net profit/loss

March

Favors for TRUST

Thursday, March 1, 1:00 pm

We're making St. Patrick's Day themed favors for homebound Meals on Wheels clients.

Fun Friday – Green Bingo

Friday, March 2, 1:00 pm

A Matter of Balance (8 week class)

Mondays at 1:00 pm

Beginning March 5 through April 23

This series is designed to address factors affecting fear of falling and to learn fall prevention strategies.



B Domino Fun

Tuesday, March 6, 1:00 pm

Thanks to Ray Reynolds & Hazel Hole, Southwest Center has several sets of dominos. Come learn how to play Chicken Foot dominos or if you wish, "regular" style.

What's Cooking? Taking a Look at Kitchen Utensils From Our Past

Wednesday, March 7, 1:00 pm

We're checking out part of the Hennepin History Museum's collection with docent Shari Albens. Can you identify all the items? Have you used these or similar utensils?

Make a Mosaic Picture Frame

Thursday, March 8 & March 15

Cost: \$7 – register & pre-pay by Tuesday, March 6. Here's your opportunity to create a mini mosaic art piece that can hold your favorite photo or become a special gift. We'll be using colored glass and mirror.



B Computer Class – Making Travel Arrangements

Friday, March 9, 11:00 am

Staff Cooks – Brain Healthy Meal

Wednesday, March 14, 12:00 pm (noon)

Please make your reservation by noon on Friday, March 9th.

Brain-a-thon Kick-off

Wednesday, March 14, 1:00 pm



Learn about research into the aging brain and what you can do to improve your brain's health. Find out how you can earn prizes by doing brain healthy activities.

St. Patrick's Celebration & Concert

Friday, March 16, 1:00 pm



We'll be singing and toe tapping along to the jigs and reels of the Emerald Isle. We'll have some sing along favorites, some fiddle tunes, plus stories and poems celebrating all things Irish. Wearing GREEN is encouraged!!! Light refreshments, too.

Bingo - Tuesday, March 20, 1:00 pm

Musical Movie Madness – An American In Paris

Wednesday, March 21, 12:30 pm

Gene Kelly & Leslie Caron star in this 1951 movie musical that features the wonderful words & music of George and Ira Gershwin.



Healthy Cooking – Peanuts

Thursday, March 22, 1:00 pm

Join Robbie to explore the culinary uses and nutrition of peanuts.



Brain-a-thon - Memory and Aging

Friday, March 23, 1:00 pm

B Brain-a-thon: Exercise and Brain Health

Tuesday, March 27, 1:00 pm

Dr. Fang Yu from the University of Minnesota will speak about the impact of exercise on brain health and her research about exercise and Alzheimer's.

Birthday Party - Aero Yoga

Wednesday, March 28, 1:00 pm

Suggested donation of \$1 if it's NOT your birthday month. Our birthday celebration takes an unusual turn – away from music & dance to yoga! Aero yoga that is. Light refreshments served.

Civil Rights – Minneapolis History

Friday, March 30, 1:00 pm

Our speaker, from the Minneapolis Department of Civil Rights, will present a program about our city's civil rights movements, the past & the current situation. It's also an opportunity to ask questions and/or to share your stories/experiences, too.

April

B **Brain-a-thon – Strategies for Memory Improvement**
Wednesday, April 18, 1:00 pm

Favors for TRUST

Tuesday, April 3, 1:00 pm

May Day is our theme – think mini-May baskets

An Amateur's Tour of Ireland - Highlights from Causeway to the Cliffs, and Forgotten Gems

Betwixt Wednesday, April 4, 1:00 pm

Having lived in southern Ireland for four years, Michael Kane will share some collected experiences of Ireland. Some famous and some not, but all of them authentically charming.

B **Brain-a-thon – Brain Games** - Thurs., April 5, 1:00pm

Fun Friday – Foolish Bingo - Friday, April 6, 1:00 pm

Spring Meal – Senior Dining

Tuesday, April 10, 12:00 (noon)

Spring Fling

Tuesday, April 10, 1:00 pm

Come join the fun as we “spring” to spring! There will be some games, trivia, & treats plus seed starting for the community garden.



Healthy Cooking - Wednesday, April 11, 1:00 pm

55-Alive 4 –Hour Defensive Driving Refresher

Class Thursday, April 12, 1:00 – 5:00pm

Registration & payment deadline: Monday, April 9
Cost: AARP members - \$12 (must show membership card to receive this price); non-members - \$14
This class is for people who have previously completed the 8-hour class. To “keep” your insurance discount you must take the refresher class every three years.

B **Brain-a-thon – Nutrition and Brain Health**
Thursday, April 26, 1:00 pm

Music with Chris – We’re Gonna Rock

This Town! Friday, April 13, 1:00 pm

Alright, alright already! Paul & Chris will do another rocking guitar concert so you can quit asking! Repeating one of last years most successful and ear ringing concerts, Paul Santos & Chris Jones will bring in the electric guitars and let them rip! Ear plugs provided.



Bingo - Tuesday, April 17, 1:00pm

B **Computer Class – Basic Word Processing**
Thursday, April 19, 1:00 pm

Volunteer Recognition

Friday, April 20, 1:00 pm

Our Center relies on volunteers to help with a variety of programs and events, plus a lot of behind the scenes assistance. We would like everyone to have the opportunity to say a big thank you so we pick one day to publicly recognize the contributions made by both Center senior participants and other people from the community. Please join the staff to recognize & thank our many volunteers.

An Attitude of Gratitude

Tuesday, April 24, 1:00 pm

It's easy to be grateful around Thanksgiving. But what if you tried to feel grateful year round? What might change about your life? Gratitude happens when we go beyond just appreciating something to acknowledging that we received a gift that we may have done nothing to earn or deserve. Join Linda Walker for this presentation which explores “the attitude of Gratitude” and learn some tips for incorporating this outlook more fully into your life.

Birthday Party – Animal Productions

Wednesday, April 25, 1:00 pm

Come enjoy the wild side of life with the opportunity to see, learn about and sometimes even touch a variety of animals from around the world. \$1 suggested donation if this is NOT your birthday month.

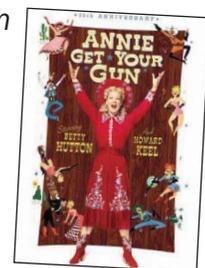
Fun Friday - Friday, April 27, 1:00 pm

Musical Madness II

Annie Get Your Gun

Monday, April 30, 12:30 pm

The story of Annie Oakley & Frank Butler, Buffalo Bill's Wild West Show and how love triumphs when Annie proves that, yes, you can get a man with a gun! Betty Hutton and Howard Keel star as Annie and Frank.



May

B Brain-a-thon – Brain Games

Tuesday, May 1, 1:00 pm

Genealogy Basics

Thursday, May 3, 1:00 pm

Have you always wanted to know more about your ancestors but haven't known where to start. Gus Fenton, an amateur genealogist, will share his fascination with genealogy and offer advice on how you can learn about your own background.



Fun Friday – Spring Bingo - Friday, May 4, 1:00 pm

Favors for TRUST - Monday, May 7, 1:00 pm

Help meals-on-wheels clients remember Memorial Day by help make small favors that commemorate this holiday.

Music with Chris – Seventy Six Trombones

Tuesday, May 8, 1:00 pm

Come bring your singing voices to sing along to Meredith Wilson's wonderful musical The Music Man! Join Professor Harold Hill aka Chris Jones while he sings and plays songs from his favorite musical. "Ho ho ho the Wells Fargo Wagon is a coming!



B Brain-a-thon – Optimism and Humor

Wednesday, May 9, 1:00 pm

Occupational Therapy – What & Why

Thursday, May 10, 1:00 pm

Come learn about another of those medically related therapies that we often get "sent" to do before returning home from a hospital or rehab stay. Our OT speaker will talk about the whys & benefits of OT plus how OT fits into different settings.

Celebrating Mothers - Friday, May 11, 1:00 pm

Mother's Day is the following Sunday so we're celebrating a little early. Come share some of your experiences of "mothering", test your skills by answering trivia questions, and give your "take" on how mothers and mothering has changed

Bingo - Tuesday, May 15, 1:00 pm

Brain-a-thon Celebration - Wed., May 16, 1:00 pm

Find out who earned the most points for the Brain-a-thon, as we hand out the prizes to all of the winners.

Healthy Cooking - Thursday, May 17, 1:00 pm

Honoring Choices - Friday, May 18, 1:00 pm

Lin Butler's presentation focuses on the new advanced care directive "Honoring Choices". This document is being used by hospitals & clinics all across Minnesota to help patients and their families make decisions about what they want for their care treatment. Similar to "Five Wishes", this document creates legal authority for someone to become your health care agent if or when you cannot speak for yourself.

B Searching the Internet - Monday, May 21, 1:00 pm

Wonder what people mean when they say they are "Searching the Web"? Find out about how you can use a computer to learn about the world.

Musical Madness III – Alexander's Ragtime Band

Tuesday, May 22, 12:30 pm

This grand musical is a nostalgic tribute to Irving Berlin. Tyrone Power, Alice Faye, Don Ameche, Ethel Merman and Jack Haley co-star and perform over two dozen classic Berlin songs.



6th Grade Essay Contest Awards

Wed., May 23, 12:30 pm

Come join Mary Austin's combined 5th & 6th grade class from Clara Barton Open School as they learn the winners of the essay contest "My Best Older Friend". Hear some of the essays as read by the students and enjoy light refreshments and conversation with them, too.

Art Talk with Laura: Minneapolis Institute of Arts

Friday, May 25, 1:00 pm

The Minneapolis Institute of Arts houses more than 80,000 objects from diverse cultural traditions spanning 5,000 years of world history. Join Laura in exploring the museum's vast collection of art.

Center Closed – Monday, May 28 for Memorial Day

Birthday Party - Wednesday, May 30, 1:00 pm

Entertainment to be announced.

Special Dates

Brain-a-thon

Various events and dates.

Make a Mosaic Picture Frame

Thursday, March 8 & March 15

Dr. Fang Yu – The Brain and Exercise

Tuesday, March 27, 1:00 pm

Music with Chris – We're Gonna Rock This Town!

Friday, April 13, 1:00 pm

Volunteer Recognition

Friday, April 20, 1:00 pm

6th Grade Essay Contest Awards

Wednesday, May 23, 12:30 pm

Center Closed – Monday, May 28 for Memorial Day

Photo Corner



Lon and Donna enjoying the Sock Hop during 50s week.

Southwest Center Volunteers of America–Minnesota

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