



White Bear Lake Area SENIOR VOICE

It is certainly a very different and challenging world since our last newsletter! We hope you are all well, staying busy, and connecting with families and friends during this difficult time. Our hope is this edition of the Senior Voice can provide valuable information and some fun entertainment as well.

As you may know, the Senior Center closed its doors to members and the public on March 13th. It has been very quiet since then; no laughter or chatter in our rooms, chairs are empty, cards are quiet, and the parking lot is empty.

We have also seen quite a bit of change over the past few months. We are still available as a resource for you, but it will be in a limited fashion as we have made some changes in staffing during this time. You can call us at our main number 651-653-3121 and leave a message or email at whitebearseniorprogram@isd624.org. Voicemails and emails will be answered as quickly as possible.

Although we are closed to members, we are providing fun services to keep in touch. Through the help of volunteers, we are delivering our library books and puzzles to members and we have started a Pen Pal program with middle school students corresponding to older adults in the community. If you would like to be a part of either of these programs, please email or give us a call.



Meals on Wheels (MOWs) is as busy as ever. In fact, MOWs has become a vital lifeline for many who live in our community who previously shopped at the grocery store. The kitchen staff and volunteer



drivers are wearing masks, using hand sanitizer between each delivery and we have begun “no contact” meal delivery to keep everyone as

safe as possible. We have also increased frozen meal deliveries to decrease exposure. This means we may deliver one hot meal a week and up to six frozen meals for clients to heat themselves.

We miss you and look forward to seeing you again soon. Until then keep safe, stay in touch, and stay busy!



Senior Voice Newsletter Mailings Address Clean Up

During this time, we are doing a little house cleaning, which includes updating our Senior Voice mailing list to help save costs.

To stop receiving a paper Senior Voice

OR

To update your name/address

OR

To receive the newsletter via email only

CONTACT US AT

651-653-3121 or email
whitebearseniorprogram@isd624.org

*Remember to leave your name,
home address and email.*



Contact Us

General Information

651-653-3121

2484 East County Road F, WBL

Mon-Fri 8:00 am - 4:30 pm

www.whitebearseniorprogram.org

Administrative Assistant

Rose Price 651-653-3121

rose.price@isd624.org

Adult Enrichment Programmer

Michelle Hubbard 651-653-3124

michelle.hubbard@isd624.org

Adult Programs Coordinator

Jon Anderson 651-407-7509

jon.anderson@isd624.org

Meals on Wheels

Debbie Walker 651-653-3123

deb.walker@isd624.org

Mon-Fri 8:00 am - 1:00 pm

Nutritious meals delivered during the noon hour. Special diets and frozen meals are available.



Hello from the Senior Center!

My name is Jon Anderson and I am currently the interim Adult Programs & Facility Coordinator. I started in this position in April, but have been working in the Community Services & Recreation Department for the past 26 years. I am excited about expanding my role and working with you in the future!

Since our last Senior Voice, the world has been flipped upside down due to Covid-19. It has challenged us in ways to provide services like we've never done before. We have excelled in many ways but have struggled in others. We are continually trying to find new and exciting ways to support you and our community.

The Senior Center is still closed and we are not sure yet when we can open, but we are continuing to offer programs. Our Meals on Wheels program is stronger than ever! We are serving more and more clients and if you or someone you know needs and support with meals, please give us a call so we can help. We have also started some new programs, Pen Pals and a Traveling Library, which are listed on page 6. We would love to have you participate if you are able!

We are committed to opening up the Senior Center when we are able and it is safe for you and our staff to be together.

**Meals on Wheels
delivery will be closed:**

July 3

**Senior Center Closed
until further notified.**



Historical Fun Facts

July 3, 1922: "Fruit Garden and Home" magazine was introduced but was later renamed "Better Homes and Gardens."

August 15, 1969: The Woodstock Music & Art Fair opened its doors to participants and spectators.

Senior Center Membership

Yearly Membership Renewal	Yearly Fee
Starts June 1	\$30 7/1/20 to 6/30/21

Renew when we re-open!!

New members are always welcome, no matter where you live! Membership is required to attend ongoing group activities. The fees help offset expenses for coffee, supplies, staffing and facility costs.

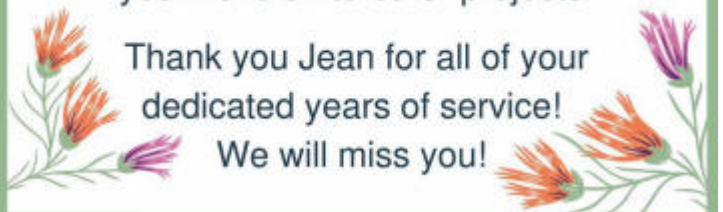
We appreciate your participation and support of the Senior Center!

Thank You Jean Kaas

Jean has been a dedicated Craft Corner Volunteer many years. She worked every Thursday and at every Boutique with a ready smile willing to help customers with their purchases. We will miss you when you move on to other projects.

Thank you Jean for all of your dedicated years of service!

We will miss you!




Thank You Volunteers!


White Bear Area Meals on Wheels has always been appreciative and fortunate for the many volunteers that reside in our community. We not only have individuals who donate their time but companies who give their employees time to volunteer as well. For this reason, we are the only MOWs program in Ramsey County that is still delivering daily hot meals to anyone who is in need. This allows us to do what we do best and that is connect with our friends and neighbors one-on-one to help ease isolation and do a “wellness check”. We could not do this without our large volunteer base. *THANK YOU AGAIN!*



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A Hub of Support

These past couple of months have certainly been a whirlwind, to say the least. The importance of community, in both the traditional and virtual sense, has been proven time and time again, and our motivation for finding new and creative ways to provide community support has never been stronger.

COVID-19 has challenged us to provide education in a different format, and to find new ways to provide important services to our entire community during this time. A new hub on the district's website, isd624.org/Support-Hub, provides information for essential services including district supports, community resources, crisis response, basic needs and more. A special "Adults & Seniors" section under Community Resources includes information about our Senior Program, Resources for Older Adults During COVID-19, and Meals on Wheels.

The commitment that each of us makes to supporting others right now will forever be remembered. I am so proud to serve alongside our students, staff, families and community members as we navigate through these challenging times together.

We've got this!

Dr. Wayne A. Kazmierczak, Superintendent



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Community Education Online Classes

Online classes require an email, computer or handheld device, with a camera and microphone. Prior to class an email with a link to join the class will be sent. The instructor will spend a few minutes discussing the online features. Call to register at 651-407-7501. Advanced registration and payment required.

Just Breathe! Techniques to Calm Tension, Stress & Anxiety

1642.412 July 8 10 - 11:30 am \$35

Why Your Can't Trust Your Trust

1132.401 July 13 6:30 - 8 pm \$20

Preparing to Downsize Your Life and Home

1131.420 July 18 9 - 11 am \$15

Everything you Want to Know About Medicare

1245.401 July 22 1 - 2:30 pm \$15

Everything you Want to Know About Medicare

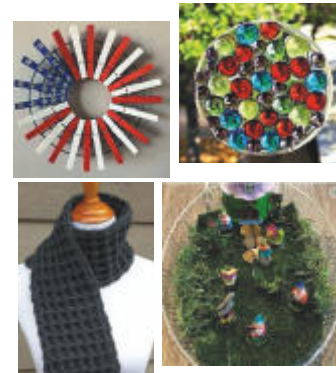
1245.405 Aug 19 1 - 2:30 pm \$15

At Home Craft Kits

Looking for activities to keep you creative at home? Check out these craft kits!

For older adults (55+), orders will be available to pick up from 4855 Bloom Ave, WBL or delivery within the White Bear Area School District.

- \$7 Suncatcher
- \$7 Tree Button Art
- \$7 Patriotic Wreath
- \$7 Poured Paint Clay Pot
- \$14 Fairy Garden
- \$14 Waffle Stitch Crocheted Scarf



View a full listing of available craft kits and images at: www.whitebear.ce.eleyo.com and search *Craft Kits*

Need assistance registering? Give us a call at 651-407-7501.

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TIM LUNDGREN
 SRES
 651-398-3801
 TIMLUNDGREN@LREGMN.COM



COLLEEN KETCHAM
 SRES
 612-321-1171
 CCKETCH@GMAIL.COM





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Contact Lynn Amon, Site Coordinator—White Bear Lake, at (651) 301-9445, or www.lyngblomsten.org/2ndHalf.

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Sewing Facemasks for Safety

Thank you to everyone who has been busy sewing and donating cotton face masks! These beautiful masks have been donated to our child care workers, Meals on Wheels volunteers and staff as well as other district staff during the COVID-19 closure.



Left: Xue Xiong, Community Services & Recreation staff member enjoying sewing at work to keep co-workers safe.

Traveling Book Bag

The Senior Center library has grown some wheels! Thanks to some fast thinking by our own Rose Price, we started a "Traveling Book & Puzzle Program".

If you would be interested in receiving some books and/or jigsaw puzzles from our own library, please contact us.

We need to know what genre of books you are interested in or styles of puzzles. They will be delivered by our wonderful volunteer drivers. When you're done with the books or puzzles, just give us a call back and we can pick them up.

Contact us at 651-653-3121 or whitebearseniorprogram@isd624.org



Brightening a Day Through Coloring

Students at our child care sites have been beautifying brown paper bags by used for our Meals On Wheels lunches. Through artistically coloring these bags students bring a little happiness, joy, and sometimes a chuckle to our MOW clients.



A big **Thank You** to those who sewed the wonderful bags!!



Pen Pal Program

Through some hard work and creative thinking, we have started a Pen Pal Program during our closure time at the Senior Center. Students at Central Middle School have been writing back and forth in Pen Pal Books to create a connection between a wide range of generations.

Stories of past experiences, families, and fun stories of times long ago, are all items that have been shared.

Let us know if you are interested in participating!

AARP Smart Driver

Senior Center, 2484 East Cnty Rd F, WBL

Minnesota law mandates a 10% reduction in car insurance premiums for persons 55+ who complete a defensive driving class. Courses consist of an overview of safe driving - no written or driving test. Advanced registration required.

FULL COURSE (TWO 4-HOUR CLASSES) \$39

1578.401 Tu/Th Jul 21 & 23 12:30 - 4:30pm

1578.402 Tu/Th Aug 11 & 12 12:30 - 4:30pm

REFRESHER COURSE (4-HOURS) \$35

1579.445 Th Jul 9 8:30am-12:30 pm

1579.446 Tu Jul 14 12:30-4:30 pm

1579.447 W Jul 29 12:30-4:30 pm

1579.450 Tu Aug 8 8:30am-12:30 pm

1579.451 W Aug 19 12:30-4:30 pm

1579.452 Th Aug 27 8:30am-12:30 pm

As state guidelines continue to change, we may or may not be able to provide these classes as scheduled. We are accepting registrations, knowing they may need to be pushed into the future.



Rosemary and Doug bringing meals to our volunteer Meals On Wheels drivers.



Summer Fun Fact

July is National Ice Cream Month.

Go celebrate!




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We're safe, having fun and hope you are seeing the bright side of things too! The Pillars of White Bear Lake is proud of our team and impressed by the resilience of our amazing residents!

If things have changed for you or your family member, contact us about our Assisted Living or Memory Care needs. We are here to help!



651-653-3288 | PILLARSENIOR.COM/WHITEBEARLAKE

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Animals & Nature**MN DNR Web Cams**

www.dnr.state.mn.us/features/webcams/index.html

Monterey Bay Aquarium

www.montereybayaquarium.org/animals/live-cams

National Aquarium Virtual Tour

www.samuraivirtualtours.com/example/nadc/index.html

National Park Tours

<https://artsandculture.withgoogle.com/en-us/national-parks-service/parks>

San Diego Zoo

www.kids.sandiegozoo.org/grownups

Smithsonian's National Zoo

<https://nationalzoo.si.edu/webcams>

ART & MUSEUMS**Minneapolis Institute of Art (MIA)**

<https://new.artsmia.org/about/>

Minnesota Historical Society

<http://www.mnhs.org/historyathome>

Virtual Museum Tours - 12 Famous Museums

<https://tinyurl.com/wp2gmtw>

GAMES**Crossword Puzzles**

www.bestcrosswords.com

Jigsaw Puzzles

www.jigzone.com

Puzzles & Games (Sudoku, Word Search, etc.)

www.puzzles.ca

Printable Puzzles, Mazes & More

www.krazydad.com

MUSIC**Broadway Plays and Musicals**

<https://tinyurl.com/wyq8vsx>

Watch 15 Broadway Plays and Musicals from home.

Virtual Opera Performances

<https://tinyurl.com/qvvtv>

Metropolitan Opera steams encore presentations on their website each night at 7:30pm

EXERCISE**4 Exercises Older Adults Should Do Every Day**

www.silversneakers.com/blog/daily-exercises-olderadults/

National Institute on Aging & National Institute on Health - Go4Life

www.go4life.nia.nih.gov

Chair Yoga- Yoga with Adriene (YouTube)

[https://www.youtube.com/watch?v=-](https://www.youtube.com/watch?v=-Ts01MC2mlo&list=PLui6Eyny-Uzwadfy44g9nYIDcTt8IB-3T)

[Ts01MC2mlo&list=PLui6Eyny-Uzwadfy44g9nYIDcTt8IB-3T](https://www.youtube.com/watch?v=-Ts01MC2mlo&list=PLui6Eyny-Uzwadfy44g9nYIDcTt8IB-3T)

OTHER LEARNING**History Course from Top Universities**

www.acadoceo.com/free-online-history-courses/

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www.cyberseniors.org

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Note: The White Bear Area Senior Program does not recommend or endorse any of these programs. We have not checked or verified content all content on the sites. Every effort has been made to check accuracy. Please use discretion before viewing. Thank you to the contributors we sited.

Property Tax Assistance Available from Minnesota Department of Revenue

Minnesota Homestead Credit Refund for Homeowners can provide relief to those who own and live in their home through either or both the Regular or Special Homestead Credit Refund.

- The Regular Refund is for those who owned and lived in their home on January 2, 2020 and whose income is less than \$115,020.
- The Special Refund is for those who owned and lived in their home January 2, 2019 to Jan. 2, 2020 and whose net property tax increased by more than 12% during that time, the increase was at least \$100, and was not because of improvements you made to the property.



Contact MN Dept. of Revenue for further details and an application, 651-296-3781 or at www.revenue.state.mn.us

The Senior Citizens' Property Tax Deferral Program is available for those 65+ who need help paying for their property taxes, whose income is \$60,000 or less, and who have lived in and owned their home for the past 15 years. The deferral limits the property tax you pay now to no more than 3% of your household income. The rest of the property tax owed is then paid by the state as a loan with interest until repaid prior to the sale or title transfer of the home.

Contact MN Dept. of Revenue for further details and an application, 651-556-4803 or at www.revenue.state.mn.us

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<p>➤ Reach the Senior Market ADVERTISE HERE</p> <p>CONTACT</p> <p>Contact Gina Shaughnessy to place an ad today! gshaughnessy@4LPi.com or (800) 950-9952 x2487</p>	<p>Mary Joki Ebb <i>You have Questions. We have Answers.</i></p> <p> </p> <p>1310 Highway 96 E, Ste 203 White Bear Lake, MN 55110 www.maryebblaw.com 651.340.0629</p>	<p> MAPLEWOOD CARE CENTER & THE HOMESTEAD AT MAPLEWOOD</p> <p>Maplewood's Most Trusted Name since 1970 Assisted Living Memory Support Respite Care Short-term Rehabilitation Long-term Care</p> <p>(651) 621-2459 homesteadatmaplewood.org 1890 Sherren Ave E Maplewood, MN 55109</p> <p>   </p>

Caregiver Support

AARP Family Caregiving Resource Line is a toll-free support line available Monday-Friday, 6:00am to 10:00pm CST at 1-877-333-5885. AARP also offers an online caregiving community and a Facebook Family Caregivers Discussion Group.

Alzheimer's Association offers care and support services to families affected by Alzheimer's and all other forms of dementia. They're available 24/7 for around-the-clock care and support at 1-800-272-3900, Alzheimer's Association Helpline.

Lyngblomsten Community Services, in White Bear Lake offers two programs for caregivers over the phone, their Caregiver Resource & Referral Service and Resources for Enhancing Alzheimer's Caregiver Health. If you are a caregiver needing assistance, call 651-632-5320 or email lyngblomsten.cs@gmail.com.

Senior Linkage Line provides information and referrals statewide for older adults and their caregivers, including caregiver services and support, Monday-Friday, 8:00am - 4:30pm. 1-800-333-2433. <https://www.seniorlinkageline.com/>

Companionship

Elder Friends Phone Companions is a local program of Little Brothers Friends of the Elderly. Volunteers are ready to share their warmth and friendship during the crisis and beyond. To join, or to refer someone else, call: 612-746-0737 or E-mail: phonecompanions@littlebrothersmn.org. Webiste: www.littlebrothersmn.org/phone-companions

The Friendship Line is a national 24-hour support for seniors who may be lonely, isolated, or depressed. Call toll-free 1-800-971-0016.

Grocery Shopping, Home Support and Transportation

Help at Your Door offers grocery shopping and delivery, help with chores and minor home repairs, and transportation. Contact: 651-642-1892 or www.helpatyourdoor.org



Chores

The Senior Chore Program offers assistance with indoor and outdoor chores for those 60 years and over. Contact: 651-757-4061 or www.nyfs.org/services/senior-chore/



Virtual Senior Center

Juniper is a network of community organizations delivering research-proven programs across Minnesota. Sign up today for online courses at www.yourjuniper.org or call 1-855-215-2174. Registration is limited to ensure small class size.

Well Connected offers groups and classes that you can join by phone or online at no cost to you. Whether you like art or zoology, music or meditation, there are a wide range of topics to choose from. The volunteer lead groups offer participants opportunities to share conversation, explore a hobby or interest, get inspired, make a friend, or learn something new.

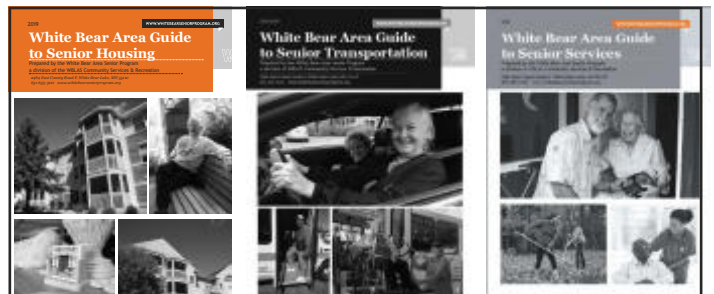
Well Connected members call a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Small groups last 30 minutes to an hour. New participants are always welcome!

If you'd like to register, call 1-877-797-7299 or email: coviaconnections@covia.org. To find out more go to: <https://covia.org/services/well-connected/>

White Bear Area Senior Guides: Housing, Transportation & Services

Online: www.whitebearseniorprogram.org
look under *ELDER RESOURCES*

Call 651-653-3121 to have one mailed to your home.



VOLUNTEER OPPORTUNITIES

We currently have a wonderful group of volunteers helping us with Meals on Wheels, library, puzzle and pen pal booklet deliveries. We are not in need of additional volunteers at this time, however our partners providing services may be in need of volunteers for our geographic area.

For those interested and able to help others in our community who may be unable to get out, are alone or isolated and wanting some companionship, or are needing some extra support with tasks at home, contact our partner organizations that provide these services:

Help at Your Door (651-642-1892)

<https://helpatyourdoor.org/volunteer/>

Little Brothers Friends of the Elderly (612-721-6215)

<https://www.littlebrothersmn.org/volunteer/>

Senior Chore Program (651-308-3490)

<https://www.nyfs.org/services/senior-chore/>

Lutheran Social Services (651-642-5990)

<https://www.lssmn.org/services/older-adults/volunteer>

We want your emails!



Why you ask? There are occasionally announcements, programming updates, and useful information that comes through our office that we would like to share with you!

We **do not** sell your email to anyone or bury you in emails. We only use emails for our own programs we feel would benefit you.

Please send your email to us at: whitebearseniorprogram@isd624.org, including your name, so we can connect with you more efficiently.



Historical Fun Facts

August 23, 1959

In the Peanuts comic strip, Sally debuted as an infant.

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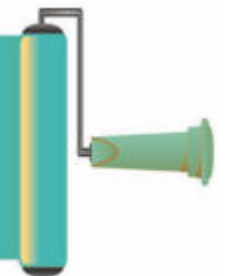
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Sudoku

Answer on page 14.

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

8		9						2
	2				9		3	
					8		5	
								1
7			9	8		2		
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		7				4		
			1			5	2	
	3			5			1	

A
♥

**BARB
SCHADER**

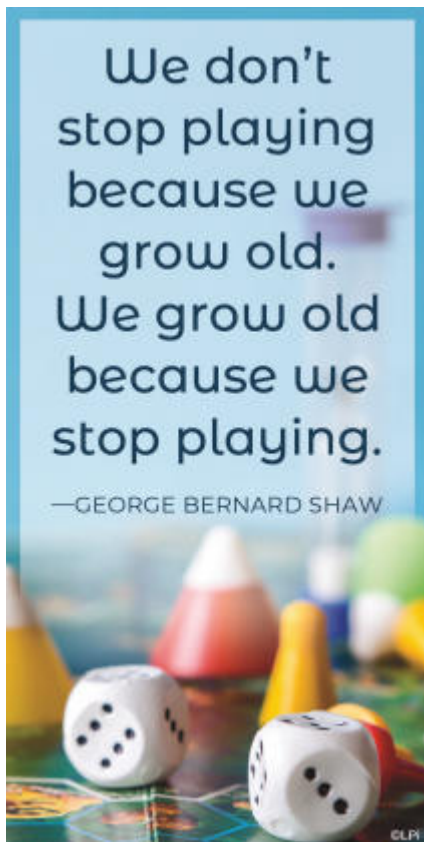
February
Cribbage Score
28

Congratulations!



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DIFFICULTY: ★★☆☆



ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "Z" = "L"*

"ZXF XUXHVYSX MRXXB WS KHYSF
YK PWM YRS EYYH, TSE FPX RPYZX
RYHZE RWZZ JX AZXTS."

— IYXFPX

Puzzle Work Area - Answer on bottom of page 14.

F M Q G O I M A G E P P E M A S U D M F
 F M E E Q R Z C V D R M A D H B T O R Y
 S E G S G H S T L Q Z A P P R D C I A T
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 E R A I L K E C S E T J E C N M G I B O
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 T Q H D Q I N G E O L H R L C E I J R R
 M U O O G X N R M X O L M I H M J J E C
 L M Z V Q T S G A R W W B B L W D E T E
 J Y V W A U C S M I L E S G E I Y O N S

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 MEALSONWHEELS
 MEDICARE
 NEWSLETTER
 PINOCHLE

READERS

RESOURCES
 SENIORCENTER
 SMILES
 SNACKS
 STITCHES
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 WOODCARVING

How to Donate Online

Some have asked if there is way to donate online. Yes! Donations online are run through *Eleyo*, our registration system for Community Services.

Thank you to those who have already donated to Meals on Wheels and for those that would like to donation on line here are the directions.

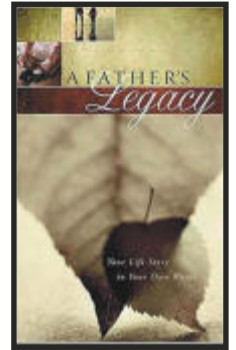
1. Visit: www.whitebear.ce.eleyo.com
2. Create an account; select SIGN IN, located in the upper right hand corner.
3. Enter your email, click CREATE ONE NOW in lower right corner.
4. On the Register screen, enter details in box 1, 2, and 4 with your name, address, telephone, and email (we email receipts).
5. Select CREATE ACCOUNT.
6. In the search bar by the Bear Paw, type DONATION, press enter.
7. Senior Program and Meals on Wheels donation links will show on screen for your selection.

If you do not want to donate online, we welcome checks via the U.S. Mail or give as a call and we can help you with a credit card donation.

Your Story / Your Legacy

Have you ever wished you had the time to write your story. About your life growing up on the farm, your parents, your successes and struggles? This might be the perfect time to start working on your personal adventure!

Whether you are thinking about writing your own life story, or you would like to capture your loved one's memories in conversation, we found an easy to use tool, "A Father's Legacy: Your Life Story in Your Own Words" (also available in "A Mother's Legacy" and "A Grandparents Legacy" versions).



It is designed in a format around different themes of a life's journey, intriguing questions in each, with space to write a personal answer. Questions explore family history, childhood memories, lighthearted incidents, cherished traditions, and the dreams and spiritual adventures encountered in a lifetime of living.

Especially at this time, when we may not be able to be together in person, a booklet such as this may provide a simple way to connect, prompting responses in writing, over the phone, or video chat. This is one example of the many tools available to help easily share memories with family members or create a cherished family memoir.

This resource is available online through Amazon or ChristianBook (1-800-247-4784) for about \$12.00.

Answer to Sudoku

8	5	9	4	3	1	6	7	2
4	2	6	5	7	9	1	3	8
1	7	3	2	6	8	9	5	4
9	8	5	7	2	4	3	6	1
7	6	1	9	8	3	2	4	5
3	4	2	6	1	5	8	9	7
5	1	7	3	9	2	4	8	6
6	9	8	1	4	7	5	2	3
2	3	4	8	5	6	7	1	9

Enigma Cryptogram Answer

"Let everyone sweep in front of his own door, and the whole world will be clean." - Goethe

Tomato Cucumber Salad with Feta

Prep Time: 10 minutes Yield: 1 Serving



Simple ingredients that are a winning combination - so refreshing and flavorful!

- 1 cup sliced cucumber
- 1/2 cup sliced red onion
- 2 Tbs feta cheese crumbles or diced
- 5 kalamata olives pitted and sliced
- 1/4 cub fresh dill chopped
- 2 Tbsp extra virgin olive oil

1. Combine cucumber and onion in medium bowl; mix well.
2. Add cheese and olives; toss gently to blend.
3. Top mixture with dill.
4. Top with olive oil or your favorite dressing.

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COMMUNITY

RESOURCES FOR THOSE STAYING AT HOME

RAMSEY COUNTY SHERIFF'S "HELP TEAM"

During the COVID-19 outbreak, the Help Team will assist individuals in the community who are most at risk during this time, as well as support efforts of local government and community organizations. Functions they can perform include pickup and delivery of prescription medication, pre-paid food and groceries, and other essentials that have been donated, and referrals to social services, financial or medical assistance, and mental health resources.

Call, text, or email for assistance:

- » 8:00am to 8:00pm Monday-Friday
- » 10:00am to 4:00pm Saturday-Sunday

Text or call: 651-448-3874 or
email: HelpTeam@co.ramsey.mn.us.

***This is not a replacement to 9-1-1.
Always call 9-1-1 for emergencies.***

HOME DELIVERY FROM RAMSEY COUNTY LIBRARY

Home Delivery is available for residents of suburban Ramsey County who meet one of the following eligibility requirements: an individual over the age of 60; an individual who is self-quarantining due to COVID-19; or an individual with a health, transportation, or disability barrier that precludes them from using curbside pickup service.

For more information and to enroll in the Home Delivery program, please call the Roseville Branch at 651-724-6001, *press 2*.

Libraries in Maplewood, Roseville and Shoreview are offering printing services. They will print:

- » Tax Documents
- » Social Service Applications
- » Online Forms
- » Website Information

