

# Fridley Community Education SENIOR NEWSLETTER

A NEWSLETTER FOR THE FRIDLEY SENIOR PROGRAM

**Fridley Senior Program**  
**Fridley Community Center:**  
 6085 7th Street NE, Fridley  
**Senior Office Main Line:**  
 763-502-5150

Jan/Feb 2021

Supporting a Balanced and Well-Connected Life Through Active Aging

## 2021 AARP Tax Preparation



AARP will provide free tax preparation again this year, but with different procedures for the appointments. They will provide services through our site on Wednesday mornings, February 17 through April 14.

### Making Appointments:

Beginning the last week of January, AARP will have a website available to make appointments for tax preparation at our site. How to make the appointment:

- Go to [aarp.org](http://aarp.org)
- Look for “AARP Tax Preparation” and click on it
- Follow directions for making an appointment
- You may need to look up the Fridley Senior Center by searching for the location, most likely by zip code
- Click on Fridley Senior Center or Fridley Community Center to make your appointment.

These appointments will be 15 minutes and are for dropping off your documents and showing your identification.

### Tax Prep Procedure:

- Please arrive at the time of your appointment (NOT EARLIER), park in the lot off of 61st Ave and enter door 10.
- Wear a mask over your mouth and nose and sanitize your hands upon entry.
- You will turn right to go to room 114. You will hand your documents to the volunteer and show them your **\*state ID and social security card\***
- You will leave your documents with the tax preparer who will keep them secure until the completion of the tax return.
- You will receive a call when your return is complete. You will return to the Senior Center to pick up your documents and sign your tax return.

**Please note:** You will ***not be allowed to wait in the building at any point.*** Please do not come early to your appointment, and do make arrangements for somewhere to be for the duration of the tax preparation time.

## CONTENTS .....

<b>Resources</b> .....	2-4
<b>Online Classes</b> .....	5-6
<b>Video Theater</b> .....	7
<b>School and District News</b> .....	8-9
<b>Past Mardi Gras Photos</b> .....	10

### Note from the Senior Program Coordinator

Hello Seniors! While we remain cautious and optimistic about returning to the Senior Center, we are trying to provide opportunities to connect and have fun! I know it’s been a loooong 10 months and we still have some time to go before anything starts to resemble “normal.” Please enjoy this newsletter and check out the courses and activities we have planned. If you’ve got ideas for safe and fun activities, we’d love to consider them! We miss you so much and hope you are healthy and keeping your spirits up!

- Maggie Chandler, Senior Program Coordinator

# MARDI GRAS CELEBRATION



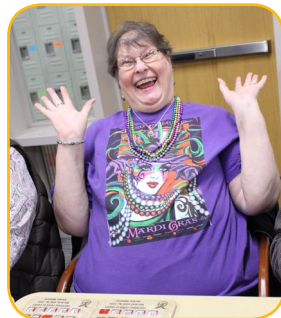
*We wish we could celebrate in person! Check out some photos from last year's celebration!*

Join us for the *virtual* Mardi Gras Celebration!

**Date:** February 16 (Register by February 5)  
**Time:** 1 pm  
**Site:** Mail/Online via Zoom  
**Cost:** Free  
**Class Number:** 6561

It's about time we have a party! Register with us by February 5 and we will mail you complimentary beads, a Mardi Gras mask, a treat and bingo cards! We'll play bingo via Zoom and draw names to win gift cards! Names will be entered for drawing whether you are able to join for bingo or not.

*Please be sure to register by February 5!!!*



*More photos from past celebrations are featured on the back cover!*

## FREE MASKS STILL AVAILABLE!

We still have masks available for you made by our volunteers from our JAMS group.



### How to obtain free masks for seniors:

1. Email Maggie at Maggie.Chandler@fridley.k12.mn.us
2. Call the Senior Center at 763-502-5150 to make your request. If no one answers, PLEASE leave a message with your name, phone number and a clear spelling of your address.

Thank you very much to all the volunteer mask-makers and Mary Hannah for organizing!



## Southern Anoka County (SACA) Food Shelf

Call for an appointment to apply for food shelf program. You will need a picture ID and two pieces of mail with each adult person's name on it.

**Address:** 627 38th Ave NE, Columbia Heights, MN 55421

**Phone Number:** 763-789-2444

**Hours:** Monday, Tuesday, and Thursday 8AM-4PM, and Wednesday 10AM-6PM

## FARE FOR ALL: LIMITED NUMBER OF SALES!



# FARE FOR ALL

Fare for All is running a \*limited number\* of sales with a drive through model. Sales are outdoor, streamlined, & low-contact, allowing you to remain in your vehicle and requiring minimal essential staff & volunteers- prioritizing safety for everyone. Locations have been carefully selected to meet food access needs regionally, since we are temporarily unable to be at every location. Please call 763-450-3860 to hear about the menus.

### January:

#### Saint Paul

Jan 15, 10am-noon  
 West 7th Community Center  
 265 Oneida St, 55102

#### Fridley Community Center

Jan 22, 10am-noon  
 6085 7th St NE, 55432

#### NE Minneapolis

Jan 29, 11am-1pm  
 Laborers Local 563 Union  
 901 14th Ave NE, 55413

### February:

#### Blaine

February 18, 3-5pm  
**Christ Lutheran Church**  
 641 89th Ave NE, 55434

#### Roseville

February 23, 3- 5 pm  
**Real Life Church**  
 2353 Chatsworth St N 55113

#### Golden Valley

February 26, 11am-1pm  
 Golden Valley Animal Humane Society, 845 Meadow Ln N, 55422



**PRESCRIPTION DELIVERY**

## DID YOU KNOW?

Your local pharmacies and insurance companies have options to deliver your prescriptions. If you're not sure if your pharmacy or insurance has a delivery option, you can call them to find out. If you get your prescriptions from CVS or Walgreens locally, they are doing deliveries for customers.

## YMCA Food Distribution

The YMCA is partnering with Loaves & Fishes and UnitedHealth Group to serve free healthy meals to community members. Pickup is from 12 PM-1 PM, Monday-Friday at local YMCAs.

*A few local YMCA Locations:*

- Mounds View Community Center YMCA, 5394 Edgewood Dr. Mounds View, MN
- YMCA Coon Rapids, 8950 Springbrook Drive NW, Coon Rapids, MN 55433
- YMCA Shoreview, 3760 Lexington Ave N, Shoreview, MN 55126



**UnitedHealth Group** SM

**NorthStar Neighbor**

NorthStar Neighbor exists to spread a message of hope and compassion by serving our neighbors who at higher risk of COVID-19 complications. We made one-on-one connections between a healthy volunteer who has low COVID-19 risk factors with a senior or other high-risk person in the same community for remote companionship, conversation and help with delivery of groceries or prescriptions.



If you are interested in participating in this program, you can email NorthStarNeighbor@gmail.com or call 612-430-8899, or visit the NorthStar Neighbor website: www.northstarneighbor.com

**Legal Aid for Seniors**

The Senior Law Project provides a monthly outreach service.

Areas of assistance include nursing home issues housing issues, health insurance, public benefits: (Social Security, Medicare/Medical Assistance Subsidized Housing, debt collection, repossession conservatorship/guardianship, landlord/tenant rights, and conciliation court cases.)

First Tuesday of every month. Appointments run for 30-minutes from 9:00 to 10:30 AM. Call the Senior Center for phone appointments.



**Chores and More**

Need help with yard work, snow removal, or cleaning your home? Call **Chores and More** at 763-783-4767 for more details on how they can help!

**Help At Your Door**

Help at your door is a non-profit which provides grocery assistance and essential medical transportation for seniors. Once registered, it typically takes between 2-5 business days for your first delivery. The cost for delivery is \$15 plus the cost of groceries, though there is a sliding fee for individuals over 60 who meet income qualifications. To sign up for services, call 651-642-1892 or email at information@helpatyourdoor.org.

**Health Insurance Counseling**

To get your questions answered or to schedule a free, individual appointment, please call the LINK-AGE LINE at 1-800-333-2433.

The Health Insurance Counseling Program is made possible by the MAAA and Anoka County and is not affiliated with any insurance company.



**Senior Outreach Worker**

Angie Sable will take phone appointments on the 2nd Monday of the month from 1:00 - 3:00.

Get help filling out forms for a variety of programs (Energy Assistance, TAP, SNAP) or find programs that you qualify for to make life a little easier.

**Call Angie at 763-783-4741**



**Defensive Driving Refresher**

Renew your 10% three year car insurance discount by taking this state-approved four hour refresher course. There's no driving and no test.

Cost: \$24 Sites: Fridley Senior Center (in person) or Online (Zoom)

6202A | Date: Wednesday, January 27 | Time: 8am-12pm

**6202A \*Online | Date: Wednesday, January 27 | Time: 8am-12pm**

6202B | Date: Wednesday, February 24 | Time 8am-12pm

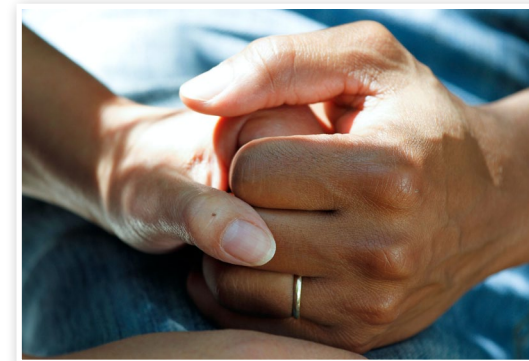
**6202B \*Online | Date: Wednesday, February 24 | Time: 8am-12pm**

6202C | Date: Wednesday, March 31 | Time: 8am-12pm

**6202C\*Online\* | Date: Wednesday, March 31 | Time: 8am-12pm**

**Coping with COVID**

Our very own social worker, Alaina Dehnke will facilitate an online/phone support group for seniors on resources to assist us during this extended time of physical isolation. We will cover topics such as how to stay connected to loved ones, how to take care of our physical and mental health and sharing numerous resources which can assist in our well-being.



Classes are available by phone and online. A link to a video conference will be sent to your email address with instructions on how to access the group. If you'd like to join the group by phone instead of the internet, please call the community education office to receive directions on how to call into the group. Registration for this group is free, but required in order to disseminate information properly. You can sign up for individual classes or for all of them.

6402 - All Courses | Date: Wednesdays, Feb 3-Feb 24 | Time: 10am-11am

6402 - Self-Care Part I: Physical Health | Date: Wednesday, Feb 3

6402 - Self-Care Part II: Mental Health | Date: Wed Feb 10

6402 - Sharing Resources | Date: Wed Feb 17

6402 - Staying Connected to Loved Ones | Date: Wed Feb 24

**Video Conference Tutoring**

Register to sign up for tutoring on how to use Zoom, Google Conference, Face-Time, Facebook Messenger Calling, etc. A great way to stay connected to friends and family! Register online or by calling the Senior Center at 763-502-5150.

**Hearing Loss and Face Masks: Some Ideas to Make it a Little Easier**

**6401 | Feb 2 | 10-11:30am**

Communication is challenging when you have a hearing loss - even during the best of times. During these times of COVID-19 and people wearing face masks and socially distancing - it's especially challenging! Attend this course and learn some practical tips and strategies to better navigate these challenging communication times!

**Hear for the Health of It!**

**6400 | March 2 | 10-11:30am**

This interactive Hear for the Health of It! PowerPoint presentation will address the consequences of untreated hearing loss in older adults. Attendees will learn how to get an accurate diagnosis of hearing loss; explore no & low cost apps and devices; discover helpful communication strategies; and MUCH more!

*\*Both Classes will be held online.* Participants will be sent materials ahead of the class time. Captioning will be provided, instructor and materials will be visible during the presentation.

## ONLINE CLASSES

### An Attorneys Perspective on changes to the Law, Estate Planning, Estate Planning, Financial Planning and Taxes

6304 | Date: Wed, Feb 3 | Time: 6:30-8pm | Online

Let's face 2021 ready and equipped with knowledge! In this class, our panel of experts will explain in simple terms all of the significant changes to be aware of in 2021. This course will include information on changes in the law, estate planning tools, taxes, financial planning, retirement planning and more. The class will be conducted and facilitated an open forum format so we can answer any questions you may bring with you. \*This class will be held online via Zoom.

### How to Pay for the Nursing Home: An Attorney's Perspective

6306 | Date: Tuesday, Feb 23 | Time: 6:30-8pm | Online

When it comes to paying for the nursing home and still leaving an inheritance for the next generation, there is much to discuss. We will walk through concerns around topics such as meeting nursing home goals, long-term care insurance, home healthcare, gifting money, qualifying for Medicaid, trusts and protecting assets, and more.



Get the answers to these and other questions and learn how to create an effective plan to deal with these uncertainties.

### Write Your Own Will

6309 | Date: Thurs, Mar 4 | Time: 6:00-9:00pm | Location: FCC 112/114

Students will prepare and sign a valid will, and learn about probate, estate planning, and wills. Students should be comfortable using a computer, as work will be completed in a computer lab. Some prep work required; packet will be sent prior to class.

**NOTE:** This is a "simple will" class, not appropriate for those who have assets in excess of one million dollars or who need a Trust as well. Couples must register individually.

### Friends of Fridley Senior Program

A 501c3 charitable foundation has been established to support the long term needs of the Fridley Senior Program and low income seniors in our community.

Thanks to a generous donation from the Fridley Lions Club, a Lions Share was established to help low income seniors with remodeling needs so they can stay in their homes safely.

If you are interested in becoming a Friend to the Fridley Senior Program, please call 763-502-5162 or e-mail Maggie Chandler - any size gift is appreciated and is tax deductible - PLUS donating just got easier; go to our Give MN page [www.givemn.org](http://www.givemn.org)!

### Intro to Permaculture

6452 | Date: Thurs, Feb 25 |  
Time: 7:00-8:30pm | Online |  
Cost: \$35



Permaculture is a way of growing food and beautiful landscapes while making our ecosystem healthier at the same time. Traditional grass lawns and industrialized agriculture makes soil infertile, pollutes water, dries up water sources, and destroys the homes of insects and animals. Using the principles of permaculture, however, we can mimic nature to meet human needs in a way that simultaneously restores health and biodiversity to our local ecosystems. This class will explain how our existing systems contribute to climate change and how we can be part of changing them, starting right at home. Participants will learn a few immediate applications they can use in their own yards and gardens to begin this transformational process.



## VIDEO THEATER



Join us for our monthly

### Senior Program movie showing!

Fridley High School Auditorium • Registration Required!

#### Senior Movie

Class #: 6556

Time: 1pm

Cost: Free

We will be offering a monthly senior movie showing at the Fridley High School Auditorium! The movie is FREE, but registration will be required to ensure proper social distance is maintained. We will not be able to allow entrance to anyone who is not registered. Per the state mandate, attendees will be required to wear masks for duration of time spent in the building.

Please come between 12:45 and 1pm and make sure you are maintaining 6 feet of distance between you and others in line. You will be ushered to an assigned seat. If you are coming with someone who lives with you, please indicate that when you register.

### January 20 - The Secret Garden (2020) | Run Time: 1h 39m

Mary Lennox, a young orphan, living with her domineering uncle stumbles upon a whimsical garden tucked away on the far reaches of the estate. Mary then experiences a series of fantastical adventures in her newfound playground. Based on the novel by Frances Hodgson Burnett.

### February 17 - Billie (2020) | Run Time: 1h 38m

Billie Holiday had one of the greatest voices of all time and changed the face of American music. She was a woman of breath-taking talent and global popularity while also stirring controversy. She started a notable rebellion singing 'Strange Fruit' which exposed the realities of Black life in America and earned her powerful enemies. Raw, emotional and brutally honest, Billie is filled with never-before-heard interviews from musical greats Count Basie, Charles Mingus, Sylvia Syms and Tony Bennett.

### Auditorium BINGO!

We're finding ways to have fun while staying safe! Come play BINGO in the HS Auditorium! We will play 5 games of BINGO and two coverall games. There will be prizes provided for all games!

**Details:** You MUST register to reserve a seat and two cards per person. You can register as an individual or a household. Please indicate when registering who lives with you. If you did not register, please do not come. Please do not carpool with people who live outside your home in order to limit exposure to COVID-19. There will be no eating or drinking while in the building to ensure all participants remain masked for the entirety of their time in the building. You may bring your own water bottle/travel mug and temporarily remove your mask to drink. Callers will use a microphone and numbers will be projected onto the screen. Wave your flag when you get a BINGO!

#### January BINGO

Class #: 6557

Date: Wed, Jan 27

Time: 10am-11am

Cost: Free

#### February BINGO

Class #: 6557

Date: Wed, Feb 24

Time: 10am-11am

Cost: Free

**MINNESOTA HONOR SOCIETY STUDENTS VOLUNTEER, HELP PROVIDE THANKSGIVING MEALS TO LOCAL COMMUNITY**



Lending a helping hand, a group of Fridley High School (FHS) Minnesota Honor Society (MHS) members volunteered to help put Thanksgiving meals on the tables of local community members. On November 20, 2020, the group assisted the Anoka County Brotherhood Council (ACBC) Food Shelf with its annual Thanksgiving Day food distribution program, which provides families with a full holiday meal: turkey, potatoes, stuffing, gravy, vegetables, and a pie with all the fixings. The opportunity was organized by MHS students to give back to the local community during the holiday season.



**Left photo:** Fridley High School Minnesota Honor Society members volunteered at Anoka County Brotherhood Council (ACBC) to help distribute Thanksgiving holiday meal packs to families in the surrounding community. **Right photo:** FHS junior Acharie Jefferson reviews the holiday meal packs as she works to check families in.

Due to the ongoing pandemic, ACBC organized the holiday distribution program in a drive-through format with a goal of distributing to 600 families in 600 minutes. The FHS students worked in groups to quickly and safely distribute meal packages to families as they remained in their cars.

“Especially during the holidays, everyone deserves to have a nice meal with their family. With everything going on with COVID-19, it’s hard for some families to make that happen,” said Greta McCoy, FHS junior. “That’s why I wanted to come out today and volunteer. If you’re able, it’s really important to do what you can and help out.”

Michael Jensen, FHS senior and MHS officer, said they chose serving at ACBC as a way for the group to support families locally. “Through ACBC, everything stays local and there are many families who need assistance right here in our community. By volunteering today, MHS is able to help out our neighbors,” said Jensen. “Our group wants to show care and compassion, and maybe it can inspire others to do the same.”

As an International Baccalaureate (IB) World Schools district, learning through service is a teaching method across all four IB programmes (Primary Year, Middle Years, Diploma and Career-related), and is a requirement for students to

complete as part of the IB Diploma Programme. Throughout their Fridley education, students are encouraged to participate in service experiences, where they gain a well-rounded education and awareness for social responsibility.

“Compared to other schools that focus on AP (Advanced Placement), much of their focus is on rigor and that’s it,” said Abhinav Bijlwan, FHS senior.

“IB adds the factor of creating well-rounded students. IB definitely provides that rigor, and also builds character, value in volunteerism and giving back to the community, and global contexts and views. It’s really a whole education.”

- Abhinav Bijlwan  
FHS senior & MHS member

FHS junior Priya Rana added, “At FHS, especially since we are IB, we focus a lot on helping out the community and volunteering, which is why we have so many clubs that are centered around this,” she said. “The IB helps us to be good students, and part of that is giving back to our community.”

By serving communities at a local, national, or international scale, FHS students place a strong value

on civic engagement and responsibility.

Due to the challenges of the pandemic, many area food shelves have experienced significant increases in need, while also managing a decrease in volunteers.

ACBC Executive Director Stephanie Lehman and her staff, impressed with the timeliness, commitment, and kindness of the Fridley students, expressed their appreciation to the students for assisting with the holiday distribution.

“Clearly this type of program would not run without volunteers, and I think it’s really important for students to get involved in programs like these,” said Lehman. “It’s all about having compassion for your community and feeling like you are part of the community. This is a great way for students to feel that and give back.”



**Left photo:** (From l to r) MHS student volunteers Greta McCoy, Priya Rana, MHS Advisor & FHS Dean Amy Engler, and Abhinav Bijlwan. **Left photo:** Greta McCoy and Priya Rana place Thanksgiving food items in a community member’s car trunk during the ACBC holiday distribution event.



**Fridley High School selected as Best Public School by 2021 Sun Media Readers' Choice Awards**

*Congratulations to Fridley High School, an International Baccalaureate World School, which was selected as the top area public school by community newspaper voters*

Fridley High School was selected as the Best Public School by the Sun Media Readers' Choice Awards. The Sun Media Readers' Choice Awards is an annual contest in which local newspaper readers choose their favorite community entities, including schools, colleges, hospitals, and more. Readers elected Fridley High School as their top choice in the area by completing ballots online or by mail this past summer.

Fridley High School is an authorized International Baccalaureate (IB) World School that offers the rigorous IB Middle Years Programme, Diploma Programme, and Career-related Programme to all students. In addition to strong college and career-ready preparatory classes and programs, the school also offers over 50 clubs, student-led activity groups and sports team, holistic student support services, positive and inclusive school culture and climate through its iBelong program that embraces student individuality.

As an IB World School, students often utilize their knowledge and skills in self-driven community service opportunities. Fridley High School also places an emphasis on students becoming internationally-minded, global citizens, with second language requirements (Spanish and Chinese Mandarin) and a multitude of student cultural learning opportunities and clubs.

Sun Media will publish the 2021 Readers Choice honorees in a special edition on January 28 and 29, 2021. Congratulations to Fridley High School! Our district is proud to recognize this significant achievement and selection by local community members!



**Fridley Preschool officially earns International Baccalaureate World School designation**

*Fridley Preschool is the only preschool program in the state to offer the IB PYP program*

Fridley Public Schools is proud to announce that Fridley Preschool has received authorization from the International Baccalaureate (IB) Organization to provide the IB Primary Years Programme (PYP) in its 3- and 4-year-old Preschool program. The authorization, awarded in December 2020, officially made Fridley Preschool the only preschool in the state that provides the PYP, and Fridley Public Schools the only Minnesota school district to offer the full continuum of the rigorous IB programs to all students in preschool through grade 12.



Fridley's Principal of Alternative Services Dr. Jason Bodey said the authorization has made Fridley Preschool a wonderful early step for its youngest students to be well prepared for Kindergarten through the IB's focus on developing the whole child.

“Preschool is often the first entry into school for students and families,” said Karin Beckstrand, the district’s Preschool PYP coordinator. “We know that children learn more when they are happy and engaged. Through IB’s inquiry-based learning, children ask questions that guide their desire for knowledge, lead to discovery and make education an adventure,” she said.

The IB’s unique and innovative approach to learning provides a rigorous curriculum framework that encourages students to think critically, to consider both local and global contexts, and develop a second language. At Fridley, all students have the opportunity to begin learning a second language of Spanish in Kindergarten.

**Fridley Senior Program**  
6085 7th Street NE  
Fridley, MN 55432

*Photos from Fridley Senior Center's past Mardi Gras celebrations! Don't forget to register for this year's virtual celebration - February 16! (Please register by February 5) More information on page 2!*

# PAST MARDI GRAS CELEBRATIONS

