



# Seasons

## Roseville Area Senior Program Newsletter

*Proud to be a part of Roseville Area Schools and Community Education*

### What's in This Issue?

- RASP Information.....Page 2
- Kris' Corner.....Page 3
- Morning Talks.....Page 4
- Shaun Johnson Concert.....Page 5
- Enrichment Classes.....Page 6
- Enrichment Classes.....Page 7
- Defensive Driving Classes.....Page 8
- Roseville Area Schools News...Page 9
- Volunteers Wanted.....Page 9
- RASP Groups & Activities.....Page 10
- Roseville Parks & Rec.....Page 11
- Wellness Consultations.....Page 12
- Coloring Sheet.....Page 13
- Word Find.....Page 14
- Flaming Spoon Menus.....Page 15
- Flaming Spoon Info.....Page 16



### Age-Related Macular Degeneration Awareness Month

Many people worry about cataracts and glaucoma, but age-related Macular Degeneration (AMD) is the leading cause of vision loss in those 50 and older. February is Age-Related Macular Degeneration Awareness Month to encourage seniors to learn more about AMD.

AMD affects the macula, which is a pigmented, oval-shaped part of the retina. It is responsible for the central vision required for driving, reading, recognizing faces, and fine detail. AMD is a progressive disease that causes retinal cells to slowly die, though it causes no pain. It may affect one or both eyes with different levels of severity. There are two forms of AMD:

- Dry AMD is caused by the slow deterioration, or thinning, of the macula over time. Dry AMD affects 90% of those with the disease and progresses slowly.
- Wet AMD is caused when abnormal blood vessels grow behind the eye and damage the macula. Wet AMD is less common but more serious.

Many people with AMD don't experience symptoms until the disease progresses. Once they start to experience symptoms they may include:

- Blurred vision or low vision
- Less able to see in low light
- Changes in the way they see colors
- Seeing straight lines as curving or wavy

Some risk factors for AMD include:

- Family history of macular degeneration
- Being overweight
- Smoking
- Having high blood pressure
- Being Caucasian

Since AMD rarely causes symptoms in the early stages, the recommendation is to receive routine eye examinations. During an eye exam your eye care provider checks for changes to your retina and macula. There is no cure for AMD but early treatment can help to slow the progression of the disease and make symptoms less severe.

**Anpétu Téča Education Center and the Roseville Area Senior Program will be closed on the following dates:**

- Friday, December 22nd
- Monday, December 25th 
- Monday, January 1st
- Monday, January 15th 
- Monday, May 27th
- Wednesday, June 19th
- Thursday, July 4th
- Friday, July 5th 



# Roseville Area Senior Program

*Your Local One-Stop Shop for Older Adult Learning & Services*

## Roseville Area Senior Program (RASP)

**Appétu Téča  
Education Center  
1910 County Road B West  
Roseville, MN 55113**

**651-604-3520  
rasp@isd623.org  
www.isd623.org/RASP**



## MEALS ON WHEELS

We provide daily, fresh or frozen, nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults over 60 and certified disabled adults who are unable to prepare or access food, or choose not to cook themselves.

This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

**NEW PARTICIPANTS:**  
651-318-9091

**CURRENT PARTICIPANTS:**  
651-604-3524

## CHECK US OUT!

The Roseville Area Senior Program is open!

## DROP-IN LOUNGE

Visit our drop-in lounge. We have a comfortable area for you to visit with friends, play games, put a puzzle together, read a book, or use the computer. The lounge is open Monday through Friday from 8am-4pm and is in room C123.

## EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS & CLASSES

In the spirit of life-long learning, we offer a variety of formal and informal groups and classes. Whether you like to learn new skills, gather to meet friends, or make new ones there is something for everyone. Activity or class fees may apply.

## GIFT & CRAFT SHOPPE

Shop hand-crafted gift items, ceramics, wood crafts, jewelry, pottery, and more. Remember them for all your gift needs. They are in room C119 and are open Monday – Friday, 9:30AM-3:30PM.

## VOLUNTEERS

Volunteers of all ages assist our program in many ways: Meals on Wheels drivers and packers, special interest group leaders, special event help, fundraising, and more. There is a place to make your own special contribution. Contact us if you have time to share.

## SEASONS NEWSLETTER

The SEASONS newsletter is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly newsletter by mail or email, please contact the RASP office. You can also access the SEASONS newsletter online at [www.isd623.org/rasp](http://www.isd623.org/rasp).

# Kris' Corner



Last night I received a call from a friend. Their dog had died due to cancer, and they wanted to bring me the rest of Lucy's food and some toys they had bought her for Christmas. The Christmas toys are what really hit home for me because I have Christmas toys stashed away for my dogs, Max and Okie, and I couldn't imagine not being able to give the presents to them.

It's times like this that I remember my pets who have gone. Losing a pet is often one of the hardest yet least acknowledged traumas we'll face. There are many emotions when you lose a pet. You experience loss and sorrow, but you may also feel guilt and wonder did you do enough, or did you wait too long. You need to eliminate the unhelpful self-talk.

It's important to express your grief. You can cry, scream, talk about your pet and remember the good times. Do what feels right and comfortable for you. One of my favorite memories of my dog Morgan was how he loved to nap. He would tell you when it was nap time and, in the mornings,

when the alarm would go off, he would snuggle his nose under your chin so you wouldn't want to get up. Even though he's been gone for 12 years, I still have his picture in my bedroom.

Remember that others in your family, including other pets, may be experiencing the loss as well. When my parents had to put their dog to sleep, the dog my niece and nephews had grown up with, my parents were sure to talk with them beforehand so they could come and say goodbye and give her all the love they could.

Pets help support our emotional well-being and are an integral part of our daily routine. Be good to yourself and practice self-care. Take a warm bath, learn a new hobby, and remove your pets' things at your own pace. You may find it comforting to see their leash hanging on the hook and that's OK.

They will always have a place in our heart.

*Kris*

3 | Roseville Area Schools | January/February 2024

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\*Harbor at Twin Lakes is an affordable housing community. Restrictions & income limits apply. Rents subject to change. See website for details.



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Roseville Area Senior, Roseville, MN A 4C 02-1033



# Morning Talks

Morning Talks is an educational speaker series offered on the first Tuesday of the month in February, March, April and May 2024 from 9-10am with free blood pressure testing from 8:30-9am. The sessions are free to attend, but we do request you register online at [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com) or call 651 604-3770 ahead of time.

At our Tuesday, November 7 Morning Talk, Marcus Kubichek with Monarch Healthcare Management brought in Pepper, a Humanoid Robot. Monarch is looking to improve the lives of their residents through innovation, and Pepper helps with social interaction. Pepper can sing, dance, and even tells jokes!



## Coming up on Tuesday, February 6: Day of Remembrance for Japanese Americans During World War II

February 19, 1942 is a significant date to Japanese Americans and continues to be a day of remembrance. This date was marked by Proclamation 9066 which called for the incarceration of all Japanese on the west coast during WWII. Peggy Doi will share her parents, particularly her dad's life; this includes an important part of Minnesota History as her dad and many other Japanese Americans volunteered or were recruited from the camps where they and their families were incarcerated for the Military Intelligence Service Language School, located first at Camp Savage and later Fort Snelling during WWII. They were trained in Japanese to be translators and/or fight in the Pacific theater. Join us for this upcoming Morning Talks session!

### 4 | Roseville Area Schools | January/February 2024

<h3>PREPARE FOR MEDICARE WORKSHOP</h3> <p>Get the Medicare answers you need and learn about Blue Cross and Blue Shield of Minnesota plans that can help fill gaps in your coverage at a free, no obligation workshop. <b>Reserve your spot today.</b></p>  <p><b>Revea Baker</b> (651) 662-3428/TTY 771 <a href="http://bluecrossmn.com/Baker">bluecrossmn.com/Baker</a></p> <p>Blue Cross Offers PPO, Cost and PDP plans with Medicare contracts. Enrollment in these plans depends on contract renewal. Plans are available to residents of the service area. A salesperson will be present with information and applications. For accommodations of persons with special needs at meetings, call (651) 662-3428/ TTY 711.</p> <p>S5743_071422P02_C Y0138_071422P01_C</p> <p><small>Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.</small></p>	  <p><b>Questions about Medicare?</b></p> <p>Call Todd Larson <b>612-845-2296</b></p> <p><a href="mailto:LarsonT2@AllinaHealthAetna.us.com">LarsonT2@AllinaHealthAetna.us.com</a></p>	 <p><b>LYNGBLOMSTEN</b></p>	
<p><b>ADVERTISE HERE</b> to reach your community</p>  <p><b>Call 800-950-9952</b></p>		 <p><b>THRIVE LOCALLY</b></p>	<p>Lyngblomsten has been providing healthcare, housing, and services to older adults for more than a century.</p> <p>Be a part of our Como Park campus!</p> <ul style="list-style-type: none"> <li>• Senior Housing with Services <i>subsidized and market-rate senior rental apartments</i></li> <li>• Rehab &amp; Transitional Care</li> <li>• Long-term Skilled Nursing Care</li> </ul> <p>Learn more: <a href="http://www.lyngblomsten.org">www.lyngblomsten.org</a> (651) 646-2941</p> 



# Shaun Johnson Concert - Get Tickets Today!

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# SHAUN JOHNSON

+ The Big Band Experience

**Saturday, February 3**  
**7:30 - 10:00 PM**

**Roseville Area High School**  
**Thein Auditorium**

**\$39/Ticket**  
Great holiday gift idea!

**For tickets, call 651-604-3770,**  
**or visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)**



## About Shaun Johnson + The Big Band Experience

The Shaun Johnson Big Band Experience is a rare, new comer to traditional pop - fusing a big band spirit with an inventive edge and garnering a top 5 Billboard spot with the release of their first album.

Shaun, an Emmy award-winning crooner (and lead singer of the internationally known vocal group, Tonic Sol-fa) indelibly stamps vocal jazz and swing with a contemporary punch to the delight of both traditionalists and newcomers emerging as an original voice in the continuing tradition of the American vocalist!

Come see this performance in the Thein Auditorium at Roseville Area High School on Saturday, February 3, 2024 at 7:30pm!

\$39 per ticket. Get tickets for yourself, friends, or family!

Call 651-604-3770 or visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)

5 | Roseville Area Schools | January/February 2024

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Roseville Area Senior, Roseville, MN C 4C 02-1033

## Winter Enrichment Classes!


### Self Defense Fundamentals (Adult)

Find strength and confidence in learning self-defense fundamentals. Learn effective responses to practical situations, experience hands-on exercises, and unlock what you are capable of in order to defend yourself.

Wednesday • Jan 10 • 6:00 - 8:00 p.m. • \$59  
Class ID # 5006-2 • ATEC • Instructor: Rebecca Danaher

### Backing Up Your Computer Before It's Too Late

People produce hundreds and sometimes thousands of files every year but fail to take adequate steps to preserve their data. The reason is, backing up takes some effort. Thanks to new software, hardware, and services, it's easier than ever. In this class, we take a look at the types of backups available, as well as the tools you'll need to pull it off, with as little work as possible. Don't risk your important documents and irreplaceable photos!

Wednesday • Jan 10 • 10:00 a.m. - 12:00 p.m. • \$35  
 Online Class ID # 5507 • Instructor: Sara A. Reimann

### Puzzlemania

Are you a dissectologist, otherwise known as a puzzle enthusiast? Join the Roseville Area Senior Program for an afternoon of puzzle solving! Fun puzzles will be provided. Come socialize and enjoy the afternoon together!

Wednesday • Jan 17 • 1:00 - 3:00 p.m. • **FREE!**  
Class ID # S5010 • ATEC

### Anxiety or ANXIETY!

We all feel anxious at times. It's a normal human emotion. When anxiety becomes a daily state of being, however, we need to take a close look at why. ACE Health Coach, Mia Bremer, will share tools she's learned from both personal experience and years of experience coaching people living with mental health disorders. As a personal trainer, Mia understands how the mind and body work together.

Thursday • Jan 18 • 9:30 - 11:00 a.m. • \$25  
Class ID # S4570 • ATEC • Instructor: Mia Bremer

### All the Presidents' Other Women

There have always been "First Ladies," but we now know that quite a number of presidents had affairs with other women. What presidents are on this list? How important is such behavior in evaluating a president? Have we become more willing to accept, albeit reluctantly, such behavior? Join us for a peek into the president's bedroom!

Monday • Jan 22 • 9:30 - 11:00 a.m. • \$10  
Class ID # S5015 • ATEC • Instructor: Jerry Graham

To register, call 651-604-3770  
or visit [isd623.ce.eleyo.com](https://isd623.ce.eleyo.com)

### Beginner American Sign Language 1

Are you ready to start your ASL journey? Come join us for an ASL Beginner 1 course. This is a great opportunity for those interested in learning a new language and culture; improving communication skills with the Deaf and Hard of Hearing communities.

Wednesdays • Jan 24 - Feb 21 • 5:30 - 6:30 p.m. • \$99  
Class ID # 4007 • ATEC • Instructor: AJ Herculeidez

### Beginner Watercolor Painting I

Explore the wonder of watercolor painting by learning fundamentals and techniques of this exciting medium. This course is intended for the novice to beginner; you do not need prior experience to enroll in this class. There will be a set curriculum to help you understand and feel comfortable as you discover your artistic journey using watercolors. This course will begin with a few painting exercises and finish with two completed paintings. Supplies needed for class.


Wednesdays • Jan 24 - Feb 21 • 6:00 - 8:00 p.m. • \$95  
Class ID # 1009-1 • ATEC • Instructor: Kevin Kroeber

Thursdays • Jan 25 - Feb 22 • 3:00 - 5:00 p.m. • \$95  
Class ID # 1009-2 • ATEC • Instructor: Kevin Kroeber




### How to Use Uber for Transportation Independence

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class, you will learn the basics and gain the knowledge on how to use Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands. Open up your travel options with this fun and engaging class!

Thursday • Jan 25 • 12:00 - 1:00 p.m. • \$25  
 Online Class ID # S4015 • Instructor: Nickie Welsh

### Protect Your PC - Defend Your PC Against Viruses, Hackers & Malicious Software

Viruses, malware, ransomware, phishing, smishing, vishing, social engineering... We live in interesting times, where data is worth more than oil or gold and your personal information is greatly sought after by cybercriminals, scammers and hackers. Is your Windows 11 computer secure against the continual onslaught of the modern online world? I'll help you secure your computer, network and devices against such threats and with easy-to-follow tutorials, help arm you against potential threats and attacks. You'll soon be security savvy and prepared for whatever digital threat looms on the horizon.

Wednesday • Jan 31 • 10:00 am. - 12:00 p.m. • \$35  
 Online Class ID # 5510 • Instructor: Sara Reimann



## Winter Enrichment Classes! (Continued)


### Morning Talks - Day of Remembrance for Japanese Americans During WWII

February 19, 1942 is a significant date for Japanese Americans and continues to be a day of remembrance. This date was marked by Proclamation 9066 which called for the incarceration of all Japanese on the west coast during WWII. Peggy will share her parents, particularly her dad's life; this includes an important part of Minnesota history as her dad and many other Japanese Americans volunteered or were recruited from the camps where they and their families were incarcerated for the Military Intelligence Service Language School, located first at Camp Savage and later Fort Snelling during WWII. They were trained in Japanese to be translators and/or fight in the Pacific theater. Free blood pressure screening is available from 8:30 - 9:00 a.m.

Tuesday • Feb 6 • 9:00 - 10:00 a.m. • **FREE!**  
Class ID # S5020 • ATEC • Instructor: Peggy Doi


### Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? We will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Stop the vicious cycle of food craving and weight gain. No hype – just facts.

Tuesday • Feb 6 • 6:00 - 7:30 p.m. • \$29  
 Online Class ID # 4503 • Instructor: Janice Novak

### Keeping Track of Your Passwords

A good password is easy to remember, but difficult to guess, both for people who know you, and for anonymous password-crackers. We have so many different passwords to keep track of—rather than taking the dangerous shortcuts of using the same password for everything, or writing passwords down and keeping them near your computer, this course will teach you tips to make it easier to create unique, memorable passwords for every different application.

Wednesday • Feb 7 • 10:00 a.m. - 12:00 p.m. • \$35  
 Online Class ID # 5509 • Instructor: Sara Reimann

### Should I Stay or Should I Go?

Learn the steps to review your housing needs for today and tomorrow. We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks or should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Thursday • Feb 8 • 10:00 - 11:30 a.m. • \$15  
Class ID # S3521 • ATEC • Instructor: Vaughn Kavlie

### Landmark Tours - Extended Travel Showcase

Learn about extended travel opportunities through Landmark Tours and learn how the travel industry is adapting to a new reality! Hear about fantastic travel opportunities for 2024 and beyond.

Monday • Feb 12 • 9:30 - 10:30 a.m. • **FREE!**  
Class ID # S4002 • ATEC • Instructor: John Lyons



### Parkinson's Disease and Exercise

Whether you have been diagnosed with Parkinson's Disease or have a friend or loved one living with PD, this workshop will give you an overview of the disease and how it pertains to movement and exercise in particular. Mia Bremer is an ACE Medical Exercise Specialist with training in exercise for people living with PD.

Tuesday • Feb 13 • 9:30 - 11:00 a.m. • \$25  
Class ID # S4571 • ATEC • Instructor: Mia Bremer

### Alzheimer's Series: Understanding and Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Thursday • Feb 15 • 6:30 - 7:30 p.m. • **FREE!**  
Instructor: Alzheimer's Association

 Online Class ID # S4553



### Ranking the Presidents of the United States

Every other year, Siena College surveys American historians and asks them, using a specific set of criteria, to rank the presidents from first to worst. Join as we look at the results of the most recent survey and determine if we agree with it. Over the past decades, some presidents have seen their ranking increase dramatically while others have declined. Why? Finally, you will guess who the top three are and what president finished dead last!

Thursday • Feb 22 • 9:30 - 11:00 a.m. • \$10  
Class ID # S5014 • ATEC • Instructor: Jerry Graham





To register, call 651-604-3770  
or visit [isd623.ce.eleyo.com](https://isd623.ce.eleyo.com)

## Defensive Driving Courses - Get a Discount On Your Auto Insurance!

Improve your driving skills and get a 10% discount on your car insurance for 3 years! The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. There is no behind-the-wheel driving or test. Once you have taken the 8-hour course, you can take the 4-hour refresher course every 3 years to continue your discount. Preregistration is required at least two weeks prior to the class date. Call 651.604.3770 or register online! *In-person classes are held at Anpétu Téča Education Center.*

### 55+ DEFENSIVE DRIVING 8-HOUR

Tue/Wed • January 23 & 24 • 1:30 - 5:30 p.m.  
 **Online** Class ID # SZ5021-1 • \$35


Tue/Wed • February 20 & 21 • 5:30 - 9:30 p.m.  
 **Online** Class ID # SZ5021-2 • \$35

### 55+ DEFENSIVE DRIVING REFRESHER 4-HOUR


Tuesday • January 9 • 1:00 - 5:00 p.m.  
 Class ID # S5020-1 • \$31

Saturday • January 20 • 9:00 a.m. - 1:00 p.m.  
 Class ID # S5020-2 • \$31

Thursday • January 25 • 9:00 a.m. - 1:00 p.m.  
 Class ID # S5020-3 • \$31

Wednesday • January 31 • 12:00 - 4:00 p.m.  
 **Online** Class ID # SZ5020-1 • \$31

Monday • February 5 • 9:00 a.m. - 1:00 p.m.  
 Class ID # S5020-4 • \$31

Thursday • February 8 • 9:00 a.m. - 1:00 p.m.  
 **Online** Class ID # SZ5020-2 • \$31

Saturday • February 10 • 9:00 a.m. - 1:00 p.m.  
 Class ID # S5020-5 • \$31

Wednesday • February 28 • 1:00 - 5:00 p.m.  
 Class ID # S5020-6 • \$31

## 8 | Roseville Area Schools | January/February 2024

		<p>Are you turning 65 or new to Medicare?                  Call your local licensed sales agent.  <b>Humana.</b></p> <div style="float: right; text-align: center;">  <p><b>Darren Bouton</b>  <b>612-428-4641</b>                  (TTY: 711)</p> </div> <p style="text-align: right;">Monday – Friday, 8 am - 5 pm  <a href="http://humana.com/dbouton">humana.com/dbouton</a></p>
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**Vocabulary Parade at Brimhall Elementary!**

Third-grade students at Brimhall Elementary rocked the 3rd Annual Vocabulary Parade! Students delved into the hilarious world of *Miss Alaineus* by Deb Fraiser, where a vocabulary test mix-up turns into a big adventure (miscellaneous, not Miss Alaineus, oops!). They then put on their creative hats and crafted costumes that brought their favorite words to life! Costumes had to feature the word and its definition, with bonus points for synonyms and antonyms.

Jessica Ostendorf, a 3rd grade teacher, said the goal of the parade is to instill a love of words because vocabulary enriches learning. "One way to center student voice and student choice is through the vocabulary parade," Ostendorf explained, adding, "Plus it's fun!" Let the word magic continue!



**Volunteers Wanted!**

The Roseville Area Senior Program is seeking volunteers to lead senior activities for our community!

Do you:

- Play 500?
- Play Cribbage?
- Enjoy another hobby or activity?

If you have an activity you'd like to share, please contact Kris Rossow at kris.rossow@isd623.org or 651-604-3537.



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- Care Through End-Of-Life

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# Roseville Area Senior Program Groups & Activities



## Caregiver Support Group

The group provides information, resources, and valuable emotional support.

- Meets the 4th Tuesday of the month from 1-2:30pm in room C121



## Men's Discussion Group

A weekly informal time for men to discuss current topics of the group's choice.

- Meets Wednesdays from 9:30-11am in room C121
- Cost is \$2.00/week, and you pay in class



## Stitch & Chat

Join us and socialize as you work on your current sewing or needlework project.

- Meets on Fridays from 1-3pm in the Senior Lounge room C123



## Foot Care Clinic

A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. Appointments are being taken for January 2, 8, 9, 16, 22, 23, 30 and February 5, 6, 13, 19, 20, 27.

- The clinic is held in room C125. The cost is \$50, and you pay at your appointment
- To make an appointment call Donna Larson, our Foot Care Nurse, at 651-263-3594



## Topics Forum

The Forum has been meeting since the 1970's. Currently they are meeting to discuss topics of interest and the Market.

- Meets Fridays from 9:30-11am in C121 depending on the weather. If the weather is bad, then Topics Forum will only be offered on Zoom.



## Partner Bridge

Join us and socialize as you work on your Partner Bridge is a formally organized game with four bridge players, per table, that are arranged in advance. One set of partners plays six hands of bridge with four different sets of partners. We are sometimes unable to accommodate everyone who wants to play because we need four players per table. If you would like to play Partner Bridge, call Mary Claire Lockman at 651-230-1494.

- Meets on Thursdays from 12:15-3:30pm in the Senior Lounge, room C123
- Cost is \$2.00/week and



you pay in class

## Drop In Bridge

Anyone is welcome to drop in and play!

- Meets on Mondays from 12:00-4:00pm and Fridays from 10am-12pm



## Medicare Counseling

In partnership with Trellis we are offering in-person Medicare Counseling appointments to help navigate the often-complex process of enrolling in Medicare or supplemental health insurance policies.

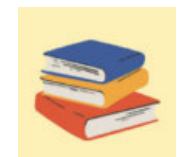
- Offered the 2nd and 4th Wednesday of the month with appointments at 12pm, 1:15pm, and 2:30pm in room C125
- You can schedule an appointment at [trellisconnects.org/get-help/medicare/](https://trellisconnects.org/get-help/medicare/) or by calling the Senior LinkAge Line at 800-333-2433



## Progressive Hand & Foot Card Game

Hand and Foot is a popular variation of the rummy-type game of Canasta, it can be described as an easier and interactive off-shoot. Join us for "Progressive" version of this fun and exciting card game.

- Meets on Tuesdays from 1-4pm in the Senior Lounge, C123
- Cost is \$2.00 and you pay in class



## Bookmarker Book Club

Read the novel on your own, and then join us for conversation and companionship as we discuss the book from 9:30-11am in C121!

There is no cost to join.

- Tuesday, Jan. 23 – *The Book Woman of Troublesome Creek* by Kim Michele Richardson
- Tuesday, Mar. 26 – *Crossing to Safety* by Wallace Stegner
- Tuesday, May 28 – *The Memory Keeper's Daughter* by Kim Edwards

**If you have an idea for a group or activity you would like to lead, please let Kris know! You can reach her at [kristine.rossow@isd623.org](mailto:kristine.rossow@isd623.org) or 651-604-3537.**

**We also have books, puzzles, and games for your use in our lounge! Open Monday - Friday from 8am - 4pm.**

**Anpétu Téca Education Center  
(1910 County Road B West in Roseville)**



To register for a Parks & Rec opportunity, visit [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks) or call 651-792-7006.



## AARP Tax Aide

Tax Aide is a free, confidential service provided by IRS trained and certified volunteers. Assistance is available for seniors and anyone with middle to low incomes. Registration begins January 17, 2024. Please call to make an appointment at 651-792-7006. No walk-ins accepted.

## Senior Skating

Roseville Skating Center  
Wednesdays | 1:00 - 2:30 p.m. | \$6

View indoor public skating schedule here: <https://www.cityofroseville.com/536/Public-Skating-Schedules>

## Candlelight/Moonlight Snowshoeing

Location: Cedarholm Community Building  
Friday, January 26 from 6:00 - 8:00pm  
\$15/person, Register by January 22!

## Nature Center Open House

Harriet Alexander Nature Center  
Sunday, February 3 | 10:00am - 4:00pm

Discover what Harriet Alexander Nature Center has to offer, with an exciting winter twist! Explore extended winter exhibits and activities, engage with staff and volunteers, meet the resident animals, check out the trails, cozy up by the fireplace, and learn about future programs and events.

## Adult Trips

Adult trips are a wonderful way to visit and enjoy fantastic places of interest! For more information about each trip offering, please visit [www.cityofroseville.com/parks](http://www.cityofroseville.com/parks)

- St Paul's Grandiose Homes, History and Flavor: Wednesday, February 7 (register by January 17)
- Irish Descendants in St. Paul: Tuesday, March 12 (register by February 5)
- Mia in Bloom & Jax Café: Friday, April 26 (Register by March 15)

11 | Roseville Area Schools | January/February 2024

 <p><b>WINTER Staycation</b></p> <p>Beat the winter blues and leave the shoveling and maintenance to us!</p> <ul style="list-style-type: none"><li>• Join us for two months or longer...your choice.</li><li>• Socialize and try new hobbies.</li><li>• Relax while we do the cooking and cleaning.</li><li>• Try a furnished or unfurnished senior living apartment before making a permanent move.</li><li>• Enjoy on-site therapy, a salon, spiritual care, wellness programs and more!</li></ul>    <p>To schedule a tour call (651) 429-9654 or scan QR code.</p>	<p>SUPPORT OUR ADVERTISERS!</p>	
<p><b>NEVER MISS OUR NEWSLETTER!</b></p> <p><b>SUBSCRIBE</b></p> <p>Have our newsletter emailed to you.</p>  <p>Visit <a href="http://www.mycommunityonline.com">www.mycommunityonline.com</a></p>		



## Roseville Alzheimer's and Dementia Community Action Team

### The Wellness & Dementia Community Screening Program & Living Well with Dementia

April 9, 2024 | 1:00 - 3:00 p.m.  
Roseville City Hall - City Council Chambers  
2660 Civic Center Drive, Roseville, MN

Sam Sleeman, CVA, Operations Director of the Faith Community Nurse Network of the Greater Twin Cities will talk about the 2023 Whole Person Wellness community screenings project. She will explain the screening process, including what happens when cognitive issues are discovered. The Nurse Network will be conducting Whole Person Wellness Screenings later in April and this is a great opportunity to find out more about what is involved and what information you can expect to get from a Wellness Screening.

In the second half of our event, Carolyn Klaver and Robyn Birkeland will talk about how best to support people who are living on their own with MCI (mild cognitive impairment) or dementia. Carolyn will discuss current research and her own experiences with "solos." Robyn will review the results of the Home Alone study conducted by the University of Minnesota School of Public Health.



### Faith Community Nurse Network is hosting a Whole-Person Wellness Screening event!

Thursday, April 25 from 9:00am to 2:00pm at the Roseville Oval. Appointments are required.

Get a free whole-person wellness consultation with an U of M student nurse (under supervision of a registered nurse). During your visit, you will develop a whole-person wellness plan, set individualized goals, and get connected to resources to support wellness goals. You will also learn more about your body biometrics and have the opportunity to be screened for depression and cognitive decline.

You can schedule an appointment online at <https://form.jotform.com/fcnntc/RosevilleWellness> or contact Lyngblomsten Community Services at 651.632.5330 or [communityservices@lyngblomsten.org](mailto:communityservices@lyngblomsten.org)

### Roseville Alzheimer's & Dementia Community Action Team

Find online resources for people living with mild cognitive impairment or dementia, and their care partners, and families:

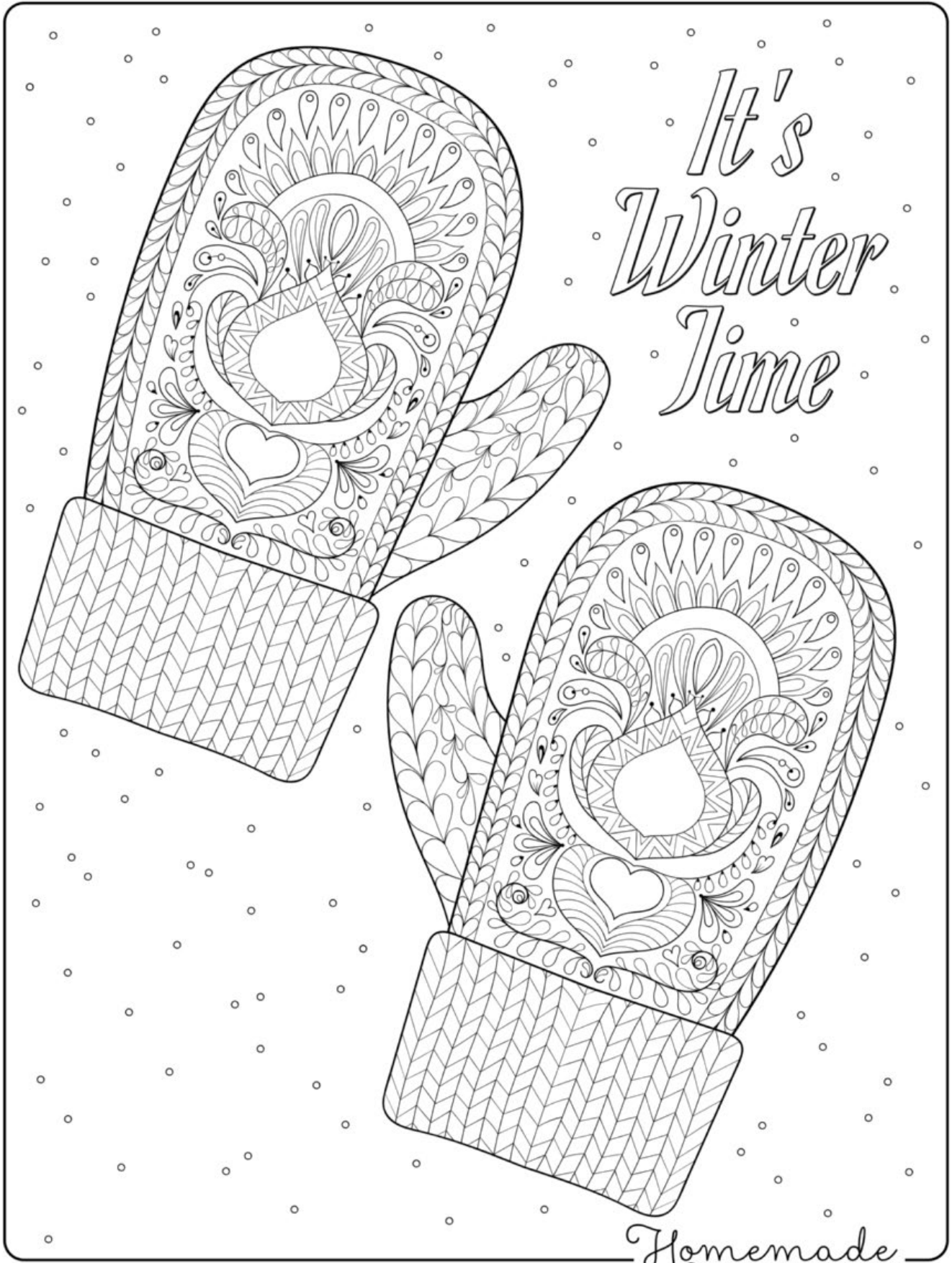
<https://www.cityofroseville.com/2721/Alzheimers-Dementia>

Or scan this QR code with your phone to view our website!

12 | Roseville Area Schools | January/February 2024

**SUPPORT THE ADVERTISERS**  
that Support our Community!





Homemade  
GIFTS MADE EASY

# Word Find - Ways to Stay Warm in Winter!

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


**BOOTS  
FIREPLACE  
HAT  
SLIPPERS  
SOUP**

**CAT  
FURNACE  
SCARF  
SNOWSUIT  
SWEATER**




# Flaming Spoon Café Menus

## January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>CLOSED</b> <b>NEW YEAR'S DAY</b> <b>NO MEALS ON WHEELS</b>	2 BEEF & CHICKEN BOOYA HOT VEGETABLE MANDARIN ORANGES WARM CORNBREAD DESSERT	3 SCALLOPED POTATOES with DICED HAM STEAMED GREEN BEANS CHILLED PINEAPPLE BAKED WHEAT ROLL	4 <b>NATIONAL SPAGHETTI DAY 4</b> SPAGHETTI W/ MEAT SAUCE STEAMED PEAS CHILLED PEACHES FRENCH BREAD DESSERT	5 HAMBURGER WILD RICE HOT DISH STEAMED PEAS & CARROTS CHILLED PEARS WHEAT ROLL
8 PEPPER STEAK STEAMED BROWN RICE CAPRI VEGETABLES FRUIT COCKTAIL	9 CHICKEN CHILI STEAMED CORN MANDARIN ORANGES WARM CORNBREAD DESSERT	10 MUSHROOM BURGER ON A WHOLE GRAIN BUN CHEESY HASHBROWNS BAKED BEANS BANANA	11 TURKEY TETRAZZINI STEAMED BROCCOLI MANDARIN ORANGES BUTTERY BISCUIT DESSERT	12 MEATLOAF STEAMED GREEN BEANS POTATOES CHILLED APRICOTS WHEAT ROLL
15 <b>CLOSED</b> <b>MARTIN LUTHER KING JR.</b> <b>HOLIDAY</b> <b>NO MEALS ON WHEELS</b>	16 CHICKEN CHOW MEIN BROWN RICE CRUNCHY NOODLES ASIAN STIR FRY VEGETABLES CHILLED PINEAPPLE FORTUNE COOKIE	17 BEEF LASAGNA ITALIAN BLEND VEGETABLES CHILLED FRUIT COCKTAIL FRENCH BREAD DESSERT	18 CHICKEN POT PIE STEAMED CORN BLUEBERRIES BUTTERY BISCUIT	19 SWEDISH MEATBALLS WITH EGG NOODLES STEAMED GREEN BEANS CINNAMON APPLESAUCE DESSERT
22 CHICKEN WILD RICE SOUP STEAMED GREEN BEANS CHILLED PINEAPPLE WHEAT ROLL DESSERT	23 LEMON PEPPER TILAPIA RICE PILAF MIXED VEGETABLES MANDARIN ORANGES DESSERT	24 BEEF STROGANOFF EGG NOODLES CALIFORNIA BLEND VEG APPLESAUCE WHEAT ROLL	25 BREAKFAST FOR LUNCH ENGLISH MUFFIN WITH EGG TURKEY SAUSAGE & CHEESE BREAKFAST POTATOES SPICED PEACHES	26 BEEF STEW STEAMED CARROTS CHILLED PEARS WARM CORNBREAD
29 CHICKEN ALA KING MASHED POTATOES STEAMED VEGETABLES CHILLED PEACHES BUTTERY BISCUIT	30 BEEF & BROCCOLI BROWN RICE STEAMED CARROTS CHILLED APRICOTS FORTUNE COOKIE	31 PORK LOIN MUSHROOM/ONION GRAVY POTATOES CAPRI BLEND VEGETABLES CHILLED PINEAPPLE		

Menu subject to change based on product availability

## February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 SLOPPY JOE WHOLE GRAIN BUN BAKED CHIPS STEAMED PEAS & CARROTS WARM APPLE SLICES	2 <b>NATIONAL TATOR TOT DAY 2</b> TATOR TOT HOTDISH STEAMED CARROTS CHILLED FRUIT WHEAT ROLL DESSERT
5 CHEESEBURGER WHOLE GRAIN BUN SEASONED POTATOES BAKED BEANS CHILLED PEARS	6 DICED TURKEY IN GRAVY MASHED POTATOES STEAMED CORN BANANA WHEAT ROLL	7 GOULASH STEAMED GREEN BEANS CHILLED PINEAPPLE BUTTERY BISCUIT DESSERT	8 BEEF LASAGNA ITALIAN BLEND VEGETABLES CHILLED FRUIT COCKTAIL FRENCH BREAD DESSERT	9 CHICKEN CORDON BLEU RICE PILAF STEAMED BROCCOLI CHILLED PINEAPPLE
12 CHICKEN & DUMPLING SOUP MIXED VEGETABLES CHILLED PEACHES WARM CORNBREAD DESSERT	13 MEATLOAF STEAMED GREEN BEANS POTATOES CHILLED APRICOTS WHEAT ROLL	14 LEMON PEPPER TILAPIA RICE PILAF STEAMED BROCCOLI MANDARIN ORANGES DESSERT	15 SWEET & SOUR MEATBALLS BROWN RICE ASIAN VEGETABLES CHILLED PINEAPPLE FORTUNE COOKIE	16 CHEESE TORTELLINI with ALFREDO SAUCE ITALIAN VEGETABLES FRUIT COCKTAIL FRENCH BREAD
19 ITALIAN CHICKEN BREAST RICE PILAF ROASTED VEGETABLES APPLESAUCE	20 CHICKEN PARMESAN OVER SPAGHETTI NOODLES ITALIAN VEGETABLES CHILLED APRICOTS FRENCH BREAD	21 ROAST BEEF MASHED POTATOES STEAMED GREEN BEANS FRUIT COCKTAIL WHEAT ROLL	22 BEEF CHILI STEAMED CORN CHILLED PEARS WARM CORNBREAD DESSERT	23 TUNA NOODLE HOTDISH STEAMED BROCCOLI MANDARIN ORANGES WHEAT ROLL DESSERT
26 BEEF CHOW MEIN CRUNCHY NOODLES BROWN RICE ASIAN STIR FRY VEGETABLES MANDARIN ORANGES FORTUNE COOKIE	27 PIZZA BURGER WITH MOZZARELLA CHEESE SEASONED POTATOES STEAMED PEAS BLUEBERRIES DESSERT	28 MANDARIN ORANGE CHICKEN BROWN RICE ASIAN STIR FRY VEGETABLES FRESH PEAR FORTUNE COOKIE	29 SALISBURY STEAK MUSHROOM/ONION GRAVY MASHED POTATOES MIXED VEGETABLES FRUIT COCKTAIL	



**Roseville Area Schools**  
**Roseville Area Senior Program**  
1910 County Road B West  
Roseville, MN 55113

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Permit No. 3248

**If you have any questions, please contact us! We are here to serve YOU and OUR COMMUNITY!**

## **RASP Directory**

rasp@isd623.org

Office: 651.604.3520

MN Relay: 1.800.627.3529

### **Anpétu Téča Education Center**

1910 County Rd B West, Roseville, MN 55113

#### **Program Manager:** Kris Rossow

651.604.3537 or kris.rossow@isd623.org

Mon-Fri 8 a.m.-4 p.m.

#### **Secretary:** Kim Palmer

651.604.3520 or kimberley.palmer@isd623.org

Mon-Fri 8 a.m.-4 p.m.

#### **Meals on Wheels Program Specialist:**

Veronica DuBose

651.604.3524 or mealsonwheels@isd623.org

Mon-Fri 8:30 a.m.-3 p.m.

#### **Seasons Design & Layout /**

#### **Community Ed. Marketing Manager:**

Megan Webb 651.604.3502 or

megan.webb@isd623.org



**Monday - Friday, 11:00AM - 12:15PM**

1910 County Road B W, Roseville | 651.604.3518

Monthly menus available online at [www.isd623.org/flamingspoon](http://www.isd623.org/flamingspoon)

**FULL MEAL DEAL:** \$5.00 (Includes main entree, sides, & milk)

**FROZEN ENTREE ONLY:** \$3.50 (Selection may be limited)

**We accept cash & check only. All are welcome. Bring a friend, tell a neighbor! Please call 3 days ahead if you will be coming with a group of 6 or more people. Thank you!**