



*"Reaching out
and still growing"*

MONTI SENIOR NEWS

MONTICELLO SENIOR CENTER JULY 2020 NEWSLETTER

Join us for a Picnic in the Park!

WHEN: Thursday, July 23 at noon

WHERE: Beautiful Ellison Park

WHY: Because we miss you

COST: \$5—bring a check or exact payment

MEAL: Tasty box lunch, dessert, beverages

OTHER: Bingo games after lunch for prizes

**Limited to 24 people,
you must sign up in advance**

FUN! FUN! FUN! FUN! FUN! FUN!

Reopening Plans

The senior center Board of Directors will address the center's reopening date at their July 13th meeting. They will be taking direction from the city of Monticello, state leaders, and the MN Department of Health.

A detailed plan will be in place prior to the center reopening and that plan will be communicated to center participants via the newsletter, *Monticello Times*, our Facebook page, and the city of Monticello's website. So please stay tuned...



Parking Lot Bingo players in the community center west parking lot at the first event.



Parking Lot Bingo Volunteers...
Left to Right: Bernice Nathe, Vicki Michaelis, Sandee Blanchet, Ketzal Domke, and Renee Hitter.

Play Parking Lot Bingo!

Join us for Parking Lot Bingo! Here's the scoop:

- ⇒ Tuesdays at 10 a.m. until further notice
(time may change due to the heat)
- ⇒ Monticello Community Center west parking lot
- ⇒ People age 55+ can play
- ⇒ Limited to 20 cars—sign up in advance weekly, 763-295-2000
(leave a message—we'll call you back)
- ⇒ You have to stay in your car and park in every other spot
(we will direct you)
- ⇒ Slider bingo cards will be provided (2 per player)
- ⇒ Numbers will be called using a portable PA system
- ⇒ Honk once to have a number repeated, twice to call BINGO
- ⇒ Prizes to the winners!! \$10 coverall prize!!
- ⇒ Will be cancelled if inclement weather—call the senior center
that morning if questionable

AARP Cancels Driver Classes

AARP made the decision to not sponsor any Smart Driver Courses until 2021. This is the statement that was released, "While states across the country are in the process of re-opening, AARP has made the difficult decision to cancel all sponsored in-person events and activities through the end of 2020, which include AARP Driver Safety events, to minimize COVID-19 exposure among our AARP family and our communities."

AARP is offering a 25% discount thru December 31st to those taking the online course. Go to www.aarpdriversafety.org and enter promo code DRIVINGSKILLS to get the discount. We are looking into other options for offering in-person classes after our center reopens.

Need a Mask?

Thanks to some talented people, we have cloth masks available at the senior center. Call the center at 763-295-2000 if you need one and we will get it to you.

Need Supplies?

Call the senior center if you need supplies delivered to you. Your items will be purchased, a drop off time established, and you will know in advance the cost so you can have payment ready.

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We Are Here to Help...

Are you a caregiver who is feeling a bit overwhelmed? Do you just need to chat with someone who understands? Help is available thru the senior center. Contact Becky Allard, LSW from Senior Community Services, 952-746-4028, b.allard@seniorcommunity.org

Becky can set up regular check in calls to help focus on you, the caregiver and your feelings during these challenging times that we are all dealing with.

If you would like to connect with other caregivers like yourself, please reach out to Becky. She has the opportunity to set up virtual support groups if enough people are interested.



SENIOR
COMMUNITY
SERVICES



HOME Program Provides Valuable Services

The senior center's HOME Program can assist older adults with maintenance and cleaning both indoors and out. Help is available on a sliding fee scale with housekeeping, minor repair services, lawn mowing, painting, general yard work, etc. Our staff take precautions to ensure everyone is safe when providing services.

These services are available for Monticello and Big Lake residents.

Contact Joe, HOME Program coordinator, at 763-416-7969 for more information, or apply online today: <https://seniorcommunity.org/services/home-chores/#home-app-form>

Monthly Trivia Contest

The senior center has sponsored a monthly Trivia Contest for many years and just because the center is not open right now doesn't mean you can't participate!

The July Trivia Contest sheet is available on the senior center Facebook page and the City of Monticello's website (click on "city services" to find our page). Or you can call the center and leave a message to have a copy mailed to you, just be sure to give us your address.

The winner gets \$10 in cash!

Monticello Senior Center

505 Walnut Street, Suite 3
Monticello, MN 55362
Phone: 763-295-2000

www.ci.monticello.mn.us
Click on "City Services"

Open Hours:
Closed until further notice

Director:
Pam Loidolt

Sympathies to...

...the family of Grace Audet on their loss.

Free Legal Services Available

The Senior Law Project provides free legal services to people age 60 and over.

You can get help with Social Security, family law matters, housing problems, consumer issues, Medicare, nursing home issues, Medical Assistance and other public benefits programs, power of attorney, health care directives and other legal issues older adults face.

Instead of meeting in person during these times, you can get help over the phone.

To get free legal help, call the Senior Law Project at 1-888-360-2889.

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Health Insurance Issues? Assistance is Available

If you or someone you know:

- ◆ Has not had insurance in a while, or
- ◆ Recently lost coverage, maybe because of a job loss, or
- ◆ Has coverage but can no longer afford the monthly premiums because of decreased income

there may be free or low-cost coverage available. Legal Aid can help!

Legal Aid has a healthcare enrollment project called Project Care. Project Care is staffed by a team of certified navigators who provide free, one-on-one assistance in finding and enrolling in the health insurance program that is best for the individual and their family.

For many families that may be enrolling some family members in Medical Assistance while others are eligible for MinnesotaCare or private plans with Tax Credits to help lower the cost of the monthly premiums.

Navigators are taking appointments now. In most cases, they are able to meet with people through virtual meetings or over the phone.

Everyone is eligible for help, regardless of income, age, or location. All help is provided at no cost to the consumer.

English, Somali and Spanish speaking Navigators are available. Interpreters are provided for all other languages.

Call 320-253-0121 for an appointment or email projectcare@mylegalaid.org

Tech Help is Available

Need help with your smart-phone, tablet, computer or TV system and don't want to call the grand-kids? Our HOME Program now offers phone and in-home support to help you have a better experience with the technology in your home!

Contact Joe Kaul at 763-416-7969, or j.kaul@seniorcommunity.org, for details.

Outdoor Pickleball An Option

Interested in playing outdoor Pickleball? The senior center has equipment that can be used. Call the center for more information at 763-295-2000.

Check out the senior center Facebook page and "like it." You will find links to many virtual programming opportunities. Senior Center reopening details will be posted on our Facebook page when available.

Take This 14 Day Challenge...

- Day 1—Socially connect with someone
- Day 2—Laugh out loud for 10 seconds
- Day 3—Write down 2 positive things in your life
- Day 4—Go outside for 5 minutes (if the weather is cooperating)
- Day 5—Drink at least 4 8-ounce glasses of water
- Day 6—Walk for at least 10 minutes either indoors or out
- Day 7—Eat at least 3 fruits or vegetables
- Day 8—Stimulate your brain (puzzle, card game, writing, etc.)
- Day 9—Sit in a chair and then stand 10 times (be careful)
- Day 10—Do 5 light stretches (be careful again)
- Day 11—Show kindness to someone
- Day 12—Think of nothing for 30 seconds
- Day 13—Do 1 household chore (yuk!)
- Day 14—You made it, congratulations! Reward yourself with a treat!

Complete the challenge? Send a note to the senior center letting us know that you did, and you will be entered in a prize drawing.

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Monticello Senior Center, Monticello, MN.

C 4C 02-1054

Name: _____

Date: _____

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Word List:

AMERICA	BARBECUES	BLUE	BRITAIN
CELEBRATE	COLONIES	DECLARATION	FIREWORKS
FLAG	FOURTH	FREEDOM	HOLIDAY
HOME OF THE BRAVE	INDEPENDENCE	JULY	LAND OF THE FREE
LIBERTY	OLD GLORY	PARADE	PATRIOTIC
PHILADELPHIA	PICNICS	RED	REVOLUTION
SPARKLERS	STARS	STRIPES	SUMMER
UNCLESAM	UNITED	USA	WHITE

Complete the puzzle and mail to the senior center for a prize drawing