



*“Reaching out
and still growing”*

MONTI SENIOR NEWS

MONTICELLO SENIOR CENTER JUNE 2020 NEWSLETTER

Play Parking Lot Bingo!

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

- ⇒ Tuesdays, 10 a.m., starting June 9
- ⇒ Monticello Community Center west parking lot
- ⇒ People age 55+ can play
- ⇒ Limited to 15 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
- ⇒ Will be cancelled if inclement weather—call the senior center that morning if questionable
- ⇒ **Volunteers are needed—can you help?**

B-I-N-G-O, Fun times!!

We Will be Ready...

At this time, we do not know when our senior center will reopen. We are working on getting plans in place now so that when the time comes, we are ready. Our top priority is keeping people as safe as possible and for a while it will not be “business as usual.” We will take direction from the city of Monticello, state leaders, and the MN Dept. of Health. We are also getting valuable input from other senior center directors, the National Council on Aging, and the National Institute of Senior Centers.

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 Resumes

The HOME Program has resumed normal service, and can assist you with maintenance and cleaning indoors and outdoors. Our staff take precautions to ensure everyone is safe when providing services.

We do have the ability to pick up food and supplies for you, and have a limited supply of masks for participants that may not have one.

The HOME Program is now offering a donation based service to offer tech support by phone and in your home, and our service area now covers Big Lake residents in Sherburne County!

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

Tax Assistance Update

AARP made the difficult decision to suspend its Tax Aide Program for the rest of the year due to safety concerns resulting from COVID-19. The 7 wonderful Tax Aide volunteers at our center were able to complete tax returns for more than 350 low to moderate-income persons of all ages in our community prior to the program suspension. The Tax Aide volunteers will not be able to complete any more returns and have contacted those who had appointments scheduled after the program suspension to explain options.

Limited Number of Cookbooks Available

If you did not get your senior center cookbook yet and would like one, you are in luck. There are a dozen copies of *Recipes for All Ages* left. This keepsake cookbook contains 361 delicious recipes submitted by senior center participants.

Call the center if you would like one held for you—the cost is only \$10. If you want it before the center opens again, it can be mailed to you for an additional \$3 postage charge.

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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Take GOOD Care of Yourself

As we're all navigating a lot of uncertainty, upsetting news, isolation, and grief, all of the self-care activities that were important for staying healthy before the pandemic may be even more critical now. Even though there is a lot of emphasis on COVID-19 right now, your overall health is just as important as any other time. The better controlled your chronic conditions, the better you'll be able to fight the virus if you get it. Consider the following steps for managing chronic conditions during this time and after.

Daily movement

Even though you are staying home, remember to keep moving. Back pain, muscle tension, weight management, blood pressure, blood sugar, and even your emotional health can improve with movement.

- *Walk around your home
- *Walk around your neighborhood (while physically distancing from others!)
- *Sit down and stand up from a stable chair to keep your legs strong
- *Dance to your favorite music
- *Take advantage of free online resources and exercise videos

Healthy eating

It is so easy to eat more often or to eat less healthy foods when we are stressed or bored or lonely. But now more than ever, eating healthy foods can be an important part of improving your health and strengthening your immune system.

- *Add more color to your plate by eating fruits and vegetables each day
- *If eating canned vegetables, rinse them in water first (to lessen the salt)
- *Minimize sugary treats and drinks or high processed food (cookies, crackers, chips)
- *Drink plenty of water

Staying connected

Although we can protect ourselves and others by staying six feet apart and not going to public places, we can and should still stay socially connected. Here are some ways to avoid feeling isolated and stay in contact with the important people in your life.

- *Telephone calls
- *Porch conversations. Talking with neighbors porch to porch or porch to sidewalk
- *Family gatherings. Family can communicate through the window or from within vehicles pulled into the driveway
- *Video calls via smart phones and computers. (If you aren't comfortable with computers or do not have access to them, reach out to a younger family member to help)

Monticello Senior Center

505 Walnut Street, Suite 3

Monticello, MN 55362

Phone: 763-295-2000

www.ci.monticello.mn.us

“For Residents”

Open Hours:

Closed until further notice

Director:

Pam Loidolt

Free Housing & Services Guide Available

The *2020-2021 Senior Housing & Services Guide* is available. This publication contains current housing opportunities for those 55 years and older in central Minnesota. It also includes a helpful directory of services available in the 14-county region, as well as several informational articles. It is a valuable resource for individuals, family members, caregivers, and professional providers.

To receive a free copy of the *2020-2021 Senior Housing & Services Guide* call the Senior LinkAge Line® at 1-800-333-2433 or email brenda.eldred@cmcoa.org

All 2020 Jam Sessions
have been cancelled.

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SMART DRIVER COURSES

CLASS SCHEDULE DEPENDENT ON CENTER CLOSURE DURING COVID-19 PANDEMIC

People age 55+ completing an AARP Smart Driver Course are eligible for a 10% auto insurance discount. The cost is \$17 for AARP members and \$22 for non-members and you must sign up and pay at the senior center in advance. *Effective Oct. 1, the course fee increases to \$22 for AARP members and \$27 for non-members.* Included in this cost are the AARP class materials and a facility/host fee. AARP members should bring their membership card to class and everyone should bring his or her driver's license. Refunds will not be given for no-shows.

Those taking a Smart Driver class for the first time must take an eight-hour course. A refresher course must be taken every three years in order to be eligible to continue receiving the insurance discount.

4-Hour Refresher Courses

July 24 9 a.m.—1 p.m.

August 14 9 a.m.—1 p.m.

September 11 9 a.m.—1 p.m.

November 13 9 a.m.—1 p.m.

December 11 9 a.m.—1 p.m.

8-Hour Course

October 15 & 16 5:30—9:30 p.m.



Plaque Donation Received

Thank you to the Paul & Dianne Klein family for making a financial contribution to the senior center in memory of Paul's sister, Joyce Peterson. Joyce's name has been added to the senior center Memorial & Gift Plaque. People can donate \$100 or more in memory of or in honor of another person and have their name added to the plaque. Donations can also be made as a gift.

Check Out These Virtual Programs...

Our senior center is collaborating with the Whitney Senior Center in St. Cloud to provide these free (donations accepted) virtual programs. Call 320-255-7245 to register.

***Living Well with Chronic Conditions**
6 week program starts June 9, 9-11:30 AM

***Living Well With Diabetes**
6 week program starts June 10, 9-11:30 AM

***Introductory SAIL Class**
Fall Prevention Workshop
Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. This exercise class is perfect for someone who is new to exercise and has concerns about falls.

8 week workshop starts June 29
Mondays, Wednesdays, Fridays
9:30-10:30 AM

***Diabetes Prevention Program**
Yearlong program starts July 11
Saturdays, 9:30-10:30 AM

***Living Well with Chronic Pain**
6 week program starts July 15, 9-11:30 AM

*Call the Monticello Senior Center
at 763-295-2000 for more virtual
programming resources*

*Like us on Facebook and
check out our page. You
will find links to LOTS of
virtual programming
opportunities.*

Seniors Supporting Seniors, a Success

300 rocks painted with words of encouragement by senior center participants were given to **Monticello High School** seniors. Those students missed out on so much during their final year due to the pandemic and we just wanted to wish them well. Special thanks to Chris Alfano and Gerri Wischnewski for their help in spearheading this very well-received intergenerational project.

A sampling of the rocks... 



Free Legal Services Available

The Senior Law Project provides free legal services to people age 60 and over. They can 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 and health care directives.

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.

Did you know...

PBS broadcasts exercise classes?

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