

Fall 2019

# Hamline Midway Heart

A Publication of Hamline Midway Elders

Living at Home/Block Nurse Program

1514 Englewood Ave., St. Paul, MN 55104

info@hmelders.org · (651) 209-6542 · www.hmelders.org

## Giving to Hamline Midway Elders

Have you enjoyed a wonderful meal with friends at Second Tuesday luncheons? Has your body felt better after an exercise class with Hamline Midway Elders? Maybe your neighbor or parents have benefitted from rides to medical appointments, courtesy of a volunteer from Hamline Midway Elders. Our programs and services are available because of generous donors, like you!



Please consider making a donation. Last year, we raised over \$2,200 on Give to the Max day, and one of our donations even earned us a "Golden Ticket" worth \$500. *Please consider donating to Hamline Midway Elders on Give to the Max Day, Thursday November 14, at [www.givemn.org](http://www.givemn.org).*

You can also donate directly to Hamline Midway Elders at any time. Thank you for your support!

## Thanksgiving Luncheon

**Tuesday, November 26**

**11:30—1:00**

**Hamline Church  
United Methodist**

We are excited to announce a special event this fall – a Thanksgiving Luncheon for older adults in the Hamline-Midway and Frogtown neighborhoods. This luncheon will be held *in addition to* the regularly scheduled Second Tuesday Luncheon (November 12). The menu will feature traditional Thanksgiving favorites: turkey, stuffing, potatoes, vegetables and pie! \$7 donation suggested.



# Fall Class Offerings

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## Tai Chi Fall Series

Mondays, 11:00—12:00

October 7— November 25

Located in the Parlor at  
Hamline Church United  
Methodist



*Meet our new instructor...*

Bruce Tyler is a Board-Certified Instructor for Tai Chi for Arthritis, and has taught since 2008. He currently teaches at the YMCA and in Community Education. He encourages students to take active charge of improving their well-being, and meet their health goals through gentle, mind-body exercise.

*Tai Chi for Health:* Students will practice an easy-to-learn set of Tai Chi movements that can be done both seated and standing. Performed to both left and right, for a total of 21 movements, this gentle, flowing exercise fosters mind-body connection and coordination; builds strength and flexibility; improves balance for falls prevention; and cultivates mental clarity, awareness, and calm.

Both new and experienced students are welcome.

Please bring comfortable, flat-soled, indoor shoes and wear loose, layered clothing suitable for movement.

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## Chair Yoga with Nancy

Thursdays 10:30—11:30

November 7—December 12

(no class on Thanksgiving)

Hamline Midway Library

1558 W. Minnehaha



# Fall Class Offerings

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## Knitting & Crochet Group

Mondays, 1-3pm

Hamline Church United Methodist

Beginners and new members are welcome; yarn, needles and snacks are provided.

This welcoming group of crafters has created and donated over 500 handmade items since they began just over two years ago!



## Arthritis-Friendly Exercise

Tuesdays & Thursdays

2:00—3:00

Sept 17—Nov 7

Zion Lutheran Church

1697 Lafond Ave

## Reading Buddies

*Seniors and 3rd graders reading together!*

1st and 3rd Wednesdays

(beginning Sept 18)

1:30—2:10

Hamline Elementary School

1599 Englewood Ave



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## Jody's Documentary Film Series

Last Wednesday of the month, 1:00

Hamline Midway Library

1558 W. Minnehaha

September 25: *América*

October 30: to be announced

(No films in Nov/Dec due to holidays)

If you've never attended any of Jody's documentaries, you are missing out on wonderful films, interesting discussion (it's okay to just listen—no pressure!), and tasty snacks.

# Andy's Garage - 1825 University - by the Baileys

Both D.J. Traudt and his wife grew up on farms and the memory of sitting on a stool by the counter and spinning around as he visited small roadside cafes in Nebraska as a child always stayed with him. He had attended a lot of sales and farm auctions as a kid, and they always stopped at those little roadside cafes.

When he and his wife acquired the property at 1825 University Avenue in 1999, he turned that dream into a reality with the opening of Andy's Garage, a restaurant that reflected the rural upbringing of Traudt and his wife, with the same small-town, roadside café atmosphere.

It seems only appropriate that they would build a café with a garage theme as this corner had been home to 16 gas stations since 1931 - the present structure was built in 1948. It may seem a little long but the list of gas stations reads like a virtual who's who of stations when you realize that during this same time there were competing stations both across University and kitty corner. Starting in 1931 there was Strane

Filling Station (1931-32), followed by, Economy Oil Co. Filling Station (1932-33), Inter-City Fuel & Oil Co. (1934), CO-OPERative Gas Station (1934), Fox Oil Filling Station (1935-36), Kaiser Filling Station (1936), Inter-City Fuel & Oil Co. (1937), Stang's Skelly Service (1937-46), Pittman Filling Station (1947), Stone & Koehnen Filling Station (1948), Major Tire Co. Skelly Station (1949), Leslie Duoos Filling station (1949-51), Henry's Skelly Service gas station (1951-59), Henry & Maynard's Service gas station (1960-69), Maynard's Service gas station (1970-82), Major Tire Co. Skelly Service (1983-89).

The last business was Executive Car Care (1990-91), and the garage had been abandoned for a couple of years when they got it. This was their first restaurant, and it was a family affair that included his wife and daughter. He had worked with the YMCA for 15 years, as a development director and his wife had worked as a social worker. They had the help of the Neighborhood Development Corporation and the Hamline Midway Coalition, and obtained grants to help renovate the windows and doors. They got one grant just to help with the retro neon marquee sign. There were pollution control reports to go over, and a lot of updating to be done and the building needed a lot of work. He and his daughter did most of the demolition required, and it took about nine months for the planning and actual work to be completed.

They opened June 1, 2000, on his daughter's birthday. They had started with a two-bay garage, and by 2002 realized that they did not have enough seats and needed more room. They paid for the addition by selling customers stock in Andy's Garage. The customers became the stockholders, and they used that capital to pay for construction.

The restaurant was open seven days a week, and live music was offered on Saturday evenings. Several knee operations forced Traudt to cut down on his workload, and he decided to put all his energy into an additional Andy's Garage in the Global Market on Lake Street, in Minneapolis, which they opened in May, 2006. The restaurant closed its doors Dec. 30, 2006. The property stood vacant for a couple years before Kenny's Chicken & Ribs opened in 2009 and when they closed later that year it became 2nd Debut, an outlet for Goodwill's finer clothing in 2010. They have since closed their doors and it has been vacant for some time.

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1941 Ad



# Falling Leaves....

## ....for Volunteers

Are you an individual interested in helping older homeowners in the neighborhood live independently in their homes? Assisting with yard chores makes a real difference, and takes only an hour or two of your time. You choose the day and time! This is also a great way for small groups such as church youth groups, student groups, or families to complete a one-time service project in an easy and active setting. Contact [Monica@hmelders.org](mailto:Monica@hmelders.org) or 651-209-6542 for more information.

## ....for Older Homeowners

Do you need help with raking and bagging leaves this fall? Our volunteers can help! Older homeowners in our service area (see back page) can contact [Monica@hmelders.org](mailto:Monica@hmelders.org) or 651-209-6542 to request assistance with fall yard chores.

## Staff & Board Update



- Tom Fitzpatrick and Laurel Collins (above) now share the title and duties of Program Director, and both will be in the office two days per week.
- Nicole Hans has left her position as Independent Living Coach, moving out of state for graduate school. We miss her and wish her well!
- Dave Anderson, retired computer programmer and member of Hamline Church United Methodist, and Teddi Hayes, retired payroll manager and longtime HME volunteer & neighbor, have joined the Board of Directors.



**Mondays, 3:15—5:15**

**Keystone Best Buy Tech Center,  
1150 Selby Ave.**

Cyber-Seniors connects tech-savvy teens with senior citizens who want to learn how to use the Internet, email, Facebook, text, make video phone calls, etc.. If you like to work with younger people and are ready to learn something new, join us for our next session!

*This program is free of charge.*

Bring your laptop, tablet or smart phone if you have one -- or we will supply them. No question too small.

Kids teach; Seniors learn. Win-Win.

Questions? Call Beth at 646-752-3014

# Summer Fun with Hamline Midway Elders



Community members of all ages enjoyed live music, treats and fun at our Annual Ice Cream Social. The weather could not have been better!

*Left:* Cody Fitzpatrick and a young fan.

*Right:* HME Board Member Carol Sanders, right, with friends.



*Right:* McKenna Anderson volunteered for face painting.



*Right:* Hamline Midway Elders annual field trip took us to the Osceola Train for a scenic ride along the St. Croix River. This trip was funded by a grant from the BNSF Railway Foundation – thank you!



## **“Second Tuesday” Luncheons**

**A monthly tradition since 2002**

**Meal prepared by Chef Erik Hendrickson**

**Free blood pressure checks**

**Transportation can be provided  
for neighborhood seniors**

**Lunch 11:30 • Speaker 12:15 - 1:00**

**RSVP (651) 209-6542 or  
info@hmelders.org**



Chef Erik Hendrickson and our luncheon volunteers.

### **September 10: Hamline University Music Opportunities**

*\*\*held at St. Stephanus Lutheran Church, 739 Lafond Ave\*\**

### **October 8: Hear for the Health of It!**

*\*\*held at St. Stephanus Lutheran Church, 739 Lafond Ave\*\**

### **November 12: Cyber-Seniors**

*\*\*held at Hamline Church United Methodist Church, 1514 Englewood\*\**

### **December 10: Seasonal Music with North Suburban Chorus**

*\*\*held at Hamline Church United Methodist Church, 1514 Englewood\*\**

New attendees are always welcome to join us. Suggested donation is \$7. We collect non-perishable food items for local food shelves, if you wish to donate.

## **Foot Care Available**

An independent contractor is available for in-home foot care. Contact Monica@hmelders.org or call 651-209-6542.

## **Need info on in-home care?**

Minnesota has a new website to help address the shortage of in-home care workers such as PCAs, Direct Support Connect. <https://directsupportconnect.com/> helps both workers and those seeking care to find appropriate matches. Workers may be private pay, or contracted with a Ramsey County payment source such as Alternative Care or Elderly Waiver. Contact Monica@hmelders.org or 651-209-6542 if you need help accessing this site.



### **Hamline Midway Elders**

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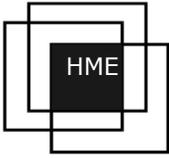
651-209-6542

www.hmelders.org info@hmelders.org

Monica Gallagher, Service Director

Tom Fitzpatrick, Program Director

Laurel Collins, Program Director



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## **Medicare Open Enrollment: October 15-December 7**

If you have questions about Medicare, visit [www.medicare.gov](http://www.medicare.gov) or call 800-MEDICARE (800-633-4227). There are some sites providing free in-person Medicare advice. Call the Senior LinkAge Line for help evaluating your options, 800-333-2433.

Some seniors find it helpful to make an appointment with HM Elders staff to call Senior Linkage Line together, with the help of a speaker phone and computer.

Check our website or Facebook page for the most recent updates!



**[www.hmolders.org](http://www.hmolders.org)**  
**[www.facebook.com/hmolders](https://www.facebook.com/hmolders)**