

Winter 2021

Hamline Midway Heart

A Publication of Hamline Midway Elders

Living at Home/Block Nurse Program

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Happy 20th Birthday, Hamline Midway Elders!



Each newsletter in 2021 will feature an article to honor our birthday!

See pages 4-5 for an article about our history.

Do you have a special memory about Hamline Midway Elders? Maybe an event, class, or person, or something HME did to help you? If you'd like to share, we'd love to include it in future 2021 newsletter issues. Email laurel@hmelders.org to share your thoughts! Thank you!

Then and now: HME Field Trips



2014 Field Trip to Union Depot on the Light Rail. See anyone you know?



2019 Field Trip to Osceola Scenic St. Croix Train.

Hamline Midway Elders Trivia—20th Birthday Edition

How many lunches did we serve in 2019?

200

500

1000

5000

How many hand-made items has the HME Knitting & Crochet group made?

Which staff member has been with HME since its first year?

(answers on page 7)

Memories (part 4 of 6) – originally written in 2009

by Steve & Nancy Bailey



At 591 Hamline, in the 30's, was H. H. Heinemann Dry Goods. This became home to Leathers & Peterson, heating contractors, in the early 50's, American Heating engineers in the later 50' and Larsen Ritter Co., a bathtub distributor in the 60's. From the 70's through the early 90's it was the new home of Capital City Coin Co. They were there until 1993. Hartland's Shoe Repair bought out Dom's Shoe Repair at Hamline and Minnehaha in 1988 and moved to 1346 Thomas in 1992 and relocated to this location in the middle of 1993 and is still currently there.



On the NE corner was a Cities Service station in the 20's before becoming Fellners Shell service station in the 40's. It continued as a Shell station through the mid 70's as Glen Campbell's Gas Station in the 1950's, Parranto Service Station from the middle 50's to the middle 60's and finally, Ed's Shell Service Station in the 1970's, before becoming a 7-11 through the 80's. It was a Super America in the 90's, and is now a Super USA store.



The half-timber building on the corner of Hamline and Thomas was home to Hetzenecker's Meat Market from the 1920's to the middle 50's. The address gets a little confusing because from the 1920's to the 1990's this was listed as 1338 Thomas while it is currently listed as 600 Hamline. Next door, at 1336, were a number of different grocery stores. The two stores were interconnected at the back of the store. After Hetzenecker's there was Jensen's Meats & then the Palace Meat Market before it became home to the Thrifty



Book Mart in the 1970's. It was a State Farm Insurance office in the early 1980's and Sandy's Professional Dog Grooming relocated here in the middle 80's from 593 Hamline and stayed here until 1991 when they moved to a location on Snelling Avenue. It was a lawyer's office in early 2000 and Grand Paws Pet Grooming moved here in 2009.



1336 Thomas has been home to seven groceries and two pizza places. In the 1920's & 30's it was Neimann's Grocery, in the early 40's it was Maloney & Tysk groceries and by the late 40's it had become just Tysk groceries. In the middle 50's it was the Hamline Superette before becoming Wicklanders Dairy Home in the 60's then the Dairy Home Kwik Shop in the late 60's and finally Harry's Superette in the 70's and early 80's. It was Great American Pizza for the remainder of the 80's and became Dino's Pizza in 1989 which it is today.



Next door at 1332 Thomas was the Eggum Bakery in the 30's & 40's which became Keenan's Home Bakery in the late 40's until the late 60's, at which time it became Thor's bakery, a two story building that had large plate glass windows. They had the best elephant ears. I can testify to that since I stopped in on my way home from school most every day. Next door, at 1328, was ABC Rug & Furniture Cleaners. Thor's has since been replaced by a one story cinder block building that was State

Farm Insurance from the 70's to the 90's and is currently Peak Printing while 1328 is an empty lot.



Looking for something to do?

- Take a local drive-by tour of holiday lights in your neighborhood, or the lights displays at the Minnesota Landscape Arboretum (www.arb.umn.edu), or the Minnesota Zoo (www.mnzoo.org).
- *CyberSeniors* has greatly expanded their range of classes and social groups for seniors online. Their classes teach you to use the internet in a variety of ways (for example: how to have medical appointments online, or how to make photo books), online book clubs, trivia nights and more (www.cyberseniors.org). Plus one-on-one phone assistance is available, 844-217-3057.
- Coloring books for adults are available everywhere – HME office as some in stock, just call and we can deliver! Fellow *Living At Home* program East Side Elders has printable coloring sheets on their website (www.eastsideelders.org), or we can print them and mail them to you.
- Neighborhood Network for Seniors is offering *free online art classes*, materials included! Check out February's class: Flower Collage, creating a still-life art piece (www.neighborhoodnetworkforseniors.org or 651-646-2301).
- Don't forget that many St. Paul public libraries are open (with limited hours) for requesting books and videos, selecting materials, and using computers (Rice Street location). www.sppl.org

Hamline Midway Elders Word Search

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

Intergenerational	Field trip	Community	Volunteer
Saint Paul	Neighbors	Luncheon	Ice Cream
Friendly	Hamline	Frogtown	Vitality
Helping	Home	Elders	Midway

History of Hamline Midway Elders

(Reprinted & Updated from 2015. Special thanks to Cheri Sheehan and Cathy Lue for their help in preparing this article. They helped found the program and remain involved by serving on our Board of Directors.)

The beginning of the Hamline Midway Elders program goes back to November 1999. Malcolm Mitchell, Director of the Elderberry Institute, was the inspiring speaker at a block club leaders' workshop. Leaders at the workshop said they wanted to start this type of program (that had already shown itself to be a successful model in Twin Cities neighborhoods, outstate and some other states) to serve senior citizens in the Hamline Midway community.

After a steering committee was formed, and a survey of senior needs was completed, the Hamline Midway Coalition assisted with submitting grant proposals to secure funding.

The program rented office space from Hamline United Methodist Church in July, 2001 and we are happy to be in the same space today. The church has been a wonderful landlord and allows the program to utilize other space inside the building for our monthly luncheons, and other events.

The Hamline Midway Living at Home/Block Nurse Program, now called Hamline Midway Elders, became incorporated on September 20, 2001. The steering committee became the nucleus of the organization's Board of Directors to oversee the program. The program also received official 501c3 nonprofit status. The Board of Directors developed a unique staffing pattern for the program with 2 part-time professional staff working cooperatively (neither supervises the other).

The program originally had a "block

nurse" contracted to provide in-home care to neighborhood seniors. Driving to/from medical appointments and shopping, along with chore services, were some of the first services offered, and remain highly requested today. As staff learned more about community resources, they began providing information & referral on a wide variety of topics. This led to the development of a "resource list" which remains popular today and can be printed out upon request.

One of the most unique parts of our community-based program has been that staff get to know community members, and can 'follow' them over the years. Many people start their relationship with HME as a volunteer, perhaps just after retirement, but later may join classes, or use HME services as they need them.



A number of individuals helped to establish the program. Thanks to the Midway Monitor for sharing this photo from their April 2002 issue featuring Roberta Mackin, Cheri Sheehan, Terri Crabtree, Cathy Lue, Colin Swanson, Kimberly Nightingale, Sue Bikke and Harriet Mednick.

Group events and activities were added soon after HME's establishment. The second Tuesday monthly luncheons and annual ice cream socials both began in 2002. Attendance at the luncheons has climbed steadily over the years, in large part due to Chef Erik Hendrickson. Now, our luncheons regularly serve over 100 attendees. The ice cream social was started as a birthday celebration for the program, and became an annual event. Our Italian Dinner fundraiser, held in the fall, has been a joyful tradition that has featured an art auction, a silent auction, and in 2020, a curbside pickup meal.

In 2007, our very popular joint-friendly exercise class began and has been taught by the same instructor, Joni O'Connell, ever since. We have added Chair Yoga, taught by Nancy Giguere, and Tai Chi, taught by Kathy Carlson and now Bruce Tyler, as recurring series. Art, writing, defensive driving, documentary film, cards & games, walking groups, and a reading program with Hamline Elementary students have all been offered at different times.

Tom Fitzpatrick started our annual field trips in 2014. Since then, many neighborhood seniors have joined staff on excursions to Minneapolis Institute of Arts, Osceola Scenic Train, Historical St. Paul Gangster Tours, Mississippi Riverboat Tour and more.

After the closure of a neighboring Living at Home program, our service area expanded to include western Frogtown in 2015. Our luncheons were held at Frogtown's St. Stephanus Lutheran Church during renovations of our usual space in 2018, and HME helps with promotion of the 'Friendly Frog' activities and events for Frogtown seniors.

Our staffing model has shifted and expanded to include four part-time staff, with

our service director, two program directors, and an Independent Living Coach (who provides one-to-one support for seniors).

The number of older adults served by Hamline Midway Elders has also risen steadily over the years. In recent years close to 300 elders receive individualized services, while many more are involved in group activities. Our mailing list has grown to 1,200.

2020 has changed the way we offer our services, but the core of our program truly remains the same. We continue to deliver needed groceries and meals, and provide rides to appointments, but we do it with masks on and with other precautions in place. We continue to offer social and exercise opportunities, but the groups have adapted to an online format. We even continued our Annual Italian Dinner fundraiser, providing a hearty meal for seniors and community members, but delivered at the curbside for a take-home dinner.

An involved community, dedicated staff, wonderful volunteers and amazing elders have been our history – and will be our future.



Joni O'Connell and Gerry Flood have been volunteering for 14 years.

Winter Classes & Groups

Classes and groups are meeting online for the time being. Please email Laurel@hmelders.org for details and links to the meetings. Check our website for updated class information!

Tai Chi with Bruce

ONLINE Mondays, 11:00

January 11—March 22 (no class Feb 15)

This online series will be taught by Bruce Tyler (his last series with HME). This is a great class for beginners, and participants can join at any time. Curious about tai chi? Read a current student's perspective:

"I have really appreciated the free tai chi classes through HME over the last few years. Tai Chi is an interesting combination of individual movement and being part of a group all doing the same movements.

Of course, the best part of the online version is its safety. I do not feel safe going to my gym or participating in any group activities. It's more inviting than a pre-recorded YouTube tape. I feel part of a group because many of the same people participate week after week. Tai Chi is so sloooooooow that it really helps me to slow down when I am feeling stressed by what is going on in the world.

I use a tablet which is a fairly small screen, but it's still plenty big to see the movements...Zoom is quite easy. The leader does all the work. Also, you don't need special work-out equipment. New people join all the time, so no one should ever feel way behind and no one notices (at least I don't) how well or poorly others do because all eyes tend to remain on the teacher who is leading. Also, you can turn off your camera so there is no reason to feel self-conscious. I feel that even if I am slow in picking up the routine that is being taught, I can always benefit from the warm-up exercises... it feels good to do. You have nothing to lose by trying it."

- Nan

Chair Yoga with Nancy

ONLINE Tuesdays & Thursdays 10:30

January 12—March 25

This series is taught by Nancy Giguere (her last series with HME). Chair Yoga is open to all levels, and participants can join at any time. Curious about Chair Yoga? Read a current student's perspective:

"I've been doing the Tuesday & Thursday morning chair yoga classes with Nancy during our Covid isolation. It's frankly been easier for me than going to the library would be. Nancy is a thorough and intentional teacher. She explains things well and encourages people to adapt the poses, if necessary, and explains how to do that. The class does make me feel like I'm trying to do something good for myself, to keep myself fit and to exercise mind-body connection!

One benefit of Zoom yoga is that no one sees you if you choose to turn off your video. Nancy suggests that we do that if we wish, so there is no concern about comparisons in case anyone is worried about people watching each other. We just watch her and she demonstrates very well.

Great class. So happy I found it!"

-Linda



Nancy Giguere and Bruce Tyler have been leading our Chair Yoga and Tai Chi classes. They are moving to Grand Marais in the spring—we will miss them and wish them all the best!

Knitting & Crochet Group

ONLINE Mondays, 1:00, ongoing

This group has been meeting since 2017 to create handmade scarves, mittens, hats, and shawls. These items are then donated to a local hospice, shelters, or schools. Yarn and needles are available to pick up at our office. Want to know more about this group? Read more from current group members:

"Zoom time with the knitters and crocheters gives me something to "show up for" when so many outside the home activities can't take place. These casual Zoom meetings are an opportunity to practice and build confidence in using technology for these times when virtual medical appointments are becoming the new normal. I enjoy meeting the new crafters who have joined the group through Zoom and keeping connections with the those who met in person pre-pandemic.

It's always enjoyable to see projects that others are working on, catch up on area news, or share some laughter. There's a place for everyone." – Pat

"Firstly, anyone considering the idea of joining HME online Knitting Group-- the group is very welcoming, friendly and willing to teach and/or assist you at any stage of your knitting ability. As long as you have a smart phone, can select a Zoom App and have up to two hours on a Monday afternoon, you will jump right into the warm, friendly ambience of this group. See you there! "- Doris

"What I like about being part of the online knitting group is that the friendships and connections that we made while we were in the in-person group have not been lost. We are still able to help each other and can hold what we're working on up to the camera to show others. It's not quite the same as in-person, but it has to work for now." - Mary

Fun Fact: The Knitting & Crochet group has hand-crafted and donated over **1,000** shawls, hats, scarves and mittens to people in need at area hospice, elementary schools, and shelters!

Terry (at right), Knitting & Crochet Group member, modeling one of her handmade scarves.



Trivia Answers (from page 1)

- Approximately 1,000 lunches were served in 2019!
- The group has made over 1,000 handmade items!
- Monica Gallagher, Service Director, has been with HME for 20 years!

Hamline Midway Elders

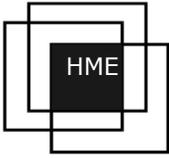
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Tom Fitzpatrick, Program Director
Laurel Collins, Program Director



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Shout Outs

What's something special about
Hamline Midway Elders?

*"Jean W., who greets you at the door with
a smile (at HME events and luncheons)
that's so warm, and genuine, that it makes
me feel welcome.*

*Getting older, no one wants to be
institutionalized...it's scary...we want to
stay at home. HME's focus on that is
pretty precious"*

-Elizabeth

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

www.hmolders.org

www.facebook.com/hmolders

**We remain open to help older
adults with rides, referrals,
application assistance, and
more. Please call our office 651-
209-6542**